





Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday			
<div><p>MEMORY CARE embrace BY SENIOR LIFESTYLE</p><p>WWW.SENIORLIFESTYLE.COM Activities are subject to change</p></div>		<div><p><i>Signature Collection</i> THE SHERIDAN AT OAK BROOK <i>a Senior Lifestyle community</i></p></div>						<div><p>2055 Clearwater Dr. Oak Brook, IL 60523 (630) 394-0214</p></div>		<div><div><div>9:15 Thymeless Hydration: Fruit Infused Vitamin Water [MK]</div><div>9:30 Daily Chronicles & Good News [CAS]</div><div>10:00 Fitness: Balance Boosters [CAS]</div><div>10:30 Essence 1:1 Sessions [SR]</div><div>1:30 Brain Games & Relaxation [CAS]</div><div>2:00 DIY Lavender Neck Pillows [CAS]</div><div>2:30 Thymeless Green Popsicles [MK]</div><div>3:30 Mindful Meditation [FR]</div><div>6:00 Classical Music Appreciation [FR]</div></div><div>1</div></div>		<div><div><div>Groundhog Day</div><div>9:00 Hair Salon</div><div>9:30 Daily Chronicles & Good News [CAS]</div><div>10:00 Fitness: Sit and Fit Full body workout [CAS]</div><div>10:45 Finishing Lines [CAS]</div><div>1:30 Puzzle Mania [CAS]</div><div>2:00 Thymeless: Fresh Fruit [MK]</div><div>3:00 Music Performance by Chris Minardi [FD]</div><div>4:00 Happy Hour [CW]</div><div>6:00 Nature Relaxation [FR]</div></div><div>2</div></div>		<div><div><div>9:30 Daily Chronicles & Good News [CAS]</div><div>10:00 Saturday Stretches [CAS]</div><div>10:45 Categories [CAS]</div><div>2:00 Thymeless: French Toast Muffin Cups [MK]</div><div>3:00 Bookmarks Reading Club: French Cuisine [CAS]</div><div>3:30 Saturday Singalong! [CAS]</div><div>6:00 Classic TV Shows [FR]</div></div><div>3</div></div>	
<div><p><i>Signature Collection</i> THE SHERIDAN AT OAK BROOK <i>a Senior Lifestyle community</i></p></div>		<div><div><div>9:30 Morning Bird Watching & Relaxation [FR]</div><div>10:00 Daily Chronicles & Good News [FR]</div><div>11:00 Community Choir [FR]</div><div>1:30 Thymeless: Fruit Infused Water [MK]</div><div>2:30 Puzzle Mania [FR]</div><div>3:00 Ice Cream Sundae Bar [FD]</div><div>6:00 Non Denominational Worship Service [FR]</div></div><div>4</div></div>		<div><div><div>9:00 Monday Morning Communion with Deacon Tony [FR]</div><div>9:30 Daily Chronicles & Good News [CAS]</div><div>10:30 Music Therapy with Mary Ellen [CAS]</div><div>11:00 Chair Workout with Angelina [FR]</div><div>1:30 Mandala Drawing [CAS]</div><div>2:00 Thymeless: Clean Green Smoothies & Popsicles [MK]</div><div>3:30 Mindful Meditation [FR]</div><div>6:00 Monday Movie Feature [FR]</div></div><div>5</div></div>		<div><div><div>9:15 Thymeless Hydration: Fruit Infused Vitamin Water [MK]</div><div>9:30 Daily Chronicles & Good News [CAS]</div><div>10:00 Balance Boosters [CAS]</div><div>11:00 Trivia Tuesdays [CAS]</div><div>2:30 Stan's Donuts & Coffee</div><div>3:00 Thymeless Fresh Fruit [MK]</div><div>3:15 Balloon Noodle Fight [CAS]</div><div>6:00 Nature Relaxation [FR]</div></div><div>6</div></div>		<div><div><div>9:15 Thymeless Hydration: Fruit Infused Vitamin Water [MK]</div><div>9:30 Daily Chronicles & Good News [CAS]</div><div>10:00 Forever Fit [BF]</div><div>10:30 Essence 1:1 Sessions [SR]</div><div>10:45 Which Word Doesn't Belong [CAS]</div><div>2:00 Thymeless: Raspberry Mojito Mocktail [MK]</div><div>2:30 