


Sunday		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div></div> <div><i>Signature Collection</i> <b>THE SHERIDAN</b> AT OAK BROOK <i>a Senior Lifestyle community</i></div> <div><ul style="list-style-type: none"><li>● explore - Leadership &amp; Volunteerism</li><li>● explore - Lectures &amp; Learning</li><li>● explore - Recreation &amp; Entertainment</li><li>● explore - Self Expression &amp; the Arts</li><li>● explore - Spiritual Health &amp; Religion</li><li>● explore - Strength &amp; Vitality</li><li>● explore - Travels &amp; Treks</li></ul></div> <div><div>Location Keys</div><div>Be Fit Studio Clearwater's Club Room Creative Art Studio Epicurean Room Front Desk (Lobby) Game Room Hinsdale Room (5th Floor) Library Palmer Room</div><div>BF CW CR CAS ER FD GR HR L PR</div></div>	<div>March cont'd</div> <div>31</div> <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 ● Forever Fit [CR]</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>	<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 calendars for updated programs.</div>	<div><i>Signature Collection</i> <b>THE SHERIDAN</b> AT OAK BROOK <i>a Senior Lifestyle community</i></div>	<div>2055 Clearwater Dr. Oak Brook, IL 60523 (630) 394-0214</div>	<div>1</div> <div>9:30 ● Men's Group: Morning Sports Chat [CW]</div> <div>10:00 ● Bridge [HR]</div> <div>11:00 ● Forever Fit [BF]</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>2</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>3</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>11:00 ● Forever Fit [CR]</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>4</div> <div>9:30 ● Visitation Church: Communion w/ Deacon Tony [HR]</div> <div>11:00 ● Forever Fit [BF]</div> <div>12:30 ● 911 TV Series</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>5</div> <div>11:00 ● Balance Masters [BF]</div> <div>12:30 ● Bridge [CR]</div> <div>1:00 ● Blood Pressure Clinic w/ Crystal Home Care 1-2:30pm [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 &amp; 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>6:45 ● Trivia Tuesday [CW]</div>	<div>6</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>11:00 ● Forever Fit [BF]</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>6:45 ● Wii Sports Wednesday [HR]</div>	<div>7</div> <div>11:00 ● Balance Masters [BF]</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>6:45 ● Wii Games [HR]</div>	<div>8</div> <div>9:30 ● Men's Group: Morning Sports Chat [CW]</div> <div>10:00 ● Bridge [HR]</div> <div>11:00 ● Forever Fit [BF]</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>9</div> <div>11:00 ● Exercise Class Video [BF]</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>10</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 ● Bus Trip to Elmhurst History Museum for a Lecture: "The Fly Girls of WWII" [FD]</div> <div>1:30 ● Movie: Oppenheimer</div> <div>2:00 ● Mindful Art - Coloring [ER]</div> <div>3:00 ● Yogurt Parfait Bar [FD]</div> <div>4:00 ● Red Carpet and Academy Awards Voting Happy Hour [CW]</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>11</div> <div>9:30 ● Visitation Church: Communion w/ Deacon Tony [HR]</div> <div>11:00 ● Forever Fit [BF]</div> <div>12:30 ● 911 TV Series</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 ● Documentary: The Story Of Ireland - Age Of Invasions</div> <div>3:00 ● BINGO! [CAS]</div> <div>4:00 ● Activity Meeting w/ Resident Programming Director (Rachael) [ER]</div> <div>4:00 ● Trophy for the Winner's of Academy Awards Ceremony [CW]</div> <div>6:45 ● Movie: Oppenheimer</div>	<div>12</div> <div>Podiatrist Visiting (Sign-Up at Front Desk)</div> <div>9:00 ● Chicagoland Hearing (Sign up at front desk) [FD]</div> <div>11:00 ● Balance Masters [BF]</div> <div>12:00 ● Men's Lunch Outing: Giordano's (Sign-Up at front desk) [FD]</div> <div>12:30 ● Bridge [CR]</div> <div>1:00 ● Blood Pressure Clinic w/ Crystal Home Care 1-2:30pm [CR]</div> <div>1:30 ● Menu Meeting [ER]</div> <div>2:15 ● Women's History Month: Marie Curie Documentary</div> <div>3:00 ● Movement &amp; 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>6:45 ● Trivia Tuesday [CW]</div>	<div>13</div> <div>9:00 ● Morning Guided Meditation Video (Theater Room)</div> <div>11:00 ● Forever Fit [BF]</div> <div>12:30 ● Documentary: The Story Of Ireland - Age Of Conquest</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>14</div> <div>11:00 ● Balance Masters [BF]</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 [HR]</div> <div>4:00 ● We Pour at Four: Try a Guinness Milkshake! [CW]</div> <div>6:45 ● Movie: Paradise road</div> <div>6:45 ● Wii Games [HR]</div>	<div>15</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>10:00 ● Bridge [HR]</div> <div>11:00 ● Forever Fit [BF]</div> <div>12:30 ● Documentary: The Story Of Ireland - Age Of Revolution</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>16</div> <div>11:00 ● Exercise Class Video [BF]</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>17</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>11:00 ● Forever Fit [CR]</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>18</div> <div>9:30 ● Visitation Church: Communion w/ Deacon Tony [HR]</div> <div>11:00 ● Forever Fit [BF]</div> <div>12:30 ● 911 TV Series</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>3:00 ● Documentary: The Story Of Ireland - Age Of Union</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>19</div> <div>8:30 ● Morning Meditation w/ Madeline [HR]</div> <div>11:00 ● Balance Masters [BF]</div> <div>12:30 ● Bridge [CR]</div> <div>1:00 ● Blood Pressure Clinic w/ Crystal Home Care 1-2:30pm [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 &amp; 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>6:45 ● Trivia Tuesday [CW]</div>	<div>20</div> <div>9:00 ● Morning Guided Meditation Video (Theater Room)</div> <div>11:00 ● Forever Fit [BF]</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>6:45 ● Wii Sports Wednesday [HR]</div>	<div>21</div> <div>11:00 ● Balance Masters [BF]</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>6:45 ● Wii Games [HR]</div>	<div>22</div> <div>9:30 ● Men's Group: Morning Sports Chat [CW]</div> <div>10:00 ● Bridge [HR]</div> <div>11:00 ● Forever Fit [BF]</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 &amp; Julia</div> <div>6:45 ● Rummikub [CR]</div>	<div>23</div> <div>11:00 ● Exercise Class Video [BF]</div> <div>1:30 ● Baking With Tashai: Pistachio Pudding Salad [ER]</div> <div>1:30 ● Game: Mahjong! [CR]</div> <div>1:30 ● Movie: Julie &amp; 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 &amp; Julia</div>
	<div>24</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>11:00 ● Forever Fit [CR]</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>25</div> <div>9:30 ● Visitation Church: Communion w/ Deacon Tony [HR]</div> <div>11:00 ● Forever Fit [BF]</div> <div>12:30 ● 911 TV Series</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>26</div> <div>Podiatrist Visiting (Sign-Up at Front Desk)</div> <div>11:00 ● Balance Masters [BF]</div> <div>12:30 ● Bridge [CR]</div> <div>1:00 ● Blood Pressure Clinic w/ Crystal Home Care 1-2:30pm [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 &amp; 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>6:45 ● Trivia Tuesday [CW]</div>	<div>27</div> <div>9:00 ● Morning Guided Meditation Video (Theater Room)</div> <div>11:00 ● Forever Fit [BF]</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>28</div> <div>11:00 ● Balance Masters [BF]</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>5:00 ● Dinner Bus Outing: Gibson's (Sign up at front desk) Space is limited [FD]</div> <div>6:45 ● Movie: A League of their own</div> <div>6:45 ● Wii Games [HR]</div>	<div>29</div> <div>9:30 ● Men's Group: Morning Sports Chat [CW]</div> <div>10:00 ● Bridge [HR]</div> <div>11:00 ● Forever Fit [BF]</div> <div>1:00 ● Mexican Train Dominos [GR]</div> <div>2:00 ● Informational Lecture w/ Sonya on Fraud &amp; What to do/Not to do</div> <div>3:15 ● Acknowledge the Accomplishments of the Women at The Sheridan [ER]</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>30</div> <div>11:00 ● Exercise Class Video [BF]</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>