


| Sunday  | Monday  | Tuesday  | Wednesday  | Thursday   | Friday   | Saturday  |
|---|---|--|--|--|--|---|
|  <p>Life. Uplifted.</p>   | <ul style="list-style-type: none"> <li> Be Adventurous</li> <li> Be Challenged</li> <li> Be Connected</li> <li> Be Family</li> <li> Be Inspired</li> <li> Be Social</li> <li> Be Well</li> </ul>  |  |  | 2:00 F  Painting with Colleen<br>9:30  Current Events and News<br>10:00 <b>Bus Outing: Lakes Bowl</b><br>10:00  Exercise with Legacy Therapy<br>10:30  Tia The Therapy Dog<br>10:50  Arts & Crafts<br>1:30  Travanse Cinemas + Popcorn<br>2:00  Dancerize with Louie<br>3:00 <b>Happy Hour: Drinks &amp; Appetizers</b><br>6:00  BINGO | 9:30  Current Events and News<br>10:00  Chair YOGA DVD<br>10:50  Connect 4 & Board Games<br>1:30  Travanse Cinemas + Popcorn<br>3:00  Gen-Narrations<br>4:00  Dominoes<br>6:00  GIANT UNO Cards  | 7:30  St. Gilbert's Catholic Church Morning Mass<br>9:30  Current Events and News<br>10:00  Sit and Be Fit Exercise<br>10:50  Culinary Creations<br>1:30  Travanse Cinemas + Popcorn<br>3:00  Indoor Golf<br>4:00  Building With Legos<br>6:00  Bingo Social<br>6:00pi  Nail Polish Day with Meditation Music                           |
| 9:30  Current Events and News<br>10:00  Easy Tai Chi DVD<br>10:50  Bowling<br>11:30  Group Puzzles<br>1:30  Travanse Cinemas + Popcorn<br>3:00  Beanbag Toss<br>4:00  Sorting And Organizing<br>6:00  Aromatherapy And Hand Massage                           | 9:30  Current Events and News<br>10:00  Exercise with Legacy Therapy<br>10:30  Delight Karalien Bare Puppies Comfort Care<br>11:30  Word Within A Word<br>1:30  Travanse Cinemas + Popcorn<br>3:30  Bowling<br>4:00  Trivia Time<br>4:30  Reading A Poem with Discussion<br>6:00  Bean Bag Toss/Board Games | 9:30  Current Events and News<br>10:00  Sit and Be Fit Exercise<br>10:30  Parachute Fun<br>11:00  Culinary Creations<br>11:00  St. Gilbert's Catholic Communion<br>2:00  Pioneering Alternative Classical Pianist W/ Francis<br>3:00  Travanse Cinemas+ Snacks<br>6:00  BINGO  | 9:30  Current Events and News<br>10:00  Chair YOGA DVD<br>10:50  Arts & Crafts<br>1:30  Travanse Cinemas + Popcorn<br>3:30  Hole Toss Game<br>4:15  Sorting & Organizing<br>6:00  Nail Polish Day with Meditation Music  | 9:30  Current Events and News<br>10:00  Sit And Be Fit Exercise<br>10:30 <b>Target Shopping - Gurnee</b><br>10:30  Tia The Therapy Dog<br>10:50  Culinary Creations<br>1:30  Travanse Cinemas + Popcorn<br>3:00 <b>Happy Hour: Drinks &amp; Appetizers</b><br>4:15  Checkers<br>6:00  BINGO  | 9:30  Current Events and News<br>10:00  Exercise with Legacy Therapy<br>10:30  Canine 4 Comfort Therapy Dogs<br>11:00  Cards And Puzzles<br>1:30  Travanse Cinemas + Popcorn<br>3:00  Gen-Narrations<br>3:30  Words Starting with "B"<br>6:00  GIANT UNO Cards                               | 7:30  St. Gilbert's Catholic Church Morning Mass<br>9:30  Current Events and News<br>10:00  Sit and Be Fit Exercise<br>10:50 <b>Arts &amp; Crafts continued</b><br>11:00 <b>Outing: Boston Market For Lunch</b><br>1:30  Travanse Cinemas + Popcorn<br>3:00  Gardening Club On The Patio<br>6:00  Nail Polish Day with Meditation Music |
