August 2025 Monthly Activities **Assisted Living - Experience Adventure** Wednesday Sunday Monday Tuesday Thursday Friday Saturday Breakfast August cont'd 9:30 Men's Forum [ER] 9:30-1 Sitcom & Smiles 10:00 • Painting with Jaida [CAS] 9:30-1 Sitcom & Smiles Breakfast **Resident Birthdays** 10:30 O Sit and Fit Full body workout 10:30 O Seated Yoga (Video) [BF] 8:30 • Bus Trip: Trinity Lutheran 11:00 Daily Chronicle Talk/Discussion [CR] 1:00 • Daily Chronicle Talk/Discussion [CAS] Church Lombard (Leaving at Barbara O. 8/1 Bill E. 8/15 11:30 Lunch 8:30am, Sign up at front desk) Signature Collection 11:30 Lunch 1:00 Matinee Movie Flaine D. 8/16 Lynette B. 1:00 • Game Hour! [GR] 1:00 • Mindful Coloring [ER] **EXPLORE** 8:50 Bus Trip: Visitation Catholic Church/Faith CRI Elmhurst (Leaving at 8:50 am Sign up at from THE SHERIDAN 8/23 1:00 Matinee Movie 1:30 • Game: Mahjong! [CR] Margaret N. 8/2 John M. 1:30 • Meet and Greet Event with Joint Relief 2:00 O Documentary: Pop Us Come See what's playing! [RR] desk) [FD] AT OAK BROOK 8/25 Institute! [ER] Linda H. 8/6 Joanne M. 9:30 • Epiphany Lutheran Church Livestream Church 2:00 • Current Events Chats [CAS] 2:30 • Mindfulness Meditation [TR] a Senior Lifestyle community 8/27 8/8 Jack B. Sam C. 3:00 • Entertainment: Randy Walker [LB] 3:00 • BINGO! [CAS] 2:30-1 Sitcom & Smiles Dinner 4pm Seating 4:00 Dinner 4pm Seating 8/29 10:30 O Sit and Fit Full body workout [BF] Kent B. 8/11 Mary Patricia R. 4:00 • Happy Hour [CW] 6:30 11:00 • Daily Chronicle Talk/Discussion [CAS] Virginia C. 8/12 4:00 • We Pour at Four [CW] 6:30 • Poker Night [CR] 6:30 Movie: 1:00 Matinee Movie 3:00 O Snack Bar: [ER] 7:30 - Breakfast 7:30 -Breakfast 7:30 -Breakfast Breakfast 7:30 -Breakfast 7:30 -Breakfast 7:30 - Breakfast 9:30 Sam's Ice Cream Waffles [ER] 8:30 Bus Trip: Trinity Lutheran 9:30-1 Sitcom & Smiles 9:30-1 Sitcom & Smiles 9:30-1 Sitcom & Smiles 9:30 • Men's Forum [ER] 9:30-1 Sitcom & Smiles 10:00 • Painting with Collen [CAS] Church Lombard (Leaving at 9:30 • Visitation Church: Catholic 10:30 O Seated Exercise [BF] 9:30-1 • Sitcom & Smiles 10:30 O Seated Exercise [BF] 9:30-1 • Sitcom & Smiles 8:30am. Sign up at front Communion w/ Deacon Tony 1:00 • Daily Chronicle Talk/ 10:00 • Circle of Support [HR] 10:30 O Seated Yoga (Video) [BF] 1:00 • Daily Chronicle Talk/ 10:30 O Sit and Fit Full body Discussion [CAS] 10:30 O Sit and Fit [BF] 11:00 • Daily Chronicle Talk/Discussion [CR] Resident Ambassador/Buddy Program Discussion [CAS] workout [BF] 8:50 Bus Trip: Visitation Catholic Church/Faith 11:00 • Daily Chronicle Talk/Discussion [CAS] Signature Collection 11:30 Lunch 11:30 Lunch 11:00 • Daily Chronicle Talk/Discussion [CAS] CRC Elmhurst (Leaving at 8:50 am Sign up at Come See What its About and How You Can 1:00 Matinee Movie 1:00 Matinee Movie: 