



777 Church Street, Lake Zurich, IL 60047
 847-550-0555
 CedarLakeAssistedLiving.com

SEPTEMBER 2020

Assisted Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>PLEASE FOLLOW ALL SOCIAL DISTANCING GUIDELINES AND MAINTAIN 6 FOOT DISTANCE FROM OTHER RESIDENTS AT ALL TIMES</p> <p>If you would like to connect with your family and/or friends, contact the Entertainment & Programming Department and we will assist you with Skype.</p>	<p>2nd Floor E. = East Hallway Apartments #204-#248 2nd Floor W. = West Hallway Apartments #250-#299</p> <p>All activities will be conducted in the apartment doorways unless otherwise noted</p>	<p>1</p> <p>10:00 2nd Floor Individual Outdoor Walking 1:00 1st Floor Hallway Remember When 2:00 2nd Floor E. Hallway Remember When 3:00 2nd Floor W. Hallway Remember When 4:00 1st Floor Individual Outdoor Walking</p>	<p>2</p> <p>10:30 1st Floor Exercise with Legacy- Wellness Center 1:00 1st Floor Hallway Music & Trivia 2:00 2nd Floor E. Hallway Music & Trivia 3:00 2nd Floor W. Hallway Music & Trivia 4:00 2nd Floor Individual Outdoor Walking</p>	<p>3</p> <p>10:00 1st Floor Individual Outdoor Walking 1:00 2nd Floor E. Hallway Lifeshare Games 2:00 Ice Cream Cart 3:00 1st Floor Hallway Lifeshare Games 4:00 2nd Floor Individual Outdoor Walking</p>	<p>4</p> <p>10:00 2nd Floor W. Doorway Trivia Challenge 1:00 1st Floor Doorway Trivia Challenge 2:00 2nd Floor E. Doorway Trivia Challenge 3:00 Hallway Happy Hour 4:00 2nd Floor Individual Outdoor Walking</p>	<p>5</p> <p>10:00 2nd Floor E. Doorway Exercise Class 10:30 2nd Floor W. Doorway Exercise Class 11:00 1st Floor Doorway Exercise Class 1:00 1st Floor Hallway You Be the Judge 2:00 2nd Floor W. Hallway You Be the Judge 3:00 2nd Floor E. Hallway You Be the Judge 4:00 1st Floor Individual Outdoor Walking</p>
<p>6</p> <p>10:00 1st Floor Individual Outdoor Walking 10:30 2nd Floor Individual Outdoor Walking 1:00 2nd Floor E. Hallway Who, What, When Game 2:00 2nd Floor W. Hallway Who, What, When Game 3:00 1st Floor Hallway Who, What, When Game 4:00 2nd Floor E. Hallway Today's Good News</p>	<p>7 Labor Day</p> <p>10:00 1st Floor Hallway Labor Day Trivia & Games 1:00 2nd Floor W. Hallway Labor Day Trivia & Games 2:00 2nd Floor E. Hallway Labor Day Trivia & Games 3:00 Labor Day Snack Cart 3:30 1st Floor Individual Outdoor Walking 4:00 2nd Floor Individual Outdoor Walking</p>	<p>8</p> <p>10:00 2nd Floor Individual Outdoor Walking 1:00 1st Floor Hallway TV Show Bingo 2:00 2nd Floor E. Hallway TV Show Bingo 3:00 2nd Floor W. Hallway TV Show Bingo 4:00 1st Floor Individual Outdoor Walking</p>	<p>9</p> <p>10:30 1st Floor Exercise with Legacy- Wellness Center 1:00 1st Floor Hallway Kinect Bowling 2:00 2nd Floor Hallway W. Kinect Bowling 3:00 2nd Floor E. Hallway Kinect Bowling 4:00 2nd Floor Individual Outdoor Walking</p>	<p>10</p> <p>10:00 1st Floor Individual Outdoor Walking 1:00 2nd Floor W. Hallway Lifeshare Games 2:00 Ice Cream Cart 3:00 2nd Floor E. Hallway Lifeshare Games 4:00 2nd Floor Individual Outdoor Walking</p>	<p>11</p> <p>10:00 2nd Floor W. Doorway Trivia Challenge 1:00 1st Floor Doorway Trivia Challenge 2:00 2nd Floor E. Doorway Trivia Challenge 3:00 Hallway Happy Hour 4:00 2nd Floor Individual Outdoor Walking</p>	<p>12</p> <p>10:00 2nd Floor E. Doorway Exercise Class 10:30 2nd Floor W. Doorway Exercise Class 11:00 1st Floor Doorway Exercise Class 1:00 2nd Floor W. Hallway Cornhole Game 2:00 2nd Floor E. Hallway Cornhole Game 3:00 1st Floor Hallway Cornhole Game 4:00 2nd Floor Individual Outdoor Walking</p>
