July 2025 Monthly Activities **Expérience Service** Sunday Monday Tuesday Wednesday Thursday Friday Saturday 9:15 | Thymeless: Cucumber, Independence Day 9:00 • Morning Bird 9:15 | Thymeless: 9:15 | Thymeless Lemon, Mint Water [MK] Cucumber, Lemon. Gardening [MK] 9:00 • Hair Salon Watching & 10:00 • Chair Workout [CAS] Relaxation [FR] Mint Water [MK] 10:00 • Fitness: Sit and Fit Full 10:00 • Chair Workout 10:30 • Daily Chronicles & Good 0:00 • Saturday Stretches 10:00 • Forever Fit [BF] body workout [CAS] 10:30 • Daily Chronicles & Good News [CAS] 10:30 • Daily Chronicles & Good News 0:30 • Daily Chronicles & Good News [CAS] 10:45 • Trivia Tuesday: IN2L Free Rice Trivia News [CAS] 10:30 • Daily Chronicles [CAS] 2055 Clearwater Dr. [CAS] 10:45 Finishing Lines [CAS] Puzzle Mania [CAS] 1:00 **EMBRACE** 10:45 • Which Word Doesn't Belong [CAS] 1:20 • Cubs Game Watch Party [FR] 10:30 Morning Watercolor Painting 1:00 | Thymeless Gardening Club 1:30 Sessions [SR] Oak Brook, IL 60523 1:00 • Cleaning Crew [MK] 2:15 | Thymeless: Gardening [CAS] 1:30 • Crosswords & Word Games [CAS] 1:30 • Patriotic Painting [CAS] 3:00 • Live Music Performance in the Front 11:00 • Joggin Your Noggin [CAS] 1:30 🕸 Essence 1:1 Sessions [SR] 2:00 Bus Outing: The Morton Arboretum (630) 394-0214 2:30 | Thymeless: Gardening Lobby [FD] 1:00 • Puzzle Mania [CAS] 2:00 • Hand Massages & Manicures [FR 3:15 • Classical Music Appreciation [FR] 4:00 • Happy Hour [LB] 2:45 Thymeless: Fresh Fruit [MK] 3:15 • The Yankee Doodle Boy [FR] 1:20 • Cubs Game Watch Party [FR] 6:00 • Guided Meditation on Thankfulness 5:30 Balloon Ball [FR] 2:30 | Thymeless: Fruit Fruit [MK] 3:15 • Experience Service: Discuss the 6:00 • Guided Meditation on 6:00 • Nature Relaxation [FR] 7:00 • Cubs Game Watch Party 3:00 • Bingo! [CAS] U.S. Armed Forces [CAS] Thankfulness [FR] 6:00 • Classic Karaoke! [FR] 5:30 • Balloon Ball [FR] 6:30 • Nature Relaxation [FR] 7:00 • Cubs Game Watch Party [FR] 6:30 • Classic TV Shows [FR] 9:15 | Thymeless: Cucumber, 9:00 Morning Bird 9:00 • Monday Morning 9:15 Thymeless: 9:15 | Thymeless Gardening 9:00 • Hair Salon 9:00 Morning Bird Lemon, Mint Water [MK] Cucumber, Lemon, Watching & Watching & Communion with 10:00 • Fitness: Sit and Fit 10:00 • Chair Workout [CAS] Relaxation [FR] Deacon Tony [FR] Mint Water [MK] 10:00 • Chair Workout Relaxation [FR] Full body workout 10:30 • Daily Chronicles & Good 9:30 • Community Choir [FR] 10:30 • Daily Chronicles & 10:00 • Chair Workout [CAS] 10:00 Forever Fit [BF] 9:45 • Saturday Stretches [CAS] News [CAS] Daily Chronicles & Good News 10:30 • Daily Chronicles & Good News Daily Chronicles & Good News Good News [CAS] 10:30 Signature Collection 10:45 Trivia Tuesday: IN2L Free Rice Trivia 10:30 Daily Chronicles & Good 1:00 • Puzzle Mania [CAS] 10:00 • Daily Chronicles [CAS] News [CAS] 10:30 • Non Denominational Worship 11:00 🗐 