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Sunday Monday Tuesday Wednesday Thursday Friday Saturday

<p>Location Keys</p> <table border="0" style="width:100%;"> <tr> <td>Bistro</td> <td>BST</td> <td> Creative Arts</td> <td> Purposeful</td> </tr> <tr> <td>MC North Living Room</td> <td>MCNLR</td> <td> Emotional</td> <td> Recreation and Leisure</td> </tr> <tr> <td>MC South Art Room</td> <td>MCSAR</td> <td> Health and Wellness</td> <td> Restorative</td> </tr> <tr> <td>Memory Care North</td> <td>MCN</td> <td> Intellectual</td> <td> Spiritual</td> </tr> <tr> <td>Memory Care South</td> <td>MCS</td> <td></td> <td></td> </tr> <tr> <td>We Come to You</td> <td>WCY</td> <td></td> <td></td> </tr> </table>	Bistro	BST	 Creative Arts	 Purposeful	MC North Living Room	MCNLR	 Emotional	 Recreation and Leisure	MC South Art Room	MCSAR	 Health and Wellness	 Restorative	Memory Care North	MCN	 Intellectual	 Spiritual	Memory Care South	MCS			We Come to You	WCY			<p>Resident Birthdays</p> <table border="0" style="width:100%;"> <tr> <td>Raya K.</td> <td>3/12</td> </tr> <tr> <td>Herbert M.</td> <td>3/13</td> </tr> </table>	Raya K.	3/12	Herbert M.	3/13	 <p>THE CARRINGTON AT LINCOLNWOOD</p>	 <p>THE CARRINGTON AT LINCOLNWOOD 3501 Northeast Parkway Lincolnwood, IL 60712 (847) 973-6262</p>	<p>10:00  Moving for Mobility [MCN] 1</p> <p>10:45  Daily Chronicle [MCN]</p> <p>11:00  Finish The Phrase! [MCN]</p> <p>2:15  Trinity Irish Dancers [MCN]</p> <p>2:45  Snack and Chat</p> <p>3:00  Noodleball [MCS]</p> <p>4:00  Daily Rewind</p>
Bistro	BST	 Creative Arts	 Purposeful																													
MC North Living Room	MCNLR	 Emotional	 Recreation and Leisure																													
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<p>10:00  Sit and Be Fit [MCS] 2</p> <p>10:00  Sunshine Club</p> <p>10:30  Daily Chronicle</p> <p>2:00  Academy Awards Social</p> <p>2:30  Glamour Shots</p> <p>3:30  Daily Rewind</p>	<p>10:00  Music Therapy with Nancy 3</p> <p>2:00  Mardi Gras Party!</p> <p>4:00  Daily Rewind</p>	<p>10:00  Mardi Gras Move and Groove Game [MCS] 4</p> <p>10:30  Daily Chronicle [MCS]</p> <p>11:00  Jewish Services with Rabbi Levi Liberow [MCN]</p> <p>1:30  Catholic Rosary and Hymns [MCN]</p> <p>2:00  Arm Chair Travels-New Orleans! [MCS]</p> <p>2:00  Sensory Sensations</p> <p>2:30  Snack and Chat</p> <p>4:00  Daily Rewind</p>	<p>10:00  Ash Wednesday Service [MCN] 5</p> <p>10:00  Random Acts of Kindness</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  Fun and Games [MCS]</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>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  Karaoke</p> <p>2:00  Men's Club with David [MCS]</p> <p>3:00  Snack and Chat [MCS]</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 Singfit!</p> <p>2:45  Snack and Chat</p> <p>4:00  Daily Rewind</p>
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<p>Daylight Saving Time Begins 9</p> <p>10:00  Sit and Be Fit [MCS]</p> <p>10:00  Sunshine Club</p> <p>10:30  Daily Chronicle</p> <p>2:15  Incite Dance Performance [MCN]</p> <p>3:00  Snack and Chat</p> <p>3:30  Daily Rewind</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  Catholic Rosary and Hymns [MCN]</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  Sensory Sensations</p> <p>2:00  Shamrock Crafts [MCSAR]</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>10:00  Rock Steady Boxing 14</p> <p>10:00  Sit and Be Fit</p> <p>10:00  Traveling Sunshine Club [WCY]</p> <p>10:30  Daily Chronicle</p> <p>10:30  Veteran's Club</p> <p>11:00  Purim Service [MCNLR]</p> <p>2:00  Men's Club with David [MCNLR]</p> <p>3:00  Snack and Chat [MCS]</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>2:45  Snack and Chat</p> <p>3:00  Noodleball [MCS]</p> <p>4:00  Daily Rewind</p>
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March 2025

