

calendar & activities  
MAR 2020

Never Stop Growing

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

- 💡 Brain Health University
- 🔵 CONNECT
- 🟡 CONTRIBUTE
- 🔴 FEEL
- 🟡 GROW
- 🟢 MOVE
- 🟡 REFLECT

**Resident Birthdays**  
Don P. 3/7  
Jay M. 3/12

9:00 🟡 Catholic TV Mass [ER] **1**  
9:30 🟢 Parkinson's Exercise [ER]  
10:00 🟡 Daily Chronicles [ER]  
1:00 🟢 Wii Bowling [ER]  
3:00 🔵 Puzzles Pals [D]  
6:00 🔵 Game Guild [D]

**Daylight Saving Time Begins - Spring forward on your clocks** **8**  
9:00 🟡 Catholic TV Mass [ER]  
9:30 🟢 Parkinson's Exercise [ER]  
10:00 🟡 Daily Chronicles [ER]  
1:00 🟢 Wii Bowling [ER]  
3:00 🔵 Puzzles Pals [D]  
6:00 🔵 Game Guild [D]

9:15 🟡 Daily Chronicles [ER] **2**  
9:30 🟢 Yoga with Debbie [ER]  
10:00 🟢 Shopping [L]  
11:30 🔴 Jan on the Piano [DR]  
1:00 💡 Brain Health U [ER]  
3:00 🔵 Social Sips [GR]  
6:00 🔴 Movie Night [D]

9:15 🟡 Daily Chronicles [ER] **9**  
9:30 🟢 Yoga with Debbie [ER]  
10:00 🟢 Shopping [L]  
10:30 🟡 All Fired Up - Make & Take Ceramics [CS]  
11:30 🔴 Jan on the Piano [DR]  
1:00 💡 Brain Health U [ER]  
3:00 🔵 Social Sips [GR]  
6:00 🔵 Community Family Meeting [ER]  
6:00 🔴 Movie Night [D]

9:15 🟡 Daily Chronicles [ER] **3**  
9:30 🟢 Tai Chi with Violet [ER]  
10:30 🔵 Rummy Royale [ER]  
1:00 💡 Brain Health U [ER]  
2:00 🔴 Movie Matinee - [ER]  
3:00 🔵 Puzzles anyone? [CS]  
6:00 🔵 Game Night / Bingo [ER]

9:15 🟡 Daily Chronicles [ER] **10**  
9:30 🟢 Tai Chi with Violet [ER]  
10:30 🟡 Bible Study [ER]  
1:00 💡 Brain Health U [ER]  
2:00 🔴 Movie Matinee - [ER]  
3:00 🟡 Jury Duty [CS]  
6:00 🔵 Game Night / Bingo [ER]

9:15 🟡 Daily Chronicles [ER] **4**  
9:15 🔵 Silver Stages Stars / History Museum [O]  
9:30 🟢 Parkinson's Exercise [ER]  
1:00 🟢 Wii Bowling [ER]  
2:00 🟡 Funny Sayings - Talk, Laugh & Learn [ER]  
3:00 🟡 Activity Meeting [ER]  
6:00 🔵 Golden Girls Get Together [ER]

9:15 🟡 Daily Chronicles [ER] **11**  
9:30 🟢 Parkinson's Exercise [ER]  
11:00 🔵 Lunch at Helen Fitzgeralds [O]  
1:00 🔵 Praise & Worship [ER]  
3:00 🔵 Wine Down Wednesday [ER]  
6:00 🔵 Circle of Friends [ER]

**Salon Day** **5**  
9:15 🟡 Daily Chronicles [ER]  
9:30 🟢 Ballet Fitness [ER]  
10:30 🔵 Remember When... & Donuts in the Den [D]  
1:00 💡 Brain Health U [ER]  
2:00 🟡 Dining Discussion [DR]  
3:00 🔵 Shanghai Rummy [ER]  
6:00 🔵 Dementia Support Group [CS]  
6:00 🔵 Quarter Bingo [ER]

**Girl Scout Birthday Salon Day** **12**  
9:15 🟡 Daily Chronicles [ER]  
9:30 🟢 Ballet Fitness [ER]  
10:30 🔵 Remember When... & Donuts in the Den [D]  
1:00 🟡 Chimes with Troy [ER]  
2:00 🔵 Irish Beer Blast w/Scott [ER]  
3:00 🔵 Shanghai Rummy [ER]  
6:00 🔵 Quarter Bingo [ER]

