

August 2023 - White Oaks at McHenry

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>1</p> <p>9:30 Chair Exercise, DRB 10:00 What's in the News & Daily Chronicles, DRB 10:30 Brain Games! "Eight" is Great, DRB 1:00 Outing: Scenic Drive McHenry Dam, FF 3:30 Common Sayings, GR 6:00 Classic Movie Night, BTA</p>	<p>2</p> <p>9:30 Therapy Dog: Archer, DRB 10:00 Chair Exercise, DRB 10:30 What's in the News & Daily Chronicles, DRB 1:30 Bag Toss, GR 2:30 Therapy Dog: Charlie, GR 6:00 Wednesday Night Musicals, BTA</p>	<p>3</p> <p>9:30 Chair Exercise, DRB 10:00 What's in the News & Daily Chronicles, DRB 10:30 White Oaks Bell Choir & Chorus, GR 1:30 Art for Everyone! Colorful Suncatchers, GR 2:30 In Concert: Michael Buble, GR 6:00 Sitcom Classics, BTA</p>	<p>4</p> <p>9:30 Chair Exercise, DRB 10:00 What's in the News & Daily Chronicles, DRB 10:30 Garden Club, DRB 1:30 Music Appreciation: Finish the Song Lyric, GR 2:30 Outside Trivia Time, CRT 6:00 Friday Funnies, BTA</p>	<p>5</p> <p>9:30 Saturday Sit and Stretch, DRB 10:00 What's in the News & Daily Chronicles, DRB 10:30 Chat & Color, GR 1:30 Fruit Loop Bingo, DR 2:30 Saturday Matinee: I Love Lucy Marathon, BTA 6:00 Hallmark Movies, BTA</p>
6	7	8	9	10	11	12
<p>9:30 Catholic Mass on TV, FTA 9:30 Chair Exercise, DRB 10:00 What's in the News & Daily Chronicles, DRB 10:30 Biography: Tony Bennett, DRB 1:30 Root Beer Float Social, DR 2:30 Armchair Travels: Las Vegas, GR 6:00 Sunday Night Movie, BTA</p>	<p>9:30 Chair Exercise, DRB 10:00 What's in the News & Daily Chronicles, DRB 10:30 On This Day: The Purple Heart, DRB 1:30 1960s TV Trivia, GR 2:30 Music & Sunshine, CRT 6:00 Monday Night Movie, BTA</p>	<p>9:30 Chair Exercise, DRB 10:00 Alliance Bible Church Service, GR 10:30 What's in the News & Daily Chronicles, DRB 1:30 Art for Everyone! Summer Watercolors, GR 3:30 Brooks Falls - Katmai National Park, Alaska Bear Cam!, GR 6:00 Classic Movie Night, BTA</p>	<p>9:30 Therapy Dog: Archer, DRB 10:00 Chair Exercise, DRB 10:30 Catholic Eucharist & Prayers, GR 10:30 What's in the News & Daily Chronicles, DRB 1:30 Lighthouse Trivia, GR 2:30 Therapy Dog: Charlie, GR 6:00 Wednesday Night Musicals, BTA</p>	<p>9:30 Chair Exercise, DRB 10:00 What's in the News & Daily Chronicles, DRB 10:30 White Oaks Bell Choir & Chorus, GR 2:00 Julieann's Frozen Custard Social!, GR 6:00 Sitcom Classics, BTA</p>	<p>9:30 Chair Exercise, DRB 10:00 What's in the News & Daily Chronicles, DRB 10:30 Garden Club, DRB 1:30 Music Appreciation: Guess the Movie by the Song, GR 2:30 Outside Trivia Time, CRT 6:00 Friday Funnies, BTA</p>	<p>9:30 Saturday Sit and Stretch, DRB 10:00 What's in the News & Daily Chronicles, DRB 10:30 Chat & Color, GR 1:30 Fruit Loop Bingo, DR 2:30 Saturday Matinee: The Wizard of Oz, BTA 6:00 Hallmark Movies, BTA</p>
13	14	15	16	17	18	19
<p>9:30 Catholic Mass on TV, FTA 9:30 Chair Exercise, DRB 10:00 What's in the News & Daily Chronicles, DRB 10:30 Biography: Don Ho, DRB 1:30 Sunday Social, DR 2:30 Armchair Travels: National Parks, Part 1, GR 6:00 Sunday Night Movie, BTA</p>	<p>9:30 Chair Exercise, DRB 10:00 What's in the News & Daily Chronicles, DRB 10:30 On This Day: V-J Day, DRB 1:30 Zany Zoom Ins!, GR 2:30 Music & Sunshine, CRT 6:00 Monday Night Movie, BTA</p>	<p>9:30 Chair Exercise, DRB 10:00 What's in the News & Daily Chronicles, DRB 10:30 Brain Games! Where Am I?, DRB 1:30 Happy Birthday Ken Social!, DR 3:30 Matching Game Challenge, GR 6:00 Classic Movie Night, BTA</p>	<p>9:30 Therapy Dog: Archer, DRB 10:00 Chair Exercise, DRB 10:30 What's in the News & Daily Chronicles, DRB 1:30 White Board Puzzles: Mixed Up Animals & Insects, DRB 2:30 Entertainer: Heather B. Sings "Blue Suede Shoes", DRB 6:00 Wednesday Night Musicals, BTA</p>	<p>9:30 Chair Exercise, DRB 10:00 What's in the News & Daily Chronicles, DRB 10:30 White Oaks Bell Choir & Chorus, GR 1:30 Art for Everyone! Pool Noodle Art, GR 2:30 Karaoke Sing-A-Long, GR 6:00 Sitcom Classics, BTA</p>	<p>9:30 Chair Exercise, DRB 10:00 What's in the News & Daily Chronicles, DRB 10:30 Garden Club, DRB 1:30 Music Appreciation: Remembering The Drifters, GR 2:30 Outside Trivia Time, CRT 6:00 Friday Funnies, BTA</p>	<p>9:30 Saturday Sit and Stretch, DRB 10:00 What's in the News & Daily Chronicles, DRB 10:30 Chat & Color, GR 1:30 Fruit Loop Bingo, DR 2:30 Saturday Matinee: The Parent Trap, BTA 6:00 Hallmark Movies, BTA</p>
