

Sample Resident Program Calendar

LIVE WELL. STAY CURIOUS. CHOOSE YOUR OWN ADVENTURE.

At The Lodge, every month is full of options – and completely free of obligation. Fitness classes, cultural programs, live entertainment, great food, community events, and quiet afternoons if that's what you're after. The calendar is here. The choice is yours.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Continental Breakfast: 7:30 – 10:30 a.m. Willow Dining Room & Heron Landing	10:00 Chair Yoga 10:30 Knitters Club 11:30 Balance & Action 1:00 Bridge/Canasta/ Poker Group 2:30 Mobile Jewelry Repair	9:00 Barber & Beauty Salon (appt) 10:00 Fitness Class 1:00 Drop-In Mahjong 2:00 Sunset Shuttle 3:00 Bridge/Canasta/ Poker Group	10:00 Fitness Class 11:15 Spades Game 1:00 Drop-In Scrabble 1:30 – 3:30 Art Studio Walk-ins 2:00 Current Events Discussion	9 – 11:30 “Ask a Nurse” 10:00 Let's Step It Up 11:00 Communion 1:30 Marcia H.: Birds From the Balcony 2:00 Grocery Shuttle	11:15 Fitness Class 12:00 Men's Luncheon 1:30 Open Beanbags 1:30 Joseph Stefanits on the Piano	9:00 Barber & Beauty Salon (appt) 7:00p Entertainment
1:30 Movie: Now You See Me: Now You <i>Don't</i>	10:00 Chair Yoga 10:30 Knitters Club 1:00 Bridge/Canasta/ Poker Group 1:30 Current Events with Ron M.	9:00 Barber & Beauty Salon (appt) 10:00 Dining & Events Meeting 10:00 Fitness Class 2:00 Trader Joe's Shuttle 2:00 Dance Exercise	10:00 Fitness Class 11:15 Bridge/Canasta/ Poker Group 12:30 Book Club 1:00 Drop-In Scrabble 1:30 – 3:30 Art Studio Walk-ins	9 – 11:30 “Ask a Nurse” 10:00 Let's Step It Up 11:00 Jewel-Osco Shuttle 2 – 4:00 Art Studio Walk-ins 5:00 Birthday Dinner	10:00 Resident Advisory Meeting 10:00 Fitness Class 11:15 Fitness Class 12:00 Men's Luncheon 2:00 Discussion with Northbrook Library	9:00 Barber & Beauty Salon (appt)
1:30 Movie: The Choral	10:00 Chair Yoga 10:30 Knitters Club 11:30 Balance & Action 1:00 Bridge/Canasta/ Poker Group 1:30 Sue B. Presentation	9:00 Barber & Beauty Salon (appt) 10:00 Fitness Class 1:00 Drop-In Mahjong 2:00 Sunset Shuttle 2:00 History Discussion	10:00 Fitness Class 11:15 Fitness Class 1:00 Drop-In Scrabble 1:30 – 3:30 Art Studio Walk-ins 1:30 History Discussion of Route 66	9 – 11:30 “Ask a Nurse” 10:00 Let's Step It Up 11:00 Communion 2:00 Grocery Shuttle 7:15 BINGO!	10:00 Fitness Class 11:15 Fitness Class 12:00 Men's Luncheon 1:30 Open Beanbags 2:30 “Take Me Out to the Ballgame” Tailgate Happy Hour	9:00 Barber & Beauty Salon (appt)
1:30 Movie: What About Bob?	10:00 Chair Yoga 10:30 Knitters Club 11:30 Balance & Action 1:00 Bridge/Canasta/ Poker Group 1:30 Tim W. presents The Life of JFK	9:00 Barber & Beauty Salon (appt) 10:00 Fitness Class 1:00 Drop-In Mahjong 2:00 Trader Joe's Shuttle 5:00 Sunset Walk	10:00 Fitness Class 1:00 Drop-In Scrabble 1:30 – 3:30 Art Studio Walk-ins 2:00 History Discussion 4 – 6:00 Drop-in Mahjong	9 – 11:30 “Ask a Nurse” 10:00 Let's Step It Up 2:00 Jewel-Osco Shuttle 5:00 Denim & Diamonds Theme Dinner 7:00 Entertainment	10:00 Fitness Class 12:00 Men's Luncheon 1:30 Open Beanbags 7:00 Movie: Mission: Impossible	9:00 Barber & Beauty Salon (appt)
1:30 Movie: Blue Moon	10:00 Chair Yoga 10:30 Knitters Club 11:30 Balance & Action 1:00 Bridge/Canasta/ Poker Group 2:30 Mind & Memory Fitness w/ Powerback	9:00 Barber & Beauty Salon (appt) 10:00 Fitness Class 1:00 Drop-In Mahjong 2:00 Sunset Shuttle 7:00 Movie: Knives Out				 SENIOR LIVING DESIGNED BY CHOICE