
















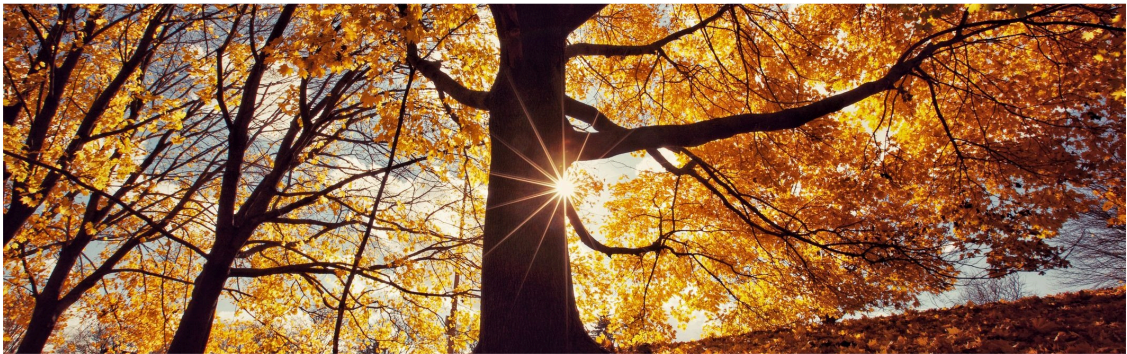


















































































































































































































































October 2021  
Embrace Monthly Calendar

Monthly Activities

Sunday		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div><p>WWW.SENIORLIFESTYLE.COM Activities are subject to change</p></div> <div><p><b>THE SHERIDAN AT RIVER FOREST</b> <i>a Senior Lifestyle community</i></p></div> <div><p> *THYMELESS  CONNECT  CONTRIBUTE  FEEL  GROW  MOVE  REFLECT</p></div> <div><p><b>Location Keys</b> Embrace Garden Embrace Living Room Entertainment Room</p></div> <div><p>EG EL ER</p></div>	<div><p>October cont'd 31</p><p><b>Halloween</b></p><p>9:30  Thymeless-Infused Water</p><p>10:00  Morning Exercise</p><p>10:30  Daily Chronicle</p><p>11:00  Psalm Study</p><p>12:30  World News Review</p><p>1:00  World Prayer</p><p>3:00  Thymeless- Food Fun</p><p>4:30  Afternoon Walk/Garden Check-In</p><p>6:00  Spiritual hour</p></div>	 <div><p>9:00  Communion w/Deacon JohnG. [ER]</p><p>9:30  Thymeless-Infused Water</p><p>10:00  Morning Exercise</p><p>10:30  Daily Chronicle</p><p>11:00  Poetry</p><p>12:30  World News Review</p><p>1:00  Zoom: Lullaby of Broadway [ER]</p><p>3:00  Exercise with Symbria [EL]</p><p>3:00  Thymeless- Food Fun</p><p>3:30  Music Performance Club</p><p>4:30  Afternoon Walk/Garden Check-In</p><p>6:00  Classic TV</p></div>	<div><p>9:30  Thymeless-Infused Water</p><p>10:00  Morning Exercise</p><p>10:30  Daily Chronicle</p><p>10:45  Word games [EL]</p><p>12:30  World News Review</p><p>2:00  Amanda's Bistro</p><p>2:30  Thymeless - Let's Get Cooking!</p><p>4:30  Afternoon Walk/Garden Check-In</p><p>6:00  Travel Tuesdays</p></div>	<div><p>9:30  Thymeless-Infused Water</p><p>10:00  Morning Exercise</p><p>10:30  Daily Chronicle</p><p>10:45  Trivia [EL]</p><p>12:30  World News Review</p><p>2:00  Creative Hour</p><p>3:00  Thymeless- Food Fun</p><p>4:30  Afternoon Walk/Garden Check-In</p><p>6:00  Musical moments</p></div>	<div><p>9:30  Thymeless-Infused Water</p><p>10:00  Morning Exercise</p><p>10:30  Daily Chronicle</p><p>10:45  Word games [EL]</p><p>11:00  Communion with Deacon John W. [EL]</p><p>12:30  World News Review</p><p>2:30  Afternoon Outing</p><p>4:30  Afternoon Walk/Garden Check-In</p><p>6:00  Remembering Together</p></div>	<div><p>9:30  Thymeless-Infused Water</p><p>10:00  Morning Exercise</p><p>10:30  Daily Chronicle</p><p>10:45  Trivia [EL]</p><p>2:00  Bingo</p><p>3:00  Thymeless- Food Fun</p><p>4:30  Afternoon Walk/Garden Check-In</p><p>6:00  Evening Stories</p></div>	<div><p>9:30  Thymeless-Infused Water</p><p>10:00  Morning Exercise</p><p>10:30  Daily Chronicle</p><p>10:45  Word games [EL]</p><p>2:00  Open Art Studio</p><p>3:00  Thymeless- Food Fun</p><p>4:30  Afternoon Walk/Garden Check-In</p><p>6:00  Game night</p></div>
