

Independent Living Activities Calendar

April 2025

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
<div>Location Key</div> <div><div><div>I3D</div><div>IL FI-3 Crown Dining</div></div><div><div>I3T</div><div>IL FI-3 Theater</div></div><div><div>I4A</div><div>IL FI-4 Art</div></div><div><div>I4G</div><div>IL FI-4 Games</div></div><div><div>I4L</div><div>IL FI-4 Library</div></div><div><div>I4V</div><div>IL FI-4 Living Room</div></div><div><div>IDN</div><div>IL FI-1 Dining</div></div><div><div>IOT</div><div>IL Outing - IL Lobby</div></div><div><div>ADN</div><div>AL FI-1 Dining</div></div><div><div>BST</div><div>IL FI-1 Bistro</div></div><div><div>CAF</div><div>IL FI-1 Cafe</div></div><div><div>FC</div><div>Fitness Center</div></div><div><div>FPL</div><div>FC - Pool</div></div><div><div>I2A</div><div>IL FI-2 Arts/Sewing</div></div><div><div>I3A</div><div>IL FI-3 Activity</div></div><div><div>ILV</div><div>IL Living Room</div></div></div>				<div>9:30am Aqua Fitness with Ben (FPL)</div> <div>9:30am Shopping: Costco, Target, Aldi (RSVP) (IOT)</div> <div>10am Chair Volleyball (CAF)</div> <div>10am Workout with Melanie (FC)</div> <div>11am Voting Outing (IOT)</div> <div>11am Wisdom Circle with Rabbi Levi (I3A)</div> <div>1pm Drumming Class with Francesca (BST)</div> <div>1pm Open Studio Painting (I2A)</div> <div>1:30pm Exercise with Arthur (FC)</div> <div>2pm Outing: Walgreen's Senior Discount Day (RSVP) (IOT)</div> <div>2:30pm Voting Outing (IOT)</div> <div>3pm Story Time with Trudy (I4V)</div> <div>3:30pm Voting Outing (IOT)</div> <div>7pm IL Movie - Our Souls at Night (Netflix) (I3T)</div> <div>1</div>		<div>9am Water Workouts with Arthur (FPL)</div> <div>9:15am Shopping at Walmart and Mariano's (RSVP) (IOT)</div> <div>10am Chair Volleyball (CAF)</div> <div>10:30am Exercise with Arthur (FC)</div> <div>11:30am Water Workouts with Arthur (FPL)</div> <div>11:30am Lunch Outing: Fatpour Tap Works (RSVP) (IOT)</div> <div>1pm Rock Steady Boxing (FC)</div> <div>3pm Happy Hour with Hector Fernandez (BST)</div> <div>7pm IL Movie - The Angel (Netflix) (I3T)</div> <div>2</div>		<div>10am Blood Pressure Clinic (ILV)</div> <div>10am Aqua Fitness with Ben (FPL)</div> <div>10am Chair Volleyball (CAF)</div> <div>10am Workout with Melanie (FC)</div> <div>11am Life Enrichment (Activities) Meeting (I4G)</div> <div>1pm Recreational Ping-Pong (I3D)</div> <div>1:30pm Express Fitness with Arthur (FC)</div> <div>2pm Chat Room (I3A)</div> <div>2:30pm S.T.O.P (Sensibly Take Off Pounds) (I2A)</div> <div>3pm Hotsie-Totsie MEN Only (I3D)</div> <div>6:30pm Friends of Bill W. (AA Meeting) (I3A)</div> <div>7pm IL Movie - Norma Rae (DVD) (I3T)</div> <div>7pm Poker Night (I4G)</div> <div>3</div>		<div>9:30am Cozetta's Rosary Group and Communion (I4V)</div> <div>10am Chair Volleyball (CAF)</div> <div>10:30am Exercise with Arthur (FC)</div> <div>11:30am Water Workouts with Arthur (FPL)</div> <div>1:30pm