

March 2024 Assisted Living - Your Neighbors										Monthly Activities																								
Sunday					Monday					Tuesday					Wednesday					Thursday					Friday					Saturday				
<div></div> <div><i>Signature Collection</i> THE SHERIDAN AT OAK BROOK <i>a Senior Lifestyle community</i></div>					<div>March cont'd31</div> <div>Easter</div> <div>8:40 Bus Trip: Christ Church of Oak Brook (Leaving at 8:45am. Sign up at front desk) [FD]</div> <div>9:00 Bus Trip: Visitation Catholic Church/Faith CRC Elmhurst (Sign up at front desk) [FD]</div> <div>10:30 Easter Egg Hunt for Your Grandchildren (Sign up at front desk by 3/25) [FD]</div> <div>11:00 Daily Chronicle Talk/Discussion [GR]</div> <div>11:00 Sit and Fit Full body workout [BF]</div> <div>1:30 Movie: Irving Berlin's Easter parade</div> <div>2:00 Mindful Art - Coloring [ER]</div> <div>3:00 Brownie Bar [FD]</div> <div>6:00 Sunday Night Gathering (Left, Right, Center Game. Bring \$1 bills) [HR]</div>					<div><i>Signature Collection</i> THE SHERIDAN AT OAK BROOK <i>a Senior Lifestyle community</i></div> <div>2055 Clearwater Dr. Oak Brook, IL 60523 (630) 394-0214</div>					<div>Resident Birthdays</div> <div>Robert Z.3/6</div> <div>Judith C.3/7</div> <div>Cathy M.3/15</div> <div>Mary D.3/26</div> <div>Jackie N.3/26</div> <div>Robert K.3/31</div>					<div>Activities are subject to change. Watch the TV's and weekly activity calendars for updated programs.</div>					<div>9:30 Men's Group: Morning Sports Chat [CW]</div> <div>10:30 Sit and Fit Full body workout [BF]</div> <div>11:00 Daily Chronicle Talk/Discussion [ER]</div> <div>1:00 Mexican Train Dominos [GR]</div> <div>1:45 Health Lecture: The Link Between Laughter, Humor, and Good Health</div> <div>3:00 Live Music Performance by Ritchie (Singer)</div> <div>4:00 We Pour at Four [CW]</div> <div>6:45 Movie: Not without my daughter</div> <div>6:45 Rummikub [CR]</div>					<div>10:00 Visitation Church Children's Choir Music Performance</div> <div>11:00 Sit and Fit Full body workout [BF]</div> <div>1:30 Baking With Tashai: Oatmeal Cookie [ER]</div> <div>1:30 Game: Mahjong! [CR]</div> <div>1:30 Movie: Not without my daughter</div> <div>3:00 BINGO! [CAS]</div> <div>6:30 Poker Night [CR]</div> <div>6:45 Movie: Not without my daughter</div>				
<div>8:40 Bus Trip: Christ Church of Oak Brook (Leaving at 8:45am. Sign up at front desk) [FD]</div> <div>9:00 Bus Trip: Visitation Catholic Church/Faith CRC Elmhurst (Sign up at front desk) [FD]</div> <div>10:30 Sit and Fit Full body workout [BF]</div> <div>11:00 Daily Chronicle Talk/Discussion [GR]</div> <div>1:30 Movie: Boys in the Boat</div> <div>2:00 Mindful Art - Coloring [ER]</div> <div>3:00 Ice Cream and Orange Pop Float Bar [FD]</div> <div>6:00 Sunday Night Gathering (Left, Right, Center Game. Bring \$1 bills) [HR]</div>					<div>9:30 Visitation Church: Communion w/ Deacon Tony [HR]</div> <div>10:30 Sit & Fit Full Body Workout [BF]</div> <div>11:00 Daily Chronicle Talk/ Discussion [ER]</div> <div>1:00 Game Hour: Pinochle [GR]</div> <div>2:00 Travel Documentary: Belfast and the Best of Northern Ireland</div> <div>3:00 BINGO! [CAS]</div> <div>4:00 We Pour at Four [CW]</div> <div>6:45 Movie: Boys in the Boat</div>					