The Sheridan at Green Oaks- Enrich calendar & activities JUN 2019 SUNDAY MONDAY **TUESDAY** WEDNESDAY THURSDAY FRIDAY SATURDAY 9:00 • Thymeless-Infused Water [DF June cont'd 9:15 • Stretch and Strengthening with Joyce [ER] 9:00 • Thymeless-Infused Water [DR] Newspaper and Current 9:15 Stretch and Strengthening with Joyce [ER] Events [FR] 10:30 Acrylic Painting Class with Joyce [M Art] 9:45 • Newspaper and Current 11:30 • 10 Second Rule [ER] Events [FR] 1:00 • Let's Bake a Snack! [DR] 10:30 • Rosary & Devotions with Joyce [ER] 2:00 • Hand Massages and Manicures [M Art] 11:00 • Hymn Sing-Along [ER] 3:00 • "How Do You Feel?" [OP] 1:00 • Bingo [ER] 3:00 • Snack and Hydration [ER] 2:45 Chair Chi with Instructor Cathy [ER] 4:00 Bowling Inside [ER] 3:00 • Snack and Hydration [ER] 6:00 Dice Game: Shut the Box [ER] 3:30 • Uno Card Game [ER] alzheimer's 95 association 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 [DR] 9:00 • Thymeless-Infused Water [DR] Salon Day: Hair Day! 9:00 Morning Exercise with Carol 9:00 • Thymeless-Infused Water [DR] 9:00 • Thymeless-Infused Water [DR] 9:00 • Thymeless-Infused Water [DR] 9:15 Stretch and Strengthening 9:15 Stretch and Strengthening 9:15 Movement and Stretching 9:00 • Daily Chronicle & Newspape 9:00 • Toss and Talk with Camille 9:15 Morning Exercise with Caro 9:00 • Thymeless-Infused Water [DR] with Joyce [ER] and Current Events [ER] 9:45 • Newspaper and Current Events [ER] 9:45 • Newspaper and Current Events [ER] 10:00 • Brain Health University [ER] 9:00 • Thymeless-Infused Water [DR] 9:30 Morning Strengthening with 10:30 • Poetry Jam with Carol [ER] 10:00 Bible Study with Christ Church 11:00 | iN2L: Weekly Crossword [ER] Picnic at Lamb's Farm 10:00 • Sit and Be Fit Class with Fitness Instructor 1:30 10:30 • Rosary & Devotions with Joyce [ER] Daily Chronicle and Happy News [ER] 0:30 • Chair Yoga Class with Fitness Instructor 10:30 • Acrylic Painting Class with Joyce [M Art] Making and Baking [DR] 1:00 • Brain Game Categories [ER] Cindy [ALE] **GROW** Susan [IE] 11:00 • Hymn Sing-Along [ER] 2:00 • iN2I: Wheel Of Fortune [ER] 10:30 • Tuesday Trivia/Cook Library Visits [ER] 10:00 • Therapy Dog 1:30 • Walking Club Inside and Out 10:30 • Where are you from?? [ER] 10:30 Daily Chronicle and Happy News 1:00 • Bingo [ER] 11:00 • Kindness Connection- Four Legged Dog 11:30 • 10 Second Rule [ER] 3:00 Snack and Hydration [FR] 1:00 • Afternoon Stretching [ER] Dance and Movement Program with Caitlin [ER] 3:00 Sing A Long with Bonnie [ER] 2:45 • Chair Chi with Instructor Cathy [ER] Treats [M Art] 3:00 • Snack and Hydration [ER] 1:00 • Let's Bake a Snack! [DR] 3:30 • Gardening, Watering and Harvesting 1:30 O Brain Health University [ER] **GROW** 1:00 Afternoon Stretching [ER] 4:00 • "Songs from the Past" with Carol 3:00 • Snack and Hydration [ER] 4:30 • Reminiscense Stories [ER] 3:00 • Snack and Hydration [ER] 2:00 • Hand Massages and Manicures [M Art] 1:30 • Songs by Heart [ER] 2:00 • Thymeless- Cooking [DR] 3:30 Uno Card Game [ER] 6:00 • Dominoes [ER] 3:00 • Walking Club Inside and Out [ER] 6:00 Movie Night & Popcorn [ER] 3:00 • "How Do You Feel?" [OP] 4:00 • iN2L: 1:1 Programs with Joyce [M Art] Sing Language with Miranda [ER] 2:30 • Board Game Club [ER] 3:00 • Snack and Hydration [ER] 7:00 • Evening Reflection [ER] 4:00 • Word for Word Game [FR] 3:00 • Snack and Hydration [ER] 3:00 • Gardening, Watering and Harvesting 6:00 • It's Puzzling- Word Searches, Crosswords & 6:00 • Say It With Music [ER] 4:00 • Bowling Inside [ER] GROW 3:00 • Snack and Hydration [ER] 4:00 • Sing a Long with Miranda [ER] Puzzles [M Art] 6:00 • Dice Game: Shut the Box [ER] 3:30 • Heads Up! [ER] 6:00 • Dice Game: Coverall [ER] 4:00 © Brain Health University [M Art] 6:00 • Bingo [ER] 9:00 • Thymeless-Infused Water [DR] 9:00 • Thymeless-Infused Water [DR] Salon Day: Hair Day! 9:00 Morning Exercise with Carol 9:00 • Thymeless-Infused Water [DR] 9:00 • Thymeless-Infused Water [DR] 9:00 • Thymeless-Infused Water [DR] Parain Health University 9:15 Stretch and Strengthening 9:15 Movement and Stretching 9:00 Toss and Talk with Camille 9:15 Morning Exercise with Carol 9:15 • Stretch and Strengthening 9:00 Daily Chronicle & Newspape 9:00 • Thymeless-Infused Water [DR] with Joyce [ER] and Current Events [ER] with Joyce [ER] 9:45 • Newspaper and Current 1:00 • iN2L: Weekly Crossword [ER] 10:00 Bible Study with Christ Church 9:30 • Bible Study [ALE] 1:30 • Lunch at Waukegan Harbor 9:00 • Thymeless-Infused Water [DR] Newspaper and Current CONNECT Events [FR] 2:00 • Grace United Methodist Events [ER] 10:00 Sit and Be Fit Class with Fitness Instructor 1:00 • Brain Game Categories [ER] 10:30 • Rosary & Devotions with Joyce [ER] Daily Chronicle and Happy News [ER] 10:30 Acrylic Painting Class with Joyce [M Art] Church Worship & Communion [ALE] Cindy [ALE] Camille [ER] 1:30 Walking Club Inside and Out 2:00 • iN2I: Wheel Of Fortune [ER] CONTRIBUTE I1:00 • Hymn Sing-Along [ER] 11:00 • Kindness Connection [M Art] 10:30 • Chair Yoga Class with Fitness Instructor, 10:30 • Where are you from?? [ER] 1:00 Afternoon Stretching [ER] 2:00 Songs By Heart [ALE] 3:00 • Snack and Hydration [ER] 1:30 O Brain Health University [ER] 1:00 • Afternoon Stretching [ER] Susan [IF] 11:30 • 10 Second Rule [ER] 1:00 • Bingo [ER] 3:00 • Snack and Hydration [ER] 10:30 • Daily Chronicle and Happy News 1:00 • Let's Bake a Snack! [DR] 2:45 Chair Chi with Instructor Cathy [ER] 3:30 • Gardening, Watering and Harvesting 2:00 Writing Monologues [M Art] 1:30 | iN2L: Family Feud [ER] 4:00 • "Songs from the Past" with Carol 3:00 • Snack and Hydration [ER] 2:00 Thymeless- Cooking [DR] Dance and Movement Program with Caitlin 2:00 Hand Massages and Manicures [M Art] 4:30 Reminiscense Stories [ER] 3:00 • Snack and Hydration [ER] 6:00 Movie Night & Popcorn [ER 3:30 • Uno Card Game [ER] 6:00 • Dominoes [ER] 3:00 • Guitar and Sing-a-Long with Carol [D] 3:00 • "How Do You Feel?" [OP] 3:00 • Walking Club Inside and Out [ER] 1:30 • Songs by Heart [ER] 4:00 • iN2L: 1:1 Programs with Joyce [M Art] 7:00 • Evening Reflection [ER] 4:00 • Word for Word Game [ER] 3:00 • Snack and Hydration [ER] 3:00 • Snack and Hydration [ER] GROW 2:30 • Board Game Club [ER] 6:00 It's Puzzling-Word