

Embrace Monthly Calendar

Monthly Activities

		Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday																																											
 MEMORY CARE embrace BY SENIOR LIFESTYLE WWW.SENIORLIFESTYLE.COM Activities are subject to change THE SHERIDAN AT RIVER FOREST a Senior Lifestyle community				9:30 Thymeless-Infused Water 5 10:00 Morning Exercise 10:30 Daily Chronicle 11:00 Psalm Study 12:30 World News Review 1:00 World Prayer 3:00 Thymeless- Food Fun 4:30 Afternoon Walk/Garden Check-In 6:00 Spiritual hour		9:30 Thymeless-Infused Water 6 10:00 Morning Exercise 10:30 Daily Chronicle 11:00 Poetry 12:30 World News Review 3:00 Exercise with Symbria [EL] 3:30 Music Performance Club 4:30 Afternoon Walk/Garden Check-In 6:00 Classic TV		9:30 Thymeless-Infused Water 7 10:00 Morning Exercise 10:30 Daily Chronicle 10:45 Word games [EL] 12:30 World News Review 2:00 Amanda's Bistro 2:30 Thymeless - Let's Get Cooking! 4:30 Afternoon Walk/Garden Check-In 6:00 Travel Tuesdays		9:30 Thymeless-Infused Water 8 10:00 Morning Exercise 10:30 Daily Chronicle 10:45 Trivia [EL] 12:30 World News Review 2:00 Creative Hour 3:00 Thymeless- Food Fun 4:30 Afternoon Walk/Garden Check-In 6:00 Musical moments		9:30 Thymeless-Infused Water 9 10:00 Morning Exercise 10:30 Daily Chronicle 10:45 Word games [EL] 11:00 Communion with Deacon John W. [EL] 12:30 World News Review 2:30 Afternoon Outing 4:30 Afternoon Walk/Garden Check-In 6:00 Remembering Together		9:30 Thymeless-Infused Water 10 10:00 Morning Exercise 10:30 Daily Chronicle 10:45 Trivia [EL] 2:00 Bingo 3:00 Thymeless- Food Fun 4:30 Afternoon Walk/Garden Check-In 6:00 Evening Stories		9:30 Thymeless-Infused Water 11 10:00 Morning Exercise 10:30 Daily Chronicle 10:45 Word games [EL] 2:00 Open Art Studio 3:00 Thymeless- Food Fun 4:30 Afternoon Walk/Garden Check-In 6:00 Game night																																									
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