

calendar & activities
JAN 2020

The Sheridan at Green Oaks Assisted Living

- 💡 Brain Health University
- 🔵 CONNECT
- 🟡 CONTRIBUTE
- 🟠 FEEL
- 🟡 GROW
- 🟢 MOVE
- 🟡 REFLECT

TRANSPORTATION SCHEDULE

Medical Transportation:

Monday-Friday (8:30-3:30)

Every Saturday (10-3:30)

Outing Schedule:

Shopping- Saturdays (10:45)

Thursday Lunch (11:30-1:30)

Sunday Religious Services

Please note that all activities and events are subject to change.

Theme of the Month:

Dancing Through the Decades

Location Keys

AL Entertainment Room
Assisted Living Creative Studio
Club Room
Dining Room
Great Room
IL Creative Studio
IL Entertainment Room
Library
Lobby
MC Entertainment Room
Rockland's

ALE
ACS
C
DR
GR
ICS
IE
Lib
L
ER
R

SUNDAY

MONDAY

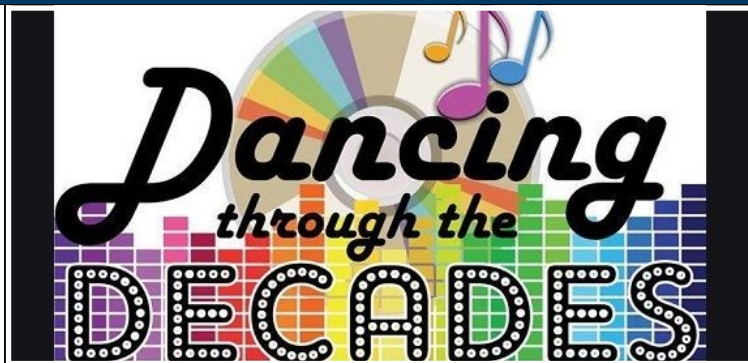
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



9:00 🟡 Transportation for Church Services [L] 5

10:30 🟡 Prayer & Reflection for All [ALE]

11:00 🟡 Laughter is the Best Medicine [GR]

1:15 🟡 BINGO! [ACS]

1:45 🟡 Live Presentation with Art Educator, Debra Levie [IE]

3:30-4 🟡 Chair Chi with Cathy! [IE]

4:00 🟡 The Sunday Chronicle [R]

9:30 🟡 Coffee Conversations with Carrie [Lib] 12

10:30 🟡 Prayer & Reflection for All [ALE]

11:00 🟡 Rummikub [L]

1:00 🟡 Matinee Movie: The Player [ALE]

1:15 🟡 BINGO! [ACS]

2:15 🟡 Special Musical Performance from the Lake Forest High School Chamber Group [IE]

3:30-4 🟡 Chair Chi with Cathy! [IE]

4:00 🟡 The Sunday Chronicle [R]

9:00 🟡 Transportation for Church Services [L] 19

10:30 🟡 Prayer & Reflection for All [ALE]

11:00 🟡 Laughter is the Best Medicine [GR]

1:15 🟡 BINGO! [ACS]

2:30 🟡 What did it Cost? [R]

3:30-4 🟡 Chair Chi with Cathy! [IE]

4:00 🟡 The Sunday Chronicle [R]

9:30 🟡 Coffee Conversations with Carrie [Lib] 26

10:30 🟡 Prayer & Reflection for All [ALE]

11:00 🟡 Rummikub [L]

1:00 🟡 Matinee Movie [ALE]

1:15 🟡 BINGO! [ACS]

2:30 🟡 What Did it Cost? Can you guess what these items cost in the 40's-80's? [R]

3:30-4 🟡 Chair Chi with Cathy! [IE]

4:00 🟡 The Sunday Chronicle [R]

9:30-1 🟡 Flow with Maria [ALE] 6

10:30 🟡 Rummikub [L]

1-2 🟡 One-on-One Technology Lesson with Paul [ICS]

