## calendar & activities

## The Sheridan at Green Oaks- Embrace

JUN 2019	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MEMORY CARE  CENTRALE  BY SENIOR LIFESTYLE	9:00 • Thymeless- Infused Water [DR] 9:30 • Morning Movement with Miranda [ER] 10:00 • Daily Chronicle/ Newspaper/ Current Events [ER] 10:30 • Rosary & Devotions with Joyce [ER] 10:30 • Sunshine Sensations [OP] 11:00 • Hymn Sing-Along [ER] 1:00 • Bingo! [ER] 2:45 • Chair Chi with Cathy [ER] 3:00 • Card Games [ER] 3:00 • Snack and Hydration [OP] 4:00 • Thymeless: Water & Maintain the Gardens [ER] 4:30 • Sing-Along [ER]	THE LONG	5 association		FAT	ER'S:	9:00 • Thymeless- Infused Water [DR] 9:30 • Morning Movement with Miranda [ER] 10:00 • Daily Chronicle/ Newspaper/ Current Events [ER] 10:30 • Sunshine Sensations [OP] 1:00 • Let's Bake a Snack!! [DR] 2:00 • iN2L: Karaoke [ER] 3:00 • Snack and Hydration [OP] 3:30 • Using Your Senses [OP] 4:30 • iN2L: What Did It Cost? [ER] 6:00 • Creative Art Expressions [M Art]
GROW	9:00 • Thymeless- Infused Water [DR] 9:30 • Morning Movement with Miranda [ER] 10:00 • Daily Chronicle/ Newspaper/ Current Events [ER] 10:30 • Rosary & Devotions with Joyce [ER] 10:30 • Sunshine Sensations [OP] 11:00 • Hymn Sing-Along [ER] 1:00 • Bingol [ER] 2:45 • Chair Chi with Cathy [ER] 3:00 • Card Games [ER] 3:00 • Snack and Hydration [OP] 4:00 • Thymeless: Water & Maintain the Gardens [ER] 4:30 • Sing-Along [ER] 6:00 • It's Puzzling-Word Searches, Crosswords & Puzzles [ER]	9:00 • Thymeless- Infused Water [DR] 9:30 • Morning Exercise with Carol [ER] 10:00 • Daily Chronicle/ Newspaper/ Current Events [ER] 10:30 • Creative Expressions [M Art] 11:00 • Music Fills our Hearts [ER] 1:00 • Music and Movement Class with Carol [ER] 2:00 • Walking Club inside and out!! [OP] 3:00 • Snack and Hydration [OP] 3:30 • Massages and Manicures [ICS] 4:00 • Poetry Jam with Carol [OP] 6:00 • Dominoes [ER] 7:00 • Evening Reflections	Salon Day: Hair Day!  9:00 • Thymeless- Infused Water [DR]  9:15 • Morning Movement and Exercise with LaShawn [ER]  10:00 • Daily Chronicle/ Newspaper/ Current Events [ER]  10:00 • Sit and Be Fit with Cindy [ALE]  10:30 • Music & Singalongs [ER]  11:00 • Bookmarks With Barb  11:00 • Cook Library Visits [ER]  11:00 • Word Games [D]  1:00 • Let's Make a Snack! [DR]  - • Volleyball Game [ER]  3:00 • Snack and Hydration [OP]  4:00 • Kindness Connection [M Art]  4:30 • Mindful Meditation Before Dinner [OP]  6:00 • Adult Art Pages	9:00 • Morning Exercise- iN2L [ER] 9:00 • Thymeless- Infused Water [DR] 10:00 • Bible Study with Christ Church [ALE] 10:00 • Daily Chronicle/ Newspaper/ Current Events [ER] 10:00 • Therapy Dogs Visit 11:00 • Therapy Dogs Visit 11:00 • Thymeless- Plant/Water/Harvest the Garden [OP] 1:00 • Thymeless: Cooking [DR] 2:00 • Bowling Outside on The Patio/Golf on the Putting Green [OP] 3:00 • Snack and Hydration [OP] 3:15 • Afternoon Concert [ALE] 4:00 • Essence Experience [SR] 4:00 • Music & Singalongs 4:30 • iN2L: What Did It Cost? 6:00 • Uno Card Game [ER]	9:00 • Morning Stretch and Exercise 9:00 • Thymeless- Infused Water [DR] 10:00 • Daily Chronicle/ Newspaper/ Current Events [ER] 10:30 • Chair Yoga [ER] 11:00 • Dance and Movement Program with Caitlin 1:30 • Songs by Heart [ER] 2:30 • Board Games [DR] 3:00 • Snack and Hydration [OP] 3:00 • iN2L: Health & Wellness- Happy Neuron 4:00 • Yesterdays- Reminisce Program [M Art] 6:00 • Bingo [ER]	9:00 • Thymeless- Infused Water [DR] 9:30 • Morning Movement with Miranda [ER] 10:00 • Daily Chronicle/ Newspaper/ Current Events [ER] 10:30 • Making Treats for Four Legged Friends [DR] 11:30 • Picnic at Lamb's Farm 11:30 • Picnic at Lamb's Farm 11:30 • Using Your Senses-Tell Me a Story [M Art] 3:00 • Using Your Senses-Tell Me a Story [M Art] 3:00 • Snack and Hydration [OP] 3:30 • Junk Drawer Detective [ER] 4:00 • "Funny Fridays" & Happy Hour! [ER] 6:00 • Movie Night & Popcorn [ER]	9:00 • Thymeless-Infused Water [DR] 10:00 • Daily Chronicle/ Newspaper/ Current Events [ER] 10:30 • Sunshine Sensations [OP] 12:30 • Adult Art Pages [ER] 1:00 • Let's Bake a Snack!! [DR] 2:00 • iN2L: Karaoke [ER] 13:00 • Snack and Hydration [OP] 3:30 • Using Your Senses [OP] 4:30 • iN2L: What Did It Cost? [ER] 6:00 • Creative Art Expressions [M Art]
Location Keys  AL Entertainment Room Den Dining Room IL Creative Studio MC Creative Art Studio MC Entertainment Room Outside Patio Serenity Room  ALE DR IL CR DR ALE DR ALE DR ALE DR ALE DR ALE DR DR ALE DR ALE DR ALE DR ALE ALE DR DR ALE ALE DR DR ALE ALE DR DR ALE ALE DR DR ALE ALE ALE DR DR ALE	9:00 • Thymeless- Infused Water [DR] 10:00 • Daily Chronicle/ Newspaper/ Current Events [ER] 10:30 • Rosary & Devotions with Joyce [ER] 10:30 • Sunshine Sensations [OP] 11:00 • Hymn Sing-Along [ER] 12:30 • Adult Art Pages [ER] 1:00 • Bingo! [ER] 2:45 • Chair Chi with Cathy [ER] 3:00 • Card Games [ER] 3:00 • Snack and Hydration [OP] 4:00 • Thymeless: Water & Maintain the Gardens [ER] 4:30 • Sing-Along [ER] 6:00 • It's Puzzling-Word Searches, Crosswords & Puzzles [ER]	9:00 • Thymeless- Infused Water [DR] 9:30 • Morning Exercise with Carol [ER] 10:00 • Daily Chronicle/ Newspaper/ Current Events [ER] 10:30 • Creative Expressions [M Art] 11:00 • Music Fills our Hearts [ER] 10:00 • Walking Club inside and out!! [OP] 3:00 • Snack and Hydration [OP] 3:30 • Massages and Manicures [ICS] 4:00 • Guitar Sing-a-Long with Carol [ER] 6:00 • Dominoes [ER]	Salon Day: Hair Day!   9:00	9:00 • Morning Exercise- iN2L [ER] 9:00 • Thymeless- Infused Water [DR] 10:00 • Bible Study with Christ Church [ALE] 10:00 • Daily Chronicle/ Newspaper/ Current Events [ER] 11:00 • Thymeless- Plant/Water/Harvest the Garden [OP] 1:00 • Thymeless- Cooking [DR] 2:00 • Bowling Outside on The Patio/Golf on the Putting Green [OP] 3:00 • Snack and Hydration [OP] 3:15 • Afternoon Concert [ALE] 4:00 • Essence Experience [SR] 4:00 • Music & Singalongs 4:30 • "What Am !?" [ER] 6:00 • Uno Card Game [ER]	9:00 • Morning Stretch and Exercise 9:00 • Thymeless- Infused Water [DR] 10:00 • Daily Chronicle/ Newspaper/ Current Events [ER] 10:30 • Chair Yoga [ER] 10:30 • Hollywood Stars Activity 11:00 • Dance and Movement Program with Caitlin 1:30 • Songs