February 2024 Monthly Activities Your Passion Sunday Monday Tuesday Wednesday Thursday Friday Saturday 9:15 | Thymeless Hydration: **Groundhog Day** 9:30 • Daily Chronicles 3 Fruit Infused Vitamin & Good News 9:00 • Hair Salon Water [MK] 9:30 • Daily Chronicles & 9:30 • Daily Chronicles & Good News [CAS] 10:00 • Saturday Stretches [CAS] Good News [CAS] 10:00 • Fitness: Sit and Fit Full body Signature Collection 0:00 • Fitness: Balance Boosters [CAS] 10:45 • Categories [CAS] 2055 Clearwater Dr. workout [CAS] 10:30 🕸 Essence 1:1 Sessions [SR] 2:00 | Thymeless: French Toast nbrace THE SHERIDAN 10:45 • Finishing Lines [CAS] 1:30 • Brain Games & Relaxation [CAS] Oak Brook, IL 60523 Muffin Cups [MK] 1:30 • Puzzle Mania [CAS] AT OAK BROOK 2:00 • DIY Lavender Neck Pillows [CAS] 3:00 Bookmarks Reading Club: (630) 394-0214 2:30 | Thymeless Green Popsicles [MK] 2:00 | Thymeless: Fresh Fruit [MK] a Senior Lifestyle community French Cuisine [CAS] 3:30 • Mindful Meditation [FR] 3:00 • Music Performance by Chris 3:30 • Saturday Singalong! [CAS] 6:00 • Classical Music Appreciation [FR] Minardi [FD] WWW.SENIORLIFESTYLE.COM 6:00 • Classic TV Shows [FR] 4:00 • Happy Hour [CW] Activities are subject to change 6:00 • Nature Relaxation [FR] 9:30 Morning Bird 9:00 Monday Morning 9:15 | Thymeless 9:15 | Thymeless Hydration: 9:00 • Hair Salon 9:30 • Daily Chronicles Thymeless Fruit Infused Vitamin Hydration: Fruit Communion with Hydration: Fruit 9:30 • Daily Chronicles & & Good News Watching & Water [MK] Deacon Tony [FR] Infused Vitamin Infused Vitamin Good News [CAS] Relaxation [FR] [CAS] 9:30 • Daily Chronicles & Water [MK] Water [MK] 9:30 • Daily Chronicles & 10:00 • Fitness: Sit and Fit Full body 10:00 • Daily Chronicles & Good 10:00 Saturday Stretches [CAS] Good News [CAS] Signature Collection Good News [CAS] 9:30 • Daily Chronicles & Good 9:30 Daily Chronicles & Good workout [CAS] News [FR] 10:45 • Categories [CAS] 10:00 • Fitness: Balance Boosters [CAS] News [CAS] News [CAS] 10:30 • Music Therapy with Mary 0:45 • Finishing Lines [CAS] 11:00 • Community Choir [FR] 10:30 & Essence 1:1 Sessions [SR] THE SHERIDAN 2:00 Thymeless: Red, White, & 10:00 • Balance Boosters [CAS] 10:00 Forever Fit [BF] Ellen [CAS] 1:30 • Puzzle Mania [CAS] 1:30 | Thymeless: Fruit Infused 1:30 • Brain Games & Relaxation [CAS] Blue Cookies [MK] 1:00 • Chair Workout with Angelina 11:00 • Trivia Tuesdays [CAS] 10:30 Essence 1:1 Sessions [SR] 2:00 | Thymeless: Fresh Fruit [MK] 2:00 | Thymeless: Love Potion Mocktail Water [MK] AT OAK BROOK 3:00 Bookmarks Reading Club: 2:30 🖨 Stan's Donuts & Coffee 10:45 • Which Word Doesn't Belong 3:00 • Music Performance by Edizor 2:30 Puzzle Mania [FR] American Automakers 1:30 • Mandala Drawing [CAS] [CAS] a Senior Lifestyle community 3:00 | Thymeless Fresh Fruit [MK] 3:00 • DIY: Heart Suncatchers for (Singer and multi-3:00 • Ice Cream Sundae Bar [FD] 2:00 | Thymeless: Clean Green Thymeless: Raspberry Mojito Decoration [CAS] [CAS] 3:15 • Balloon Noodle Fight [CAS] instrumentalist) [FD] 6:00 • Non Denominational Smoothies & Popsicles [MK] Mocktail [MK] 3:30 • Mindful Meditation [FR] 4:00 • Happy Hour [CW] 3:30 • Balloon Car Race 6:00 • Nature Relaxation [FR] Worship Service [FR] 6:00 • Classical Music Appreciation [FR 2:30 • Spa Day [CAS] 3:30 • Mindful Meditation [FR] 6:00 • Classic TV Shows [FR] 6:00 • Nature Relaxation [FR] 6:00 • Monday Movie Feature [FR] 3:00 Manicures [CAS] Valentine's Day 9:00 • Monday Morning *BOOKMARKS 9:30 Morning Bird 9:15 | Thymeless Hydration: 9:15 Thymeless Hydration: 9:00 • Hair Salon 9:30 • Daily Chronicles 6 9:15 Thymeless Hydration: Fruit Infused Vitamin Fruit Infused Vitamin Fruit Infused Vitamin 9:30 • Daily Chronicles & Communion with Watching & & Good News *ESSENCE Deacon Tony [FR] Water [MK] Water [MK] Good News [CAS] Relaxation [FR] [CAS] Water [MK] 9:30 • Daily Chronicles & Daily Chronicles & 9:30 • Daily Chronicles & ♠ *Outing 10:00 • Fitness: Sit and Fit Full body Daily Chronicles & Good 9:30 • Daily Chronicles & Good News [CAS] 10:00 • Saturday Stretches [CAS] 10:00 Good News [CAS] Good News [CAS] Good News [CAS] workout [CAS] 10:00 Forever Fit [BF] News [FR] 10:45 • Categories [CAS] *THYMELESS 10:00 • Balance Boosters [CAS] 0:00 • Fitness: Balance Boosters [CAS] 11:00 • Chair Workout with Angelina 10:30 Sessions [SR] 10:45 • Finishing Lines [CAS] 11:00 • Community Choir [FR] 1:00 • Trivia Tuesdays [CAS] 10:30 🕸 Essence 1:1 Sessions [SR] 2:00 | Thymeless: Snow Peak 10:45 • Which Word Doesn't Belong [CAS] _CONNECT 1:30 • Puzzle Mania [CAS] 1:30 | Thymeless Baking: King Cake 1:30 • Brain Games & Relaxation [CAS] 2:00 | Thymeless: Popcorn [MK] Mountain Cookies [MK] 2:00 Thymeless Cupid's Float [MK] 1:30 | Thymeless: Clean Green 2:00 Thymeless: Fresh Fruit [MK] 2:15 🖨 Bus Outing: Weber's Bakery _CONTRIBUTE 3:00 • DIY: No-Sew Heart Pillows [CAS] 3:00 Bookmarks Reading Club: 2:30 • Puzzle Mania [FR] Smoothies & Popsicles [MK] 3:00 • Live Music Performance by 3:15 • Card Game Shuffle [CAS] 5:30 • Caricature Drawings (5:30-7:30PM) [FD 2:30 | Thymeless: Fresh Fruit [MK] FEEL 3:30 Football Throw Mount Everest [CAS] 2:00 • DIY Mardi Gras Masks [CAS] 4:00 • Mardi Gras Parade (Meet by the Vincent Micari Duo?? [FD] 5:30 • Valentine's Day Music Performance by 3:00 • Flower Arrangements [CAS] Competition [CAS] JP and Jenny (5:30-7:30PM) [FD] 3:30 • Saturday Singalong! [CAS] 3:30 • Mindful Meditation [FR] Be Fit Studio) [BF] _GROW 3:30 • Mindful Meditation [FR] 4:00 • Happy Hour [CW] 6:00 • Classical Music Appreciation [FR] 5:30 • Super Bowl Sunday [FR] 6:00 Monday Movie Feature [FR] 6:30 • Mardi Gras Entertainment 6:00 • Classic TV Shows [FR] 6:00 • Classical Music Appreciation [FR] 6:00 • Nature Relaxation [FR] _MOVE (6:30-7:30PM) [FD] _REFLECT Presidents' Day 9:15 | Thymeless Hydration: 9:30 • Daily Chronicles & 9:30 • Morning Bird 9:15 Thymeless 9:15 | Thymeless Hydration: 9:00 • Hair Salon 19 Fruit Infused Vitamin Fruit Infused Vitamin Hydration: Fruit Good News [CAS] 9:00 • Monday Morning 9:30 • Daily Chronicles & Watching & Water [MK] Water [MK] Infused Vitamin Good News [CAS] 10:00 Saturday Relaxation [FR] 9:30 Daily Chronicles & 9:30 • Daily Chronicles & Deacon Tony [FR] Water [MK] Stretches [CAS] 0:00 • Fitness: Sit and Fit Full body 10:00 • Daily Chronicles & Good Good News [CAS] Good News [CAS] 9:30 • Daily Chronicles & Good News 9:30 • Daily Chronicles & Good 0:45 • Categories [CAS] workout [CAS] News [FR] 10:00 • Forever Fit [BF] 0:00 • Fitness: Balance Boosters [CAS] News [CAS] 10:45 • Finishing Lines [CAS] 2:00 Thymeless Baking: Frosted Essence 1:1 Sessions [SR] 10:30 & Essence 1:1 Sessions [SR] Community Choir [FR] 10:30 • Music Therapy with Mary Ellen 10:30 10:00 Balance Boosters [CAS] 1:30 • Puzzle Mania [CAS] Animal Sugar Cookies [MK] 1:30 • Brain Games & Relaxation [CAS] 10:45 • Which Word Doesn't Belong [CAS] 1:30 Thymeless: Fruit Infused 11:00 • Trivia Tuesdays [CAS] 3:00 Bookmarks Reading Club: 2:00 | Thymeless: Fresh Fruit [MK] 1:00 • Chair Workout with Angelina [FR] 2:30 | Thymeless: Swedish Fish Ocean 2:00 | Thymeless: Red Velvet Hot Coco Water [MK] 2:15 🖨 Bus Outing: Elmhurst Art African Safari Animals [CAS] Mocktail [MK] 3:30 • Music Performance by The 1:30 • Mandala Drawing [CAS] 2:30 • Puzzle Mania [FR] Key Strings (Paul and Steve) Museum 2:30 • DIY Affirmation Bracelets [CAS] 3:30 • Saturday Singalong! [CAS] Short Story Time & Reminisce 2:00 | Thymeless: Clean Green **Location Keys** 3:00 • Nacho Bar [FD] 3:00 Thymeless: Fresh Fruit [MK] Smoothies & Popsicles [MK] Electric Fish [CAS] 3:30 Mindful Meditation [FR] 6:00 • Classic TV Shows [FR] Be Fit Studio 3:30 • Balloon Noodle Fight [CAS] 6:00 • Classical Music Appreciation [FR] 6:00 • Classical Music Appreciation [FR] 6:00 • Non Denominational 3:30 • Mindful Meditation [FR] 4:00 • Happy Hour [CW] CW 6:00 • Monday Movie Feature [FR] 6:00 • Nature Relaxation [FR] Clearwater's Worship Service [FR] 6:00 • Nature Relaxation [FR] Creative Art Studio CAS 9:30 • Morning Bird 9:00 • Monday Morning 26 9:15 Thymeless 9:15 | Thymeless Hydration: 9:15 | Thymeless Hydration: Family Room FR Communion with Hvdration: Fruit Fruit Infused Vitamin Fruit Infused Vitamin Watching & FD Front Desk (Lobby) Water [MK] Water [MK] Deacon Tony [FR] Infused Vitamin **Activities are** Relaxation [FR] Mom's Kitchen MK 9:30 Daily Chronicles & 9:30 Daily Chronicles & 9:30 • Daily Chronicles & Water [MK] Daily Chronicles & Good 10:00 Good News [CAS] Good News [CAS] subject to change. 9:30 • Daily Chronicles & Good Serenity Room Good News [CAS] News [FR] 10:00 • Forever Fit [BF] 10:00 • Fitness: Balance Boosters [CAS] News [CAS] 11:00 • Chair Workout with Angelina 11:00 • Community Choir [FR] Essence 1:1 Sessions [SR] 10:30 🕸 Essence 1:1 Sessions [SR] Watch the TV's and 10:00 • Balance Boosters [CAS] 10:45 • Which Word Doesn't Belong [CAS] 1:30 • Brain Games & Relaxation [CAS] 1:30 | Thymeless: Fruit Infused 1:30 • Mandala Drawing [CAS] 11:00 • Trivia Tuesdays [CAS] weekly activity 2:00 | Thymeless: Apple Pie Snack Cups 2:00 Thymeless Baking [MK] Water [MK] 2:00 | Thymeless: Clean Green 2:15 Bus Outing: Melting Pot 3:30 • Hinsdale Chamber Choir Music 2:30 • Puzzle Mania [FR] Smoothies & Popsicles [MK] Chocolate Fondue calendars for 3:00 • Wii Tournament [CAS] Performance [FD] 3:00 • Hot Pretzel Bar [FD] 3:30 • Mindful Meditation [FR] 3:00 Thymeless Fresh Fruit [MK] 3:30 • Mindful Meditation [FR] 6:00 • Classical Music Appreciation [FR] 6:00 • Classical Music Appreciation [FR] updated programs 6:00 • Non Denominational 6:00 Monday Movie Feature [FR] 3:30 • Balloon Noodle Fight [CAS] 6:00 • Nature Relaxation [FR] Worship Service [FR]