Independent Living Activities Calendar

March 2025

Sunday

Monday

Tuesday

"Butterflies are

like women -

we may look

and delicate.

but baby, we

a hurricane."

can fly through

Wednesday

Friday

Saturday

Location Key

L Fl-3 Crown Dining ADN IL Fl-3 Theater IL Fl-4 Art **14A** IL Fl-4 Games **14G** IL Fl-4 Library I4L IL Fl-4 Living Room **14V**

IL FI-1 Dining

IL Outing - IL Lobby

AL FI-1 Dining IL Fl-1 Bistro L Fl-1 Cafe CAF Fitness Center FC - Pool

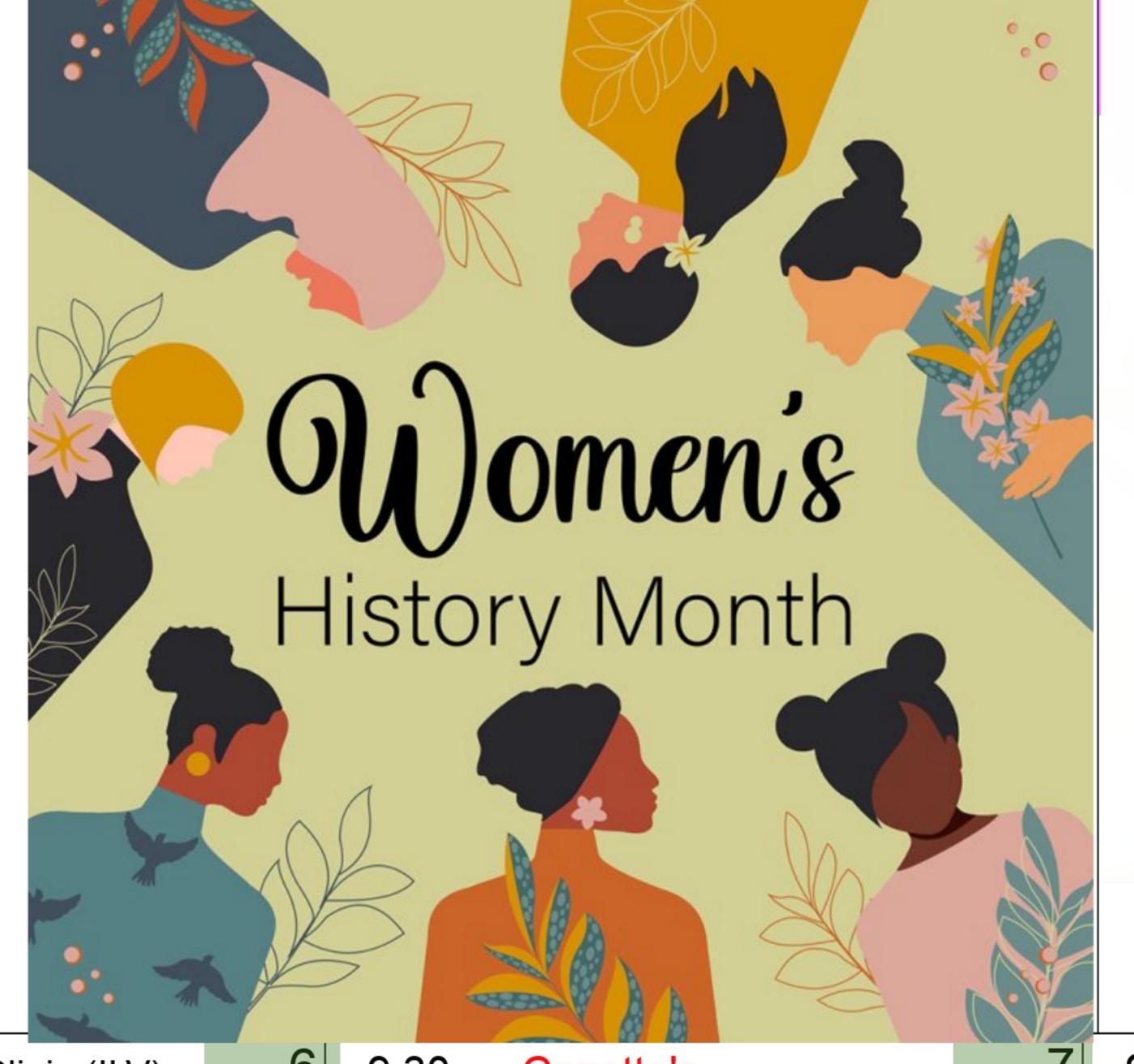
IL FI-2 Arts/Sewing I2A IL FI-3 Activity