	<div><p>9:30  Thymeless-Infused Water</p><p>10:00  Morning Exercise</p><p>10:30  Daily Chronicle</p><p>11:00  Psalm Study</p><p>12:30  World News Review</p><p>1:00  World Prayer</p><p>3:00  Thymeless- Food Fun</p><p>4:30  Afternoon Walk/Garden Check-In</p><p>6:00  Spiritual hour</p></div>	<div><p>9:00  Communion w/Deacon JohnG. [ER]</p><p>9:30  Thymeless-Infused Water</p><p>10:00  Morning Exercise</p><p>10:30  Daily Chronicle</p><p>11:00  Poetry</p><p>12:30  World News Review</p><p>3:00  Exercise with Symbria [EL]</p><p>3:00  Thymeless- Food Fun</p><p>3:30  Music Performance Club</p><p>4:30  Afternoon Walk/Garden Check-In</p><p>6:00  Classic TV</p></div>	<div><p>9:30  Thymeless-Infused Water</p><p>10:00  Morning Exercise</p><p>10:30  Daily Chronicle</p><p>10:45  Word games [EL]</p><p>12:30  World News Review</p><p>2:30  Thymeless - Let's Get Cooking!</p><p>4:30  Afternoon Walk/Garden Check-In</p><p>6:00  Travel Tuesdays</p></div>	<div><p>9:30  Thymeless-Infused Water</p><p>10:00  Morning Exercise</p><p>10:30  Daily Chronicle</p><p>10:45  Trivia [EL]</p><p>12:30  World News Review</p><p>2:00  Creative Hour</p><p>3:00  Thymeless- Food Fun</p><p>4:30  Afternoon Walk/Garden Check-In</p><p>6:00  Musical moments</p></div>	<div><p>9:30  Thymeless-Infused Water</p><p>10:00  Morning Exercise</p><p>10:30  Daily Chronicle</p><p>10:45  Word games [EL]</p><p>11:00  Communion with Deacon John W. [EL]</p><p>12:30  World News Review</p><p>2:30  Afternoon Outing</p><p>4:30  Afternoon Walk/Garden Check-In</p><p>6:00  Remembering Together</p></div>	<div><p>9:30  Thymeless-Infused Water</p><p>10:00  Morning Exercise</p><p>10:30  Daily Chronicle</p><p>10:45  Trivia [EL]</p><p>2:00  Service Fridays</p><p>3:00  Thymeless- Food Fun</p><p>4:30  Afternoon Walk/Garden Check-In</p><p>6:00  Evening Stories</p></div>	<div><p>9:30  Thymeless-Infused Water</p><p>10:00  Morning Exercise</p><p>10:30  Daily Chronicle</p><p>10:45  Word games [EL]</p><p>2:00  Open Art Studio</p><p>3:00  Thymeless- Food Fun</p><p>4:30  Afternoon Walk/Garden Check-In</p><p>6:00  Game night</p></div>
	<div><p>9:30  Thymeless-Infused Water</p><p>10:00  Morning Exercise</p><p>10:30  Daily Chronicle</p><p>11:00  Psalm Study</p><p>12:30  World News Review</p><p>1:00  World Prayer</p><p>3:00  Thymeless- Food Fun</p><p>4:30  Afternoon Walk/Garden Check-In</p><p>6:00  Spiritual hour</p></div>	<div><p>9:00  Communion w/Deacon JohnG. [ER]</p><p>9:30  Thymeless-Infused Water</p><p>10:00  Morning Exercise</p><p>10:30  Daily Chronicle</p><p>11:00  Poetry</p><p>12:30  World News Review</p><p>3:00  Exercise with Symbria [EL]</p><p>3:00  Thymeless- Food Fun</p><p>3:30  Music Performance Club</p><p>4:30  Afternoon Walk/Garden Check-In</p><p>6:00  Classic TV</p></div>	<div><p>9:30  Thymeless-Infused Water</p><p>10:00  Morning Exercise</p><p>10:30  Daily Chronicle</p><p>10:45  Word games [EL]</p><p>12:30  World News Review</p><p>2:30  Thymeless - Let's Get Cooking!