The Sheridan at Green Oaks Assisted Living calendar & activities NOV 2019 **SUNDAY** MONDAY **TUESDAY** WEDNESDAY **THURSDAY FRIDAY** SATURDAY 10:00 Working with 9:30 • Colorful Weights [IE] Creations [ACS] grateful for CONNECT Wise Wonderful 10:30 • Chair Yoga with Women of the Sheridan Susan [IE] CONTRIBUTE [ICS] 11:00 • Health and Wellness Tips Documentary and of the Week [R] Discussion [ACS] Step By Step Painting Live Music Performance **GROW** Class [ACS] with Pianist. Mark 2:30 • Rummikub [Lib] MOVE Hoffman! [ALE] 3-3:30 • Brain Teaser Mixer at Mandala Wine Glass Art Rocklands! [R] REFLECT 4:00 • Resident Choice Classic 7:00 Movie Night! [IE] Comedy [R] 5 10:00 • Biblical Inquiry with Christ Church [ALE] 9:30-1 • Flow with Maria Daylight Saving Time Begins Election Day **Art Class with** 9:30 • Colorful Creations **TRANSPORTATION** 10:00 10:00 • NEW! Current Events with [ACS] 9:30 • Coffee Conversations [ALE] Cheryl [ICS] Maria [ACS] 1:00 10:30 • Chair Yoga with Susan **Harvard Medical School SCHEDULE** with Carrie [Lib] 10:30 • Chair Yoga with 10:30 Free Blood Pressure Checks 10:30 • Rummikub [L] 10:00 • Working with Newsletter [GR] Rosary & Devotions (Freedom Home Care) [Lib] Susan [IE] 1:30 • Brain Games with Maria: 10 12:45 Outing: Kenosha Civil War Museum [L] 11:30 Lunch Bunch Outing: Maggiano's Little Weights [IE] Medical Transportation: with Joyce [ER] 10:30 • Rummikub (New Time) [L] 11:00 • Sudoku Brain Exercise [R] in 60 Word Storm [ACS] 1:15 • Bridge Group [R] 10:30 • Visit from Cook Library [Lib] 1:30 • Documentary and Rummikub [L] 1:30 • Afternoon Concert: Chuck's Pick of the 1:30-2 • Music Sing-a-Longs with Songs by 1:00 • Scrabble Word Game [L] 3:15 • Coffee Klatch [GR] 11:00 • Fitness with Cindy! (New time and location Month: Louis Armstrong [ALE] 2-3 Knitwits Needle Art Club! [Lib] 1:00 Matinee Movie (NEW TIME!) [ALE] Monday-Friday (8:30-3:30) Heart [ER] Discussion [ACS] 1:45 • Chicken Soup for the Soul -1:45 • Live Presentation with Art 4:00 • Create Thankful You Be the Judge with Judge Miller! [IE] 1:15 • Music Appreciation: Jazz Greats [ALE] 3:00 • Meet Your Neighbor Short Story & Discussion [GR] 2:00 • Visit from Therapy Dog, Cosmo! [L] 3:00 • TED Talks & Discussion (New Time) Educator, Debra Levie [IE] Every Other Saturday (10-3:30) Needlepoint Napkins [C] 1:30 • American Mahjong [R] 2:30 • Timeless Trivia (TIME CHANGE) [ACS] 3:15 • Music and Movement with Caitlin Painting Class with Artist, Social [R] 3:30-4 • Chair Chi with Cathy! [IE] 4:30-7 Pasta Night! [DR] 3:30 • Poker! [R] 3:30 • Birthday Bash! [R] (featuring Cardio Drumming!) [IE] Colleen! [ICS] **Outing Schedule:** 4:00 • NEW! The Sunday Chronicle [R] 4:00 • Uno [ACS] 7:00 • Making (and tasting) Fall 4:30 • Exceptional Photography and News from the 1840's [R] 4:00 • NEW! Travel Trivia: [ACS] 4:00 History of Great Lakes [ALE] 2:30 • Rummikub at Rockland's [R] 4:30-7 • Sunday Dinner Carving Station Sangria [R] 7:00 • Movie Night! [ALE] 7:00 NEW! Name That Tune [R] 7:00 Movie Night! [IE] Tuesday Shopping (10:45) 7:30 • Rummikub [Lib] 3-3:30 • Apple Cider at Rockland's 7:30 • Rummikub Game [L] 7:00 Monday Night Movie [ALE] Thursday Lunch (11:30-1:30) 4:00 • Bingo! [R] Eggs-Traordinary Wednesday (Breakfast All-Day) 9:30 • Propagating Indoor Garden Plants [ACS] Transportation for **Veterans Day** Outing: Lyric Opera 10:00 Working with 9:30 • Colorful Every Other Sunday Religious Services Insider - Don Giovanni [L] Church Services [L] Weights [IE] Creations [ACS] 9:30-1 • Flow with Maria Please note that all activities and events are subject to 10:00 • Biblical Inquiry with Christ Church [ALE] 10:00 • NEW! Current Events with 10:30 • Chair Yoga with Susan Rosary & Devotions 1:00 • Wise Wonderful [ALE] 10:30 • Chair Yoga with Maria [ACS] with Joyce [ER] Harvard Medical School Women of the 10:30 • Free Blood Pressure Checks (Freedo 1:30 • Lunch Bunch Outing: Red Lobster [L] 10:30 • Rummikub [L] Susan [IE] Ludicrous Laws & Government Newsletter [GR] Theme of the Month: Home Care) [Lib] Sheridan [ICS] 1:30-2 • Music Sing-a-Longs with Songs by 1-2 One-on-One Technology 11:15 • Shopping Outing: Hawthorne Mall [L] Health and Wellness Tips 11:00 Goofs [GR] 10:30 • Rummikub (New Time) [L] Heart [ER] 1:30 • Documentary and Discussion 1:15 • Bridge Group [R] BINGO! [ACS] Lesson with Paul [ICS] of the Week [R] 10:45 • Shopping Outing: Target [L] 1:30 • Performing Arts: Thalia's Pick of the Month: W. A. Mozart: Symphony no 41 "Jupiter" -Lorin Maazel - Sinfónica de Galicia [ALE] Cooking Demo with Chef, Margo 2:15 • Special Musical Performance Brain Games with Maria: 11:00 • Fitness with Cindy! (New time and TED Talks & Discussion: Nature, Beauty 2:30 • Rummikub [Lib] 1:45 • Activity & Outings Committee from the Lake Forest High School American Military Trivia location) [IE] & Gratitude [ALE] **Contribute** 3-3:30 • Brain Teaser Mixer at 2-3 • Knitwits Needle Art Club! [Lib] Meeting [ICS] Chamber Group [IE] 1:30 • American Mahjong [R] 3:30 • Poker! [R] 3:15 • Music and Movement with Caitlin Rocklands! [R] 3:00 • Shabbat Service with Larry 3:30-4 • Chair Chi with Cathy! [IE] 3-3:30 • Timeless Trivia [ACS] 4:00 • Fall Painting Class with Maria [ICS] 3:15 • Veteran's Day Happy Hour Cardio Drumming!) [IE] 4:00 History of Lake Forest [ALE] 4:00 • Resident Choice Classic 3:00 • Visit from Dr. Halvorson, Audiologist 7:00 Movie Night! [ALE] Zwirn [ALE] 4:00 • Let's Talk About It: Animal Talk & Live Music with Yan 7:30 • Rummikub Game [L] Comedy [R] 7:00 NEW! Lessons Learned in Life [R] 4:00 • Hands on Indoor Gardening 4:00 • Everyday Things You Never Knew Had Names [ACS] Skladman [R] 4:30-7 • Sunday Dinner Carving Station **Project With Melissa [ICS]** 7:00 Monday Night Movie [ALE] 7:00 • Movie Night! [IE] 9:30-1 • Flow with Maria 10:00 • Communion & Bible 9:30 • Propagating Indoor 10:00 • Art Class with Cheryl 9:30 • Coffee Conversations **NEW!** Current Events with 9:30 • Colorful Creations Study with Christ Church of Lake Forest - Wisdom with Carrie [Lib] Maria [ACS] Garden Plants [ACS] [ICS] [ACS] [ALE] Free Blood Pressure 0:00 Working with Weights 10:30 • Chair Yoga with Rosary & Devotions Chair Yoga with vs. Knowledge [ALE] 10:30 • Rummikub [L] Checks (Freedom Home with Joyce [ER] Susan [IE] Bette [IE] 10:00 • Visit from Therapy Dog, Cosmo! [L] Care) [Lib] 1:30 • Brain Games with Maria: 11:00 • Rummikub [L] 1:30 • Thankful Thursday Luncheon [DR] 1:30 • Documentary and Discussion 10:30 • Rummikub (New Time) [L] 10:45 • Shopping Outing: Target [L] I 1:00 • Sudoku Brain Exercise [R] 1:00 • Matinee Movie (NEW TIME!) [ALE 1:30-2 • Music Sing-a-Longs with Songs 10:30 Visit from Cook Library [Lib] 11:00 • Harvard Medical School Newsletter 1:00 • Scrabble Word Game [L] by Heart [ER] 2:00 • Grace United Methodist Church 1:15 • BINGO! [ACS] You Be the Judge with 11:00 • Fitness with Cindy! [IE] **Location Keys** 1:45 • Chicken Soup for the Soul 2:30 • Library Book Discussion [Lib] Worship & Communion [ALE] 1:15 • Bridge