


Sunday		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div><p>your <i>life</i>, your <i>style</i></p></div> <div><p><b>Location Keys</b></p><p>BEFIT Studio Club Room Creative Studio Entertainment Room</p><p>BEFIT CR CS ER</p><div><div>● CONNECT</div><div>● CONTRIBUTE</div><div>● FEEL</div><div>● GROW</div><div>● MOVE</div><div>● REFLECT</div></div><div><p>WWW.SENIORLIFESTYLE.COM Activities are subject to change</p></div></div>	<div>January cont'd31</div> <div><div>10:00 ● Televised Worship [ER]</div><div>11:00 ● Gardening w/ Nina</div><div>2:00 ● Trivia Mania [CS]</div><div>3:30 ● Bingo [ER]</div><div>6:00 ● Stage &amp; Screen [ER]</div></div>	<div></div>		<div></div>		<div>Happy New Year 2021!1</div> <div><div>10:00 ● Fall Prevention Circuit 10-12pm [BEFIT]</div><div>11:00 ● Games and Puzzles [CS]</div><div>2:30 ● Broadway Meets Sheridan! - Play-along! [ER]</div><div>3:30 ● Cirque du Soleil [ER]</div><div>4:45 ● Lighting Shabbat Candles [ER]</div><div>6:00 ● Stage &amp; Screen [ER]</div></div>	<div>2</div> <div><div>10:00 ● Gardening w/ Nina</div><div>11:00 ● Gentle Stretch &amp; Recharge Meditation w/ Chahna [BEFIT]</div><div>2:30 ● Crossword Puzzle Challenge [CS]</div><div>3:30 ● Bridge Club [CS]</div><div>3:30 ● Drawing w/ Joey Davoli</div><div>6:00 ● Stage &amp; Screen [ER]</div></div>
	<div>3</div> <div><div>10:00 ● Televised Worship [ER]</div><div>11:00 ● Gardening w/ Nina</div><div>2:00 ● Trivia Mania [CS]</div><div>3:30 ● Bingo [ER]</div><div>6:00 ● Stage &amp; Screen [ER]</div></div>	<div>4</div> <div><div>10:00 ● Fall Prevention Circuit [BEFIT]</div><div>11:15 ● Cognitive Games [CS]</div><div>2:00 ● News &amp; Views: Brain Health - Launching 2021 of Sheridan's Programming (1st Quarter) [ER]</div><div>3:00 ● Drawing w/ Joey Davoli [CS]</div><div>4:00 ● Rummikub [CR]</div><div>6:00 ● Stage &amp; Screen [ER]</div></div>	<div>5</div> <div><div>10:15 ● Ageless Grace w/ Tracey [BEFIT]</div><div>11:15 ● You Be The Judge: The Sheridan Jury [CS]</div><div>2:00 ● Fishbowl Game [BEFIT]</div><div>3:00 ● Walk with Ease in the Park</div><div>4:00 ● Dominoes [CR]</div><div>6:00 ● Popcorn Night! [ER]</div><div>6:00 ● Stage &amp; Screen [ER]</div></div>	<div>6</div> <div><div>10:00 ● Technology HELP [CS]</div><div>11:15 ● Tai Chi for Serenity [BEFIT]</div><div>2:00 ● Trivia [CS]</div><div>3:30 ● Bingo [ER]</div><div>6:00 ● Western Wednesday [ER]</div></div>	<div>7</div> <div><div>10:15 ● Ageless Grace w/ Tracey [BEFIT]</div><div>11:15 ● News &amp; Views: Discuss Current Topics [CS]</div><div>3:00 ● Walk With Ease in the Park</div><div>4:00 ● Canasta [CR]</div><div>6:00 ● Popcorn Night! [ER]</div><div>6:00 ● Stage &amp; Screen [ER]</div></div>	<div>8</div> <div><div>10:00 ● Fall Prevention Circuit [BEFIT]</div><div>11:15 ● Cognitive Games [CS]</div><div>2:00 ● Sing-along w/ Tom [ER]</div><div>3:30 ● American Checkers Club w/ Bernie [CS]</div><div>4:45 ● Lighting Shabbat Candles [ER]</div><div>6:00 ● Stage &amp; Screen [ER]</div></div>	<div>9</div> <div><div>10:00 ● Gardening w/ Nina</div><div>11:00 ● Gentle Stretch &amp; Recharge w/ Paula [BEFIT]</div><div>2:30 ● Crossword Puzzle Challenge [CS]</div><div>3:30 ● Bridge Club [CR]</div><div>3:30 ● Drawing w/ Joey Davoli</div><div>3:30 ● Drawing w/ Joey Davoli</div><div>6:00 ● Stage &amp; Screen [ER]</div></div>
