# Independent Living Activities Calendar

## lanuary 2025

		3 AUUVIUS				
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
IST IL FI-3 The I4A IL FI-4 Art I4G IL FI-4 Ga I4L IL FI-4 Lib I4V IL FI-4 Livi IDN IL FI-1 Dir IOT IL Outing	eater  CAF mes FC rary ing Room  12A	AL Fl-1 Dining IL Fl-1 Bistro IL Fl-1 Cafe Fitness Center FC - Pool IL Fl-2 Arts/Sewing IL Fl-3 Activity / Ping Pong	9am Water Workouts with Arthur (FPL) 9:15am Shopping at Walmart and Mariano's (RSVP) (IOT) 10am Chair Volleyball (CAF) 10:30am Exercise with Arthur (FC) 10:30am Exercise with Melanie (FC) 11:30am Water Workouts with Arthur (FPL) 3pm Happy Hour with Hector Fernandez (BST) 4:30pm Hanukkah Candle Lighting (BST) 7pm IL Movie - The Lady in Number 6 (Prime) (I3T)	10am Blood Pressure Clinic (ILV) 10am Aqua Fitness with Ben (FPL) 10am Chair Volleyball (CAF) 10am Workout with Melanie (FC) 1pm Recreational Ping-Pong (I3D) 1:30pm Express Fitness with Arthur (FC) 2pm Chat Room (I3A) 2pm Tech Help with Regie (CAF) 6:30pm Friends of Bill W. (AA Meeting) (I3A) 7pm IL Movie - Life Stinks (Prime) (I3T) 7pm Poker Night (I4G)	9:30am Cozetta's Rosary Group and Communion (I4V) 10am Chair Volleyball (CAF) 10:30am Exercise with Arthur (FC) 11:30am Water Workouts with Arthur (FPL) 1:30pm Cancelled: Take a Walk Down Memory Lane (I4V) 1:30pm Creative Projects in Art (I4A) 2pm Chair Yoga with Linda (FC) 4:30pm Shabbat Service (BST) 7pm IL Movie - Being Julia (Netflix) (I3T)	9:30am Carrington Community Church (BST) 10:30am Open Aqua Exercise Group (FPL) 11am Plant Doctors (I2A) 11am Shopping Outing: Burlington (RSVP) (IOT) 1:30pm Outing: Little Women (Northlight) (RSVP) (IOT) 1:45pm Workout with Melanie (FC) 2:15pm Matinee - The Pirate (Prime) (I3T) 2:30pm Stretch, Tone, Strength with Melanie (FC) 7pm IL Movie - The Pirate (Prime) (I3T)
7am Fitness Center and Pool - Open Daily 7 AM to 9 PM (FC) 8:15am Edgebrook Lutheran Church (RSVP) (IOT) 8:30am Queen of All Saints Basilica (RSVP) (IOT) 9:30am Holy Name Cathedral (Virtual) (I4V) 2pm Bingo with Trudy (CAF) 7pm IL Movie - 3 Men and A Baby (Prime) (I3T)	10am Chair Volleyball (CAF) 10am Open Aqua Exercise Group (FPL) 10:30am Move & Groove with Stacy (FC) 11am Recreational Ping-Pong (I3D) 11:15am Nature Talks with Alyse (BST) 1pm Movement & Balance with Select Rehab (FC) 2pm Dancing with Martha (FC) 2pm Shakespeare Sessions with Michael (I3T) 3pm Dementia Support for Care Partners (I4G) 3pm Knitting & Crochet Lessons (I2A) 7pm IL Movie - Me Before You (Prime) (I3T) 7pm Poker Night (I4G) 7:15pm New Edition: Everyone Has A Story (BST)	9:30am Aqua Fitness with Ben (FPL) 9:30am Shopping: Costco, Target, Aldi (RSVP) (IOT) 10am Chair Volleyball (CAF) 10am Workout with Melanie (FC) 11am Current Events (BST) 1pm NEW! Drumming Class with Francesca (BST) 1pm Open Studio Painting (I2A) 1:30pm Exercise with Arthur (FC) 1:30pm Mah-Jong (I3D) 2pm Outing: Walgreen's Senior Discount Day (RSVP) (IOT) 2pm Tech Help with Regie (CAF) 3pm Story Time with Trudy (I4V) 7pm IL Movie - Men of Respect (Prime) (I3T)	9am Water Workouts with Arthur (FPL) 9:15am Shopping: Dollar Tree, Valli, Goodwill, PetSmart (IOT) 10am Chair Volleyball (CAF) 10:30am Exercise with Arthur (FC) 10:30am Library Committee (I2L) 11:30am Water Workouts with Arthur (FPL) 1pm Rock Steady Boxing (FC) 2pm F& B Meeting with Dorge (BST) 3pm Happy Hour with Wayne Messmer (BST) 7pm IL