



# July 2021

## Embrace Monthly Calendar

## Monthly Activities

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>MEMORY CARE <b>embrace</b> BY SENIOR LIFESTYLE</p> <p>WWW.SENIORLIFESTYLE.COM Activities are subject to change</p> <p><b>THE SHERIDAN AT RIVER FOREST</b> <i>a Senior Lifestyle community</i></p> <p> <span>TH</span> *THYMELESS  <span>●</span> CONNECT  <span>●</span> CONTRIBUTE  <span>●</span> FEEL  <span>●</span> GROW  <span>●</span> MOVE  <span>●</span> REFLECT         </p> <p> <b>Location Keys</b>            Community Walk            Creative Studio            Embrace Garden            Embrace Living Room         </p> <p>           CW            CS            EG            EL         </p>					9:30 <span>TH</span> Thymeless-Infused Water <b>1</b> 10:00 <span>●</span> Morning Exercise 10:30 <span>●</span> Daily Chronicle 10:45 <span>●</span> Word games [EL] 12:30 <span>●</span> World News Review 2:30 <span>●</span> <b>Amanda's Bistro</b> 4:30 <span>TH</span> Afternoon Walk/Garden Check-In 6:00 <span>●</span> Remembering Together	9:30 <span>TH</span> Thymeless-Infused Water <b>2</b> 10:00 <span>●</span> Morning Exercise 10:30 <span>●</span> Daily Chronicle 10:45 <span>●</span> Trivia [EL] 2:00 <span>●</span> Service Fridays 3:00 <span>TH</span> Thymeless- Food Fun 4:30 <span>TH</span> Afternoon Walk/Garden Check-In 6:00 <span>●</span> Evening Stories	9:30 <span>TH</span> Thymeless-Infused Water <b>3</b> 10:00 <span>●</span> Morning Exercise 10:30 <span>●</span> Daily Chronicle 10:45 <span>●</span> Word games [EL] 2:00 <span>●</span> Open Art Studio 3:00 <span>TH</span> Thymeless- Food Fun 4:30 <span>TH</span> Afternoon Walk/Garden Check-In 6:00 <span>●</span> Game night
	<b>Independence Day 4</b> 9:30 <span>TH</span> Thymeless-Infused Water 10:00 <span>●</span> Morning Exercise 10:30 <span>●</span> Daily Chronicle 11:00 <span>●</span> Joyous July: "Birthday Jubilees" [CS] 11:00 <span>●</span> Psalm Study 12:30 <span>●</span> World News Review 1:00 <span>●</span> World Prayer 3:00 <span>TH</span> Thymeless- Food Fun 4:30 <span>TH</span> Afternoon Walk/Garden Check-In 6:00 <span>●</span> Spiritual hour	9:30 <span>TH</span> Thymeless-Infused Water <b>5</b> 10:00 <span>●</span> Morning Exercise 10:30 <span>●</span> Daily Chronicle 11:00 <span>●</span> Poetry 12:30 <span>●</span> World News Review 3:00 <span>TH</span> Thymeless- Food Fun 3:30 <span>●</span> Music Performance Club 4:30 <span>TH</span> Afternoon Walk/Garden Check-In 6:00 <span>●</span> Classic TV	9:30 <span>TH</span> Thymeless-Infused Water <b>6</b> 10:00 <span>●</span> Morning Exercise 10:30 <span>●</span> Daily Chronicle 10:45 <span>●</span> Word games [EL] 12:30 <span>●</span> World News Review 2:30 <span>●</span> Thymeless - Let's Get Cooking! 4:30 <span>TH</span> Afternoon Walk/Garden Check-In 6:00 <span>●</span> Travel Tuesdays	9:30 <span>TH</span> Thymeless-Infused Water <b>7</b> 10:00 <span>●</span> Morning Exercise 10:30 <span>●</span> Daily Chronicle 10:45 <span>●</span> Trivia [EL] 12:30 <span>●</span> World News Review 2:00 <span>●</span> Creative Hour 3:00 <span>TH</span> Thymeless- Food Fun 4:30 <span>TH</span> Afternoon Walk/Garden Check-In 6:00 <span>●</span> Musical moments	9:30 <span>TH</span> Thymeless-Infused Water <b>8</b> 10:00 <span>●</span> Morning Exercise 10:30 <span>●</span> Daily Chronicle 10:45 <span>●</span> Word games [EL] 12:30 <span>●</span> World News Review 2:30 <span>●</span> Afternoon Outing 4:30 <span>TH</span> Afternoon Walk/Garden Check-In 6:00 <span>●</span> Remembering Together	9:30 <span>TH</span> Thymeless-Infused Water <b>9</b> 10:00 <span>●</span> Morning Exercise 10:30 <span>●</span> Daily Chronicle 10:45 <span>●</span> Trivia [EL] 2:00 <span>●</span> Bingo 3:00 <span>TH</span> Thymeless- Food Fun 4:30 <span>TH</span> Afternoon Walk/Garden Check-In 6:00 <span>●</span> Evening Stories	9:30 <span>TH</span> Thymeless-Infused Water <b>10</b> 10:00 <span>●</span> Morning Exercise 10:30 <span>●</span> Daily Chronicle 10:45 <span>●</span> Word games [EL] 2:00 <span>●</span> Open Art Studio 3:00 <span>TH</span> Thymeless- Food Fun 4:30 <span>TH</span> Afternoon Walk/Garden Check-In 6:00 <span>●</span> Game night
