

December 2024 Memory Care/Tessera Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:00 ☁ Sit and Be Fit [MCS] 1</p> <p>10:00 ☁ Sunshine Club</p> <p>10:30 ⚡ Daily Chronicle</p> <p>11:00 ❤️ Book Club [MCS]</p> <p>2:00 🧠 Sensory Sensations [MCN]</p> <p>2:00 🎵 Singfit! [MCS]</p> <p>3:00 🌿 Big Blue Planet [MCS]</p> <p>3:00 ❤️ Special Showing: Wine, Women & Dementia [BST]</p> <p>4:00 ⚡ Daily Rewind</p>	<p>10:00 ➡ Sit and Be Fit [MCS] 2</p> <p>10:30 ⚡ Daily Chronicle</p> <p>11:00 📖 Storytelling [MCS]</p> <p>2:00 🎬 Movie Matinee [MCS]</p> <p>2:15 🎮 Fun and Games! [MCSAR]</p> <p>4:00 ⚡ Daily Rewind</p>	<p>10:00 ❤️ Music Therapy with Nancy [MCS] 3</p> <p>2:00 ➡ Chair Yoga [MCS]</p> <p>2:30 🚩 Snack and Chat</p> <p>3:00 ❤️ Storytelling</p> <p>3:30 ⚡ Arm Chair Travels [MCS]</p> <p>4:00 ⚡ Daily Rewind</p> <p>5:30 🎮 Outing to Willowhill Lights Drive [OUT]</p>	<p>10:00 🎲 Holiday Dice Breaker Game 4</p> <p>10:00 ☁ Sunshine Club [MCN]</p> <p>11:00 ⚡ Daily Chronicle [MCN]</p> <p>11:30 ➡ Zumba with Janette! [MCN]</p> <p>1:45 🍪 Baking Club with Kelly-Cookies [MCS]</p> <p>2:00 🧩 Puzzles and Games [MCS]</p> <p>2:00 ☁ Sensory Sensations [MCN]</p> <p>4:00 ⚡ Daily Rewind</p>	<p>10:00 ➡ Sit and Be Fit [MCS] 5</p> <p>10:00 🚩 Sunshine Club [MCN]</p> <p>10:30 ⚡ Daily Chronicle [MCS]</p> <p>11:00 🚩 Finish the Lyric [MCS]</p> <p>1:30 ❤️ Songs by Heart [MCN]</p> <p>2:30 🚩 Snack and Chat</p> <p>3:00 🎮 Bingo [MCS]</p> <p>4:00 ⚡ Daily Rewind</p>	<p>10:00 ➡ Rock Steady Boxing 6</p> <p>10:00 ☁ Traveling Sunshine Club [WCY]</p> <p>10:30 ⚡ Daily Chronicle</p> <p>11:00 ⚡ Let's Learn About St. Nicholas [MCN]</p> <p>2:00 🎮 Cards and Puzzles [MCSAR]</p> <p>2:00 🚩 Men's Club with David [MCNLR]</p> <p>4:00 ⚡ Daily Rewind</p>	<p>Happy Birthday Joan! 7</p> <p>10:00 ➡ Moving for Mobility [MCN]</p> <p>10:45 ⚡ Daily Chronicle [MCN]</p> <p>11:00 ⚡ Finish The Phrase! [MCN]</p> <p>1:30 🎵 Music with Niles North Choir [MCNLR]</p> <p>1:30 ❤️ Special Sing-along and Chamber Music [BST]</p> <p>2:30 ❤️ Special Chamber Music [MCNLR]</p> <p>3:15 ❤️ Joan's Birthday Party!</p> <p>4:00 ⚡ Daily Rewind [MCN]</p>
<p>10:00 ☁ Sit and Be Fit [MCS] 8</p> <p>10:00 ☁ Sunshine Club</p> <p>10:30 ⚡ Daily Chronicle</p> <p>11:00 ❤️ Book Club [MCS]</p> <p>2:00 🎭 Hotsie-Totsie Voices: Holidays in Harmony</p> <p>2:00 🎮 Sensory Sensations [MCN]</p> <p>2:00 ➡ Sing Fit! [MCS]</p> <p>3:00 🌿 Big Blue Planet [MCS]</p> <p>3:15 🎨 Art Corner: Holiday Cards [MCSAR]</p> <p>4:00 ⚡ Daily Rewind</p> <p>6:00 🎭 Hotsie-Totsie Voices: Holidays in Harmony</p>	<p>10:00 ⚡ Daily Chronicle [MCN] 9</p> <p>10:30 ❤️ Drumming with Chris [MCN]</p> <p>2:00 🎮 Movie Matinee [MCS]</p> <p>2:15 🎮 Fun and Games! [MCSAR]</p> <p>2:45 🚩 Snack and Chat</p> <p>4:00 ⚡ Daily Rewind</p>	<p>Happy Birthday Mike! 10</p> <p>10:00 ➡ Move & Groove [MCS]</p> <p>10:30 ⚡ Daily Chronicle [MCN]</p> <p>1:30 ❤️ Visits with Myra! [WCY]</p> <p>1:30 ➡ Zumba with Janette! [MCN]</p> <p>2:30 🎮 Mike's Birthday Party!