

calendar & activities  
MAR 2020

The Sheridan at Green Oaks Independent Living

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

- 💡 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:

Travelling Route  
66

Location Keys

AL Entertainment Room ALE  
Assisted Living Creative Studio ACS  
Den D  
Dining Room DR  
Great Room GR  
IL Be Fit Studio I Fit  
IL Creative Studio ICS  
IL Entertainment Room IE  
Library Lib  
Lobby L  
MC Entertainment Room ER  
Rockland's R

9-12 **Transportation for Church Services [L]** 1  
10:30 Lessons Learned in Life [ALE]  
11:00 Laughter is the Best Medicine: Do you have any jokes or funny stories to share?? [GR]  
12:30 **Carole & Chips Travelling Store [L]**  
1:15 B\*I\*N\*G\*O [ACS]  
3:00 Mahjong [ICS]  
3:30-4 **Chair Chi with Cathy! [IE]**  
4:00 The Sunday Chronicle [R]

Daylight Saving Time Begins 8  
9-12 **Transportation for Church Services [L]**  
9:30 Coffee Conversations with Carrie: Topic - International Women's Day! [Lib]  
11:00 Rummikub [L]  
1:00 Matinee Movie [ALE]  
1:15 B\*I\*N\*G\*O [ACS]  
2:15 **Special Musical Performance from the Lake Forest High School Chamber Group [IE]**  
3:00 Mahjong [ICS]  
3:30-4 **Chair Chi with Cathy! [IE]**  
4:00 The Sunday Chronicle [R]

9-12 **Transportation for Church Services [L]** 15  
10:30 Lessons Learned in Life [ALE]  
10:30 **Performance from the Hogan Irish Dancers [ALE]**  
1:15 B\*I\*N\*G\*O [ACS]  
1:30 **Outing: Lake Forest Symphony [L]**  
3:00 Mahjong [ICS]  
3:30-4 **Chair Chi with Cathy! [IE]**  
4:00 The Sunday Chronicle [R]

9-12 **Transportation for Church Services [L]** 22  
9:30 Coffee Conversations with Carrie [Lib]  
11:00 Rummikub [L]  
1:00 Matinee Movie [ALE]  
1:15 B\*I\*N\*G\*O [ACS]  
3:00 Mahjong [ICS]  
3:30-4 **Chair Chi with Cathy! [IE]**  
4:00 The Sunday Chronicle [R]

9-12 **Transportation for Church Services [L]** 29  
10:30 Lessons Learned in Life [ALE]  
11:00 Laughter is the Best Medicine: Do you have any jokes or funny stories to share?? [GR]  
1:15 B\*I\*N\*G\*O [ACS]  
3:00 Mahjong [ICS]  
3:30-4 **Chair Chi with Cathy! [IE]**  
4:00 The Sunday Chronicle [R]

10:00 **Get Fit with Carrie [IE]** 2  
10:30 Rummikub [L]  
10:45 Creative Writing with Carrie: Poetry - Travelling Across the USA [D]  
1-2 **One-on-One Technology Lesson with Paul [ICS]**  
1:30 Hand and Foot Card Game [R]  
2:30 Current Events with Maria [ICS]  
3:30 **Brain Health University [IE]**  
4:30-7 **Pasta Night! [DR]**  
7:30 **Monday Night Movie [IE]**

10:00 **Get Fit with Carrie [IE]** 9  
10:30 Rummikub [L]  
10:45 Creative Writing with Carrie: Learning how to write a Limerick [D]  
1:30 Hand and Foot Card Game [R]  
2:30 Current Events with Maria [ICS]  
3:30 **Brain Health University [IE]**  
7:30 **Monday Night Movie [IE]**

10:00 **Get Fit with Carrie [IE]** 16  
10:30 Rummikub [L]  
10:45 Creative Writing with Carrie: Learning how to write a Limerick [D]  
1-2 **One-on-One Technology Lesson with Paul [ICS]**  
1:30 Hand and Foot Card Game [R]  
2:30 Fly With Me to Batman, Turkey and Truth or Consequences, New Mexico [IE]  
3:30 **Brain Health University [IE]**  
7:30 **Monday Night Movie [IE]**