11:30 Elmhurst Farmers Market [FD] Assist The New Residents Moving In [ER] front desk) [FD] 1:00 • Golden Whisks Baking Club [ER] 1:30 Lunch 1:30 Menu Meeting [HR] 1:00 • Mindful Coloring [ER] Lunch THE SHERIDAN 9:30 • Epiphany Lutheran Church Livestream Church 10:30 O Sit & Fit Full Body Workout [BF] 1:00 • Matinee Movie: 1:00 • Game Hour! [GR] 2:00 • Current Events Chats [CAS] 1:00 Matinee Movie 1:30 Game: Mahiong! [CR] 11:00 • Daily Chronicle Talk/Discussion [CAS] 2:30 • Documentary POP UP: come see what's 1:00 • Resident Led: Blackjack! (Bring your 2:00 • Current Events Chats [CAS] 1:00 Matinee Movie: 2:00 O Documentary: Pop Us Come See what's 9:30-1 • Sitcom & Smiles AT OAK BROOK playing! quarters) [CAS] 2:30 • Documentary POP UP: come see what 1:30 • Joint Relief Institute Presentation playing! [RR]
2:30 • Mindfulness Meditation [TR] 10:30 O Sit and Fit Full body workout [BF] 1:00 Game Hour: Pinochle [CR] 3:00 Movement & Music with Ann Garvey (Advanced Class) [BF] 2:00 • Current Events Chats [CAS] 2:00 • Current Events Chats [CAS] 11:00 • Daily Chronicle Talk/Discussion [CAS] 1:00 Matinee Movie: a Senior Lifestyle community 3:00 • BINGO! [HR] 3:00 • BINGO! [CAS] 3:30 Walking Club [LB] Entertainment: [LB] 11:30 Lunch 3:00 BINGO! [HR] 3:00 O Movement & Music with Ann Garvey (Seate 3:30 O Walking Club [LB] 4:00 Dinner 4pm Seating 4.00 Dinner 4pm Seating 4:00 Dinner 4pm Seating 1:00 • Matinee Movie: Class) [BF] 4:00 Dinner 4pm Seating 4:00 Dinner 4pm Seating 6:30 Movie: 3:00 O Snack Bar: Veggie Bar [ER] 4:00 • We Pour at Four [CW] 4:00 • Happy Hour [CW] 3:15 • Word Puzzles [CAS] 4:00 We Pour at Four [CW] 6:30 • Poker Night [CR] 4:00 • We Pour at Four [CW] 4:00 Dinner 4pm Seating 6:30 Movie: 4:00 • We Pour at Four [CW] 3:30 O Walking Club [LB] 6:30 Movie: 5:45-6 • Bible Study with Jaida 6:15 • Sunday Night Gathering (Left, Right, Center 7:00 O Game Hour [GR] Movie: Dinner 4pm Seating Movie: Game. Bring \$1 bills) [CAS] 4:00 • Entertainment: Frank Lee [LB Breakfast Breakfast Breakfast 7:30 7:30 -Breakfast 7:30 -Breakfast 7:30 Breakfast 7:30 -Breakfast 16 3 *Diversity Event 8:30 • Bus Trip: Trinity Lutheran Chicagoland Hearing (Sign up at front desk) [FD] 9:30-1 Sitcom & Smiles 9:30-1 Sitcom & Smiles 9:30-1 Sitcom & Smiles 9:30 Men's Forum [FR] 9:30-1 Sitcom & Smiles Church Lombard (Leaving at 9:30 • Waffles "Oh my!" [ER] 10:30 O Seated Exercise [BF] 9:30 • Oak Brook Public Library 0:00 A Car Show [0] 9:30 • Visitation Church: A *Outing 8:30am. Sign up at front 9:30-1 Sitcom & Smiles 10:30 O Seated Yoga (Video) [BF] 10:30 O Sit and Fit [BF] 11:00 • Daily Chronicle Talk/ Catholic Communion w/ Comes to The Sheridan! desk) [FD] 11:00 • Daily Chronicle Talk/Discussion [CAS] 10:30 O Seated Exercise [BF] 11:00 Daily Chronicle Talk/Discussion [CR] [CAS] Deacon