IL Living Room

BETTY WHITE **AMERICAN ACTRESS**

> WOMEN'S HISTORY MONTH





7am Fitness Center and Pool -Open Daily 7 AM to 9 PM (FC) 8:30am Queen of All Saints Basilica (RSVP) (IOT) 8:30am Edgebrook Lutheran Church

IDN

IOT

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

10am Girl Scout Cookies! (ILV) 12:30pm Outing: License to Spiel (RSVP) (ILB)

1:15pm Quiet Piano with Patrick (BST) 2pm Bingo with Trudy (CAF) 4pm Oscar Night in the Dining Room

5:30pm Academy Awards (BST) 7pm IL Movie - The Intern (Prime) (I3T)

Daylight Savings Time Begins

7am Fitness Center and Pool -Open Daily 7 AM to 9 PM (FC) 8:30am Queen of All Saints Basilica (RSVP) (IOT) 8:30am Edgebrook Lutheran Church (RSVP) (IOT) 9:30am Holy Name Cathedral (Virtual) (I4V) 1:15pm Quiet Piano with Patrick (BST) 2pm Bingo with Trudy (CAF) 7pm IL Movie - The Holiday

(Prime) (I3T)

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 3pm Dementia Support for Care Partners 3pm Knitting & Crochet Lessons 3:30pm Meet & Greet the Candidates (CAF) 7pm IL Movie - Confirmation (Prime) (I3T) 7pm Poker Night (I4G) 7:15pm Everyone Has A Story: Travelogue with Brad (BST)

10am Chair Volleyball (CAF)

10:30am Moving For Mobility (FC)

Daylight Savings Time Begins 10am Chair Volleyball (CAF) 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 (I4G) 3pm Knitting & Crochet Lessons

7pm IL Movie - Iron Jawed Angels (HBO Max) (I3T) 7pm Poker Night (I4G) 7:15pm TedTalk Time! (BST)

9:30am NO Aqua Fitness with Ben 9:30am Shopping: Costco, Target, Aldi

(RSVP) (IOT) 10am Chair Volleyball (CAF) 10am Workout with Melanie (FC) 11am Current Events with Sally (BST) 1pm Drumming Class with Francesca

1pm Open Studio Painting (I2A) 1:30pm Exercise with Arthur (FC) 2pm Outing: Walgreen's Senior Discount Day (RSVP) (IOT)

2pm Tech Help with Regie (CAF) 2pm Mardi Gras Open House (TAP) 3pm Story Time with Trudy (I4V) 7pm IL Movie - Toast of New Orleans (DVD) (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) 2pm Tech Help with Regie (CAF) 3pm Story Time with Trudy (I4V)

7pm IL Movie - The Storied Life of

A.J.Fikry (Netflix) (I3T)

9am Water Workouts with Arthur (FPL)

> 9:15am Shopping: Aldi, Home Depot, PetSmart (RSVP) (IOT) 9:30am Ash Wednesday Ashes

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

11:30am Water Workouts with Arthur (FPL)

1pm Rock Steady Boxing (FC) 3pm Happy Hour: Carla Gordon and 3 for the Road (BST) 7pm IL Movie - Still Mine (Prime)

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

11:30am Water Workouts with Arthur (FPL)

1:30pm F& B Meeting with Dorge (BST)

3pm Happy Hour: Two Voices & Two Pianos (BST)

3pm Hotsie-Totsie Voices: Song 1pm Rock Steady Boxing (FC) Selection #1 (BST) 3:15pm Girl Scout Cookies! (ILV) 7pm Poker Night (I4G) 7pm IL Movie - Iris (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

2pm Chat Room (I3A) 2pm Tech Help with Regie (CAF) 2:30pm S.T.O.P (Sensibly Take Off Pounds) (I2A)

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

7pm IL Movie - Oceans 8 (Prime) (I3T) 7pm Poker Night (I4G)

10am Blood Pressure Clinic (ILV) 10am Aqua Fitness with Ben (FPL) 10am Chair Volleyball (CAF) 10am Workout with Melanie (FC) 11am Art History with Debra (I3T) 1pm Recreational Ping-Pong (I3D) 1:30pm Express Fitness with Arthur (FC) 2pm Tech Help with Regie (CAF) 2:30pm S.T.O.P (Sensibly Take Off Pounds) (I2A)

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

7pm IL Movie - Waitress (Prime) (I3T) 7pm Open Dress Rehearsal: Purimspiel

9:30am Cozetta's Rosary Group and Communion

> 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 - How Green was my Valley (Netflix) (I3T)

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

10:30am Veterans Club (TAP) 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 - Book of Esther

(DVD) (I3T)

Women's History Month!