9:15 🟡 Daily Chronicles [ER] **6**  
9:30 🟢 Music in Motion [ER]  
10:30 🔵 Mexican Train Dominoes [CS]  
1:00 🟢 Wii Bowling [ER]  
3:15 🔵 Happy Hour w/Elizabeth LaKamp [DR]  
6:00 🔵 Bridge Bunch [D]

9:15 🟡 Daily Chronicles [ER] **13**  
9:30 🟢 Music in Motion [ER]  
10:30 🔵 Mexican Train Dominoes [CS]  
1:00 🟢 Wii Bowling [ER]  
3:15 🔵 St. Pat's Blarney Bash w/The Duffys [DR]  
6:00 🔵 Bridge Bunch [D]

9:15 🟡 Daily Chronicles [ER] **7**  
9:30 🟢 Sit 'N Be Fit [ER]  
11:00 🟡 Holy Communion [ER]  
12:30 🔴 Movie Matinee - [ER]  
3:00 🔵 Puzzle Pals [D]  
4:30 🔵 Dinner Entertainment [DR]  
6:00 🟡 Word Search [L]

9:15 🟡 Daily Chronicles [ER] **14**  
9:30 🟢 Sit 'N Be Fit [ER]  
11:00 🟡 Holy Communion [ER]  
12:30 🔴 Movie Matinee - [ER]  
3:00 🔵 Puzzle Pals [D]  
6:00 🟡 Word Search [L]

**Locations:**  
Lobby - L  
Great Room - GR  
Creative Studio - CS  
Entertainment Rm-ER  
Club Room - CR  
Dining Room - DR  
Den - D  
Patio - P

**Transportation Schedule**  
Monday  
10:00 AM  
Shopping  
Wednesday  
Outings - Times Vary  
Thursday  
9:00 AM - 4:00 PM  
Doctor Appointments

The Sheridan at Laumeier Park

9:00 🟡 Catholic TV Mass [ER] **15**  
9:30 🟢 Parkinson's Exercise [ER]  
10:00 🟡 Daily Chronicles [ER]  
1:00 🟢 Wii Bowling [ER]  
3:00 🔵 Puzzles Pals [D]  
6:00 🔵 Game Guild [D]

9:00 🟡 Catholic TV Mass [ER] **22**  
9:30 🟢 Parkinson's Exercise [ER]  
10:00 🟡 Daily Chronicles [ER]  
1:00 🟢 Wii Bowling [ER]  
3:00 🔵 Puzzles Pals [D]  
6:00 🔵 Game Guild [D]

9:00 🟡 Catholic TV Mass [ER] **29**  
9:30 🟢 Parkinson's Exercise [ER]  
10:00 🟡 Daily Chronicles [ER]  
1:00 🟢 Wii Bowling [ER]  
3:00 🔵 Puzzles Pals [D]  
6:00 🔵 Game Guild [D]

**Brain Awareness Week** **16**  
9:15 🟡 Daily Chronicles [ER]  
9:30 🟢 Sit 'N Be Fit [ER]  
10:00 🟢 Shopping [L]  
11:30 🔴 Jan on the Piano [DR]  
1:00 💡 Brain Health U [ER]  
3:00 🔵 Social Sips [GR]  
6:00 🔵 Memory Care Family Meeting [ER]  
6:00 🔴 Movie Night [D]

**Spirit Week - Wear Crazy Socks** **23**  
9:15 🟡 Daily Chronicles [ER]  
9:30 🟢 Yoga with Debbie [ER]  
10:00 🟢 Shopping [L]  
10:30 🟡 Cricut Creations [CS]  
11:30 🔴 Jan on the Piano [DR]  
1:00 💡 Brain Health U [ER]  
3:00 🔵 Social Sips [GR]  
6:00 🔴 Movie Night [D]

9:15 🟡 Daily Chronicles [ER] **30**  
9:30 🟢 Yoga with Debbie [ER]  
10:00 🟢 Shopping [L]  
11:30 🔴 Jan on the Piano [DR]  
1:00 💡 Brain Health U [ER]  
3:00 🔵 Social Sips [GR]  
6:00 🔴 Movie Night [D]

**St. Patrick's Day** **17**  
9:15 🟡 Daily Chronicles [ER]  
9:30 🟢 Tai Chi with Violet [ER]  
10:30 🟡 Sham-Rockin' Social [ER]  
1:00 💡 Brain Health U [ER]  
2:00 🔴 Movie Matinee - [ER]  
3:00 🔵 A Wee Bit of Shenanigans [ER]  
6:00 🔵 Game Night / Bingo [ER]

