

calendar & activities
AUG 2019

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 Other Saturday (10-3:30)

Outing Schedule:

Tuesday Shopping (10:45)

Thursday Lunch (11:30-1:30)

Every Other Sunday Religious Services
Please note that all activities and
events are subject to change. Thank
you!

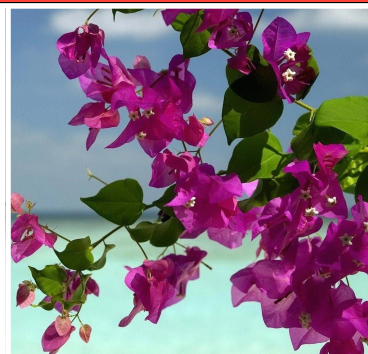
Theme of the Month:

GROW

Location Keys

AL Entertainment Room
Assisted Living Creative Studio
Dining Room
Great Room
IL Be Fit Studio
IL Creative Studio
Library
Lobby
MC Entertainment Room
Outside Patio
Rockland's

ALE
ACS
DR
GR
I Fit
ICS
IE
Lib
L
ER
OP
R



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|---|---|---|--|--|---|--|---|--|---|---|---|--|---|--|--|---|---|--|--|--|---|--|---|--|--|---|---|
| 9-12 ● Transportation for Church Services [L] 4 10:15 ● Walking Club! [Lib] 11:00 ● Ludicrous Laws and Government Goofs [GR] 1:00 ● Bingo! [ACS] 1:45 ● Live Presentation with Art Educator, Debra Levie [IE] 3:30-4 ● Chair Chi with Cathy! [IE] 4:30-7 ● Sunday Dinner Carving Station [DR] | 10:00 ⚡ (TIME CHANGE) Brain Health University Summer School [IE] 5 10:30 ● Rummikub Board Game! [L] 11:00 ● Get Fit with Carrie [IE] 11:30-1-2 ● Guided Meditation [ICS] 1-2 ● One-on-One Technology Lesson with Paul [ICS] 1:30 ● Hand and Foot Card Game [R] 2:40 ● NEW! Walking Club [Lib] 3:30 ● Live Music Performance with Edizon Dayo! 4:30-7 ● Pasta Night! [DR] 7:30 ● Monday Night Movie [IE] | 10:30-6 ● Free Blood Pressure Checks (Freedom Home Care) [Lib] 10:30-● Onsite Banking! (New Location) [Lib] 10:45 ● Shopping Outing: Target [L] 11-11:● Fitness with Cindy! [IE] 11:30-● Guided Meditation [ICS] 1:30 ● American Mahjong [R] 4:00 ● NEW! Mexican Train Domino Game [R] 7:30 ● Rummikub Game [Lib] | 10:00-7 ● Biblical Inquiry with Christ Church [ALE] 10:15 ● Documentary Film [IE] 12:30 ● Outing: [L] 1:15 ● Bridge Group [R] 1:30 ● Afternoon Concert: Chuck's Pick of the Month: Tony Bennett Live in San Francisco [ALE] 2-3 ● Knitwits Needle Art Club! [Lib] 3:00 ● Visit from Therapy Dog, Cosmo! 3:15 ● NEW TIME! Music and Movement with Caitlin [IE] 4-5 ● Brews and Clues [R] 7:00 ● Mexican Train [R] | 10:30-8 ● Chair Yoga with Susan [IE] 11:15 ● Guided Meditation [ICS] 11:30 ● Lunch Bunch Outing: [L] 1:30-2 ● Sing-a-Longs with Music Therapy Group, Songs by Heart [ER] 2:00 ● Cooking Demo with Chef, Margo [ACS] 2:30 ⚡ Brain Health University Summer School [IE] 3:00 ● TED Talks & Discussion [ICS] 3:30 ● Poker! [R] 3:45 ● Crafts with Melissa [ACS] 6:45 ● Coffee Klatch [R] 7:00 ● Movie Night! [ALE] 7:30 ● Rummikub Game [Lib] | 9:30-9 ● Gardening Club Watering [ICS] 10-12 ● Art Class with Cheryl [ICS] 10:00 ● Working with Weights [IE] 1:45 ⚡ Brain Health University Summer School [IE] 1:45 ● OUTING: Feed My Starving Children [L] 3:00 ● Meet Your Neighbor Social [R] 4:00 ● Chicken Soup for the Soul [GR] 7:00 ● Movie Night! [IE] | 10:30-10 ● Chair Yoga with Susan [IE] 11:00 ● Bird-watching Club: Field Trip and Picnic [L] 1:30 ● Rummikub at Rockland's [R] 2:00 ● Painting Class with