

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



<p>Travanse Living at Grayslake Life. Uplifted.</p>			<p>10:30 ♥ Exercise with Meridian 10:45 🚌 Bus Outing: Target, Mundelein 1:15 ♥ Walking Club 1:30 🦋 Travanse Cinemas: Waking Ned Devine 2:15 ☆ May Day Door Hanger Craft 3:30 🦋 Travanse Cinemas: Eat Pray Love 4:00 🦋 Nail Spa 5:00 ☆ Painting Session with Colleen 6:30 ♥ Evening Walking Club</p>	<p>10:15 ♥ Chair Yoga with Colleen 11:15 ☆ Gardening Club 1:15 ♥ Walking Club 1:30 🦋 Travanse Cinemas: 2:15 🦋 Cinco De Mayo Celebration with Live Mariachi Singer- Gabrielle Estrada 3:00 F 🦋 Happy Hour: Drinks &amp; Appetizers 3:30 🦋 Travanse Cinemas 4:30 🦋 Happy Hour Ends 6:00 🦋 Make Words 6:30 ♥ Evening Walking Club</p>	<p>10:30 ♥ Sit &amp; Be Fit Exercise 11:15 ☆ Arts &amp; Crafts 1:15 🚌 Bus Outing: Greggs Frozen Custard &amp; Arlington International Racecourse, Arlington Heights 1:15 ♥ Walking Club 1:30 🦋 Travanse Cinemas: 3:00 🦋 Happy Hour: Drinks 3:30 🦋 Travanse Cinemas 4:15 🦋 Wii Games 4:30 🦋 Happy Hour Ends 6:00 🦋 Pool 6:30 ♥ Evening Walking Club</p>	<p>10:30 ♥ Full Body Workout 11:15 🦋 Nail Spa 1:15 ♥ Walking Club 1:30 🦋 Travanse Cinemas: Star Wars Edition 2:00 🦋 BINGO 3:30 🦋 Travanse Cinemas 6:30 ♥ Evening Walking Club</p>
<p>8:45 🚌 Bus Outing: St. Gilbert's Catholic Mass, Grayslake 10:30 ♥ Sit &amp; Be Fit Exercise 11:15 🦋 Nail Spa 1:15 ♥ Walking Club 1:30 🦋 Travanse Cinemas: 2:00 🦋 Ice Cream Bar 3:30 🦋 Travanse Cinemas 4:15 ☆ Arts &amp; Crafts for National Nurses Day (5/6) 6:00 🦋 Pool 6:30 ♥ Evening Walking Club</p>	<p>10:30 ♥ Sit &amp; Be Fit Exercise 11:15 🦋 Fruit Cup Bar 1:15 ♥ Walking Club 1:30 🦋 Travanse Cinemas: 2:00 🦋 Pool 3:30 🦋 Travanse Cinemas 4:15 ☆ Arts &amp; Crafts 6:00 ♥ Aromatherapy Hand Massages 6:30 ♥ Evening Walking Club</p>	<p>9:15 🚌 Bus Outing: Walgreens, Grayslake 20% Off Senior Day 10:15 ♥ Full Body Workout 11:00 ☆ Saint Gilbert Catholic Communion Service 1:15 ♥ Walking Club 1:30 🦋 Travanse Cinemas: 3:00 🦋 Veteran's Club- Vets &amp; Cup of Joe 3:00 🦋 BINGO with Meridian 3:30 🦋 Travanse Cinemas 4:15 🦋 Cards 6:30 ♥ Evening Walking Club</p>	<p>10:30 ♥ Exercise with Meridian 10:45 🚌 Bus Outing: Meijer, Round Lake 11:15 ☆ Arts &amp; Crafts 1:15 ♥ Walking Club 1:30 🦋 Travanse Cinemas: 2:00 ☆ Book Club Meeting 3:15 🚌 Bus Outing: Daisy's Artish Cafe, Lake Villa- (Veterans Club) 3:30 🦋 Travanse Cinemas 4:00 🦋 Nail Spa 6:00 🦋 Make Words 6:30 ♥ Evening Walking Club</p>	<p>10:30 ♥ Sit &amp; Be Fit Exercise 11:15 ☆ Gardening Club- Flowers/Plant Planning 1:15 ♥ Walking Club 1:30 🦋 Travanse Cinemas: 2:00 🚌 Bus Outing: Country Bumpkin Garden Center 3:00 F 🦋 Happy Hour: Drinks &amp; Appetizers 3:30 🦋 Travanse Cinemas 4:30 🦋 Happy Hour Ends 6:30 ♥ Evening Walking Club</p>	<p>10:30 ♥ Resistance Bands Exercise 11:15 ☆ Spring Awake Smoothies 1:15 ♥ Walking Club 1:30 🦋 Travanse Cinemas: 3:00 🦋 Happy Hour: Drinks 3:30 🦋 Travanse Cinemas 4:30 🦋 Happy Hour Ends 6:00 🦋 Pool 6:30 ♥ Evening Walking Club</p>	<p>10:30 ♥ Dumbbell Strength Exercise 11:30 🦋 Celebrate Mother's Day: Tea Party &amp; Live Pianist with Yan Skladman 1:15 ♥ Walking Club 1:30 🦋 Travanse Cinemas: 2:00 🦋 BINGO 3:30 🦋 Travanse Cinemas 6:30 ♥ Evening Walking Club</p>
