

July 2025
Experience Service

Monthly Activities



EMBRACE
BY SENIOR LIFESTYLE

2055 Clearwater Dr.
Oak Brook, IL 60523
(630) 394-0214



9:15 🌿 Thymeless: Cucumber, Lemon, Mint Water [MK]

10:00 🟢 Chair Workout [CAS]

10:30 🟡 Daily Chronicles & Good News [CAS]

10:45 🟠 Trivia Tuesday: IN2L Free Rice Trivia [CAS]

1:00 🌿 Thymeless Gardening Club

1:30 🟡 Crosswords & Word Games [CAS]

2:00 🚌 Bus Outing: The Morton Arboretum

3:15 🟢 Classical Music Appreciation [FR]

6:00 🟢 Guided Meditation on Thankfulness [FR]

7:00 🟢 Cubs Game Watch Party

9:15 🌿 Thymeless:
Cucumber, Lemon,
Mint Water [MK]

10:00 ● Forever Fit [BF]

10:30 ● Daily Chronicles & Good News
[CAS]

10:45 ● Which Word Doesn't Belong [CAS]

1:00 ● Cleaning Crew [MK]

1:30 ✨ Essence 1:1 Sessions [SR]

2:00 ● Hand Massages & Manicures [FR]

2:45 🌿 Thymeless: Fresh Fruit [MK]

3:15 ● Experience Service: Discuss the
U.S. Armed Forces [CAS]

6:00 ● Classic Karaoke! [FR]

7:00 ● Cubs Game Watch Party [FR]

9:15 🌱 Thymeless Gardening [MK]

10:00 🟢 Chair Workout

10:30 🟡 Daily Chronicles & Good News [CAS]

1:00 🟡 Puzzle Mania [CAS]

1:30 🌸 Essence 1:1 Sessions [SR]

1:30 🎨 Patriotic Painting [CAS]

2:30 🌱 Thymeless: Gardening

3:15 🟢 The Yankee Doodle Boy [FR]

6:00 🟣 Guided Meditation on Thankfulness [FR]

6:30 🟠 Nature Relaxation [FR]

Independence Day

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- 9:00 ● Hair Salon
- 10:00 ● Fitness: Sit and Fit Full body workout [CAS]
- 10:30 ● Daily Chronicles & Good News [CAS]
- 10:45 ● Finishing Lines [CAS]
- 1:20 ● Cubs Game Watch Party [FR]
- 2:15 🌿 Thymeless: Gardening
- 3:00 ● Live Music Performance in the Front Lobby [FD]
- 4:00 ● Happy Hour [LB]
- 5:30 ● Balloon Ball [FR]
- 6:00 ● Nature Relaxation [FR]

9:00 ● Morning Bird
Watching &
Relaxation [FR]

10:00 ● Saturday Stretches
[CAS]

10:30 ● Daily Chronicles [CAS]

10:30 ● Morning Watercolor Painting
[CAS]

11:00 ● Joggin Your Noggin [CAS]

1:00 ● Puzzle Mania [CAS]

1:20 ● Cubs Game Watch Party [FR]

2:30 🍴 Thymeless: Fruit Fruit [MK]










3:00 ● Bingo! [CAS]

5:30 ● Balloon Ball [FR]

6:30 ● Classic TV Shows [FR]

9:00	●	Morning Bird Watching & Relaxation [FR]
9:30	●	Community Choir [FR]
10:00	●	Daily Chronicles & Good News [FR]
10:30	●	Non Denominational Worship Service [FR]
1:00	🎵	Melody [FR]
1:30	●	Mindful Art - Coloring [FR]
2:30	🍷	Thymeless: Ice Cream Sundae B [MK]
3:15	●	The Gift of a Generous Spirit [FR]
6:00	●	Meditation & Stretching [FR]

9:00	Monday Morning Communion with Deacon Tony [FR]
10:00	Chair Workout [CAS]
10:30	Daily Chronicles & Good News [CAS]
11:00	Bookmarks Reading Club [FR]
1:00	Cleaning Crew [MK]
2:30	Thymeless: Clean Green Smoothies [MK]
3:15	Bingo! [CAS]
5:30	Balloon Ball [FR]
6:00	Guided Meditation for Better Sleep [FR]

9:15		Thymeless: Cucumber, Lemon, Mint Water [MK]	
10:00		Chair Workout [CAS]	
10:30		Daily Chronicles & Good News [CAS]	
10:45		Trivia Tuesday: IN2L Free Rice Trivia [CAS]	
1:30		Thymeless Baking for First Responders: Chocolate Chip Zucchini Muffins	
3:00		Bus Outing: Baked Goods Drop-off for the OakBrook Fire Department	
6:00		Guided Meditation on Thankfulness [FR]	
6:30		Cubs Game Watch Party [FR]	

