

Sunday

DECEMBER
31

New Years Eve
9:30 Sunday Morning Devotional
Worship & Prayer
9:45 **3AE** Daily Chronicle
10:15 **AR** Exercise Essentials
1:30 **L** Afternoon Stretch
2:30 **L** Johnny Carson
3:30 **3AE** Resident Choice - iN2L
4:00 Mindfulness, Music & Relaxation

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9:30 Sunday Morning Devotional
Worship & Prayer
9:45 **3AE** Daily Chronicle
10:15 **AR** Exercise Essentials
1:30 **L** Afternoon Stretch
2:30 **L** Johnny Carson
3:30 **3AE** Resident Choice - iN2L
4:00 Mindfulness, Music & Relaxation
6:00 **SR** Card Club

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9:30 Sunday Morning Devotional
Worship & Prayer
9:45 **3AE** Daily Chronicle
10:15 **AR** Exercise Essentials
1:30 **L** Afternoon Stretch
2:00 **L** Classic Game Shows
3:30 **3AE** Resident Choice - iN2L
4:00 Mindfulness, Music & Relaxation
6:00 **SR** Card Club

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9:30 Sunday Morning Devotional
Worship & Prayer
9:45 **3AE** Daily Chronicle
10:15 **AR** Exercise Essentials
1:30 **L** Afternoon Stretch
2:30 **L** Johnny Carson
3:30 **3AE** Resident Choice - iN2L
4:00 Mindfulness, Music & Relaxation
6:00 **SR** Card Club

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Christmas Eve
9:30 Sunday Morning Devotional
Worship & Prayer
9:45 **3AE** Daily Chronicle
10:15 **AR** Exercise Essentials
1:30 **L** Afternoon Stretch
2:00 **L** Classic Game Shows
3:30 **3AE** Resident Choice - iN2L
4:00 Mindfulness, Music & Relaxation

Monday

Alto Grayslake

1865 E Belvidere Rd
Grayslake, IL 60030
(847) 908-9973

<https://www.allegroliving.com/grayslake-senior-living.html>

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9:45 **3AE** Daily Chronicle
10:15 **AR** Exercise Essentials
11:00 Famous Musicians-Paul
Simon
1:30 **L** Mind Joggers
2:00 **3AE** Crafting-Snowman Ornament
3:00 **3AE** Bowling
4:45 Junk Drawer Detective
6:00 Evening Astronomy

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9:45 **3AE** Daily Chronicle
10:15 **AR** Exercise Essentials
11:00 Famous Musicians
1:30 **L** Mind Joggers
2:00 **3AE** Crafters Corner- Holiday
Cards
3:00 **3AE** Concert: John
4:45 Junk Drawer Detective
6:00 Evening Astronomy

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9:45 **3AE** Daily Chronicle
10:15 **AR** Exercise Essentials
11:00 Famous Musicians
1:30 **L** Mind Joggers
2:00 **PDR** Men's Group
2:00 **3AE** Crafting-Foam Wreath
3:00 **3AE** Bowling
3:30 Snow Ball fight(fake)
4:45 Junk Drawer Detective
6:00 Evening Astronomy

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CR Christmas Day!
9:45 **3AE** Daily Chronicle
10:15 **AR** Exercise Essentials
11:00 Famous Musicians
1:30 **L** Mind Joggers
2:00 **3AE** Crafters Corner
3:00 **3AE** Bowling
4:45 Junk Drawer Detective
6:00 Evening Astronomy

Tuesday

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9:45 **3AE** Daily Chronicle
10:15 **AR** Exercise Essentials
11:30 **BUS** Scenic Drive
2:00 **3AE** Social : Hot Cocoa
3:00 **Near 103** Classical Concert
3:00 **AR** Concert: ADA Trio
3:30 **L** Dog visit with Sadie
4:30 **3AE** Manicures & Music
6:00 **L** PBS Masterpiece