<p>13 Grandparents Day</p> <p>10:00 1st Floor Individual Outdoor Walking 10:30 2nd Floor Individual Outdoor Walking 1:00 2nd Floor W. Doorway Convo Cards 2:00 2nd Floor E. Doorway Convo Cards 3:00 1st Floor Doorway Convo Cards 4:00 1st Floor Hallway Today's Good News</p>	<p>14</p> <p>10:30 2nd Floor Exercise with Legacy- Wellness Center 1:00 2nd Floor E. Doorway Jeopardy 2:00 2nd Floor W. Doorway Jeopardy 3:00 1st Floor Doorway Jeopardy 3:30 1st Floor Individual Outdoor Walking 4:00 2nd Floor Individual Outdoor Walking</p>	<p>15</p> <p>10:00 2nd Floor Individual Outdoor Walking 1:00 1st Floor Hallway Name That Instrument 2:00 2nd Floor E. Hallway Name That Instrument 3:00 2nd Floor W. Hallway Name That Instrument 4:00 1st Floor Individual Outdoor Walking</p>	<p>16</p> <p>10:30 1st Floor Exercise with Legacy- Wellness Center 1:00 2nd Floor E. Doorway Artist: Apple Art 2:00 2nd Floor W. Doorway Artists: Apple Art 3:00 1st Floor Doorway Artists: Apple Art 4:00 2nd Floor Individual Outdoor Walking</p>	<p>17</p> <p>10:00 1st Floor Individual Outdoor Walking 1:00 1st Floor Hallway Lifeshare Games 2:00 Ice Cream Cart 3:00 2nd Floor W. Hallway Lifeshare Games 4:00 2nd Floor Individual Outdoor Walking</p>	<p>18 Rosh Hashanah Begins</p> <p>10:00 2nd Floor W. Doorway Trivia Challenge 1:00 1st Floor Doorway Trivia Challenge 2:00 2nd Floor E. Doorway Trivia Challenge 3:00 Hallway Happy Hour 4:00 2nd Floor Individual Outdoor Walking</p>	<p>19</p> <p>10:00 2nd Floor E. Doorway Exercise Class 10:30 2nd Floor W. Doorway Exercise Class 11:00 1st Floor Doorway Exercise Class 1:00 1st Floor Hallway Golf & Games 2:00 2nd Floor E. Hallway Golf & Games 3:00 2nd Floor W. Hallway Golf & Games 4:00 2nd Floor Individual Outdoor Walking</p>



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20 10:00 1st Floor Individual Outdoor Walking 10:30 2nd Floor Individual Outdoor Walking 1:00 1st Floor Hallway Shake Loose Game 2:00 2nd Floor W. Hallway Shake Loose Game 3:00 2nd Floor E. Hallway Shake Loose Game 4:00 2nd Floor W. Hallway Today's Good News	21 10:30 2nd Floor Exercise with Legacy- Wellness Center 1:00 2nd Floor E. Doorway Family Feud 2:00 2nd Floor W. Doorway Family Feud 3:00 1st Floor Doorway Family Feud 3:30 1st Floor Individual Outdoor Walking 4:00 2nd Floor Individual Outdoor Walking	22 Fall Begins 10:00 2nd Floor Individual Outdoor Walking 1:00 1st Floor Hallway Armchair Traveler: Rte 66 2:00 2nd Floor W. Hallway Armchair Traveler: Rte 66 3:00 2nd Floor E. Hallway Armchair Traveler: Rte 66 4:00 1st Floor Individual Outdoor Walking	23 10:30 1st Floor Exercise with Legacy- Wellness Center 1:00 2nd Floor W. Hallway Kinect Bowling 2:00 2nd Floor E. Hallway Kinect Bowling 3:00 1st Floor Hallway Kinect Bowling 4:00 2nd Floor Individual Outdoor Walking	24 10:00 1st Floor Individual Outdoor Walking 1:00 2nd Floor E. Hallway Lifeshare Games 2:00 Ice Cream Cart 3:00 1st Floor Hallway Lifeshare Games 4:00 2nd Floor Individual Outdoor Walking	25 10:00 2nd Floor W. Doorway Trivia Challenge 1:00 1st Floor Doorway Trivia Challenge 2:00 2nd Floor E. Doorway Trivia Challenge 3:00 Hallway Happy Hour 4:00 2nd Floor Individual Outdoor Walking	26 10:00 2nd Floor E. Doorway Exercise Class 10:30 2nd Floor W. Doorway Exercise Class 11:00 1st Floor Doorway Exercise Class 1:00 2nd Floor W. Doorway Artists: Fall Landscapes 2:00 2nd Floor E. Doorway Artists: Fall Landscapes 3:00 1st Floor Doorway Artists: Fall Landscapes 4:00 2nd Floor Individual Outdoor Walking
