October 2021 Monthly Activities **Embrace Monthly Calendar** Sunday Monday Tuesday Wednesday Thursday Friday Saturday October cont'd 9:30 | Thymeless-9:30 Thymeless-Infused Water Infused Water Halloween 10:00 • Morning 10:00 • Morning 9:30 Thymeless-Infused Exercise Exercise Water MEMORY CARE 10:30 • Daily Chronicle 10:30 • Daily Chronicle 10:00 Morning Exercise nbrace 10:30 • Daily Chronicle 10:45 🌘 Trivia [EL] 10:45 • Word games [EL] 11:00 • Psalm Studv 2:00 • Service Fridays 2:00 • Open Art Studio 12:30 • World News Review 3:00 Thymeless- Food Fun 3:00 Thymeless- Food Fun 1:00 World Prayer 4:30 | Afternoon Walk/Garden 3:00 11 Thymeless- Food Fun 4:30 | Afternoon Walk/Garden WWW.SENIORLIFESTYLE.COM 4:30 M Afternoon Walk/Garden Check-Ir Check-In Check-In 6:00 • Spiritual hour Activities are subject to change 6:00 • Evening Stories 6:00 • Game night 9:30 Thymeless-9:30 | Thymeless-9:30 | Thymeless-9:30 | Thymeless-9:30 Thymeless-9:30 Thymeless-JohnG. [ER] Infused Water Infused Water Infused Water Infused Water Infused Water Infused Water 9:30 🍴 Thymeless-Infused 10:00 • Morning Exercise 10:00 Morning Exercise 10:00 • Morning 10:00 • Morning 10:00 • Morning 10:00 • Morning 10:30 • Daily Chronicle 10:30 • Daily Chronicle Exercise Exercise 10:00 Morning Exercise Exercise Exercise 10:45 • Word games [EL] 10:45 • Word games [EL] THE SHERIDAN 10:30
Daily Chronicle 10:30 • Daily Chronicle 10:30 • Daily Chronicle 10:30 • Daily Chronicle 10:30 • Daily Chronicle 12:30 • World News Review 11:00 • Communion with Deacon 11:00 • Poetry 11:00 Psalm Study 10:45 • Trivia [EL] 10:45 • Trivia [EL] 10:45 • Word games [EL] 12:30 • World News Review 2:00 • Amanda's Bistro John W. [EL] AT RIVER FOREST 12:30 • World News Review 12:30 • World News Review 1:00 • Zoom: Lullaby of Broadway [ER] 12:30 • World News Review 2:00 • Bingo 2:00 • Open Art Studio 2:30 • Thymeless - Let's Get 1:00 • World Prayer 3:00 • Exercise with Symbria [EL] 2:00 • Creative Hour a Senior Lifestyle community Cooking! 2:30 • Afternoon Outing 3:00 Thymeless- Food Fun 3:00 Thymeless- Food Fun 3:00 | Thymeless- Food Fun 3:00 Thymeless- Food Fun 3:00 Thymeless- Food Fun 4:30 | Afternoon Walk/Garden 4:30 | Afternoon Walk/Garden 4:30 M Afternoon Walk/Garden 4:30 | Afternoon Walk/Garden 3:30 • Music Performance Club 4:30 | Afternoon Walk/Garden 4:30 | Afternoon Walk/Garden Check-In Check-In 4:30 | Afternoon Walk/Garden Check-In Check-In Check-In Check-In Check-In 6:00 • Remembering Together 6:00 • Travel Tuesdays 6:00 • Classic TV 6:00 • Evening Stories 6:00 • Game night 6:00 • Spiritual hour 6:00 • Musical moments Columbus Day 9:30 Thymeless-9:30 Thymeless-9:30 Thymeless-9:30 | Thymeless-9:30 Thymeless-9:30 Thymeless-9:00 • Communion w/ Infused Water Infused Water Infused Water Infused Water Infused Water Infused Water *THYMELESS Deacon JohnG. [ER] 10:00 • Morning Exercise 10:00 Morning 10:00 • Morning 10:00 • Morning 10:00 • Morning 10:00 • Morning 9:30 Thymeless-Infused 10:30 • Daily Chronicle Exercise Exercise CONNECT Exercise Exercise Exercise 10:45 • Word games [EL] Daily Chronicle 10:30 • Daily Chronicle 10:30 • Daily Chronicle 10:30 10:00 Morning Exercise 10:30 • Daily Chronicle 10:30 • Daily Chronicle CONTRIBUTE 11:00 • Communion with Deacon 11:00 • Psalm Study 10:45 • Word games [EL] 10:45 • Trivia [EL] 10:30 • Daily Chronicle 10:45 🌘 Trivia [EL] 10:45 • Word games [EL] John W. [EL] FEEL 11:00 Poetry 12:30 • World News Review 2:00 • Service Fridays 2:00 • Open Art Studio 12:30
