

December 2024 Mezzanine Activity Calendar

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|--|---|---|---|
| <p>10:00 🏃 Sit and Be Fit [Mez] 1</p> <p>10:30 📺 News and Views [Mez]</p> <p>10:45 🎤 Singfit! [Mez]</p> <p>1:30 🍝 Noodle Ball [Mez]</p> <p>2:00 🎲 Roll a Holiday Memory Game [Mez]</p> <p>3:00 🎨 Colorful Creations [Mez]</p> <p>3:00 ❤️ Special Showing: Wine, Women & Dementia [BST]</p> <p>4:00 📺 Daily Rewind [MLR]</p> <p>5:30 🌿 Relax and Unwind [Mez]</p> | <p>10:00 🏃 Chair Yoga [Mez] 2</p> <p>10:30 📺 News and Views [Mez]</p> <p>11:00 🎵 Name that Tune [Mez]</p> <p>2:00 🏃 Dancing with Martha! [FC]</p> <p>3:00 🎨 Drama Club [MLR]</p> <p>4:00 📺 Daily Rewind [Mez]</p> <p>5:30 🌿 Relax and Unwind [Mez]</p> | <p>10:00 🎲 Holiday Dice Breaker Game [MLR] 3</p> <p>11:00 🎨 Music Therapy with Nancy [MLR]</p> <p>1:30 🏃 Exercise with Arthur [FC]</p> <p>2:30 🎲 Picture Bingo [Mez]</p> <p>4:00 🏃 Leisurely Walk</p> <p>5:30 🌿 Relax and Unwind [Mez]</p> | <p>10:00 🏃 Zumba and Laughter Yoga [Mez] 4</p> <p>11:30 🎲 Outing to MSI Chicago [OUT]</p> <p>1:45 🏃 Rock Steady Boxing [MLR]</p> <p>3:00 🎲 Happy Hour with Fred Dubose [BST]</p> <p>4:00 📺 Daily Rewind [MLR]</p> <p>5:30 🌿 Relax and Unwind [Mez]</p> | <p>10:30 🌿 Nature Project with Alyse [Mez] 5</p> <p>1:00 🎨 Rosary and Communion with Cozetta [ML]</p> <p>1:30 🏃 Express Fitness with Arthur [FC]</p> <p>2:30 📺 Documentary Hour [Mez]</p> <p>2:30 🎨 Hotsie-Totsie Voices - Rehearsal [BST]</p> <p>4:00 📺 Daily Rewind [MLR]</p> <p>5:30 🎲 Outing to Willow Hill Lights [OUT]</p> <p>5:30 🌿 Relax and Unwind [Mez]</p> | <p>10:00 🎨 Creativity Corner [Mez] 6</p> <p>1:30 🏃 Afternoon Stretches [Mez]</p> <p>2:30 🎲 Movie Matinee</p> <p>4:00 📺 Daily Rewind [Mez]</p> <p>4:30 🎨 Shabbat [BST]</p> <p>5:30 🌿 Relax and Unwind [Mez]</p> | <p>9:30 🎨 Carrington Community Church [BST] 7</p> <p>10:30 📺 Daily Chronicle [AAR]</p> <p>11:00 🏃 Moving For Mobility [AAR]</p> <p>1:30 ❤️ Special Sing-along and Chamber Music [BST]</p> <p>2:30 ❤️ Music with Niles North Choir [MLR]</p> <p>3:00 🎲 Social Hour [MLR]</p> <p>5:30 🌿 Relax and Unwind [Mez]</p> |
| <p>10:00 🏃 Sit and Be Fit [Mez] 8</p> <p>10:30 📺 News and Views [Mez]</p> <p>10:45 🎤 Singfit! [Mez]</p> <p>2:00 🎨 Hotsie-Totsie Voices: Holidays in Harmony</p> <p>4:00 📺 Daily Rewind [MLR]</p> <p>5:30 🌿 Relax and Unwind [Mez]</p> <p>6:00 🎨 Hotsie-Totsie Voices: Holidays in Harmony</p> | <p>10:00 🏃 Chair Yoga 9</p> <p>10:30 📺 News and Views</p> <p>11:00 🎵 Name that Tune [Mez]</p> <p>2:00 🏃 Dancing with Martha! [FC]</p> <p>3:00 🎨 Art Corner: Holiday Cards [Mez]</p> <p>4:00 📺 Daily Rewind [Mez]</p> <p>5:30 🌿 Relax and