

| Sunday  |  | Monday  |   | Tuesday   |  | Wednesday   |  | Thursday  |  | Friday   |  | Saturday |  |
|---|--|---|---|---|--|---|--|---|--|--|--|----------|--|
| <div><div>BeInspired</div><div>WWW.SENIORLIFESTYLE.COM</div><div>Activities are subject to change</div></div> <div><div>THE SHERIDAN</div><div>AT OVERLAND PARK</div><div>a Senior Lifestyle community</div></div> <div><div><div>CONNECT</div><div>CONTRIBUTE</div><div>FEEL</div><div>GROW</div><div>MOVE</div><div>REFLECT</div></div><div><div>Location Keys</div><div>Bistro</div><div>Creative Studio</div><div>Dining Room</div><div>Entertainment Room</div><div>Library</div><div>Lobby</div><div>Outing</div></div><div><div>B</div><div>S</div><div>DR</div><div>E</div><div>LIB</div><div>L</div><div>O</div></div></div> |  | <div>CELEBRATE DIVERSITY</div>  |   |   |  |   |  | <div><div>9:00</div><div><div>Church of The Ascension Recorded Mass [E]</div></div><div>10:00</div><div><div>Exercise with RehabCare [DR]</div></div><div>11:00</div><div><div>Chair Volleyball [E]</div></div><div>1:30</div><div><div>Mindful Meditation for Reducing Stress and Anxiety [E]</div></div><div>2:00</div><div><div>The Jokes on You: Candid Camera [E]</div></div><div>3:00</div><div><div>Quarter Bingo [DR]</div></div><div>4:00</div><div><div>Music and Memories [E]</div></div><div>6:30</div><div><div>Puzzling with Friends [S]</div></div></div> <div>1</div> | <div><div>10:00</div><div><div>Exercise with Weights [DR]</div></div><div>11:00</div><div><div>The Sheridan Olympics:Putting Challenge [L]</div></div><div>1:30</div><div><div>Outdoor Sheridan Strutters Walking Club [L]</div></div><div>2:00</div><div><div>Easter Palm Cross Craft [S]</div></div><div>2:30</div><div><div>Stations of the Cross [E]</div></div><div>3:00</div><div><div>The United Nations [E]</div></div><div>4:00</div><div><div>"Grab" and "Go"Happy Hour [L]</div></div><div>6:30</div><div><div>Easter Weekend at the Movies-Harvey [E]</div></div></div> <div>2</div> | <div><div>10:00</div><div><div>Rock and Roll Exercise [DR]</div></div><div>10:30</div><div><div>Bridge Club [S]</div></div><div>11:00</div><div><div>Here Comes the Judge: Sandra Day O'Connor [E]</div></div><div>2:00</div><div><div>April in Paris:France's Best Locations [E]</div></div><div>3:00</div><div><div>Candy Bar Bingo [DR]</div></div><div>4:15</div><div><div>Buzz Words [E]</div></div><div>6:30</div><div><div>Easter Weekend at the Movies-The Robe [E]</div></div></div> <div>3</div> |  |          |  |
| <div><div>10:00</div><div><div>Easter</div><div>Fun and Fit Exercise [DR]</div></div><div>11:00</div><div><div>Church of the Resurrection Satellite Service [E]</div></div><div>1:30</div><div><div>Resident Easter Egg Hunt [L]</div></div><div>2:30</div><div><div>In Search of Easter- Documentary [E]</div></div><div>3:30</div><div><div>Coffee and Cookies in the Lobby [L]</div></div><div>4:00</div><div><div>Easter Crossword Puzzle [L]</div></div><div>6:30</div><div><div>Easter Weekend at the Movies-Easter Parade [E]</div></div></div> <div>4</div>   |  | <div><div>10:00</div><div><div>Sit and Be Fit Exercise [DR]</div></div><div>11:00</div><div><div>What's New? [L]</div></div><div>1:15</div><div><div>Mindful Meditation for Gaining Positive Perspective [E]</div></div><div>2:00</div><div><div>Trivia [B]</div></div><div>3:00</div><div><div>Travel