Spa Day [CAS]</div><div>3:00 Manicures [CAS]</div></div><div>7</div></div>		<div><div><div>9:15 Thymeless Hydration: Fruit Infused Vitamin Water [MK]</div><div>9:30 Daily Chronicles & Good News [CAS]</div><div>10:00 Fitness: Balance Boosters [CAS]</div><div>10:30 Essence 1:1 Sessions [SR]</div><div>1:30 Brain Games & Relaxation [CAS]</div><div>2:00 Thymeless: Love Potion Mocktail [MK]</div><div>3:00 DIY: Heart Suncatchers for Decoration [CAS]</div><div>3:30 Mindful Meditation [FR]</div><div>6:00 Classical Music Appreciation [FR]</div></div><div>8</div></div>		<div><div><div>9:00 Hair Salon</div><div>9:30 Daily Chronicles & Good News [CAS]</div><div>10:00 Fitness: Sit and Fit Full body workout [CAS]</div><div>10:45 Finishing Lines [CAS]</div><div>1:30 Puzzle Mania [CAS]</div><div>2:00 Thymeless: Fresh Fruit [MK]</div><div>3:00 Music Performance by Edizon (Singer and multi-instrumentalist) [FD]</div><div>4:00 Happy Hour [CW]</div><div>6:00 Nature Relaxation [FR]</div></div><div>9</div></div>		<div><div><div>9:30 Daily Chronicles & Good News [CAS]</div><div>10:00 Saturday Stretches [CAS]</div><div>10:45 Categories [CAS]</div><div>2:00 Thymeless: Red, White, & Blue Cookies [MK]</div><div>3:00 Bookmarks Reading Club: American Automakers [CAS]</div><div>3:30 Balloon Car Race</div><div>6:00 Classic TV Shows [FR]</div></div><div>10</div></div>	
<div><div><div> *BOOKMARKS</div><div> *ESSENCE</div><div> *Outing</div><div> *THYMELESS</div><div> _CONNECT</div><div> _CONTRIBUTE</div><div> _FEEL</div><div> _GROW</div><div> _MOVE</div><div> _REFLECT</div></div></div>		<div><div><div>9:30 Morning Bird Watching & Relaxation [FR]</div><div>10:00 Daily Chronicles & Good News [FR]</div><div>11:00 Community Choir [FR]</div><div>2:00 Thymeless: Popcorn [MK]</div><div>2:30 Puzzle Mania [FR]</div><div>3:30 Football Throw Competition [CAS]</div><div>5:30 Super Bowl Sunday [FR]</div></div><div>11</div></div>		<div><div><div>9:00 Monday Morning Communion with Deacon Tony [FR]</div><div>9:30 Daily Chronicles & Good News [CAS]</div><div>11:00 Chair Workout with Angelina [FR]</div><div>1:30 Thymeless: Clean Green Smoothies & Popsicles [MK]</div><div>2:00 DIY Mardi Gras Masks [CAS]</div><div>3:30 Mindful Meditation [FR]</div><div>6:00 Monday Movie Feature [FR]</div></div><div>12</div></div>		<div><div><div>9:15 Thymeless Hydration: Fruit Infused Vitamin Water [MK]</div><div>9:30 Daily Chronicles & Good News [CAS]</div><div>10:00 Balance Boosters [CAS]</div><div>11:00 Trivia Tuesdays [CAS]</div><div>1:30 Thymeless Baking: King Cake [MK]</div><div>3:15 Card Game Shuffle [CAS]</div><div>4:00 Mardi Gras Parade (Meet by the Be Fit Studio) [BF]</div><div>6:30 Mardi Gras Entertainment (6:30-7:30PM) [FD]</div></div><div>13</div></div>		<div><div><div>9:15 Thymeless Hydration: Fruit Infused Vitamin Water [MK]</div><div>9:30 Daily Chronicles & Good News [CAS]</div><div>10:00 Forever Fit [BF]</div><div>10:30 Essence 1:1 Sessions [SR]</div><div>10:45 Which Word Doesn't Belong [CAS]</div><div>2:00 Thymeless Cupid's Float [MK]</div><div>3:00 DIY: No-Sew Heart Pillows [CAS]</div><div>5:30 Caricature Drawings (5:30-7:30PM) [FD]</div><div>5:30 Valentine's Day Music Performance by JP and Jenny (5:30-7:30PM) [FD]</div><div>6:00 