Creative Projects in Art (I4A)</div> <div>1:30pm Take a Walk Down Memory Lane (I4V)</div> <div>2pm Chair Yoga with Linda (FC)</div> <div>4:30pm Shabbat Service (BST)</div> <div>7pm IL Movie - Battle of the Sexes (Prime) (I3T)</div> <div>4</div>		<div>9:30am Carrington Community Church (BST)</div> <div>10:30am Open Aqua Exercise Group (FPL)</div> <div>11am Plant Doctors (I2A)</div> <div>1:15pm Quiet Piano with Patrick (BST)</div> <div>1:45pm Workout with Melanie (FC)</div> <div>2:30pm Stretch, Tone, Strength with Melanie (FC)</div> <div>7pm IL Movie - Anchors Aweigh (Prime) (I3T)</div> <div>5</div>	
<div>7am Fitness Center and Pool - Open Daily 7 AM to 9 PM (FC)</div> <div>8:30am Queen of All Saints Basilica (RSVP) (IOT)</div> <div>8:30am Edgebrook Lutheran Church (RSVP) (IOT)</div> <div>9:15am St. Marks Episcopal (RSVP) (IOT)</div> <div>9:30am Holy Name Cathedral (Virtual) (I4V)</div> <div>1:15pm Quiet Piano with Patrick (BST)</div> <div>2pm Bingo with Trudy (CAF)</div> <div>7pm IL Movie - Thunder Force (Netflix) (I3T)</div> <div>6</div>		<div>10am Chair Volleyball (CAF)</div> <div>10:30am Moving For Mobility (FC)</div> <div>11am Recreational Ping-Pong (I3D)</div> <div>11:15am Nature Talks with Alyse (BST)</div> <div>1pm Movement & Balance with Select Rehab (FC)</div> <div>2pm Dancing with Martha (FC)</div> <div>2pm Shakespeare Sessions with Michael (I3T)</div> <div>3pm Dementia Support for Care Partners (I4G)</div> <div>3pm Knitting & Crochet Lessons (I2A)</div> <div>7pm IL Movie - Creation (Prime) (I3T)</div> <div>7pm Poker Night (I4G)</div> <div>7:15pm Everyone Has A Story (BST)</div> <div>7</div>		<div>9:30am Aqua Fitness with Ben (FPL)</div> <div>10am Chair Volleyball (CAF)</div> <div>10am Workout with Melanie (FC)</div> <div>11am Current Events with Sally (BST)</div> <div>1pm Open Studio Painting (I2A)</div> <div>1:30pm Reading Mentors Program (CAF)</div> <div>1:30pm Exercise with Arthur (FC)</div> <div>2:15pm Opera Club: Time Change (I3T)</div> <div>3pm Story Time with Trudy (I4V)</div> <div>7pm IL Movie - The Great Debaters (Prime) (I3T)</div> <div>8</div>		<div>9am Water Workouts with Arthur (FPL)</div> <div>9:15am Shopping: Dollar Tree, Valli, Goodwill, PetSmart (IOT)</div> <div>10am Chair Volleyball (CAF)</div> <div>10:30am Exercise with Arthur (FC)</div> <div>11:15am MedTalk: GUIDE Program for Dementia Care (BST)</div> <div>11:30am Water Workouts with Arthur (FPL)</div> <div>11:30am Lunch Outing: Wholly Frijoles (RSVP) (IOT)</div> <div>1pm Rock Steady Boxing (FC)</div> <div>2pm F & B Meeting with Dorge (BST)</div> <div>3pm Happy Hour: Amy Yassinger Duo (BST)</div> <div>7pm IL Movie - Keep Quiet (Prime) (I3T)</div> <div>9</div>		<div>10am Blood Pressure Clinic (ILV)</div> <div>10am Aqua Fitness with Ben (FPL)</div> <div>10am Chair Volleyball (CAF)</div> <div>10am Workout with Melanie (FC)</div> <div>11am Art History with Debra (I3T)</div> <div>1pm