

August 2025 AUGUST Calendar				Monthly Activities											
Sunday				Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
<div><div><div><div><div></div><div>EXPLORE</div><div>BY SENIOR LIFESTYLE</div></div><div><div>THE SHERIDAN</div><div>AT RIVER FOREST</div><div>a Senior Lifestyle community</div></div></div></div><div><div>*Outing</div><div>● Explore - Recreation & Entertainment</div><div>● Explore - Self Expression & the Arts</div><div>● Explore - Spiritual Health & Religion</div><div>● Explore - Strength & Vitality</div><div>● _REFLECT</div></div><div><div>Location Keys</div><div>Bar</div><div>Community Walk</div><div>Creative Studio</div><div>Entertainment Room</div><div>Lobby</div><div>Outing</div><div>Portico</div><div>Terrace</div><div>B</div><div>CW</div><div>CS</div><div>ER</div><div>L</div><div>Out</div><div>P</div><div>T</div></div></div>				<div><div>THE SHERIDAN</div><div>AT RIVER FOREST</div><div>a Senior Lifestyle community</div></div> <div>800 N. Harlem Avve.</div> <div>River Forest, IL 60305</div> <div>708-402-9202</div>		<div>Resident Birthdays</div> <div>Doris H. 8/1</div> <div>Linda T. 8/2</div> <div>Roseanne J. 8/7</div> <div>Bernadette D. 8/11</div> <div>Michael S. 8/16</div> <div>Joyce N. 8/17</div> <div>Leonard V. 8/20</div> <div>Suzanne B. 8/20</div> <div>Maria K. 8/25</div> <div>Robert S. 8/26</div> <div>Joan M. 8/27</div> <div>Dennis W. 8/29</div> <div>Dominic V. 8/29</div> <div>Waldtraut P. 8/30</div>		<div>Resident Anniversaries</div> <div>James W. 8/3</div> <div>Rita J. 8/14</div> <div>Leonard V. 8/19</div>		<div>“Mistakes are proof that you are trying”</div> <div>— Unknown</div>		<div>10:15 Exercise with Jennifer! [ER]</div> <div>10:30 Mind Grow! Puzzles Galore! [L]</div> <div>11:15 Brain Joggers with Jennifer</div> <div>1:30 Documentary & Discussion- Spitfire Walk & Talk Club [CW]</div> <div>2:00 Symbria: Strengthening for Balance</div> <div>2:30 Bingo Time !</div> <div>3:30 ● Happy Hour Happenings [B]</div> <div>3:30 Rummikub</div> <div>4:00 Game Time: Uno</div> <div>6:30 Film Lovers Fridays- Baby Boom [ER]</div>		<div>8:30 News & Coffee Bar [L]</div> <div>10:15 Exercise with Jennifer! [ER]</div> <div>10:30 Mind Grow! Puzzles Galore! [L]</div> <div>10:45 ● Resident Walking Club (4th fl. 9.5 times around = 1 Mile) [CW]</div> <div>11:15 Brain Joggers with Jennifer!</div> <div>1:30 Book Club w/ Jennifer- The Whispers of War</div> <div>1:30 Chuck's Epic Flick Pick Movie!- Nomadland</div> <div>3:30 ● Happy Hour [B]</div> <div>3:30 Rummikub</div> <div>6:30 Saturday Night Cinema- Resident Choice [ER]</div>	
