## The Sheridan at Green Oaks- Enrich

AUG 2019

SUNDAY MONDAY **TUESDAY** 

WEDNESDAY

**THURSDAY** 

FRIDAY

## SATURDAY



9:00 Thymeless - Infused Wate

9:15 • Stretch and Strengthening

Newspaper and Current

10:30 • Rosary & Devotions with Joyce [ER]

2:45 • Chair Chi with Instructor Cathy [ER]

4:00 • iN2L: 1:1 Programs with Joyce [M Art]

6:00 It's Puzzling-Word Searches, Crosswords 8

with Joyce [ER]

Events [FR]

11:00 • Hymn Sing-Along [ER]

3:30 • Uno Card Game [ER]

Puzzles [M Art]

9:00 • Thymeless - Infused Water

9:15 • Stretch and Strengthening

10:30 • Rosary & Devotions with Joyce [ER]

2:45 • Chair Chi with Instructor Cathy [ER]

4:00 • iN2L: 1:1 Programs with Joyce [M Art]

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

1:30 • Lake Forest High School Chamber Band [ER]

with Joyce [ER]

9:45 • Newspaper and Current Events [ER]

11:00 • Hymn Sing-Along [ER]

2:30 • Afternoon Tea [DR]

3:30 • Uno Card Game [ER]

9:00 • Thymeless - Infused Water

1:00 • Bingo [ER]

2:30 • Afternoon Tea [DR]

1:00 • Bingo [ER]



Salon Dav: Hair Dav

9:00 • Thymeless - Infused Water

9:30 Daily News/On This Day [ER]

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

1:00 • Afternoon Stretching [ER]
1:30 • Brain Games/Trivia [ER]

4:30 • Word Games [ER]

Salon Day: Hair Day!

6:00 • Say It With Music [ER]

9:00 Thymeless - Infused Water

9:30 • Daily News/On This Day [ER]

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

Thymeless: Maintain the Gardens

Cooking In Mom's Kitchen [DR]

10:30 • Cook Library Visits [ER]

1:00 Afternoon Stretching [FR]

4:00 • Enrich Book Club with Miranda

1:30 • Brain Games [ER]

4:30 Word Games [FR]

Salon Day: Hair Day!

6:00 • Say It With Music [ER]

9:00 • Thymeless - Infused Water

9:30 • Daily News/On This Day [ER]

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

1:30 • Brain Games [ER]

4:30 • Word Games [ER]

6:00 • Say It With Music [ER]

11:00 Thymeless: Maintain the Gardens
1:00 • Afternoon Stretching [ER]

4:00 Fnrich Book Club with Miranda

Cooking In Mom's Kitchen [DR]

4:00 • Enrich Book Club with Miranda

11-11: • Dance Performance from the McNulty Irish Dancers! [ER]

Cooking In Mom's Kitchen [DR]



- 9:30 Daily News/On This Day [ER] 0:00 Morning Movement with Miranda [ER] Dance and Movement Program with Caitlin 1:00
- 1:30 Songs by Heart [ER] 2:30 • Afternoon Tea [DR] 3:00 • Thymeless - Gardening, Watering and Harvesting [OP]
  3:30 Patio Talk - Resident choice of topic [ER] 4:00 • Enrich Book Club with Miranda 6:00 • Bingo [ER]
- 9:00 Thymeless Infused Wate 9:30 • Daily News/On This Day [ER] 9:30 Morning Movement with Miranda [FR]

1:00 • Brain Games/Trivia [ER]

4:00 • iN2L: Family Feud [ER]

6:00 Movie Night & Popcorn [ER]

9:00 • Thymeless - Infused Water

9:30 Daily News/On This Day [ER]

10:30 • Flower Arranging [M Art]
11:30 • Sunshine and Stretching [OP]

2:00 • Sunshine and Stretching [OP]

2:30 Cooking In Mom's Kitchen [DR]
3:00 Pianist and Singer, Bonnie, Performs

- 10:30 Flower Arranging [M Art] 11:30 • Outing to Independence Grove for picnic
- 10:30 Acrylic Painting Class with Joyce [M Art] 10:30 • Gardening, Watering and Harvesting IOP 11:30 • 10 Second Rule [ER]