27 Yom Kippur Begins 10:00 1st Floor Individual Outdoor Walking 10:30 2nd Floor Individual Outdoor Walking 1:00 2nd Floor W. Hallway Blurt Game 2:00 2nd Floor E. Hallway Blurt Game 3:00 1st Floor Hallway Blurt Game 4:00 2nd Floor E. Hallway Today's Good News	28 10:30 2nd Floor Exercise with Legacy- Wellness Center 1:00 2nd Floor E. Doorway Jeopardy 2:00 2nd Floor W. Doorway Jeopardy 3:00 1st Floor Doorway Jeopardy 3:30 1st Floor Individual Outdoor Walking 4:00 2nd Floor Individual Outdoor Walking	29 10:00 2nd Floor Individual Outdoor Walking 1:00 1st Floor Hallway Just For Laughs 2:00 2nd Floor E. Hallway Just For Laughs 3:00 2nd Floor W. Hallway Just For Laughs 4:00 1st Floor Individual Outdoor Walking	30 10:30 1st Floor Exercise with Legacy- Wellness Center 1:00 2nd Floor W. Hallway Finishing Lines 2:00 2nd Floor E. Hallway Finishing Lines 3:00 1st Floor Hallway Finishing Lines 4:00 2nd Floor Individual Outdoor Walking	IN ROOM ACTIVITY SUPPLIES Please contact the Entertainment & Programming Department if you are interested in any of the following items: Craft/Paint/Coloring Supplies Puzzles/Word Search/Crossword Books, Magazines DVD's		

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Memory Care

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:00 Senior Strong Exercise 9:30 Daily Chronicle 10:00 Morning Skype Calls 1:00 One on One: Back to School Scattergories 1:30 Twister Bags 2:00 Smoothies 2:30 One on One: Walk Around the Patio 3:00 Reminiscing: Back to School Shopping 3:30 Watercolor Painting 5:00 Evening Movie	2 9:00 Senior Strong Exercise 9:30 Daily Chronicle 10:00 One on One: Dyeing and Drying Corn Husks 1:30 Afternoon Skype Calls 2:00 Smoothies 2:30 Finish the Phrase 2:30 One on One: Corn Husk Flowers 3:00 One on One: In the Mood for Moon Songs 5:00 Evening Movie	3 9:00 Senior Strong Exercise 9:30 Daily Chronicle 10:00 Penny Drop 1:00 Marvelous Minds 2:00 One on One: Feel Good Stories You Missed 2:00 Smoothies 2:30 One on One: Walk Around the Patio 3:00 One on One: Guess the Occupation 5:00 Evening Movie	4 9:00 Senior Strong Exercise 9:30 Daily Chronicle 10:00 Juke Box Favorites 10:30 Morning Skype Calls 1:00 One on One: Name that Instrument 2:00 Smoothies 2:30 Outdoor Bowling 3:00 Reminiscing: Dogs of Hollywood 3:30 Happy Hour 5:00 Evening Movie	5 9:00 Senior Strong Exercise 9:30 Morning Skype Calls 10:00 Daily Chronicle 10:30 One on One: Kentucky Derby Trivia 1:00 Nose-To-Nose 1:30 The Best Kentucky Derby Wins 2:30 One on One: Walk Around the Patio 3:00 Mint Julep Mocktails 3:30 Kentucky Derby Wordsearch 5:00 Evening Movie