<div>8:30 News & Coffee Bar [L]</div> <div>9:30 ● Streaming- Sunday Mass- Holy Name Cathedral [ER]</div> <div>10:30 Mind Grow! Puzzles Galore! [L]</div> <div>10:45 ● Resident Walking Club (4th fl. 9.5 times around = 1 Mile) [CW]</div> <div>2:00 ● Card Bingo !</div> <div>2:30 Afternoon Scenic Drive - Johnnies Italian Ice</div> <div>3:00 Afternoon Trivia</div> <div>3:30 Happy Hour Happenings</div> <div>3:30 Rummikub</div> <div>6:30 ● Sunday Night Movie</div>				<div>10:15 Exercise w/ Anna [ER]</div> <div>10:30 Mind Grow! Puzzles Galore! [L]</div> <div>11:15 Brain Joggers with Anna!</div> <div>1:00 Reminiscing & Storytelling with Ryan- Spiritual Care Group</div> <div>2:00 Symbria: Seated Chair Exercise Class [ER]</div> <div>2:30 Build Your Own Bruschetta</div> <div>3:30 Monday Mingle [B]</div> <div>3:30 Rummikub</div> <div>4:00 Pool Table Happy Hour</div> <div>6:30 Monday Night Movie -National Treasure [ER]</div>		<div>10:15 Exercise w/ Anna [ER]</div> <div>10:30 Mind Grow! Puzzles Galore! [L]</div> <div>11:15 Sing your Heart Out! Singalong</div> <div>1:00 Bible Study with Kathy</div> <div>1:30 Afternoon Movie- Resident Choice</div> <div>3:30 Mocktail Mingle</div> <div>3:30 Rummikub</div> <div>4:00 Trivia Club: Jeopardy [L]</div> <div>6:30 Evening Movie</div>		<div>10:15 Exercise w/ Jennifer! [ER]</div> <div>10:30 Mind Grow! Puzzles Galore! [L]</div> <div>11:15 Brain Joggers with Jennifer!</div> <div>1:30 ● Relaxation Station- Nails, Facials & Hand Massages [CS]</div> <div>2:00 Symbria: Seated Chair Exercise Class</div> <div>3:30 Happy Hour w/ Piano Music [B]</div> <div>3:30 Rummikub</div> <div>6:30 Wednesday Night Movie [ER]</div> <div>7:00 Bus Trip - Summer Concert Series: The Donna Herula Band</div>		<div>10:00 🚌 Bus Trip - Target [Out]</div> <div>10:15 Exercise with Jennifer! [ER]</div> <div>10:30 Mind Grow! Puzzles Galore! [L]</div> <div>11:15 Brain Joggers with Jennifer!</div> <div>11:15 Communion with Deacon John [CS]</div> <div>1:30 Baking Club - Raspberry Whipped Cream Cake</div> <div>2:30 Educational Program- Purple Heart Day [ER]</div> <div>3:30 Rummikub</div> <div>3:30 Thirsty Thursday "No Proof, All Fun" [L]</div> <div>6:30 Evening Movie [ER]</div> <div>6:30 ● Wheel of Fortune Wizards! [L]</div>		<div>10:15 Exercise with Jennifer! [ER]</div> <div>10:30 Mind Grow! Puzzles Galore! [L]</div> <div>11:15 Brain Joggers with Jennifer</div> <div>1:30 Creative Corner: Watermelon Suncatchers!</div> <div>1:30 Documentary & Discussion</div> <div>2:00 Walk & Talk Club [CW]</div> <div>2:00 Symbria: Strengthening for Balance</div> <div>2:30 Bingo Time!</div> <div>3:30 ● Happy Hour Happenings [B]</div> <div>3:30 Rummikub</div> <div>4:00 Game Time: Uno</div> <div>6:30 Film Lovers Fridays [ER]</div>		<div>8:30 News & Coffee Bar [L]</div> <div>10:15 Exercise with Jennifer! [ER]</div> <div>10:30 Mind Grow! Puzzles Galore! [L]</div> <div>10:45 ● Resident Walking Club (4th fl. 9.5 times around = 1 Mile) [CW]</div> <div>11:15 Brain Joggers with Jennifer!</div> <div>1:30 Book Club w/ Jennifer- The Whispers of War</div> <div>1:30 Chuck's Epic Flick Pick Movie!- Apollo 13</div> <div>2:30 Afternoon Trivia</div> <div>3:30 ● Happy Hour [B]</div> <div>3:30 Rummikub</div> <div>6:30 Saturday Night Cinema- Resident Choice [ER]</div>	