**Spirit Week - Mad for Plaid** **24**  
9:15 🟡 Daily Chronicles [ER]  
9:30 🟢 Tai Chi with Violet [ER]  
10:30 🔴 Protestant Church Service [ER]  
1:00 💡 Brain Health U [ER]  
2:00 🔴 Movie Matinee - [ER]  
3:00 🟡 Reminisce & Reflect [CS]  
6:00 🔵 Game Night / Bingo [ER]

9:15 🟡 Daily Chronicles [ER] **31**  
9:30 🟢 Tai Chi with Violet [ER]  
10:30 🔵 Rummy Royale [ER]  
1:00 💡 Brain Health U [ER]  
2:00 🔴 Movie Matinee - [ER]  
3:00 🔵 Puzzles anyone? [CS]  
6:00 🔵 Game Night / Bingo [ER]

9:15 🟡 Daily Chronicles [ER] **18**  
9:30 🟢 Parkinson's Exercise [ER]  
10:00 🟡 Powder Valley [O]  
1:00 🟢 Wii Bowling [ER]  
2:00 🟡 Vials of Life w/Fire Department [ER]  
3:00 🔵 Resident Council [ER]  
6:00 🔵 After Dinner Social [ER]

**Nelson & Doris - 70th Anniversary** **25**  
**Spirit Week - Sports Fans**  
9:15 🟡 Daily Chronicles [ER]  
9:15 🔵 History of St. Louis Hotels - A SLCC Class [O]  
9:30 🟢 Parkinson's Exercise [ER]  
11:00 🟡 Memory Care Magic w/Megan [ER]  
1:00 🟢 Wii Bowling [ER]  
2:00 Rememory [ER]  
3:00 🔵 Wine Down Wednesday [ER]  
6:00 🔵 Mix and Mingle [ER]



**First Day of Spring Salon Day** **19**  
9:15 🟡 Daily Chronicles [ER]  
9:30 🟢 Ballet Fitness [ER]  
10:30 🔵 Remember When... & Donuts in the Den [D]  
1:00 💡 Brain Health U [ER]  
2:00 🔵 Chef on Display [DR]  
3:00 🔵 Shanghai Rummy [ER]  
6:00 🔵 Quarter Bingo [ER]

**Salon Day** **26**  
**Spirit Week - PJ Day**  
9:15 🟡 Daily Chronicles [ER]  
9:30 🟢 Ballet Fitness [ER]  
10:30 🔵 Remember When... & Donuts in the Den [D]  
1:00 🟡 Chimes with Troy [ER]  
2:00 🔵 Throw Back Thursday [ER]  
2:30 🔵 Team Town Hall [ER]  
3:00 🔵 Shanghai Rummy [ER]  
6:00 🔵 Quarter Bingo [ER]



9:15 🟡 Daily Chronicles [ER] **20**  
9:30 🟢 Tai Chi with Herb [ER]  
10:30 🔵 Mexican Train Dominoes [CS]  
10:30 🟡 Timeless Trivia - Slogans, Jingles & Taglines [ER]  
1:00 🟢 Wii Bowling [ER]  
3:15 🔵 Happy Hour w/Dave Bennett [DR]  
6:00 🔵 Bridge Bunch [D]

**Spirit Week - Blue Jean Dress Down Day** **27**  
9:15 🟡 Daily Chronicles [ER]  
9:30 🟢 Music in Motion [ER]  
10:30 🔵 Mexican Train Dominoes [CS]  
1:00 🟢 Wii Bowling [ER]  
3:15 🔵 Happy Hour w/E.J. Glasier [DR]  
4:30 🔵 Monthly Birthday Dinner [DR]  
6:00 🔵 Bridge Bunch [D]



9:15 🟡 Daily Chronicles [ER] **21**  
9:30 🟢 Sit 'N Be Fit [ER]  
11:00 🟡 Holy Communion [ER]  
12:30 🔴 Movie Matinee - [ER]  
3:00 🔵 Puzzle Pals [D]  
6:00 🟡 Word Search [L]

9:15 🟡 Daily Chronicles [ER] **28**  
9:30 🟢 Sit 'N Be Fit [ER]  
11:00 🟡 Holy Communion [ER]  
12:30 🔴 Movie Matinee - [ER]  
3:00 🔵 Puzzle Pals [D]  
6:00 🟡 Word Search [L]