calendar & activities

The Sheridan at Green Oaks Independent Living

DEC 2019

CONNECT

- CONTRIBUTE
- FEEL
- GROW
- MOVE
- REFLECT

Medical Transportation:

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

Every Saturday (10-3:30)

Outing Schedule:

Shopping-Saturdays (10:45)

Sunday Religious Services

Please note that all activities and events are subject to

Theme of the Month: **Dancing Through** the Decades

SUNDAY 9:30 • Coffee

Conversations

3:30-4 • Chair Chi with Cathy! [IE]

4:00 • The Sunday Chronicle [R]

4:30-7 • Sunday Dinner Carving

Station [DR]

9-12 • Transportation

1:15 • BINGO! [ACS]

9:30 • Brain Exercises:

11:00 🌘 Rummikub [L]

for Church

Services [L]

Medicine [GR]

3:30-4 • Chair Chi with Cathy! [IE]

4:30-7 • Sunday Dinner Carving

Station [DR]

Wacky Wordies and

Concentration

Puzzles [ICS]

11:00 • Laughter is the Best

2-4 • HOLIDAY PARTY!

11:00 • Rummikub [L]

1:15 • BINGO! [ACS]

with Carrie [Lib]

10:00 • Get Fit with Carrie [IE] 10:30 • Guided Meditation [IE] 1:00 Matinee Movie: E.T. [ALE] 10:30 • Rummikub [L] 1:30 Hand and Foot Card

Game [R] 3:30 • NEW! Travel Trivia with Maria [R]

MONDAY

4:30-7 • Pasta Night! [DR] 7:30 • Monday Night Movie: Persuasion [IE]

Class with Carrie [IE]

Guided Meditation

10:45 • Shopping Outing: Vernon Hills

1:30 • Hand and Foot Card Game [R]

3:30 • NEW! Travel Trivia with Maria [R]

Stores (TJ Maxx, Pier One, Ross)

One-on-One Technology Lesson

Rummikub [L]

with Paul [ICS]

7:30 • Monday Night Movie [IE]

2:30 • Men's Club! [R]

10:00 Jingle Bell Exercise

10:30

Checks (Freedom Home Care) [Lib] 0:30 • Visit from Cook Library [Lib] 11:00 NEW DATE & TIME: Music and Movement with Caitlin (featuring Cardio Drumming!) [IE] 1:30 • Guided Meditation [ICS] 1:00 • Carole & Chips Pop-Up Shop! 1:30 • American Mahjong [R] 4:00 • Back in the Day [R] 7:30 • Rummikub Game [Lib]

TUESDAY

Blood Pressure

10:00 • NEW TIME: Free

10:00 NEW TIME: Free Blood

10:30 Onsite Banking! [Lib]

Home Care) [Lib]

:30 • Guided Meditation [ICS]

Ì ori Halvorson İICSİ

2:00 • Chef Cooking Demonstration [ACS]

1:30 American Mahiong [R]

4:00 Back in the Day [R]

Pressure Checks (Freedom

2:00 • (TIME CHANGE) Visit from Audiologist, Dr.

3:00 • CANCELLED- Fall Prevention Presentation
with Northwestern Medicine OT/PT [IE]

10:00 • Biblical Inquiry with Christ Church: Giving Thanks, Psalm 100 NEW! Standing Stretch & Strength with Carrie [IE] Outing: Citadel Theatre Presents Annie [L] 1:15 • Bridge Group [R] 1:45 • Afternoon Concert: Diana Krall Live in Paris [IF]

Eggs-Traordinary Wednesday

10:00 • Biblical Inquiry with

Carrie [IE]

1:15 • Bridge Group [R]

Club! [Lib]

5:00

3:30

Christmas Day

4-5 Brews and Clues [R]

Christ Church: The

Advent Season [ALF]

10:30 Introduction to Be Fit Equipment [I Fit]

11:00 NEW! Standing Stretch & Strength with

1:45 • Afternoon Concert Recording [IE]

2:30 • TIME CHANGE: Knitwits Needle Art

reakfast All-Day)

WEDNESDAY

:30-2 6:45 TIME CHANGE: Knitwits Needle Art Club! [Lib] Brews and Clues [R]

10:30 • Chair Yoga with Bette 11:15 • Guided Meditation [IE] 1:30 • Lunch Bunch Outing: Jimmy's Charhouse [L] 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] 3:45 • Afternoon Concert: The Judy Garland Show [IE] Winter Craft Night with Volunteers from Lake Forest College! [ACS] 7:00 • Movie Night! Scent of a Woman [ALE] 7:30 • Rummikub Game [Lib]

10:30 • Chair Yoga with

11:15 • <u>(TIME CHANGE</u>

Susan [IE]

Kenosha [L]

Discussion [ICS]

Jazz Spectrum

7:30 • Rummikub Game [Lib]

[A1 F]