Tony [HR] Explore - Leadership & Volunteerism Bus Trip: Visitation Catholic Church/Faith 11:00 • Daily Chronicle Talk/Discussion [CAS] Lunch CRC Elmhurst (Leaving at 8:50 am Sign up at | 10:30 • Sit & Fit Full Body Workout [BF] 30-1 Sitcom & Smiles 1:00 • Golden Whisks Baking Club [ER] 1:30 Lunch 1:00 Matinee Movie: 1:00 Matinee Movie: 11:00 • Daily Chronicle Talk/Discussion [CAS] 10:30 O Sit and Fit Full body workout [BF] Explore - Lectures & Learning 1:00 Matinee Movie 1:00 • Resident Led: Blackjack! (Bring your 1:00 Matinee Movie: 1:00 • Mindful Coloring [ER] 9:30 • Epiphany Lutheran Church Livestream Church 11:30 Lunch 1:00 • Daily Chronicle Talk/Discussion [CAS] 2:00 • Current Events Chats [CAS] quarters) [CAS] 1:30 • Crystal Class with Collette [ER] 1:30 • Game: Mahjong! [CR] Explore - Recreation & Entertainment 1:00 • Game Hour: Pinochle [CR] 2:00 • Current Events Chats [CAS] 1:30 Lunch 2:00 O Documentary: Pop Us Come See what's 2:30 Documentary POP UP: come see what's 2:00 • Current Events Chats [CAS] 9:30-1 Sitcom & Smiles 1:00 Matinee Movie: 3:00 • BINGO! [HR] 2:30 • Documentary POP UP: come see what's 1:00 Game Hour! [GR] playing! playing! [RR] 10:30 Sit and Fit Full body workout [BF] Explore - Self Expression & the Arts 3:00 Movement & Music with Ann Garvey
(Advanced Class) [BF] 2:00 • Pet Partners: Pet Therapy 3:30 O Walking Club [LB] 1:00 • Matinee Movie: 2:30 • Mindfulness Meditation [TR] 11:00 Daily Chronicle Talk/Discussion [CAS] 3:00 ● AL Resident Council Meeting [ER] 4:00 Dinner 4pm Seating 3:00 • BINGO! [CAS] 3:00 • BINGO! [HR] 2:00 • Current Events Chats [CAS] Explore - Spiritual Health & Religion 3:15 • Word Puzzles [CAS] 3:30 O Walking Club [LB] 4:00 We Pour at Four [CW] 4:00 Dinner 4pm Seating 4:00 Dinner 4pm Seating **4**·nn Dinner 4pm Seating 1:00 Matinee Movie 3:30 O Walking Club [LB] 5:45-6 Bible Study with Jaida 6:30 Movie: 4:00 • Happy Hour [CW] 4:00 • We Pour at Four [CW] 3:00 O Snack Bar: Fruit Bar [ER] Explore - Strength & Vitality 4.00 Dinner 4pm Seating 4:00 We Pour at Four [CW] 6:30 Poker Night [CR] 6:30 Movie: 4:00 • We Pour at Four [CW] Dinner 4pm Seating 4:00 • Entertainment: Erik Donner [LB] Movie 6:30 6:15 Sunday Night Gathering (Left, Right, Center Game. Bring \$1 bills) [CAS] Movie: CONNECT 6:30 4:00 • We Pour at Four [CW] Movie: Breakfast Breakfast Breakfast Breakfast Breakfast Breakfast Breakfast 7:30 -7:30 7:30 7:30 -8 9:30 Sam's Ice Cream Waffles [ER] 8:30 Bus Trip: Trinity Lutheran :30-1 Sitcom & Smiles 9:30-1 Sitcom & Smiles 9:30-1 Sitcom & Smiles 9:30-1 Sitcom & Smiles 9:30 • Men's Forum [ER] Church Lombard (Leaving at 10:00 • Painting with Jaida [CAS] 9:30 Visitation Church: Catholic 10:00 New Resident Orientation 10:30 O Seated Exercise [BF] 9:30-1 Sitcom & Smiles 9:30-1 Sitcom & Smiles 8:30am. Sign up at