

May 2022 Assisted Living- Military Appreciation Month							Monthly Activities
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	

BeInspired

WWW.SENIORLIFESTYLE.COM
Activities are subject to change

THE SHERIDAN

AT GREEN OAKS

a Senior Lifestyle community

● CONNECT

● CONTRIBUTE

● FEEL

● GROW

● MOVE

● REFLECT

Location Keys

AL Entertainment Room
AL Lobby & Living Room
Assisted Living Creative Studio
Dining Room
Great Room next to the AL Dining Room
IL Entertainment Room
IL Living Room and Lobby
Library
Lobby
Rockland's

ALE
ALL
ACS
DR
GRA
IE
ILL
Lib
L
R

<div>8:30 Mother's Day Brunch [DR]</div> <div>10:00 Spiro 100 - Strength with Rhythm -Gloria Peyrat [IE]</div> <div>10:30 MAHJONG!! [R]</div> <div>10:45 Hollywood Greats! [IE]</div> <div>1:15 Word Genius with Maria [IE]</div> <div>6:30 RUMMIKUB! [ALL]</div> <div>6:45 Classic Cinema Night [IE]</div>	1	<div>8:30 Stretch & Exercise with Stan [IE]</div> <div>11:00 Brain Challenges to Expand Your Mind [GRA]</div> <div>1:00 Scrabble with Friends [Lib]</div> <div>1:15 Rummikub!! [ALL]</div> <div>2:00 The History Some of our Patriotic Songs [IE]</div> <div>6:30 RUMMIKUB! [ALL]</div> <div>6:45 Music on Monday [IE]</div>	2	<div>10:00 Flow with Flexibility - Gloria Peyrat [IE]</div> <div>10:45 Brain Health University [ALE]</div> <div>12:30 MAHJONG!! [R]</div> <div>1:30 Exercise with Brandon [ALE]</div> <div>3:00 Travel Trivia with Maria [IE]</div> <div>6:30 RUMMIKUB! [ALL]</div> <div>6:45 Movie Tuesday [IE]</div>	3	<div>10:00 Church Service: Morning Prayer & Communion [ALE]</div> <div>10:00 Posture and Strength with Sue Grant [IE]</div> <div>10:45 Scrabble! [Lib]</div> <div>11:00 OUTING: The King and I at Drury Lane [L]</div> <div>1:15 Rummikub!! [ALL]</div> <div>1:30 Book Sharing [IE]</div> <div>2:00 Nurse Chat with Nurse Neethu [R]</div> <div>3:00 Brews & Clues Trivia Program [IE]</div> <div>6:30 RUMMIKUB! [ALL]</div> <div>6:45 Oscar Winning Films [IE]</div>	4	<div>10:00 Qigong, Tai Chi, and Yoga - Gloria Peyrat [IE]</div> <div>10:45 Brain Health University [ALE]</div> <div>11:15 Out to Lunch Bunch! Egg Harbor</div> <div>1:30 Exercise with Brandon [IE]</div> <div>2:30 Blood Pressure Checks [ILL]</div> <div>3:00 Cinco de Mayo Fiesta! [R]</div> <div>6:30 RUMMIKUB! [ALL]</div> <div>6:45 Thursday at the Cinema [IE]</div>	5	<div>10:00 Exercise with Lisa! [IE]</div> <div>11:00 Strengthen Your Brain [R]</div> <div>1:00 Flower Arranging [ACS]</div> <div>2:00 Judge and Jury with Ray! [IE]</div> <div>6:30 RUMMIKUB! [ALL]</div> <div>6:45 Friday Film Fest [IE]</div>	6	<div>10:00 Stretch and Strength 2 with Anne Pringle [IE]</div> <div>11:00 Touring the World: West England [ALE]</div> <div>12:00 Rosary Group [IE]</div> <div>1:15 Shopping on a Saturday! Target Superstore</div> <div>2:00 Kentucky Derby Social! [R]</div> <div>6:30 RUMMIKUB! [ALL]</div> <div>6:45 Saturday Night Comedy [IE]</div>	7	
