calendar & activities MAR 2019

The Sheridan at Green Oaks- Embrace

FRIDAY

9:00 • Morning Exercises- Toss Talk [ER]

9:00 • Thymeless- Infused Water

10:00 • Daily Chronicle & Newspaper

4:00 • "Funny Fridays" & Happy Hour! [ER]

6:00 • Movie Night & Popcorn [ER]

9:00 • Morning Exercises- Toss 'n Talk [ER]

9:00 • Thymeless- Infused Water

0:30 • iN2L Trivia [ER]

0:00 • Daily Chronicle & Newspaper

9:00 Morning Exercises- Toss 'r

9:00 • Thymeless- Infused Water

9:00 Morning Exercises- Toss 'n Talk [ER]

10:30 • iN2L Trivia [ER]

MEMORY CARE mbrace

THEME:

Celebrate Your **Nationality**

Location Keys

AL Entertainment Room ALE Dining Room **IL Creative Studio** MC Creative Art Studio M Art MC Entertainment Room ER **Outside Patio**

- CONNECT
- CONTRIBUTE



SUNDAY MONDAY **TUESDAY** March cont'd 9:00 • Daily Chronicle & Newspaper 9:00 • Thymeless- Infused Water [DR] 9:30 • Spiro 100: 4.2.1 Exercise 10:00 • Daily Chronicle & Newspaper [ER] 10:30 Rosary & Devotions with Joyce [ER] 11:00 • Hymn Sing-Along 12:30 Adult Art Pages [ER] 1:00 • Bingo! [ER] FRENCH 2:00 • Sharing our Different Languages [D] 2:45 • Chair Chi with Cathy [ER] 3:30 • Uno Card Game [ER] 4:00 • Thymeless: Water & Maintain the Gardens ENGLISH

Resident Birthdays Bill M. 3/28 Gerda E.

WEDNESDAY

11:30 • Ethnic Lunch Outing 1:30 • Thymeless: Harvesting [OP] 1:00 • Afternoon Exercise - Stretching [ER] 1:30 • Parachute [M Art]
2:00 • Sharing our Different Languages [D] Resident Council Meeting [M Art] 3:30 Junk Drawer Detective [ER]

9:00 Daily Chronicle & Newspape [ER]
9:00 Thymeless- Infused Water [DR]
9:30 • iN2L: Morning Stretches [ER] 10:00 • Daily Chronicle & Newspaper [ER] 10:30 • Bookmarks-Reading Club [ER] 10:30 • Where are you from?? [ER] 12:30 • Adult Art Pages [ER] 1:00 • Hand Massages & Manicures [ER] 2:00 • Sharing our Different Languages [D] 2:30 iN2I · Karaoke [M Art] 3:30 • Bowling Inside [OP] 4:30 • iN2L: What Did It Cost? [ER] 6:15 Mandala Art [M Art]

9:00 • Daily Chronicle & Newspaper

9:00 • Thymeless- Infused Water [DR]

9:30 • iN2L: Morning Stretches [ER]

10:30 Bookmarks-Reading Club [ER]

9:00 Daily Chronicle & Newspaper

9:30 • iN2L: Morning Stretches [ER] 10:00 • Daily Chronicle & Newspaper [ER]

10:30 Bookmarks-Reading Club [ER]

9:00 • Daily Chronicle & Newspaper

[ER]
9:00 • Thymeless- Infused Water

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10:00 • Daily Chronicle & Newspaper [ER]

SATURDAY

Daylight Saving Time Begins 9:00 • Daily Chronicle & Newspaper

Happy St. Patrick's Day!

9:00 • Daily Chronicle & Newspape

9:00 • Thymeless- Infused Water [DR]

9:30 • Spiro 100: 4,2,1 Exercise Class [ER]

11:00 • Hymn Sing-Along

3:30 • Uno Card Game [ER]

Puzzles [ER]

5:30 • Sing-Along [ER]

1:00 • Bingo! [ER]

10:00 • Daily Chronicle & Newspaper [ER]

10:30 Rosary & Devotions with Joyce [ER]

2:00 • Sharing our Different Languages [D]
2:45 • Chair Chi with Cathy [ER]

