

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AC Activity Corner BLR Back Living Room DA Dining Area FLR Front Living Room FR Front Area P Patio RN Reminiscence Neighborhood SP Side Patio					9:45 Daily Chronicle (FLR) 1 10:15 Exercise Essentials & Refreshment (BLR) 11:00 Baking Club 11:00 Men's Club (BLR) 3:30 Social (DA) 4:00 Go4Life Walking 6:30 Live w/ Reflection Meditation	9:45 Daily Chronicle (FLR) 2 10:15 Ball Toss (BLR) 11:00 Poetry Reading 1:30 Saturday Matinee (FLR) 3:30 Social (DA) 4:00 Go4Life Walking 6:30 Evening Relaxation Circle
9:45 Daily Chronicle (FLR) 3 10:15 Exercise Essentials & Refreshment (BLR) 11:00 Devotional Readings 2:00 Singfit 3:00 Live w/ Legacy- Volunteers 3:30 Social (DA) 4:00 Go4Life Walking 6:00 Live w/ Reflection Meditation	9:45 Daily Chronicle (FLR) 4 10:15 Fitness Circle (BLR) 10:30 Baking Club 11:00 Music Therapy w/Nancy (RN) 1:30 Mind Your Mind Brain Games 2:00 Outing w/ Liz 3:30 Social (DA) 4:00 Go4Life Walking 6:30 Chicken Soup for the Soul & Snacks (AC)	9:45 Daily Chronicle (FLR) 5 10:15 Exercise Essentials/Noodles (BLR) 10:30 Baking Club 11:00 Singfit (FLR) 1:30 Dominoes Club (FR) 3:30 Social (DA) 4:00 Go4Life Walking 6:30 Evening Relaxation Circle (BLR)	9:45 Daily Chronicle (FLR) 6 10:15 Exercise Essentials & Refreshment (BLR) 11:00 Outing w/ Liz 11:00 Baking Club (AC) 1:30 Inspirational Leaders 2:00 Painting w/Val (RN) 3:30 Social (DA) 4:00 Go4Life Walking 6:30 Live w/ Reflection Meditation	9:45 Daily Chronicle (FLR) 7 10:30 Sit and Fit (BLR) 11:00 EZ Does it Trivia (AC) 1:30 Total Brain Health w/ Liz 2:00 Flower Arrangement 3:30 Social (DA) 4:00 Go4Life Walking 6:30 Inspirational Readings & Refreshment (FLR)	9:45 Daily Chronicle (FLR) 8 10:15 Exercise Essentials & Refreshment (BLR) 11:00 Baking Club 2:00 Inspirational Quotes 3:30 Social (DA) 4:00 Go4Life Walking 6:30 Live w/ Reflection Meditation	9:45 Daily Chronicle (FLR) 9 10:15 Ball Toss (BLR) 11:00 Poetry Reading 1:30 Saturday Matinee (FLR) 3:30 Social (DA) 4:00 Go4Life Walking 6:30 Evening Relaxation Circle
9:45 Daily Chronicle (FLR) 10 10:15 Exercise Essentials & Refreshment (BLR) 11:00 Devotional Readings 2:00 Prophecy Church Choir (RN) 3:00 Live w/ Legacy- Volunteers 3:30 Social (DA) 4:00 Go4Life Walking 6:00 Live w/ Reflection Meditation	9:45 Daily Chronicle (FLR) 11 10:15 Fitness Circle (BLR) 10:30 Baking Club 1:30 Mind Your Mind Brain Games 3:30 Drumming Circle w/Chris (RN) 3:30 Social (DA) 4:00 Go4Life Walking 6:30 Chicken Soup for the Soul & Snacks (AC)	9:45 Daily Chronicle (FLR) 12 10:15 Exercise Essentials/Noodles (BLR) 10:30 Baking Club 11:00 Outing w/ Liz 11:00 Creative Expressions w/Robinlee (RN) 1:30 Dominoes Club w/ Fred (FR) 3:30 Social (DA) 4:00 Go4Life Walking 6:30 Evening Relaxation Circle (BLR)	9:45 Daily Chronicle (FLR) 13 10:15 Exercise Essentials & Refreshment (BLR) 11:00 Baking Club (AC) 1:30 Music w/ Greg 1:30 Inspirational Leaders 3:30 Social (DA) 4:00 Go4Life Walking 6:30 Live w/ Reflection Meditation	9:45 Daily Chronicle (FLR) 14 10:30 Sit and Fit (BLR) 11:00 Baking Club 1:30 EZ Does it Trivia (AC) 2:00 Flower Arrangement 3:30 Social (DA) 4:00 Go4Life Walking 6:30 Inspirational Readings & Refreshment (FLR)	9:45 Daily Chronicle (FLR) 15 10:15 Exercise Essentials & Refreshment (BLR) 11:00 Baking Club 2:00 Music Fun w/Bonnie (BLR) 3:00 Men's Club (BLR) 3:30 Social (DA) 4:00 Go4Life Walking 6:30 Live w/ Reflection Meditation	9:45 Daily Chronicle (FLR) 16 10:15 Ball Toss (BLR) 11:00 Poetry Reading 1:30 Saturday Matinee (FLR) 3:30 Social (DA) 4:00 Go4Life Walking 6:30 Evening Relaxation Circle