<div>8:30 News & Coffee Bar [L]</div> <div>9:30 ● Streaming- Sunday Mass- Holy Name Cathedral [ER]</div> <div>10:30 Mind Grow! Puzzles Galore! [L]</div> <div>10:45 ● Resident Walking Club (4th fl. 9.5 times around = 1 Mile) [CW]</div> <div>2:00 ● Card Bingo !</div> <div>3:00 Afternoon Trivia</div> <div>3:30 Happy Hour Happenings</div> <div>3:30 Rummikub</div> <div>6:30 ● Sunday Night Movie- Wizard of Oz</div>				<div>10:15 Exercise w/ Anna [ER]</div> <div>10:30 Mind Grow! Puzzles Galore! [L]</div> <div>11:15 Brain Joggers with Anna!</div> <div>1:00 Reminiscing & Storytelling with Ryan- Spiritual Care Group</div> <div>2:00 Symbria: Seated Chair Exercise Class [ER]</div> <div>2:30 Travelogue- Kansas, Here We Come</div> <div>3:30 Monday Mingle [B]</div> <div>3:30 Rummikub</div> <div>4:00 Pool Table Happy Hour</div> <div>6:30 Monday Night Movie [ER]</div>		<div>10:15 Exercise w/ Anna [ER]</div> <div>10:30 Mind Grow! Puzzles Galore! [L]</div> <div>11:00 Food Committee Meeting</div> <div>1:00 Bible Study with Kathy</div> <div>1:30 Afternoon Movie- Resident Choice</div> <div>3:30 Mocktail Mingle</div> <div>3:30 Rummikub</div> <div>4:00 Trivia Club: Jeopardy [L]</div> <div>6:30 Evening Movie</div>		<div>10:15 Exercise w/ Jennifer! [ER]</div> <div>10:30 Mind Grow! Puzzles Galore! [L]</div> <div>11:15 Brain Joggers with Jennifer!</div> <div>1:30 ● Relaxation Station- Nails, Facials & Hand Massages [CS]</div> <div>2:00 Symbria: Seated Chair Exercise Class</div> <div>3:00 Mystery, Magic & Don Wand!</div> <div>3:30 Happy Hour</div> <div>3:30 Rummikub</div> <div>6:30 Wednesday Night Movie [ER]</div>		<div>10:00 🚌 Bus Trip - Target [Out]</div> <div>10:15 Exercise with Jennifer! [ER]</div> <div>10:30 Mind Grow! Puzzles Galore! [L]</div> <div>11:15 Brain Joggers with Jennifer!</div> <div>11:15 Communion with Deacon John [CS]</div> <div>11:45 Lunch Club - Olivia's Taste</div> <div>2:30 Polish Restaurant</div> <div>2:30 Mind Mixer Game Off ! [ER]</div> <div>3:30 Happy Hour w/ Piano Music [B]</div> <div>3:30 Rummikub</div> <div>6:30 Evening Movie [ER]</div> <div>6:30 ● Wheel of Fortune Wizards! [L]</div>		<div>10:15 Exercise with Jennifer! [ER]</div> <div>10:30 Mind Grow! Puzzles Galore! [L]</div> <div>11:15 Brain Joggers with Jennifer</div> <div>1:30 Documentary & Discussion</div> <div>1:30 Walk & Talk Club [CW]</div> <div>2:00 Symbria: Strengthening for Balance</div> <div>2:30 Bingo Time!</div> <div>3:30 ● Happy Hour Happenings [B]</div> <div>3:30 Rummikub</div> <div>4:00 Game Time: Uno</div> <div>6:30 Film Lovers Fridays [ER]</div>		<div>8:30 News & Coffee Bar [L]</div> <div>10:15 Exercise with Jennifer! [ER]</div> <div>10:30 Mind Grow! Puzzles Galore! [L]</div> <div>10:45 ● Resident Walking Club (4th fl. 9.5 times around = 1 Mile) [CW]</div> <div>11:15 Brain Joggers with Jennifer!</div> <div>1:30 Book Club w/ Jennifer- The Whispers of War</div> <div>1:30 Chuck's Epic Flick Pick Movie!</div> <div>2:30 Afternoon Trivia</div> <div>3:30 ● Happy Hour [B]</div> <div>3:30 Rummikub</div> <div>6:30 Saturday Night Cinema- Resident Choice [ER]</div>	