to Kenya [E]</div></div><div>4:00</div><div><div>Magnificent Monday Happy Hour [L]</div></div><div>6:30</div><div><div>Roots Episode 6 [E]</div></div></div> <div>5</div>          | <div><div>10:00</div><div><div>Exercise with RehabCare [DR]</div></div><div>11:00</div><div><div>Garden Club [L]</div></div><div>1:30</div><div><div>African Safari Adventure [E]</div></div><div>2:00</div><div><div>Root Beer Floats [L]</div></div><div>3:00</div><div><div>Candy Bar Bingo [DR]</div></div><div>4:00</div><div><div>Tuesdays with Wilma [L]</div></div><div>6:30</div><div><div>Movie Night-Enchanted April [E]</div></div><div>Puzzling With Friends [S]</div><div>6:30</div></div> <div>6</div> | <div><div>9:30</div><div><div>Walk into Wellness-1st Floor Residents</div></div><div>10:00</div><div><div>Chair Exercise [DR]</div></div><div>11:00</div><div><div>Kenyan Tribes [E]</div></div><div>11:00</div><div><div>Walk into Wellness-2nd Floor Residents</div></div><div>1:30</div><div><div>Outing:New Century Imports [O]</div></div><div>2:00</div><div><div>Resident Meeting [DR]</div></div><div>3:00</div><div><div>Kenyan Bead Bracelets [S]</div></div><div>4:00</div><div><div>Wine Down Wednesday [L]</div></div><div>6:30</div><div><div>Crafty Crocheters Club [L]</div></div></div> <div>7</div> | <div><div>9:00</div><div><div>Church of The Ascension Recorded Mass [E]</div></div><div>10:00</div><div><div>Exercise with RehabCare [DR]</div></div><div>11:00</div><div><div>Swahili Hymms [E]</div></div><div>1:30</div><div><div>Mindful Meditation for Inner Peace [E]</div></div><div>2:00</div><div><div>Activity Meeting [E]</div></div><div>3:00</div><div><div>Quarter Bingo [DR]</div></div><div>4:00</div><div><div>Piano Music with Barb [L]</div></div><div>6:30</div><div><div>Movie Night-Springtime in the Rockies [E]</div></div><div>6:30</div><div><div>Puzzling with Friends [S]</div></div></div> <div>8</div> | <div><div>10:00</div><div><div>Exercise with Weights [DR]</div></div><div>11:00</div><div><div>The Sheridan Olympics-Soccer [E]</div></div><div>1:30</div><div><div>Outdoor Sheridan Strutters Walking Club [L]</div></div><div>2:00</div><div><div>Kenyan Delicacies Social [L]</div></div><div>3:00</div><div><div>The Nobel Peace Prize [E]</div></div><div>4:00</div><div><div>Happy Hour [L]</div></div><div>5:00</div><div><div>Birthday Dinner [DR]</div></div><div>6:30</div><div><div>John Gavin Tribute Weekend- Imitation of Life [E]</div></div></div> <div>9</div> | <div><div>10:00</div><div><div>Rock and Roll Exercise [DR]</div></div><div>10:30</div><div><div>Bridge Club [S]</div></div><div>11:00</div><div><div>April in Paris:Eiffel and Monet to Creme Brulee [E]</div></div><div>2:00</div><div><div>The History of the Salvation Army [E]</div></div><div>3:00</div><div><div>Candy Bar Bingo [DR]</div></div><div>4:15</div><div><div>Free Rice Trivia [E]</div></div><div>6:30</div><div><div>John Gavin Tribute Weekend-Thoroughly Modern Millie [E]</div></div></div> <div>10</div> |   |  |  |  |          |  |