by Heart [ER] 2:30 • Scattegories [ER] 3:00 • Snack and Hydration [OP] 3:00 • SinZL: Health & Wellness- Happy Neuron 4:00 • Yesterdays- Reminisce Program [M Art] 6:00 • Bingo [ER]	9:00 • Thymeless- Infused Water [DR] 10:00 • Daily Chronicle/ Newspaper/ Current Events [ER] 11:30 • Lunch at Waukegan Harbor 11:30 • Thymeless- Plant/Water/Harvest the Garden [OP] 1:30 • Horse Racing [ER] 2:00 • Songs by Heart [ALE] 3:00 • Snack and Hydration [OP] 3:30 • Junk Drawer Detective [ER] 4:00 • "Funny Fridays" & Happy Hour! [ER] 4:00 • Pianist and Singer, Bonnie, Performs [ER] 6:00 • Movie Night & Popcorn [ER]	9:00 • Thymeless-Infused Water [DR] 9:30 • Morning Movement with Miranda [ER] 10:00 • Daily Chronicle/ Newspaper/ Current Events [ER] 10:30 • Sunshine Sensations [OP] 1:00 • Let's Bake a Snack!! [DR] 2:00 • iN2L: Karaoke [ER] 3:00 • Snack and Hydration [OP] 3:30 • Using Your Senses [OP] 4:30 • iN2L: What Did It Cost? [ER] 6:00 • Creative Art Expressions [M Art]
<ul><li>CONNECT</li><li>CONTRIBUTE</li><li>FEEL</li><li>GROW</li><li>MOVE</li><li>REFLECT</li></ul>		9:00 • Thymeless- Infused Water [DR] 9:30 • Morning Exercise with Carol [ER] 10:00 • Daily Chronicle/ Newspaper/ Current Events [ER] 10:30 • Creative Expressions [M Art] 11:00 • Music Fills our Hearts [ER] 1:00 • Music and Movement Class with Carol [ER] 2:00 • Walking Club inside and out!! [OP] 3:00 • Snack and Hydration [OP] 3:30 • Massages and Manicures [ICS] 4:00 • Poetry Jam with Carol [OP] 6:00 • Dominoes [ER]	Salon Day: Hair Day!  9:00 • Thymeless- Infused Water [DR]  10:00 • Daily Chronicle/ Newspaper/ Current Events [ER]  10:00 • Sit and Be Fit with Cindy [ALE]  10:30 • Music & Singalongs [ER]  11:00 • Bookmarks With Barb  11:00 • Cook Library Visits [ER]  11:00 • Word Games [D]  1:00 • Let's Make a Snack! [DR]  - • Volleyball Game [ER]  3:00 • Snack and Hydration [OP]  4:00 • Kindness Connection [M Art]  4:30 • Mindful Meditation Before Dinner [OP]  6:00 • Adult Art Pages	9:00 • Morning Exercise- iN2L [ER] 9:00 • Thymeless- Infused Water [DR] 10:00 • Bible Study with Christ Church [ALE] 10:00 • Daily Chronicle/ Newspaper/ Current Events [ER] 11:00 • Thymeless- Plant/Water/Harvest the Garden [DP] 1:00 • Thymeless: Cooking [DR] 2:00 • Bowling Outside on The Patio/Golf on the Putting Green [OP] 3:00 • Snack and Hydration [OP] 3:15 • Afternoon Concert [ALE] 4:00 • Essence Experience [SR] 4:00 • Music & Singalongs 4:30 • iN2L: What Did It Cost? 6:00 • Uno Card Game [ER]	[DR] 10:00 Daily Chronicle/ Newspaper/ Current Events [ER] 10:30 Chair Yoga [ER] 10:30 Hollywood Stars Activity 11:00 Dance and Movement Program with Caitlin 1:30 Songs by Heart [ER] 2:30 Board Games [DR] 2:30 Scattegories [ER] 3:00 Snack and Hydration [OP] 3:00 iN2L: Health & Wellness-Happy Neuron 4:00 Yesterdays- Reminisce Program [M Art] 6:00 Bingo [ER]	The Longest Day!  9:00 • Thymeless- Infused Water [DR]  9:30 • Morning Movement with Miranda [ER]  10:00 • Daily Chronicle/ Newspaper/ Current Events [ER]  10:30 • Making Treats for Four Legged Friends [DR]  11:30 • Outing: Longest Day Picnic and Ice Cream  11:30 • Thymeless- Plant/Water/Harvest the Garden [OP]  1:30 • Using Your Senses-Tell Me a Story [M Art]  3:00 • Snack and Hydration [OP]  3:30 • Junk Drawer Detective [ER]  4:00 • "Funny Fridays" & Happy Hour! [ER]  5:00 Longest Day Dinner and Fundraiser [OP]	1:00 • Let's Bake a Snack!! [DR] 2:00 • iN2L: Karaoke [ER] 3:00 • Snack and Hydration [OP]