Movie - Go Gentle (Prime) (I3T)	10am Blood Pressure Clinic (ILV) 10am Aqua Fitness with Ben (FPL) 10am Chair Volleyball (CAF) 10am Workout with Melanie (FC) 11am NEW TIME: Art History with Debra (I3T) 1pm Recreational Ping-Pong (I3D) 1:30pm Express Fitness with Arthur (FC) 2pm Tech Help with Regie (CAF) 6:30pm Friends of Bill W. (AA Meeting) (I3A) 7pm IL Movie - A Different Man (Prime) (I3T) 7pm Poker Night (I4G)	Rosary Group (I4V) 10am Chair Volleyball (CAF) 10:30am Exercise with Arthur (FC)	9:30am Carrington Community Church (BST) 10:30am Open Aqua Exercise Group (FPL) 11am Shopping Outing to Old Orchard Mall (RSVP) (IOT) 1:45pm Workout with Melanie (FC) 2:15pm IL Matinee - Singin' in the Rain (Prime) (I3T) 2:30pm Stretch, Tone, Strength with Melanie (FC) 7pm IL Movie - Singin' in the Rain (Prime) (I3T)
7am Fitness Center and Pool - Open Daily 7 AM to 9 PM (FC) 8:15am Edgebrook Lutheran Church (RSVP) (IOT) 8:30am Queen of All Saints Basilica (RSVP) (IOT) 9:30am Holy Name Cathedral (Virtual) (I4V) 2pm Bingo with Trudy (CAF) 3pm Hymn Sing with Annamarie (BST) 7pm IL Movie - Breakfast at Tiffany's (Netflix) (I3T)	10am Chair Volleyball (CAF) 10am Open Aqua Exercise Group (FPL) 10:30am Move & Groove with Stacy (FC) 11am Recreational Ping-Pong (I3D) 1pm Movement & Balance with Select Rehab (FC) 1:30pm Movie Selection Committee (I3A) 2pm Dancing with Martha (FC) 3pm Classic Comedy Hour (BST) 3pm Dementia Support for Care Partners (I4G) 7pm IL Movie - This Property is Condemned (Prime) (I3T) 7pm Poker Night (I4G) 7:15pm TedTalk Time! (BST)	9:30am Aqua Fitness with Ben (FPL) 10am Chair Volleyball (CAF) 10am Workout with Melanie (FC) 11am Current Events (BST) 1pm Open Studio Painting (I2A) 1:15pm Opera Club - Tosca (I3T) 1:30pm Exercise with Arthur (FC) 1:30pm Mah-Jong (I3D) 2pm Tech Help with Regie (CAF) 3pm Story Time with Trudy (I4V) 7pm IL Movie - Superman (Prime) (I3T)	9am Water Workouts with Arthur (FPL) 9:15am Shopping at Jewel, Target, Best Buy, Ross (RSVP) (IOT) 10am Chair Volleyball (CAF) 10:30am Exercise with Arthur (FC) 11am Parkinson's Support Group (I4G) 11:30am Water Workouts with Arthur (FPL) 1pm Rock Steady Boxing (FC) 1:30pm IL Resident Meeting (BST) 3pm Happy Hour with John Adair (BST) 7pm IL Movie - Breath Made Visible (Prime) (I3T)	10am Blood Pressure Clinic (ILV) 10am Aqua Fitness with Ben (FPL) 10am Chair Volleyball (CAF) 10am Workout with Melanie (FC) 11am Life Enrichment (Activities) Meeting (I4G) 1pm Recreational Ping-Pong (I3D) 1:30pm Express Fitness with Arthur (FC) 2pm Chat Room (I3A) 2pm Tech Help with Regie (CAF) 6:30pm Friends of Bill W. (AA Meeting) (I3A) 7pm IL Movie - Joy (Netflix) (I3T) 7pm Poker Night (I4G)	9:30am Cozetta's Rosary Group (I4V) 10am Chair Volleyball (CAF) 10:30am Exercise with Arthur (FC) 11am Ask A Lincolnwood Librarian (RSVP) (CAF) 11:30am Water Workouts with Arthur (FPL) 1:30pm Creative Projects in Art (I4A) 1:30pm Take a Walk Down Memory Lane (I4V) 2pm Chair Yoga with Linda (FC) 3pm Celebration for January Birthdays! (I3D) 4:30pm Shabbat Service (BST) 7pm IL Movie - The Union (Netflix) (I3T)	9:30am Carrington Community Church (BST) 10:30am Open Aqua Exercise Group (FPL) 11am Plant Doctors (I2A) 11am Shopping Outing to H-Mart (RSVP) (IOT) 1:45pm Workout with Melanie (FC) 2:15pm Matinee - Gypsy (DVD) (I3T) 2:30pm Stretch, Tone, Strength with Melanie (FC) 7pm IL Movie - Gypsy (DVD) (I3T)