10:30- • Chair Yoga with

Susan [IE]

11:15 • Guided Meditation

3:30 • Live Music Performance with

TODAY) Lunch Bunch

Outing: House of Gerhard,

Group, Songs by Heart [ER]

(TIME CHANGE) TED Talks &

Movie Night! The Santa Clause

Sing-a-Longs with Music Therapy

THURSDAY

10:00 Working with Weights [IE] 1:00 • Wise Wonderful Wonder Women [ICS] 2:00 • Winter Music Performance with Singing Group, Laurel Larks! [IE] 2:45 • Bingo Store [ICS] 3:00 • Hot Chocolate Happy Hour [R] 4:00 • Winter Craft Series: Snowman Decoration [ICS] 7:00 Movie Night! Hell or High Water

FRIDAY

Dance Performance by Lake Forest Dance Academy [ALE] 10:30 No Chair Yoga Today 1:00 • Games! Games! [R] 1:30 • Fitness with Maria [IE] 2:30 • Rummikub at Rockland's [R] 3-3:30 • Hot Chocolate at Rockland's 4:00 • Bingo! [R]

9:45 Sodoku Brain

10:00

SATURDAY

Exercise (Time

Special Holiday

Change) [R]

TRANSPORTATION SCHEDULE

Thursday Lunch (11:30-1:30)

1:00 • Matinee Movie: Santa Clause 3 The Escape Clause (LOCATION CHANGE) [IE] 1:15 • BINGO! [ÁCS] 2:30 • Holiday Performance by Golden Essence Performing Arts Studio

3:30-4 • Chair Chi with Cathy! [IE] 4:00 • The Sunday Chronicle [R] 4:30 • Sunday Dinner [DR]

for Church

9:30 • Coffee

11:00 • Rummikub [L]

1:15 • BINGO! [ACS]

Adventure [ALE]

6:00 • Blessing & Menorah

Lighting [Lib]

10:00 • Get Fit with Carrie 10:30 • Guided Meditation 10:30 • Rummikub [L]

10:00 • Get Fit with Carrie [IE]

10:45 • Shopping Outing: Target [L]

with Paul [ICS]

1-2 • One-on-One Technology Lesson

Levie: Snow, Cold-Winter

Weather in Art Paintings [IE]

NEW! Travel Trivia with Maria

(TIME CHANGE) [R]

7:30 Monday Night Movie: White

Christmas [IE]

10:30 • Guided Meditation

10:30 • Rummikub [L]

1:30 • Hand and Foot Card Game [R] 2:30 • Fly With Maria to Canary Islands Cruise - You Need Your Passport [IE]

3:30 • NEW! Travel Trivia with Maria 7:30 Monday Night Movie: The Santa Clause [IE]

10:00 • NEW TIME: Free Blood Pressure Checks Freedom Home Care) 10:30 Visit from Cook Library [Lib] 11:00 • NEW DATE & TIME: Music and Movement with Caitlin (featuring Cardio Drumming!) [IE]

7:30 • Rummikub Game [Lib]

CHANGE -

11:00 • Working with Weights

1:30 • American Mahjong [R]

7:30 • Rummikub Game [Lib]

4:00 • Back in the Day [R]

with Schyler [IE]

Onsite Banking! [Lib]

Guided Meditation [ICS]

Christmas Eve

9:45-1 • **TIME**

1:30 • Guided Meditation [ICS] 1:30 American Mahiong [R] 3:00 • Gary Midkiff Presents [IE] 4:00 Living Well Support Group - Managin Anxiety During the Holidays [ICS] 4:00-6 Outing: Botanic Gardens After Dark Light Show [L] 9:30 • Outing: River's Casino! [L] Communion & Bible 10:00 Study with Christ Church: CELEBRATING CHRISTMAS, plus Communion [ALE] 11:00 • NEW! Standing Stretch & Strength wit Carrie [IE] 1:15 • Bridge Group [R] Afternoon Concert Recording: Lena

Brain Matters [IE]

10:30 • Rummikub [Lib]

Luncheon [DR]

1:15 • Bridge Group (Location

Change) [ICS]

Christmas Bingo! (CASH

4:00 • Oak Room Closed for Dinner

7:00 • Christmas Movie: Christmas

with the Kranks [IE]

BINGO WITH LISA) [R]

Puzzles of Christmas Past

11:30- • Christmas

Horne [ICS] 2:30 • TIME CHANGE: Knitwits Needle Art Club! [Lib] Brews and Clues [R]

11:30 • Lunch Bunch Outing: Walker Brother's Pancake House [L] Sing-a-Longs with Music Therapy Group, Songs by Heart [ER] 2:30 • Library Book Discussion [Lib] 3:15 • TED Talks & Discussion (TIME CHANGE) [ICS] 4:00 • Travel Trivia with Maria [ACS] 7:00 • Movie Night! White Christmas