	<div>Mother's Day</div> <div>10:00 Spiro 100 - Strength with Rhythm -Gloria Peyrat [IE]</div> <div>10:30 MAHJONG!! [R]</div> <div>10:45 Hollywood Greats! [IE]</div> <div>1:30 Mother's Day Concert with Jim Kendros [IE]</div> <div>6:30 RUMMIKUB! [ALL]</div> <div>6:45 Classic Cinema Night [IE]</div>	8	<div>10:00 Stretch & Exercise with Stan [IE]</div> <div>11:00 Brain Challenges to Expand Your Mind [GRA]</div> <div>1:00 Scrabble with Friends [Lib]</div> <div>1:15 Rummikub!! [ALL]</div> <div>2:00 The Tomb of The Unknown Soldier [IE]</div> <div>6:30 RUMMIKUB! [ALL]</div> <div>6:45 Music on Monday [IE]</div>	9	<div>10:00 Flow with Flexibility - Gloria Peyrat [IE]</div> <div>10:15 Visit from Cook Library! [Lib]</div> <div>10:45 Brain Health University [ALE]</div> <div>12:30 MAHJONG!! [R]</div> <div>1:30 Exercise with Brandon [ALE]</div> <div>3:00 Birthday Bash!! [R]</div> <div>6:30 Presentation with Tim Wilsey: The Armed Forces [IE]</div> <div>6:30 RUMMIKUB! [ALL]</div>	10	<div>10:00 Church Service: Morning Prayer & Communion [ALE]</div> <div>10:00 Posture and Strength with Sue Grant [IE]</div> <div>10:45 Scrabble! [Lib]</div> <div>11:00 Wheel of Fortune Word Game! [ALE]</div> <div>1:15 Rummikub!! [ALL]</div> <div>1:30 Shopping Outing: Pasquesi's [R]</div> <div>3:00 Brews & Clues Trivia Program [IE]</div> <div>6:30 RUMMIKUB! [ALL]</div> <div>6:45 Oscar Winning Films [IE]</div>	11	<div>10:00 Qigong, Tai Chi, and Yoga - Gloria Peyrat [IE]</div> <div>10:45 Brain Health University [ALE]</div> <div>1:30 Exercise with Brandon [IE]</div> <div>2:00 Gary Midkiff Presentation: The Presidency of George W. Bush, Part 1(BHU Credit) [IE]</div> <div>2:30 Blood Pressure Checks [ILL]</div> <div>6:30 RUMMIKUB! [ALL]</div> <div>6:45 Thursday at the Cinema [IE]</div>	12	<div>10:00 Exercise with Lisa! [IE]</div> <div>11:00 Strengthen Your Brain [R]</div> <div>1:00 Flower Arranging [ACS]</div> <div>2:00 Red, White and Blue Happy Hour [R]</div> <div>6:30 RUMMIKUB! [ALL]</div> <div>6:45 Friday Film Fest [IE]</div>	13	<div>10:00 Stretch and Strength 2 with Anne Pringle [IE]</div> <div>11:00 Touring the World: The Netherlands; Beyond Amsterdam [ALE]</div> <div>1:15 Shopping on a Saturday! Heinen's</div> <div>2:00 B!*N*G*O [R]</div> <div>6:30 RUMMIKUB! [ALL]</div> <div>6:45 Saturday Night Comedy [IE]</div>	14
	<div>10:00 Spiro 100 - Strength with Rhythm -Gloria Peyrat [IE]</div> <div>10:30 MAHJONG!! [R]</div> <div>10:45 Hollywood Greats! [IE]</div> <div>1:15 Word Genius with Maria [IE]</div> <div>2:00 Birthday Bash!! [R]</div> <div>6:30 RUMMIKUB! [ALL]</div> <div>6:45 Classic Cinema Night [IE]</div>	15	<div>10:00 Stretch & Exercise with Stan [IE]</div> <div>11:00 Brain Challenges to Expand Your Mind [GRA]</div> <div>1:00 Scrabble with Friends [Lib]</div> <div>1:15 Rummikub!! [ALL]</div> <div>2:00 How America Grew the Most Powerful Navy in the World [IE]</div> <div>6:30 RUMMIKUB! [ALL]</div> <div>6:45 Music on Monday [IE]</div>	16	<div>10:00 Flow with Flexibility - Gloria Peyrat [IE]</div> <div>10:45 Brain Health University [ALE]</div> <div>12:30 MAHJONG!! [R]</div> <div>1:30 Exercise with Brandon [ALE]</div> <div>3:00 Travel Trivia with Maria [IE]</div> <div>6:30 RUMMIKUB! [ALL]</div> <div>6:45 Movie Tuesday [IE]</div>	17	<div>10:00 Church Service: Morning Prayer & Communion [ALE]</div> <div>10:00 Posture and Strength with Sue Grant [IE]</div> <div>10:45 Scrabble! [Lib]</div> <div>11:00 Wheel of Fortune Word Game! [ALE]</div> <div>1:15 Rummikub!! [ALL]</div> <div>2:00 Health Chat with Nurse Neetho [R]</div> <div>2:00 Memorial Service for Our Friends & Neighbors We Have Lost [IE]</div> <div>6:30 RUMMIKUB! [ALL]</div> <div>6:45 Oscar Winning Films [IE]</div>	18	<div>10:00 Qigong, Tai Chi, and Yoga - Gloria Peyrat [IE]</div> <div>10:45 Brain Health University [ALE]</div> <div>11:15 Out to Lunch Bunch!</div> <div>1:30 Exercise with Brandon [IE]</div> <div>2:30 Blood Pressure Checks [ILL]</div> <div>3:15 Wheel of Fortune Word Game [IE]</div> <div>6:30 RUMMIKUB! [ALL]</div> <div>6:45 Thursday at the Cinema [IE]</div>	19	<div>10:00 Exercise with Lisa! [IE]</div> <div>11:00 Strengthen Your Brain [R]</div> <div>1:00 Flower Arranging [ACS]</div> <div>2:00 Judge and Jury with Ray! [IE]</div> <div>6:30 RUMMIKUB! [ALL]</div> <div>6:45 Friday Film Fest [IE]</div>	20	<div>10:00 Stretch and Strength 2 with Anne Pringle [IE]</div> <div>11:00 Touring the World: Swiss Alps [ALE]</div> <div>1:15 Shopping on a Saturday! TJ Max & Sketcher's</div> <div>2:00 B!*N*G*O [R]</div> <div>6:30 RUMMIKUB! [ALL]</div> <div>6:45 Saturday Night Comedy [IE]</div>	21
	<div>10:00 Spiro 100 - Strength with Rhythm -Gloria Peyrat [IE]</div> <div>10:30 MAHJONG!! [R]</div> <div>10:45 Hollywood Greats! [IE]</div> <div>1:15 Idioms & Synonyms [IE]</div> <div>6:30 RUMMIKUB! [ALL]</div> <div>6:45 Classic Cinema Night [IE]</div>	22	<div>10:00 Stretch & Exercise with Stan [IE]</div> <div>11:00 Brain Challenges to Expand Your Mind [GRA]</div> <div>1:00 Scrabble with Friends [Lib]</div> <div>1:15 Rummikub!! [ALL]</div> <div>2:00 Navy Seals: America's Secret Warriors [IE]</div> <div>6:30 RUMMIKUB! [ALL]</div> <div>6:45 Music on Monday [IE]</div>	23	<div>10:00 Flow with Flexibility - Gloria Peyrat [IE]</div> <div>10:15 Visit from Cook Library! [Lib]</div> <div>10:45 Brain Health University [ALE]</div> <div>12:30 MAHJONG!! [R]</div> <div>1:30 Exercise with Brandon [ALE]</div> <div>3:00 Travel Trivia with Maria [IE]</div> <div>6:30 RUMMIKUB! [ALL]</div> <div>6:45 Movie Tuesday [IE]</div>	24	<div>10:00 Church Service: Morning Prayer & Communion [ALE]</div> <div>10:00 Posture