| <div><div>10:00</div><div><div>Fun and Fit Exercise [DR]</div></div><div>11:00</div><div><div>Church of the Resurrection Satellite Service [E]</div></div><div>1:30</div><div><div>Fancy Nails [S]</div></div><div>2:30</div><div><div>Barbershop Quartet Day-Music [E]</div></div><div>3:30</div><div><div>Indoor Sheridan Strutters Walking Club [L]</div></div><div>4:00</div><div><div>April Crossword Puzzle [L]</div></div><div>6:30</div><div><div>John Gavin Tribute Weekend-Tammy Tell me True [E]</div></div></div> <div>11</div>   |  | <div><div>10:00</div><div><div>Sit and Be Fit Exercise [DR]</div></div><div>11:00</div><div><div>What's New? [L]</div></div><div>1:15</div><div><div>Mindful Meditation for Healing [E]</div></div><div>2:00</div><div><div>Trivia [B]</div></div><div>3:00</div><div><div>Travel to Thailand [E]</div></div><div>4:00</div><div><div>Magnificent Monday Happy Hour [L]</div></div><div>6:30</div><div><div>Roots Episode 7 [E]</div></div></div> <div>12</div>                           | <div><div>10:00</div><div><div>Exercise with RehabCare [DR]</div></div><div>11:00</div><div><div>Garden Club [L]</div></div><div>1:30</div><div><div>Thailand Street Food [E]</div></div><div>2:00</div><div><div>Root Beer Floats [L]</div></div><div>3:00</div><div><div>Candy Bar Bingo [DR]</div></div><div>4:00</div><div><div>Tuesdays with Wilma [L]</div></div><div>6:30</div><div><div>Puzzling With Friends [S]</div></div></div> <div>13</div>   | <div><div>9:30</div><div><div>Walmart Outing [O]</div></div><div>10:00</div><div><div>Chair Exercise [DR]</div></div><div>11:00</div><div><div>Traditional Thai Houses [E]</div></div><div>12:00</div><div><div>R.O.M.E.O. Men's Lunch [B]</div></div><div>1:30</div><div><div>Outing: Pan-Asia Market [O]</div></div><div>2:00</div><div><div>Thailand's Spiritual Soul [E]</div></div><div>3:00</div><div><div>The Coal Miner's Daughter [E]</div></div><div>4:00</div><div><div>Wine Down Wednesday [L]</div></div><div>6:30</div><div><div>Crafty Crocheters Club [L]</div></div></div> <div>14</div>             | <div><div>9:00</div><div><div>Church of The Ascension Recorded Mass [E]</div></div><div>10:00</div><div><div>Exercise with RehabCare [DR]</div></div><div>11:00</div><div><div>The Thailand Economy [E]</div></div><div>1:30</div><div><div>Mindful Meditation to Trust the Journey [E]</div></div><div>2:00</div><div><div>The Dining Experience [DR]</div></div><div>3:00</div><div><div>Quarter Bingo [DR]</div></div><div>4:00</div><div><div>Music and Memories [E]</div></div><div>6:30</div><div><div>Puzzling with Friends [S]</div></div></div> <div>15</div>   | <div><div>10:00</div><div><div>Exercise with Weights [DR]</div></div><div>11:00</div><div><div>Sheridan Olympics:Bowling [S]</div></div><div>1:30</div><div><div>Outdoor Sheridan Strutters Walking Club [L]</div></div><div>2:00</div><div><div>Tasty Treats from Thailand [B]</div></div><div>3:00</div><div><div>Traditional Dance of Thailand [E]</div></div><div>4:00</div><div><div>Happy Hour [L]</div></div><div>6:30</div><div><div>Cary Grant Tribute Weekend-Father Goose [E]</div></div></div> <div>16</div>  | <div><div>10:00</div><div><div>Rock and Roll Exercise [DR]</div></div><div>10:30</div><div><div>Bridge Club [S]</div></div><div>11:00</div><div><div>Ellis Island Family History [E]</div></div><div>2:00</div><div><div>April in Paris: Paris Vacation [E]</div></div><div>3:00</div><div><div>Candy Bar Bingo [DR]</div></div><div>4:15</div><div><div>Buzz Words [E]</div></div><div>6:30</div><div><div>Cary Grant Tribute Weekend-Indiscreet [E]</div></div></div> <div>17</div>  |   |  |  |  |          |  |
