

calendar & activities
MAR 2020

The Sheridan at Overland Park-" Spring is in the Air"

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

- CONNECT
- CONTRIBUTE
- FEEL
- GROW
- MOVE
- REFLECT

Resident Birthdays

Jean P. 3/27
Lila E. 3/28



Location Keys

Bistro
Club Room
Creative Studio
Dining Room
Entertainment Room
Library
Lobby
Outing

B
C
S
DR
E
LIB
L
O



8:30 ● **Bus Leaves For Church [L]** 1
11:00 ● Church of the Resurrection Satellite Service [E]
11:15 ● Hot Topix! [L]
1:30 ● Exercise Fun [E]
2:00 ● Armchair Travels: Australia [E]
3:00 ● Jenga [L]
4:00 ● "March" Crossword Puzzle [L]
6:00 ● Sunday Night at the Movies-The Best Exotic Marigold Hotel [E]

Daylight Saving Time Begins 8
8:30 ● **Bus Leaves For Church [L]**
11:00 ● Church of the Resurrection Satellite Service [E]
11:15 ● Hot Topix! [L]
1:30 ● Exercise Fun [E]
2:00 ● Fancy Nails [S]
3:00 ● Uno Card Game [L]
4:00 ● "Daylight" Crossword Puzzle [L]
6:00 ● Sunday Night at the Movies-The Book Thief [E]

8:30 ● **Bus Leaves For Church [L]** 15
11:00 ● Church of the Resurrection Satellite Service [E]
11:15 ● Hot Topix! [L]
12:00 ● **Shawnee St. Patrick's Day Parade [O]**
1:30 ● Exercise Fun [E]
2:00 ● Getting to Know You [LIB]
3:00 ● Jenga [L]
4:00 ● "St. Patrick's Day" Crossword Puzzle [L]
6:00 ● Sunday Night at the Movies-October Sky [E]

8:30 ● **Bus Leaves For Church [L]** 22
11:00 ● Church of the Resurrection Satellite Service [E]
11:15 ● Hot Topix! [L]
1:30 ● Exercise Fun [E]
2:00 ● Fancy Nails [S]
3:00 ● A Tribute to the Tuskegee Airman-Documentary [E]
4:00 ● "Spring" Crossword Puzzle [L]
6:00 ● Sunday Night at the Movies-Tuskegee Airmen [E]

8:30 ● **Bus Leaves For Church [L]** 29
11:00 ● Church of the Resurrection Satellite Service [E]
11:15 ● Hot Topix! [L]
1:30 ● Exercise Fun [E]
2:00 ● Armchair Travels: The Hawaiian Islands [E]
3:00 ● Jenga [L]
4:00 ● "All About the Weather" Crossword Puzzle [L]
6:00 ● Sunday Fun at the Movies-The Bucket List [E]

9:00 ● **Walmart Outing [O]** 2
10:00 ● Balance and Endurance Exercise [E]
10:45 ● **Bible Devotions with Bob [E]**
11:15 ● **Recital Series at the Carlsen Center [O]**
11:30 ● March Outings Sign-up [L]
1:15 ● **The Promise of Spring Renewal Meditation [E]**
2:00 ● Trivia [B]
3:00 ● Spring Flower Fork Painting [S]
4:00 ● Magnificent Monday Happy Hour [B]
6:00 ● The Sound of Music (55th Anniversary) [E]

10:00 ● Balance and Endurance Exercise [E] 9
10:45 ● **Bible Devotions with Bob [E]**
11:15 ● What's New? [L]
1:15 ● Mindful Meditation for Gaining Positive Perspective [E]
2:00 ● Trivia [B]
3:00 ● **Brain Health University:Stick Links [S]**
4:00 ● Magnificent Monday Happy Hour [B]
6:00 ● Crafty Crocheters Club [L]

10:00 ● Balance and Endurance Exercise [E] 16
10:45 ● **Bible Devotions with Bob [E]**
11:15 ● What's New? [L]
1:15 ● Mindful Meditation for Reducing Stress and Anxiety [E]
2:00 ● Trivia [B]
3:00 ● **Brain Health University:Whodunit [E]**
4:00 ● Magnificent Monday Happy Hour [B]
6:00 ● St. Patrick's Eve Movie-Finian's Rainbow [E]

8:30 ● **Bus Leaves For Church [L]** 22
11:00 ● Church of the Resurrection Satellite Service [E]
11:15 ● Hot Topix! [L]
1:30 ● Exercise Fun [E]
2:00 ● Fancy Nails [S]
3:00 ● A Tribute to the Tuskegee Airman-Documentary [E]
4:00 ● "Spring" Crossword Puzzle [L]
6:00 ● Sunday Night at the Movies-Tuskegee Airmen [E]

9:00 ● **Target Outing [O]** 30
10:00 ● Balance and Endurance Exercise [E]
10:45 ● **Bible Devotions with Bob [E]**
11:15 ● **Recital Series at the Carlsen Center [O]**
11:30 ● What's New? [L]
1:15 ● Mindful Meditation for Healing [E]
2:00 ● Trivia [B]
3:00 ● **Brain Health University: Ink Blot Art Appreciation [S]**
4:00 ● Magnificent Monday Happy Hour [B]
6:00 ● Crafty Crocheters Club [L]