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

11am Plant Doctors (I2A)

11am Shopping Outing - Village Crossing (RSVP) (IOT)

1:15pm Quiet Piano with Patrick

1:30pm Girl Scout Cookies! (ILV)

1:45pm Workout with Melanie (FC) 2:15pm Matinee - That Midnight Kiss (DVD) (I3T)

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

3pm Trinity Irish Dancers (BST) 7pm IL Movie - That Midnight Kiss

(DVD) (I3T)

9:30am Carrington

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

1:15pm Quiet Piano with Patrick (BST)

1:45pm Workout with Melanie

2:15pm Matinee - The Student Prince (HBO Max) (I3T)

2:30pm Stretch, Tone, Strength with Melanie (FC) 7pm IL Movie - The Student

Prince (HBO Max) (I3T)

9:30am Carrington Community Church (BST)

10:30am Open Aqua Exercise Group

11am Plant Doctors (I2A) 11am Shopping Outing - Trader Joe's (RSVP) (IOT)

1:15pm Quiet Piano with Patrick (BST)

1:45pm Workout with Melanie (FC) 2:15pm Matinee - The Unsinkable

Molly Brown (1964) (I3T) 2:30pm Stretch, Tone, Strength with

Melanie (FC) 7pm IL Movie - The Unsinkable Molly

Brown (1964) (I3T)

7pm Purimspiel Performance (BST)

Independent Living Activities Calendar

March 2025

Sunday

Monday

Wednesday Tuesday

Thursday

Friday

7am Fitness Center and Pool - Open Daily 7 AM	1
to 9 PM (FC)	
8:30am Queen of All Saint	S
Basilica (RSVP) (IOT)	
8:30am Edgebrook Luther	an
Church (RSVP) (IOT)	
9:30am Holy Name Cathed	dra
(Virtual) (I4V)	
1:15pm Quiet Piano with	
Patrick (BST)	
2pm Bingo with Trudy (CA	F)
3pm Community Dementia	l
Support Group (BST)	
7pm IL Movie - Private	
Benjamin (Prime) (I3T)	

10am Chair Volleyball (CAF) 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

3pm St. Patrick's Day Party!

7pm IL Movie - The Quiet Man (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

11am Current Events with Sally (BST)

1pm Open Studio Painting (I2A) 1:30pm Exercise with Arthur

2pm Book Club (I3A) 2pm Tech Help with Regie (CAF) 3pm Moments from Hollywood

Musicals (BST) 7pm IL Movie - Hit Man (Prime) (13T)

9am Water Workouts with Arthur (FPL) 9:15am Shopping: Dollar Tree, Valli, Goodwill (IOT) 10am Chair Volleyball (CAF) 10:30am Exercise with Arthur (FC) 11am Parkinson's Support Group (I4G)

11:15am MedTalk with Pat - UTIs, Constipation and More (BST) 11:30am Water Workouts with Arthur (FPL)

1pm Rock Steady Boxing (FC) 1:30pm IL Resident Meeting (BST) 3pm Happy Hour with Patrick and Lila (BST)

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

9am Water Workouts with

9:15am Shopping at Jewel,

10am Chair Volleyball (CAF)

10:30am Exercise with Arthur

11:30am Water Workouts with

1pm Rock Steady Boxing (FC)

7pm IL Movie - Woman in Gold

3pm Happy Hour with Wayne

Target, Best Buy, Ross (RSVP)

Arthur (FPL)

Arthur (FPL)

Messmer (BST)

(Prime) (I3T)

10am Blood Pressure Clinic 9:30am Cozetta's Rosary Group (I4V) 10am Aqua Fitness with Ben (FPL) 10am Chair Volleyball (CAF) 10am Chair Volleyball (CAF) 10:30am Exercise with Arthur 10am Workout with Melanie (FC) 10am Painting with Trudy and Terry 11am Ask A Lincolnwood