6 9:00 Daily Chronicle 9:30 Prayers and Inspirations 10:00 Hallway Sing Along 1:00 One on One: Daytime/Nighttime 2:00 Smoothies 2:30 One on One: Celebrity Mix-Up Game 3:00 Reminiscing: Back to School 3:30 Reader's Circle 5:00 Evening Movie	7 Labor Day 9:00 Senior Strong Exercise 9:30 Daily Chronicle 10:00 One on One: Learning About Labor Day 1:00 One on One: Unusual Jobs 2:00 One on One: Songs About Work 2:00 Smoothies 2:30 One on One: Walk Around the Patio 3:00 One on One: Learning How to Line Dance 3:30 Finishing Lyrics 5:00 Evening Movie	8 9:00 Senior Strong Exercise 9:30 Daily Chronicle 10:00 Morning Skype Calls 10:30 The History of the Pledge of Allegiance 1:00 Music in Motion 2:00 Smoothies 2:30 One on One: Bocce Ball 3:00 Marvelous Minds 3:30 Watercolor Painting: Mountains 5:00 Evening Movie	9 9:00 Senior Strong Exercise 9:30 Daily Chronicle 10:00 Shake Loose a Memory 1:00 Finish the Phrase 1:30 Afternoon Skype Calls 2:00 Smoothies 2:30 One on One: Walk Around the Patio 3:00 One on One: Last Letter Whiteboard Game 5:00 Evening Movie	10 9:00 Senior Strong Exercise 9:30 Daily Chronicle 10:00 Penny Ante 1:00 One on One: The Benefits of Golf 2:00 Smoothies 2:30 Marvelous Minds 3:00 One on One: Putting Green Fun 3:30 One on One: Who Am I? 5:00 Evening Movie	11 9:00 Senior Strong Exercise 9:30 Daily Chronicle 10:30 Morning Skype Calls 1:00 Falling Leaves Luminary Jars 1:18 One on One: Tartan Paint Patterns 2:00 Smoothies 2:30 One on One: Walk Around the Patio 3:00 One on One: Whiteboard Games 3:30 Happy Hour 5:00 Evening Movie	12 9:00 Senior Strong Exercise 9:30 Morning Skype Calls 10:00 Daily Chronicle 10:30 One on One: September Trivia 1:00 One on One: Clay Starfish 2:00 Smoothies 2:30 One on One: Can You Picture This? 3:00 Marvelous Minds 5:00 Evening Movie
13 Grandparents Day 9:00 Daily Chronicle 9:30 Prayers and Inspirations 10:00 Hallway Sing Along 1:00 One on One: The History of Grandparent's Day 1:30 One on One: Reminiscing Being a Grandparent 2:00 Smoothies 2:30 One on One: Walk Around the Patio 3:00 One on One: GRAND Categories 3:30 Reader's Circle 5:00 Evening Movie	14 9:00 Senior Strong Exercise 9:30 Daily Chronicle 10:00 One on One: Reminiscing with the Senses 1:00 One on One: Sorting Fall Harvest Foods 1:30 One on One: Guess that Patriotic Hit 2:00 Smoothies 2:30 Finishing Lyrics 3:00 One on One: Learning to Line Dance 5:00 Evening Movie	15 9:00 Senior Strong Exercise 9:30 Daily Chronicle 10:00 Morning Skype Calls 10:30 Reminiscing: Retired Living 1:00 Music in Motion 2:00 Smoothies 2:30 One on One: Walk Around the Patio 3:00 Marvelous Minds 3:30 Watercolor Painting: Fall Scenes 5:00 Evening Movie	16 9:00 Senior Strong Exercise 9:30 Daily Chronicle 10:00 One on One: Yarn Wrapped Monograms 1:00 One on One: The History of Play-Doh 1:30 Afternoon Skype Calls 2:30 One on One: Play-Doh Stressballs 3:00 One on One: Remembering the Best Dancers in Film 3:30 Finish the Phrase 5:00 Evening Movie	17 9:00 Senior Strong Exercise 9:30 Daily Chronicle 10:00 One on One: Whiteboard Word Scramble 10:30 Tippy Balloon Toss 1:00 Marvelous Minds 2:00 Smoothies 2:30 One on One: Walk Around the Patio 3:00 One on One: Food For Thought 3:30 One on One: September Crossword Puzzles 5:00 Evening Movie	18 Rosh Hashanah Begins 9:00 Senior Strong Exercise 9:30 Daily Chronicle 10:00 One on One: German Scissor Snipping 10:30 Morning Skype Calls 1:00 One on One: Guess that California Landmark 2:00 Smoothies 2:30 One on One: The Music of Oktoberfest 3:00 One on One: Newspaper Coin Toss 3:30 Happy Hour 5:00 Evening Movie	19 9:00 Senior Strong Exercise 9:30 Morning Skype Calls 10:00 Daily Chronicle 10:30 One on One: Trivia Exercises 1:00 One on One: Balance Exercises 2:00 Smoothies 2:30 One on One: Walk Around the Patio 3:00 Marvelous Minds 3:30 One on One: Waterfalls of the World Virtual Tour 5:00 Evening Movie