</p> <p>3:30 ⚡ Arm Chair Travels [MCS]</p> <p>4:00 ⚡ Daily Rewind</p>	<p>Happy Birthday Joe! 11</p> <p>10:00 ➡ Chair Yoga [MCS]</p> <p>10:00 ☁ Sunshine Club [MCN]</p> <p>10:30 ⚡ Daily Chronicle [MCN]</p> <p>11:00 ⚡ Word Scramble [MCS]</p> <p>11:30 🎮 Lunch Outing [OUT]</p> <p>1:30 ➡ Walking Club</p> <p>2:00 🧩 Puzzles and Games [MCS]</p> <p>4:00 ⚡ Daily Rewind</p>	<p>10:00 ➡ Sit and Be Fit [MCS] 12</p> <p>10:00 🚩 Sunshine Club [MCN]</p> <p>10:30 ⚡ Daily Chronicle [MCS]</p> <p>11:00 🚩 Finish the Lyric [MCS]</p> <p>1:30 ❤️ Songs by Heart [MCN]</p> <p>3:00 🎮 Bingo [MCS]</p> <p>3:00 🎮 Joe's Birthday Party!</p> <p>4:00 ⚡ Daily Rewind</p>	<p>10:00 ➡ Rock Steady Boxing 13</p> <p>10:00 ☁ Traveling Sunshine Club [WCY]</p> <p>10:30 ⚡ Daily Chronicle</p> <p>11:00 🎮 Give Me Five</p> <p>2:00 🎮 Cards and Puzzles [MCSAR]</p> <p>2:00 🚩 Men's Club with David [MCNLR]</p> <p>4:00 ⚡ Daily Rewind</p>	<p>10:00 ➡ Moving for Mobility [MCN] 14</p> <p>10:45 ⚡ Daily Chronicle [MCN]</p> <p>11:00 ⚡ Finish The Phrase! [MCN]</p> <p>1:30 ➡ Dance it Out!</p> <p>2:00 ☁ Sensory Sensations</p> <p>2:45 🚩 Snack and Chat</p> <p>3:00 🎭 Christmas Concert with Annamarie & Friends [BST]</p> <p>4:00 ⚡ Daily Rewind</p>
<p>10:00 ☁ Sit and Be Fit [MCS] 15</p> <p>10:00 ☁ Sunshine Club</p> <p>10:30 ⚡ Daily Chronicle</p> <p>11:00 ❤️ Book Club [MCS]</p> <p>2:00 🎮 Sensory Sensations [MCN]</p> <p>2:00 ➡ Sing Fit! [MCS]</p> <p>3:00 🌿 Big Blue Planet [MCS]</p> <p>3:00 ❤️ Special Music: Hurricane Saxophone Quartet [BST]</p> <p>3:15 🎲 Roll a Christmas Tree Dice Game [MCSAR]</p> <p>4:00 ⚡ Daily Rewind</p>	<p>10:00 ➡ Sit and Be Fit! 16</p> <p>10:30 ⚡ Daily Chronicle</p> <p>11:00 ❤️ Book Club</p> <p>1:30 ➡ Walking Club</p> <p>2:00 🎮 Movie Matinee [MCS]</p> <p>2:15 🎮 Fun and Games! [MCSAR]</p> <p>2:45 🚩 Snack and Chat</p> <p>4:00 ⚡ Daily Rewind</p>	<p>10:00 ❤️ Music Therapy with Nancy [MCS] 17</p> <p>1:30 ➡ Zumba with Janette! [MCN]</p> <p>2:30 🚩 Snack and Chat</p> <p>3:30 ⚡ Arm Chair Travels [MCS]</p> <p>4:00 ⚡ Daily Rewind</p>	<p>10:00 ➡ Chair Yoga [MCS] 18</p> <p>10:00 ☁ Sunshine Club [MCN]</p> <p>10:30 ⚡ Daily Chronicle [MCN]</p> <p>11:00 ⚡ Word Scramble [MCS]</p> <p>2:30 🎮 Holiday Party with Music by Lisa Marie</p> <p>4:00 ⚡ Daily Rewind</p>	<p>10:00 ➡ Sit and Be Fit [MCS] 19</p> <p>10:00 🚩 Sunshine Club [MCN]</p> <p>10:30 ⚡ Daily Chronicle [MCS]</p> <p>11:00 🚩 Finish the Lyric [MCS]</p> <p>1:30 ❤️ Songs by Heart [MCN]</p> <p>2:30 🎮 Joe's Birthday Party!</p> <p>2:30 🚩 Snack and Chat</p> <p>3:00 🎮 Bingo [MCS]</p> <p>4:00 ⚡ Daily Rewind</p>	<p>10:00 ➡ Rock Steady Boxing 20</p> <p>10:00 ☁ Traveling Sunshine Club [WCY]</p> <p>10:30 ⚡ Daily Chronicle</p> <p>11:00 🎮 Give Me Five</p> <p>2:00 🎮 Cards and Puzzles [MCSAR]</p> <p>2:00 🚩 Men's Club with David [MCNLR]</p> <p>4:00 ⚡ Daily Rewind</p>	<p>10:00 ➡ Moving for Mobility [MCN] 21</p> <p>10:45 ⚡ Daily Chronicle [MCN]</p> <p>11:00 ⚡ Finish The Phrase! [MCN]</p> <p>2:45 🚩 Snack and Chat</p> <p>3:00 ➡ Noodleball [MCS]</p> <p>4:00 ⚡ Daily Rewind</p>