9:15 🍃 Thymeless: Cucumber, Lemon, Mint Water [MK]

10:00 🟢 Forever Fit [BF]

10:30 🟡 Daily Chronicles & Good News [CAS]

10:45 🟠 Which Word Doesn't Belong [CAS]

1:00 🔵 Cleaning Crew [MK]

1:30 🌸 Essence 1:1 Sessions [SR]

2:30 🍃 Thymeless: Tea & Mooncakes [MK]

3:15 🔴 Remembering the Moon Landing [CAS]

6:00 🟢 Classic Karaoke! [FR]

6:30 🟢 Cubs Game Watch Party [FR]

9:15 🌿 Thymeless Gardening [MK]

10:00 🟢 Chair Workout

10:30 🟡 Daily Chronicles & Good News [CAS]

1:00 🟡 Puzzle Mania [CAS]

1:30 🧘 Essence 1:1 Sessions [SR]

2:30 🌿 Thymeless Mocktails: Pina Colada [MK]

3:15 🟠 Travelogue: Famous Vacation Destinations [FR]

6:00 🟣 Guided Meditation on Thankfulness [FR]

6:30 🚌 Evening Outing: Outdoor Summer Concert at Oak Brook Park District

- 9:00 ● Hair Salon
- 10:00 ● Fitness: Sit and Fit
Full body workout
[CAS]
- 10:30 ● Daily Chronicles & Good
News [CAS]
- 10:45 ● Finishing Lines [CAS]
- 2:00 🍷 Thymeless: Fresh Fruit [MK]
- 3:00 ● Live Music Performance in
the Front Lobby [FD]
- 4:00 ● Happy Hour [LB]
- 5:30 ● Balloon Ball [FR]
- 6:00 ● Cubs Game Watch Party [FR]

9:00 ● Morning Bird
Watching &
Relaxation [FR]

9:45 ● Saturday Stretches
[CAS]

10:00 ● Daily Chronicles [CAS]

10:30 ● Morning Watercolor Painting
[CAS]

1:00 ● Puzzle Mania [CAS]

1:30 ● Outdoor Games & Relaxation

2:15 🍴 Thymeless: Fruit Smoothies [MK]

3:00 ● Bingo! [CAS]

5:30 ● Balloon Ball [FR]

6:15 ● Cubs Game Watch Party [FR]

9:00	● Morning Bird Watching & Relaxation [FR]	13
9:30	● Community Choir [FR]	
10:00	● Daily Chronicles & Good News [FR]	
10:30	● Non Denominational Worship Service [FR]	
1:00	🎵 Melody [FR]	
1:20	● Cubs Game Watch Party [FR]	
2:30	🍷 Thymeless: Ice Cream Sundae Bar [MK]	
3:00	● Baseball Toss n Talk [FR]	
3:30	● Bible Study: The Book of Psalms [FR]	
6:00	● Meditation & Stretching [FR]	

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9:00	Monday Morning Communion with Deacon Tony [FR]
10:00	Chair Workout [CAS]
10:30	Daily Chronicles & Good News [CAS]
11:00	Bookmarks Reading Club [FR]
1:00	Cleaning Crew [MK]
1:30	Crosswords & Word Games [CAS]
2:30	Thymeless: Clean Green Smoothies [MK]
3:15	Bingo! [CAS]
5:30	Balloon Ball [FR]
6:00	Guided Meditation for Better Sleep [FR]

9:15 🌿 Thymeless: Cucumber, Lemon, Mint Water [MK]

10:00 🟢 Chair Workout [CAS]

10:30 🟡 Daily Chronicles & Good News [CAS]

10:45 🔵 Trivia Tuesday: IN2L Free Rice Trivia [CAS]

1:30 🔵 DIY: Tie Fleece Blanket for Donation [CAS]










2:30 🚌 Bus Outing: Blanket Drop-off for Donation to Project Linus

3:00 🌿 Thymeless Gardening Club

6:00 🟡 Guided Meditation on Thankfulness [FR]

6:30 🔴 Classical Music Appreciation [FR]

Time	Activity	Notes
9:15	Thymeless: Cucumber, Lemon, Mint Water [MK]	16
10:00	Forever Fit [BF]	
10:30	Daily Chronicles & Good News [CAS]	
10:45	Which Word Doesn't Belong [CAS]	
1:30	Essence 1:1 Sessions [SR]	
2:00	Hand Massages & Manicures [FR]	
2:45	Thymeless: Fresh Fruit [MK]	
3:15	Minute to Win It Competition - National Hula Hoop Day [CAS]	
6:00	Classic Karaoke! [FR]	
6:30	Movie Feature [FR]	

