August 2025 AUGUST Calendar						Month	ly Activities
7100001 Galeriaar	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
EXPLORE BY SENIOR LIFESTYLE	THE SHERIDAN AT RIVER FOREST a Senior Lifestyle community	800 N. Harlem Avve. River Forest, IL 60305 708-402-9202	Resident Birthdays  Doris H. 8/1 Linda T. 8/2 Roseanne J. 8/7 Bernadette D. 8/11 Michael S. 8/16 Joyce N. 8/17 Leonard V. 8/20 Suzanne B. 8/20 Maria K. 8/25 Robert S. 8/26	Resident Anniversaries James W. 8/3 Rita J. 8/14 Leonard V. 8/19	"Mistakes are proof that you are trying"  — Unknown	Exercise with Jennifer! [ER]  Example 2:30 Mind Grow! Puzzles Galore! [L]  Example 2:15 Brain Joggers with Jennifer  Example 2:30 Documentary & Discussion- Spitfire  Example 2:30 Walk & Talk Club [CW]  Example 2:30 Symbria:  Extrengthening for Balance  Example 2:30 Happy Hour	8:30 News & Coffee Bar [L]  10:15 Exercise with Jennifer! [ER]  10:30 Mind Grow! Puzzles Galore! [L]  10:45 Resident Walking Club (4th fl. 9.5 times around = 1 Mile) [CW]  11:15 Brain Joggers with Jennifer!  1:30 Book Club w/ Jennifer- The Whispers of War  1:30 Chuck's Epic Flick Pick Movie!- Nomadland  3:30 Happy Hour [B]
THE SHERIDAN AT RIVER FOREST a Senior Lifestyle community			Joan M. 8/27 Dennis W. 8/29 Dominic V. 8/29 Waldtraut P. 8/30		4:	Happenings [B] :30 Rummikub :00 Game Time: Uno :30 Film Lovers Fridays- Baby Boom [ER]	3:30 Rummikub 6:30 Saturday Night Cinema- Resident Choice [ER]
*Outing  Explore - Recreation & Entertainment  Explore - Self Expression & the Arts  Explore - Spiritual Health & Religion  Explore - Strength & Vitality  REFLECT	8:30 News & Coffee Bar [L]  9:30 Streaming- Sunday Mass- Holy Name Cathedral [ER]  10:30 Mind Grow! Puzzles Galore! [L]  10:45 Resident Walking Club (4th fl. 9.5 times around = 1 Mile) [CW]  2:00 Card Bingo!  2:30 Afternoon Scenic Drive Johnnies Italian Ice  3:00 Afternoon Trivia  3:30 Happy Hour Happenings  3:30 Rummikub  6:30 Sunday Night Movie	Anna [ER]  10:30 Mind Grow! Puzzles Galore! [L]  11:15 Brain Joggers with Anna!  1:00 Reminiscing & Storytelling with Ryan- Spiritual Care Group 2:00 Symbria: Seated Chair Exercise Class [ER]	Anna [ER]  10:30 Mind Grow! Puzzles Galore! [L]  11:15 Sing your Heart Out! Singalong  1:00 Bible Study with Kathy  1:30 Afternoon Movie- Resident Choice  3:30 Mocktail Mingle 3:30 Rummikub  4:00 Trivia Club: Jeopardy [L]	10:15 Exercise w/ Jennifer! [ER]  10:30 Mind Grow! Puzzles Galore! [L]  11:15 Brain Joggers with Jennifer!  1:30 Relaxation Station- Nails, Facials & Hand Massages [CS]  2:00 Symbria: Seated Chair Exercise Class  3:30 Happy Hour w/ Piano Music [B]  3:30 Rummikub  6:30 Wednesday Night Movie [ER]  7:00 Bus Trip - Summer Concert Series: The Donna Herula Band	Jennifer! [ER]	Jennifer! [ER] :30 Mind Grow! Puzzles Galore! [L]	10:15 Exercise with Jennifer! [ER] 10:30 Mind Grow! Puzzles Galore! [L] 10:45 Resident Walking Club
Location Keys  Bar B Community Walk CW Creative Studio CS Entertainment Room ER Lobby L Outing Out Portico P Terrace T	8:30 News & Coffee Bar [L]  9:30 Streaming- Sunday Mass- Holy Name Cathedral [ER]  10:30 Mind Grow! Puzzles Galore! [L]  10:45 Resident Walking Club (4th fl. 9.5 times around = 1 Mile) [CW]  2:00 Card Bingo!  3:00 Afternoon Trivia  3:30 Happy Hour Happenings  3:30 Rummikub  6:30 Sunday Night Movie-Wizard of Oz	Anna [ER] 10:30 Mind Grow! Puzzles Galore! [L] 11:15 Brain Joggers with Anna! 1:00 Reminiscing & Storytelling with Ryan- Spiritual Care Group	10:15 Exercise w/ Anna [ER] 12 10:30 Mind Grow! Puzzles Galore! [L] 11:00 Food Committee Meeting 1:00 Bible Study with Kathy 1:30 Afternoon Movie- Resident Choice 3:30 Mocktail Mingle 3:30 Rummikub 4:00 Trivia Club: Jeopardy [L] 6:30 Evening Movie	Jennifer! [ER] 3 10:30 Mind Grow! Puzzles	Jennifer! [ER]  10:30 Mind Grow! Puzzles Galore! [L]  11:15 Brain Joggers with Jennifer!  11:15 Communion with Deacon John [CS]  11:45 Lunch Club - Olivia's Taste Polish Restaurant  2:30 Mind Mixer Game Off! [ER]  3:30 Happy Hour w/ Piano Music [B]  3:30 Rummikub  6:30 Evening Movie [ER]  6:30 Wheel of Fortune	Jennifer! [ER] J  :30 Mind Grow! Puzzles Galore! [L]  :15 Brain Joggers with Jennifer  :30 Documentary & Discussion  :30 Walk & Talk Club [CW]	Bar [L] 10:15 Exercise with Jennifer! [ER] 10:30 Mind Grow! Puzzles Galore! [L] 10:45 Resident Walking Club (4th fl. 9.5 times around = 1 Mile) [CW]