Unwind [Mez]</p> | <p>10:00 🎲 Helping Hands [Mez] 10</p> <p>1:15 🎨 Opera Club</p> <p>1:30 🏃 Exercise with Arthur [FC]</p> <p>1:30 🎨 Shenanigans Ukulele Band [BST]</p> <p>2:00 ❤️ Visits with Myra! [WCY]</p> <p>2:30 🎲 Picture Bingo [Mez]</p> <p>4:00 🏃 Leisurely Walk</p> <p>5:30 🌿 Relax and Unwind [Mez]</p> | <p>10:00 🏃 Zumba and Laughter Yoga [Mez] 11</p> <p>10:45 ❤️ SingFit! [Mez]</p> <p>1:45 🏃 Rock Steady Boxing [MLR]</p> <p>3:00 🎲 Happy Hour with Jane Allyson [BST]</p> <p>4:00 📺 Daily Rewind [MLR]</p> <p>5:30 🌿 Relax and Unwind [Mez]</p> | <p>10:00 🏃 Chair Volleyball [MLR] 12</p> <p>1:00 🎨 Rosary with Cozetta [ML]</p> <p>1:30 🏃 Express Fitness with Arthur [FC]</p> <p>2:15 ❤️ Passport to Switzerland for the Holidays! [2LVR]</p> <p>4:00 📺 Daily Rewind [MLR]</p> <p>5:30 🌿 Relax and Unwind [Mez]</p> | <p>10:00 🎨 Gingerbread House Making [Mez] 13</p> <p>1:30 🏃 Afternoon Stretches [Mez]</p> <p>2:00 🎨 Holiday Quilt Making with Maggie [Mez]</p> <p>4:00 📺 Daily Rewind [Mez]</p> <p>4:30 🎨 Shabbat [BST]</p> <p>5:30 🌿 Relax and Unwind [Mez]</p> | <p>9:30 🎨 Carrington Community Church [BST] 14</p> <p>10:30 📺 Daily Chronicle [AAR]</p> <p>11:00 🏃 Moving For Mobility [AAR]</p> <p>2:00 🎨 Holiday Quilt Making with Maggie [Mez]</p> <p>3:00 🎨 Christmas Concert with Annamarie & Friends [BST]</p> <p>5:30 🌿 Relax and Unwind [Mez]</p> |
| <p>10:00 🏃 Sit and Be Fit [Mez] 15</p> <p>10:30 📺 News and Views [Mez]</p> <p>10:45 🎤 Singfit! [Mez]</p> <p>1:30 🍝 Noodle Ball [Mez]</p> <p>3:00 ❤️ Special Music: Hurricane Saxophone Quartet [BST]</p> <p>4:00 📺 Daily Rewind [MLR]</p> | <p>10:00 🏃 Chair Yoga 16</p> <p>10:30 📺 News and Views</p> <p>11:00 🎵 Name that Tune [Mez]</p> <p>2:00 🏃 Dancing with Martha! [FC]</p> <p>3:00 🎲 Classic Comedy Hour [BST]</p> <p>4:00 📺 Daily Rewind [Mez]</p> <p>5:30 🌿 Relax and Unwind [Mez]</p> | <p>10:00 📺 Christmas Song Trivia [MLR] 17</p> <p>11:30 🎨 Maine South High School Orchestra [ILC]</p> <p>1:30 🏃 Exercise with Arthur [FC]</p> <p>2:30 🎲 Picture Bingo [Mez]</p> <p>4:00 🏃 Leisurely Walk</p> <p>5:30 🌿 Relax and Unwind [Mez]</p> | <p>10:00 🎨 Cinnamon Tree Craft [Mez] 18</p> <p>10:45 ❤️ SingFit! [Mez]</p> <p>1:45 🏃 Rock Steady Boxing [MLR]</p> <p>3:00 🎲 Happy Hour with Wayne Messmer [BST]</p> <p>4:00 📺 Daily Rewind [MLR]</p> <p>5:30 🌿 Relax and Unwind [Mez]</p> | <p>1:00 🎨 Rosary with Cozetta [ML] 19</p> <p>1:30 🏃 Express Fitness with Arthur [FC]</p> <p>2:30 ❤️ Moments from Hollywood Musicals [ALT]</p> <p>4:00 📺 Daily Rewind [MLR]</p> <p>5:30 🌿 Relax and Unwind [Mez]</p> | <p>10:00 🎨 Creativity Corner [Mez] 20</p> <p>1:30 🏃 Afternoon Stretches [Mez]</p> <p>2:15 🎲 Monthly Birthday Bash! [2LVR]</p> <p>4:00 📺 Daily Rewind [Mez]</p> <p>4:30 🎨 Shabbat [BST]</p> <p>5:30 🌿 Relax and Unwind [Mez]</p> | <p>9:30 🎨 Carrington Community Church [BST] 21</p> <p>10:30 📺 Daily Chronicle [AAR]</p> <p>11:00 🏃 Moving For Mobility [AAR]</p> <p>2:00 🎲 Bowling</p> <p>3:00 🎲 Social Hour [MLR]</p> <p>5:30 🌿 Relax and Unwind [Mez]</p> |