Recreational Ping-Pong (I3D)</div> <div>1:30pm Express Fitness with Arthur (FC)</div> <div>1:30pm Reading Mentors Program (CAF)</div> <div>2:30pm S.T.O.P (Sensibly Take Off Pounds) (I2A)</div> <div>3pm Hotsie-Totsie Voices Rehearsal (BST)</div> <div>6:30pm Friends of Bill W. (AA Meeting) (I3A)</div> <div>7pm IL Movie - Two Week Notice (Prime) (I3T)</div> <div>7pm Poker Night (I4G)</div> <div>10</div>		<div>9:30am Cozetta's Rosary Group (I4V)</div> <div>10am Chair Volleyball (CAF)</div> <div>10:30am Exercise with Arthur (FC)</div> <div>10:30am Veterans Club (TAP)</div> <div>11:30am Water Workouts with Arthur (FPL)</div> <div>1:30pm Creative Projects in Art (I4A)</div> <div>1:30pm Take a Walk Down Memory Lane (I4V)</div> <div>2pm Chair Yoga with Linda (FC)</div> <div>4:30pm Shabbat Service (BST)</div> <div>7pm IL Movie - One Fast Move (Prime) (I3T)</div> <div>11</div>		<div>Passover Begins at Sunset</div> <div>9:30am Carrington Community Church (BST)</div> <div>10:30am Open Aqua Exercise Group (FPL)</div> <div>11am Shopping Outing: Joong Boo Market (RSVP) (IOT)</div> <div>1:15pm Quiet Piano with Patrick (BST)</div> <div>1:45pm Workout with Melanie (FC)</div> <div>2:30pm Stretch, Tone, Strength with Melanie (FC)</div> <div>6pm Outing: Park Ridge Chorale Concert (RSVP) (IOT)</div> <div>7pm IL Movie - Broadway Rhythm (Prime) (I3T)</div> <div>12</div>	
<div>7am Fitness Center and Pool - Open Daily 7 AM to 9 PM (FC)</div> <div>8:30am Queen of All Saints Basilica (RSVP) (IOT)</div> <div>8:30am Edgebrook Lutheran Church (RSVP) (IOT)</div> <div>9:15am St. Marks Episcopal (RSVP) (IOT)</div> <div>9:30am Holy Name Cathedral (Virtual) (I4V)</div> <div>1:15pm Quiet Piano with Patrick (BST)</div> <div>2pm Bingo with Trudy (CAF)</div> <div>4pm Passover Seder (RSVP) (I3D)</div> <div>7pm IL Movie - Lawrence of Arabia (Prime) (I3T)</div> <div>13</div>		<div>10am Chair Volleyball (CAF)</div> <div>10:30am Moving For Mobility (FC)</div> <div>11am Recreational Ping-Pong (I3D)</div> <div>1pm Movement & Balance with Select Rehab (FC)</div> <div>1:30pm Movie Selection Committee (I3A)</div> <div>2pm Dancing with Martha (FC)</div> <div>3pm Classic Comedy Hour (BST)</div> <div>3pm Dementia Support for Care Partners (I4G)</div> <div>3pm Knitting & Crochet Lessons (I2A)</div> <div>7pm IL Movie - Mister Roberts (Prime) (I3T)</div> <div>7pm Poker Night (I4G)</div> <div>7:15pm TedTalk Time! (BST)</div> <div>14</div>		<div>9:30am Aqua Fitness with Ben (FPL)</div> <div>10am Chair Volleyball (CAF)</div> <div>10am Workout with Melanie (FC)</div> <div>11am Current Events with Sally (BST)</div> <div>1pm Open Studio Painting (I2A)</div> <div>1:30pm Reading Mentors Program (CAF)</div> <div>1:30pm Exercise with Arthur (FC)</div> <div>2:15pm Book Club: Time Change (I3A)</div> <div>3pm Story Time with Trudy (I4V)</div> <div>7pm IL Movie - The Reading Room (Prime) (I3T)</div> <div>15</div>		<div>9am