## August 2025 AUGUST Calendar Monthly Activities

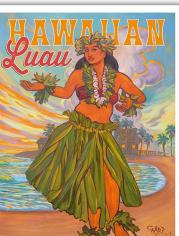
		Sunday	Monday		Tuesday	V	Vednesday		Thursday		Friday		Saturday
EXPLORE BY SENIOR LIFESTYLE  THE SHERIDAN	10:30 10:45 • 2:00 • 3:00 3:30 3:30	Afternoon Trivia 3:3 Happy Hour Happenings 4:0 Rummikub 6:3	Anna [ER]  Mind Grow! Puzzles Galore! [L]  Brain Joggers with Anna!  Reminiscing & Storytelling with Ryan- Spiritual Care Group Symbria: Seated Chair Exercise Class [ER]  Weird & Wonderful Foods [ER]  Monday Mingle [B]  Rummikub Pool Table Happy Hour	10:30 1:00 1:30 2:00 3:30 3:30 4:00	Puzzles Galore! [L] Resident Council Meeting [ER] Bible Study with Kathy Afternoon Movie- Resident Choice Nature Photo Show & Tell Mocktail Mingle Rummikub Trivia Club: Jeopardy [L]	10:15 10:30 11:15 1:30 2:00 2:00 3:30 6:30	Jennifer! [ER] Mind Grow! Puzzles Galore! [L] Brain Joggers with Jennifer! Relaxation Station- Nails, Facials & Hand Massages [CS] Lemonade Social on the Terrace! [T] Symbria: Seated Chair Exercise Class Happy Hour w/ Piano Music [B] Rummikub Wednesday Night	10:15 10:30 11:15 11:15 1:30 2:30 3:30 3:30 6:30	Bus Trip - Target [Out] Exercise with Jennifer! [ER] Mind Grow! Puzzles Galore! [L] Brain Joggers with Jennifer! Communion with Deacon John [CS] Creative Corner- Shrinky Dinks w/Jennifer! Mind Mixer Game Off! [ER] Rummikub Thirsty Thursday "No Proof, All Fun" [L] Evening Movie [ER] Wheel of Fortune	10:15 10:30 11:15 2:00 2:00 3:30 4:00	Galore! [L] Brain Joggers with Jennifer Island Vibes & Good Times- Luau Party! [P] Symbria: Strengthening for Balance Happy Hour Happenings [B] Rummikub Game Time: Uno	8:30 10:15 10:30 10:45 11:15 1:30 1:30 2:30 3:30 6:30	News & Coffee Bar [L] Exercise with Jennifer! [ER] Mind Grow! Puzzles Galore! [L] Resident Walking Club (4th fl. 9.5 times around 1 Mile) [CW] Brain Joggers with Jennifer! Book Club w/ Jennifer- The Whispers of War Chuck's Epic Flick Pick Movie! Afternoon Trivia Happy Hour [B] Rummikub Saturday Night Cinema-
AT RIVER FOREST a Senior Lifestyle community	6:30 • 8:30 9:30 •	News & 24 Coffee Bar [L] 24 Streaming- Sunday	Exercise w/ Anna [ER] Mind Grow! Puzzles	6:30 10:15 10:30	Exercise w/ 26 Anna [ER] Bus Trip- Bahai	10:15 10:30	Jennifer! [ER]/ Mind Grow! Puzzles		Wizards! [L]  Bus Trip - Target [Out] Exercise with Jennifer! [ER]	6:30 10:15 10:30		8:30 10:15	Resident Choice [ER]  News & Coffee Bar [L] Exercise with Jennifer! [ER]