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<p>10:00 🌿 Sit and Be Fit [MCS] 22</p> <p>10:00 🌿 Sunshine Club</p> <p>10:30 💡 Daily Chronicle</p> <p>11:00 ❤️ Book Club [MCS]</p> <p>2:00 🧠 Sensory Sensations [MCN]</p> <p>2:00 🚶 Sing Fit! [MCS]</p> <p>3:00 🌿 Big Blue Planet [MCS]</p> <p>3:15 🎨 Art Corner: Cinnamon Tree Craft [MCSAR]</p> <p>4:00 💡 Daily Rewind</p>	<p>10:00 🚶 Sit and Be Fit! 23</p> <p>10:30 💡 Daily Chronicle</p> <p>11:00 ❤️ Book Club</p> <p>1:30 🚶 Walking Club</p> <p>2:00 🎬 Movie Matinee [MCS]</p> <p>2:15 🧠 Fun and Games! [MCSAR]</p> <p>2:45 🍷 Snack and Chat</p> <p>4:00 💡 Daily Rewind</p>	<p>Christmas Eve 24</p> <p>10:00 🚶 Move & Groove [MCS]</p> <p>10:30 💡 Daily Chronicle [MCN]</p> <p>1:30 🚶 Zumba with Janette! [MCN]</p> <p>2:30 🍷 Snack and Chat</p> <p>3:00 💡 Holiday Music Fill in the Blank [MCS]</p> <p>3:30 💡 Arm Chair Travels [MCS]</p> <p>4:00 💡 Daily Rewind</p>	<p>Christmas Day 25</p> <p>First Night of Hanukkah</p> <p>10:00 🌿 Sunshine Club [MCN]</p> <p>10:00 🦋 Virtual Christmas Service [MCS]</p> <p>11:00 💡 Word Scramble [MCS]</p> <p>1:30 🚶 Walking Club</p> <p>2:00 🎵 Christmas Carols and Cocoa [MCS]</p> <p>4:00 💡 Daily Rewind</p> <p>4:15 🦋 Menorah Lighting</p> <p>4:30 🦋 Hanukkah Candle Lighting [BST]</p>	<p>10:00 🚶 Sit and Be Fit [MCS] 26</p> <p>10:00 🎬 Sunshine Club [MCN]</p> <p>10:30 💡 Daily Chronicle [MCS]</p> <p>11:00 🎬 Finish the Lyric [MCS]</p> <p>1:30 ❤️ Songs by Heart [MCN]</p> <p>2:30 🎬 Joe's Birthday Party!</p> <p>2:30 🍷 Snack and Chat</p> <p>3:00 🎮 Bingo [MCS]</p> <p>4:00 💡 Daily Rewind</p> <p>4:15 🦋 Menorah Lighting</p> <p>4:30 🦋 Hanukkah Candle Lighting [BST]</p>	<p>10:00 🌿 Traveling Sunshine Club [WCY] 27</p> <p>10:30 💡 Daily Chronicle</p> <p>10:30 🎬 Veterans Club with Special Guest</p> <p>11:00 🧠 Give Me Five</p> <p>2:00 🧠 Cards and Puzzles [MCSAR]</p> <p>2:00 🎬 Men's Club with David [MCNLR]</p> <p>4:00 💡 Daily Rewind</p> <p>4:15 🦋 Menorah Lighting</p> <p>4:30 🦋 Hanukkah Candle Lighting [BST]</p>	<p>10:00 🚶 Moving for Mobility [MCN] 28</p> <p>10:45 💡 Daily Chronicle [MCN]</p> <p>11:00 💡 Finish The Phrase! [MCN]</p> <p>1:30 🚶 Dance it Out!</p> <p>2:45 🍷 Snack and Chat</p> <p>4:00 💡 Daily Rewind</p> <p>4:15 🦋 Menorah Lighting</p> <p>4:30 🦋 Hanukkah Candle Lighting [BST]</p>