Monthly Activities

EXPLORE

BY SENIOR LIFESTYLE

THE SHERIDAN

AT RIVER FOREST

a Senior Lifestyle community

*Outing

Explore - Recreation & Entertainment

Explore - Self Expression & the Arts

Explore - Spiritual Health & Religion

Explore - Strength & Vitality

_REFLECT

Location Keys

Bar
Community Walk
Creative Studio
Entertainment Room
Lobby
Outing
Portico
Terrace

B
CW
CS
ER
L
Out
P
T

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>8:30 News & Coffee Bar [L] 17</div> <div>9:30 Streaming- Sunday Mass- Holy Name Cathedral [ER]</div> <div>10:30 Mind Grow! Puzzles Galore! [L]</div> <div>10:45 Resident Walking Club (4th fl. 9.5 times around = 1 Mile) [CW]</div> <div>2:00 Card Bingo !</div> <div>3:00 Afternoon Trivia</div> <div>3:30 Happy Hour Happenings</div> <div>3:30 Rummikub</div> <div>6:30 Sunday Night Movie</div>	<div>10:15 Exercise w/ Anna [ER] 18</div> <div>10:30 Mind Grow! Puzzles Galore! [L]</div> <div>11:15 Brain Joggers with Anna!</div> <div>1:00 Reminiscing & Storytelling with Ryan-Spiritual Care Group</div> <div>2:00 Symbria: Seated Chair Exercise Class [ER]</div> <div>2:30 Weird & Wonderful Foods [ER]</div> <div>3:30 Monday Mingle [B]</div> <div>3:30 Rummikub</div> <div>4:00 Pool Table Happy Hour</div> <div>6:30 Monday Night Movie [ER]</div>	<div>10:30 Mind Grow! Puzzles Galore! [L] 19</div> <div>10:30 Resident Council Meeting [ER]</div> <div>1:00 Bible Study with Kathy</div> <div>1:30 Afternoon Movie-Resident Choice</div> <div>2:00 Nature Photo Show & Tell</div> <div>3:30 Mocktail Mingle</div> <div>3:30 Rummikub</div> <div>4:00 Trivia Club: Jeopardy [L]</div> <div>6:30 Evening Movie</div>	<div>10:15 Exercise w/ Jennifer! [ER] 20</div> <div>10:30 Mind Grow! Puzzles Galore! [L]</div> <div>11:15 Brain Joggers with Jennifer!</div> <div>1:30 Relaxation Station-Nails, Facials & Hand Massages [CS]</div> <div>2:00 Lemonade Social on the Terrace! [T]</div> <div>2:00 Symbria: Seated Chair Exercise Class</div> <div>3:30 Happy Hour w/ Piano Music [B]</div> <div>3:30 Rummikub</div> <div>6:30 Wednesday Night Movie [ER]</div>	<div>10:00 Bus Trip - Target [Out] 21</div> <div>10:15 Exercise with Jennifer! [ER]</div> <div>10:30 Mind Grow! Puzzles Galore! [L]</div> <div>11:15 Brain Joggers with Jennifer!</div> <div>11:15 Communion with Deacon John [CS]</div> <div>1:30 Creative Corner- Shrinky Dinks w/Jennifer!</div> <div>2:30 Mind Mixer Game Off ! [ER]</div> <div>3:30 Rummikub</div> <div>3:30 Thirsty Thursday "No Proof, All Fun" [L]</div> <div>6:30 Evening Movie [ER]</div> <div>6:30 Wheel of Fortune Wizards! [L]</div>	<div>10:15 Exercise with Jennifer! [ER] 22</div> <div>10:30 Mind Grow! Puzzles Galore! [L]</div> <div>11:15 Brain Joggers with Jennifer</div> <div>2:00 Island Vibes & Good Times- Luau Party! [P]</div> <div>2:00 Symbria: Strengthening for Balance</div> <div>3:30 Happy Hour Happenings [B]</div> <div>3:30 Rummikub</div> <div>4:00 Game Time: Uno</div> <div>6:30 Film Lovers Fridays [ER]</div>	<div>8:30 News & Coffee Bar [L] 23</div> <div>10:15 Exercise with Jennifer! [ER]</div> <div>10:30 Mind Grow! Puzzles Galore! [L]</div> <div>10:45 Resident Walking Club (4th fl. 9.5 times around = 1 Mile) [CW]</div> <div>11:15 Brain Joggers with Jennifer!</div> <div>1:30 Book Club w/ Jennifer-The Whispers of War</div> <div>1:30 Chuck's Epic Flick Pick Movie!</div> <div>2:30 Afternoon Trivia</div> <div>3:30 Happy Hour [B]</div> <div>3:30 Rummikub</div> <div>6:30 Saturday Night Cinema-Resident Choice [ER]</div>
