calendar & activities	The Sheridan at Green Oaks- Enrich						
APR 2019	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
enrich		Water 9:30 Exercise and Strengthening [ER] 10:30 iN2L: Weekly Crossword [ER] 11:00 Movement and Stretching [ER] 1:30 iN2l: Wheel Of Fortune [ER] 3:00 Snack and Hydration [ER] 3:30 Gratitude and Meditation with Camille 3:30 Reminiscense Stories [ER] 6:00 Dominoes [ER] 7:00 Evening Reflection [ER]	9:00 • Daily Chronicle [ER] 9:00 • Thymeless-Infused Water 10:00 • Sit and Be Fit Class with Fitness Instructor, Cindy [ALE] 1:00 • Afternoon Stretching [ER] 1:30 • Thymeless- Plant/Water/Harvest the Garden [OP] 2:00 • Writing Monologues [M Art] 3:00 • Jeopardy [ER] 3:00 • Snack and Hydration [ER] 3:30 • Word for Word Game [ER] 6:00 • Say It With Music [ER]	9:00 • Morning Exercise- Spiro 100 [ER] 9:00 • Thymeless-Infused Water 10:00 • Therapy Dog 11:00 • Kindness Connection [M Art] 1:00 • Afternoon Stretching [ER] 1:30 • iN2L: Family Feud [ER] 2:00 • Thymeless- Cooking [DR] 3:00 • Guitar and Sing-a-Long with Carol [D] 3:00 • Snack and Hydration [ER] 4:00 • Humorous Stories [M Art] 6:00 • Dice Game: Coverall [ER]	9:00 • Thymeless-Infused Water 9:00 • Toss and Talk with Camille [ER] 9:30 • Bible Study [ALE] 10:30 • Chair Yoga Class with Fitness Instructor, Susan [IE] 10:30 • Daily Chronicle and Happy News 11:00 • Daily Chronicle and Happy News 11:00 • Daily Chronicle and Happy News 13:30 • Songs by Heart [ER] 2:30 • Board Game Club [ER] 3:00 • Snack and Hydration [ER] 3:00 • Snack and Hydration [ER] 3:00 • Travel Reminsce [M Art] 3:30 • Heads Up! [ER] 4:00 • Around the World Decorations [M Art] 6:00 • Bingo [ER]	9:00 • Spiro 100: 4,2,1 Exercise Class 9:00 • Thymeless-Infused Water 10:00 • Daily Chronicle and Happy News 11:30 • Lunch and Bowl 1:00 • Brain Game Categories [ER] 1:30 • Walking Club 2:00 • Laughter Yoga with Barb 3:00 • Resident Council Meeting [M Art] 3:00 • Snack and Hydration [ER] 4:00 • "Songs from the Past" with Carol 6:00 • Movie Night & Popcorn [ER]	
THEME: FEELING	9:00 • Spiro100 Fitness Class [ER] 9:00 • Thymeless-Infused Water 9:45 Daily Chronicle & Newspaper [ER] 10:30 • Rosary & Devotions with Joyce [ER] 11:00 • Hymn Sing-Along [ER] 11:15 • Mind Joggers [ER] 1:00 • Bingo [ER] 2:45 • Chair Chi with Instructor Cathy [ER] 3:00 • Snack and Hydration [ER] 3:30 • Uno Card Game [ER] 4:00 • iNZL: 1:1 Programs with Joyce [M Art] 6:00 • It's Puzzling- Word Searches, Crosswords & Puzzles [M Art]	9:00 • Thymeless-Infused Water 10:30 • iN2L: Weekly Crossword [ER] 1:00 • Movement and Stretching [ER] 1:30 • iN2l: Wheel Of Fortune [ER] 3:00 • Snack and Hydration [ER] 3:30 • Gratitude and Meditation with Camille 3:30 • Reminiscense Stories [ER] 6:00 • Dominoes [ER] 7:00 • Evening Reflection [ER]	Salon Day: Hair Day! 9:00 Daily Chronicle [ER] 9:00 Thymeless-Infused Water 10:00 Sit and Be Fit Class with Fitness Instructor, Cindy [ALE] 10:30 Tuesday Trivia/Cook Library Visits [ER] 1:00 Afternoon Stretching [ER] 1:30 Thymeless-Plant/Water/Harvest the Garden [OP] 3:00 Jeopardy [ER] 3:00 Snack and Hydration [ER] 3:30 Word for Word Game [ER] 6:00 Say It With Music [ER]	9:00 • Morning Exercise- Spiro 100 [ER] 9:00 • Thymeless-Infused Water 10:00 • Daily Chronicle and Happy News [ER] 11:00 • Kindness Connection [M Art] 1:00 • Afternoon Stretching [ER] 2:00 • Thymeless- Cooking [DR] - • Family Feud [ER] 3:00 • Snack and Hydration [ER] 4:00 • Humorous Stories [M Art] 6:00 • Dice Game: Coverall [ER]	9:00 • Thymeless-Infused Water 9:00 • Toss and Talk with Camille [ER] 9:30 • Bible Study [ALE] 10:30 • Chair Yoga Class with Fitness Instructor, Susan [IE] 10:30 • Daily Chronicle and Happy News 11:00 • Daily Chronicle and Happy News 11:00 • Daily Chronicle and