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9:45 **3AE** Daily Chronicle
10:15 **AR** Exercise Essentials
10:30 Scenic drive
2:00 **3AE** Social -Reindeer Toss
3:00 **AR** Craft: Candy Cane Ornament
3:45 Grayslake H.S Choir Tri-M
4:30 **3AE** Manicures & Music
6:00 **L** PBS Masterpiece

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9:45 **3AE** Daily Chronicle
10:15 **AR** Exercise Essentials
11:30 **BUS** Lunch outing
1:15 **AR** Blissful Bakers: Holly
2:00 **3AE** Social-Santa Social
4:30 **3AE** Manicures & Music
6:00 **L** PBS Masterpiece

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Kwanza
9:45 **3AE** Daily Chronicle
10:15 **AR** Exercise Essentials
10:30 Scenic drive
2:00 **3AE** Social
4:30 **3AE** Manicures & Music
6:00 **L** PBS Masterpiece

Wednesday

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9:45 **3AE** Daily Chronicle
10:15 **AR** Exercise: Seated Rockette
routine
11:15 **3AE** Table Topics
1:30 **IN2L**: Would you rather
2:00 **3AE** Bingo
3:15 **AR** Travel Log-Scotland
4:15 **3AE** This or That? - iN2L
6:15 **L** Evening Wind down
mindfulness

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9:45 **3AE** Daily Chronicle
10:15 **AR** Exercise Essentials
11:15 **3AE** Table Topics
1:30 **3AE** Holiday bags for Veteran's
2:00 **3AE** Bingo
3:15 **AR** Travel Log-Bahama's
4:00 **BUS** Christmas light ride
4:15 **3AE** iN2L-Origin of the Candy
Cane
6:15 **L** Evening Wind down

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9:45 **3AE** Daily Chronicle
10:15 **AR** Exercise Essentials
11:15 **3AE** Table Topics
1:30 **IN2L**: Word Scramble
2:00 **3AE** Prize Bingo
3:15 **L** Dog Visit: Gibson
3:15 **AR** Travel Log-Egypt
4:15 **3AE** This or That? - iN2L
6:15 **L** Evening Wind down
mindfulness

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9:45 **3AE** Daily Chronicle
10:15 **AR** Exercise Essentials
11:15 **3AE** Table Topics
1:30 **3AE** Sing Along
2:00 **3AE** Prize Bingo
3:15 **AR** Star of the month: Rita
Moreno
4:15 **3AE** This or That? - iN2L
6:15 **L** Evening Wind down
mindfulness

Thursday



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3AE First Day of Hanukkah
9:45 **3AE** Daily Chronicle
10:15 **AR** Exercise Essentials
10:30 **L** Short Stories
11:00 **3AE** Crafting-Holiday Signs
1:30 **SR** Blissful Bakers- Méringue
2:00 **3AE** Happy Hour
3:30 Hand Massage/Aromatherapy
6:15 **L** iN2L Breathe

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9:45 **3AE** Daily Chronicle
10:15 **AR** Whole Body :Holiday
Fitness Trivia
10:30 **L** Short Stories
11:00 **3AE** Crafter's Corner
1:30 **SR** Baking- Christmas Cookies
2:00 **3AE** Happy Hour
3:30 Hand Massage/Aromatherapy
6:00 **CR** Friends and Family Night
6:15 **L** iN2L Relax

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9:45 **3AE** Daily Chronicle
10:15 **AR** Exercise Essentials
10:30 **L** Short Stories
11:00 **3AE** Crafting-Yarn Tree
1:45 **SR** Concert: Jeff
2:00 **3AE** Happy Hour
3:30 Hand Massage/Aromatherapy
6:15 **L** iN2L Breathe

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9:45 **3AE** Daily Chronicle
10:15 **AR** Exercise Essentials
10:30 **L** Short Stories
11:00 **3AE** Crafter's Corner
1:30 **SR** Baking-GingerBreadHouse
2:00 **3AE** Happy Hour
3:30 Hand Massage/Aromatherapy
6:15 **L** iN2L Relax