<div>10:30 Balance Booster [BF]</div> <div>11:00 Daily Chronicle Talk/ Discussion [ER]</div> <div>12:30 Bridge [CR]</div> <div>1:00 New Resident Orientation [GR]</div> <div>1:30 Menu Meeting [ER]</div> <div>2:15 Women's History Month: Jane Addams: Together We Rise Documentary</div> <div>3:00 Movement & Music with Ann Garvey (Standing/Advanced Class) [BF]</div> <div>4:00 Talk About it Tuesday - Fill out a Review about The Sheridan and get FREE Drink [CW]</div> <div>6:45 Movie: On the basis of sex (Ruth Bader Ginsburg)</div>					<div>9:00 Morning Guided Meditation Video (Theater Room)</div> <div>9:45 Bus Trip: Father's Lunch at Visitation Church (Sign up at front desk by 2/28) [FD]</div> <div>10:30 Sit and Fit [BF]</div> <div>11:00 Daily Chronicle Talk/Discussion [ER]</div> <div>1:00 Scrabble [CR]</div> <div>1:00 Walking Club Outside [FD]</div> <div>2:00 Eastern's Baby: The Story of David North and One of Our Very Own Residents Who Took Care of Him [CAS]</div> <div>3:00 BINGO! [CAS]</div> <div>4:00 We Pour at Four [CW]</div> <div>6:45 Movie: On the basis of sex (Ruth Bader Ginsburg)</div>					<div>10:30 "Balance Booster" [BF]</div> <div>11:00 Daily Chronicle Talk/ Discussion [ER]</div> <div>12:30 Game Hour: Hand, Knee and Foot [GR]</div> <div>2:00 Safety Lecture with Deputy Yager from Oak Brook Police Department</div> <div>3:00 Let's Make Homemade Guacamole! [ER]</div> <div>4:00 We Pour at Four [CW]</div> <div>5:00 Dinner Bus Outing: Maggiano's (Sign up at front desk) [FD]</div> <div>6:45 Movie: On the basis of sex (Ruth Bader Ginsburg)</div>					<div>9:30 Men's Group: Morning Sports Chat [CW]</div> <div>10:30 Sit and Fit Full body workout [BF]</div> <div>11:00 Daily Chronicle Talk/Discussion [ER]</div> <div>1:00 Mexican Train Dominos [GR]</div> <div>1:30 Show and Tell (Bring something that you would like to share with others) [ER]</div> <div>3:00 Music Performance by Nora</div> <div>4:00 We Pour at Four [CW]</div> <div>6:45 Movie: With a song in my heart</div> <div>6:45 Rummikub [CR]</div>					<div>10:30 Sit and Fit Full body workout [BF]</div> <div>11:00 Daily Chronicle Talk/ Discussion [ER]</div> <div>1:30 Baking With Tashai: Irish Soda Bread [ER]</div> <div>1:30 Game: Mahjong! [CR]</div> <div>1:30 Movie: With a song in my heart</div> <div>2:00 BINGO! [ER]</div> <div>3:30 Eat the Irish Soda Bread! [ER]</div> <div>6:30 Poker Night [CR]</div> <div>6:45 Movie: With a song in my heart</div>				
<div>Daylight Saving Time Begins</div> <div>8:40 Bus Trip: Christ Church of Oak Brook (Leaving at 8:45am. Sign up at front desk) [FD]</div> <div>9:00 Bus Trip: Visitation Catholic Church/Faith CRC Elmhurst (Sign up at front desk) [FD]</div> <div>10:00 Trinity Irish Dancers Performance</div> <div>1:30 Movie: Oppenheimer</div> <div>2:00 Mindful Art - Coloring [ER]</div> <div>3:00 Yogurt Parfait Bar [FD]</div> <div>6:00 Sunday Night Gathering (Left, Right, Center Game. Bring \$1 bills) [HR]</div> <div>6:00 The 96th Academy Awards (6-9pm)</div>					<div>9:30 Visitation Church: Communion w/ Deacon Tony [HR]</div> <div>10:30 Sit & Fit Full Body Workout [BF]</div> <div>11:00 Daily Chronicle Talk/Discussion [ER]</div> <div>1:00 Game Hour: Pinochle [GR]</div> <div>1:00 Watch/Jewelry