Independent Living Activities Calendar

February 2025

Sunday

Monday

Wednesday

Friday

Saturday

9:30am Carrington Community

Location Key

IL Fl-3 Crown Dining ADN ∟ Fl-3 Theater **13T** IL Fl-4 Art **14A** IL Fl-4 Games **14G** IL FI-4 Library I4L

IL FI-1 Dining IDN IL Outing - IL Lobby IOT

IL Fl-4 Living Room

IL Fl-1 Bistro IL Fl-1 Cafe **CAF**

Fitness Center FC - Pool **FPL**

IL FI-2 Arts/Sewing I2A IL FI-3 Activity **13A**

BLACK HSTORY MONTH

Tuesday

"No one is born hating another person because of the color of his skin, or his background, or his religion. People must learn to hate, and if they can learn to hate, they can be taught to love, for love comes more naturally to the human heart than its opposite."

Church & Memorial Service (BST) 10:30am Open Aqua Exercise Group (FPL) 11am Plant Doctors (I2A) 11am Shopping Outing: Walgreens (RSVP) (IOT) 1:15pm Quiet Piano with Patrick 1:45pm Workout with Melanie (FC) 2:15pm Matinee - An American in Paris (Prime) (I3T) 2:30pm Stretch, Tone, Strength with Melanie (FC) 3pm Black History Month: Stamped From The Beginning (BST) 7pm IL Movie - An American in Paris (Prime) (I3T)

7am Fitness Center and Pool - Open Daily 7 AM to 9 PM (FC) 8:15am Edgebrook Lutheran

14V

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

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

1:15pm Quiet Piano with Patrick (BST)

2pm Bingo with Trudy (CAF) 7pm IL Movie - Ground Hog Day (Prime) (I3T)

7am Fitness Center and Pool Open Daily 7 AM to 9 PM

8:15am Edgebrook Lutheran Church (RSVP) (IOT) 8:30am Queen of All Saints Basilica (RSVP) (IOT) 9:30am Holy Name Cathedral (Virtual) (I4V)

1:15pm Quiet Piano with Patrick (BST)

2pm Bingo with Trudy (CAF) 5:30pm Super Bowl LIX (TAP) 7pm IL Movie - We are Marshall (Prime) (I3T)

10am Chair Volleyball (CAF) 10am Open Aqua Exercise Group (FPL) 10:30am Moving For Mobility (FC) 11am Recreational Ping-Pong (I3D) 11:15am Nature Talks with Alyse (BST) 1pm Movement & Balance with Select Rehab (FC) 2pm Cancelled: Dancing with Martha

2pm Shakespeare Sessions with Michael

3pm Dementia Support for Care Partners 3pm Knitting & Crochet Lessons

7pm IL Movie - We Grown Now (Netflix)

7pm Poker Night (I4G) 7:15pm Everyone Has A Story (BST)

(I2A)

10am Chair Volleyball (CAF) 10am Open Aqua Exercise Group (FPL) 10:30am Moving For Mobility (FC) 11am Recreational Ping-Pong (I3D) 1pm Movement & Balance with Select Rehab (FC) 1:30pm Movie Selection Committee 2pm Dancing with Martha (FC) 3pm Classic Comedy Hour (BST) 3pm Dementia Support for Care Partners

3pm Knitting & Crochet Lessons 7pm IL Movie - The Six Triple Eight (2024) (I3T) 7pm Poker Night (I4G) 7:15pm TedTalk Time! (BST)

9:30am Aqua Fitness with Ben

10am Chair Volleyball (CAF) 10am Workout with Melanie (FC) 11am Current Events with Sally

1pm Drumming Class with Francesca (BST)

1pm Open Studio Painting (I2A) 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 - A Brooklyn Love Story (Prime) (I3T)

9:30am Aqua Fitness with Ben (FPL) 10am Chair Volleyball (CAF) 10am Workout with Melanie (FC) 11am Current Events with Sally (BST) 1pm Open Studio Painting (I2A)

1:15pm Opera Club (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 - Heart of a Stranger

(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 Randy Walker (BST)

7pm IL Movie - A Real Pain (Prime) (I3T)

11:30am Water Workouts with

1pm Zumba and Laughing Yoga

1:30pm F&B Meeting with

3pm Happy Hour: Classical

7pm IL Movie - Defamation

Arthur (FPL)

Arthur (FPL)

Dorge (BST)

(Prime) (I3T)

Piano Duo (BST)

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) 3pm NEW! S.T.O.P (Sensibly Take Off Pounds) (I2A)

3pm Special Film Showing: Conclave

6:30pm Friends of Bill W. (AA Meeting) 7pm IL Movie - Ironweed (Prime) (I3T)

7pm Poker Night (I4G)

9am Water Workouts with 10am Blood Pressure Clinic (ILV) 10am Aqua Fitness with Ben (FPL) 10am Chair Volleyball (CAF) 10am Chair Volleyball (CAF) 10am Workout with Melanie (FC) 10:30am Exercise with Arthur

11am Art History with Debra (I3T) 1pm Recreational Ping-Pong (I3D) 1:30pm Express Fitness with Arthur

2pm Tech Help with Regie (CAF) 3pm S.T.O.P (Sensibly Take Off Pounds) (I2A)

3pm Special Program: The Making of I Love Lucy (BST) 6:30pm Friends of Bill W. (AA Meeting)

7pm IL Movie - The Great Dictator (Prime) (I3T)

7pm Poker Night (I4G)

9:30am Cozetta's Rosary Group and Communion (I4V)

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

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 - Two for the Road (Netflix) (I3T)

9:30am Cozetta's Rosary Group (I4V) 10am Chair Volleyball (CAF) 10:30am Exercise with Arthur (FC) 10:30am Veterans Club (TAP) 11:30am Water Workouts with Arthur