	<div>10</div> <div><div>10:00 ● Televised Worship [ER]</div><div>11:00 ● Gardening w/ Nina</div><div>2:00 ● Trivia Mania [CS]</div><div>3:30 ● Bingo [ER]</div><div>6:00 ● Stage &amp; Screen [ER]</div></div>	<div>11</div> <div><div>10:00 ● Fall Prevention Circuit [BEFIT]</div><div>11:15 ● Cognitive Games [CS]</div><div>2:00 ● News &amp; Views: Discuss Current Topics [ER]</div><div>3:00 ● Drawing w/ Joey Davoli [CS]</div><div>4:00 ● Rummikub [CR]</div><div>6:00 ● Stage &amp; Screen [ER]</div></div>	<div>12</div> <div><div>10:15 ● Ageless Grace w/ Tracey [BEFIT]</div><div>11:15 ● You Be The Judge: The Sheridan Jury [CS]</div><div>1:30 ● Resident Council Officers Meeting [CR]</div><div>2:00 ● Fishbowl Game [BEFIT]</div><div>3:00 ● Walk With Ease in the Park</div><div>4:00 ● Dominoes [CR]</div><div>6:00 ● Stage &amp; Screen [ER]</div></div>	<div>13</div> <div><div>10:00 ● Technology HELP [CS]</div><div>11:15 ● Tai Chi for Serenity [BEFIT]</div><div>1:30 ● Resident Council Meeting [ER]</div><div>2:00 ● Trivia [CS]</div><div>3:30 ● Bingo [ER]</div><div>6:00 ● Western Wednesday [ER]</div></div>	<div>14</div> <div><div>10:15 ● Ageless Grace w/ Tracey [BEFIT]</div><div>11:15 ● News &amp; Views: Discuss Current Topics [CS]</div><div>3:00 ● Walk With Ease in the Park</div><div>4:00 ● Canasta [CR]</div><div>6:00 ● Stage &amp; Screen [ER]</div></div>	<div>15</div> <div><div>10:00 ● Fall Prevention Circuit [BEFIT]</div><div>11:15 ● Cognitive Games [CS]</div><div>1:30 ● Spouse Support Group [CS]</div><div>2:00 ● Sing-along w/ Tom [ER]</div><div>3:30 ● American Checkers Club w/ Bernie [CS]</div><div>4:45 ● Lighting Shabbat Candles [ER]</div><div>6:00 ● Stage &amp; Screen [ER]</div></div>	<div>16</div> <div><div>10:00 ● Gardening w/ Nina</div><div>11:00 ● Gentle Stretch &amp; Recharge Meditation w/ Chahna [BEFIT]</div><div>2:30 ● Crossword Puzzle Challenge [CS]</div><div>3:30 ● Bridge Club [CR]</div><div>3:30 ● Drawing w/ Joey Davoli</div><div>3:30 ● Drawing w/ Joey Davoli</div><div>6:00 ● Stage &amp; Screen [ER]</div></div>
	<div>17</div> <div><div>10:00 ● Televised Worship [ER]</div><div>11:00 ● Gardening w/ Nina</div><div>2:00 ● Trivia Mania [CS]</div><div>3:30 ● Bingo [ER]</div><div>6:00 ● Stage &amp; Screen [ER]</div></div>	<div>18</div> <div><div>10:00 ● Fall Prevention Circuit [BEFIT]</div><div>11:15 ● Cognitive Games [CS]</div><div>2:00 ● News &amp; Views: Discuss Current Topics [ER]</div><div>3:00 ● Drawing w/ Joey Davoli [CS]</div><div>4:00 ● Rummikub [CR]</div><div>6:00 ● Stage &amp; Screen [ER]</div></div>	<div>19</div> <div><div>10:15 ● Ageless Grace w/ Tracey [BEFIT]</div><div>11:15 ● You Be The Judge: The Sheridan Jury [CS]</div><div>1:30 ● Resident Council - Dining Services [ER]</div><div>2:00 ● Fishbowl Game [BEFIT]</div><div>3:00 ● Walk With Ease in the Park</div><div>4:00 ● Dominoes [CR]</div><div>6:00 ● Popcorn Night! [ER]</div><div>6:00 ● Stage &amp; Screen [ER]</div></div>	<div>20</div> <div><div>10:00 ● Technology HELP [CS]</div><div>11:15 ● Tai Chi for Serenity [BEFIT]</div><div>2:00 ● Trivia [CS]</div><div>3:30 ● Bingo [ER]</div><div>6:00 ● Western Wednesday [ER]</div></div>	<div>21</div> <div><div>10:15 ● Ageless Grace w/ Tracey [BEFIT]</div><div>11:15 ● News &amp; Views: Discuss Current Topics [CS]</div><div>3:00 ● Walk With Ease in the Park</div><div>4:00 ● Canasta [CR]</div><div>6:00 ● Popcorn Night! [ER]</div><div>6:00 ● Stage &amp; Screen [ER]</div></div>	<div>22</div> <div><div>10:00 ● Fall Prevention Circuit [BEFIT]</div><div>11:15 ● Cognitive Games [CS]</div><div>2:00 ● Sing-along w/ Tom [ER]</div><div>3:00 ● Ladies Social</div><div>3:30 ● American Checkers Club w/ Bernie [CS]</div><div>4:45 ● Lighting Shabbat Candles [ER]</div><div>6:00 ● Stage &amp; Screen [ER]</div></div>	<div>23</div> <div><div>10:00 ● Gardening w/ Nina</div><div>11:00 ● Gentle Stretch &amp; Recharge Meditation w/ Chahna [BEFIT]</div><div>2:30 ● Crossword Puzzle Challenge [CS]</div><div>3:30 ● Bridge Club [CR]</div><div>3:30 ● Drawing w/ Joey Davoli</div><div>3:30 ● Drawing w/ Joey Davoli</div><div>6:00 ● Stage &amp; Screen [ER]</div></div>
	<div>24</div> <div><div>10:00 ● Televised Worship [ER]</div><div>11:00 ● Gardening w/ Nina</div><div>2:00 ● Trivia Mania [CS]</div><div>3:30 ● Bingo [ER]</div><div>6:00 ● Stage &amp; Screen [ER]</div></div>	<div>25</div> <div><div>10:00 ● Fall Prevention Circuit [BEFIT]</div><div>11:15 ● Cognitive Games [CS]</div><div>2:00 ● News &amp; Views: Discuss Current Topics [ER]</div><div>3:00 ● Drawing w/ Joey Davoli [CS]</div><div>4:00 ● Rummikub [CR]</div><div>6:00 ● Stage &amp; Screen [ER]</div></div>	<div>26</div> <div><div>10:15 ● Ageless Grace w/ Tracey [BEFIT]</div><div>11:15 ● You Be The Judge: The Sheridan Jury [CS]</div><div>2:00 ● Fishbowl Game [BEFIT]</div><div>3:00 ● Walk With Ease in the Park</div><div>4:00 ● Dominoes [CR]</div><div>6:00 ● Popcorn Night! [ER]</div><div>6:00 ● Stage &amp; Screen [ER]</div></div>	<div>27</div> <div><div>10:00 ● Technology HELP [CS]</div><div>11:15 ● Tai Chi for Serenity [BEFIT]</div><div>2:00 ● Trivia [CS]</div><div>3:30 ● Bingo [ER]</div><div>6:00 ● Western Wednesday [ER]</div></div>	<div>28</div> <div><div>10:15 ● Ageless Grace w/ Tracey [BEFIT]</div><div>11:15 ● News &amp; Views: Discuss Current Topics [CS]</div><div>3:00 ● Walk With Ease in the Park</div><div>4:00 ● Canasta [CR]</div><div>6:00 ● Popcorn Night! [ER]</div><div>6:00 ● Stage &amp; Screen [ER]</div></div>	<div>29</div> <div><div>10:00 ● Fall Prevention Circuit [BEFIT]</div><div>11:15 ● Cognitive Games [CS]</div><div>2:00 ● Sing-along w/ Tom [ER]</div><div>3:30 ● American Checkers Club w/ Bernie [CS]</div><div>4:45 ● Lighting Shabbat Candles [ER]</div><div>6:00 ● Stage &amp; Screen [ER]</div></div>	<div>30</div> <div><div>10:00 ● Gardening w/ Nina</div><div>11:00 ● Gentle Stretch &amp; Recharge Meditation w/ Chahna [BEFIT]</div><div>2:30 ● Crossword Puzzle Challenge [CS]</div><div>3:30 ● Bridge Club [CR]</div><div>3:30 ● Drawing w/ Joey Davoli</div><div>3:30 ● Drawing w/ Joey Davoli</div><div>6:00 ● Stage &amp; Screen [ER]</div></div>

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