The Sheridan at Green Oaks Independent Living

FFB 2019

Theme of the Month: 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) Other Weekly Outings

(See Calendar)

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

- CONNECT
- **CONTRIBUTE**
- FEEL
- GROW
- MOVE
- REFLECT

Location Kevs

AL Entertainment Room Assisted Living Creative Studio ACS **Dining Room** DR **Great Room** GR IL Be Fit Studio I Fit **IL Creative Studio ICS IL Entertainment Room** ΙE Library Lib Lobby MC Entertainment Room Rockland's

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

Christ Church- Topic:

Playing the Part That

God Has Given You

1:30 • Brain Health University [IE]

2:45 • Outing: Pizza & Bowling at

Brews and Clues [R]

10:00 • Bible Study with Christ

Wednesday (Breakfast All-

2-3 • Knitwits Needle Art Club! [Lib]

2:30-3 • Music and Movement with Caitlin

Brunswick Bowling Alley [L]

[ALE]

1:15 • Bridge Group [R]

Eggs-Traordinary

THURSDAY

FRIDAY

SATURDAY **Groundhog Day**

A Time to Reflect

10:00

Pressure Checks!

10:30 • Free Blood

10:45 • Shopping Outing:

Target [L]

11-11: • Fitness with Cindy! [IE]

11:30 • Guided Meditation [ICS]

1:30 • American Mahjong [R]

4-5 • Onsite Banking! [R]

10:30 • Free Blood Pressure

10:30 • Free Blood Pressure

10:45 • Shopping Outing: Target

1-11: • Fitness with Cindy! [IE]

1:30 • Guided Meditation [ICS]

1:15 • Afternoon Concert [ALE]

4-5 • Gin Rummy Card Game [R]

1:30 • American Mahjong [R]

4-5 • Onsite Banking! [R]

Scrabble

10:30 • Visit from Cook

10:30 • Free Blood Pressure

Checks! [Lib]

Library [Lib]

11-11 • Fitness with Cindy! [IE]

11:30 • Guided Meditation [ICS]

answered!) [ICS]

2:30

1-2 One-on-One Technology Lesson with

3:00 • Presentation with Dr. Lori Halvorson.

Paul (get your questions answered!)

Audiologist: The Heart & Hearing [IE]

Checks! [Lib]

1:30 • Afternoon Concert: Richard

2:30 • Philosophically Speaking [ICS]

4-5 • Gin Rummy Card Game [R]

Visit from Cook Library

Rodgers Centennial Gala part

10:00 Working with 10:00 • Bible Study with 10:30 • Chair Yoga with 10-12 • Art Class

10:00 Introduction to Be Fit Equipment [I 11:30 Lunch Bunch Outing: [L]

Weights [IE] 11:00 • Thank You Cards, Birthday Cards, and Invitations [ACS] **Brain Health University**

Meet Your Neighbor 3:00 Social [R]

• Fact or Fiction: The History of the NFL [GR] 7:00 Movie Night! [IE]

with Cheryl

Weights [IE]

Bingo! [ICS]

7:00 • Movie Night! [IE]

Weights [IE]

10:00 Working with

12:45 • Outing: Shen

University [ICS]

[ICS]

10:00 Working with

1:30 • Brain Health

11:00 • Be Inspired: The gifts and qualities within ourselves. 12:00 • Rockland's Sports Lounge [R] 2:00 • Wine & Performing Arts at Rockland's: Ann starring Holland Taylor [R]

3:30 • Let's Get Acquainted [GR] 4:30-7 • International Cuisine: Chinese New Year [DR]

10:00 • Chair Yoga with

Susan [IE]

Susan [IE] 10:30 Veterans Group Chat [ALE]

10:00 • Chair Yoga with

12:00 • Rockland's Sports Lounge

2:15 • Wine & Performing Arts at Rockland's: Gypsy [R]

3:45 • Let's Get Acquainted [GR] 4:00 • Fact or Fiction [GR]

10:00 • Chair Yoga

9-12 • Transportation for Church

5:30 • Super Bowl Game [R]

Super Bowl Sunday

9-12 • Transportation for

Church Services [L]

Ludicrous Laws and

2:00 Sunday Walking Club [Lib]

4:30-7 • Sunday Dinner Carving Station

3:30-4 • Chair Chi with Cathy! [IE]

4:00 • Canasta Card Game [R]

Government Goofs [GR]

Live Presentation with Art

Educator, Debra Levie [IE]

Services [L] 1:00 • Bingo! [ACS]

9-12 • Transportation

for Church

11:00 • Ludicrous Laws and

Services [L]

2:00 • Sunday Walking Club [Lib]

3:30-4 • Chair Chi with Cathy! [IE]

4:00 • Canasta Card Game [R]

4:30-7 • Sunday Dinner Carving

7:00 • Rockland's Sports Lounge

Station [DR]

1:30 • Matinee Movie [ALE] 3:30-4 • Chair Chi with Cathy! [IE]

4:00 • Canasta Card Game [R] 4:30-7 • Sunday Dinner Carving Station IDRI

Rockland's Sports Lounge

Government Goofs [GR]

Brain Health University [IE]

4:30-7 • Pasta Night! [DR]

11:00 • Get Fit with Carrie [IE]

Brain Health

Carrie [IE]

1:30 • Hand and Foot Card

Game [R]

11:00 • **Get Fit with**

University [IE]

11:30 • Guided Meditation [ICS]

3:00 • Live Entertainment with

Siemsen! [ALE]

7:30 • Monday Night Movie [IE]