| <div><div>10:00</div><div><div>Fun and Fit Exercise [DR]</div></div><div>11:00</div><div><div>Church of the Resurrection Satellite Service [E]</div></div><div>1:30</div><div><div>Fancy Nails [S]</div></div><div>2:30</div><div><div>Uno Card Game [S]</div></div><div>3:30</div><div><div>Indoor Sheridan Strutters Walking Club [L]</div></div><div>4:00</div><div><div>Earth Day Crossword Puzzles [L]</div></div><div>6:30</div><div><div>Cary Grant Tribute Weekend-Operation Petticoat [E]</div></div></div> <div>18</div>  |  | <div><div>10:00</div><div><div>Sit and Be Fit Exercise [DR]</div></div><div>11:00</div><div><div>What's New? [L]</div></div><div>1:15</div><div><div>Mindful Meditation for Relaxation and Stress Relief [E]</div></div><div>2:00</div><div><div>Trivia [B]</div></div><div>3:00</div><div><div>Travel to New Zealand [E]</div></div><div>4:00</div><div><div>Magnificent Monday Happy Hour [L]</div></div><div>6:30</div><div><div>Roots 2 Episode 1 [E]</div></div></div> <div>19</div> | <div><div>10:00</div><div><div>Exercise with RehabCare [DR]</div></div><div>11:00</div><div><div>Garden Club [L]</div></div><div>1:30</div><div><div>The First People in New Zealand [E]</div></div><div>2:00</div><div><div>Root Beer Floats [L]</div></div><div>3:00</div><div><div>Candy Bar Bingo [DR]</div></div><div>4:00</div><div><div>Tuesdays with Wilma [L]</div></div><div>6:30</div><div><div>Puzzling With Friends [S]</div></div></div> <div>20</div>  | <div><div>9:30</div><div><div>Outing: Target [O]</div></div><div>10:00</div><div><div>Chair Exercise [DR]</div></div><div>11:00</div><div><div>Creative Maori Colors [S]</div></div><div>1:30</div><div><div>Outing: World Market [O]</div></div><div>2:00</div><div><div>The Religion on the Maori [E]</div></div><div>3:00</div><div><div>Scrabble Showdown [S]</div></div><div>4:00</div><div><div>Wine Down Wednesday [L]</div></div><div>6:30</div><div><div>Crafty Crocheters Club [L]</div></div></div> <div>21</div>  | <div><div>9:00</div><div><div>Church of The Ascension Recorded Mass [E]</div></div><div>10:00</div><div><div>Exercise with RehabCare [DR]</div></div><div>11:00</div><div><div>Celebrate Earth Day [L]</div></div><div>1:30</div><div><div>Mindful Meditation for Being Present [E]</div></div><div>2:00</div><div><div>Traditional New Zealand Homes [E]</div></div><div>3:00</div><div><div>Quarter Bingo [DR]</div></div><div>4:00</div><div><div>Piano with Barb [L]</div></div><div>6:30</div><div><div>Puzzling with Friends [S]</div></div></div> <div>22</div>   | <div><div>10:00</div><div><div>Exercise with Weights [DR]</div></div><div>11:00</div><div><div>The Sheridan Olympics: Basketball [L]</div></div><div>1:30</div><div><div>Outdoor Sheridan Strutters Walking Club [L]</div></div><div>2:00</div><div><div>New Zealand Snacks [B]</div></div><div>3:00</div><div><div>The Dance of the Maori [E]</div></div><div>4:00</div><div><div>Happy Hour [L]</div></div><div>6:30</div><div><div>Doris Day Tribute Weekend-Jumbo [E]</div></div></div> <div>23</div>   | <div><div>10:00</div><div><div>Rock and Roll Exercise [DR]</div></div><div>10:30</div><div><div>Bridge Club [S]</div></div><div>11:00</div><div><div>April in Paris:Embracing Life and Art [E]</div></div><div>2:00</div><div><div>Shirley Maclaine Day [E]</div></div><div>3:00</div><div><div>Candy Bar Bingo [DR]</div></div><div>4:15</div><div><div>Free Rice Trivia [E]</div></div><div>6:30</div><div><div>Doris Day Tribute Weekend-Lover Come Back [E]</div></div></div> <div>24</div>                                  |   |  |  |  |          |  |