| 9:30  Current Events and News<br>10:00  Chair YOGA DVD<br>10:30  Bowling<br>11:15  Picture Trivia<br>1:30  Travanse Cinemas + Popcorn<br>3:30  Beanbag Toss<br>4:15  Sorting And Organizing<br>6:00  Aromatherapy And Hand Massage                            | 9:30  Current Events and News<br>10:00  Exercise with Legacy Therapy<br>10:30  Word Within A Word<br>11:00  Giant Uno<br>1:30  Travanse Cinemas + Popcorn<br>3:00  Darts<br>4:00  Trivia Time<br>4:30  Reading A Poem with Discussion<br>6:00  Bean Bag Toss/Board Games                                    | 8:30 <b>Outing: Denny's Breakfast</b><br>9:30  Current Events and News<br>10:00  Sit and Be Fit Exercise<br>10:50  Arts & Crafts<br>11:00  St. Gilbert's Catholic Communion<br>1:30  Travanse Cinemas + Popcorn<br>3:00  Board Games<br>3:30  Ice-Cream Social<br>6:00  BINGO  | 9:30  Current Events and News<br>10:00  Chair YOGA DVD<br>10:30  New Game: Bocce Ball<br>11:15  Culinary Creations<br>1:30  Travanse Cinemas + Popcorn<br>3:30  Sand Art<br>4:15  Sorting & Organizing<br>6:00  Nail Polish Day with Meditation Music                              | 9:30  Current Events and News<br>10:00  Sit And Be Fit Chair Exercise<br>10:30  Art W/ Meridian<br>10:30  Tia The Therapy Dog<br>1:30  Travanse Cinemas + Popcorn<br>3:00 <b>Happy Hour: Drinks &amp; Appetizers</b><br>4:15  Checkers<br>6:00  BINGO  | 9:30  Exercise with Legacy Therapy<br>10:00  Current Events and News<br>10:50  Connect 4 & Board Games<br>1:30  Travanse Cinemas + Popcorn<br>3:00  Culinary Creations<br>4:00  Gen-Narrations<br>6:00  GIANT UNO Cards  | 7:30  St. Gilbert's Catholic Church Morning Mass<br>9:30  Current Events and News<br>10:00  Sit and Be Fit Exercise<br>10:50  Arts & Crafts<br>1:30  Travanse Cinemas + Popcorn<br>3:30  Color Me Calm<br>4:15  Name that tune music game<br>6:00  Nail Polish Day with Meditation Music  |
| 9:30  Current Events and News<br>10:00  Sit And Be Fit Exercise<br>10:30  Horseshoe Toss<br>11:30  Picture Trivia<br>1:30  Travanse Cinemas + Popcorn<br>3:30  Beanbag Toss<br>4:15  Reminiscing - Getting to know you<br>6:00  Aromatherapy And Hand Massage | 9:30  Current Events and News<br>10:00  Exercise with Legacy Therapy<br>10:30  Word Within A Word<br>11:00  Giant Uno<br>1:30  Travanse Cinemas<br>3:30  Bowling<br>4:30  Reading A Poem with Discussion<br>6:00  Bean Bag Toss/Board Games   | 9:30  Current Events and News<br>10:00 <b>\$5 Tuesday: Gurnee Cinemas</b><br>10:00  Sit and Be Fit Video<br>10:30  Reminiscing About Past Jobs in life<br>11:00  Culinary Creations<br>11:00  St. Gilbert's Catholic Communion<br>1:30  Art- Create A Picture<br>3:00  Fill in the blank<br>4:00  JENGA<br>6:00  BINGO | 9:30  Current Events and News<br>10:00  Easy Tai Chi DVD<br>10:50  