SLC Spirit Week 23  
10:00 **Get Fit with Carrie [IE]**  
10:30 Rummikub [L]  
10:45 Creative Writing with Carrie: Learning how to write a Limerick [D]  
1:30 Hand and Foot Card Game [R]  
2:30 Current Events with Maria [ICS]  
3:30 **Brain Health University [IE]**  
7:30 **Monday Night Movie [IE]**

10:00 **Get Fit with Carrie [IE]** 30  
10:30 Rummikub [L]  
10:45 Creative Writing with Carrie: Learning how to write a Limerick [D]  
1-2 **One-on-One Technology Lesson with Paul [ICS]**  
1:30 Hand and Foot Card Game [R]  
2:30 Current Events with Maria [ICS]  
3:30 **Brain Health University [IE]**  
7:30 **Monday Night Movie [IE]**

10-10: Free Blood Pressure Checks (Freedom Home Care) [Lib] 3  
11:00 **Music and Movement (featuring Cardio Drumming!) [IE]**  
11:30 Guided Meditation [ICS]  
1:00 American Mahjong [ICS]  
2:30 **Brain Health University [IE]**  
3:30 **Birthday Bash! [R]**  
7:30 Rummikub Game [Lib]

10-10: \*TIME CHANGE TODAY\* Brain Health University [IE] 10  
10-10: Free Blood Pressure Checks (Freedom Home Care) [Lib]  
10:30 Visit from Cook Library [Lib]  
11:00 **Music and Movement (featuring Cardio Drumming!) [IE]**  
11:30 Guided Meditation [ICS]  
12:00 **Outing: Marriott Theatre - Paul McCartney sings Silly Love Songs [L]**  
1:00 American Mahjong [ICS]  
2:00 Chef Cooking Demonstration [ACS]  
3:00 Presentation: Fall Prevention with Paula, PT, from Northwestern Medicine [IE]  
4:00 Back in the Day - 80's TV Shows [R]  
7:30 Rummikub Game [Lib]

Happy St. Patrick's Day! 17  
10-10: Free Blood Pressure Checks (Freedom Home Care) [Lib]  
10:00 **TIME CHANGE TODAY Brain Health University [IE]**  
11:00 **Music and Movement (featuring Cardio Drumming!) [IE]**  
11:30 Guided Meditation [ICS]  
1:00 American Mahjong [ICS]  
2:30 **TIME CHANGE: Gary Midkiff Presents: 25 Greatest American Speeches [IE]**  
4:00 **St. Patrick's Day Celebration! [R]**  
7:30 Rummikub Game [Lib]

SLC Spirit Week 24  
10-10: Free Blood Pressure Checks (Freedom Home Care) [Lib]  
10:30 Visit from Cook Library [Lib]  
11:00 **Music and Movement (featuring Cardio Drumming!) [IE]**  
11:30 Guided Meditation [ICS]  
1:00 American Mahjong [ICS]  
2:30 **Brain Health University [IE]**  
3:30 **Mix & Mingle: Meet the Marketing Team [R]**  
7:30 Rummikub Game [Lib]

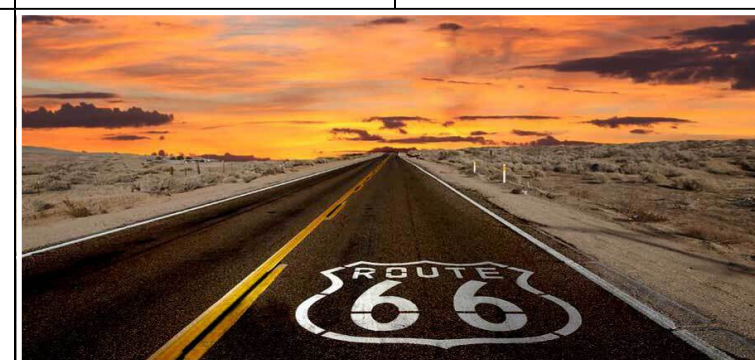
10-10: Free Blood Pressure Checks (Freedom Home Care) [Lib] 31  
11:00 **Music and Movement (featuring Cardio Drumming!) [IE]**  
11:30 Guided Meditation [ICS]  
1:00 American Mahjong [ICS]  
1:30 Resident Town Hall Meeting [IE]  
2:30 **Brain Health University [IE]**  
4:00 Back in the Day [R]  
7:30 Rummikub Game [Lib]