Friday

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9:45 **3AE** Daily Chronicle
10:15 **AR** Exercise Essentials
10:15 **L** Holiday Decorating
10:30 **L** Catholic Communion
11:15 **L** Drumming Circle : Chris
1:15 **L** Walkers and Talkers
2:30 **L** Movie Star Mania-Marlon
Brando
4:00 **3AE** Activity Connection:
Jeopardy

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9:45 **3AE** Daily Chronicle
10:15 **L** Insights and Inspirations
10:15 **AR** Exercise Essentials
10:30 **L** Catholic Communion
11:00 **3AE** Activity Connection: A
Historical Mystery
1:15 **L** Walkers and Talkers
2:30 **L** Family Feud-iN2L
6:00 Evening Astronomy

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9:45 **3AE** Daily Chronicle
10:15 **L** Insights and Inspirations
10:15 **AR** Exercise Essentials
10:30 **L** Catholic Communion
11:00 **3AE** Table Games
1:15 **L** Walkers and Talkers
4:00 **3AE** Activity Connection:
Jeopardy
6:00 Evening Astronomy

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9:45 **3AE** Daily Chronicle
10:15 **L** Insights and Inspirations
10:15 **AR** Exercise Essentials
10:30 **L** Catholic Communion
11:00 **3AE** Table Games
1:15 **L** Bag Toss
2:30 **L** Family Feud-iN2L
6:00 Evening Astronomy

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9:45 **3AE** Daily Chronicle
10:15 **L** Insights and Inspirations
10:15 **AR** Exercise Essentials
10:30 **L** Catholic Communion
11:00 **3AE** Table Games
1:15 **L** Bag Toss
4:00 **3AE** Activity Connection:
Jeopardy
6:00 Evening Astronomy

Saturday

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9:45 **3AE** Music and Movement
Exercise
9:45 **3AE** Daily Chronicle
10:15 **L** Seated Zumba class
10:15 **3AE** Puzzles with a partner
2:00 **3AE** Concert: Steve J
3:30 **3AE** Resident Choice - iN2L
4:00 Mindfulness, Music &
Relaxation
6:00 Resident Choice Activity

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9:45 **3AE** Daily Chronicle
10:15 **AR** Exercise Essentials
10:15 **L** Seated Zumba class
10:15 **3AE** Puzzles with a partner
2:00 **AR** Concert: Andy
3:30 **3AE** Resident Choice - iN2L
4:00 Mindfulness, Music &
Relaxation
6:00 Resident Choice Activity

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10:15 **L** Seated Zumba class
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2:00 **3AE** Concert: Steve J
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4:00 Mindfulness, Music &
Relaxation
6:00 Resident Choice Activity

23

9:45 **3AE** Daily Chronicle
10:15 **L** Seated Zumba class
10:15 **3AE** Puzzles with a partner
2:00 **AR** Concert: Andy
3:30 **3AE** Resident Choice - iN2L
4:00 Mindfulness, Music &
Relaxation
6:00 Resident Choice Activity

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9:45 **3AE** Daily Chronicle
10:15 **L** Seated Zumba class
10:15 **3AE** Puzzles with a partner
2:00 **3AE** Concert: Ukel- Eddie!
3:30 **3AE** Resident Choice - iN2L
4:00 Mindfulness, Music &
Relaxation
6:00 Resident Choice Activity

Happy Holidays!

Please feel free to join us for
the following activities

*Every Saturday: Seated
Zumba 10:15 am and an
afternoon concert at 2 pm*

Holiday bags for the
Veteran's: 12/13/23 1:30 pm

Cookie Decorating: 12/14/23
1:30 pm

Santa Hat Social: 12/19/23
2:00 pm



LOCATION KEY

- 3AE** Activity Rm.- East
- AR** Activity Room
- L** Lounge
- SR** Sunroom
- BUS** Bus
- CR** Community Room
- PDR** Private Dining Room