Bookmarks Reading Club [FR] 10:45 • Which Word Doesn't Belong [CAS] 1:30 & Essence 1:1 Sessions [SR] 10:30 • Morning Watercolor Painting THE SHERIDAN 1:30 | Thymeless Baking for First Responder 10:45 • Finishing Lines [CAS] Service [FR] 1:00 • Cleaning Crew [MK] Chocolate Chip Zucchini Muffins 1:00 • Cleaning Crew [MK] 2:30 | Thymeless Mocktails: Pina Colada 2:00 Thymeless: Fresh Fruit [MK] 1:00 🮜 Melody [FR] 3:00 🖨 Bus Outing: Baked Goods Drop-off for 2:30 Thymeless: Clean Green 1:30 Essence 1:1 Sessions [SR] 1:00 • Puzzle Mania [CAS] AT OAK BROOK 1:30 • Mindful Art - Coloring [FR] Smoothies [MK] the OakBrook Fire Department 3:15 • Travelogue: Famous Vacation 3:00 • Live Music Performance in 1:30 • Outdoor Games & Relaxation 2:30 | Thymeless: Tea & Mooncakes 6:00 • Guided Meditation on Thankfulness [FF Destinations [FR] 2:15 | Thymeless: Fruit Smoothies [MK] a Senior Lifestyle community the Front Lobby [FD] 2:30 | Thymeless: Ice Cream Sundae Bar 3:15 • Bingo! [CAS] 6:30 • Cubs Game Watch Party [FR] 6:00 • Guided Meditation on 5:30 • Balloon Ball [FR] 3:15 • Remembering the Moon Landing 4:00 • Happy Hour [LB] 3:00 • Bingo! [CAS] Thankfulness [FR] 3:15 • The Gift of a Generous Spirit [FR] 6:00 • Guided Meditation for Better 5:30 • Balloon Ball [FR] 5:30 • Balloon Ball [FR] 6:30 🖨 Evening Outing: Outdoor Summer 6:00 • Meditation & Stretching [FR] Sleep [FR] 6:00 • Classic Karaoke! [FR] 6:15 • Cubs Game Watch Party [FR] 6:00 • Cubs Game Watch Party [FR] Concert at Oak Brook Park Distric 6:30 • Cubs Game Watch Party [FR] 9:00 • Morning Bird Watching 9:15 | Thymeless: Cucumber, 9:00 • Monday Morning 9:00 • Hair Salon 9:00 • Morning Bird 9:15 **Thymeless**: 9:15 Thymeless \*Outing 8 19 6 Lemon, Mint Water [MK] & Relaxation [FR] 0:00 • Fitness: Sit and Fit Communion with Cucumber, Lemon, Watching & Gardening [MK] **■** Embrace -BOOKMARKS 10:00 • Chair Workout [CAS] 9:30 • Community Choir [FR] Deacon Tony [FR] Mint Water [MK] Full body workout Relaxation [FR] 10:00 • Chair Workout 10:30 • Daily Chronicles & Good Embrace -ESSENCE 10:00 • Daily Chronicles & 10:00 • Chair Workout [CAS] 10:00 • Forever Fit [BF] 9:45 • Saturday Stretches 10:30 • Daily Chronicles & Good News [CAS] Good News [FR] 10:30 • Daily Chronicles & Good News 10:30 • Daily Chronicles & Good News 10:30 • Daily Chronicles & Good News Embrace - MELODY 10:45 • Trivia Tuesday: IN2L Free Rice Trivia News [CAS] 10:30 • Non Denominational Worship 10:00 • Daily Chronicles [CAS] [CAS] [CAS] [CAS] 1:00 • Puzzle Mania [CAS] **III** Embrace -THYMELESS Service [FR] 10:30 • Morning Watercolor Painting 11:00 📕 Bookmarks Reading Club [FR] 10:45 • Which Word Doesn't Belong [CAS] 0:45 • Finishing Lines [CAS] 1:30 • DIY: Tie Fleece Blanket for Donation 1:00 5 Melody [FR] 1:30 See Essence 1:1 Sessions [SR] 1:00 • Cleaning Crew [MK] 1:30 See Essence 1:1 Sessions [SR] 1:20 • Cubs Game Watch