1:30 🟡 Brain Games with Maria: Tangram Puzzle [ACS]

3:15 🟡 Coffee Klatch [GR]

4:00 🟡 Needlepoint & Melodies [C]

4:30-7 🟡 Pasta Night! [DR]

7:00 🟡 Monday Night Movie: Jackie [ALE]

9:30-1 🟡 Flow with Maria [ALE] 13

10:30 🟡 Rummikub [L]

1:30 🟡 Brain Games with Maria: Family Feud [ACS]

3:15 🟡 Coffee Klatch [GR]

4:00 🟡 Needlepoint & Melodies [C]

7:00 🟡 Monday Night Movie: Butch Cassidy & the Sundance Kid [ALE]

9:30-1 🟡 Flow with Maria [ALE] 20

10:30 🟡 Rummikub [L]

1-2 🟡 One-on-One Technology Lesson with Paul [ICS]

1:30 🟡 Brain Games with Maria: Can you match the state to it's nickname? [ACS]

2:30 🟡 Fly With Maria to Dubai - You Need Your Passport [IE]

3:45 🟡 TIME CHANGE- Coffee Klatch/ Needlepoint & Melodies [ALE]

7:00 🟡 Monday Night Movie [ALE]

9:30-1 🟡 Flow with Maria [ALE] 27

10:30 🟡 Rummikub [L]

1:30 🟡 Brain Health University - INTRODUCTION & ORIENTATION [ACS]

3:15 🟡 Coffee Klatch [GR]

4:00 🟡 Needlepoint & Melodies [C]

7:00 🟡 Monday Night Movie [ALE]

10:00 🟡 Current Events with Maria [ACS] 7

10:00 🟡 NEW TIME: Free Blood Pressure Checks (Freedom Home Care) [Lib]

11:00 🟡 Music and Movement with Caitlin (featuring Cardio Drumming!) [IE]

12:00 🟡 Outing: \$5 Tuesdays at the Movies (exact time TBD) [L]

1:30 🟡 American Mahjong [R]

3-3:30 🟡 Timeless Trivia [ACS]

3:30 🟡 Birthday Bash! [R]

10:00 🟡 Current Events with Maria [ACS] 14

10:00 🟡 NEW TIME: Free Blood Pressure Checks (Freedom Home Care) [Lib]

10:30- 🟡 Visit from Cook Library [Lib]

11:00 🟡 Music and Movement with Caitlin (featuring Cardio Drumming!) [IE]

1:30 🟡 American Mahjong [R]

2:00 🟡 Chef Cooking Demonstration [ACS]

3-3:30 🟡 Timeless Trivia [ACS]

7:30 🟡 Rummikub [Lib]

10:00 🟡 Current Events with Maria [ACS] 21

10:00 🟡 NEW TIME: Free Blood Pressure Checks (Freedom Home Care) [Lib]

11:00 🟡 Music and Movement with Caitlin (featuring Cardio Drumming!) [IE]

1:30 🟡 American Mahjong [R]

3:00 🟡 Gary Midkiff Presents [IE]

3-3:30 🟡 Timeless Trivia [ACS]

4:00 🟡 Living Well Support Group [ICS]

6:00 🟡 Outing: Swan Lake at North Shore Center for Performing Arts [L]

10:00 🟡 Current Events with Maria [ACS] 28

10:00 🟡 NEW TIME: Free Blood Pressure Checks (Freedom Home Care) [Lib]

10:30- 🟡 Visit from Cook Library [Lib]

11:00 🟡 Music and Movement with Caitlin (featuring Cardio Drumming!) [IE]

1:30 🟡 American Mahjong [R]

1:30 🟡 Resident Town Hall Meeting [IE]

3:00 🟡 Brain Health University [ACS]

7:30 🟡 Rummikub [Lib]

New Year's Day 1

10:45 🟡 Rummikub [L]