7:30 • Rummikub Game [Lib]

10:30- • Chair Yoga with Susan

11:15 • Guided Meditation [IE]

Shake Shack, Vernon Hills [L]

:30-2 • Sing-a-Longs with Music Therapy

Group, Songs by Heart [ER]

TED Talks & Discussion [ICS]

4:00 • Grow: Learn & Play Spin the Dreidel

6:00 • Blessing & Menorah Lighting [Lib]

7:00 • Movie Night! Love Story [ALE]

7:30 • Rummikub Game [Lib]

Judge & Jury (with Judge Miller)

11:30 • Lunch Bunch Outing:

2:00

1:45 • Documentary: History Channel-The Real Story of Christmas-Full Documentary [R] 2:00 • NEW! Bingo Store [R] 3:00 • Meet Your Neighbor Social [R] 4:00 (LOCATION CHANGE) Winter Craft Series: Christmas Gnomes 7:00 Movie Night! Santa Clause 2 [IE] 10:00 Working with Weights

Wonder Women [ICS]

1:15 • (Location Change) Documentary

In History | Timeline [ALE]

Film: The Worst Christmas Jobs

10-12 • Art Class with Cheryl

10:00 Working with Weights

1:00 • Wise Wonderful

2:00 • Shabbat Service [IE]

Dunnam [R]

Street [IE]

10:00 • Art Class with Cheryl

10:30- Silverware & Dishes

(Part 2)

Amnesty Day!

10:00 Working with Weights [IE]

:15-2 • Silverware & Dishes Amnesty Day!

2:00 • Scrabble (TIME CHANGE) [R]

3:00 • Winter Fun Happy Hour [R]

Votive [ICS]

2:00 • CANCELLED- Grace United Methodist

4:00 Winter Craft Series: Winter Mason Jar

6:00 • Blessing & Menorah Lighting [Lib]

7:00 Movie Night! Little Fockers [IE]

Church Worship & Communion [ALE]

Jar Votive [ICS]

2:45 Bingo Store [ICS]

Susan [IE] 1:30 • Outing and Lunch: Cuneo Mansion and Panera Bread [L] 2:00 • Painting Class with Artist, Colleen! [ICS] 2:30 • Rummikub at Rockland's [R] 2:45 • Sip & Play Holiday Games [R] 3:45 - Radio City Rockettes Christmas Spectacular [R]

10:30 • Chair Yoga with

9:45 • Sodoku Brain Exercise (Time Change) [R]

10:30 • Chair Yoga with Susan [IE] 1:15 • Guided Meditation [IE] 12:00 Outing: The Nutcracker in Milwaukee! [L]

1:00 • Games! Games! [R] 3:00 • Holiday Music Concert with Bill 2:30 • Rummikub at Rockland's [R] 4:00 • Winter Craft Series: Winter Mason 3-3:30 • Hot Chocolate at Rockland's 7:00 Movie Night! Miracle on 34th

4:00 • Bingo! [R]

10:30 • Chair Yoga with Susan [IE]

11:15 Guided Meditation [IE] **Chef Cooking** Demonstration! [ICS]

2:30 • Rummikub at Rockland's

3-3:30 • Eggnog at Rocklands! [R] 4:00 • Resident Choice Classic Comedy [R]

6:00 Blessing & Menorah Lighting [Lib]







Location Kevs

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

9-12 • Transportation

Services [L] 11:00 • Laughter is the Best Medicine [GR] 1:15 • BINGO! [ACS] 2:15 • Special Musical

1:30 • Hand and Foot Card Game [R] 3:00 • Art Alive Presentation with Debra 11:30 • Performance from the Lake Forest High School

Chamber Group [IE] 3:30-4 • Chair Chi with Cathy! [IE]

Conversations with Carrie [Lib]

10:00 • Get Fit with Carrie 10:30 • Guided Meditation 1:00 • Matinee Movie: Poseidon

10:30 • Rummikub [L] 3:30-4 • Chair Chi with Cathy! [IE] 4:00 • The Sunday Chronicle [R]

10:45 • Beading - Make Holiday Earrings! [ICS] Visit from Cook Library (DAY & TIME CHANGE) [Lib] 1:30 • Hand and Foot Card Game [R] 3:00 • Travel to Vail, Colorado with Schyler! [IE] 7:30 • Monday Night Movie: Love

New Year's Eve 5 U 10-10: ● Free Blood Pressure Checks (Freedom

Home Care) [Lib] 11:00 • Music and Movement with Caitlin (featuring Cardio Drumming!) [IE] 1:30 • American Mahjong [R] 1:30 • Resident Town Hall Meeting [IE] 2:15 • Year in Review - 2019 [IE] 4:00 • Back in the Day [R]

4-5:30 • New Years Eve Dinner Hours [DR] 6:30 • New Years Eve Celebration and Live Music with Mihai Vlad! [GR]