9:45

1:00 • Let's Bake a Snack! [DR] 2:00 • Hand Massages and Manicures [M Art] 2:30 Lemonade Stand [FR] "How Do you feel" [OP]

9:00 • Thymeless - Infused Wate [DR]

9:15 • Stretch and Strengthening

Newspaper and Current

- 4:00 Bowling Outside on The Patio/Golf on the Putting Green [ER]
- 6:00 Dice Game: Shut the Box [ER]

9:00 • Thymeless - Infused Water

9:15 • Stretch and Strengthening

Newspaper and Current

with Joyce [ER]

Events [FR]

# Theme of the Month: **GROW**

## **Location Keys**

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

- CONNECT
- CONTRIBUTE
- FFFI
- MOVE
- REFLECT

### Resident Birthdays

Regina G. Peggy F. Sally M. **Lois E.** 

9:15 • Stretch and Strengthening with Joyce [ER] 9:45 • Newspaper and Current Events [ER] 10:30 Rosary & Devotions with Joyce [ER] 11:00 • Hymn Sing-Along [ER] 1:00 • Bingo [ER] 2:30 • Afternoon Tea [DR] 2:45 • Chair Chi with Instructor Cathy [ER] 3:30 • Uno Card Game [ER] 4:00 • iN2L: 1:1 Programs with Joyce [M Art] 6:00 It's Puzzling- Word Searches, Crosswords & Puzzles [M Art] 9:00 Thymeless - Infused Water 9:15 • Stretch and Strengthening

with Joyce [ER]

9:45 • Newspaper and Current Events [ER]

11:00 • Hymn Sing-Along [ER] 1:00 • Bingo [ER]

2:30 • Afternoon Tea [DR]

3:30 Uno Card Game [ER]

10:30 • Rosary & Devotions with Joyce [ER]

2:45 • Chair Chi with Instructor Cathy [ER]

4:00 • iN2L: 1:1 Programs with Joyce [M Art]

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

1:30 • Lake Forest High School Chamber Band [ER]

9:00 • Thymeless - Infused Water 9:30 • Daily News/On This Day [ER] 10:00 Morning Movement with Miranda [ER]

9:00 • Thymeless - Infused Water

10:00 • Morning Movement with Miranda [ER]

1:00 • Brain Games/Trivia [ER]

1:00 | iN2L: Family Feud [ER]

9:30 Daily News/On This Day [ER]

Communion [ALE]

Lemonade Stand [ER]

4:00 • Enrich Book Club with Miranda

Harvesting [OP]

9:00 • Thymeless - Infused Water

9:30 Daily News/On This Day [ER]

10:00 Morning Movement with

11:00 Brain Games/Trivia [ER]

2:00 • iN2L: Family Feud [ER]

2:30 Lemonade Stand [ER]

6:00 • Dominoes [ER]

Harvesting [OP]

4:00 • Enrich Book Club with Miranda

9:30 • Daily News/On This Day [ER]

3:30 • Thymeless - Gardening, Watering and

Harvesting [OP]
4:00 • Enrich Book Club with Miranda

10:00 Morning Movement with Miranda [ER]

11:00 • Brain Games/Trivia [ER]

2:00 • iN2L: Family Feud [ER]

2:30 Lemonade Stand [ER]

3:30 • Thymeless - Gardening, Watering and

Miranda [ER]

2:00 • Grace United Methodist Church Worship &

3:30 • Thymeless - Gardening, Watering and

1:00 Brain Games/Trivia [ER] 2:00 • iN2L: Family Feud [ER] Lemonade Stand [ER] 3:15 Pianist Yan Skladman [ER] 4:00 • Enrich Book Club with Miranda 6:00 • Dominoes [ER]

Salon Day: Hair Day! 9:00 • Thymeless - Infused Water [DR] 26 9:30 • Daily News/On This Day [ER] 10:00 • Sit and Be Fit with Cindy [ER]

Thymeless: Maintain the Gardens

Cooking In Mom's Kitchen [DR] 4:00 • Enrich Book Club with Miranda 4:30 Word Games [FR] 6:00 • Say It With Music [ER]