Searches Crosswords & 9:00 Brain Health University 6:00 • Say It With Music [ER] 4:00 • Guitar and Sing a Long with Carol [ER] 4:00 Bowling Inside [ER] 3:00 • Gardening, Watering and Harvesting 6:00 • Dice Game: Shut the Box [ER] 6:00 • Dice Game: Coverall [ER] MOVF 3:00 • Snack and Hydration [ER] 3:30 • Heads Up! [ER] 4:00 🌣 Brain Health University [M Art] REFLECT 6:00 • Bingo [ER] 9:00 • Thymeless-Infused Water [DR] Salon Day: Hair Day! 9:00 • Morning Exercise with 9:00 • Thymeless-Infused Water [DR] The Longest Day! 9:00 • Thymeless-Infused Water [DR] 8 **Location Keys** Miranda [ER] 9:00 • Thymeless-Infused Water [DR] 9:15 Movement and Stretching 9:00 • Daily Chronicle & Newspape 9:00 Toss and Talk with Camille 9:00 • Thymeless-Infused Water [DR] 9:15 • Stretch and Strengthening 9:00 • Thymeless-Infused Water [DR] with Joyce [ER] 9:15 • Stretch and Strengthening and Current Events [FR] 9:15 Morning Exercise with Carol with Joyce [ER] 1:00 • iN2L: Weekly Crossword [ER] 0:00 Bible Study with Christ Church 9:30 Bible Study [ALE] 9:45 Newspaper and Current Events [ER] 9:00 • Thymeless-Infused Water [DR] AL Entertainment Room ALE 2:00 • iN2I: Wheel Of Fortune [ER] 10:00 • Sit and Be Fit Class with Fitness Instructor, [ALE] 9:45 • Newspaper and Current Events [ER] 9:30 Morning Strengthening with 1:30 Outing: Longest Day Picnic and Ice Crean 10:30 • Acrylic Painting Class with Joyce [M Art] Daily Chronicle and Happy News [ER] 10:30 • Rosary & Devotions with Joyce [ER] 11:00 • Hymn Sing-Along [ER] 3:00 • Snack and Hydration [ER] 1:00 • Brain Game Categories [ER] 1:30 • Walking Club Inside and Out Cindy [ALE] Den 10:30 Chair Yoga Class with Fitness Instructor, Susan [IE] 3:30 • Gardening, Watering and Harvesting 10:30 • Tuesday Trivia/Cook Library Visits [ER] 11:00 • Kindness Connection-Four Legged Dog Tre 10:30 • Where are you from?? [ER] [M Art] 11:30 • 10 Second Rule [ER] Father's Day BBQ!! [OP] 4:30 Reminiscense Stories [ER] 1:00 • Afternoon Stretching [ER] 3:00 • Snack and Hydration [ER] Dining Room 1:00 • Afternoon Stretching [ER] 10:30 • Daily Chronicle and Happy News 1:00 • Let's Bake a Snack! [DR] Father's Day Concert with Pianist Yan [ER] 6:00 Dominoes [ER] 1:30 O Brain Health University [ER] 4:00 • "Songs from the Past" with Carol 2:00 • Thymeless- Cooking [DR] 11:00 Dance and Movement Program with Caitlin 2:00 • Hand Massages and Manicures [M Art] 7:00 • Evening Reflection [ER] 3:00 • Snack and Hydration [ER] 2:45 • Chair Chi with Instructor Cathy [ER] 5:00 • Longest Day Dinner and Fundraiser [OP] Sing Language with Miranda [ER] 3:00 • Walking Club Inside and Out [ER] IL Entertainment Room 9:00 Brain Health Universit 3:00 ... "How Do You Feel?" [OP] 3:00 • Snack and Hydration [ER] 1:30 • Songs by Heart [ER] 3:00 • Snack and Hydration [ER] 3:00 • Snack and Hydration [ER] 4:00 • Word for Word Game [ER] 2:30 Board Game Club [ER] 4:00 • Sing a Long with Miranda [ER] 6:00 Say It With Music [ER] 4:00 • Bowling Inside [ER] MC Creative Art Studio M Art 4:00 • iN2L: 1:1 Programs with Joyce [M Art] 3:00 • Gardening, Watering and Harvesting 6:00 Dice