4:00 • Thymeless: Water & Maintain the Gardens

6:00 • It's Puzzling- Word Searches, Crosswords &

5:30 • Sing-Along [ER]

9:00 • Daily Chronicle & Newspaper

9:00 • Thymeless- Infused Water [DR]

9:30 • Spiro 100: 4,2,1 Exercise

11:00 • Hymn Sing-Along 12:30 • Adult Art Pages [ER]

2:45 Chair Chi with Cathy [FR]

3:30 • Uno Card Game [ER]

1:00 • Bingo! [ER]

Class [ER]

10:00 Daily Chronicle & Newspaper [ER]

10:30 Rosary & Devotions with Joyce [ER]

2:00 • Sharing our Different Languages [D]

4:00 • Thymeless: Water & Maintain the Gardens

6:00 It's Puzzling- Word Searches, Crosswords & Puzzles [ER]

9:30 • Spiro 100: 4,2,1 Exercise Class [ER] 10:00 Daily Chronicle & Newspaper [ER] 10:30 • Rosary & Devotions with Joyce [ER] 1:00 • Hymn Sing-Along

2:00 • Sharing our Different Languages [D] 2:45 • Chair Chi with Cathy [ER] 3:30 • Uno Card Game [ER] 4:00 • Thymeless: Water & Maintain the Gardens

6:00 • It's Puzzling- Word Searches, Crosswords & Puzzles [ER]

1:00 • iN2l: Brain Fitness Challenges 1:00 • Afternoon Exercise - Stretching [ER]
1:30 • iN2I: Wheel Of Fortune [ER] 2:00 • Sharing our Different Languages [D] 2:00 • Walking Club with Barb 2:30 • Silhouettes [ICS] 3:30 Massages and Manicures [ICS] 4:00 • Finish the phrase [OP]

4:30 • Discussion -short story [M Art]

9:00 Morning Strengthening and

6:00 Dominoes [ER]

9:00 • Morning Strengthening and Exercises [ER]

10:00 Daily Chronicle & Newspaper

Thymeless- Infused Water

9:00

 Writing Monologues [M Art]
 10:30 Bookmarks With Barb "Reflect" 10:30 • Kindness Connection [M Art] 11:00 • Hollywood Trivia 1:00 Afternoon Exercise - Stretching [FR] 1:30 • Spelling Bee [ER] 2:00 • Sharing our Different Languages [D] 3:00 • Music & Singalongs [ER] 4:00 Brain Game Categories [ER]

6:00 Adult Art Pages

9:00 Morning Exercises- Toss 'n

Salon Day: Hair Day!

Salon Dav: Hair Dav!

9:00 Morning Exercises- Toss 'n

9:00 • Thymeless- Infused Water

10:00 • Daily Chronicle & Newspaper [ER]

Talk [ER]

10:00 • Sit and Be Fit with Cindy [ALE] 10:00 • Therapy Dogs Visit 1:00 • Afternoon Exercise - Stretching [ER] 2:00 • Sharing our Different Languages [D

2:00 • Thymeless: Cooking [DR] 2:30 Dance to the Music [M Art] 3:00 • Sensory Garden [ER] 3:15 Afternoon Concert [ALE] 4:00 • iN2L- 1:1 Programs 4:30 • "What Am I?" [ER] 6:00 • Uno Card Game [ER]

9:00 Morning Exercise- iN2L [ER]

9:00 • Thymeless- Infused Water

Salon Day: Manicures!

10:00 Bible Study [ALE]

6:00 • Uno Card Game [ER]

9:00 Morning Exercise- iN2L [ER]

9:00 • Thymeless- Infused Water [DR]

Salon Day: Manicures!

10:00 Bible Study [ALE]

9:00 • Morning Exercise- iN2L [ER]

10:00 • Bible Study [ALE] 10:00 • Daily Chronicle & Newspaper [ER]

9:00 • Thymeless-Infused Water

Salon Day: Manicures!