# Independent Living Activities Calendar

## January 2025

### Sunday

### Wednesday

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7am Fitness Center and Pool - Open Daily 7 AM to 9 PM (FC) 8:15am Edgebrook Lutheran Church (RSVP) (IOT) 8:30am Queen of All Saints Basilica (RSVP) (IOT) 9:30am Holy Name Cathedral (Virtual) (I4V) 2pm Bingo with Trudy (CAF) 3pm Community Dementia Support Group (BST) 7pm IL Movie - From Time to

10am Chair Volleyball (CAF) 10am Open Aqua Exercise Group

10:30am Move & Groove with Stacy (FC) 11am Recreational Ping-Pong (I3D)

1pm Movement & Balance with Select Rehab (FC) 2pm Dancing with Martha (FC)

2pm Shakespeare Sessions with Michael (I3T) 3pm Dementia Support for Care

Partners (I4G) 3pm Knitting & Crochet Lessons

7pm IL Movie - Enslavement:True Story of Fanny (Prime) (I3T) 7pm Poker Night (I4G) 7:15pm Everyone Has A Story (BST)

9:30am Aqua Fitness with Ben (FPL)

10am Chair Volleyball (CAF) 10am Workout with Melanie

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11am Current Events (BST) 1pm Open Studio Painting (I2A) 1:30pm Exercise with Arthur

1:30pm Mah-Jong (I3D) 2pm Book Club - West with Giraffes (I3A)

2pm Tech Help with Regie (CAF) 3pm Moments from Hollywood

Musicals (BST) 7pm IL Movie - Old Dads (Netflix) (I3T)

9am Water Workouts with Arthur (FPL)

9:15am Shopping: Aldi, Home Depot, PetSmart (RSVP) (IOT)

10am Chair Volleyball (CAF) 10:30am Exercise with Arthur (FC)

11:30am Water Workouts with Arthur (FPL)

1pm Rock Steady Boxing

3pm Happy Hour: Vince Micari Trio (BST)

7pm IL Movie - Between the Temples (Prime) (I3T)

10am Blood Pressure Clinic

10am Aqua Fitness with Ben

10am Chair Volleyball (CAF) 10am Workout with Melanie

1pm Recreational Ping-Pong

1:30pm Express Fitness with Arthur (FC)

2pm Tech Help with Regie

6:30pm Friends of Bill W. (AA Meeting) (I3A)

7pm IL Movie - Jesse Stone: Sea Change (Prime) (I3T) 7pm Poker Night (I4G)

10am Aqua Fitness with Ben

10am Chair Volleyball (CAF) 10am Workout with Melanie (FC) 1pm Recreational Ping-Pong

1:30pm Express Fitness with

6:30pm Friends of Bill W. (AA Meeting) (I3A)

(Prime) (I3T)

7pm Poker Night (I4G)

9:30am Cozetta's Rosary Group (I4V) 10am Chair Volleyball (CAF) 10:30am Exercise with Arthur

10:30am Outing: Rivers Casino (RSVP) (IOT)

11:30am Water Workouts with Arthur (FPL)

1:30pm Creative Projects in Art (I4A)

1:30pm Take a Walk Down Memory Lane (I4V)

2pm Chair Yoga with Linda (FC) 4:30pm Shabbat Service (BST) 7pm IL Movie - Dog Day Afternoon (Prime) (I3T)

10am Chair Volleyball (CAF)

10:30am Exercise with Arthur

9:30am Cozetta's

Rosary Group (I4V)

9:30am Carrington Community Church (BST)

10:30am Open Aqua Exercise Group (FPL) 10:30am Outing: MetLive

in HD - Aida (IOT) 1:45pm Workout with

Melanie (FC)

2:15pm Matinee - Call Me Madame (DVD) (I3T) 2:30pm Stretch, Tone, Strength with Melanie (FC)

7pm IL Movie - Call Me Madame (DVD) (I3T)

7am Fitness Center and Pool - Open Daily 7 AM to 9 PM (FC)

Time (Prime) (I3T)