10:00 **Biblical Inquiry with Christ Church [ACS]** 4  
11:00 Stretch Class with Carrie [IE]  
11:45 **Outing: Orchid Show & Lunch at Botanic Gardens [L]**  
1:15 Bridge Group [R]  
2:30 Knitwits Needle Art Club! [Lib]  
4-5 Brews and Clues [R]  
6:45 **Game Night with Volunteers from Lake Forest College! [R]**

Eggs-Traordinary Wednesday (Breakfast All-Day) 11  
10:00 **Biblical Inquiry with Christ Church [ACS]**  
11:00 Balance & Strength with Carrie [IE]  
12:00 **Outing: Gurnee Marcus Theater - Jumanji [L]**  
1:15 Bridge Group [R]  
2:30 Knitwits Needle Art Club! [Lib]  
4-5 Brews and Clues [R]

9:30 **Outing: River's Casino! [L]** 18  
10:00 **Communion & Bible Study with Christ Church of Lake Forest [ACS]**  
11:00 Stretch Class with Carrie [IE]  
1:15 Bridge Group [R]  
2:00 Knitwits Needle Art Club! (TIME CHANGE TODAY) [Lib]  
2:45 **Country Line Dancing Class with Schyler [IE]**  
4-5 Brews and Clues [R]

SLC Spirit Week 25  
10:30 Introduction to Be Fit Equipment [I Fit] 25  
11:00 Balance & Strength with Carrie [IE]  
12:15 **Outing: Blue Man Group in Chicago [L]**  
1:15 Bridge Group [R]  
2:30 Knitwits Needle Art Club! [Lib]  
4-5 **Brews and Clues: Route 66 Edition [R]**



10:30 **Chair Yoga with Susan [IE]** 5  
11:15 Guided Meditation [IE]  
11:30 **Lunch Bunch Outing: Post Time, Lake Bluff [L]**  
1:30-2 Sing-a-Longs with Music Therapy Group, Songs by Heart [ER]  
2:00 Travelling Route 66: Presentation & Discussion with Maria [R]  
3:00 TED Talks & Discussion - Topic: Activism [ICS]  
4:00 Play Bananagrams! [R]  
7:00 **Hollywood Night Live Entertainment with Eric Lucky! [L]**

10:30 **Chair Yoga with Susan [IE]** 12  
11:15 Guided Meditation [IE]  
11:30 **Lunch Bunch Outing: BBQ Productions, Third Lake [L]**  
1:30-2 Sing-a-Longs with Music Therapy Group, Songs by Heart [ER]  
2:00 **Judge & Jury (with Judge Miller) [IE]**  
3:00 TED Talks & Discussion- Pros & Cons of Digital Life [ICS]  
4:00 Play Bananagrams with Schyler! [R]  
7:00 Movie Night! [ALE]  
7:30 Rummikub Game [Lib]

10:30 **Chair Yoga with Susan [IE]** 19  
11:15 Guided Meditation [IE]  
11:30 **Lunch Bunch Outing: Salutos Pizza & Pasta, Gurnee [L]**  
1:30-2 Sing-a-Longs with Music Therapy Group, Songs by Heart [ER]  
2:30 Library Book Discussion [Lib]  
3:00 TED Talks & Discussion - Consumerism [ICS]  
3:15 **Activity & Outings Committee Meeting [ICS]**  
4:00 Play Bananagrams with Schyler! [R]  
7:00 Movie Night! [ALE]  
7:30 Rummikub Game [Lib]

SLC Spirit Week 26  
10:30 **Chair Yoga with Susan [IE]** 26  
11:15 Guided Meditation [IE]  
11:30 **Lunch Bunch Outing: Tsukasa, Japanese Hibachi, Vernon Hills [L]**  
1:30-2 Sing-a-Longs with Music Therapy Group, Songs by Heart [ER]  
2:00 **Judge & Jury (with Judge Miller) [IE]**  
3:00 TED Talks & Discussion - DNA [ICS]  
4:00 Play Bananagrams with Schyler! [R]  
7:00 Movie Night! [ALE]  
7:30 Rummikub Game [Lib]