10:30 • Chair Yoga [ER] 10:30 Hollywood Stars Activity 11:00 • Kindness Club 1:30 • Songs by Heart [ER] 2:00 • Sharing our Different Languages [D] 2:30 • Board Games [DR] 2:30 • Scattegories [ER] 3:00 • iN2L: Health & Wellness- Happy Neuron 4:00 • Yesterdays- Reminisce Program [M Art] 6:00 • Bingo [ER]

9:00 Morning Stretch and Exercise

9:00 Thymeless-Infused Water

10:00 Daily Chronicle & Newspaper

6:30 • Chair Yoga [ER]

6:00 Bingo [FR]

6:30 • Chair Yoga [ER]

9:00 • Morning Stretch and Exercise

9:00 • Thymeless- Infused Water

9:00 • Morning Stretch and Exercise

9:00 • Thymeless- Infused Water

THURSDAY

4:00 • "Funny Fridays" & Happy Hour! [ER] 4:00 • Pianist and Singer, Bonnie, Performs [ER] 6:00 Movie Night & Popcorn [ER]

1:30 • Ethnic Lunch Outing 10:30 • Where are you from?? [ER] 1:30 • Thymeless: Harvesting [OP] 1:00 • Hand Massages & Manicures [ER] 1:00 • Afternoon Exercise - Stretching [ER] 2:00 • Sharing our Different Languages [D] 1:30 • Horse Racing [ER] 2:30 • iN2L: Karaoke [M Art] 2:00 • Sharing our Different Languages [D] 3:30 • Bowling Inside [OP] 3:00 Bonnie Sing Along 4:30 • iN2L: What Did It Cost? [ER] 3:30 • Junk Drawer Detective [ER] 6:15 Mandala Art [M Art]

9:00 • Thymeless- Infused Water [DR]

1:00 • Bingo! [ER]

5:30 • Sing-Along [ER]

Exercises [ER] 9:00 • Thymeless- Infused Water 10:00 • Daily Chronicle & Newspaper

11:00 • iN2l: Brain Fitness Challenges 1:00 • Afternoon Exercise - Stretching [ER] 1:30 • iN2l: Wheel Of Fortune [ER] 2:00 • Sharing our Different Languages [D] 2:00 • Walking Club with Barb

2:30 • Silhouettes [ICS] 3:30 • Massages and Manicures [ICS] 4:00 • "This or That" [OP] 4:30 • Discussion -short story [M Art] 6:00 • Dominoes [ER]

9:00 • Morning Strengthening and Exercises [ER]

10:00 Daily Chronicle & Newspaper

11:00 • iN2l: Brain Fitness Challenges

1:30 • iN2I: Wheel Of Fortune [ER]

2:00 • Walking Club with Barb

2:30 • Silhouettes [ICS]

1:00 • Afternoon Exercise - Stretching [ER]

2:00 • Sharing our Different Languages [D]

Talk [ER] 9:00 • Thymeless- Infused Water 10:00 • Daily Chronicle & Newspaper [ER] 10:00 • Sit and Be Fit with Cindy [ALE] Writing Monologues [M Art] 10:30 • Bookmarks With Barb "Reflect"

10:30 • Kindness Connection [M Art] 11:00 • Cook Library Visits [ER] 11:00 • Hollywood Trivia 1:00 • Afternoon Exercise - Stretching [ER] Bowling [ER]1:30 Spelling Bee [ER]

2:00 • Sharing our Different Languages [D] 2:15 • Thymeless: Bread Making [DR] 3:00 • Music & Singalongs [ER] Salon Day: Hair Day!

9:00 • Morning Exercises-Toss 'n

9:00 • Thymeless- Infused Water [DR]

10:00 • Daily Chronicle & Newspaper [ER]

10:00 • Sit and Be Fit with Cindy [ALE]

Writing Monologues [M Art]

10:30 • Bookmarks With Barb "Reflect"

1:00 • Afternoon Exercise - Stretching [ER]

2:00 • Sharing our Different Languages [D]

2:15 • Thymeless: Bread Making [DR]

3:00 Music & Singalongs [ER]

10:30 • Kindness Connection [M Art]

11:00 • Cook Library Visits [FR]

Bowling [ER]

11:00 • Hollywood Trivia

1:30 • Spelling Bee [ER]

10:00 • Daily Chronicle & Newspaper [ER]

Talk [ER] 9:00 • Thymeless- Infused Water 10:00 • Daily Chronicle & Newspaper [ER] 1:00 • Afternoon Exercise - Stretching [ER] 2:00 Sharing our Different Languages [D] 2:00 • Thymeless: Cooking [DR] 2:30 Dance to the Music [M Art] 3:00 • Sensory Garden [ER] 3:15 • Afternoon Concert [ALE] 2:30 Board Games [DR] 4:00 • iN2L- 1:1 Programs 2:30 Scattegories [FR] 4:30 • iN2L: What Did It Cost?