Podiatrist Visit 3
9:30 ● Mug Mornings [L]
10:00 ● Sit and Be Fit [E]
10:30 ● **Catholic Communion and Stations of the Cross [C]**
11:00 ● Trains Unlimited: Pullman Palace Cars [E]
1:30 ● **Introduction of Brain Health University [E]**
2:30 ● No Bake Baking:Strawberry Cheesecake [B]
3:30 ● Candy Bar Bingo [B]
6:00 ● Puzzling With Friends [S]

9:30 ● Mug Mornings [L] 10
10:00 ● Sit and Be Fit [E]
10:30 ● **Catholic Communion and Stations of the Cross [C]**
11:00 ● **Brain Health University:Eat Like a Greek [B]**
1:30 ● All About Bagpipes [E]
2:30 ● **Tommy T's Open House**
3:30 ● Candy Bar Bingo [B]
6:00 ● Puzzling With Friends [S]

St. Patrick's Day 17
9:30 ● Mug Mornings [L]
10:00 ● Sit and Be Fit [E]
10:30 ● **Catholic Communion and Stations of the Cross [C]**
11:00 ● **The History of St. Patrick [E]**
1:30 ● Dancing the Jig [E]
2:30 ● Travel to the Emerald Isle [E]
3:30 ● Luck of the Irish Candy Bar Bingo [B]
6:00 ● St. Patrick's Day Movie-The Quiet Man [E]

9:30 ● Mug Mornings [L] 24
10:00 ● Sit and Be Fit [E]
10:30 ● **Catholic Communion and Stations of the Cross [C]**
11:00 ● **Payson's Travel Adventures [E]**
2:00 ● **Spring Formal [DR]**
6:00 ● Puzzling With Friends [S]

9:30 ● Mug Mornings [L] 31
10:00 ● Sit and Be Fit [E]
10:30 ● **Catholic Communion and Stations of the Cross [C]**
11:00 ● She's Funny That Way [E]
1:30 ● Peanut Butter and Jelly Project [B]
2:30 ● **Brain Health University: Making Potato Necklaces [S]**
3:30 ● Candy Bar Bingo [B]
6:00 ● Give My Regards to Broadway: Oklahoma! [E]

9:30 ● **Bank Outing [O]** 4
9:30 ● Walk into Wellness-1st Floor Residents
10:00 ● Exercise with Weights [E]
11:00 ● **Jack Stack BBQ Lunch Outing [O]**
11:00 ● Walk into Wellness-2nd Floor Residents
2:00 ● **Resident Meeting [E]**
3:00 ● **Alligator Shoes [DR]**
4:00 ● "Wine" Down Wednesday [B]
6:00 ● Crafty Crocheters Club [L]

9:30 ● **Corner Bakery Breakfast Outing [O]** 11
10:00 ● Exercise with Weights [E]
11:00 ● **The Language of Flowers [E]**
11:30 ● **R.O.M.E.O. Men's Lunch [B]**
1:30 ● **Flying Kites at Shawnee Mission Park [O]**
2:00 ● **Brain Health University: Let's Sleep On It [E]**
3:00 ● Lawrence Welk Show [E]
4:00 ● "Wine" Down Wednesday [B]
6:00 ● Crafty Crocheters Club [L]

10:00 ● Exercise with Weights [E] 18
11:00 ● **Brain Health University:Your Brain and Creativity [S]**
1:00 ● **Deanna Rose Farmstead [O]**
2:00 ● Getting Crafty:Spring is in the Air [S]
3:00 ● Penny Ante [S]
4:00 ● "Wine" Down Wednesday [B]
6:00 ● Crafty Crocheters Club [L]

9:30 ● **The Big Biscuit Breakfast Outing [O]** 25
10:00 ● Exercise with Weights [E]
11:00 ● **Brain Health University: American Gladiators [E]**
1:00 ● **Overland Park Arboretum Outing [O]**
1:30 ● Midweek Movie: Amazing Grace [E]
4:00 ● "Wine" Down Wednesday [B]
6:00 ● Crafty Crocheters Club [L]



9:00 ● Church of The Ascension Recorded Mass [E] 5
10:00 ● **Exercise w/ RehabCare [E]**
10:30 ● **Sunrise Piano Concert! [L]**
1:30 ● Bridge [DR]
2:00 ● **Beverly's Stitchery [E]**
3:00 ● Root Beer Float Social [B]
3:30 ● Quarter Bingo [B]
6:15 ● **Pianist Patty [L]**

9:00 ● Church of The Ascension Recorded Mass [E] 12
10:00 ● **Exercise w/ RehabCare [E]**
11:00 ● **Brain Health University: Really Seeing [E]**
1:30 ● Bridge [DR]
2:00 ● **Activity Meeting [E]**
3:00 ● Root Beer Float Social [B]
3:30 ● Quarter Bingo [B]
6:00 ● Board Games and More [S]