1:30pm Creative Projects in Art (I4A) 1:30pm Take a Walk Down Memory Lane (I4V) 2pm Chair Yoga with Linda (FC)

2:30pm Valentine's Day Celebration (TAP)

4:30pm Shabbat Service (BST) 7pm IL Movie - Valentine's Day (Prime) (I3T)

9:30am Carrington Community Church (BST)

10:30am Open Aqua Exercise Group (FPL)

11am Shopping Outing: WalMart (RSVP) (IOT)

1:15pm Quiet Piano with Patrick

1:45pm Workout with Melanie (FC) 2:15pm Matinee - Maria (Netflix)

2:30pm Stretch, Tone, Strength with Melanie (FC)

3pm Black History Month: Lucy Smith Sings the Blues (BST)

7pm IL Movie - Maria (Netflix) (I3T)

9:30am Carrington Community Church (BST)

10:30am Open Aqua Exercise Group

11am Plant Doctors (I2A) 11am Shopping Outing:

Mariano's (RSVP) (IOT) 1:15pm Quiet Piano with Patrick (BST)

1:45pm Workout with Melanie (FC) 2:15pm Matinee - Whiplash (Netflix)

(I3T) 2:30pm Stretch, Tone, Strength with Melanie (FC)

3pm Black History Month: Mr. & Mrs. Loving (BST)

7pm IL Movie - Whiplash (Netflix) (I3T)

Independent Living Activities Calendar

Sunday

Monday

Wednesday

Friday

February 2025

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)

1:15pm Quiet Piano with Patrick (BST)

2pm Bingo with Trudy (CAF) 3pm Special Showing: Taking Care Documentary (BST)

7pm IL Movie - The Twelve Chairs (Prime) (I3T)

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

10:30am Moving For Mobility (FC) 11am Recreational Ping-Pong

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 - Lincoln (Prime) (I3T) 7pm Poker Night (I4G)

7:15pm Everyone Has A Story

9:30am Aqua Fitness with Ben (FPL)

Tuesday

10am Chair Volleyball (CAF) 11am Current Events with Sally (BST)

1pm Open Studio Painting

1:30pm Exercise with Arthur

1:30pm Mah-Jong (I3D) 2pm Book Club (I3A) 2pm Tech Help with Regie

3pm Moments from Hollywood Musicals (BST)

7pm IL Movie - Father Figures (Netflix) (I3T)

9am Water Workouts with Arthur (FPL)

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

11am Parkinson's Support Group (I4G)

11:15am Date Change: MedTalk with Pat about Diabetes (BST) 11:30am Water Workouts with Arthur (FPL)

1pm Zumba and Laughing Yoga

1:30pm IL RESIDENT MEETING

3pm Happy Hour with Daryl Nitz

7pm IL Movie - Cinema Sabaya (Prime) (I3T)

10am Blood Pressure Clinic

10am Aqua Fitness with Ben (FPL) 10am Chair Volleyball (CAF)

10am Painting with Trudy and Terry

1pm Recreational Ping-Pong (I3D) 1:30pm Express Fitness with Arthur

2pm Chat Room (I3A) 2pm Tech Help with Regie (CAF) 3pm S.T.O.P (Sensibly Take Off Pounds) (I2A)

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

7pm IL Movie - The Great Gatsby (Prime) (I3T) 7pm Poker Night (I4G)

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 February Birthdays! (I3A)

9:30am Cozetta's

Rosary Group (I4V)

10am Chair Volleyball (CAF)

10:30am Exercise with Arthur

11:30am Water Workouts with

4:30pm Shabbat Service (BST) 7pm IL Movie - It Ends With Us (Netflix) (I3T)

Saturday

9:30am Carrington Community Church (BST) 10:30am Open Aqua Exercise Group (FPL)

11am Shopping Outing: Wal-Mart (RSVP) (IOT)

1:15pm Quiet Piano with Patrick (BST)

1:45pm Workout with Melanie (FC) 2:15pm Matinee - My Father's

Violin (Netflix) (I3T) 2:30pm Stretch, Tone, Strength with Melanie (FC)

3pm Black History: More Than A

6pm A Roaring 20's Gala (RSVP) (IDN)

Violin (Netflix) (I3T)

7am Fitness Center and Pool Open Daily 7 AM to 9 PM

8:15am Edgebrook Lutheran Church (RSVP) (IOT) 8:30am Queen of All Saints

Basilica (RSVP) (IOT) 9:30am Holy Name Cathedral

(Virtual) (I4V) 1:15pm Quiet Piano with Patrick (BST)

2pm Bingo with Trudy (CAF) 3pm Special Entertainment: Mills Music Mission (BST)

7pm IL Movie - The Illusionist (Prime) (I3T)

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

10:30am Moving For Mobility (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 - Ladyhawke (Prime)

7pm Poker Night (I4G) 7:15pm Door Stories (Revival!) (BST) 9:30am Aqua Fitness with Ben (FPL)

10am Chair Volleyball (CAF) 10am Workout with Melanie (FC) 1pm Open Studio Painting (I2A) 1pm Talk to the Expert: Everything Funeral (ILV)

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

3pm Story Time with Trudy (I4V) 7pm IL Movie - Il Treno Dei Bambini (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 Stephanie and Don (BST) 7pm IL Movie - The Book Thief (Prime) (I3T)

10am Blood Pressure Clinic

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

2pm Tech Help with Regie (CAF) 3pm S.T.O.P (Sensibly Take Off Pounds) (I2A)

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

7pm IL Movie - Jesse Stone: Thin Ice (Prime) (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

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

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

Month (BST) 7pm IL Movie - My Father's