<p>Mother's Day 8:45 🚌 Bus Outing: St. Gilbert's Catholic Mass, Grayslake 10:45 ♥ Resistance Bands Exercise 11:15 🦋 Nail Spa 1:15 ♥ Walking Club 1:30 🦋 Travanse Cinemas: 2:00 🦋 Mother's Day Live Entertainment 3:30 🦋 Travanse Cinemas 6:30 ♥ Evening Walking Club</p>	<p>10:30 ♥ Dumbbell Strength Exercise 11:00 🚌 Bus Outing: Veteran's Free Lunch- Mission BBQ, Gurnee 11:00 🦋 Nutrition Talk with Dietician Michelle 1:15 ♥ Walking Club 1:30 🦋 Travanse Cinemas: 2:00 🦋 Pool 3:30 🦋 Travanse Cinemas 4:15 ☆ Arts &amp; Crafts 6:00 ♥ Aromatherapy Hand Massages 6:30 ♥ Evening Walking Club</p>	<p>10:15 ♥ Legs Exercise 11:00 ☆ Saint Gilbert Catholic Communion Service 1:15 ♥ Walking Club 1:30 🦋 Travanse Cinemas: 3:00 🦋 BINGO with Meridian 3:30 🦋 Travanse Cinemas 4:15 🦋 Cards 6:00 ☆ Arts &amp; Crafts 6:30 ♥ Evening Walking Club</p>	<p>10:30 ♥ Exercise with Meridian 10:45 🚌 Bus Outing: Marianos, Gurnee 11:15 ☆ Carrot Mango Kiwi Smoothies 1:15 ♥ Walking Club 1:30 🦋 Travanse Cinemas: 2:00 🦋 Root Beer Float Bar 3:30 🦋 Travanse Cinemas 4:00 🦋 Nail Spa 6:00 🦋 Make Words 6:30 ♥ Evening Walking Club</p>	<p>10:30 ♥ Sit &amp; Be Fit Exercise 11:00 🦋 Canine 4 Comfort Pet Therapy Visits &amp; Puppies 1:15 ♥ Walking Club 1:30 🦋 Travanse Cinemas: 3:00 F 🦋 Happy Hour: Drinks &amp; Appetizers 3:30 🦋 Travanse Cinemas 4:30 🦋 Happy Hour Ends 6:30 ♥ Evening Walking Club</p>	<p>9:15 🚌 Bus Outing: Wildberry Pancakes &amp; Cafe, Libertyville 10:30 ♥ Sit &amp; Be Fit Exercise 11:15 🦋 Gardening Club 1:15 ♥ Walking Club 1:30 🦋 Travanse Cinemas: 3:00 🦋 Happy Hour: Drinks 3:30 🦋 Travanse Cinemas 4:15 🦋 Wii Games 4:30 🦋 Happy Hour Ends 6:00 🦋 Pool 6:30 ♥ Evening Walking Club</p>	<p>10:30 ♥ Full Body Workout 11:00 🚌 Bus Outing: Free Lunch with the Heros (Veterans): Mission BBQ, Gurnee 1:15 ♥ Walking Club 1:30 🦋 Travanse Cinemas: 2:00 ☆ Veterans Pinning Ceremony with Mary Lauer 3:30 🦋 Travanse Cinemas 3:45 🦋 BINGO 6:00 🦋 Jigsaw Puzzles 6:30 ♥ Evening Walking Club</p>
<p>8:45 🚌 Bus Outing: St. Gilbert's Catholic Mass, Grayslake 10:45 ♥ Dumbbell Strength Exercise 11:15 ☆ Peanut Butter Smoothies 1:15 ♥ Walking Club 1:30 🦋 Travanse Cinemas: 3:30 🦋 Travanse Cinemas 6:30 ♥ Evening Walking Club</p>	<p>10:30 ♥ Sit &amp; Be Fit Exercise 11:15 New Event Name 1:15 🚌 Bus Outing: Volo Auto Museum Illinois, Volo 1:15 ♥ Walking Club 1:30 🦋 Travanse Cinemas: 2:00 🦋 Pool 3:30 🦋 Travanse Cinemas 4:15 ☆ Arts &amp; Crafts 6:00 ♥ Aromatherapy Hand Massages 6:30 ♥ Evening Walking Club</p>	<p>10:15 ♥ Full Body Workout 11:00 ☆ Saint Gilbert Catholic Communion Service 1:15 ♥ Walking Club 1:30 🦋 Travanse Cinemas: 3:00 🦋 BINGO with Meridian 3:30 🦋 Travanse Cinemas 4:15 🦋 Cards 6:30 ♥ Evening Walking Club</p>	<p>10:30 ♥ Exercise with Meridian 10:45 🚌 Bus Outing: ALDI, Vernon Hills 11:15 ☆ Matcha Protein Smoothies 