<p>10:00 🌿 Sit and Be Fit [MCS] 29</p> <p>10:00 🌿 Sunshine Club</p> <p>10:30 💡 Daily Chronicle</p> <p>11:00 ❤️ Book Club [MCS]</p> <p>2:00 🧠 Sensory Sensations [MCN]</p> <p>2:00 🚶 Sing Fit! [MCS]</p> <p>3:00 🌿 Big Blue Planet [MCS]</p> <p>3:15 🎨 Art Corner: Snow Flakes [MCSAR]</p> <p>4:00 💡 Daily Rewind</p> <p>4:15 🦋 Menorah Lighting</p> <p>4:30 🦋 Hanukkah Candle Lighting [BST]</p>	<p>10:00 🚶 Sit and Be Fit! 30</p> <p>10:30 💡 Daily Chronicle</p> <p>11:00 ❤️ Book Club</p> <p>1:30 🚶 Walking Club</p> <p>2:00 🎬 Movie Matinee [MCS]</p> <p>2:15 🧠 Fun and Games! [MCSAR]</p> <p>2:45 🍷 Snack and Chat</p> <p>4:00 💡 Daily Rewind</p> <p>4:15 🦋 Menorah Lighting</p> <p>4:30 🦋 Hanukkah Candle Lighting [BST]</p>	<p>New Year's Eve 31</p> <p>10:00 🚶 Move & Groove [MCS]</p> <p>10:30 💡 Daily Chronicle [MCN]</p> <p>1:30 🚶 Zumba with Janette! [MCN]</p> <p>2:30 🍷 Snack and Chat</p> <p>3:30 💡 Arm Chair Travels [MCS]</p> <p>4:00 💡 Daily Rewind</p> <p>4:15 🦋 Menorah Lighting</p> <p>4:30 🦋 Hanukkah Candle Lighting [BST]</p>	<p>Location Keys</p> <table border="0"> <tr> <td>Bistro</td> <td>BST</td> <td>🧠 Creative Arts</td> <td>🎬 Purposeful</td> </tr> <tr> <td>MC North Living Room</td> <td>MCNLR</td> <td>❤️ Emotional</td> <td>🧠 Recreation and Leisure</td> </tr> <tr> <td>MC South Art Room</td> <td>MCSAR</td> <td>🚶 Health and Wellness</td> <td>🌿 Restorative</td> </tr> <tr> <td>Memory Care North</td> <td>MCN</td> <td>💡 Intellectual</td> <td>🦋 Spiritual</td> </tr> <tr> <td>Memory Care South</td> <td>MCS</td> <td>🌿 Nature</td> <td></td> </tr> <tr> <td>Outing</td> <td>OUT</td> <td></td> <td></td> </tr> <tr> <td>We Come to You</td> <td>WCY</td> <td></td> <td></td> </tr> </table>			Bistro	BST	🧠 Creative Arts	🎬 Purposeful	MC North Living Room	MCNLR	❤️ Emotional	🧠 Recreation and Leisure	MC South Art Room	MCSAR	🚶 Health and Wellness	🌿 Restorative	Memory Care North	MCN	💡 Intellectual	🦋 Spiritual	Memory Care South	MCS	🌿 Nature		Outing	OUT			We Come to You	WCY			<p>Resident Birthdays</p> <table border="0"> <tr> <td>Joan B.</td> <td>12/7</td> </tr> <tr> <td>Michael N.</td> <td>12/10</td> </tr> <tr> <td>Joe T.</td> <td>12/11</td> </tr> </table>	Joan B.	12/7	Michael N.	12/10	Joe T.	12/11
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THE CARRINGTON
 AT LINCOLNWOOD
 3501 Northeast Parkway
 Lincolnwood, IL 60712
 (847) 973-6262

- 🧠 Creative Arts
- ❤️ Emotional
- 🚶 Health and Wellness
- 💡 Intellectual
- 🌿 Nature
- 🎬 Purposeful
- 🧠 Recreation and Leisure
- 🌿 Restorative
- 🦋 Spiritual

- Location Keys**
- | | | | |
|----------------------|-------|-------------------|-----|
| Bistro | BST | Memory Care South | MCS |
| MC North Living Room | MCNLR | Outing | OUT |
| MC South Art Room | MCSAR | We Come to You | WCY |
| Memory Care North | MCN | | |

Resident Birthdays

Penny K.	12/1
Joan B.	12/7
Michael N.	12/10
Joe T.	12/11
Carol C.	12/16
Kathy Z.	12/16
Charlotte M.	12/17
Edward E.	12/18
David G.	12/22
John U.	12/30