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

2pm Chat Room (I3A) 2pm Tech Help with Regie (CAF) 2:30pm S.T.O.P (Sensibly Take Off Pounds) (I2A)

3pm Hotsie-Totsie Voices: Song Selection (BST) 6:30pm Friends of Bill W. (AA Meeting)

7pm IL Movie - Red Notice (Netflix)

7pm Poker Night (I4G)

10am Blood Pressure Clinic (ILV)

10am Workout with Melanie (FC) 1pm Recreational Ping-Pong (I3D) 1:30pm Express Fitness with Arthur

3pm Hotsie-Totsie Voices Rehearsal

Remorse (Prime) (I3T) 7pm Poker Night (I4G)

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 March Birthday Bash! (I3A)

4:30pm Shabbat Service (BST) 7pm IL Movie - A Man Called Peter (Netflix) (I3T)

Saturday

9:30am Carrington Community Church (BST) 10:30am Open Aqua Exercise Group (FPL) 1:15pm Quiet Piano with Patrick (BST) 1:45pm Workout with Melanie 2:15pm Matinee - The Phantom

of the Opera (Prime) (I3T) 2:30pm Stretch, Tone, Strength with Melanie (FC)

3pm Hymn Sing with Annamarie and Barbara (BST) 7pm IL Movie - The Phantom of

the Opera (Prime) (I3T)

7am Fitness Center and Pool - Open Daily 7 AM to 9 PM (FC) 8:30am Queen of All Saints

Basilica (RSVP) (IOT) 8:30am Edgebrook Lutheran Church (RSVP) (IOT)

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

1:15pm Quiet Piano with Patrick (BST) 2pm Bingo with Trudy (CAF)

7pm IL Movie - Manchester by the Sea (Prime) (I3T)

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

(I2A)

7pm Poker Night (I4G) 7:15pm Door Stories (Revival!) (BST)

3pm Knitting & Crochet Lessons 7pm IL Movie - Calendar Girls (Prime)

9:30am Aqua Fitness with Ben (FPL)

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

1pm Open Studio Painting (I2A) 1:30pm Exercise with Arthur

2pm Tech Help with Regie

3pm Story Time with Trudy (I4V) 7pm IL Movie - Fair Play (Netflix)

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

2pm Tech Help with Regie (CAF) 2:30pm S.T.O.P (Sensibly Take Off Pounds) (I2A)

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

7pm IL Movie - Jesse Stone: No

9:30am Cozetta's Rosary

10am Chair Volleyball (CAF) 10:30am Exercise with Arthur (FC) 10:30am Outing: Rivers Casino (RSVP) (IOT)

11:30am Water Workouts with Arthur (FPL) 1:30pm Creative Projects in Art

Group (I4V)

(I4A) 1:30pm Take a Walk Down Memory Lane (I4V)

2pm Chair Yoga with Linda (FC) 4:30pm Shabbat Service (BST) 7pm IL Movie - Arthur (Prime) (I3T) 9:30am Carrington Community Church (BST) 10:30am Open Aqua Exercise Group

11am Shopping Outing - Old Orchard Mall (RSVP) (IOT)

1:15pm Quiet Piano with Patrick (BST)

1:45pm Workout with Melanie (FC) 2:15pm Matinee - The Greatest Showman (Prime) (I3T)

2:30pm Stretch, Tone, Strength with Melanie (FC) 6pm Roaring 20's Gala (RSVP)

7pm IL Movie - The Greatest Showman (Prime) (I3T)

7am Fitness Center and Pool - Open Daily 7 AM to 9 PM (FC) 8:30am Queen of All Saints Basilica (RSVP) (IOT)

8:30am Edgebrook Lutheran Church (RSVP) (IOT)

9:30am Holy Name Cathedral (Virtual) (I4V) 1:15pm Quiet Piano with

Patrick (BST) 2pm Bingo with Trudy (CAF) 7pm IL Movie - Argo (Prime)

(I3T)

10am Chair Volleyball (CAF) 10:30am Moving For Mobility

1pm Movement & Balance with Select Rehab (FC)

(DVD) (BST) 3pm Dementia Support for Care

3pm Knitting & Crochet

7pm IL Movie - Saving Mr. Banks (Prime) (I3T) 7pm Poker Night (I4G)

11am Recreational Ping-Pong

2pm Dancing with Martha (FC) 2:30pm Special Showing: Wicked

Partners (I4G)

Lessons (I2A)