Water Workouts with Arthur (FPL)</div> <div>9:15am Shopping at Jewel, Target, Best Buy, Ross (RSVP) (IOT)</div> <div>10am Cancelled: Chair Volleyball (CAF)</div> <div>10:30am Exercise with Arthur (FC)</div> <div>11am Parkinson's Support Group (I4G)</div> <div>11:30am Water Workouts with Arthur (FPL)</div> <div>12pm Outing: Prayers for the French Republic (RSVP) (IOT)</div> <div>1pm Rock Steady Boxing (FC)</div> <div>1:30pm IL Resident Meeting (BST)</div> <div>3pm Happy Hour with Jane Allyson (BST)</div> <div>7pm IL Movie - To Each Her Own (Netflix) (I3T)</div> <div>16</div>		<div>10am Blood Pressure Clinic (ILV)</div> <div>10am Aqua Fitness with Ben (FPL)</div> <div>10am Chair Volleyball (CAF)</div> <div>10am Workout with Melanie (FC)</div> <div>10am Painting with Trudy and Terry (I4A)</div> <div>1pm Recreational Ping-Pong (I3D)</div> <div>1:30pm Express Fitness with Arthur (FC)</div> <div>2pm Chat Room (I3A)</div> <div>2:30pm S.T.O.P (Sensibly Take Off Pounds) (I2A)</div> <div>3pm Hotsie-Totsie Voices Rehearsal (BST)</div> <div>6:30pm Friends of Bill W. (AA Meeting) (I3A)</div> <div>7pm IL Movie - The Pursuit of Happiness (Prime) (I3T)</div> <div>7pm Poker Night (I4G)</div> <div>17</div>		<div>9:30am Cozetta's Rosary Group (I4V)</div> <div>10am Chair Volleyball (CAF)</div> <div>10am Vaccination Clinic: COVID Booster (RSVP with CHC) (I3D)</div> <div>10:30am Exercise with Arthur (FC)</div> <div>11am Ask A Lincolnwood Librarian (RSVP) (CAF)</div> <div>11:30am Water Workouts with Arthur (FPL)</div> <div>1pm Stations of the Cross (BST)</div> <div>1:30pm Cancelled: Take a Walk Down Memory Lane (I4V)</div> <div>1:30pm Creative Projects in Art (I4A)</div> <div>2pm Chair Yoga with Linda (FC)</div> <div>3pm Celebration for April Birthdays! (I3D)</div> <div>4:30pm Shabbat Service (BST)</div> <div>7pm IL Movie - Passed Away (Prime) (I3T)</div> <div>18</div>		<div>9:30am Carrington Community Church (BST)</div> <div>10:30am Open Aqua Exercise Group (FPL)</div> <div>11am Plant Doctors (I2A)</div> <div>1:15pm Quiet Piano with Patrick (BST)</div> <div>1:45pm Workout with Melanie (FC)</div> <div>2:30pm Stretch, Tone, Strength with Melanie (FC)</div> <div>7pm IL Movie - Two Tickets to Broadway (Prime) (I3T)</div> <div>19</div>	

Independent Living Activities Calendar

April 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Easter Day 20 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) 9:15am St. Marks Episcopal (RSVP) (IOT) 9:30am Holy Name Cathedral (Virtual) (I4V) 1:15pm Quiet Piano with Patrick (BST) 2pm Bingo with Trudy (CAF) 7pm IL Movie - Easter Parade (Netflix) (I3T)	10am Chair Volleyball (CAF) 21 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 (I2A) 7pm IL Movie - The Noel Diary (Prime) (I3T) 7pm Poker Night (I4G) 7:15pm Everyone Has A Story (BST)	Earth Day 22 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) 1:30pm Reading Mentors Program (CAF) 1:30pm