

December 2025

Assisted Living - Experience Celebration

Monthly Activities

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
<div><div><div><div><div></div><div></div></div><div><div></div><div></div></div></div><div><div>EXPLORE</div><div>BY SENIOR LIFESTYLE</div></div></div><div><div>THE SHERIDAN</div><div>AT PARK RIDGE</div><div>a Senior Lifestyle community</div></div><div><div><div><div><div></div><div></div></div><div><div></div><div></div></div></div><div><div>*Diversity Event</div><div>*Enjoy- Dining Partnership Event</div><div>*Outing</div><div>● Explore - Leadership & Volunteerism</div><div>● Explore - Lectures & Learning</div><div>● Explore - Recreation & Entertainment</div><div>● Explore - Self Expression & the Arts</div><div>● Explore - Spiritual Health & Religion</div><div>● Explore - Strength & Vitality</div><div>● Explore - Travels & Treks</div></div><div><div>Location Keys</div><div>1st Floor Bistro Lounge</div><div>Assisted Living Creative Studio</div><div>Assisted Living Entertainment Room</div><div>Outing</div><div>BL</div><div>AL-CS</div><div>AL-ER</div><div>O</div></div></div></div></div>	<div><div>Resident Birthdays</div><div>EDWARD A.12/8</div><div>GENO G.12/9</div><div>EUGENIA J.12/9</div><div>PHYLLIS R.12/14</div><div>ELEANOR P.12/16</div><div>CHARLES H.12/18</div><div>JANET D.12/23</div><div>CAROL H.12/26</div></div>	<div><div>10:00 ● Morning Meditation [AL-CS]</div><div>10:30 ● Chair Zumba with Janette [AL-CS]</div><div>11:30 ● The Daily Chronicle & Today in History [AL-CS]</div><div>1:30 ● Bingo [AL-CS]</div><div>2:30 ● Left, Right, Center [BL]</div><div>3:30 ● Blackjack Hour [BL]</div><div>5:30 ● Resident Led Table Games [BL]</div></div>	<div><div>10:00 ● Morning Meditation with Symbria [AL-CS]</div><div>10:30 ● Chair Zumba with Janette [AL-CS]</div><div>11:30 ● The Daily Chronicle & Today in History [AL-CS]</div><div>1:30 ● Bingo [AL-CS]</div><div>2:30 ● Documentary Hour [AL-ER]</div><div>3:00 ● Outing - Trader Joes [O]</div><div>5:30 ● Resident Led Table Games [BL]</div></div>	<div><div>9:30 ● Prayer and Communion Distribution St. Paul of the Cross [AL-ER]</div><div>10:00 ● Morning Meditation [AL-CS]</div><div>10:30 ● Movement with Meaning with Therese from Bristol [AL-CS]</div><div>11:30 ● The Daily Chronicle & Today in History [AL-CS]</div><div>1:30 ● Bingo [AL-CS]</div><div>2:30 ● Come and Play UNO [BL]</div><div>3:00 ● Town Hall [AL-ER]</div><div>3:30 ● Wine Down Wednesday with Blood Orange Whiskey Sour [BL]</div><div>5:30 ● Resident Led Table Games [BL]</div></div>	<div><div>10:00 ● Morning Meditation [AL-CS]</div><div>10:30 ● Symbria Seated Fitness: Stretch and Flex [AL-CS]</div><div>11:30 ● Outing - Portillos [O]</div><div>11:30 ● The Daily Chronicle & Today in History [AL-CS]</div><div>1:30 ● Bingo [AL-CS]</div><div>2:30 ● Come and Play Card Games [BL]</div><div>3:00 ● Outing - Lands End [O]</div><div>3:30 ● Come Play Rummikub [BL]</div><div>5:30 ● Resident Led Table Games [BL]</div></div>	<div><div>10:00 ● Morning Meditation [AL-CS]</div><div>10:30 ● Symbria Seated Fitness: Stretch and Flex [AL-CS]</div><div>11:30 ● The Daily Chronicle & Today in History [AL-CS]</div><div>1:30 ● Bingo for \$ Money \$ [AL-CS]</div><div>2:30 ● Rosary with Marguerite [AL-CS]</div><div>4:00 ● Happy Hour - Ascension Dance Co. [BL]</div><div>5:30 ● Resident Led Table Games [BL]</div></div>	<div><div>10:00 ● Chair Yoga [AL-CS]</div><div>10:30 ● Morning Stretch and Muscle Flex [AL-CS]</div><div>11:30 ● The Daily Chronicle & Today in History [AL-CS]</div><div>1:30 ● Bingo [AL-CS]</div><div>1:30 ● Travel Around the World with Rick Steves [AL-ER]</div><div>2:30 ● Big Word Little Word [AL-CS]</div><div>2:30 ● Come Make Holiday Cards with Debbie [AL-CS]</div><div>2:30 ● Hot Chocolate Bar with Kat [BL]</div><div>3:30 ● Come Play Rummikub [BL]</div><div>6:00 ● Saturday Night Movie: Home Alone [AL-ER]</div></div>						
	<div><div>9:30 ● Televised Catholic Mass & Communion Distribution St. Paul of the Cross [AL-ER]</div><div>10:00 ● Assorted Muffins and Conversation [BL]</div><div>10:00 ● Chair Yoga [AL-CS]</div><div>10:30 ● Sit and Be Fit [AL-CS]</div><div>11:30 ● The Daily Chronicle & Today in History [AL-CS]</div><div>1:30 ● Bingo [AL-CS]</div><div>2:30 ● Movie Matinee - It's a Wonderful Life [AL-ER]</div><div>3:30 ● Come and Play Card Games [BL]</div><div>6:00 ● Resident Led Table Games [BL]</div></div>	<div><div>10:00 ● Morning Meditation with Therese from Bristol [AL-CS]</div><div>10:30 ● Chair Zumba with Janette [AL-CS]</div><div>11:30 ● The Daily Chronicle & Today in History [AL-CS]</div><div>1:30 ● Bingo [AL-CS]</div><div>2:30 ● Left, Right, Center [BL]</div><div>3:30 ● Blackjack Hour [BL]</div><div>5:30 ● Resident Led Table Games [BL]</div></div>	<div><div>10:00 ● Morning Meditation with Symbria [AL-CS]</div><div>10:30 ● Chair Zumba with Janette [AL-CS]</div><div>10:30 ● Outing - Misericordia [O]</div><div>11:30 ● The Daily Chronicle & Today in History [AL-CS]</div><div>1:30 ● Bingo [AL-CS]</div><div>2:30 ● Documentary Hour [AL-ER]</div><div>3:00 ● Outing - Walmart [O]</div><div>3:30 ● Lecture with Tim Wilsey [AL-ER]</div><div>5:30 ● Resident Led Table Games [BL]</div></div>	<div><div>9:30 ● Prayer and Communion Distribution St. Paul of the Cross [AL-ER]</div><div>10:00 ● Morning Meditation [AL-CS]</div><div>10:30 ● Movement with Meaning with Therese from Bristol [AL-CS]</div><div>11:30 ● The Daily Chronicle & Today in History [AL-CS]</div><div>1:30 ● Bingo [AL-CS]</div><div>2:30 ● Come and Play UNO [BL]</div><div>3:30 ● Wine Down Wednesday with Pina Colada [BL]</div><div>5:00 ● Winter Wonderland with Ray Forlenza [AL-ER]</div><div>5:30 ● Resident Led Table Games [BL]</div></div>	<div><div>10:00 ● Morning Meditation [AL-CS]</div><div>10:30 ● Symbria Seated Fitness: Stretch and Flex [AL-CS]</div><div>11:30 ● Outing - Original Pancake House [O]</div><div>11:30 ● The Daily Chronicle & Today in History [AL-CS]</div><div>1:30 ● Bingo [AL-CS]</div><div>2:30 ● Come and Play Card Games [BL]</div><div>3:00 ● Outing - Burlington [O]</div><div>3:30 ● Come Play Rummikub [BL]</div><div>5:30 ● Resident Led Table Games [BL]</div></div>	<div><div>10:00 ● Morning Meditation [AL-CS]</div><div>10:30 ● Symbria Seated Fitness: Stretch and Flex [AL-CS]</div><div>11:30 ● The Daily Chronicle & Today in History [AL-CS]</div><div>1:30 ● Bingo for \$ Money \$ [AL-CS]</div><div>2:30 ● Rosary with Marguerite [AL-CS]</div><div>3:30 ● Happy Hour - James Palos [BL]</div><div>5:30 ● Resident Led Table Games [BL]</div></div>	<div><div>10:00 ● Chair Yoga [AL-CS]</div><div>10:30 ● Morning Stretch and Muscle Flex [AL-CS]</div><div>11:30 ● The Daily Chronicle & Today in History [AL-CS]</div><div>1:30 ● Bingo [AL-CS]</div><div>1:30 ● Travel Around the World with Rick Steves [AL-ER]</div><div>2:30 ● Big Word Little Word [AL-CS]</div><div>2:30 ● Coffee Bar with Kat [BL]</div><div>3:30 ● Come Play Rummikub [BL]</div><div>6:00 ● Saturday Night Movie: Christmas Vacation [AL-ER]</div></div>						
	<div><div>9:30 ● Televised Catholic Mass & Communion Distribution St. Paul of the Cross [AL-ER]</div><div>10:00 ● Chair Yoga [AL-CS]</div><div>10:00 ● Croissants and Conversation [BL]</div><div>10:30 ● Sit and Be Fit [AL-CS]</div><div>11:30 ● The Daily Chronicle & Today in History [AL-CS]</div><div>1:30 ● Bingo [AL-CS]</div><div>2:30 ● Movie Matinee - Miracle on 34th Street [AL-ER]</div><div>3:30 ● Come and Play Card Games [BL]</div><div>6:00 ● Resident Led Table Games [BL]</div></div>	<div><div>10:00 ● Morning Meditation with Therese from Bristol [AL-CS]</div><div>10:30 ● Chair Zumba with Janette [AL-CS]</div><div>11:30 ● The Daily Chronicle & Today in History [AL-CS]</div><div>1:30 ● Bingo [AL-CS]</div><div>2:30 ● Left, Right, Center [BL]</div><div>2:30 ● Resident Council Meeting [AL-CS]</div><div>3:30 ● Blackjack Hour [BL]</div><div>5:30 ● Resident Led Table Games [BL]</div></div>	<div><div>10:00 ● Morning Meditation with Symbria [AL-CS]</div><div>10:30 ● Chair Zumba with Janette [AL-CS]</div><div>10:45 ● Outing - Moretti's [O]</div><div>11:30 ● The Daily Chronicle & Today in History [AL-CS]</div><div>1:30 ● Bingo [AL-CS]</div><div>2:30 ● Documentary Hour [AL-ER]</div><div>3:00 ● Outing - Jewel [O]</div><div>5:30 ● Resident Led Table Games [BL]</div></div>	<div><div>9:30 ● Prayer and Communion Distribution St. Paul of the Cross [AL-ER]</div><div>10:00 ● Morning Meditation [AL-CS]</div><div>10:30 ● Movement with Meaning with Therese from Bristol [AL-CS]</div><div>11:30 ● The Daily Chronicle & Today in History [AL-CS]</div><div>1:30 ● Bingo [AL-CS]</div><div>2:30 ● Come and Play UNO [BL]</div><div>3:30 ● Cooking Demo with Chef Patrick [BL]</div><div>5:30 ● Resident Led Table Games [BL]</div></div>	<div><div>10:00 ● Morning Meditation [AL-CS]</div><div>10:30 ● Symbria Seated Fitness: Stretch and Flex [AL-CS]</div><div>11:00 ● Outing - Sugar Bowl [O]</div><div>11:30 ● The Daily Chronicle & Today in History [AL-CS]</div><div>1:30 ● Bingo [AL-CS]</div><div>2:30 ● Art Alive with Debra [AL-ER]</div><div>2:30 ● Come and Play Card Games [BL]</div><div>3:00 ● Outing - Marshall's [O]</div><div>3:30 ● Come Play