9:00 • Thymeless - Infused Water 9:30 • Daily News/On This Day [ER] 10:00 • Biblical Inquiry with Christ Church [ALE] Morning Exercise [ER] 11:00 • Kindness Connection [M Art]
1:00 • Afternoon Stretching [ER] 1:30 • iN2L: Family Feud [ER]

9:00 • Thymeless - Infused Wate

9:30 Daily News/On This Day [ER]

11:00 • Kindness Connection [M Art]

3:00 • Sunshine and Stretching [OP]

4:00 • Guitar and Sing a Long with Carol [ER] 6:00 • Dice Game: Coverall [ER]

1:00 • Afternoon Stretching [ER]

9:00 • Thymeless - Infused Water

10:00 • Biblical Inquiry with Christ Church [ALE]

11:00 • Kindness Connection [M Art]
1:00 • Afternoon Stretching [ER]

3:00 • Sunshine and Stretching [OP]

6:00 • Dice Game: Coverall [ER]

9:00 • Thymeless - Infused Water

10:00 Morning Exercise [ER]

1:30 • Bingo [ER]

9:30 Daily News/On This Day [ER]

11:00 • Kindness Connection [M Art]

1:00 • Afternoon Stretching [ER]

4:00 • Guitar and Sing a Long with Carol [ER]

10:00 Morning Exercise [ER]

1:30 • iN2L: Family Feud [ER]

2:30 Afternoon Tea [DR]

1:30 • Bingo [ER]

9:30 • Daily News/On This Day [ER]

1:30 • Bingo [ER]

2:30 • Afternoon Tea [DR]

Morning Exercise [ER]

2:00 • Visit from Therapy Dog, Cosmo! 2:30 • Afternoon Tea [DR] 4:00 • Music Sing-a-long / Karaoke [ER] 6:00 • Dice Game: Coverall [ER]

1:30 • Songs by Heart [ER] 2:30 • Afternoon Tea [DR] 3:00 • Thymeless - Gardening, Watering and 3:30 • Patio Talk - Resident choice of topic [ER] 4:00 • Enrich Book Club with Miranda 6:00 • Bingo [ER]

Dance and Movement Program with Caitlin

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9:00 Thymeless - Infused Water

10:00 Morning Movement with Miranda [ER]

9:00 • Thymeless - Infused Wate

10:00 Morning Movement with

Miranda [ER]

1:30 • Songs by Heart [ER]

2:30 • Afternoon Tea [DR]

6:00 • Bingo [ER]

Harvesting [OP]

9:00 • Thymeless - Infused Water

10:00 Morning Movement with

Miranda [ER]

1:30 • Songs by Heart [ER]

2:30 • Afternoon Tea [DR]

6:00 • Bingo [ER]

9:30 • Daily News/On This Day [ER]

3:00 • Thymeless - Gardening, Watering and Harvesting [OP]

4:00 • Enrich Book Club with Miranda

9:00 • Thymeless - Infused Water

10:00 - Morning Movement with

Miranda [ER]

1:30 • Songs by Heart [ER]

3:30 Patio Talk - Resident choice of topic [ER]

4:00 • Enrich Book Club with Miranda

9:30 Daily News/On This Day [ER]

3:00 • Thymeless - Gardening, Watering and

3:30 • Patio Talk - Resident choice of topic [ER]

9:30 • Daily News/On This Day [ER]

1:45 • Outing to Feed My Starving Children 4:30 • Songs from the Past with Carol [ER] 6:00 • Movie Night & Popcorn [ER]

1:00 • Brain Games/Trivia [ER] 10:00 • Art Class with Colleen 10:30 • Gardening, Watering and Harvesting [OP] 11:30 • 10 Second Rule [ER] 1:00 • Let's Bake a Snack! [DR] 2:00 • Hand Massages and Manicures [M Art] Lemonade Stand [ER] 3:00 • "How Do you feel" [OP] 4:00 • Bowling Outside on The Patio/Golf on the Putting Green [ER] 6:00 Dice Game: Shut the Box [ER]