Classical Music Appreciation [FR]</div></div><div>14</div></div>		<div><div><div>9:15 Thymeless Hydration: Fruit Infused Vitamin Water [MK]</div><div>9:30 Daily Chronicles & Good News [CAS]</div><div>10:00 Fitness: Balance Boosters [CAS]</div><div>10:30 Essence 1:1 Sessions [SR]</div><div>1:30 Brain Games & Relaxation [CAS]</div><div>2:15 Bus Outing: Weber's Bakery</div><div>2:30 Thymeless: Fresh Fruit [MK]</div><div>3:00 Flower Arrangements [CAS]</div><div>3:30 Mindful Meditation [FR]</div><div>6:00 Classical Music Appreciation [FR]</div></div><div>15</div></div>		<div><div><div>9:00 Hair Salon</div><div>9:30 Daily Chronicles & Good News [CAS]</div><div>10:00 Fitness: Sit and Fit Full body workout [CAS]</div><div>10:45 Finishing Lines [CAS]</div><div>1:30 Puzzle Mania [CAS]</div><div>2:00 Thymeless: Fresh Fruit [MK]</div><div>3:00 Live Music Performance by Vincent Micari Duo?? [FD]</div><div>4:00 Happy Hour [CW]</div><div>6:00 Nature Relaxation [FR]</div></div><div>16</div></div>		<div><div><div>9:30 Daily Chronicles & Good News [CAS]</div><div>10:00 Saturday Stretches [CAS]</div><div>10:45 Categories [CAS]</div><div>2:00 Thymeless: Snow Peak Mountain Cookies [MK]</div><div>3:00 Bookmarks Reading Club: Mount Everest [CAS]</div><div>3:30 Saturday Singalong! [CAS]</div><div>6:00 Classic TV Shows [FR]</div></div><div>17</div></div>	
<div><div><div>9:30 Morning Bird Watching & Relaxation [FR]</div><div>10:00 Daily Chronicles & Good News [FR]</div><div>11:00 Community Choir [FR]</div><div>1:30 Thymeless: Fruit Infused Water [MK]</div><div>2:30 Puzzle Mania [FR]</div><div>3:00 Nacho Bar [FD]</div><div>6:00 Non Denominational Worship Service [FR]</div></div><div>18</div></div>		<div><div><div>Presidents' Day</div><div>9:00 Monday Morning Communion with Deacon Tony [FR]</div><div>9:30 Daily Chronicles & Good News [CAS]</div><div>10:30 Music Therapy with Mary Ellen [CAS]</div><div>11:00 Chair Workout with Angelina [FR]</div><div>1:30 Mandala Drawing [CAS]</div><div>2:00 Thymeless: Clean Green Smoothies & Popsicles [MK]</div><div>3:30 Mindful Meditation [FR]</div><div>6:00 Monday Movie Feature [FR]</div></div><div>19</div></div>		<div><div><div>9:15 Thymeless Hydration: Fruit Infused Vitamin Water [MK]</div><div>9:30 Daily Chronicles & Good News [CAS]</div><div>10:00 Balance Boosters [CAS]</div><div>11:00 Trivia Tuesdays [CAS]</div><div>2:15 Bus Outing: Elmhurst Art Museum</div><div>3:00 Thymeless: Fresh Fruit [MK]</div><div>3:30 Balloon Noodle Fight [CAS]</div><div>6:00 Nature Relaxation [FR]</div></div><div>20</div></div>		<div><div><div>9:15 Thymeless Hydration: Fruit Infused Vitamin Water [MK]</div><div>9:30 Daily Chronicles & Good News [CAS]</div><div>10:00 Forever Fit [BF]</div><div>10:30 Essence 1:1 Sessions [SR]</div><div>10:45 Which Word Doesn't Belong [CAS]</div><div>2:30 Thymeless: Swedish Fish Ocean Mocktail [MK]</div><div>3:00 Short Story Time & Reminisce Electric Fish [CAS]</div><div>6:00 Classical Music Appreciation [FR]</div></div><div>21</div></div>		<div><div><div>9:15 Thymeless Hydration: Fruit Infused Vitamin Water [MK]</div><div>9:30 Daily Chronicles & Good News [CAS]</div><div>10:00 Fitness: Balance Boosters [CAS]</div><div>10:30 Essence 1:1 Sessions [SR]</div><div>1:30 