December 2024 Mezzanine Activity Calendar

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|---|--|--|---|
| 22 10:00 🔄 Sit and Be Fit [Mez] 10:30 💡 News and Views [Mez] 10:45 💡 Singfit! [Mez] 1:30 🔄 Noodle Ball [Mez] 2:30 🍪 Gingerbread House Making [Mez] 4:00 💡 Daily Rewind [MLR] | 23 10:00 🔄 Chair Yoga 10:30 💡 News and Views 11:00 🧩 Name that Tune [Mez] 1:30 🔄 Noodle Ball 2:15 💡 Christmas Around the World Discussion [Mez] 3:00 💡 Rick Steves Christmas Around the World Viewing [Mez] 4:00 💡 Daily Rewind [Mez] 5:30 🌿 Relax and Unwind [Mez] | 24 Christmas Eve 10:00 🔄 Sit and Be Fit [Mez] 10:30 💡 News and Views [Mez] 10:45 💡 Judge and Jury Game [Mez] 1:30 🔄 Exercise with Arthur [FC] 2:30 🧩 Picture Bingo [Mez] 4:00 🔄 Leisurely Walk 5:30 🌿 Relax and Unwind [Mez] | 25 Christmas Day First Night of Hanukkah 10:00 ❤️ Cocoa And Carols [MLR] 1:30 🧩 Christmas Bingo 3:00 🧩 Happy Hour with Allan Kaye [BST] 4:00 💡 Daily Rewind [MLR] 4:30 🕯️ Hanukkah Candle Lighting [BST] 5:30 🌿 Relax and Unwind [Mez] | 26 10:00 💡 News and Views 10:45 🔄 Zumba and Laughter Yoga [Mez] 1:00 🕯️ Rosary with Cozetta [ML] 1:30 🔄 Express Fitness with Arthur [FC] 2:30 💡 Documentary Hour [Mez] 4:00 💡 Daily Rewind [MLR] 4:30 🕯️ Hanukkah Candle Lighting [BST] 5:30 🌿 Relax and Unwind [Mez] | 27 10:00 🧩 Spill the Tea Holiday Conversation Game [Mez] 10:30 🇺🇸 Veterans Club with Special Guest 1:30 🔄 Afternoon Stretches [Mez] 2:00 🧩 Movie Matinee [Mez] 4:00 💡 Daily Rewind [Mez] 4:30 🕯️ Hanukkah Candle Lighting [BST] 4:30 🕯️ Shabbat [BST] 5:30 🌿 Relax and Unwind [Mez] | 28 9:30 🕯️ Carrington Community Church [BST] 10:30 💡 Daily Chronicle [AAR] 11:00 🔄 Moving For Mobility [AAR] 2:00 🧩 Puzzles and Games [Mez] 3:00 🧩 Social Hour [MLR] 4:30 🕯️ Hanukkah Candle Lighting [BST] 5:30 🌿 Relax and Unwind [Mez] |

| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|--|--|---|---|--|--|--|-------------------------|-----|-------------------------|-----|-----------------------|------|-------------------|----|-------------------|-----|-----------------------|-----|--------|-----|--------|-----|----------------|----|----------------|-----|---------|-----|--|--|----------|-------|----------|-------|