| <div><div>10:00</div><div><div>Fun and Fit Exercise [DR]</div></div><div>11:00</div><div><div>Church of the Resurrection Satellite Service [E]</div></div><div>1:30</div><div><div>Fancy Nails [S]</div></div><div>2:30</div><div><div>Jenga [L]</div></div><div>3:30</div><div><div>Indoor Sheridan Strutters Walking Club [L]</div></div><div>4:00</div><div><div>Animal Crossword Puzzle [L]</div></div><div>6:30</div><div><div>Doris Day Tribute Weekend-Young Man with a Horn [E]</div></div></div> <div>25</div>   |  | <div><div>10:00</div><div><div>Sit and Be Fit Exercise [DR]</div></div><div>11:00</div><div><div>What's New? [L]</div></div><div>1:30</div><div><div>Mindful Meditation for Gaining Positive Perspective [E]</div></div><div>2:00</div><div><div>Trivia [B]</div></div><div>3:00</div><div><div>Travel to Greece [E]</div></div><div>4:00</div><div><div>Magnificent Monday Happy Hour [L]</div></div><div>6:30</div><div><div>Roots 2 Episode 2 [E]</div></div></div> <div>26</div>      | <div><div>10:00</div><div><div>Exercise with RehabCare [DR]</div></div><div>11:00</div><div><div>Garden Club [L]</div></div><div>1:30</div><div><div>Traditional Greek Music [E]</div></div><div>2:00</div><div><div>Root Beer Floats [L]</div></div><div>3:00</div><div><div>Candy Bar Bingo [DR]</div></div><div>4:00</div><div><div>Tuesdays with Wilma [L]</div></div><div>6:30</div><div><div>Puzzling With Friends [S]</div></div></div> <div>27</div>  | <div><div>10:00</div><div><div>Chair Exercise [DR]</div></div><div>11:00</div><div><div>Traditional Dance of Greece [E]</div></div><div>11:30</div><div><div>Mr.Gyros Lunch Outing [O]</div></div><div>2:00</div><div><div>Terra Cotta Greek Inspired Vases [S]</div></div><div>2:30</div><div><div>CVS Outing [O]</div></div><div>3:00</div><div><div>Greek Gardens [E]</div></div><div>4:00</div><div><div>Wine Down Wednesday [L]</div></div><div>6:30</div><div><div>Crafty Crocheters Club [L]</div></div></div> <div>28</div>   | <div><div>9:00</div><div><div>Church of The Ascension Recorded Mass [E]</div></div><div>10:00</div><div><div>Exercise with RehabCare [DR]</div></div><div>11:00</div><div><div>The Traditional Foods of Greece [E]</div></div><div>11:30</div><div><div>Global Diversity Lunch Celebration [DR]</div></div><div>1:30</div><div><div>Mindful Meditation [E]</div></div><div>2:00</div><div><div>Greek Vacation [E]</div></div><div>3:00</div><div><div>Quarter Bingo [DR]</div></div><div>4:00</div><div><div>Music and Memories [E]</div></div><div>6:30</div><div><div>Puzzling with Friends [S]</div></div></div> <div>29</div>    | <div><div>10:00</div><div><div>Exercise with Weights [DR]</div></div><div>11:00</div><div><div>Sheridan Olympics: Ring Toss [L]</div></div><div>1:30</div><div><div>Outdoor Sheridan Strutters Walking Club [L]</div></div><div>2:00</div><div><div>Greek Mythology [E]</div></div><div>3:00</div><div><div>Getting to Know You [LIB]</div></div><div>4:00</div><div><div>Opal Happy Hour [L]</div></div><div>6:30</div><div><div>Ava Gardner Tribute Weekend-The Barefoot Contessa [E]</div></div></div> <div>30</div>   | <div><div>Earth</div></div>  |   |  |  |  |          |  |