11:00 🟡 Sodoku & Crossword Brain Exercise [ACS]

11:30 🟡 New Year's Day Luncheon [DR]

1:15 🟡 Bridge Group [R]

2:30 🟡 Knitwits Needle Art Club! [Lib]

3:30 🟡 DIY Trivia! 2019 Year in Review [ACS]

6:30 🟡 New Years Day Movie: Draft Day [ALE]

Eggs-Traordinary Wednesday! (Breakfast All-Day) 8

10:00 🟡 Biblical Inquiry with Christ Church [ALE]

10:45 🟡 Rummikub [L]

11:00 🟡 Stretch Class with Carrie [IE]

1:15 🟡 Bridge Group [R]

1:30 🟡 Performing Arts: Thalia's Pick of the Month: W. A. Mozart: Symphony n° 41 "Jupiter" - Lorin Maazel - Sinfónica de Galicia [ALE]

2:30 🟡 Knitwits Needle Art Club! [Lib]

3:30-4 🟡 Baking Class with Carrie [ACS]

9:30 🟡 Outing: Art Institute of Chicago, featuring the Andy Warhol Exhibit [L] 15

10:00 🟡 Biblical Inquiry with Christ Church [ALE]

10:45 🟡 Rummikub [L]

11:00 🟡 Balance & Strength with Carrie [IE]

1:15 🟡 Bridge Group [R]

1:30 🟡 Performing Arts [ALE]

2:30 🟡 Knitwits Needle Art Club! [Lib]

3:30 🟡 The Talk of the Decades: 40's, 50's & 60's [ACS]

10:45 🟡 Rummikub [L] 29

11:00 🟡 Balance & Strength with Carrie [IE]

12:00 🟡 Outing: Marriott Theatre Presents - Grease! [L]

1:15 🟡 Bridge Group [R]

1:30 🟡 Performing Arts [ALE]

2:30 🟡 Knitwits Needle Art Club! [Lib]

3:30 🟡 Star of the Month - Dolly Parton [ALE]

10:30 🟡 Movement & Aroma Therapy with Schyler [IE] 2

11:15 🟡 Guided Meditation [IE]

11:30 🟡 Lunch Bunch Outing: The Vine, Grayslake [L]

1:30-2 🟡 Music Sing-a-Longs with Songs by Heart [ER]

2:00 🟡 You Be the Judge with Judge Miller! [IE]

3:00 🟡 TED Talks & Discussion (New Time) [ALE]

4:00 🟡 Travel Trivia: [ACS]

7:00 🟡 Movie Night! Remains of the Day [ALE]

7:30 🟡 Rummikub Game [L]

10:30- 🟡 Chair Yoga with Susan [IE] 16

11:15 🟡 Guided Meditation [IE]

11:30 🟡 Lunch Bunch Outing: Steven's, Gurnee [L]

1:30-2 🟡 Music Sing-a-Longs with Songs by Heart [ER]

2:00 🟡 You Be the Judge with Judge Miller! [IE]

2:30 🟡 Library Book Discussion [Lib]

3:00 🟡 TED Talks & Discussion (New Time) [ALE]

4:00 🟡 Travel Trivia: [ACS]

4:30-7 🟡 Gourmet Dinner Night [DR]

7:00 🟡 Movie Night! [ALE]

7:30 🟡 Rummikub Game [L]

10:30- 🟡 Chair Yoga with Susan [IE] 23

11:15 🟡 Guided Meditation [IE]

11:30 🟡 Lunch Bunch Outing: Kaiser's Pizza & Pub, Gurnee [L]

1:30-2 🟡 Music Sing-a-Longs with Songs by Heart [ER]

3:00 🟡 TED Talks & Discussion (New Time) [ALE]

4:00 🟡 Travel Trivia: [ACS]

7:00 🟡 Movie Night! [ALE]

7:30 🟡 Rummikub Game [L]