1:15 ♥ Walking Club 1:30 🦋 Travanse Cinemas: 2:00 ☆ Book Club Meeting 3:15 🚌 Bus Outing: Daisy's Artish Cafe, Lake Villa (Veterans Club) 3:30 🦋 Travanse Cinemas 4:00 🦋 Nail Spa 6:00 🦋 Make Words 6:30 ♥ Evening Walking Club</p>	<p>10:30 ♥ Resistance Bands Exercise 11:15 ☆ Gardening Club 1:15 ♥ Walking Club 1:30 🦋 Travanse Cinemas: 3:00 F 🦋 Happy Hour: Drinks &amp; Appetizers 3:30 🦋 Travanse Cinemas 4:30 🦋 Happy Hour Ends 6:30 ♥ Evening Walking Club</p>	<p>10:30 ♥ Sit &amp; Be Fit Exercise 11:15 New Event Name 1:15 ♥ Walking Club 1:30 🦋 Travanse Cinemas: 2:00 🦋 Resident May Birthday Celebration &amp; Live Entertainment 3:00 🦋 Happy Hour: Drinks 3:30 🦋 Travanse Cinemas 4:15 🦋 Wii Games 4:30 🦋 Happy Hour Ends 6:00 🦋 Pool 6:30 ♥ Evening Walking Club</p>	<p>10:30 ♥ Sit &amp; Be Fit Exercise 11:15 🦋 Nail Spa 1:15 ♥ Walking Club 1:30 🦋 Travanse Cinemas: 2:00 🦋 BINGO 3:30 🦋 Travanse Cinemas 4:15 ☆ Arts &amp; Crafts 6:30 ♥ Evening Walking Club</p>
<p>8:45 🚌 Bus Outing: St. Gilbert's Catholic Mass, Grayslake 10:30 ♥ Sit &amp; Be Fit Exercise 11:15 ☆ Strawberry Smoothies 1:15 ♥ Walking Club 1:30 🦋 Travanse Cinemas: Me Before You (Book Club Movie) 3:00 ☆ Hope Evangelical Presbyterian Service 3:30 🦋 Travanse Cinemas 6:30 ♥ Evening Walking Club</p>	<p>Memorial Day 10:30 ♥ Dumbbell Strength Exercise 11:15 ☆ Arts &amp; Crafts 1:00 🦋 Lets Eat, Drink &amp; BBQ: Live Entertainment 1:15 ♥ Walking Club 1:30 🦋 Travanse Cinemas: 2:00 🦋 Pool 3:30 🦋 Travanse Cinemas 6:30 ♥ Evening Walking Club</p>	<p>10:15 ♥ Sit &amp; Be Fit Exercise 11:00 ☆ Saint Gilbert Catholic Communion Service 1:15 ♥ Walking Club 1:30 🦋 Travanse Cinemas: 2:00 🦋 Veteran's Club- Vets &amp; Cup of Joe 3:00 🦋 BINGO with Meridian 3:30 🦋 Travanse Cinemas 4:00 ☆ Meridian May Auction 6:00 ♥ Aromatherapy Hand Massages 6:30 ♥ Evening Walking Club</p>	<p>10:30 ♥ Exercise with Meridian 10:45 🚌 Bus Outing: Jewel-Osco, Grayslake 11:15 ☆ Mango Smoothies 1:15 ♥ Walking Club 1:30 🚌 Bus Outing: Independence Grove Forest Preserve, Libertyville 1:30 🦋 Travanse Cinemas: 2:00 ☆ Book Club Meeting 3:30 🦋 Travanse Cinemas 4:00 🦋 Nail Spa 6:00 🦋 Make Words 6:30 ♥ Evening Walking Club</p>	<p>10:30 ♥ Sit &amp; Be Fit Exercise 11:00 🦋 Canine 4 Comfort Pet Therapy Visit &amp; Puppies 1:00 ☆ Culinary Creations- Cooking Demonstration with Chef Ryan 1:15 ♥ Walking Club 1:30 🦋 Travanse Cinemas: 3:00 F 🦋 Happy Hour: Drinks &amp; Appetizers 3:30 🦋 Travanse Cinemas 4:30 🦋 Happy Hour Ends 6:00 ☆ Arts &amp; Crafts 6:30 ♥ Evening Walking Club</p>	<p>10:30 ♥ Sit &amp; Be Fit Exercise 11:15 ☆ Gardening Club 1:15 ♥ Walking Club 1:30 🦋 Travanse Cinemas: 2:00 🦋 Resident Council Meeting 2:30 🦋 Food For Thought Meeting 3:00 🦋 Happy Hour: Drinks 3:30 🦋 Travanse Cinemas 4:15 🦋 Wii Games 4:30 🦋 Happy Hour Ends 6:00 🦋 Pool 6:30 ♥ Evening Walking Club</p>	

- Be Adventurous
- Be Challenged
- Be Connected
- Be Family
- Be Inspired
- Be Social
- Be Well

"I am not afraid of storms, for I am learning how to sail my ship."

— Louisa May Alcott