If you would like an activity not reflected on the calendar, please see the RSC or Administrator.

Activities are subject to change.

AUGUST 2019

White Oaks at McHenry
A Memory Care Community for the Older Adult

Dimensions of Wellness

- Physical
- Spiritual
- Social
- Intellectual
- Nutritional
- Purposeful

Meeting Places

ACT1	Activity Room 1
CRT	Courtyard
FTA	Front TV Area
RMS	Rooms
CY1	1st Courtyard
AR2	Activity Room 2
FCA	Front Craft Area
AK	Activities Kitchen
GP	Game Parlor
BTA	Back TV Area

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Wellness Checks with Nursing are conducted the 1st thru the 10th of each month.		Resident Birthdays: Aug. 7th- John G. Aug. 8th- Deona Aug. 18th- Judy Aug. 25th- Ron S. Aug. 30th- Quitten		**01** 10:00 Exercise ACT1 10:30 Noodle Exercise ACT1 2:00 Outdoor Fun! CRT 6:15 Cubs Game on TV FTA	**02** 8:00 1:1 Room Visits RMS 10:00 Exercise class CRT 1:20 Cubs game on TV FTA 2:30 Birthday Bash ACT1	**03** 10:00 Manicures ACT1 10:30 Exercise Class ACT1 1:20 Cubs game on TV FTA 3:00 Activity Hobby Stations ACT1 6:00 Movie & Popcorn FTA
04 9:00 Religious Service on TV FTA 10:30 Exercise Class ACT1 1:30 Bingo Game ACT1 3:00 Men's Club ACT1	**05** 8:00 Room Visits RMS 10:00 Pom Pom Exercise Class ACT1 11:20 Trivia ACT1 1:30 Bingo Game ACT1 7:05 Cubs Game on TV FTA	**06** 8:00 1:1 Room Activities RMS 10:00 Kickball Exercise ACT1 11:00 Trivia ACT1 1:30 Wii have fun! FTA 3:00 Hand Massage ACT1 7:05 Cubs game on tv FTA	**07** 8:00 Room Visits RMS 10:00 Fitness Class ACT1 10:30 Painting Class ACT1 12:00 Lunch Outdoors CY1 1:20 Cubs Game on TV FTA 2:30 Animal Bingo ACT1	**08** 8:00 1:1 Room Activities RMS 11:00 Scrap Booking ACT1 3:00 Sing Alongs ACT1 6:10 Cubs game on TV FTA	**09** 8:00 1:1 Room Activities RMS 10:00 Exercise class CRT 2:30 Resident Council Meeting ACT1 3:00 Food Council Meeting ACT1 6:10 Cubs Game on TV FTA	**10** 10:00 Manicures ACT1 10:30 Exercise Class ACT1 11:00 Hangman Game ACT1 2:30 Bingo Game ACT1 3:30 Hand Massages ACT1 6:00 Cubs Game FTA
11 9:00 Religious Service on TV FTA 10:30 Exercise Class ACT1 12:10 Cubs Game on Tv FTA 1:30 Activity Hobby Stations ACT1	**12** 8:00 Room Visits RMS 10:00 Pom Pom Exercise Class ACT1 11:00 Bags Tournament ACT1 1:30 Matching Game ACT1 3:00 Sing Alongs ACT1	**13** 8:00 1:1 Room Activities RMS 10:00 Kickball Exercise ACT1 11:00 Men's Club ACT1 1:30 Wii have fun! FTA 3:00 Music & Massage ACT1 6:05 Cubs game on TV FTA	**14** 8:00 Room Visits RMS 10:00 Fitness Class ACT1 10:30 Velvet Art ACT1 12:00 Lunch Outdoors CY1 2:30 House Bingo ACT1 6:05 Cubs game on TV FTA	**15** 8:00 1:1 Room Activities RMS 1:30 Sip and Paint ACT1 3:00 Communion AR2 6:00 walking Club CRT 6:05 Cubs game on TV FTA	**16** 8:00 1:1 Room Activities RMS 10:00 Exercise class CRT 1:30 Dance Party ACT1 3:00 Read my Favorite Book ACT1 6:05 Cubs game on TV FTA	**17** 10:00 Manicures ACT1 10:30 Exercise Class ACT1 11:00 Bags games CRT 12:35 Cubs Game on TV FTA 2:30 Rock Painting ACT1 6:00 Movie-The Wizard of OZ FTA
18 9:00 Religious Service on TV FTA 10:30 Exercise Class ACT1 1:30 Fun in the Sun! CY1 6:10 Cubs Game on TV FTA	**19** 8:00 Room Visits RMS 10:00 Pom Pom Exercise Class ACT1 11:00 Bowling ACT1 1:20 Ice Cream Social ACT1 3:00 Men's Club ACT1	**20** 8:00 1:1 Room Activities RMS 10:00 Kickball Exercise ACT1 11:00 Giant Word Search ACT1 1:30 Wii have fun! FTA 3:00 Music & Massage FCA 7:05 Cubs Game on Tv FTA	**21** 8:00 Room Visits RMS 10:00 Fitness Class ACT1 10:30 Activity Hobby Stations ACT1 12:00 Lunch Outdoors CY1 2:30 Beach Bingo ACT1 7:05 Cubs Game on TV FTA	**22** 8:00 1:1 Room Activities RMS 1:20 Cubs Game on TV FTA 3:00 Communion AR2 6:00 Sensory ACT1	**23** 8:00 1:1 Room Activities RMS 10:00 Exercise class CRT 1:20 Cubs game on TV FTA 1:30 Giant Crossword Puzzle ACT1 6:00 My Favorite Recipe AK	**24** 10:00 Manicures ACT1 10:30 Exercise Class ACT1 11:00 Men's Club ACT1 1:20 Cubs Game on TV GP 3:00 Fun with Water! CY1 6:00 Movie & Popcorn FTA
25 9:00 Religious Service on TV FTA 10:30 Exercise Class ACT1 1:20 Cubs game on TV FTA 1:30 Puzzles GP 3:00 Men's Club ACT1	**26** 8:00 Room Visits RMS 10:00 Pom Pom Exercise Class ACT1 11:00 Hangman Game ACT1 1:30 Activity Hobby Stations ACT1 3:00 Outdoor Fun! CY1 6:00 Movie- Mary Poppins FTA	**27** 8:00 1:1 Room Activities RMS 10:00 Kickball Exercise ACT1 11:00 Walking Club CY1 1:30 Wii have fun! FTA 3:00 Aroma Therapy & Massage ACT1 6:10 Cubs game on TV FTA	**28** 8:00 Room Visits RMS 10:00 Fitness Class ACT1 10:30 Sensory Class ACT1 12:00 Lunch Outdoors CY1 2:30 Cover all Bingo ACT1 6:10 Cubs Game on TV FTA	**29** 8:00 1:1 Room Activities RMS 3:00 Communion AR2 6:00 Outside Chats CRT 6:10 Cubs game on TV FTA	**30** 8:00 1:1 Room Activities RMS 10:00 Exercise class CRT 1:20 Cubs Game on TV FTA 3:00 Name that Tune BTA 6:00 My Favorite Baking Recipe AK	**31** 10:00 Manicures ACT1 10:30 Exercise Class ACT1 11:00 Bags & Bowling ACT1 1:20 Hand Massages ACT1 3:00 Activity Hobby Stations ACT1 6:00 Movie & Popcorn FTA