Artist, Colleen [ICS] 2:30 ● Canasta Card Game! [Lib] 3-3:30 ● Smoothies on the Patio [OP] 4:00 ● Scrabble [R] | 10:15 ● Walking Club! [Lib] 11:00 ● Mexican Train Domino Game [L] 1:00 ● Bingo! [ACS] 1:30 ● Matinee Movie [ALE] 2:15 ● NEW! Special Musical Performance from the Lake Forest High School Chamber Group [IE] 3:30-4 ● Chair Chi with Cathy! [IE] 4:30-7 ● Sunday Dinner Carving Station [DR] 11 | 10:30-12 ● Rummikub Board Game! [L] 11:00 ● Get Fit with Carrie [IE] 11:30-● Guided Meditation [ICS] 1:30 ● Hand and Foot Card Game [R] 2:40 ● NEW! Walking Club [Lib] 7:30 ● Monday Night Movie [IE] 12 | 10:30-13 ● Free Blood Pressure Checks (Freedom Home Care) [Lib] 10:30-● Visit from Cook Library [Lib] 11-11:● Fitness with Cindy! [IE] 11:30-● Guided Meditation [ICS] 1:30 ● American Mahjong [R] 4:00 ● NEW! Mexican Train Domino Game [R] 7:30 ● Rummikub Game [Lib] 13 | Eggs-Traordinary Wednesday (Breakfast All-Day) 14 10:00 ● Cardio Drumming Class with Schylet! [ALE] 10:15 ● Documentary Film [IE] 11:30 ● Outing: Temple Lipizzan's Horse Show [L] 1:15 ● Bridge Group [R] 1:30 ● Performing Arts: Thalia's Pick of the Month: Jane Eyre (2006) Part 1 of 4 [ALE] 2-3 ● Knitwits Needle Art Club! [Lib] 3:15 ● NEW TIME! Music and Movement with Caitlin [IE] 4-5 ● Brews and Clues [R] 7:00 ● Mexican Train [R] | 10:30-15 ● Chair Yoga with Susan [IE] 11:15 ● Guided Meditation [ICS] 11:30 ● Lunch Bunch Outing: [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 [ICS] 3:30 ● Poker! [R] 3:30-7 ● Gourmet Dinner Night [DR] 6:45 ● Coffee Klatch [R] 7:00 ● Movie Night! [ALE] 7:30 ● Rummikub Game [Lib] 15 | 9:30-16 ● Gardening Club Watering [ICS] 10:00 ● Working with Weights [IE] 3:00 ● Shabbat Service with Larry Zwirn [ALE] 4:00 ● Chicken Soup for the Soul [GR] 7:00 ● Movie Night! [IE] 16 | 10:30-17 ● Chair Yoga with Susan [IE] 11:00 ● Sudoku [ICS] 1:00 ● Scrabble [Lib] 2:30 ● Canasta Card Game! [Lib] 2:30 ● Rummikub at Rockland's [R] 3-3:30 ● Smoothies on the Patio [OP] 4:00 ● Bingo! [R] 17 | 9-12 ● Transportation for Church Services [L] 18 10:15 ● Walking Club! [Lib] 11:00 ● Ludicrous Laws and Government Goofs [GR] 1:00 ● Bingo! [ACS] 3:30-4 ● Chair Chi with Cathy! [IE] 4:30-7 ● Sunday Dinner Carving Station [DR] | 10:30-19 ● Rummikub Board Game! [L] 11:00 ● Get Fit with Carrie [IE] 11:30-● Guided Meditation [ICS] 1-2 ● One-on-One Technology Lesson with Paul [ICS] 1:30 ● Hand and Foot Card Game [R] 2:40 ● NEW! Walking Club [Lib] 7:30 ● Monday Night Movie [IE] 19 | 10:30-20 ● Free Blood Pressure Checks (Freedom Home Care) [Lib] 10:30-● Onsite Banking! (New Location) [Lib] 10:45 ● Shopping Outing: Target [L] 11-11:● Fitness with Cindy! [IE] 11:30-● Guided Meditation [ICS] 1:30 ● American Mahjong [R] 4:00 ● Living Well With Expert Guidance with Care Navigators [ICS] 4:00 ● NEW! Mexican Train Domino Game [R] 7:30 ● Rummikub Game [Lib] 20 | 10:00-21 ● Biblical Inquiry with Christ Church [ALE] 10:15 ● Documentary Film [IE] 1:00 ● Performing Arts: Tom and Marie Rose Pick of the Month: New York Philharmonic [ALE] 1:15 ● Bridge Group [R] 