Homemade Science Experiment<br>1:30  Travanse Cinemas + Popcorn<br>3:30  Art Expressions<br>4:30  Operation Board Game<br>6:00  Nail Polish Day with Meditation Music   | 9:30  Current Events and News<br>10:00  Exercise with Legacy Therapy<br>10:30  Tia The Therapy Dog<br>10:50  Culinary Creations<br>1:30  Travanse Cinemas + Popcorn<br>3:00 <b>Happy Hour: Drinks &amp; Appetizers</b><br>4:15  Words Starting with "B"<br>6:00  BINGO   | 9:30  Current Events and News<br>9:30 <b>Outing: Brookfield Zoo</b><br>10:00  Exercise Bands<br>10:30  Canine 4 Comfort Therapy Dogs<br>11:00  Cards And Puzzles<br>1:30  Travanse Cinemas + Popcorn<br>3:00  Darts<br>4:00  Dominoes<br>6:00  GIANT UNO Cards                               | 7:30  St. Gilbert's Catholic Church Morning Mass<br>9:30  Current Events and News<br>10:00  Sit and Be Fit Exercise<br>10:30  Picture Trivia<br>11:00  Culinary Creations<br>1:30  Travanse Cinemas + Popcorn<br>3:00  Wind Down Drawing Or Coloring<br>4:00  Relax On The Patio<br>6:00  Nail Polish Day with Meditation Music         |
| 9:30  Current Events and News<br>10:00  Sit And Be Fit Exercise<br>10:30  JENGA<br>11:00  Group Puzzles + Tea<br>1:30  Travanse Cinemas + Popcorn<br>3:30  Beanbag Toss<br>4:15  Reading A Poem with Discussion<br>6:00  Aromatherapy And Hand Massage        | 9:30  Current Events and News<br>10:00  Exercise with Legacy Therapy<br>10:30  Delight Great Danes<br>11:00  Arts & Crafts<br>1:30  Travanse Cinemas + Popcorn<br>3:30  Bowling And Darts<br>4:15  Trivia Time<br>6:00  Bean Bag Toss/Board Games   | 9:30  Current Events and News<br>10:00  Sit and Be Fit Exercise<br>10:30 <b>Outing: Dollar Tree</b><br>10:30  Watercolor Painting<br>11:00  St. Gilbert's Catholic Communion<br>1:30  Travanse Cinemas + Popcorn<br>3:30  Daily Chronicle<br>4:15  Dominoes<br>6:00  BINGO   | 9:30  Current Events and News<br>10:00  Sit and Be Fit Video<br>10:30  Badminton Game<br>11:00  Culinary Creations<br>1:30  Travanse Cinemas + Popcorn<br>2:00  End Of Month Birthday Entertainment<br>4:15  Sing-A-Long With Music<br>6:00  Nail Polish Day with Meditation Music | 9:30  Current Events and News<br>10:00  Exercise with Legacy Therapy<br>10:30  Tia The Therapy Dog<br>10:50  Arts & Crafts<br>1:30  Travanse Cinemas + Popcorn<br>3:00 <b>Happy Hour: Drinks &amp; Appetizers</b><br>3:30  Reminiscing Vacations<br>4:15  Evening Music<br>6:00  BINGO   | 9:30  Current Events and News<br>10:00  Easy Tai Chai Video<br>10:30  Connect 4 & Board Games<br>11:00 <b>Outing: Lunch on the boat, Lake Geneva</b><br>11:15  Culinary Creations<br>1:30  Travanse Cinemas + Popcorn<br>3:30  Social With Snacks<br>4:00  Dominoes<br>6:00  GIANT UNO Cards | 7:30  St. Gilbert's Catholic Church Morning Mass<br>9:30  Current Events and News<br>10:00  Sit and Be Fit Exercise<br>10:30  Ring Toss<br>11:00  Card Games<br>1:30  Travanse Cinemas + Popcorn<br>3:30  Molding with clay<br>6:00  Nail Polish Day with Meditation Music  |