Party [FR] \_CONNECT 1:20 • Cubs Game Watch Party [FR] 2:30 Bus Outing: Blanket Drop-off for 2:30 | Thymeless: Greek Yogurt 1:00 • Puzzle Mania [CAS] 2:00 | Thymeless: Fresh Fruit [MK] 1:30 • Crosswords & Word Games [CAS] 2:00 • Hand Massages & Manicures [FR 2:30 | Thymeless: Ice Cream Sundae Bar \_CONTRIBUTE Donation to Project Linus Parfait [MK] 2:30 | Thymeless: Clean Green 2:45 | Thymeless: Fresh Fruit [MK] 3:00 • Live Music Performance in the 2:00 | Thymeless Gardening Club [MK] 3:00 Thymeless Gardening Club 3:15 • Minute to Win It Competition -3:15 • Travelogue: Greece [FR] 3:15 • SingFit: Flowers of the United • \_FEEL Smoothies [MK] Front Lobby [FD] 3:00 • Baseball Toss n Talk [FR] 6:00 • Guided Meditation on Thankfulness [F 4:00 • Happy Hour [LB] 3:15 • Bingo! [CAS] National Hula Hoop Day [CAS] States [CAS] 6:00 • Guided Meditation on 3:30 • Bible Study: The Book of Psalms [FR] \_GROW 6:30 • Classical Music Appreciation [FR] 5:30 • Balloon Ball [FR] 6:00 • Classic Karaoke! [FR] Thankfulness [FR] 5:30 • Balloon Ball [FR] 5:30 Balloon Ball [FR] 6:00 • Meditation & Stretching [FR] \_MOVE 6:15 • Cubs Game Watch Party [FR] 6:00 • Guided Meditation for Better 6:30 • Movie Feature [FR] 6:00 • Nature Relaxation [FR] 6:30 • Nature Relaxation [FR] Sleep [FR] \_REFLECT 9:00 • Monday Morning 9:00 Morning Bird 9:15 | Thymeless: 9:15 Thymeless: 9:15 | Thymeless 9:00 • Hair Salon 9:00 Morning Bird 26 Communion with Deacon Watching & Relaxation Cucumber, Lemon, Cucumber, Lemon, Watching & Gardening [MK] 10:00 • Fitness: Sit and Fit Tony [FR] Mint Water [MK] Mint Water [MK] Relaxation [FR] 10:00 • Chair Workout Full body workout 10:00 Chair Workout [CAS] 9:30 • Community Choir [FR] 10:00 • Chair Workout [CAS] 10:00 • Forever Fit [BF] 9:45 • Saturday Stretches 10:30 • Daily Chronicles & [CAS] 10:30 • Daily Chronicles & Good News [CAS] 10:00 • Daily Chronicles & Good News [FR] 10:30 • Daily Chronicles & Good News 10:30 • Daily Chronicles & Good News Good News [CAS] 1:00 Bookmarks Reading Club [FR] 10:30 • Daily Chronicles & Good 10:30 • Non Denominational Worship [CAS] 0:00 • Daily Chronicles [CAS] 1:00 • Puzzle Mania [CAS] 1:00 • Cleaning Crew [MK] News [CAS] Service [FR] 10:45 • Trivia Tuesday: IN2L Free Rice 10:45 • Which Word Doesn't Belong [CAS] 10:30 • Morning Watercolor Painting 1:30 Crosswords & Word Games [CAS] 1:30 Essence 1:1 Sessions [SR] 10:45 • Finishing Lines [CAS] 1:00 5 Melody [FR] [CAS] Trivia [CAS] 1:00 • Cleaning Crew [MK] 2:30 | Thymeless: Clean Green Smoothies 2:15 | Thymeless:Red & Green 2:00 Thymeless: Fresh Fruit [MK] 1:20 • Cubs Game Watch Party [FR] 1:30 • DIY - Uplifting Message Bracelets 1:30 & Essence 1:1 Sessions [SR] 1:00 • DIY - Dog Toys for Donation [CAS] Cupcakes [MK] 2:30 | Thymeless: Ice Cream Sundae Bar 3:15 • Bingo! [CAS] [CAS] 3:00 • Live Music Performance in 2:15 Thymeless: Fruit Smoothies [MK] 