Memory Care/Tessera Activity Calendar

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 🐉 Leprechaun Races</p> <p>2:00 🎬 Movie Matinee-The Quiet Man</p> <p>3:30 💡 Daily Rewind</p>	<p>St. Patrick's Day 17</p> <p>10:00 ❤️ Music Therapy with Nancy</p> <p>2:00 🐾 St. Patrick's Day Social! [MCNLR]</p> <p>4:00 💡 Daily Rewind</p>	<p>10:00 🚶 Move & Groove [MCS] 18</p> <p>10:00 🌿 Sunshine Club [MCNLR]</p> <p>10:30 💡 Daily Chronicle [MCS]</p> <p>1:30 🦋 Catholic Rosary and Hymns [MCN]</p> <p>2:00 🎂 Birthday Bash and Music with Edizon! [MCN]</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>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>3:00 🚩 Snack and Chat [MCS]</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>2:45 🎮 Snack and Chat</p> <p>3:00 🦋 Hymn Sing with Annamarie and Barbara [BST]</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>2:00 🚩 Baking Club with Kelly [MCS]</p> <p>2:00 🌿 Sensory Sensations [MCN]</p> <p>3:30 💡 Daily Rewind</p>	<p>10:00 🚶 Sit and Be Fit! [MCS] 24</p> <p>10:30 💡 News and Views [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 and Hymns [MCN]</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>3:00 💡 Arm Chair Travels-New Orleans! [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>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 ❤️ Sensory Sensations</p> <p>2:30 🚩 Snack and Chat</p> <p>4:00 💡 Daily Rewind</p>	<p>10:00 🚶 Rock Steady Boxing 28</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>3:00 🚩 Snack and Chat [MCS]</p> <p>4:00 💡 Daily Rewind</p>	<p>10:00 🚶 Moving for Mobility [MCN] 29</p> <p>10:45 💡 Daily Chronicle [MCN]</p> <p>11:00 💡 Finish The Phrase! [MCN]</p> <p>2:45 🎮 Snack and Chat</p> <p>3:00 🚶 Noodleball [MCS]</p> <p>4:00 💡 Daily Rewind</p>		
<p>10:00 🌿 Sit and Be Fit [MCS] 30</p> <p>10:00 🌿 Sunshine Club</p> <p>10:30 💡 Daily Chronicle</p> <p>2:00 🎮 Fun and Games! [MCSAR]</p> <p>2:00 🌿 Sensory Sensations [MCN]</p> <p>3:30 💡 Daily Rewind</p>	<p>10:00 🚶 Sit and Be Fit! [MCS] 31</p> <p>10:30 💡 News and Views [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>🎨 Creative Arts 🚩 Purposeful</p> <p>❤️ Emotional 🐾 Recreation and Leisure</p> <p>🚶 Health and Wellness 🌿 Restorative</p> <p>💡 Intellectual 🦋 Spiritual</p>				<p>Location Keys</p> <p>Bistro BST Memory Care North MCN</p> <p>MC North Living Room MCNLR Memory Care South MCS</p> <p>MC South Art Room MCSAR We Come to You WCY</p>		<p>Resident Birthdays</p> <p>Marvin S. 3/2</p> <p>Susan P. 3/3</p> <p>Deena C. 3/4</p> <p>Maxine S. 3/4</p> <p>Rosalie C. 3/5</p> <p>Bernard D. 3/11</p> <p>Raya K. 3/12</p> <p>Herbert M. 3/13</p> <p>Kwi K. 3/14</p> <p>Carol H. 3/16</p> <p>Kate P. 3/18</p> <p>Teresa M. 3/18</p> <p>Sandra L. 3/24</p> <p>Joan J. 3/28</p>