Brain Games & Relaxation [CAS]</div><div>2:00 Thymeless: Red Velvet Hot Cocoa [MK]</div><div>2:30 DIY Affirmation Bracelets [CAS]</div><div>3:30 Mindful Meditation [FR]</div><div>6:00 Classical Music Appreciation [FR]</div></div><div>22</div></div>		<div><div><div>9:00 Hair Salon</div><div>9:30 Daily Chronicles & Good News [CAS]</div><div>10:00 Fitness: Sit and Fit Full body workout [CAS]</div><div>10:45 Finishing Lines [CAS]</div><div>1:30 Puzzle Mania [CAS]</div><div>2:00 Thymeless: Fresh Fruit [MK]</div><div>3:30 Music Performance by The Key Strings (Paul and Steve) [FD]</div><div>4:00 Happy Hour [CW]</div><div>6:00 Nature Relaxation [FR]</div></div><div>23</div></div>		<div><div><div>9:30 Daily Chronicles & Good News [CAS]</div><div>10:00 Saturday Stretches [CAS]</div><div>10:45 Categories [CAS]</div><div>2:00 Thymeless Baking: Frosted Animal Sugar Cookies [MK]</div><div>3:00 Bookmarks Reading Club: African Safari Animals [CAS]</div><div>3:30 Saturday Singalong! [CAS]</div><div>6:00 Classic TV Shows [FR]</div></div><div>24</div></div>			
<div><div><div>9:30 Morning Bird Watching & Relaxation [FR]</div><div>10:00 Daily Chronicles & Good News [FR]</div><div>11:00 Community Choir [FR]</div><div>1:30 Thymeless: Fruit Infused Water [MK]</div><div>2:30 Puzzle Mania [FR]</div><div>3:00 Hot Pretzel Bar [FD]</div><div>6:00 Non Denominational Worship Service [FR]</div></div><div>25</div></div>		<div><div><div>9:00 Monday Morning Communion with Deacon Tony [FR]</div><div>9:30 Daily Chronicles & Good News [CAS]</div><div>11:00 Chair Workout with Angelina [FR]</div><div>1:30 Mandala Drawing [CAS]</div><div>2:00 Thymeless: Clean Green Smoothies & Popsicles [MK]</div><div>3:30 Mindful Meditation [FR]</div><div>6:00 Monday Movie Feature [FR]</div></div><div>26</div></div>		<div><div><div>9:15 Thymeless Hydration: Fruit Infused Vitamin Water [MK]</div><div>9:30 Daily Chronicles & Good News [CAS]</div><div>10:00 Balance Boosters [CAS]</div><div>11:00 Trivia Tuesdays [CAS]</div><div>2:15 Bus Outing: Melting Pot Chocolate Fondue</div><div>3:00 Thymeless Fresh Fruit [MK]</div><div>3:30 Balloon Noodle Fight [CAS]</div><div>6:00 Nature Relaxation [FR]</div></div><div>27</div></div>		<div><div><div>9:15 Thymeless Hydration: Fruit Infused Vitamin Water [MK]</div><div>9:30 Daily Chronicles & Good News [CAS]</div><div>10:00 Forever Fit [BF]</div><div>10:30 Essence 1:1 Sessions [SR]</div><div>10:45 Which Word Doesn't Belong [CAS]</div><div>2:00 Thymeless: Apple Pie Snack Cups [MK]</div><div>3:00 Wii Tournament [CAS]</div><div>6:00 Classical Music Appreciation [FR]</div></div><div>28</div></div>		<div><div><div>9:15 Thymeless Hydration: Fruit Infused Vitamin Water [MK]</div><div>9:30 Daily Chronicles & Good News [CAS]</div><div>10:00 Fitness: Balance Boosters [CAS]</div><div>10:30 Essence 1:1 Sessions [SR]</div><div>1:30 Brain Games & Relaxation [CAS]</div><div>2:00 Thymeless Baking [MK]</div><div>3:30 Hinsdale Chamber Choir Music Performance [FD]</div><div>3:30 Mindful Meditation [FR]</div><div>6:00 Classical Music Appreciation [FR]</div></div><div>29</div></div>		<div><div></div><div>Activities are subject to change. Watch the TV's and weekly activity calendars for updated programs</div></div>					