Rummikub [BL]</div><div>5:30 ● Resident Led Table Games [BL]</div></div>	<div><div>10:00 ● Morning Meditation [AL-CS]</div><div>10:30 ● Symbria Seated Fitness: Stretch and Flex [AL-CS]</div><div>11:30 ● The Daily Chronicle & Today in History [AL-CS]</div><div>1:30 ● Bingo for \$ Money \$ [AL-CS]</div><div>2:30 ● Rosary with Marguerite [AL-CS]</div><div>3:30 ● Happy Hour - Tommy Barroso [BL]</div><div>5:30 ● Resident Led Table Games [BL]</div></div>	<div><div>10:00 ● Chair Yoga [AL-CS]</div><div>10:30 ● Morning Stretch and Muscle Flex [AL-CS]</div><div>11:30 ● The Daily Chronicle & Today in History [AL-CS]</div><div>1:30 ● Bingo [AL-CS]</div><div>1:30 ● Travel Around the World with Rick Steves [AL-ER]</div><div>2:30 ● Big Word Little Word [AL-CS]</div><div>2:30 ● Hot Chocolate Bar with Tracey [BL]</div><div>3:30 ● Come Play Rummikub [BL]</div><div>6:00 ● Saturday Night Movie: White Christmas [AL-ER]</div></div>						
	<div><div>9:30 ● Televised Catholic Mass & Communion Distribution St. Paul of the Cross [AL-ER]</div><div>10:00 ● Chair Yoga [AL-CS]</div><div>10:00 ● Christmas Cookies and Conversation [BL]</div><div>10:30 ● Sit and Be Fit [AL-CS]</div><div>11:30 ● The Daily Chronicle & Today in History [AL-CS]</div><div>1:30 ● Bingo [AL-CS]</div><div>2:30 ● Movie Matinee - Thunderball [AL-ER]</div><div>3:30 ● Come and Play Card Games [BL]</div><div>6:00 ● Resident Led Table Games [BL]</div></div>	<div><div>10:00 ● Morning Meditation with Therese from Bristol [AL-CS]</div><div>10:30 ● Chair Zumba with Janette [AL-CS]</div><div>11:30 ● The Daily Chronicle & Today in History [AL-CS]</div><div>1:30 ● Bingo [AL-CS]</div><div>2:30 ● Left, Right, Center [BL]</div><div>3:30 ● Blackjack Hour [BL]</div><div>5:30 ● Resident Led Table Games [BL]</div></div>	<div><div>10:00 ● Morning Meditation with Symbria [AL-CS]</div><div>10:30 ● Chair Zumba with Janette [AL-CS]</div><div>11:00 ● Outing - Hay Caramba [O]</div><div>11:30 ● The Daily Chronicle & Today in History [AL-CS]</div><div>1:30 ● Bingo [AL-CS]</div><div>2:30 ● Dining Committee Meeting with Snacks [AL-CS]</div><div>2:30 ● Documentary Hour [AL-ER]</div><div>3:00 ● Outing - Dollar Tree [O]</div><div>5:30 ● Resident Led Table Games [BL]</div></div>	<div><div>Christmas Eve</div><div>9:30 ● Prayer and Communion Distribution St. Paul of the Cross [AL-ER]</div><div>10:00 ● Morning Meditation [AL-CS]</div><div>10:30 ● Movement with Meaning with Therese from Bristol [AL-CS]</div><div>11:30 ● The Daily Chronicle & Today in History [AL-CS]</div><div>1:30 ● Bingo [AL-CS]</div><div>2:30 ● Come and Play UNO [BL]</div><div>3:30 ● Wine Down Wednesday - Christmas Mimosa [BL]</div><div>5:30 ● Resident Led Table Games [BL]</div></div>	<div><div>Christmas Day</div><div>10:00 ● Morning Meditation [AL-CS]</div><div>10:30 ● Seated Fitness: Stretch and Flex [AL-CS]</div><div>11:30 ● The Daily Chronicle & Today in History [AL-CS]</div><div>1:30 ● Bingo with Prizes [AL-CS]</div><div>2:30 ● Come and Play Card Games [BL]</div><div>3:30 ● Christmas Get Together with Snacks and Drinks [BL]</div><div>3:30 ● Come Play Rummikub [BL]</div><div>5:30 ● Resident Led Table Games [BL]</div></div>	<div><div>10:00 ● Morning Meditation [AL-CS]</div><div>10:30 ● Symbria Seated Fitness: Stretch and Flex [AL-CS]</div><div>11:30 ● The Daily Chronicle & Today in History [AL-CS]</div><div>1:30 ● Bingo for \$ Money \$ [AL-CS]</div><div>2:30 ● Rosary with Marguerite [AL-CS]</div><div>3:30 ● Happy Hour - Dante Salamante [BL]</div><div>5:30 ● Resident Led Table Games [BL]</div></div>	<div><div>10:00 ● Chair Yoga [AL-CS]</div><div>10:30 ● Morning Stretch and Muscle Flex [AL-CS]</div><div>11:30 ● The Daily Chronicle & Today in History [AL-CS]</div><div>1:30 ● Bingo [AL-CS]</div><div>1:30 ● Travel Around the World with Rick Steves [AL-ER]</div><div>2:30 ● Big Word Little Word [AL-CS]</div><div>2:30 ● Coffee Bar with Kat [BL]</div><div>3:30 ● Come Play Rummikub [BL]</div><div>6:00 ● Saturday Night Movie: Casino Royal [AL-ER]</div></div>						
	<div><div>9:30 ● Televised Catholic Mass & Communion Distribution St. Paul of the Cross [AL-ER]</div><div>10:00 ● Chair Yoga [AL-CS]</div><div>10:00 ● Fruit Tarts and Conversation [BL]</div><div>10:30 ● Sit and Be Fit [AL-CS]</div><div>11:30 ● The Daily Chronicle & Today in History [AL-CS]</div><div>1:30 ● Bingo [AL-CS]</div><div>2:30 ● Movie Matinee - Elf [AL-ER]</div><div>3:30 ● Come and Play Card Games [BL]</div><div>6:00 ● Resident Led Table Games [BL]</div></div>	<div><div>10:00 ● Morning Meditation with Therese from Bristol [AL-CS]</div><div>10:30 ● Chair Zumba with Janette [AL-CS]</div><div>11:30 ● The Daily Chronicle & Today in History [AL-CS]</div><div>1:30 ● Bingo [AL-CS]</div><div>2:30 ● Left, Right, Center [BL]</div><div>3:30 ● Blackjack Hour [BL]</div><div>5:30 ● Resident Led Table Games [BL]</div></div>	<div><div>10:00 ● Morning Meditation with Symbria [AL-CS]</div><div>10:30 ● Chair Zumba with Janette [AL-CS]</div><div>11:30 ● Outing - Tiffany's [O]</div><div>11:30 ● The Daily Chronicle & Today in History [AL-CS]</div><div>1:30 ● Bingo [AL-CS]</div><div>2:30 ● Documentary Hour [AL-ER]</div><div>3:00 ● Outing - Kohls [O]</div><div>5:30 ● Resident Led Table Games [BL]</div></div>	<div><div>New Year's Eve</div><div>9:30 ● Prayer and Communion Distribution St. Paul of the Cross [AL-ER]</div><div>10:00 ● Morning Meditation [AL-CS]</div><div>10:30 ● Movement with Meaning with Therese from Bristol [AL-CS]</div><div>11:30 ● The Daily Chronicle & Today in History [AL-CS]</div><div>1:30 ● Bingo [AL-CS]</div><div>2:30 ● Come and Play UNO [BL]</div><div>3:30 ● Happy New Year Party - Aaron Shapiro [BL]</div><div>5:30 ● Resident Led Table Games [BL]</div></div>	<div><div><div><div><div></div><div></div></div><div><div></div><div></div></div></div><div><div></div><div></div></div></div></div> <div><div><div><div><div></div><div></div></div><div><div></div><div></div></div></div><div><div></div><div></div></div></div></div> <div><div><div><div><div></div><div></div></div><div><div></div><div></div></div></div><div><div></div><div></div></div></div></div>								