20	21	22	23	24	25	26
<p>9:30 Catholic Mass on TV, FTA 9:30 Chair Exercise, DRB 10:00 What's in the News & Daily Chronicles, DRB 10:30 Biography: Kenny Rogers, DRB 1:30 Sunday Social, DR 2:30 Armchair Travels: Route 66, GR 6:00 Sunday Night Movie, BTA</p>	<p>9:30 Chair Exercise, DRB 10:00 Non-Denominational Service with Chaplain Brenda, DRB 10:30 What's in the News & Daily Chronicles, DRB 1:30 August Trivia, GR 2:30 Music & Sunshine, CRT 6:00 Monday Night Movie, BTA</p>	<p>9:30 Chair Exercise, DRB 10:00 Alliance Bible Church Service, GR 10:30 What's in the News & Daily Chronicles, DRB 1:00 Outing: Scenic Drive & McDonald's Slushies, FF 3:30 Brooks Falls - Katmai National Park, Alaska Bear Cam!, GR 6:00 Classic Movie Night, BTA</p>	<p>9:30 Therapy Dog: Archer, DRB 10:00 Chair Exercise, DRB 10:30 Catholic Eucharist & Prayers, GR 10:30 What's in the News & Daily Chronicles, DRB 1:30 Music & Movement, GR 2:30 Therapy Dog: Charlie, GR 6:00 Wednesday Night Musicals, BTA</p>	<p>9:30 Chair Exercise, DRB 10:00 What's in the News & Daily Chronicles, DRB 10:30 White Oaks Bell Choir & Chorus, GR 2:00 White Board Puzzles: Vacation Secret Quote, DRB 2:30 Entertainer: Randy Walker, Hits of the 60s, DRB 6:00 Sitcom Classics, BTA</p>	<p>9:30 Chair Exercise, DRB 10:00 What's in the News & Daily Chronicles, DRB 10:30 Garden Club, DRB 10:30 Resident Council Meeting, DRB 1:30 Music Appreciation: Traditional Folk Songs, GR 2:30 Outside Trivia Time, CRT 6:00 Friday Funnies, BTA</p>	<p>9:30 Saturday Sit and Stretch, DRB 10:00 What's in the News & Daily Chronicles, DRB 10:30 Chat & Color, GR 1:30 Fruit Loop Bingo, DR 2:30 Saturday Matinee: Singing in the Rain, BTA 6:00 Hallmark Movies, BTA</p>
27	28	29	30	31	MEETING PLACES	DIMENSIONS OF WELLNESS
<p>9:30 Catholic Mass on TV, FTA 9:30 Chair Exercise, DRB 10:00 What's in the News & Daily Chronicles, DRB 10:30 Fun Facts: Bananas, DRB 1:30 Sunday Social, DR 2:30 Armchair Travels: National Parks, Part 2, GR 6:00 Sunday Night Movie, BTA</p>	<p>9:30 Chair Exercise, DRB 10:00 What's in the News & Daily Chronicles, DRB 10:30 On This Day: I Have A Dream MLK, DRB 1:30 Balloon Burst Puzzle, GR 2:30 Music & Sunshine, CRT 6:00 Monday Night Movie, BTA</p>	<p>9:30 Chair Exercise, DRB 10:00 What's in the News & Daily Chronicles, DRB 10:30 Brain Games! Who Am I?, DRB 1:00 Outing: Feed the Ducks, FF 3:30 iN2L Games: Trivia, GR 6:00 Classic Movie Night, BTA</p>	<p>9:30 Therapy Dog: Archer, DRB 10:00 Chair Exercise, DRB 10:30 What's in the News & Daily Chronicles, DRB 1:30 Bake Dog Treats, DR 2:30 Therapy Dog: Charlie, GR 6:00 Wednesday Night Musicals, BTA</p>	<p>9:30 Chair Exercise, DRB 10:00 What's in the News & Daily Chronicles, DRB 10:30 White Oaks Bell Choir & Chorus, GR 1:30 Art for Everyone! Sunflower Collage, GR 2:30 In Concert: Barbra Streisand, GR 6:00 Sitcom Classics, BTA</p>	<p>DRB - Dining Room B FF - Front Fireplace GR - The Gathering Room BTA - Back TV Area CRT - Courtyard DR - Dining Room FTA - Front TV Area</p> <p>Wellness checks are conducted the 1st-5th of every month by nursing.</p>	<p>Physical Spiritual Vocational Intellectual </p> <p>Emotional Environmental Social </p> <p>Activities are subject to change. If you would like to see an activity on the calendar, please see Doris or Deb.</p>