9:15		Thymeless Gardening [MK]	17
10:00		Chair Workout	
10:30		Daily Chronicles & Good News [CAS]	
1:00		Puzzle Mania [CAS]	
1:30		Essence 1:1 Sessions [SR]	
2:30		Thymeless: Greek Yogurt Parfait [MK]	
3:15		Travelogue: Greece [FR]	
6:00		Guided Meditation on Thankfulness [FR]	
6:30		Nature Relaxation [FR]	

9:00 ● Hair Salon

10:00 ● Fitness: Sit and Fit
Full body workout
[CAS]

10:30 ● Daily Chronicles & Good News
[CAS]

10:45 ● Finishing Lines [CAS]

1:20 ● Cubs Game Watch Party [FR]

2:00 🍴 Thymeless: Fresh Fruit [MK]

3:00 ● Live Music Performance in the
Front Lobby [FD]

4:00 ● Happy Hour [LB]

5:30 ● Balloon Ball [FR]

6:00 ● Nature Relaxation [FR]

9:00 ● Morning Bird
Watching &
Relaxation [FR]

9:45 ● Saturday Stretches
[CAS]

10:00 ● Daily Chronicles [CAS]

10:30 ● Morning Watercolor Painting
[CAS]

1:00 ● Puzzle Mania [CAS]

2:00 🧑‍🌾 Timeless Gardening Club [MK]

3:15 ● SingFit: Flowers of the United
States [CAS]

5:30 ● Balloon Ball [FR]


6:15 ● Cubs Game Watch Party [FR]

9:00	● Morning Bird Watching & Relaxation [FR]	2025
9:30	● Community Choir [FR]	
10:00	● Daily Chronicles & Good News [FR]	
10:30	● Non Denominational Worship Service [FR]	
1:00	🎵 Melody [FR]	
1:20	● Cubs Game Watch Party [FR]	
2:30	🍷 Thymeless: Ice Cream Sundae Bar [MK]	
3:00	● Baseball Toss n Talk [FR]	
3:30	● Bible Study: Book of Proverbs [FR]	
6:00	● Meditation & Stretching [FR]	

9:00 ● Monday Morning
Communion with Deacon
Tony [FR]


10:00 ● Chair Workout [CAS]

10:30 ● Daily Chronicles & Good News [CAS]

11:00  Bookmarks Reading Club [FR]

1:00 ● Cleaning Crew [MK]

1:30 ● Crosswords & Word Games [CAS]










2:30  Thymeless: Clean Green Smoothies
[MK]

3:15 ● Bingo! [CAS]

5:30 ● Balloon Ball [FR]

6:00 ● Guided Meditation for Better Sleep [FR]

7:00 ● Cubs Game Watch Party [FR]

9:15		Thymeless: Cucumber, Lemon, Mint Water [MK]	22
10:00		Chair Workout [CAS]	
10:30		Daily Chronicles & Good News [CAS]	
10:45		Trivia Tuesday: IN2L Free Rice Trivia [CAS]	
1:30		DIY - Uplifting Message Bracelets [CAS]	
2:30		Thymeless Tea Party [MK]	
3:15		Learn All About: Frida Kahlo [CAS]	
6:00		Guided Meditation on Thankfulness [FR]	
6:30		Classical Music Appreciation [FR]	

9:15	🌿	Thymeless: Cucumber, Lemon, Mint Water [MK]	23
10:00	🟢	Forever Fit [BF]	
10:30	🟡	Daily Chronicles & Good News [CAS]	
10:45	🟠	Which Word Doesn't Belong [CAS]	
1:00	🟢	Cleaning Crew [MK]	
1:30	💜	Essence 1:1 Sessions [SR]	
2:00	🟢	Hand Massages & Manicures [FR]	
2:15	🚐	Bus Outing: Elmhurst Art Museum	
2:45	🌿	Thymeless Gardening Club	
3:30	🔴	Classical Music Appreciation [CAS]	
6:00	🟡	Classic Karaoke! [FR]	

9:15	🌿	Thymeless Gardening [MK]	24
10:00	🟢	Chair Workout	
10:30	🟡	Daily Chronicles & Good News [CAS]	
1:00	🟠	Puzzle Mania [CAS]	
1:30	🌸	Essence 1:1 Sessions [SR]	
2:15	🌿	Thymeless:Red & Green Cupcakes [MK]	
3:15	🟢	Travelogue: New Zealand's Jingle Bells in July [FR]	
6:00	🟣	Guided Meditation on Thankfulness [FR]	
6:30	🔴	Nature Relaxation [FR]	

9:00 ● Hair Salon

10:00 ● Fitness: Sit and Fit
Full body workout
[CAS]

10:30 ● Daily Chronicles & Good
News [CAS]

10:45 ● Finishing Lines [CAS]

2:00 🍷 Thymeless: Fresh Fruit [MK]

3:00 ● Live Music Performance in
the Front Lobby [FD]

4:00 ● Happy Hour [LB]

5:30 ● Balloon Ball [FR]

6:00 ● Nature Relaxation [FR]