Resident Birthdays Gordon L. 6/20	9:00 • Thymeless- Infused Water [DR] 10:00 • Daily Chronicle/ Newspaper/ Current Events [ER] 10:30 • Rosary & Devotions with Joyce [ER] 10:30 • Sunshine Sensations [OP] 11:00 • Hymn Sing-Along [ER] 12:30 • Adult Art Pages [ER] 1:00 • Bingo! [ER] 2:45 • Chair Chi with Cathy [ER] 3:00 • Card Games [ER] 3:00 • Snack and Hydration [OP] 4:00 • Thymeless: Water & Maintain the Gardens [ER] 4:30 • Sing-Along [ER] 6:00 • It's Puzzling- Word Searches, Crosswords & Puzzles [ER]	9:00 • Thymeless- Infused Water [DR] 9:30 • Morning Exercise with Carol [ER] 10:00 • Daily Chronicle/ Newspaper/ Current Events [ER] 10:30 • Creative Expressions [M Art] 11:00 • Music Fills our Hearts [ER] 1:00 • Music and Movement Class with Carol [ER] 2:00 • Walking Club inside and out!! [OP] 3:00 • Snack and Hydration [OP] 3:30 • Massages and Manicures [ICS] 4:00 • Guitar Sing-a-Long with Carol [ER] 6:00 • Dominoes [ER]	Salon Day: Hair Day!  9:00 • Thymeless- Infused Water [DR]  10:00 • Daily Chronicle/ Newspaper/ Current Events [ER]  10:00 • Sit and Be Fit with Cindy [ALE]  10:30 • Music & Singalongs [ER]  11:00 • Bookmarks With Barb  11:00 • Word Games [D]  1:00 • Let's Make a Snack [DR]  - • Volleyball Game [ER]  3:00 • Snack and Hydration [DP]  4:00 • Kindness Connection [M Art]  6:00 • Adult Art Pages	9:00 • Morning Exercise- iN2L [ER] 9:00 • Thymeless- Infused Water [DR] 10:00 • Bible Study with Christ Church [ALE] 10:00 • Daily Chronicle/ Newspaper/ Current Events [ER] 11:00 • Thymeless- Plant/Water/Harvest the Garden [DP] 1:00 • Thymeless: Cooking [DR] 2:00 • Bowling Outside on The Patio/Golf on the Putting Green [OP] 3:00 • Snack and Hydration [OP] 3:15 • Afternoon Concert [ALE] 4:00 • Essence Experience [SR] 4:00 • Music & Singalongs 4:30 • "What Am !?" [ER] 6:00 • Uno Card Game [ER]	9:00 • Morning Stretch and Exercise 9:00 • Thymeless- Infused Water [DR] 10:00 • Daily Chronicle/ Newspaper/ Current Events [ER] 10:30 • Chair Yoga [ER] 10:30 • Chair Yoga [ER] 10:30 • Dance and Movement Program with Caitlin 1:30 • Songs by Heart [ER] 2:30 • Board Games [DR] 2:30 • Scattegories [ER] 3:00 • Snack and Hydration [OP] 3:00 • iN2L: Health & Wellness- Happy Neuron 4:00 • Yesterdays- Reminisce Program [M Art] 6:00 • Bingo [ER] 7:00 • Bingo Store- Cash in those Bingo Bucks! [ER]	9:00 • Thymeless-Infused Water [DR] 10:00 • Daily Chronicle/ Newspaper/ Current Events [ER] 11:30 • Lunch at The Silo 11:30 • Thymeless- Plant/Water/Harvest the Garden [OP] 1:30 • Horse Racing [ER] 3:00 • Snack and Hydration [OP] 3:30 • Junk Drawer Detective [ER] 4:00 • "Funny Fridays" & Happy Hour! [ER] 6:00 • Movie Night & Popcorn [ER]	9:30 Morning Movement with Miranda [ER] 10:00 Daily Chronicle/ Newspaper/