and Strength with Sue Grant [IE]</div> <div>10:45 Scrabble! [Lib]</div> <div>11:00 Wheel of Fortune Word Game! [ALE]</div> <div>1:15 Rummikub!! [ALL]</div> <div>1:30 Shopping Outing: Macy's Veteran's Cafe [R]</div> <div>3:00 Brews & Clues Trivia Program [IE]</div> <div>6:30 RUMMIKUB! [ALL]</div> <div>6:45 Oscar Winning Films [IE]</div>	25	<div>10:00 Qigong, Tai Chi, and Yoga - Gloria Peyrat [IE]</div> <div>10:45 Brain Health University [ALE]</div> <div>1:30 Exercise with Brandon [IE]</div> <div>2:30 Blood Pressure Checks [ILL]</div> <div>3:00 How Many Words? [IE]</div> <div>6:30 RUMMIKUB! [ALL]</div> <div>6:45 Thursday at the Cinema [IE]</div>	26	<div>10:00 Exercise with Lisa! [IE]</div> <div>11:00 Strengthen Your Brain [R]</div> <div>1:00 Flower Arranging [ACS]</div> <div>2:00 Debra Levie's Art Alive Presentation: Degas! [IE]</div> <div>3:00 After Art of Degas Happy Hour [R]</div> <div>6:30 RUMMIKUB! [ALL]</div> <div>6:45 Friday Film Fest [IE]</div>	27	<div>10:00 Stretch and Strength 2 with Anne Pringle [IE]</div> <div>11:00 Touring the World: Stockholm [ALE]</div> <div>1:15 Shopping on a Saturday! Trader Joe's</div> <div>2:00 Music Appreciation with Jim Kendros: Military Selections from Schubert and Chopin [IE]</div> <div>6:30 RUMMIKUB! [ALL]</div> <div>6:45 Saturday Night Comedy [IE]</div>	28
	<div>10:00 Spiro 100 - Strength with Rhythm -Gloria Peyrat [IE]</div> <div>10:30 MAHJONG!! [R]</div> <div>10:45 Hollywood Greats! [IE]</div> <div>1:15 Word Genius with Maria [IE]</div> <div>6:30 RUMMIKUB! [ALL]</div> <div>6:45 Classic Cinema Night [IE]</div>	29	<div>Memorial Day</div> <div>10:00 Stretch & Exercise with Stan [IE]</div> <div>11:00 Brain Challenges to Expand Your Mind [GRA]</div> <div>11:30 Memorial Day BBQ [DR]</div> <div>1:00 Scrabble with Friends [Lib]</div> <div>1:15 Rummikub!! [ALL]</div> <div>6:30 RUMMIKUB! [ALL]</div> <div>6:45 Music on Monday [IE]</div>	30	<div>10:00 Flow with Flexibility - Gloria Peyrat [IE]</div> <div>10:45 Brain Health University [ALE]</div> <div>12:30 MAHJONG!! [R]</div> <div>1:30 Exercise with Brandon [ALE]</div> <div>2:00 Resident Town Hall/Resident Council Meeting [IE]</div> <div>3:00 Travel Trivia with Maria [IE]</div> <div>6:30 RUMMIKUB! [ALL]</div> <div>6:45 Movie Tuesday [IE]</div>	31	<div><div><div></div><div></div></div><div>Resident Birthdays</div><div><div><div>Midori N.</div><div>5/6</div><div>Maretta M.</div><div>5/15</div></div><div><div>Ken P.</div><div>5/7</div><div>Mary S.</div><div>5/15</div></div><div><div>Sandy L.</div><div>5/8</div><div>Allen E.</div><div>5/17</div></div><div><div>Trudy Z.</div><div>5/10</div><div>Dennie L.</div><div>5/20</div></div><div><div>Johnny W.</div><div>5/11</div><div>Jim J.</div><div>5/24</div></div><div><div>Audrey S.</div><div>5/13</div><div>Kay L.</div><div>5/29</div></div></div></div>							