Singer/Guitarist, Craig

1:30 • Guided Meditation [ICS] 1:30 • Hand and Foot Card

Game [R] 3:30 Judge & Jury (with Judge Miller) [IE]

University [IE]

11:00 • Get Fit with Carrie [IE]

11:30 • Guided Meditation [ICS]

1:30 • Hand and Foot Card

7:30 Monday Night Movie

Game [R]

7:30 Monday Night Movie [IE]

1-11: • Fitness with Cindy! [IE] 1:30 • Guided Meditation [ICS] 1-2 One-on-One Technology Lesson with Paul (get your questions answered!) 1:15 • Afternoon Concert: Richard Rodgers Centennial Gala part 2 [ALE] 1:30 • American Mahjong [R]

3:00 Martina Mathisen Presents: Meet

Marie Antoinette [IE] 4-5 • Gin Rummy Card Game [R] 4-5 • Onsite Banking! [R]

Church- Topic: Has God **Treated You Fairly? [ALE]** 1:15 • Bridge Group [R] 1:30 • Brain Health University [IE] 2-3 • Knitwits Needle Art Club! 2:30-3 Music and Movement with Caitlin [IE]

Brews and Clues [R]

10:00 • Communion Service

& Bible Study with

Christ Church of

Lake Forest [ALE]

Brain Health University:

:30-3 • Music and Movement with

Meditation Garden [IE]

2-3 • Knitwits Needle Art Club! [Lib]

12:30 • Outing: Skokie Holocaust

Museum [L]

4-5 • Brews and Clues [R]

1:15 • Bridge Group [R]

Valentine's Day 10:30 • Chair Yoga with Susan [IE] 11:15 • Guided Meditation [ICS]

Susan [IE]

Heart [ÉR]

[ICS]

4:00 • Poker! [R]

Meditation [ICS]

:30-2 • Sing-a-Longs with Music

3:00 • TED Talks & Discussion

7:00 • NEW! Coffee Clutch [Lib]

Therapy Group, Songs by

11:15 • Guided

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] 4:00 • Poker! [R]

Mihai Vlad! [IE]

10:30 • Chair Yoga with

4:00 • Poker! [R]

Susan [IE]

1:30 • Lunch Bunch Outing: [L]

1:30 • Library Book Discussion [Lib]

2:00 • Dining Committee Meeting

3:00 • TED Talks & Discussion [ICS]

4:30-7 • Gourmet Dinner Night [DR]

7:00 • NEW! Coffee Clutch [Lib]

Susan [IE]

1:30-2 • Sing-a-Longs with Music Therap

Group, Songs by Heart [ER]

(LOCATION CHANGE) [ACS]

11:15 • Guided Meditation

7:00 • Live Valentine's Day Entertainment with Violinist,

Yun Performing Arts at Rosemont Theatre [L] 1:30 • Brain Health University [ICS]

3:00 • Bingo! [R] 4:00 • Making Sensory Tubes for

our Memory Care Residents [ICS] 7:00 • Movie Night! [IE]

12:00 • Rockland's Sports Lounge [R] 2-4 • Painting Class with

[IE]

Artist, Colleen! [ICS]

with Susan

3:45 • Let's Get Acquainted [GR]

4:00 • Today's News [R]

with Susan

10:00 • Art Class with 🦳 Cheryl [ICS] 10:00 Working with

Weights [IE] **Brain Health University** 1:30

Bingo Store [ICS] 3-3:30

3:00 • Bingo! [R] 4:00 • Vlog [R]

7:00 • Movie Night! [IE]

11:00 • Prototypes [R] Rockland's Sports 12:00 Lounge [R]

10:00 • Chair Yoga

Wine & Performing Arts at Rockland's: [R] 3:45 • Let's Get Acquainted

9-12 • Transportation for Church Services [L]

1:00 • Bingo! [ACS] 1:30 Matinee Movie [ALE] 3:30-4 • Chair Chi with Cathy! [IE]

4:00 • Canasta Card Game [R] 4:30-7 • Sunday Dinner Carving Station [DR]

7:00 • Rockland's Sports Lounge

Brain Health University [IE] Get Fit with Carrie [IE]

Presidents' Day

10:00 • Brain Health

11:30 • Guided Meditation [ICS] 1:30 • Hand and Foot Card Game

Church Worship & Communion [ALE] 3:30 • Judge & Jury (with Judge Miller) [IE] 7:30 • Monday Night Movie [IE]

2:00 • Grace United Methodist

1:15 • Afternoon Concert [ALE] 1:30 • American Mahjong [R] 2:00 • Resident Town Hall Meeting [IE] 4-5 • Gin Rummy Card Game [R] 4-5 • Onsite Banking! [R]

1-2 • One-on-One Technology Lesson

with Paul (get your questions

9:30 • Outing: River's Casino [L] 1:15 • Bridge Group [R]

1:30 • Brain Health University [IE] Knitwits Needle Art Club! New Resident Orientation 2:00 [ALE]

2:30-3 Caitlin [IE] with Gary Midkiff [IE] 4-5 • Brews and Clues [R]

10:30 • Chair Yoga with

 Music and Movement with Live Historical Presentation 11:15 • Guided Meditation 11:30 • Lunch Bunch Outing: [L] :30-2 • Sing-a-Longs with Music

Therapy Group, Songs by Heart [ÉR] 3:00 • TED Talks & Discussion [ICS]

4:00 • Poker! [R] 5:30 • Outing: Great Lakes USO No Dough Dinner [L] 7:00 • NEW! Coffee Clutch [Lib]

Valentines