<ul> <li>*Outing</li> <li>Explore - Recreation &amp; Entertainment</li> <li>Explore - Self Expression &amp; the Arts</li> </ul>	10:30 <u>10:45</u> •	Mass- Holy Name Cathedral [ER] Mind Grow! Puzzles Galore! [L] Resident Walking Club (4th fl. 9.5	Anna!  Reminiscing &  Storytelling with Ryan- Spiritual Care Group	10:30 11:15 1:00	Temple & Lunch Mind Grow! Puzzles Galore! [L] Sing your Heart Out! Singalong Bible Study with	11:15 1:30 •	Relaxation Station- Nails, Facials & Hand Massages [CS]	10:30 11:00 11:15	Mind Grow! Puzzles Galore! [L] Bus Trip- Mad 4 Mats (Plarn Mat Weaving) Brain Joggers with Jennifer!	11:15 1:30 1:30	Jennifer Documentary & Discussion Walk & Talk Club [CW]		Mind Grow! Puzzles Galore! [L] Resident Walking Club (4th fl. 9.5 times around 1 Mile) [CW] Brain Joggers with
<ul> <li>Explore - Seir Expression &amp; the Arts</li> <li>Explore - Spiritual Health &amp; Religion</li> <li>Explore - Strength &amp; Vitality</li> <li>_REFLECT</li> </ul>	2:00 • 3:00 3:30 3:30 • 6:30 •	times around = 1 Mile) [CW] 2:0	Dancing Dolls Symbria: Seated Chair Exercise Class [ER] Monday Mingle [B] Rummikub Pool Table Happy Hour	1:30 3:30 3:30 4:00 6:30	Kathy Afternoon Movie- Resident Choice Mocktail Mingle Rummikub Trivia Club: Jeopardy [L] Evening Movie	2:30 3:30 3:30 6:30	Symbria: Seated Chair Exercise Class Voices of Experience: Resident Storytelling Happy Hour w/ Piano Music [B] Rummikub Wednesday Night Movie [ER]	12:00 2:30 3:30 3:30 6:30	Communion with Deacon John [CS] August Birthday Luncheon! Live Music- Sara Beth Thomas Live Jazz [ER] Rummikub Thirsty Thursday "No Proof, All Fun" [L] Evening Movie [ER]	2:00 2:30 3:30 4:00 6:30	Symbria: Strengthening for Balance Bingo Time! Happy Hour Happenings [B] Rummikub Game Time: Uno Film Lovers Fridays [ER]	1:30 1:30 2:30 3:30 3:30 6:30	Jennifer! Book Club w/ Jennifer- The Whispers of War Chuck's Epic Flick Pick Movie! Afternoon Trivia Happy Hour [B] Rummikub Saturday Night Cinema- Resident Choice [ER]
Creative Studio CS	10:30	News & Coffee 3 1 Bar [L] Streaming- Sunday Mass- Holy Name Cathedral [ER] Mind Grow! Puzzles Galore! [L] Resident Walking	HE G	Č		Eur Eur			Wizards! [L]		Stay		

**Entertainment Room** Lobby

Outing Portico Terrace

ER 10:45 • Resident Walking Club (4th fl. 9.5 times around = 1 Mile) [CW]
Out 2:00 • Card Bingo! Afternoon Trivia
Happy Hour
Happenings
Rummikub 3:00 3:30 3:30 6:30 • Sunday Night Movie







cool everybody!