World News Review 1:00 • World Prayer 2:30 • Thymeless - Let's Get 2:00 • Creative Hour GROW 2:30 • Afternoon Outing 3:00 Thymeless- Food Fun 3:00 Thymeless- Food Fun 3:00 • Exercise with Symbria [EL] 3:00 Thymeless- Food Fun Cookina! 3:00 Thymeless- Food Fun 4:30 | Afternoon Walk/Garden 3:00 | Thymeless- Food Fun 4:30 | Afternoon Walk/Garden MOVE 4:30 M Afternoon Walk/Garden 4:30 | Afternoon Walk/Garden 4:30 | Afternoon Walk/Garden 4:30 | Afternoon Walk/Garden Check-In 3:30 Music Performance Club Check-In Check-In Check-In Check-In Check-In REFLECT 6:00 • Remembering Together 4:30 | Afternoon Walk/Garden Check-In 6:00 • Evening Stories 6:00 • Game night 6:00 • Spiritual hour 6:00 • Classic TV 6:00 • Travel Tuesdays 6:00 • Musical moments 9:00 • Communion w/ 9:30 | Thymeless-9:30 | Thymeless-9:30 Thymeless-8 9:30 Thymeless-9:30 Thymeless-9:30 Thymeless-Deacon JohnG. [ER] Infused Water Infused Water Infused Water Infused Water Infused Water Infused Water 9:30 | Thymeless-Infused 10:00 • Morning Exercise 10:00 • Morning 10:00 • Morning 10:00 • Morning 10:00 • Mornina 10:00 • Mornina 10:30 • Daily Chronicle Exercise Exercise Exercise 10:00 Morning Exercise Exercise Exercise 10:45 • Word games [EL] 10:30 • Daily Chronicle 10:30 • Daily Chronicle 10:30 • Daily Chronicle 10:30
Daily Chronicle 10:30 • Daily Chronicle 10:30 • Daily Chronicle 11:00 • Communion with Deacon 11:00 • Psalm Study 11:00 • Poetry 10:45 • Word games [EL] 10:45 • Trivia [EL] 10:45 • Trivia [EL] 10:45 • Word games [EL] John W. [EL] 12:30 World News Review 12:30 World News Review 12:30 • World News Review 12:30 • World News Review 12:30 World News Review 2:00 • Bingo 2:00 • Open Art Studio 3:00 • Exercise with Symbria [EL] 1:00 • World Prayer 2:30 • Thymeless - Let's Get 2:00 • Creative Hour 2:30 • Afternoon Outing 3:00 | Thymeless- Food Fun 3:00 Thymeless- Food Fun 3:00 Thymeless- Food Fun 3:00 Thymeless- Food Fun Cooking! 3:00 Thymeless- Food Fun 4:30 | Afternoon Walk/Garden 3:30 • Music Performance Club 4:30 | Afternoon Walk/Garden 4:30 | Afternoon Walk/Garden 4:30 | Afternoon Walk/Garden 4:30 | Afternoon Walk/Garden 4:30 M Afternoon Walk/Garden Check-In 4:30 | Afternoon Walk/Garden Check-In Check-In Check-In Check-In Check-In 6:00 • Classic TV Check-In 6:00 • Remembering Together **Location Keys** 6:00 • Evening Stories 6:00 • Game night Spiritual hour 6:00 • Travel Tuesdays 6:00 6:00 • Musical moments **Embrace Garden** EG 9:30 | Thymeless-Infused 9:30 Thymeless-9:00 • Communion w/ 9:30 | Thymeless-9:30 | Thymeless-Embrace Living Room EL 9:30 Thymeless-9:30 Thymeless-Deacon JohnG. [ER] Infused Water Infused Water Infused Water Infused Water Infused Water ER **Entertainment Room** 9:30 Thymeless-Infused 0:00 • Morning Exercise 10:00 • Morning Exercise 10:00 • Morning Exercise 10:00 • Morning 10:00 • Morning 10:00 • Morning 10:30 • Daily Chronicle 10:30 • Daily Chronicle 10:30 • Daily Chronicle Exercise 10:00 • Morning Exercise Exercise Exercise 10:45 • Trivia [EL] 10:45 • Word games [EL] 10:45 🌘 Word games [EL] 10:30 • Daily Chronicle 10:30 • Daily Chronicle 2:30 • World News Review 10:30 • Daily Chronicle 10:30 • Daily Chronicle 11:00 • Communion with Deacon 2:00 Open Art Studio Sports Day- Cornhole in the 11:00 Psalm Study 11:00 Poetry 2:00 10:45 • Word games [EL] John W. [EL] 10:45 • Trivia [EL] 3:00 Thymeless- Food Fun 12:30 • World News Review Garden [EG] 12:30 World News Review 4:30 | Afternoon Walk/Garden 12:30 • World News Review 12:30 • World News Review 2:30 Halloween Party! Tie Dye Workshop 2:00 3:00 Thymeless- Food Fun 1:00 World Praver Afternoon Outing- Pizza! Check-In 4:00 • The Sheridan at River Forest 3:00 • Exercise with Symbria [EL] **Pumpkin Patch Day** 4:30 M Afternoon Walk/Garden 2:00 3:00 Thymeless- Food Fun 4:30 | Afternoon Walk/Garden 6:00 • Game night 4:30 | Afternoon Walk/Garden Check-In Oktoberfest [FR] 4:30 M Afternoon Walk/Garder Check-In 4:30 M Afternoon Walk/Garden 4:30 Afternoon Walk/Garden Check-In 6:00 • Classic TV Check-In Check-In 6:00 • Evening Stories 6:00 • Musical moments Check-In 6:00 • Remembering Together 6:00 • Travel Tuesdays 6:00 • Spiritual hour Continued at top