2:00 • Hand Massages & Manicures [FR] 3:15 • Travelogue: New Zealand's 5:30 Balloon Ball [FR] 2:30 Thymeless Tea Party [MK] the Front Lobby [FD] 3:00 • Bingo! [CAS] 2:15 🖨 Bus Outing: Elmhurst Art Museum **Location Keys** 6:00 • Guided Meditation for Better Sleep [FR] Jingle Bells in July [FR] 3:00 • Baseball Toss n Talk [FR] 3:15 • Learn All About: Frida Kahlo [CAS] 2:45 Thymeless Gardening Club 4:00 • Happy Hour [LB] 5:30 • Balloon Ball [FR] 6:00 • Guided Meditation on 3:30 • Bible Study: Book of Proverbs [FR] 7:00 • Cubs Game Watch Party [FR] Be Fit Studio 6:00 • Guided Meditation on 6:00 • Cubs Game Watch Party [FR] 3:30 • Classical Music Appreciation 5:30 • Balloon Ball [FR] Thankfulness [FR] 6:00 • Meditation & Stretching [FR] Thankfulness [FR] CAS Creative Art Studio 6:00 • Nature Relaxation [FR] 6:30 • Nature Relaxation [FR] 6:30 • Classical Music Appreciation [FR] 6:00 • Classic Karaoke! [FR] FR Family Room 9:00 • Morning Bird Watching 9:00 • Monday Morning 9:15 | Thymeless: Cucumber, 9:15 **Thymeless**: 9:15 | Thymeless Gardening Front Desk (Lobby) FD Lemon, Mint Water [MK] & Relaxation [FR] Communion with Cucumber, Lemon, ZŌ LB Lobby 9:30 • Community Choir [FR] 10:00 • Chair Workout [CAS] Deacon Tony [FR] Mint Water [MK] 10:00 • Chair Workout 10:00 • Daily Chronicles & 10:30 • Daily Chronicles & Good luu. Mom's Kitchen MK 10:00 • Chair Workout [CAS] 10:00 Forever Fit [BF] 10:30 • Daily Chronicles & News [CAS] Good News [FR] 10:30 • Daily Chronicles & Good News 10:30 • Daily Chronicles & Good News Good News [CAS] Serenity Room 10:45 Trivia Tuesday: IN2L Free Rice Trivia 10:30 • Non Denominational Worship Puzzle Mania [CAS] Signature Collection [CAS] Service [FR] 11:00 📕 Bookmarks Reading Club [FR] 10:45 • Which Word Doesn't Belong [CAS 1:30 • DIY: Uplifting Message Bracelets 1:30 | Thymeless Puppy Chow [MK] THE SHERIDAN 1:00 5 Melody [FR] 1:00 • Cleaning Crew [MK] 1:00 • Cleaning Crew [MK] 2:30 🖨 Bus Outing: Animal Shelter for Donation 1:20 • Cubs Game Watch Party [FR] 1:30 Sessions [SR] AT OAK BROOK 1:30 • Crosswords & Word Games [CAS] Dropoff 1:30 Sessions [SR] 2:30 🍴 Thymeless: Ice Cream Sundae Bar 3:15 • Classical Music Appreciation [CAS] 2:00 • Hand Massages & Manicures [FR] 2:30 | Thymeless: Gardening Club 2:30 | Thymeless: Clean Green a Senior Lifestyle community 6:00 • Guided Meditation on Thankfulness [FI Smoothies [MK] 2:30 Thymeless: Kiwi Milkshake [MK] 3:15 • Nature's Superhero: The Gecko 3:00 • Baseball Toss n Talk [FR] 6:30 • Cubs Game Watch Party [FR] 3:15 • Bingo! [CAS] 3:15 • The Kiwi to Life is Happiness [FR] 3:30 • Bible Study: Plants in the Bible [FR]

5:30 • Balloon Ball [FR]

Sleep [FR]

6:00 • Guided Meditation for Better

6:00 • Meditation & Stretching [FR]

6:00 • Guided Meditation on

Thankfulness [FR]
6:30 • Nature Relaxation [FR]

6:00 • Classic Karaoke! [FR]

6:30 • Movie Feature [FR]