

February 2025 Memory Care/Tessera Activity Calendar



created with Sageley

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Location Keys

Assisted Living Patio	ALP	Creative Arts	Purposeful
Fitness Center	FC	Emotional	Recreation and Leisure
MC North Living Room	MCNLR	Health and Wellness	Restorative
MC South Art Room	MCSAR	Intellectual	Spiritual
Memory Care North	MCN		
Memory Care South	MCS		
We Come to You	WCY		

Resident Birthdays

Susan C. 2/4
Reinhold R. 2/22

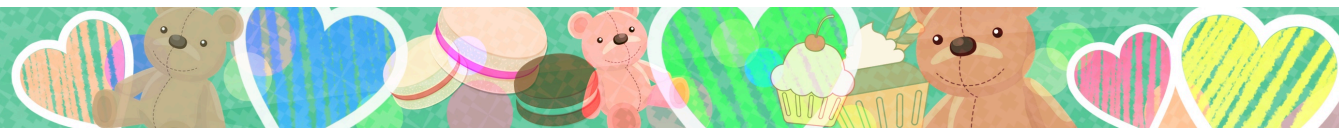
THE CARRINGTON
AT LINCOLNWOOD

3501 Northeast Parkway
Lincolnwood, IL 60712
(847) 973-6262

<p>Groundhog Day 2</p> <p>10:00 Sit and Be Fit [MCS]</p> <p>10:00 Sunshine Club</p> <p>10:30 Daily Chronicle</p> <p>10:45 Groundhog Fun [MCS]</p> <p>2:00 Sensory Sensations [MCN]</p> <p>2:00 SingFit!</p> <p>2:45 Snack and Chat [ALP]</p> <p>3:00 Album of the Year! Remembering the Grammys</p> <p>3:30 Daily Rewind</p>	<p>10:00 Exercise, News and Trivia [MCS] 3</p> <p>10:30 Sensory Sensations [MCN]</p> <p>2:00 Movie Matinee [MCS]</p> <p>2:00 One on One Visits [WCY]</p> <p>4:00 Daily Rewind</p>	<p>10:00 Move & Groove [MCS] 4</p> <p>10:30 Daily Chronicle [MCS]</p> <p>11:00 Jewish Services with Rabbi Levi Liberow [MCN]</p> <p>2:30 Snack and Chat</p> <p>3:00 Arm Chair Travels [MCS]</p> <p>4:00 Daily Rewind</p>	<p>10:00 Random Acts of Kindness 5</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 Zumba with Janette! [MCS]</p> <p>2:00 Crafter's Corner-Collaging [MCSAR]</p> <p>2:00 Sensory Sensations</p> <p>4:00 Daily Rewind</p>	<p>10:00 Sit and Be Fit [MCS] 6</p> <p>10:00 Sunshine Club [MCN]</p> <p>10:30 Daily Chronicle [MCS]</p> <p>11:00 Songs by Heart [MCN]</p> <p>12:45 Catholic Communion with Charlene [WCY]</p> <p>2:00 Bingo [MCS]</p> <p>2:00 Sensory Sensations</p> <p>2:30 Snack and Chat</p> <p>4:00 Daily Rewind</p>	<p>10:00 Rock Steady Boxing 7</p> <p>10:00 Sit and Be Fit</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 National Read Aloud Day!</p> <p>4:00 Daily Rewind</p>	<p>10:00 Moving for Mobility [MCN] 8</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 Musical Matinee</p> <p>2:00 One on One visits [WCY]</p> <p>4:00 Daily Rewind</p>
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<p>10:00 Sit and Be Fit [MCS] 9</p> <p>10:00 Sunshine Club</p> <p>10:30 Daily Chronicle</p> <p>11:00 Football Races</p> <p>2:00 Sensory Sensations</p> <p>2:00 Superbowl Sunday Tailgate! [MCNLR]</p> <p>3:30 Daily Rewind</p> <p>5:30 Superbowl Kickoff! [MCNLR]</p>	<p>10:30 Drumming with Chris 10</p> <p>2:00 Movie Matinee [MCS]</p> <p>2:00 One on One Visits [WCY]</p> <p>4:00 Daily Rewind</p>	<p>10:00 Move & Groove [MCS] 11</p> <p>10:30 Daily Chronicle [MCS]</p> <p>11:00 Non Denominational Services with Pastor Henry [MCNLR]</p> <p>1:30 Visits with Myra! [WCY]</p> <p>2:30 Snack and Chat</p> <p>3:00 Arm Chair Travels [MCS]</p> <p>4:00 Daily Rewind</p>	<p>10:00 Random Acts of Kindness 12</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 Zumba with Janette! [MCS]</p> <p>2:00 Crafter's Corner-Valentine Mosaics [MCSAR]</p> <p>2:00 Sensory Sensations</p> <p>4:00 Daily Rewind</p>	<p>10:00 Sit and Be Fit [MCS] 13</p> <p>10:00 Sunshine Club [MCN]</p> <p>10:30 Daily Chronicle [MCS]</p> <p>11:00 Songs by Heart [MCN]</p> <p>2:00 Bingo [MCS]</p> <p>2:00 Sensory Sensations</p> <p>2:30 Snack and Chat</p> <p>4:00 Daily Rewind</p>	<p>Valentine's Day 14</p> <p>10:00 Sit and Be Fit</p> <p>10:30 Daily Chronicle</p> <p>10:30 Veteran's Club</p> <p>11:00 Give Me Five</p> <p>2:00 Valentine's Day Bingo</p> <p>4:00 Daily Rewind</p>	<p>10:00 Moving for Mobility [MCN] 15</p> <p>10:45 Daily Chronicle [MCN]</p> <p>11:00 Finish The Phrase! [MCN]</p> <p>2:00 Valentine's Day Party with Jennifer Hall!</p> <p>4:00 Daily Rewind</p>
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February 2025 Memory Care/Tessera Activity Calendar