10:00 Working with Weights [IE] 6  
11:00 **Wise Wonderful Wonder Women [ICS]**  
1:00 NEW! Gin Rummy Card Game [R]  
1:30 **Brain Health University [IE]**  
3:00 **Martina Mathisen Presents: Women in History [IE]**  
4:00 Wii Bowling with Schyler [R]  
7:00 **Movie Night! [IE]**

10-12 **Art Class with Cheryl [ICS]** 13  
10:00 Working with Weights [IE]  
1:00 NEW! Gin Rummy Card Game [R]  
1:30 **Brain Health University [IE]**  
3:00 **Senior Pet Care Presentation with Dr. Robyn Walter of Forest Bluff Animal Hospital [IE]**  
4:00 Wii Bowling with Schyler [R]  
7:00 **Movie Night! [IE]**

10:00 Working with Weights [IE] 20  
11:00 **Wise Wonderful Wonder Women [ICS]**  
1:00 NEW! Gin Rummy Card Game [R]  
1:30 **Brain Health University [IE]**  
2:00 **Shabbat Service [ICS]**  
3:00 **Meet Your Neighbor Social [R]**  
4:00 The History of Route 66: Presentation & Discussion with Schyler [R]  
7:00 **Movie Night! [IE]**

SLC Spirit Week 27  
10:00 **Art Class with Cheryl [ICS]** 27  
10:00 Working with Weights [IE]  
10:30 Silverware & Dishes Amnesty Day!  
1:00 NEW! Gin Rummy Card Game [R]  
1:15-2 Silverware & Dishes Amnesty Day! (Part 2)  
1:30 **Brain Health University [IE]**  
2:00 Grace Church Worship & Communion [ALE]  
2:45 Bingo Store [ICS]  
3:30 **Music Performance by Violinist, Mihai Vlad [GR]**  
4:00 Wii Bowling with Schyler [R]  
7:00 **Movie Night! [IE]**



Sudoku Puzzle of the Week 7  
- DIY  
9-11 Mandalas & Melodies for the Mind & Body [ICS]  
10:30 **Chair Yoga with Susan [IE]**  
10:45 **Shopping Outing: Dollar Tree, Vernon Hills [L]**  
1:00 Games! Games! Games! [R]  
2:00 **Saturday in the Arts - with Colleen! [ICS]**  
3:30 **B\*I\*N\*G\*O [R]**  
4:00 Wild Weekend Brain Busters [ICS]

Sudoku Puzzle of the Week - DIY 14  
9:45 NEW! Wake Up Your Brain with Maria [L]  
10:30 **Chair Yoga with Susan [IE]**  
11:15 Guided Meditation [IE]  
1:00 Games! Games! Games! [R]  
1:45 **Live Presentation with Art Educator, Debra Levie: Featuring Irish Art [IE]**  
3:30 **Hot Chocolate at Rockland's [R]**  
3:30 **B\*I\*N\*G\*O [R]**  
4:00 **Outing: Performance at Bennett Hall, Ravinia [L]**

Sudoku Puzzle of the Week - DIY 21  
9-11 Mandalas & Melodies for the Mind & Body [ICS]  
10:30 **Chair Yoga with Susan [IE]**  
10:45 **Shopping Outing: Trader Joe's [L]**  
1:00 Games! Games! Games! [R]  
2:00 **Live Music Entertainment with Edizon Dayao! [L]**  
3:30 **B\*I\*N\*G\*O [R]**  
4:00 Wild Weekend Brain Busters [ICS]

Sudoku Puzzle of the Week - DIY 28  
9:45 NEW! Wake Up Your Brain with Maria [L]  
10:30 **Chair Yoga with Susan [IE]**  
11:15 Guided Meditation [IE]  
1:00 Games! Games! Games! [R]  
2:00 Chef Cooking Demonstration! [ICS]  
3-3:30 **Hot Chocolate at Rockland's [R]**  
3:30 **B\*I\*N\*G\*O [R]**