

































































































# January 2025 Memory Care/Tessera Activity Calendar

Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday

<p><b>Location Keys</b></p> <p>Bistro      BST MC North Living Room      MCNLR MC South Art Room      MCSAR Memory Care North      MCN Memory Care South      MCS We Come to You      WCY</p>	<p> Creative Arts  Emotional  Health and Wellness  Intellectual  Nature</p>	<p> Purposeful  Recreation and Leisure  Restorative  Spiritual</p>	<p><b>New Year's Day</b> <b>1</b></p> <p>10:00  Sunshine Club [MCN] 10:00  What's Your New Year Resolution? [MCS] 10:30  Daily Chronicle [MCN] 11:00  Word Scramble [MCS] 11:30  Zumba with Janette! [MCS] 2:00  New Years Traditions Around the World [MCS] 2:00  Rose Bowl Trivia [MCN] 2:30  Movie Matinee [MCS] 3:00  Rose Bowl Game 4:00  Daily Rewind 4:15  Menorah Lighting 4:30  Hanukkah Candle Lighting [BST]</p>	<p><b>2</b></p> <p>10:00  Sit and Be Fit [MCS] 10:00  Sunshine Club [MCN] 10:30  Daily Chronicle [MCS] 11:00  Finish the Lyric [MCS] 1:30  Songs by Heart [MCN] 2:30  Sensory Sensations 2:30  Snack and Chat 3:00  Bingo [MCS] 4:00  Daily Rewind 4:15  Menorah Lighting</p>	<p><b>3</b></p> <p>10:00  Rock Steady Boxing 10:00  Traveling Sunshine Club [WCY] 10:30  Daily Chronicle 11:00  Give Me Five 2:00  Men's Club with David [MCNLR] 2:00  Movie Matinee [MCS] 4:00  Daily Rewind</p>	<p><b>4</b></p> <p>10:00  Moving for Mobility [MCN] 10:45  Daily Chronicle [MCN] 11:00  Finish The Phrase! [MCN] 2:00  Singfit! 2:45  Snack and Chat 3:00  Noodleball [MCS] 4:00  Daily Rewind</p>
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<p><b>5</b></p> <p>10:00  Sit and Be Fit [MCS] 10:00  Sunshine Club 10:30  Daily Chronicle 2:00  Da Bears Pizza Party! 2:00  Sensory Sensations [MCN] 3:00  Big Blue Planet [MCS] 3:30  Daily Rewind</p>	<p><b>6</b></p> <p>10:00  Music Therapy with Nancy 11:00  News and Views 2:00  Movie Matinee [MCS] 4:00  Daily Rewind</p>	<p><b>7</b></p> <p>10:00  Sit and Be Fit! [MCS] 10:30  Daily Chronicle 11:00  Jewish Services with Rabbi Levi Liberow [MCN] 2:00  What Did It Cost? [MCS] 2:30  Snack and Chat 3:00  Arm Chair Travels [MCS] 4:00  Daily Rewind</p>	<p><b>8</b></p> <p>10:00  Music and Memories: Elvis! [MCS] 10:00  Sunshine Club [MCN] 10:30  Daily Chronicle [MCN] 11:00  Word Scramble [MCS] 11:30  Zumba with Janette! [MCS] 2:00  Sensory Sensations 2:00  What Did It Cost? [MCS] 2:30  Snack and Chat [MCS] 3:00  You Be The Judge [MCS] 4:00  Daily Rewind</p>	<p><b>9</b></p> <p>10:00  Sit and Be Fit [MCS] 10:00  Sunshine