Repair Shop w/ Seth (1-3pm) [FD]</div> <div>2:00 Activity Meeting w/ Resident Programming Director (Rachael) [ER]</div> <div>3:00 BINGO! [CAS]</div> <div>4:00 We Pour at Four [CW]</div> <div>6:45 Movie: Oppenheimer</div>					<div>Podiatrist Visiting (Sign-Up at Front Desk)</div> <div>9:00 Chicagoland Hearing (Sign up at front desk) [FD]</div> <div>10:30 Balance Booster [BF]</div> <div>11:00 Daily Chronicle Talk/Discussion [ER]</div> <div>12:00 Men's Lunch Outing: Giordano's (Sign-up at front desk) [FD]</div> <div>12:30 Bridge [CR]</div> <div>1:30 Menu Meeting [ER]</div> <div>2:15 Women's History Month: Marie Curie Documentary</div> <div>3:00 Movement & Music with Ann Garvey (Standing/Advanced Class) [BF]</div> <div>4:00 Talk About it Tuesday - Fill out a Review about The Sheridan and get FREE Drink [CW]</div> <div>6:45 Movie: Paradise road</div>					<div>9:00 Morning Guided Meditation Video (Theater Room)</div> <div>10:30 Sit and Fit [BF]</div> <div>11:00 Daily Chronicle Talk/ Discussion [ER]</div> <div>1:00 Scrabble [CR]</div> <div>2:00 Informational Lecture on Ride DuPage: A Transportation Option For You!</div> <div>3:00 BINGO! [CAS]</div> <div>4:00 Casino Night w/ Live Music Entertainment 4-7pm [CW]</div>					<div>10:30 "Balance Booster" [BF]</div> <div>11:00 Daily Chronicle Talk/Discussion [ER]</div> <div>12:30 Game Hour: Hand, Knee and Foot [GR]</div> <div>1:45 Fire Safety Lecture by Oak Brook Fire Marshal Glen Washington [CR]</div> <div>3:00 Resident Council Meeting [ER]</div> <div>4:00 We Pour at Four [CW]</div> <div>6:45 Movie: Paradise road</div>					<div>9:30 Men's Group: Morning Sports Chat [CW]</div> <div>9:30 Oak Brook Public Library Comes to The Sheridan! [L]</div> <div>10:30 Sit and Fit Full body workout [BF]</div> <div>11:00 Daily Chronicle Talk/Discussion [ER]</div> <div>1:00 Mexican Train Dominos [GR]</div> <div>1:45 St. Patrick's Day Craft [CAS]</div> <div>3:00 Live Music Performance by Vincent Micari Duo</div> <div>4:00 We Pour at Four [CW]</div> <div>6:45 Movie: The water is wide</div> <div>6:45 Rummikub [CR]</div>					<div>10:30 Sit and Fit Full body workout [BF]</div> <div>11:00 Daily Chronicle Talk/Discussion [ER]</div> <div>1:30 Baking With Tashai: Corned Beef Sliders [ER]</div> <div>1:30 Game: Mahjong! [CR]</div> <div>1:30 Movie: The water is wide</div> <div>3:00 BINGO! [CAS]</div> <div>6:30 Poker Night [CR]</div> <div>6:45 Movie: The water is wide</div>				
<div>St. Patrick's Day</div> <div>8:40 Bus Trip: Christ Church of Oak Brook (Leaving at 8:45am. Sign up at front desk) [FD]</div> <div>9:00 Bus Trip: Visitation Catholic Church/Faith CRC Elmhurst (Sign up at front desk) [FD]</div> <div>10:30 Sit and Fit Full body workout [BF]</div> <div>11:00 Daily Chronicle Talk/Discussion [GR]</div> <div>1:00 Mindful Art - Coloring [ER]</div> <div>2:00 St. Patrick's Day Music Performance by A-Z Duo Marty and Janet</div> <div>3:15 St. Patrick's Day Game and Discussion [ER]</div> <div>6:00 Movie: My Left Foot</div> <div>6:00 Sunday Night Gathering (Left, Right, Center Game. Bring \$1 bills) [HR]</div>					<div>9:30 Visitation Church: Communion w/ Deacon Tony [HR]</div> <div>10:30 Sit & Fit Full Body Workout [BF]</div> <div>11:00 Daily