	9:30 <span>TH</span> Thymeless-Infused Water <b>11</b> 10:00 <span>●</span> Morning Exercise 10:30 <span>●</span> Daily Chronicle 11:00 <span>●</span> Psalm Study 12:30 <span>●</span> World News Review 1:00 <span>●</span> World Prayer 3:00 <span>TH</span> Thymeless- Food Fun 4:30 <span>TH</span> Afternoon Walk/Garden Check-In 6:00 <span>●</span> Spiritual hour	9:30 <span>TH</span> Thymeless-Infused Water <b>12</b> 10:00 <span>●</span> Morning Exercise 10:30 <span>●</span> Daily Chronicle 11:00 <span>●</span> Poetry 12:30 <span>●</span> World News Review 3:00 <span>TH</span> Thymeless- Food Fun 3:30 <span>●</span> Music Performance Club 4:30 <span>TH</span> Afternoon Walk/Garden Check-In 6:00 <span>●</span> Classic TV	9:30 <span>TH</span> Thymeless-Infused Water <b>13</b> 10:00 <span>●</span> Morning Exercise 10:30 <span>●</span> Daily Chronicle 10:45 <span>●</span> Word games [EL] 12:30 <span>●</span> World News Review 2:30 <span>●</span> Thymeless - Let's Get Cooking! 4:30 <span>TH</span> Afternoon Walk/Garden Check-In 6:00 <span>●</span> Travel Tuesdays	9:30 <span>TH</span> Thymeless-Infused Water <b>14</b> 10:00 <span>●</span> Morning Exercise 10:30 <span>●</span> Daily Chronicle 10:45 <span>●</span> Trivia [EL] 12:30 <span>●</span> World News Review 2:00 <span>●</span> Creative Hour 2:30 <span>●</span> <b>Frank Lloyd Wright at The Sheridan by Valente [CW]</b> 3:00 <span>TH</span> Thymeless- Food Fun 4:30 <span>TH</span> Afternoon Walk/Garden Check-In 6:00 <span>●</span> Musical moments	9:30 <span>TH</span> Thymeless-Infused Water <b>15</b> 10:00 <span>●</span> Morning Exercise 10:30 <span>●</span> Daily Chronicle 10:45 <span>●</span> Word games [EL] 12:30 <span>●</span> World News Review 2:30 <span>●</span> Afternoon Outing 4:30 <span>TH</span> Afternoon Walk/Garden Check-In 6:00 <span>●</span> Remembering Together	9:30 <span>TH</span> Thymeless-Infused Water <b>16</b> 10:00 <span>●</span> Morning Exercise 10:30 <span>●</span> Daily Chronicle 10:45 <span>●</span> Trivia [EL] 2:00 <span>●</span> Service Fridays 3:00 <span>TH</span> Thymeless- Food Fun 4:30 <span>TH</span> Afternoon Walk/Garden Check-In 6:00 <span>●</span> Evening Stories	9:30 <span>TH</span> Thymeless-Infused Water <b>17</b> 10:00 <span>●</span> Morning Exercise 10:30 <span>●</span> Daily Chronicle 10:45 <span>●</span> Word games [EL] 2:00 <span>●</span> Open Art Studio 3:00 <span>TH</span> Thymeless- Food Fun 4:30 <span>TH</span> Afternoon Walk/Garden Check-In 6:00 <span>●</span> Game night
	9:30 <span>TH</span> Thymeless-Infused Water <b>18</b> 10:00 <span>●</span> Morning Exercise 10:30 <span>●</span> Daily Chronicle 11:00 <span>●</span> Psalm Study 12:30 <span>●</span> World News Review 1:00 <span>●</span> World Prayer 3:00 <span>TH</span> Thymeless- Food Fun 4:30 <span>TH</span> Afternoon Walk/Garden Check-In 6:00 <span>●</span> Spiritual hour	9:30 <span>TH</span> Thymeless-Infused Water <b>19</b> 10:00 <span>●</span> Morning Exercise 10:30 <span>●</span> Daily Chronicle 11:00 <span>●</span> Poetry 12:30 <span>●</span> World News Review 3:00 <span>TH</span> Thymeless- Food Fun 3:30 <span>●</span> Music Performance Club 4:30 <span>TH</span> Afternoon Walk/Garden Check-In 6:00 <span>●</span> Classic TV	9:30 <span>TH</span> Thymeless-Infused Water <b>20</b> 10:00 <span>●</span> Morning Exercise 10:30 <span>●</span> Daily Chronicle 10:45 <span>●</span> Word games [EL] 12:30 <span>●</span> World News Review 2:00 <span>●</span> Travel to - New Zealand! 