10:30- 🟡 Chair Yoga with Susan [IE] 30

11:15 🟡 Guided Meditation [IE]

11:30 🟡 Lunch Bunch Outing: Bobby's, Deerfield [L]

1:30-2 🟡 Music Sing-a-Longs with Songs by Heart [ER]

2:00 🟡 You Be the Judge with Judge Miller! [IE]

3:00 🟡 TED Talks & Discussion (New Time) [ALE]

4:00 🟡 Brain Health University [ACS]

7:00 🟡 Movie Night! [ALE]

7:30 🟡 Rummikub Game [L]

10:00 🟡 Working with Weights [IE] 3

11:00 🟡 Wise Wonderful Wonder Women of the Sheridan [ICS]

1:30 🟡 Documentary and Discussion: The Dublin Tenements: Episode 1 [ACS]

3:45 🟡 Watercolor Art Class with Schyler [ICS]

7:00 🟡 Movie Night! Jackie [IE]

10:00 🟡 Working with Weights [IE] 17

11:00 🟡 Wise Wonderful Wonder Women of the Sheridan [ICS]

1:30 🟡 Documentary and Discussion: The Weirdest Place on Earth Tasmania - Sir David Attenborough [ACS]

2:00 🟡 Shabbat Service [IE]

3:00 🟡 Friday Happy Hour [R]

4:00 🟡 Watercolor Art Class with Schyler [ICS]

7:00 🟡 Movie Night! [IE]

10:00 🟡 Art Class with Cheryl [ICS] 24

10:00 🟡 Working with Weights [IE]

1:30 🟡 Documentary and Discussion: Titanic Real Story [ACS]

2:00 🟡 Grace United Methodist Church Worship & Communion [ALE]

2:45 🟡 Bingo Store [ICS]

3:30 🟡 Dressing Through the Decades Party! [R]

7:00 🟡 Movie Night! [IE]

10:00 🟡 Working with Weights [IE] 31

10:30- 🟡 Silverware & Dishes Amnesty Day!

1:15-2 🟡 Silverware & Dishes Amnesty Day! (Part 2)

1:30 🟡 Documentary and Discussion: WWI Documentary [ACS]

3:30 🟡 Live Music by Jim Kendros [IE]

7:00 🟡 Movie Night! [IE]

9:45 🟡 Sudoku Brain Exercise (Time Change) [R] 4

10:00 🟡 Flow with Maria [IE]

10:45 🟡 Shopping Outing: Walmart [L]

11:15 🟡 Guided Meditation [IE]

1:00 🟡 Games! Games! Games! [R]

1:45 🟡 Chicken Soup for the Soul - Short Story & Discussion [GR]

2:00 🟡 Painting Class with Artist, Colleen! [ICS]

2:30 🟡 Rummikub at Rockland's [R]

3-3:30 🟡 Hot Chocolate at Rockland's [R]

4:00 🟡 Bingo! [R]

9:30 🟡 Colorful Creations [ACS] 11

10:30 🟡 Chair Yoga with Susan [IE]

11:00 🟡 Health and Wellness Tips of the Week [R]

2:15 🟡 Chicken Soup for the Soul [GR]

2:30 🟡 Rummikub at Rockland's [R]

3-3:30 🟡 Brain Teaser Mixer at Rockland's [R]

4:00 🟡 Resident Choice Classic Comedy [R]

4:30 🟡 Scrabble [R]

9:30 🟡 Colorful Creations [ACS] 25

10:30 🟡 Chair Yoga with Susan [IE]

11:00 🟡 Health and Wellness Tips of the Week [R]

2:00 🟡 Chef Cooking Demonstration! [ICS]

2:15 🟡 Chicken Soup for the Soul [GR]

2:30 🟡 Rummikub at Rockland's [R]

3-3:30 🟡 Brain Teaser Mixer at Rockland's [R]

4:00 🟡 Resident Choice Classic Comedy [R]

4:30 🟡 Scrabble [R]