<div>8:30 News & Coffee Bar [L] 24</div> <div>9:30 Streaming- Sunday Mass- Holy Name Cathedral [ER]</div> <div>10:30 Mind Grow! Puzzles Galore! [L]</div> <div>10:45 Resident Walking Club (4th fl. 9.5 times around = 1 Mile) [CW]</div> <div>2:00 Card Bingo !</div> <div>3:00 Afternoon Trivia</div> <div>3:30 Happy Hour Happenings</div> <div>3:30 Rummikub</div> <div>6:30 Sunday Night Movie</div>	<div>10:15 Exercise w/ Anna [ER] 25</div> <div>10:30 Mind Grow! Puzzles Galore! [L]</div> <div>11:15 Brain Joggers with Anna!</div> <div>1:00 Reminiscing & Storytelling with Ryan-Spiritual Care Group</div> <div>2:00 Creative Corner- Aloha Dancing Dolls</div> <div>2:00 Symbria: Seated Chair Exercise Class [ER]</div> <div>3:30 Monday Mingle [B]</div> <div>3:30 Rummikub</div> <div>4:00 Pool Table Happy Hour</div> <div>6:30 Monday Night Movie [ER]</div>	<div>10:15 Exercise w/ Anna [ER] 26</div> <div>10:30 Bus Trip- Bahai Temple & Lunch</div> <div>10:30 Mind Grow! Puzzles Galore! [L]</div> <div>11:15 Sing your Heart Out! Singalong</div> <div>1:00 Bible Study with Kathy</div> <div>1:30 Afternoon Movie-Resident Choice</div> <div>3:30 Mocktail Mingle</div> <div>3:30 Rummikub</div> <div>4:00 Trivia Club: Jeopardy [L]</div> <div>6:30 Evening Movie</div>	<div>10:15 Exercise w/ Jennifer! [ER] 27</div> <div>10:30 Mind Grow! Puzzles Galore! [L]</div> <div>11:15 Brain Joggers with Jennifer!</div> <div>1:30 Relaxation Station-Nails, Facials & Hand Massages [CS]</div> <div>2:00 Symbria: Seated Chair Exercise Class</div> <div>2:30 Voices of Experience: Resident Storytelling</div> <div>3:30 Happy Hour w/ Piano Music [B]</div> <div>3:30 Rummikub</div> <div>6:30 Wednesday Night Movie [ER]</div>	<div>10:00 Bus Trip - Target [Out] 28</div> <div>10:15 Exercise with Jennifer! [ER]</div> <div>10:30 Mind Grow! Puzzles Galore! [L]</div> <div>11:00 Bus Trip- Mad 4 Mats (Plarn Mat Weaving)</div> <div>11:15 Brain Joggers with Jennifer!</div> <div>11:15 Communion with Deacon John [CS]</div> <div>12:00 August Birthday Luncheon!</div> <div>2:30 Live Music- Sara Beth Thomas Live Jazz [ER]</div> <div>3:30 Rummikub</div> <div>3:30 Thirsty Thursday "No Proof, All Fun" [L]</div> <div>6:30 Evening Movie [ER]</div> <div>6:30 Wheel of Fortune Wizards! [L]</div>	<div>10:15 Exercise with Jennifer! [ER] 29</div> <div>10:30 Mind Grow! Puzzles Galore! [L]</div> <div>11:15 Brain Joggers with Jennifer</div> <div>1:30 Documentary & Discussion</div> <div>2:00 Walk & Talk Club [CW]</div> <div>2:00 Symbria: Strengthening for Balance</div> <div>2:30 Bingo Time!</div> <div>3:30 Happy Hour Happenings [B]</div> <div>3:30 Rummikub</div> <div>4:00 Game Time: Uno</div> <div>6:30 Film Lovers Fridays [ER]</div>	<div>8:30 News & Coffee Bar [L] 30</div> <div>10:15 Exercise with Jennifer! [ER]</div> <div>10:30 Mind Grow! Puzzles Galore! [L]</div> <div>10:45 Resident Walking Club (4th fl. 9.5 times around = 1 Mile) [CW]</div> <div>11:15 Brain Joggers with Jennifer!</div> <div>1:30 Book Club w/ Jennifer-The Whispers of War</div> <div>1:30 Chuck's Epic Flick Pick Movie!</div> <div>2:30 Afternoon Trivia</div> <div>3:30 Happy Hour [B]</div> <div>3:30 Rummikub</div> <div>6:30 Saturday Night Cinema-Resident Choice [ER]</div>
<div>8:30 News & Coffee Bar [L] 31</div> <div>9:30 Streaming- Sunday Mass- Holy Name Cathedral [ER]</div> <div>10:30 Mind Grow! Puzzles Galore! [L]</div> <div>10:45 Resident Walking Club (4th fl. 9.5 times around = 1 Mile) [CW]</div> <div>2:00 Card Bingo !</div> <div>3:00 Afternoon Trivia</div> <div>3:30 Happy Hour Happenings</div> <div>3:30 Rummikub</div> <div>6:30 Sunday Night Movie</div>	<div><div><div><div><div>The DOG DAYS OF SUMMER!</div><div></div></div></div><div><div>HAWAIIAN Luau</div><div></div></div><div><div></div><div>Stay cool everybody!</div><div></div></div></div></div>					