Game: Coverall [ER] 6:00 • Dice Game: Shut the Box [ER] It's Puzzling- Word Searches, Crosswords 8 3:00 • Snack and Hydration [ER] MC Entertainment Room ER 3:30 • Heads Up! [ER] 4:00 O Brain Health University [M Art] **Outside Patio** 6:00 • Bingo [ER] 9:00 • Thymeless-Infused Water [DR] 9:00 Thymeless-Infused Water [DR] Salon Day: Hair Day! 9:00 Morning Exercise with Carol 9:00 • Thymeless-Infused Water [DR] 9:00 • Thymeless-Infused Water [DR] 9:00 • Thymeless-Infused Water [DR] 9:15 • Stretch and Strengthening 9:15 Movement and Stretching 9:00 Toss and Talk with Camille 9:15 Morning Exercise with Carol 9:15 • Stretch and Strengthening 9:00 Daily Chronicle & Newspape 9:00 • Thymeless-Infused Water [DR] with Joyce [ER] and Current Events [ER] with Joyce [ER] 10:00 Bible Study with Christ Church 9:45 • Newspaper and Current 1:00 • iN2L: Weekly Crossword [ER] 9:30 Bible Study [ALE] 11:30 • Lunch at The Silo 9:45 9:00 • Thymeless-Infused Water [DR] Newspaper and Current Events [ER] 2:00 • iN2l: Wheel Of Fortune [ER] [ALE] Events [ER] 10:00 • Sit and Be Fit Class with Fitness Instructor, 9:30 Morning Strengthening with 1:00 • Brain Game Categories [ER] 10:30 • Rosary & Devotions with Joyce [ER] 10:00 Daily Chronicle and Happy News [ER] 10:00 Painting with Colleen [M Art] 3:00 • Snack and Hydration [ER] Cindy [ALE] Camille [ER] 1:30 Walking Club Inside and Out 11:00 • Kindness Connection [M Art] 11:00 • Hymn Sing-Along [ER] 1:00 • Afternoon Stretching [ER] 10:30 • Chair Yoga Class with Fitness Instructor, 10:30 • Where are you from?? [ER] 3:30 • Gardening, Watering and Harvesting 3:00 • Snack and Hydration [ER] 1:00 • Afternoon Stretching [ER] Susan [IE] 11:30 • 10 Second Rule [ER] 1:00 • Bingo [ER] 4:30 • Reminiscense Stories [ER] 1:30 O Brain Health University [ER] 4:00 • "Songs from the Past" with Carol **Resident Birthdays** 10:30 Daily Chronicle and Happy News 2:45 • Chair Chi with Instructor Cathy [ER] 6:00 Dominoes [ER] 2:00 Writing Monologues [M Art] 1:30 • iN2L: Family Feud [ER] 6:00 Movie Night & Popcorn [ER 1:00 • Let's Bake a Snack! [DR] Dance and Movement Program with Caitlin 11:00 2:00 Hand Massages and Manicures [M Art] 3:00 • Snack and Hydration [ER] 7:00 • Evening Reflection [ER] 3:00 • Snack and Hydration [ER] 2:00 Thymeless- Cooking [DR] 3:30 • Uno Card Game [ER] 9:00 • Brain Health University 3:00 • Guitar and Sing-a-Long with Carol [D] 3:00 • "How Do You Feel?" [OP] Gordon L 3:00 Walking Club Inside and Out [FR] 1:30 • Songs by Heart [ER] 4:00 • iN2L: 1:1 Programs with Joyce [M Art] 3:00 • Snack and Hydration [ER] 3:00 • Snack and Hydration [ER] 4:00 • Word for Word Game [ER] 2:30 • Board Game Club [ER] 6:00 It's Puzzling- Word Searches, Crosswords & Puzzles [M Art] 6:00 Say It With Music [ER] 4:00 • Guitar and Sing a Long with Carol [ER] 4:00 • Bowling Inside [ER]

3:00 • Gardening, Watering and Harvesting

3:00 Snack and Hydration [FR] 3:30 • Heads Up! [ER]

6:00 • Bingo [ER]

4:00 O Brain Health University [M Art]

6:00 • Dice Game: Coverall [ER]

6:00 • Dice Game: Shut the Box [ER]

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