Chronicle Talk/Discussion [ER]</div> <div>1:00 Game Hour: Pinochle [GR]</div> <div>2:00 Interfaith Worship Service w/ Cerna from First United Methodist Church of LaGrange. All Are Welcome! [HR]</div> <div>2:15 Get to Know Your Neighbors Card Game [ER]</div> <div>3:00 BINGO! [CAS]</div> <div>4:00 Book Club: The Thursday Murder Club by Richard Osman [ER]</div> <div>4:00 We Pour at Four [CW]</div> <div>6:45 Movie: My Left Foot</div>					<div>8:30 Morning Meditation w/ Madeline</div> <div>10:30 Balance Booster [BF]</div> <div>11:00 Daily Chronicle Talk/ Discussion [ER]</div> <div>12:30 Bridge [CR]</div> <div>1:00 New Resident Orientation [GR]</div> <div>1:30 Menu Meeting [ER]</div> <div>2:15 Women's History Month: Margaret Thatcher: The Iron Lady Documentary</div> <div>3:00 Movement & Music with Ann Garvey (Seated Class) [BF]</div> <div>4:00 Talk About it Tuesday - Fill out a Review about The Sheridan and get FREE Drink [CW]</div> <div>6:45 Movie: Leap year</div>					<div>9:00 Morning Guided Meditation Video (Theater Room)</div> <div>10:30 Sit and Fit [BF]</div> <div>11:00 Daily Chronicle Talk/Discussion [ER]</div> <div>12:00 Bus Trip: Benihana (Sign up at front desk) [FD]</div> <div>1:00 Scrabble [CR]</div> <div>2:00 Walking Club Outside [FD]</div> <div>3:00 BINGO! [CAS]</div> <div>4:00 Name that Tune w/ Crystal Home Care [CW]</div> <div>6:45 Movie: Leap year</div>					<div>10:30 "Balance Booster" [BF]</div> <div>11:00 Daily Chronicle Talk/ Discussion [ER]</div> <div>12:30 Game Hour: Hand, Knee and Foot [GR]</div> <div>1:45 How too...Fold a Fitted Sheet [ER]</div> <div>2:15 Family Feud [ER]</div> <div>3:00 PBS Documentary: Your Fantastic Mind</div> <div>4:00 We Pour at Four [CW]</div> <div>6:00 Key Event - Jazz Supper Club (Sign up at front desk)</div> <div>6:45 Movie: Leap year</div>					<div>9:30 Men's Group: Morning Sports Chat [CW]</div> <div>10:30 Sit and Fit Full body workout [BF]</div> <div>11:00 Daily Chronicle Talk/Discussion [ER]</div> <div>1:00 Mexican Train Dominos [GR]</div> <div>1:30 CPR Educational Class (Sign up at front desk by 3/18) [HR]</div> <div>1:45 Anne Marie's Travel Presentation to Paris [CR]</div> <div>3:00 Live Piano Performance: Cleo Michelle</div> <div>4:00 We Pour at Four [CW]</div> <div>6:45 Movie: Julie & Julia</div> <div>6:45 Rummikub [CR]</div>					<div>10:30 Sit and Fit Full body workout [BF]</div> <div>11:00 Daily Chronicle Talk/ Discussion [ER]</div> <div>1:30 Baking With Tashai: Pistachio Pudding Salad [ER]</div> <div>1:30 Game: Mahjong! [CR]</div> <div>1:30 Movie: Julie & Julia</div> <div>3:00 BINGO! [CAS]</div> <div>3:00 Bus Trip: Visitation Church for Confession (Sign up at front desk) [FD]</div> <div>6:30 Poker Night [CR]</div> <div>6:45 Movie: Julie & Julia</div>				