Exercise with Arthur (FC) 3pm Moments from Hollywood Musicals (BST) 7pm IL Movie - Gorillas in the Mist (Prime) (I3T)	9am Water Workouts with Arthur (FPL) 23 9:15am Shopping: Aldi, Home Depot, PetSmart (RSVP) (IOT) 10am Chair Volleyball (CAF) 10:30am Exercise with Arthur (FC) 11:30am Water Workouts with Arthur (FPL) 11:30am Lunch Outing: Kabul House (RSVP) (IOT) 12pm Boutique Shopping: Kindness Chains (CAF) 1pm Rock Steady Boxing (FC) 3pm Happy Hour with Allan Kaye & John Eskola (BST) 7pm IL Movie - Resistance: They Fought Back (Prime) (I3T)	10am Blood Pressure Clinic (ILV) 24 10am Aqua Fitness with Ben (FPL) 10am Chair Volleyball (CAF) 10am Workout with Melanie (FC) 10am NEW! Painting Class with Karin (I4A) 1pm Recreational Ping-Pong (I3D) 1:30pm Express Fitness with Arthur (FC) 1:30pm Reading Mentors Program (CAF) 2:30pm S.T.O.P (Sensibly Take Off Pounds) (I2A) 3pm Hotsie-Totsie Voices Rehearsal (BST) 6:30pm Friends of Bill W. (AA Meeting) (I3A) 7pm IL Movie - Jesse Stone: Innocents Lost (Prime) (I3T) 7pm Poker Night (I4G)	9:30am Cozetta's Rosary Group (I4V) 25 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 (I4A) 1:30pm Take a Walk Down Memory Lane (I4V) 2pm Chair Yoga with Linda (FC) 4:30pm Shabbat Service (BST) 7pm IL Movie - The Critic (Prime) (I3T)	9:30am Carrington Community Church (BST) 26 10:30am Open Aqua Exercise Group (FPL) 11am Shopping Outing: The Shops at Orchard Place (RSVP) (IOT) 1:15pm Quiet Piano with Patrick (BST) 1:45pm Cancelled: Workout with Melanie (FC) 2pm NEW! Acting Class with Cynthia (RSVP) (I3A) 2:30pm Cancelled: Stretch, Tone, Strength with Melanie (FC) 7pm IL Movie - My Dream Is Yours (Prime) (I3T)

7am Fitness Center and Pool - Open Daily 7 AM to 9 PM (FC) 27 8:30am Queen of All Saints Basilica (RSVP) (IOT) 8:30am Edgebrook Lutheran Church (RSVP) (IOT) 9:15am St. Marks Episcopal (RSVP) (IOT) 9:30am Holy Name Cathedral (Virtual) (I4V) 1:15pm Quiet Piano with Patrick (BST) 2pm Bingo with Trudy (CAF) 7pm IL Movie - Heart of Champions (Netflix) (I3T)	10am Chair Volleyball (CAF) 28 10:30am Moving For Mobility (FC) 11am Magic Show (I3T) 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 (I2A) 7pm 61* (Prime/Max) (I3T) 7pm Poker Night (I4G) 7:15pm Door Stories (Revival!) (BST)	9:30am Aqua Fitness with Ben (FPL) 29 10am Chair Volleyball (CAF) 10am Workout with Melanie (FC) 1pm Open Studio Painting (I2A) 1:30pm Reading Mentors Program (CAF) 1:30pm Exercise with Arthur (FC) 1:30pm Shenanigans with Ray 3pm Story Time with Trudy (I4V) 7pm IL Movie - Oddball (Prime) (I3T)	9am Water Workouts with Arthur (FPL) 30 9:30am Outing: Chicago History Museum (RSVP) (IOT) 10am Chair Volleyball (CAF) 10:30am Exercise with Arthur (FC) 11:30am Water Workouts with Arthur (FPL) 1pm Rock Steady Boxing (FC) 1:15pm Shopping Outing: Old Orchard (RSVP) (IOT) 3pm Happy Hour: Global Guitar Duo (BST) 7pm IL Movie - Shiva Baby (Netflix) (I3T)
--	--	--	---