front 10:30 O Seated Yoga (Video) [BF] Communion w/ Deacon Tony 10:00 • Circle of Support [HR] 1:00 • Daily Chronicle Talk/ 10:00 Visit Oak Brook Library 10:30 Seated Exercise [BF] 10:30 O Sit and Fit [BF] Discussion [CAS] 11:00 • Daily Chronicle Talk/Discussion [CR] 8:50 Bus Trip: Visitation Catholic Church/Faith 10:30 O Sit & Fit Full Body Workout [BF] 11:00 • Daily Chronicle Talk/Discussion [CAS] 11:00 • Daily Chronicle Talk/Discussion [CAS] Lunch 1:30 Lunch CRC Elmhurst (Leaving at 8:50 am Sign up at 10:30 O Sit and Fit Full body workout [BF] **Location Keys** 11:00 • Daily Chronicle Talk/Discussion [CAS] 11:30 1:00 • Golden Whisks Baking Club [ER] 1:00 • Matinee Movie: 11:30 🖨 Elmhurst Farmers Market [FD] front desk) [FD] 11:00 • Daily Chronicle Talk/Discussion [CAS] 11:30 Lunch 1:00 Matinee Movie 1:00 Matinee Movie: 1:00 • Mindful Coloring [ER] 9:30 • Epiphany Lutheran Church Livestream Church 1:00 • Game Hour: Pinochle [CR] 2:00 • Current Events Chats [CAS] 1:30 Lunch Be Fit Studio 1:30 • Menu Meeting [HR] 1:00 Matinee Movie 1:30 Game: Mahiong! [CR] 1:00 • Matinee Movie: 2:00 • Current Events Chats [CAS] 1:00 • Game Hour! [GR] 2:30 • Documentary POP UP: come see what's 1:00 • Resident Led: Blackjack! (Bring your 2:00 O Documentary: Pop Us Come See what's 9:30-1 Sitcom & Smiles 2:00 Interfaith Worship Service w/ Cerna from 2:30 • Cooking Demo with Andy [ER] quarters) [CAS] playing! 3:00 • AL Town Hall [ER] 1:00 Matinee Movie: playing! [RR] Clearwater's 10:30 O Sit and Fit Full body workout [BF] 2:30 • Mindfulness Meditation [TR] 2:00 • Current Events Chats [CAS] 2:30 • Documentary POP UP: come see what's 2:00 • Current Events Chats [CAS] 11:00 • Daily Chronicle Talk/Discussion [CAS] All Are Welcome! [HR] playing! 3:00 • BINGO! [HR] 3:30 O Walking Club [LB] 3:00 • BINGO! [CAS] Club Room 4:00 Dinner 4pm Seating 11:30 Lunch 3:00 • BINGO! [HR] 3:00 Movement & Music with Ann Garvey 4:00 Dinner 4pm Seatin 3:30 O Walking Club [LB] Dinner 4pm Seating 4:00 • Happy Hour [CW] 1:00 Matinee Movie: 4:00 ● Book Club: The Four Winds by Kristin Hann (Advanced Class) [BF] Movie Dinner 4pm Seating 4:00 • We Pour at Four [CW] 6:30 CAS 4:00 Creative Art Studio 3:00 O Snack Bar: Salad Bar [ER] 4:00 • We Pour at Four [CW] 3:00 Movement & Music with Ann Garvey (Seate 6:30 Movie: 6:30 Poker Night [CR] 4:00 We Pour at Four [CW] Dinner 4pm Seating Dinner 4pm Seating Class) [BF] Movie: 6:30 True Story Duo [LB] Movie: **ER** 6:30 **Epicurean Room** 6:15 • Sunday Night Gathering (Left, Right, Center 4:00 • We Pour at Four [CW] 3:15 • Word Puzzles [CAS] Game. Bring \$1 bills) [CAS] 6:30 Movie: 3:30 O Walking Club [LB] Front Desk (Lobby) FD Breakfast 7:30 -Breakfast Breakfast Breakfast Breakfast 7:30 -Breakfast Breakfast 30-1 Sitcom & Smiles 8:30 • Bus Trip: Trinity Lutheran 30-1 Sitcom & Smiles 9:30-1