2:00 ● Food Forum Meeting [ACS] 2-3 ● Knitwits Needle Art Club! [Lib] 3:15 ● NEW TIME! Music and Movement with Caitlin [IE] 4-5 ● Brews and Clues [R] 7:00 ● Mexican Train [R] 21 | 8:15-22 ● Outing: Adventure Camp! [L] 10:30-● Chair Yoga with Susan [IE] 11:15 ● Guided Meditation [ICS] 11:30 ● Lunch Bunch Outing: [L] 1:30-2 ● Sing-a-Longs with Music Therapy Group, Songs by Heart [ER] 3:00 ● TED Talks & Discussion [ICS] 3:30 ● Poker! [R] 3:45 ● Crafts with Melissa [ACS] 4:15-7 ● Gourmet Night [DR] 6:45 ● Coffee Klatch [R] 7:00 ● Movie Night! [ALE] 7:30 ● Rummikub Game [Lib] 22 | 9:30-23 ● Gardening Club Watering [ICS] 10:00 ● Art Class with Cheryl [ICS] 10:00 ● Working with Weights [IE] 2:45 ● Bingo Store [ICS] 3:00 ● Mixed Drink Happy Hour [R] 7:00 ● Movie Night! [IE] 23 | 10:30-24 ● Chair Yoga with Susan [IE] 11:00 ● Bird-watching Club: Field Trip and Picnic [L] 2:15 ● Chicken Soup for the Soul [GR] 2:30 ● Canasta Card Game! [Lib] 2:30 ● Rummikub at Rockland's [R] 3-3:30 ● Smoothies on the Patio [OP] 4:00 ● Scrabble [R] 24 | 10:15 ● Walking Club! [Lib] 11:00 ● Mexican Train Domino Game [L] 1:00 ● Bingo! [ACS] 1:30 ● Matinee Movie [ALE] 2:15 ● NEW! Special Musical Performance from the Lake Forest High School Chamber Group [IE] 3:30-4 ● Chair Chi with Cathy! [IE] 4:30-7 ● Sunday Dinner Carving Station [DR] 25 | 10:30-26 ● Rummikub Board Game! [L] 11:00 ● Get Fit with Carrie [IE] 11:30-● Guided Meditation [ICS] 1:30 ● Hand and Foot Card Game [R] 2:00 ● Grace United Methodist Church Worship & Communion [ALE] 2:40 ● NEW! Walking Club [Lib] 7:30 ● Monday Night Movie [IE] 26 | 10:30-27 ● Free Blood Pressure Checks (Freedom Home Care) [Lib] 10:30-● Visit from Cook Library [Lib] 11-11:● Fitness with Cindy! [IE] 11:30-● Guided Meditation [ICS] 1:30 ● American Mahjong [R] 1:30 ● Resident Town Hall Meeting [IE] 4:00 ● NEW! Mexican Train Domino Game [R] 7:30 ● Rummikub Game [Lib] 27 | 10:00-28 ● Introduction to Be Fit Equipment [I Fit] 10:15 ● Documentary Film [IE] 12:30 ● Outing: [L] 1:15 ● Bridge Group [R] 2-3 ● Knitwits Needle Art Club! [Lib] 2:00 ● New Resident Orientation [ALE] 3:15 ● NEW: Cardio Drumming! [IE] 4-5 ● Brews and Clues [R] 7:00 ● Mexican Train [R] 28 | 10:30-29 ● Chair Yoga with Susan [IE] 11:15 ● Guided Meditation [ICS] 11:30 ● Lunch Bunch Outing: [L] 1:30-2 ● Sing-a-Longs with Music Therapy Group, Songs by Heart [ER] 1:30 ● TIME CHANGE TODAY: Judge & Jury (with Judge Miller) [IE] 3:00 ● TED Talks & Discussion [ICS] 3:30 ● Poker! [R] 3:45 ● Crafts with Melissa [ACS] 6:45 ● Coffee Klatch [R] 7:00 ● Movie Night! [ALE] 7:30 ● Rummikub Game [Lib] 29 | 9:30-30 ● Gardening Club Watering [ICS] 10:00 ● Working with Weights [IE] 1:30-2 ● Amnesty Day! 3:00 ● Happy Hour & Live Music with Violinist, Mihai Vlad [OP] 7:00 ● Movie Night! [IE] 30 | 10:30-31 ● Chair Yoga with Susan [IE] 11:00 ● Sudoku [ICS] 1:00 ● Scrabble [Lib] 2:30 ● Canasta Card Game! [Lib] 2:30 ● Rummikub at Rockland's [R] 3-3:30 ● Smoothies on the Patio [OP] 4:00 ● Bingo! [R] 31 |
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