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20 9:00 Daily Chronicle 9:30 Prayers and Inspirations 10:00 Hallway Sing Along 1:00 One on One: Minute to Win It Relay 1:30 Marvelous Minds 2:00 Smoothies 2:30 One on One: Homemade Hand Sanitizer Workshop 3:00 One on One: The Importance of Hand Hygiene 3:30 Reader's Circle 5:00 Evening Movie	21 9:00 Senior Strong Exercise 9:30 Daily Chronicle 10:00 One on One: Ungame 1:00 One on One: Fall Floral Arrangments 1:30 Finishing Lyrics 2:00 Smoothies 2:30 One on One: Walk Around the Patio 3:00 One on One: Ring Toss 5:00 Evening Movie	22 Fall Begins 9:00 Senior Strong Exercise 9:30 Daily Chronicle 10:00 Morning Skype Calls 10:30 One on One: First Day of Fall Scramble 1:00 One on One: Corn Shucking Relay Race 1:30 One on One: Songs of the Fall 2:00 Smoothies 2:30 One on One: Corn Prints 3:00 Marvelous Minds 5:00 Evening Movie	23 9:00 Senior Strong Exercise 9:30 Daily Chronicle 10:00 One on One: First Day of Fall Charades 1:00 Shake Loose A Taste 1:30 Afternoon Skype Calls 2:00 Smoothies 2:30 One on One: Walk Around the Patio 3:00 Finish the Phrase 3:30 One on One: Watercolor Painting: Feathers 5:00 Evening Movie	24 9:00 Senior Strong Exercise 9:30 Daily Chronicle 10:00 One on One: Fall Leaf Prints 1:00 Marvelous Minds 2:00 Smoothies 2:30 One on One: Dice Games 3:00 One on One: Reminiscing About Our Favorite Fall Outings 3:30 One on One: Junk Drawer Detective 5:00 Evening Movie	25 9:00 Senior Strong Exercise 9:30 Daily Chronicle 10:30 Morning Skype Calls 1:00 One on One: Playing Kubb 2:00 Smoothies 2:30 One on One: Walk Around the Patio 3:00 One on One: Coloring Your Cares Away 3:30 Happy Hour 5:00 Evening Movie	26 9:00 Senior Strong Exercise 9:30 Daily Chronicle 9:30 Morning Skype Calls 10:00 One on One: Fall-time Trivia 10:30 Praying the Rosary 1:00 One on One: The Importance of Immunization 2:00 Smoothies 2:30 Bowling 3:00 Marvelous Minds 5:00 Evening Movie
27 Yom Kippur Begins 9:00 Daily Chronicle 9:30 Prayers and Inspirations 10:00 Hallway Sing Along 1:00 Marvelous Minds 1:30 One on One: 10 Things You Didn't Know About Yom Kippur 2:00 Smoothies 2:30 One on One: Walk Around the Patio 3:00 Chocolate Milk Day Social 3:30 Reader's Circle 5:00 Evening Movie	28 9:00 Senior Strong Exercise 9:30 Daily Chronicle 10:00 One on One: Name that Gershwin Tune 1:00 Ping Pong Bucket Toss 2:00 Smoothies 2:30 One on One: The History of 'Hey Jude' 3:00 One on One: A-Z 3:30 Finishing Lyrics 5:00 Evening Movie	29 9:00 Senior Strong Exercise 9:30 Daily Chronicle 10:00 Morning Skype Calls 10:30 One on One: Actor Match-Up 1:00 Music in Motion 2:00 Smoothies 2:30 One on One: Walk Around the Patio 3:00 Marvelous Minds 3:30 Watercolor Painting: Autumn Sunflowers 5:00 Evening Movie	30 9:00 Senior Strong Exercise 9:30 Daily Chronicle 10:00 One on One: Name 10 1:30 Afternoon Skype Calls 1:30 One on One: Colorful Corn Ledge Craft 2:00 Smoothies 2:30 One on One: Autumn Scavenger Hunt 3:00 One on One: Apple BINGO 3:30 Finish the Phrase 5:00 Evening Movie			

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