10:00 Daily Chronicle & Newspaper 10:00 Daily Chronicle & Newspaper [ER] 10:30 • Chair Yoga [ER] 10:30 • Hollywood Stars Activity 10:30 • iN2L Trivia [ER] 11:00 • Kindness Club 1:30 • Songs by Heart [ER] 2:00 • Sharing our Different Languages [D] 2:00 • Songs by Heart [ALE]

1:30 • Thymeless: Harvesting [OP] 1:00 • Afternoon Exercise - Stretching [ER] 1:30 Parachute [M Art] 2:00 • Sharing our Different Languages [D] 3:30 Junk Drawer Detective [ER] 3:00 • iN2L: Health & Wellness- Happy Neuron 4:00 • Yesterdays- Reminisce Program [M Art] 6:00 Movie Night & Popcorn [ER]

1:30 • Ethnic Lunch Outing 10:30 • Where are you from?? [ER] 12:30 Adult Art Pages [ER] 1:00 • Hand Massages & Manicures [ER] 2:00 • Sharing our Different Languages [D] 2:30 • iN2L: Karaoke [M Art] 3:30 Bowling Inside [OP]

4:00 • "Funny Fridays" & Happy Hour! [ER] 4:30 • iN2L: What Did It Cost? [ER] 6:15 • Mandala Art [M Art]

- MOVE
- REFLECT

9:30 • Spiro 100: 4,2,1 Exercise Class [ER] 10:00 • Daily Chronicle & Newspaper [ER] 10:30 • Rosary & Devotions with Joyce [ER] 11:00 • Hvmn Sina-Alona 12:30 • Adult Art Pages [ER] 1:00 • Bingo! [ER]

2:00 • Sharing our Different Languages [D] 2:45 • Chair Chi with Cathy [ER] 3:30 • Uno Card Game [ER] 4:00 • Thymeless: Water & Maintain the Gardens [ER]

5:30 • Sing-Along [ER] 6:00 • It's Puzzling-Word Searches, Crosswords & Puzzles [ER] 9:00 Daily Chronicle & Newspaper

4:00 • Finish the phrase [OP] 4:30 • Discussion -short story [M Art] 6:00 Dominoes [ER] 9:00 Morning Strengthening and

9:00 • Thymeless- Infused Water

3:30 • Massages and Manicures [ICS] 6:00 • Adult Art Pages

10:00 • Sit and Be Fit with Cindy [ALE] Writing Monologues [M Art] 10:30 Bookmarks With Barb "Reflect" 10:30 • Kindness Connection [M Art] 11:00 • Hollywood Trivia 1:00 Afternoon Exercise - Stretching [ER] 1:30 • Spelling Bee [ER] 2:00 • Sharing our Different Languages [D]

2:00 • Thymeless: Cooking [DR] 2:30 Dance to the Music [M Art] 3:00 • Sensory Garden [ER] 3:15 • Afternoon Concert [ALE] 4:00 • iN2I - 1:1 Programs 4:30 • "What Am I?" [ER] 3:00 • Music & Singalongs [ER] 6:00 • Uno Card Game [ER] 4:00 • Brain Game Categories [ER]

10:00 Daily Chronicle & Newspape [ER] 10:30 • Chair Yoga [ER] 10:00 • Daily Chronicle & Newspaper [ER] 10:30 • Hollywood Stars Activity 11:00 • Kindness Club 1:00 • Afternoon Exercise - Stretching [ER] 2:00 • Sharing our Different Languages [D] 1:30 • Songs by Heart [ER]

2:00 • Sharing our Different Languages [D] 2:30 Board Games [DR] 2:30 • Scattegories [ER] 3:00 • iN2L: Health & Wellness- Happy Neuron 4:00 • Yesterdays- Reminisce Program [M Art] 6:00 • Bingo [ER] 6:30 • Chair Yoga [ER]