</p><p>4:30  Afternoon Walk/Garden Check-In</p><p>6:00  Travel Tuesdays</p></div>	<div><p>9:30  Thymeless-Infused Water</p><p>10:00  Morning Exercise</p><p>10:30  Daily Chronicle</p><p>10:45  Trivia [EL]</p><p>12:30  World News Review</p><p>2:00  Creative Hour</p><p>3:00  Thymeless- Food Fun</p><p>4:30  Afternoon Walk/Garden Check-In</p><p>6:00  Musical moments</p></div>	<div><p>9:30  Thymeless-Infused Water</p><p>10:00  Morning Exercise</p><p>10:30  Daily Chronicle</p><p>10:45  Word games [EL]</p><p>11:00  Communion with Deacon John W. [EL]</p><p>12:30  World News Review</p><p>2:30  Afternoon Outing</p><p>4:30  Afternoon Walk/Garden Check-In</p><p>6:00  Remembering Together</p></div>	<div><p>9:30  Thymeless-Infused Water</p><p>10:00  Morning Exercise</p><p>10:30  Daily Chronicle</p><p>10:45  Trivia [EL]</p><p>2:00  Bingo</p><p>3:00  Thymeless- Food Fun</p><p>4:30  Afternoon Walk/Garden Check-In</p><p>6:00  Evening Stories</p></div>	<div><p>9:30  Thymeless-Infused Water</p><p>10:00  Morning Exercise</p><p>10:30  Daily Chronicle</p><p>10:45  Word games [EL]</p><p>2:00  Open Art Studio</p><p>3:00  Thymeless- Food Fun</p><p>4:30  Afternoon Walk/Garden Check-In</p><p>6:00  Game night</p></div>
	<div><p>9:30  Thymeless-Infused Water</p><p>10:00  Morning Exercise</p><p>10:30  Daily Chronicle</p><p>11:00  Psalm Study</p><p>12:30  World News Review</p><p>1:00  World Prayer</p><p>3:00  Thymeless- Food Fun</p><p>4:30  Afternoon Walk/Garden Check-In</p><p>6:00  Spiritual hour</p></div>	<div><p>9:00  Communion w/Deacon JohnG. [ER]</p><p>9:30  Thymeless-Infused Water</p><p>10:00  Morning Exercise</p><p>10:30  Daily Chronicle</p><p>11:00  Poetry</p><p>12:30  World News Review</p><p>2:00  Tie Dye Workshop</p><p>3:00  Exercise with Symbria [EL]</p><p>4:30  Afternoon Walk/Garden Check-In</p><p>6:00  Classic TV</p></div>	<div><p>9:30  Thymeless-Infused Water</p><p>10:00  Morning Exercise</p><p>10:30  Daily Chronicle</p><p>10:45  Word games [EL]</p><p>12:30  World News Review</p><p>2:00  Pumpkin Patch Day</p><p>4:30  Afternoon Walk/Garden Check-In</p><p>6:00  Travel Tuesdays</p></div>	<div><p>9:30  Thymeless-Infused Water</p><p>10:00  Morning Exercise</p><p>10:30  Daily Chronicle</p><p>10:45  Trivia [EL]</p><p>12:30  World News Review</p><p>2:00  Sports Day- Cornhole in the Garden [EG]</p><p>3:00  Thymeless- Food Fun</p><p>4:00  The Sheridan at River Forest Oktoberfest [ER]</p><p>4:30  Afternoon Walk/Garden Check-In</p><p>6:00  Musical moments</p></div>	<div><p>9:30  Thymeless-Infused Water</p><p>10:00  Morning Exercise</p><p>10:30  Daily Chronicle</p><p>10:45  Word games [EL]</p><p>11:00  Communion with Deacon John W. [EL]</p><p>12:30  World News Review</p><p>2:30  Afternoon Outing- Pizza!</p><p>4:30  Afternoon Walk/Garden Check-In</p><p>6:00  Remembering Together</p></div>	<div><p>9:30  Thymeless-Infused Water</p><p>10:00  Morning Exercise</p><p>10:30  Daily Chronicle</p><p>10:45  Trivia [EL]</p><p>2:30  Halloween Party!</p><p>4:30  Afternoon Walk/Garden Check-In</p><p>6:00  Evening Stories</p></div>	<div><p>9:30  Thymeless-Infused Water</p><p>10:00  Morning Exercise</p><p>10:30  Daily Chronicle</p><p>10:45  Word games [EL]</p><p>2:00  Open Art Studio</p><p>3:00  Thymeless- Food Fun</p><p>4:30  Afternoon Walk/Garden Check-In</p><p>6:00  Game night</p></div>

Continued at top