9:00 ● Church of The Ascension Recorded Mass [E] 19
10:00 ● **Exercise w/ RehabCare [E]**
11:00 ● Welcome Spring [E]
12:00 ● Resident Ambassador Lunch
1:30 ● Bridge [DR]
2:00 ● **The Dining Experience [DR]**
3:00 ● Root Beer Float Social [B]
3:30 ● Quarter Bingo [B]
6:15 ● **Pianist Patty [L]**

9:00 ● Church of The Ascension Recorded Mass [E] 26
10:00 ● **Exercise w/ RehabCare [E]**
11:00 ● **Brain Health University: Word Ladders [S]**
1:00 ● **Royals Season Opening Game [B]**
1:30 ● Bridge [DR]
2:00 ● **Betty's Poetry 1/2 Hour [L]**
3:00 ● Root Beer Float Social [B]
3:30 ● Quarter Bingo [B]
6:15 ● Board Games and More [S]

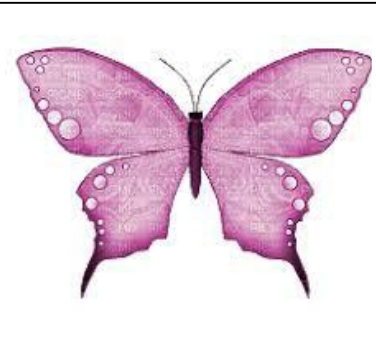


10:00 ● **Chair Yoga with Tessa [E]** 6
11:00 ● Hot Topix! [L]
11:30 ● **Sheridan Strutters Walking Club**
1:30 ● Oreo Celebration [L]
2:00 ● **Brain Health University:Air Attack [E]**
3:00 ● Giving the Basics Philanthropic Project [S]
4:00 ● Happy Hour [B]
6:00 ● Friday Night at the Movies-Judy [E]

10:00 ● **Chair Yoga with Tessa [E]** 13
11:00 ● Hot Topix! [L]
11:30 ● **Sheridan Strutters Walking Club**
1:30 ● The Sheridan Garden Club Meeting [E]
2:00 ● **Brain Health University: Believe It or Not [B]**
3:00 ● Giving the Basics Philanthropic Project [S]
4:00 ● Happy Hour [B]
5:00 ● **Birthday Dinner [DR]**
6:00 ● Friday Night at the Movies-The Parent Trap (1998) [E]

10:00 ● **Chair Yoga with Tessa [E]** 20
10:30 ● **Men's Fellowship Program**
11:00 ● **Story Telling with Stu [L]**
11:30 ● **Sheridan Strutters Walking Club**
1:30 ● Wyatt Earp-The Real Story of the Western Hero [E]
2:30 ● **Brain Health University:Ball Warmups [S]**
3:00 ● Giving the Basics Philanthropic Project [S]
4:00 ● Spring Floral Happy Hour [B]
6:00 ● Friday Night at the Movies-Wyatt Earp (2012) [E]

10:00 ● **Chair Yoga with Tessa [E]** 27
11:00 ● Hooked on Books Book Club Meeting [C]
11:30 ● **Sheridan Strutters Walking Club**
1:30 ● **The Sheridan Garden Club Meeting [E]**
2:00 ● **Brain Health University: Amazing Race [E]**
3:00 ● Giving the Basics Philanthropic Project [S]
4:00 ● Happy Hour [B]
6:00 ● Friday Night at the Movies-A Beautiful Day in the Neighborhood [E]



10:00 ● Rock 'n Roll Exercise [E] 7
11:00 ● Documentary-Icebound, the Greatest Dog Story Ever Told [E]
1:30 ● Downton Abbey The Series [E]
2:30 ● Game Time-Apples to Apples [S]
3:30 ● Quarter Bingo [B]
6:00 ● Friday Night at the Movies-Space Cowboys [E]

10:00 ● Rock 'n Roll Exercise [E] 14
11:00 ● Celebrate Learn About Butterflies Day [E]
1:30 ● Downton Abbey The Series [E]
2:30 ● Game Time-Dominoes [S]
3:30 ● Candy Bar Bingo [B]
6:00 ● Saturday Night at the Movies-Secondhand Lions [E]

10:00 ● Rock 'n Roll Exercise [E] 21
10:30 ● **Music with Steve Kakacek [DR]**
1:30 ● Downton Abbey The Series [E]
2:30 ● Gametime-Clue [S]
3:30 ● Quarter Bingo [B]
6:00 ● Saturday Night at the Movies-The Theory of Everything [E]

10:00 ● Rock 'n Roll Exercise [E] 28
11:00 ● Goin' Country with Hee Haw [E]
1:30 ● Downton Abbey The Series [E]
2:30 ● Let's Play Wii Games [S]
3:30 ● Candy Bar Bingo [B]
6:00 ● Saturday Night at the Movies-The Mask of Zorro (1998) [E]