Sitcom & Smiles 9:30-1 Sitcom & Smiles 9:30 Men's Forum [FR] 9:30-1 Sitcom & Smiles Game Room 20 Church Lombard (Leaving at 10:30 O Seated Exercise [BF] 9:30 • Waffles "Oh my!" [ER] 10:00- 🖀 RESERVED: Poker Table [CR] 10:00 • Painting with Jaida [CAS] 9:30 • Visitation Church: 9:30-1 Sitcom & Smiles 8:30am, Sign up at front 11:00 • Daily Chronicle Talk/ 10:30 O Sit and Fit [BF] 10:30 O Seated Exercise [BF] 10:30 Seated Yoga (Video) [BF] Catholic Communion w/ 10:30 O Sit and Fit Full body Hinsdale Room (5th Floor) HR desk) [FD] 11:00 • Daily Chronicle Talk/Discussion [CAS] Discussion [CAS] 11:00 • Daily Chronicle Talk/Discussion [CAS] 11:00 • Daily Chronicle Talk/Discussion [CR] Deacon Tony [HR] workout [BF] 8:50 • Bus Trip: Visitation Catholic Church/Faith 1:30 Lunch Lunch 10:30 O Sit & Fit Full Body Workout [BF] 1:00 • Daily Chronicle Talk/Discussion [CAS] LB Lobby CRC Elmhurst (Leaving at 8:50 am Sign up at 1:00 Matinee Movie: 11:40 🖨 Bus Trip: Mariano's Grocery Store (Sign-Up 1:00 • Golden Whisks Baking Club [ER] 1:00 • Matinee Movie: front desk) [FD] 11:00 • Daily Chronicle Talk/Discussion [CAS] 1:30 Lunch 2:00 • Current Events Chats [CAS] Front Desk) [FD] 1:00 Mindful Coloring [ER] 1:00 Matinee Movie: 0 9:30 • Epiphany Lutheran Church Livestream Church **Outside - Front Round** 11:30 Lunch 1:00 Game Hour! [GR] 2:00 • Current Events Chats [CAS] 2:30 • Documentary POP UP: come see what's Matinee Movie 1:30 • Game: Mahjong! [CR] 1:00 • Game Hour: Pinochle [CR] playing! 1:00 • Resident Led: Blackjack! (Bring you 2:30 • Documentary POP UP: come see what's 1:00 Matinee Movie: 2:00 O Documentary: Pop Us Come See what's 9:30-1 Sitcom & Smiles Reel Room (Theater) 1:00 • Matinee Movie: 3:00 Movement & Music with Ann Garvey
(Advanced Class) [BF] quarters) [CAS] 2:00 Current Events Chats [CAS] playing! plaving! [RR] 10:30 O Sit and Fit Full body workout [BF] 2:00 • Current Events Chats [CAS] 3:00 • Birthday Celebration [ER] 2:30 • Mindfulness Meditation [TR] 3:00 • BINGO! [HR] 3:00 • Entertainment: Rich Shep 11:00 • Daily Chronicle Talk/Discussion [CAS] 3:15 • Word Puzzles [CAS] The Reel 3:00 BINGO! [HR] 3:30 O Walking Club [LB] 3:00 • BINGO! [CAS] 4:00 Dinner 4pm Seating 4:00 Dinner 4nm Seating 11:30 Lunch 3:30 O Walking Club [LB] 3:30 Walking Club [LB] 4.00 4:00 Dinner 4nm Seating Dinner 4nm Seating 4:00 • We Pour at Four [CW] 1:00 Matinee Movie 4:00 • Happy Hour [CW] Dinner 4pm Seating Dinner 4pm Seating 6:30 4:00 We Pour at Four [CW] 6:30 Movie: 3:00 O Snack Bar: [FR] 4.00 • We Pour at Four [CW] 4:00 • Entertainment: [LB] 4:00 • We Pour at Four [CW] 6:30 6:30 • Poker Night [CR] Dinner 4pm Seating 6:30 Movie: 4:00 • We Pour at Four [CW] 6:30 Movie: 6:15 Sunday Night Gathering (Left, Right, Center Continued at top Game. Bring \$1 bills) [CAS]