### 9:00 • Thymeless - Infused Wate 9:00 • Thymeless - Infused Water 6 [DR] 9:15 Stretch and Strengthening 9:30 Daily News/On This Day [ER] with Joyce [ER] 9:30 Morning Movement with 9:45 Newspaper and Current Events [ER] Miranda [ER] 10:30 • Flower Arranging [M Art]

1:30 • Lunch and Outing 10:30 • Acrylic Painting Class with Joyce [M Art] 10:30 • Gardening, Watering and Harvesting [OP] 11:30 • 10 Second Rule [ER] 1:00 • Brain Games/Trivia [ER] 2:00 Sunshine and Stretching [OP] 1:00 • Let's Bake a Snack! [DR] 2:30 Cooking In Mom's Kitchen [DR]

4:00 • Music Sing-A-Long [ER] 2:00 • Hand Massages and Manicures [M Art] 6:00 Movie Night & Popcorn [ER] 2:30 Lemonade Stand [ER] 3:00 • "How Do you feel" [OP]

4:00 Bowling Outside on The Patio/Golf on the Putting Green [ER] 6:00 Dice Game: Shut the Box [ER]

### 9:00 • Thymeless - Infused Water 9:00 • Thymeless - Infused Water

9:30 Daily News/On This Day [ER] 0:30 • Flower Arranging [M Art] with Joyce [ER] 11:30 • Lunch and Outing 1:00 • Brain Games/Trivia [ER]

9:45 Newspaper and Current Events [ER] 10:30 • Acrylic Painting Class with Joyce [M Art] 10:30 • Gardening, Watering and Harvesting [OP]

2:30 Cooking In Mom's Kitchen [DR] 11:30 • 10 Second Rule [ER] 4:00 . "Songs from the Past" with Caro 1:00 • Let's Bake a Snack! [DR]
2:00 • Hand Massages and Manicures [M Art] 4:00 • Music Sing-A-Long [ER] 6:00 Movie Night & Popcorn [ER]

2:30 Lemonade Stand [ER] 3:00 • "How Do you feel" [OP] 4:00 • Rowling Outside on The Patio/Golf on the

Putting Green [ER] 6:00 • Dice Game: Shut the Box [ER]

9:00 Thymeless - Infused Water

9:30 • Daily News/On This Day [ER] 9:30 • Daily News/On This Day [ER] 9:15 • Stretch and Strengthening with Joyce [ER] 9:30 Morning Movement with Miranda [ER]

9:45 • Newspaper and Current Events [ER] 10:30 Flower Arranging [M Art] 10:30 • Acrylic Painting Class with Joyce [M Art] 11:30 • Lunch and Outing 1:30 • Brain Game Categories [ER]

10:30 • Gardening, Watering and Harvesting [OP] 11:30 • 10 Second Rule [ER] 2:00 • Sunshine and Stretching [OP] 1:00 • Let's Bake a Snack! [DR] 2:30 Cooking In Mom's Kitchen [DR] 4:00 • "Songs from the Past" with Carol 2:00 • Hand Massages and Manicures [M Art]

2:30 Lemonade Stand [ER] 3:00 • "How Do you feel" [OP] 4:00 Bowling Outside on The Patio/Golf on the Putting Green [ER]

6:00 • Dice Game: Shut the Box [ER]

10:30 • Cook Library Visits [ER] 1:00 Afternoon Stretching [ER] 1:30 • Brain Games [ER]

2:30 • Afternoon Tea [DR] 3:00 • Sunshine and Stretching [OP] 6:00 Dice Game: Coverall [ER]

4:00 • Guitar and Sing a Long with Carol [ER]

2:30 • Afternoon Tea [DR]

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11:00

3:00 • Thymeless - Gardening, Watering and Harvesting [OP]
3:30 Patio Talk - Resident choice of topic [ER] 4:00 • Enrich Book Club with Miranda 6:00 • Bingo [ER]

Dance and Movement Program with Caitlin

4:00 • Music Sing-A-Long [ER] 6:00 Movie Night & Popcorn [ER]

9:00 • Thymeless - Infused Water

2:00 • Sunshine and Stretching [OP]