Club [MCN] 10:30  Daily Chronicle [MCS] 11:00  Finish the Lyric [MCS] 1:30  Songs by Heart [MCN] 2:30  Sensory Sensations 2:30  Snack and Chat 3:00  Bingo [MCS] 4:00  Daily Rewind</p>	<p><b>10</b></p> <p>10:00  Rock Steady Boxing 10:00  Traveling Sunshine Club [WCY] 10:30  Daily Chronicle 10:30  Veteran's Club 11:00  Give Me Five 2:00  Ladies Club [MCSAR] 2:00  Men's Club with David [MCNLR] 4:00  Daily Rewind</p>	<p><b>11</b></p> <p>10:00  Moving for Mobility [MCN] 10:45  Daily Chronicle [MCN] 11:00  Finish The Phrase! [MCN] 1:30  Dance it Out! 2:45  Snack and Chat 4:00  Daily Rewind</p>
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<p><b>12</b></p> <p>10:00  Sit and Be Fit [MCS] 10:00  Sunshine Club 10:30  Daily Chronicle 2:00  Sensory Sensations [MCN] 2:00  Tea Party! [MCS] 3:00  Big Blue Planet [MCS] 3:30  Daily Rewind</p>	<p><b>13</b></p> <p>10:00  Daily Chronicle [MCN] 10:30  Drumming with Chris [MCN] 2:00  Movie Matinee [MCS] 4:00  Daily Rewind</p>	<p><b>14</b></p> <p>10:00  Move &amp; Groove [MCS] 10:30  Daily Chronicle [MCS] 11:00  Snowman Races! 1:30  Visits with Myra! [WCY] 2:00  Baby Animal Match Up [MCS] 2:30  Snack and Chat 3:00  Arm Chair Travels [MCS] 4:00  Daily Rewind</p>	<p><b>15</b></p> <p>10:00  Rubber Duck Races! [MCSAR] 10:00  Sunshine Club [MCN] 10:30  Daily Chronicle [MCN] 11:00  Word Scramble [MCS] 11:30  Zumba with Janette! [MCS] 2:00  Crafter's Corner-Sensory Bottles 4:00  Daily Rewind</p>	<p><b>16</b></p> <p>10:00  Sit and Be Fit [MCS] 10:00  Sunshine Club [MCN] 10:30  Daily Chronicle [MCS] 11:00  Finish the Lyric [MCS] 1:30  Songs by Heart [MCN] 2:30  Sensory Sensations 2:30  Snack and Chat 3:00  Bingo [MCS] 4:00  Daily Rewind</p>	<p><b>17</b></p> <p>10:00  Rock Steady Boxing 10:00  Traveling Sunshine Club [WCY] 10:30  Daily Chronicle 11:00  Give Me Five 2:00  Ladies Club [MCSAR] 2:00  Men's Club with David [MCNLR] 4:00  Daily Rewind</p>	<p><b>18</b></p> <p>10:00  Moving for Mobility [MCN] 10:45  Daily Chronicle [MCN] 11:00  Finish The Phrase! [MCN] 2:45  Snack and Chat 3:00  Noodleball [MCS] 4:00  Daily Rewind</p>
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# January 2025 Memory Care/Tessera Activity Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>19</b> 10:00 ☁ Sit and Be Fit [MCS] 10:00 ☁ Sunshine Club 10:30 ⚡ Daily Chronicle 2:00 🧠 Sensory Sensations [MCN] 3:00 🌿 Big Blue Planet [MCS] 3:30 ⚡ Daily Rewind	<b>Martin Luther King, Jr. Day 20</b> 10:00 ❤️ Music Therapy with Nancy 11:00 ❤️ Remembering MLK 2:00 🧠 Snack and Chat-Cheese Tasting 2:30 🧠 Movie Matinee [MCS] 4:00 ⚡ Daily Rewind	<b>21</b> 10:00 🔄 Move & Groove [MCS] 10:30 ⚡ Daily Chronicle [MCS] 11:00 ⚡ Word Games 1:30 ❤️ That's Entertainment! With Harvey 2:30 🧠 Snack and Chat 3:00 ⚡ Arm Chair Travels [MCS] 4:00 ⚡ Daily Rewind	<b>22</b> 10:00 ⚡ Hey! I Know that Song! 10:00 ☁ Sunshine Club [MCN] 10:30 ⚡ Daily Chronicle [MCN] 11:00 ⚡ Word Scramble [MCS] 11:30 🔄 Zumba with Janette! [MCS] 2:00 🧠 Crafter's Corner-Gnomes 4:00 ⚡ Daily Rewind	<b>23</b> 10:00 🔄 Sit and Be Fit [MCS] 10:00 🧠 Sunshine Club [MCN] 10:30 ⚡ Daily Chronicle [MCS] 11:00 🧠 Finish the Lyric [MCS] 1:30 ❤️ Songs by Heart [MCN] 2:30 🧠 January Birthday Bash! 4:00 ⚡ Daily Rewind	<b>24</b> 10:00 🔄 Rock Steady Boxing 10:00 ☁ Traveling Sunshine Club [WCY] 10:30 ⚡ Daily Chronicle 11:00 🧠 Give Me Five 2:00 🧠 Ladies Club [MCSAR] 2:00 🧠 Men's Club with David [MCNLR] 4:00 ⚡ Daily Rewind	<b>25</b> 10:00 🔄 Moving for Mobility [MCN] 10:45 ⚡ Daily Chronicle [MCN] 11:00 ⚡ Finish The Phrase! [MCN] 1:30 🔄 Dance it Out! 2:00 🧠 Opposite Day Quiz! 2:45 🧠 Snack and Chat 4:00 ⚡ Daily Rewind
<b>26</b> 10:00 ☁ Sit and Be Fit [MCS] 10:00 ☁ Sunshine Club 10:30 ⚡ Daily Chronicle 2:00 🧠 Sensory Sensations [MCN] 3:00 🌿 Big Blue Planet [MCS] 3:30 ⚡ Daily Rewind	<b>27</b> 10:00 🔄 Chair Yoga 10:30 ⚡ Daily Chronicle 11:00 🧠 Snowman Races! 2:00 🧠 Movie Matinee [MCS] 4:00 ⚡ Daily Rewind	<b>28</b> 10:00 🔄 Move & Groove [MCS] 10:30 ⚡ Daily Chronicle [MCS] 2:00 ⚡ What Did It Cost? 2:30 🧠 Snack and Chat 3:00 ⚡ Arm Chair Travels [MCS] 4:00 ⚡ Daily Rewind	<b>29</b> 10:00 ❤️ Coffee and Conversations Social [MCS] 10:00 ☁ Sunshine Club [MCN] 10:30 ⚡ Daily Chronicle [MCN] 11:00 ⚡ Word Scramble [MCS] 11:30 🔄 Zumba with Janette! [MCS] 2:00 🧠 Lunar Year Party! [MCS] 4:00 ⚡ Daily Rewind	<b>30</b> 10:00 🔄 Sit and Be Fit [MCS] 10:00 🧠 Sunshine Club [MCN] 10:30 ⚡ Daily Chronicle [MCS] 11:00 🧠 Finish the Lyric [MCS] 1:30 ❤️ Songs by Heart [MCN] 2:30 🧠 Sensory Sensations 2:30 🧠 Snack and Chat 3:00 🧠 Bingo [MCS] 4:00 ⚡ Daily Rewind	<b>31</b> 10:00 🔄 Rock Steady Boxing 10:00 ☁ Traveling Sunshine Club [WCY] 10:30 ⚡ Daily Chronicle 11:00 🧠 Give Me Five 2:00 🧠 Hot Cocoa Bar 3:00 🧠 Men's Club with David [MCNLR] 3:00 ❤️ SingFit! 4:00 ⚡ Daily Rewind	<b>Resident Birthdays</b> Sonia H. 1/18 Maebelle D. 1/20 Larry L. 1/22 Bertha H. 1/24

**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 North	MCN
MC North Living Room	MCNLR	Memory Care South	MCS
MC South Art Room	MCSAR	We Come to You	WCY

**Resident Birthdays**

Lorraine E.	1/2
Rose R.	1/13
Norene T.	1/17
Sonia H.	1/18
Felipe P.	1/19
Maebelle D.	1/20
Miguel O.	1/20
Larry L.	1/22
Chester S.	1/24
Bertha H.	1/24
Charles P.	1/26
Jackie P.	1/26
Vincent M.	1/29