9:00 ● Morning Bird
Watching &
Relaxation [FR]

9:45 ● Saturday Stretches
[CAS]

10:00 ● Daily Chronicles [CAS]

10:30 ● Morning Watercolor Painting
[CAS]

1:00 ● DIY - Dog Toys for Donation [CAS]

2:15 🍴 Thymeless: Fruit Smoothies [MK]

3:00 ● Bingo! [CAS]

5:30 ● Balloon Ball [FR]

6:00 ● Cubs Game Watch Party [FR]

9:00 ● Morning Bird Watching & Relaxation [FR]

9:30 ● Community Choir [FR]

10:00 ● Daily Chronicles & Good News [FR]

10:30 ● Non Denominational Worship Service [FR]

1:00 🎵 Melody [FR]

1:20 ● Cubs Game Watch Party [FR]

2:30 🍷 Thymeless: Ice Cream Sundae Bar [MK]

3:00 ● Baseball Toss n Talk [FR]

3:30 ● Bible Study: Plants in the Bible [FR]

6:00 ● Meditation & Stretching [FR]

9:00	Monday Morning Communion with Deacon Tony [FR]	28
10:00	Chair Workout [CAS]	
10:30	Daily Chronicles & Good News [CAS]	
11:00	Bookmarks Reading Club [FR]	
1:00	Cleaning Crew [MK]	
1:30	Crosswords & Word Games [CAS]	
2:30	Thymeless: Clean Green Smoothies [MK]	
3:15	Bingo! [CAS]	
5:30	Balloon Ball [FR]	
6:00	Guided Meditation for Better Sleep [FR]	

9:15	🥒	Thymeless: Cucumber, Lemon, Mint Water [MK]	29
10:00	🟢	Chair Workout [CAS]	
10:30	🟡	Daily Chronicles & Good News [CAS]	
10:45	🟡	Trivia Tuesday: IN2L Free Rice Trivia [CAS]	
1:30	🥒	Thymeless Puppy Chow [MK]	30
2:30	🚌	Bus Outing: Animal Shelter for Donation Dropoff	
3:15	🟠	Classical Music Appreciation [CAS]	
6:00	🟡	Guided Meditation on Thankfulness [FR]	
6:30	🟡	Cubs Game Watch Party [FR]	31
7:00	🟡	Thymeless: Cucumber, Lemon, Mint Water [MK]	
7:30	🟡	Daily Chronicles & Good News [CAS]	
8:00	🟡	Trivia Tuesday: IN2L Free Rice Trivia [CAS]	

9:15 🍹 Thymeless: Cucumber, Lemon, Mint Water [MK] 30

10:00 🟢 Forever Fit [BF]

10:30 🟠 Daily Chronicles & Good News [CAS]

10:45 🟡 Which Word Doesn't Belong [CAS]

1:00 🟣 Cleaning Crew [MK]

1:30 🌸 Essence 1:1 Sessions [SR]











2:00 🟠 Hand Massages & Manicures [FR]

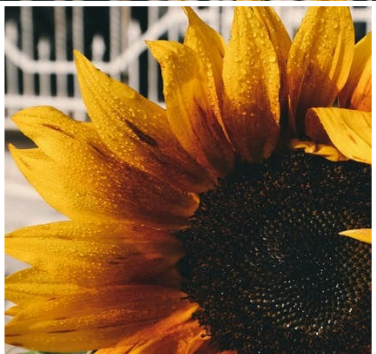
2:30 🍹 Thymeless: Kiwi Milkshake [MK]

3:15 🟢 The Kiwi to Life is Happiness [FR]












6:00 🟠 Classic Karaoke! [FR]

6:30 🟠 Movie Feature [FR]

9:15		Thymeless Gardening [MK]	31
10:00		Chair Workout	
10:30		Daily Chronicles & Good News [CAS]	
1:00		Puzzle Mania [CAS]	
1:30		DIY: Uplifting Message Bracelets [CAS]	
1:30		Essence 1:1 Sessions [SR]	
2:30		Thymeless: Gardening Club	
3:15		Nature's Superhero: The Gecko [FR]	
6:00		Guided Meditation on Thankfulness [FR]	
6:30		Nature Relaxation [FR]	



Signature Collection
THE SHERIDAN
AT OAK BROOK
a Senior Lifestyle community

-  *Outing
-  Embrace -BOOKMARKS
-  Embrace -ESSENCE
-  Embrace -MELODY
-  Embrace -THYMELESS
-  _CONNECT
-  _CONTRIBUTE
-  _FEEL
-  _GROW
-  _MOVE
-  _REFLECT

Location Keys

- Be Fit Studio
- Creative Art Studio
- Family Room
- Front Desk (Lobby)
- Lobby
- Mom's Kitchen
- Serenity Room

BF
CAS
FR
FD
LB
MK
SR