4:30 <span>TH</span> Afternoon Walk/Garden Check-In 6:00 <span>●</span> Travel Tuesdays	9:30 <span>TH</span> Thymeless-Infused Water <b>21</b> 10:00 <span>●</span> Morning Exercise 10:30 <span>●</span> Daily Chronicle 10:45 <span>●</span> Trivia [EL] 12:30 <span>●</span> World News Review 2:00 <span>●</span> <b>Shibori Indigo Dye Event [EG]</b> 4:30 <span>TH</span> Afternoon Walk/Garden Check-In 6:00 <span>●</span> Musical moments	9:30 <span>TH</span> Thymeless-Infused Water <b>22</b> 10:00 <span>●</span> Morning Exercise 10:30 <span>●</span> Daily Chronicle 10:45 <span>●</span> Word games [EL] 12:30 <span>●</span> World News Review 2:30 <span>●</span> Afternoon Outing 4:30 <span>TH</span> Afternoon Walk/Garden Check-In 6:00 <span>●</span> Remembering Together	9:30 <span>TH</span> Thymeless-Infused Water <b>23</b> 10:00 <span>●</span> Morning Exercise 10:30 <span>●</span> Daily Chronicle 10:45 <span>●</span> Trivia [EL] 2:00 <span>●</span> Wine Club [EG] 3:00 <span>TH</span> Thymeless- Food Fun 4:30 <span>TH</span> Afternoon Walk/Garden Check-In 6:00 <span>●</span> Evening Stories	9:30 <span>TH</span> Thymeless-Infused Water <b>24</b> 10:00 <span>●</span> Morning Exercise 10:30 <span>●</span> Daily Chronicle 10:45 <span>●</span> Word games [EL] 2:00 <span>●</span> Open Art Studio 3:00 <span>TH</span> Thymeless- Food Fun 4:30 <span>TH</span> Afternoon Walk/Garden Check-In 6:00 <span>●</span> Game night
	9:30 <span>TH</span> Thymeless-Infused Water <b>25</b> 10:00 <span>●</span> Morning Exercise 10:30 <span>●</span> Daily Chronicle 11:00 <span>●</span> Psalm Study 12:30 <span>●</span> World News Review 1:00 <span>●</span> World Prayer 3:00 <span>TH</span> Thymeless- Food Fun 4:30 <span>TH</span> Afternoon Walk/Garden Check-In 6:00 <span>●</span> Spiritual hour	9:30 <span>TH</span> Thymeless-Infused Water <b>26</b> 10:00 <span>●</span> Morning Exercise 10:30 <span>●</span> Daily Chronicle 11:00 <span>●</span> Poetry 12:30 <span>●</span> World News Review 3:00 <span>TH</span> Thymeless- Food Fun 3:30 <span>●</span> Music Performance Club 4:30 <span>TH</span> Afternoon Walk/Garden Check-In 6:00 <span>●</span> Classic TV	9:30 <span>TH</span> Thymeless-Infused Water <b>27</b> 10:00 <span>●</span> Morning Exercise 10:30 <span>●</span> Daily Chronicle 10:45 <span>●</span> Word games [EL] 12:30 <span>●</span> World News Review 2:30 <span>●</span> Thymeless - Let's Get Cooking! 4:30 <span>TH</span> Afternoon Walk/Garden Check-In 6:00 <span>●</span> Travel Tuesdays	9:30 <span>TH</span> Thymeless-Infused Water <b>28</b> 10:00 <span>●</span> Morning Exercise 10:30 <span>●</span> Daily Chronicle 10:45 <span>●</span> Trivia [EL] 12:30 <span>●</span> World News Review 2:00 <span>●</span> Creative Hour 3:00 <span>TH</span> Thymeless- Food Fun 4:30 <span>TH</span> Afternoon Walk/Garden Check-In 6:00 <span>●</span> Musical moments	9:30 <span>TH</span> Thymeless-Infused Water <b>29</b> 10:00 <span>●</span> Morning Exercise 10:30 <span>●</span> Daily Chronicle 10:45 <span>●</span> Word games [EL] 12:30 <span>●</span> World News Review 2:30 <span>●</span> Afternoon Outing 4:30 <span>TH</span> Afternoon Walk/Garden Check-In 6:00 <span>●</span> Remembering Together	9:30 <span>TH</span> Thymeless-Infused Water <b>30</b> 10:00 <span>●</span> Morning Exercise 10:30 <span>●</span> Daily Chronicle 10:45 <span>●</span> Trivia [EL] 2:00 <span>●</span> Service Fridays 3:00 <span>TH</span> Thymeless- Food Fun 4:30 <span>TH</span> Afternoon Walk/Garden Check-In 6:00 <span>●</span> Evening Stories	9:30 <span>TH</span> Thymeless-Infused Water <b>31</b> 10:00 <span>●</span> Morning Exercise 10:30 <span>●</span> Daily Chronicle 10:45 <span>●</span> Word games [EL] 2:00 <span>●</span> Open Art Studio 3:00 <span>TH</span> Thymeless- Food Fun 4:30 <span>TH</span> Afternoon Walk/Garden Check-In 6:00 <span>●</span> Game night