created with Sagely

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:00 🌿 Sit and Be Fit [MCS] 16</p> <p>10:00 🌿 Sunshine Club</p> <p>10:30 💡 Daily Chronicle</p> <p>11:00 🐾 Car Races! [MCS]</p> <p>2:00 🐾 Daytona 500! [MCS]</p> <p>2:00 🐾 Sensory Sensations</p> <p>3:30 💡 Daily Rewind</p>	<p>Presidents' Day 17</p> <p>10:00 ❤️ Music Therapy with Nancy</p> <p>2:00 🐾 Movie Matinee [MCS]</p> <p>2:00 ❤️ One on One Visits [WCY]</p> <p>4:00 💡 Daily Rewind</p>	<p>10:00 🚶 Move & Groove [MCS] 18</p> <p>10:30 💡 Daily Chronicle [MCS]</p> <p>1:30 🐾 That's Entertainment! With Harvey!</p> <p>2:30 🚶 Snack and Chat</p> <p>3:00 💡 Arm Chair Travels [MCS]</p> <p>4:00 💡 Daily Rewind</p>	<p>10:00 🚶 Random Acts of Kindness 19</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 🚶 Zumba with Janette! [MCS]</p> <p>2:00 🎨 Crafter's Corner-Collaborative Art [MCS]</p> <p>4:00 💡 Daily Rewind</p>	<p>10:00 🚶 Sit and Be Fit [MCS] 20</p> <p>10:00 🚶 Sunshine Club [MCN]</p> <p>10:30 💡 Daily Chronicle [MCS]</p> <p>11:00 ❤️ Songs by Heart [MCN]</p> <p>2:00 🐾 Bingo [MCS]</p> <p>2:00 ❤️ Sensory Sensations</p> <p>2:30 🚶 Snack and Chat</p> <p>4:00 💡 Daily Rewind</p>	<p>10:00 🚶 Rock Steady Boxing 21</p> <p>10:00 🚶 Sit and Be Fit</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 🚶 Men's Club with David [MCNLR]</p> <p>4:00 💡 Daily Rewind</p>	<p>10:00 🚶 Moving for Mobility [MCN] 22</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 🐾 Mocktail Magic! Margaritas!</p> <p>4:00 💡 Daily Rewind</p>
<p>10:00 🌿 Sit and Be Fit [MCS] 23</p> <p>10:00 🌿 Sunshine Club</p> <p>10:30 💡 Daily Chronicle</p> <p>2:15 🐾 Music with Phi Mu Alpha! [MCNLR]</p> <p>3:00 🚶 Snack and Chat</p> <p>3:30 💡 Daily Rewind</p>	<p>10:00 🚶 Chair Fitness [MCS] 24</p> <p>10:30 Daily Chronicle [MCS]</p> <p>11:00 💡 Word Games [MCS]</p> <p>2:00 🐾 Movie Matinee [MCS]</p> <p>2:00 ❤️ One on One Visits [WCY]</p> <p>4:00 💡 Daily Rewind</p>	<p>10:00 🚶 Move & Groove [MCS] 25</p> <p>10:30 💡 Daily Chronicle [MCS]</p> <p>1:30 🙏 Catholic Rosary with Cozetta [MCNLR]</p> <p>2:30 🚶 Snack and Chat</p> <p>3:00 💡 Arm Chair Travels [MCS]</p> <p>4:00 💡 Daily Rewind</p>	<p>10:00 🚶 Random Acts of Kindness 26</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 🚶 Zumba with Janette! [MCS]</p> <p>2:00 🎨 Creative Corner-Air Dry Clay [MCSAR]</p> <p>4:00 💡 Daily Rewind</p>	<p>10:00 🚶 Sit and Be Fit [MCS] 27</p> <p>10:00 🚶 Sunshine Club [MCN]</p> <p>10:30 💡 Daily Chronicle [MCS]</p> <p>11:00 ❤️ Songs by Heart [MCN]</p> <p>2:00 🐾 Bingo [MCS]</p> <p>2:00 🚶 Kitchen Club-Fruit and Yogurt Parfaits [MCS]</p> <p>2:00 ❤️ Sensory Sensations</p> <p>3:00 Bingo [MCS]</p> <p>4:00 💡 Daily Rewind</p>	<p>10:00 🚶 Rock Steady Boxing 28</p> <p>10:30 💡 Daily Chronicle</p> <p>11:00 🐾 Idioms Game!</p> <p>2:00 Birthday Bash and Music with Janet and Grant!</p> <p>4:00 💡 Daily Rewind</p>	<p>🎨 Creative Arts</p> <p>❤️ Emotional</p> <p>🚶 Health and Wellness</p> <p>💡 Intellectual</p>

Resident Birthdays

Cecilia P.	2/1
Susan C.	2/4
Barbara M.	2/9
Mary Ann K.	2/16
Nancy D.	2/20
Reinhold R.	2/22
Shobha B.	2/26

Location Keys

Assisted Living Patio	ALP	Memory Care North	MCN
Fitness Center	FC	Memory Care South	MCS
MC North Living Room	MCNLR	We Come to You	WCY
MC South Art Room	MCSAR		