9:00 9:00 • Thymeless- Infused Water 0:00 • Daily Chronicle & Newspaper 9:30 • iN2L: Morning Stretches [ER] 10:00 • Daily Chronicle & Newspaper [ER] 10:30 • iN2L Trivia [ER] 10:30 • Bookmarks-Reading Club [ER] 10:30 • Where are you from?? [ER] 1:30 • Ethnic Lunch Outing 1:30 • Thymeless: Harvesting [OP] 1:00 • Hand Massages & Manicures [ER] 1:00 Afternoon Exercise - Stretching [ER] 2:00 • Sharing our Different Languages [D]

1:30 • Horse Racing [ER] 2:30 • iN2L: Karaoke [M Art] 2:00 • Musical Performance with Yan 3:30 • Bowling Inside [OP] 2:00 • Sharing our Different Languages [D] 4:30 • iN2L: What Did It Cost? [ER] 3:30 Junk Drawer Detective [ER] 6:15 Mandala Art [M Art] 4:00 • "Funny Fridays" & Happy Hour! [ER] 6:00 Movie Night & Popcorn [ER]

Salon Day: Hair Day! 9:00 Morning Exercises-Toss 'n

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10:00 Daily Chronicle & Newspaper [ER] 1:00 • iN2l: Brain Fitness Challenges

1:00 • Afternoon Exercise - Stretching [ER]
1:30 • iN2l: Wheel Of Fortune [ER] 2:00 • Around the World Cuisine and Music 3:30 • Massages and Manicures [ICS] 4:00 • "This or That" [OP] 4:30 • Discussion -short story [M Art] 6:00 • Dominoes [ER]

Salon Day: Manicures! 9:00 Morning Exercise- iN2L [ER] 9:00 • Thymeless-Infused Water 10:00 Bible Study [ALE]

10:00 • Daily Chronicle & Newspaper [ER] 1:00 • Afternoon Exercise - Stretching [ER]
2:00 • Sharing our Different Languages [D] 2:00 • Thymeless: Cooking [DR] 2:30 Dance to the Music [M Art] 3:00 • Sensory Garden [ER]

3:15 Afternoon Concert [ALE 4:00 • iN2L- 1:1 Programs 4:30 • iN2L: What Did It Cost? 6:00 • Uno Card Game [ER]

9:00 Morning Stretch and Exercise 9:00 • Thymeless- Infused Water 10:00 Daily Chronicle & Newspaper 10:30 • Chair Yoga [ER]

10:30 • Hollywood Stars Activity

11:00 • Kindness Club

6:30 • Chair Yoga [ER]

10:00 • Daily Chronicle & Newspaper [ER] 10:30 • iN2L Trivia [ER] 1:30 • Ethnic Lunch Outing 1:30 • Thymeless: Harvesting [OP] 1:00 • Afternoon Exercise - Stretching [ER]

1:30 • Songs by Heart [ER] 2:00 • Sharing our Different Languages [D] 2:30 • Scattegories [ER] 3:00 • iN2L: Health & Wellness- Happy Neuror 4:00 • Yesterdays- Reminisce Program [M Art]

7:00 Bingo Store- Cash in those Bingo Bucks! [ER]

1:30 Parachute [M Art] 2:00 Sharing our Different Languages [D] 3:30 Junk Drawer Detective [ER] 4:00 • "Funny Fridays" & Happy Hour! [ER] 6:00 Movie Night & Popcorn [ER]

9:00 Morning Exercises- Toss 'n

9:00 • Thymeless-Infused Water

Talk [ER]

9:00 • Daily Chronicle & Newspaper 9:00 • Thymeless- Infused Water [DR] 9:30 • iN2L: Morning Stretches [ER] 10:00 • Daily Chronicle & Newspaper [ER] 10:30 • Bookmarks-Reading Club [ER] 10:30 • Where are you from?? [ER]

12:30 • Adult Art Pages [ER] 1:00 • Hand Massages & Manicures [ER] 2:00 • Sharing our Different Languages [D] 2:30 • iN2L: Karaoke [M Art] 3:30 • Bowling Inside [OP] 4:30 • iN2L: What Did It Cost? [ER] 6:15 Mandala Art [M Art]

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