| 29 10:00 🔄 Sit and Be Fit [Mez] 10:30 💡 News and Views [Mez] 10:45 💡 Singfit! [Mez] 1:30 🔄 Noodle Ball [Mez] 2:00 🧩 Crafter's Corner Snowflakes [Mez] 4:00 💡 Daily Rewind [MLR] 4:30 🕯️ Hanukkah Candle Lighting [BST] | 30 9:00 🧩 New Year's Dice Game [Mez] 10:00 🔄 Chair Yoga 10:30 💡 News and Views 11:00 🧩 Name that Tune [Mez] 2:00 💡 New Years Traditions Around the World [Mez] 4:00 💡 Daily Rewind [Mez] 4:30 🕯️ Hanukkah Candle Lighting [BST] 5:30 🌿 Relax and Unwind [Mez] | 31 New Year's Eve 10:00 🔄 Sit and Be Fit 10:30 💡 News and Views 10:45 ❤️ New Year's Resolutions 1:30 🔄 Exercise with Arthur [FC] 2:30 🧩 Picture Bingo [Mez] 4:00 🔄 Leisurely Walk 4:30 🕯️ Hanukkah Candle Lighting [BST] 5:30 🌿 Relax and Unwind [Mez] | <p style="text-align: center;">Location Keys</p> <table border="0"> <tr> <td>AL 2nd FL Activity Room</td> <td>AAR</td> <td>Mezzanine Activity Room</td> <td>Mez</td> </tr> <tr> <td>AL 2nd FL Living Room</td> <td>2LVR</td> <td>Mezzanine Library</td> <td>ML</td> </tr> <tr> <td>AL 4th FL Theater</td> <td>ALT</td> <td>Mezzanine Living Room</td> <td>MLR</td> </tr> <tr> <td>Bistro</td> <td>BST</td> <td>Outing</td> <td>OUT</td> </tr> <tr> <td>Fitness Center</td> <td>FC</td> <td>We Come to You</td> <td>WCY</td> </tr> <tr> <td>IL Cafe</td> <td>ILC</td> <td></td> <td></td> </tr> </table> <p style="text-align: center;">Resident Birthdays</p> <table border="0"> <tr> <td>Kathy Z.</td> <td>12/16</td> </tr> <tr> <td>David G.</td> <td>12/22</td> </tr> </table> | | | | AL 2nd FL Activity Room | AAR | Mezzanine Activity Room | Mez | AL 2nd FL Living Room | 2LVR | Mezzanine Library | ML | AL 4th FL Theater | ALT | Mezzanine Living Room | MLR | Bistro | BST | Outing | OUT | Fitness Center | FC | We Come to You | WCY | IL Cafe | ILC | | | Kathy Z. | 12/16 | David G. | 12/22 |
| AL 2nd FL Activity Room | AAR | Mezzanine Activity Room | Mez | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| AL 2nd FL Living Room | 2LVR | Mezzanine Library | ML | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| AL 4th FL Theater | ALT | Mezzanine Living Room | MLR | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Bistro | BST | Outing | OUT | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fitness Center | FC | We Come to You | WCY | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| IL Cafe | ILC | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kathy Z. | 12/16 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| David G. | 12/22 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |



- 🍷 Creative Arts
- ❤️ Emotional
- 🔄 Health and Wellness
- 💡 Intellectual
- 🌿 Nature
- 🇺🇸 Purposeful
- 🧩 Recreation and Leisure
- 🌿 Restorative
- 🕯️ Spiritual