Group [R] 2:30 • Blessing Mix Judge Miller! [IE] 1-4 • Kindness Chains Travelling Boutique Short Story & Discussion [GR] **AL Entertainment Room** 3:30-4 • Chair Chi with Cathy! [IE] 2:00 • Food Forum Meeting [ACS] 3:00 • TED Talks & Discussion (New 2:45 • Bingo Store [ICS] 6:15 • Short Story and 1:30 • American Mahjong [R] 2-3 • Knitwits Needle Art Club! [Lib] Time) [ALE] 3:00 • Bring Back Summer Happy Hour 2:30 • Rummikub at Rockland's [R] 4:00 • NEW! The Sunday Chronicle [R] Assisted Living Creative Studio ACS Discussion with Carrie 3:00 • Garv Midkiff Presents [IE] 3:15 • Line Dancing Class with Caitlin & 3:30 • Poker! [R] 3-3:30 • Apple Cider at Rockland's 1:30-7 • Sunday Dinner Carving Station Schyler [IE] 4:00 • Learn How to Play Mancala [Lib] 4:00 Making Holiday Candy [ICS] Club Room 4:00 • NEW! Travel Trivia: [ACS] 4:00 • Living Well With Expert Guidance with 4:00 History of Lake Bluff [ALE] 7:00 • Monday Night Movie [ALE] 7:00 • Movie Night! [ALE] 6:15 • Evening Entertainment: Tom and 4:00 • Bingo! [R] **Dining Room** DR Care Navigators [ICS] 7:30 Rummikub [Lib] 7:00 • Evening BINGO! [R] Marie Choice [ALE] 7:30 • Rummikub Game [L] GR **Great Room** 7:00 Movie Night! [IE] **IL Creative Studio ICS** 9:00 • Transportation for 9:30-1 • Flow with Maria 10:00 • NEW! Current Events 10:00 • Learning about Local Thanksgiving 10:30 • Rummikub [L] 9:30 • Colorful **IL Entertainment Room** ΙE Church Services [L] with Maria [ACS] Non-Profits [ALE] 10:30 • Silverware & Creations [ACS] 8-11 • Chicago 10:30 • Rummikub [L] 10:30 • Free Blood Pressure Rosary & Devotions **Harvard Medical** Dishes Amnesty Library Lib 10:30 • Chair Yoga with Thanksgiving with Joyce [ER] Checks (Freedom **School Newsletter** 1-2 • One-on-One Day! Day Parade [R] Bette [IE] Lobby Technology Lesson with Paul Home Care) [Lib] 11:00 • Ludicrous Laws & Government 11:00 • Be Inspired [ALE] 10:30 • Rummikub (New Time) [L] 12:00 Outing: Marriott Theatre Presents 10:30 • Chair Yoga with Bette [IE] Health and Wellness Tips Goofs [GR] ER MC Entertainment Room 15-2 • Silverware & Dishes Amnesty 1:15 • BINGO! [ACS] 1:30 • Brain Games with Maria: [ACS] 11:00 • Fitness with Cindy! [IE] of the Week [R] Oliver! [L] 11:30 • Thanksgiving Dinner [DR] Outside Patio Day! (Part 2) 1:15 • Bridge Group [R] 2:30 • Fly With Me to Monaco - You 12:00 Outing: \$5 Tuesday at the Movies 2:30 Men's Club 1:30 • Making Fudge [ICS] 2:30 • Thanksgiving Bingo! [R] 1:30 • Crafts with Melissa [ALE] Need Your Passport [R] 1:15 • Performing Arts: [ALE] Rockland's 3:15 • Cooking with Carrie: Pumpkin Dip 2:30 • **Rummikub** [L] 3:45 • Colorful Relaxation (Adult 2:45 • Sip & Learn: Chicago 1870 3:30-4 • Chair Chi with Cathy! [IE] 1:30 • American Mahjong [R] 2-3 • Knitwits Needle Art Club! [Lib] 3-3:30 • Brain Teaser Mixer at Art Pages) [ACS] 3:30 • Poker! (NEW DAY THIS WEEK) [R] 4:00 • Let's Talk About It: Animal Talk 1:30 • Resident Town Hall Meeting [IE] 1920 [R] 3:15 • Music and Movement with Caitlin Rocklands! [R] 4:00 • Coffee Klatch (NEW TIME TODAY) (featuring Cardio Drumming!) [IE] 4-6 Light Dinner Hours 3-3:30 • Timeless Trivia [ACS] 4:00 • Follow Up Sip & Learn

4:00 • Casablanca's Anniversary (or

"Here's Looking at You" Day) [ACS

4:00 • Star of the Month [ACS]

7:00 • NEW! Lessons Learned in Life [R]

6:30 • Movie Night! [ALE]

7:30 • Rummikub Game [L]

Discussion [R]

7:00 Movie Night! [IE]

4:00 • Resident Choice Classic

Comedy [R]

Sunday Dinner Carving Station

7:00 Monday Night Movie [ALE]