8:15am Edgebrook Lutheran Church (RSVP) (IOT)

8:30am Queen of All Saints Basilica (RSVP) (IOT)

9:30am Holy Name Cathedral (Virtual) (I4V)

2pm Bingo with Trudy (CAF) 7pm IL Movie - The Accidental Husband (Netflix) (I3T)

10am Chair Volleyball (CAF) 10am Open Aqua Exercise Group

10:30am Move & Groove with Stacy (FC)

11am Recreational Ping-Pong (I3D) 1pm Movement & Balance with Select Rehab (FC)

2pm Dancing with Martha (FC) 2pm Shakespeare Sessions with Michael (I3T)

3pm Dementia Support for Care Partners (I4G) 3pm Knitting & Crochet Lessons

7pm IL Movie - All of Us Strangers (Prime) (I3T) 7pm Poker Night (I4G)

9:30am Aqua Fitness with Ben (FPL)

10am Chair Volleyball (CAF) 10am Workout with Melanie (FC) 11am Current Events (BST) 1pm Open Studio Painting (I2A) 1:30pm Exercise with Arthur

1:30pm Mah-Jong (I3D) 2pm Tech Help with Regie

3pm Story Time with Trudy (I4V) 7pm IL Movie - Two for the Road (Netflix) (I3T)

9am Water Workouts with Arthur (FPL)

10am Chair Volleyball (CAF) 10:30am Exercise with Arthur

11:30am Water Workouts with Arthur (FPL)

1pm Rock Steady Boxing (FC) 3pm Happy Hour with Jane Allyson (BST)

7pm IL Movie - Treasure (Prime) (I3T)

10am Blood Pressure Clinic

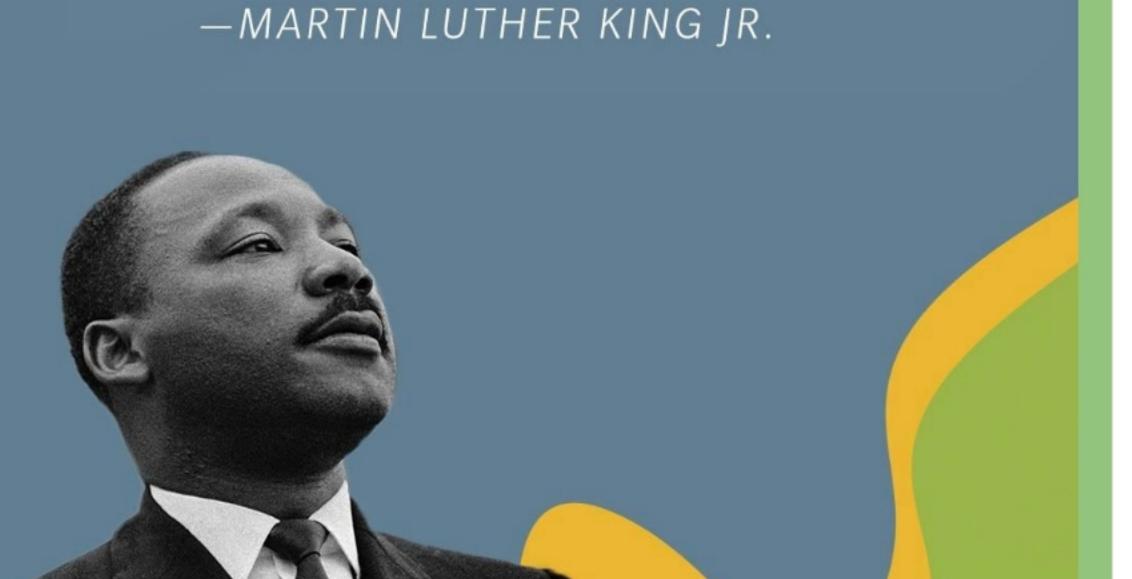
(I3D)

Arthur (FC) 2pm Tech Help with Regie (CAF)

7pm IL Movie - How to Fall in Love

11:30am Water Workouts with Arthur (FPL) 1:30pm Creative Projects in Art 1:30pm Take a Walk Down Memory Lane (I4V) 2pm Chair Yoga with Linda (FC) 4:30pm Shabbat Service (BST) 7pm IL Movie - Twist of Fate

"We must use time creatively, in the knowledge that the time is always right to do right."



What the new year brings you will depend a great deal on what you bring to the new year Vernon McLellan





(Prime) (I3T)

"If you can't fly then run, if you can't run then walk, if you can't walk then crawl, but whatever you do you have to keep moving forward."

-Martin Luther King, Jr.