9:45 Daily Chronicle (FLR) 17 10:15 Exercise Essentials & Refreshment (BLR) 11:00 Devotional Readings 2:00 Total Brain Health w/ Liz 3:00 Live w/ Legacy- Volunteers 3:30 Social (DA) 4:00 Go4Life Walking 6:00 Live w/ Reflection Meditation	9:45 Daily Chronicle (FLR) 18 10:15 Fitness Circle (BLR) 10:30 Baking Club 11:00 Music Therapy w/Nancy (RN) 1:30 Mind Your Mind Brain Games 2:00 Outing w/ Liz 3:30 Social (DA) 4:00 Go4Life Walking 6:30 Chicken Soup for the Soul & Snacks (AC)	9:45 Daily Chronicle (FLR) 19 10:15 Exercise Essentials/Noodles (BLR) 10:30 Baking Club 11:00 Singfit (FLR) 1:30 Dominoes Club w/ Fred (FR) 2:30 Resident Council (RN) 3:30 Social (DA) 4:00 Go4Life Walking 6:30 Evening Relaxation Circle (BLR)	9:45 Daily Chronicle (FLR) 20 10:30 Movement w/ Nichola 11:00 Outing w/ Liz 11:00 Baking Club (AC) 1:30 Inspirational Leaders 3:30 Social (DA) 4:00 Go4Life Walking 6:30 Live w/ Reflection Meditation	9:45 Daily Chronicle (FLR) 21 10:30 Sit and Fit (BLR) 11:00 Wilmette Historical Museum w/ Liz 11:00 EZ Does it Trivia (AC) 1:30 Music w/ Jane 2:00 Flower Arrangement 3:30 Social (DA) 4:00 Go4Life Walking 6:30 Inspirational Readings & Refreshment (FLR)	9:45 Daily Chronicle (FLR) 22 10:15 Exercise Essentials & Refreshment (BLR) 11:00 Baking Club 2:00 Music Fun w/ Bonnie 2:00 Inspirational Quotes 3:30 Social (DA) 4:00 Go4Life Walking 6:30 Live w/ Reflection Meditation	9:45 Daily Chronicle (FLR) 23 10:15 Ball Toss (BLR) 11:00 Poetry Reading 1:30 Saturday Matinee (FLR) 3:30 Social (DA) 4:00 Go4Life Walking 6:30 Evening Relaxation Circle
9:45 Daily Chronicle (FLR) 24 10:15 Exercise Essentials & Refreshment (BLR) 11:00 Devotional Readings 2:00 Singfit 3:00 Live w/ Legacy- Volunteers 3:30 Social (DA) 4:00 Go4Life Walking 6:00 Live w/ Reflection Meditation	9:45 Daily Chronicle (FLR) 25 10:15 Fitness Circle (BLR) 10:30 Baking Club 11:00 Music Therapy w/Nancy (RN) 1:30 Mind Your Mind Brain Games 3:30 Social (DA) 4:00 Go4Life Walking 6:30 Chicken Soup for the Soul & Snacks (AC)	9:45 Daily Chronicle (FLR) 26 10:15 Exercise Essentials/Noodles (BLR) 10:30 Baking Club 11:00 Singfit (FLR) 1:30 Dominoes Club w/ Fred (FR) 3:30 Social (DA) 4:00 Go4Life Walking 6:30 Evening Relaxation Circle (BLR)	9:45 Daily Chronicle (FLR) 27 10:15 Exercise Essentials & Refreshment (BLR) 11:00 Outing w/ Liz 11:00 Baking Club (AC) 1:30 Inspirational Leaders 3:30 Social (DA) 4:00 Go4Life Walking 6:30 Live w/ Reflection Meditation	9:45 Daily Chronicle (FLR) 28 10:30 Sit and Fit (BLR) 11:00 EZ Does it Trivia (AC) 2:00 Flower Arrangement 3:30 Social (DA) 4:00 Go4Life Walking 6:30 Inspirational Readings & Refreshment (FLR)	9:45 Daily Chronicle (FLR) 29 10:15 Exercise Essentials & Refreshment (BLR) 11:00 Baking Club 3:00 Men's Club (BLR) 3:30 Social (DA) 4:00 Go4Life Walking 6:30 Live w/ Reflection Meditation	9:45 Daily Chronicle (FLR) 30 10:15 Ball Toss (BLR) 11:00 Poetry Reading 1:30 Saturday Matinee (FLR) 3:30 Social (DA) 4:00 Go4Life Walking 6:30 Evening Relaxation Circle