<div>8:40 Bus Trip: Christ Church of Oak Brook (Leaving at 8:45am. Sign up at front desk) [FD]</div> <div>9:00 Bus Trip: Visitation Catholic Church/Faith CRC Elmhurst (Sign up at front desk) [FD]</div> <div>10:30 Sit and Fit Full body workout [BF]</div> <div>11:00 Daily Chronicle Talk/Discussion [GR]</div> <div>1:30 Movie: Suffragette</div> <div>2:00 Mindful Art - Coloring [ER]</div> <div>3:00 Snack Mix Bar [FD]</div> <div>6:00 Sunday Night Gathering (Left, Right, Center Game. Bring \$1 bills) [HR]</div>					<div>9:30 Visitation Church: Communion w/ Deacon Tony [HR]</div> <div>10:30 Sit & Fit Full Body Workout [BF]</div> <div>11:00 Daily Chronicle Talk/ Discussion [ER]</div> <div>1:00 Game Hour: Pinochle [GR]</div> <div>1:45 Resident Town Hall [CR]</div> <div>3:00 BINGO! [CAS]</div> <div>4:00 We Pour at Four [CW]</div> <div>6:45 Movie: Suffragette</div>					<div>Podiatrist Visiting (Sign-Up at Front Desk)</div> <div>10:30 Balance Booster [BF]</div> <div>11:00 Daily Chronicle Talk/ Discussion [ER]</div> <div>12:30 Bridge [CR]</div> <div>1:30 Menu Meeting [ER]</div> <div>2:00 Classical Vocalist Music and Lecture w/ Tim Wilsey [CR]</div> <div>3:00 Movement & Music with Ann Garvey (Standing/Advanced Class) [BF]</div> <div>4:00 Talk About it Tuesday - Fill out a Review about The Sheridan and get FREE Drink [CW]</div> <div>6:45 Movie: A League of their own</div>					<div>9:00 Morning Guided Meditation Video (Theater Room)</div> <div>10:30 Sit and Fit [BF]</div> <div>11:00 Daily Chronicle Talk/Discussion [ER]</div> <div>12:00 Bus Trip: Mariano's Grocery Store (Sign-Up at Front Desk) [FD]</div> <div>1:00 Scrabble [CR]</div> <div>2:00 Walking Club Outside [FD]</div> <div>3:00 BINGO! [CAS]</div> <div>4:00 We Pour at Four [CW]</div> <div>4:30 Night at the Theater: The Greatest Showman (Sign up at front desk) Dinner at 4:30pm and Movie will be played after [PR]</div>					<div>10:30 "Balance Booster" [BF]</div> <div>11:00 Daily Chronicle Talk/Discussion [ER]</div> <div>12:30 Game Hour: Hand, Knee and Foot [GR]</div> <div>1:45 Lauren's Travel Presentation to in Portugal [CR]</div> <div>3:00 Memorial Service for Past Residents of The Sheridan</div> <div>4:00 We Pour at Four [CW]</div> <div>6:45 Movie: A League of their own</div>					<div>9:30 Men's Group: Morning Sports Chat [CW]</div> <div>10:30 Sit and Fit Full body workout [BF]</div> <div>11:00 Daily Chronicle Talk/Discussion [ER]</div> <div>1:00 Mexican Train Dominos [GR]</div> <div>2:00 Informational Lecture w/ Sonya on Fraud & What to do/Not To Do</div> <div>3:15 Acknowledge the Accomplishments of the Women at The Sheridan [CW]</div> <div>4:00 Monthly Resident Birthday Celebration [CW]</div> <div>4:00 We Pour at Four [CW]</div> <div>6:45 Movie: The passion of the Christ</div> <div>6:45 Rummikub [CR]</div>					<div>10:30 Sit and Fit Full body workout [BF]</div> <div>11:00 Daily Chronicle Talk/ Discussion [ER]</div> <div>1:30 Cooking w/ Tashai - Deviled Eggs [ER]</div> <div>1:30 Game: Mahjong! [CR]</div> <div>1:30 Movie: The passion of the Christ</div> <div>3:00 BINGO! [CAS]</div> <div>6:30 Poker Night [CR]</div> <div>6:45 Movie: The passion of the Christ</div>				

● explore - Leadership & Volunteerism

● explore - Lectures & Learning

● explore - Recreation & Entertainment

● explore - Self Expression & the Arts

● explore - Spiritual Health & Religion

● explore - Strength & Vitality

● explore - Travels & Treks

Location Keys

Be Fit Studio

Clearwater's

Club Room

Creative Art Studio

Epicurean Room

Front Desk (Lobby)

Game Room

Hinsdale Room (5th Floor)

Library

Palmer Room

BF

CW

CR

CAS

ER

FD

GR

HR

L

PR

Continued at top

Continued at top