Happy News 13:30 • Songs by Heart [ER] 2:30 • Board Game Club [ER] 3:00 • Snack and Hydration [ER] 3:00 • Snack and Hydration [ER] 3:30 • Travel Reminsce [M Art] 3:30 • Heads Up! [ER] 4:00 • Around the World Decorations [M Art] 6:00 • Bingo [ER]	9:00 • Spiro 100: 4,2,1 Exercise Class 9:00 • Thymeless-Infused Water 11:30 • Out to the Movies 1:00 • Brain Game Categories [ER] 1:30 • Walking Club 2:00 • Laughter Yoga with Barb 3:00 • Pianist and Singer, Bonnie, Performs [ER] 3:00 • Snack and Hydration [ER] 4:00 • "Songs from the Past" with Carol 6:00 • Movie Night & Popcorn [ER]	9:00 Morning Stretch and Exercise 9:00 Thymeless-Infused Water 9:45 Daily Chronicle & Newspaper [ER] 10:00 Acrylic Painting Class with Joyce [MArt] 10:30 Acrylic Painting Class with Joyce [MArt] 11:30 10 Second Rule [ER] 1:00 Hand Massages and Manicures [MArt] 3:00 "How Do You Feel??" [ER] 3:00 Snack and Hydration [ER] 4:00 Bowling Inside [ER] 6:00 Dice Game: Shut the Box [ER]
CONNECTCONTRIBUTEFEELGROWMOVEREFLECT	9:00 • Spiro100 Fitness Class [ER] 9:00 • Thymeless-Infused Water 9:45 Daily Chronicle & Newspaper [ER] 10:30 • Rosary & Devotions with Joyce [ER] 11:00 • Hymn Sing-Along [ER] 11:15 • Mind Joggers [ER] 1:00 • Bingo [ER] 2:00 • Songs By Heart [ALE] 2:45 • Chair Chi with Instructor Cathy [ER] 3:00 • Snack and Hydration [ER] 3:30 • Uno Card Game [ER] 4:00 • iN2L: 1:1 Programs with Joyce [M Art] 6:00 • It's Puzzling- Word Searches, Crosswords & Puzzles [M Art]	9:00 • Thymeless-Infused Water 10:30 • iN2L: Weekly Crossword [ER] 1:00 • Movement and Stretching [ER] 1:30 • iN2l: Wheel Of Fortune [ER] 2:00 • Grace United Methodist Church Worship & Communion [ALE] 3:00 • Snack and Hydration [ER] 3:30 • Gratitude and Meditation with Camille 3:30 • Reminiscense Stories [ER] 6:00 • Dominoes [ER] 7:00 • Evening Reflection [ER]	Salon Day: Hair Day! 9:00 Daily Chronicle [ER] 9:00 Thymeless-Infused Water 10:00 Sit and Be Fit Class with Fitness Instructor, Cindy [ALE] 1:00 Afternoon Stretching [ER] 1:30 Thymeless- Plant/Water/Harvest the Garden [OP] 2:00 Writing Monologues [M Art] 3:00 Jeopardy [ER] 3:00 Snack and Hydration [ER] 3:30 Word for Word Game [ER] 6:00 Say It With Music [ER]	9:00 • Morning Exercise-Spiro 100 [ER] 9:00 • Thymeless-Infused Water 10:00 • Kindness Connection [M Art] 1:00 • Afternoon Stretching [ER] 1:30 • iN2L: Family Feud [ER] 2:00 • Thymeless-Cooking [DR] 3:00 • Guitar and Sing-a-Long with Carol [D] 3:00 • Snack and Hydration [ER] 4:00 • Humorous Stories [M Art] 6:00 • Dice Game: Coverall [ER]	9:00 • Thymeless-Infused Water 9:00 • Toss and Talk with Camille [ER] 9:30 • Bible Study [ALE] 10:30 • Chair Yoga Class with Fitness Instructor, Susan [IE] 10:30 • Daily Chronicle and Happy News 11:00 • Dance Performance with Caitlin [ER] 1:30 • Songs by Heart [ER] 2:30 • Board Game Club [ER] 3:00 • Snack and Hydration [ER] 3:00 • Travel Reminsce [M Art] 3:30 • Heads Up! [ER] 4:00 • Around the World Decorations [M Art] 6:00 • Bingo [ER]	9:00 • Spiro 100: 4,2,1 Exercise Class 9:00 • Thymeless-Infused Water 11:30 • Invite a Friend to Lunch 1:00 • Brain Game Categories [ER] 1:30 • Walking Club 2:00 • Laughter Yoga with Barb 3:00 • Snack and Hydration [ER] 4:00 • "Songs from the Past" with Carol 6:00 • Movie Night & Popcorn [ER]	9:00 Morning Stretch and Exercise 9:00 Thymeless-Infused Water 9:45 Daily Chronicle & Newspaper [ER] 10:30 Acrylic Painting Class with Joyce [M Art] 11:30 10 Second Rule [ER] 1:00 Hand Massages and Manicures [M Art] 3:00 "How Do You Fee!??" [ER] 3:00 Snack and Hydration [ER] 4:00 Bowling Inside [ER] 6:00 Dice Game: Shut the Box [ER]
Location Keys AL Entertainment Room ALE Den D Dining Room DR IL Entertainment Room IE MC Creative Art Studio M Art MC Entertainment Room ER Outside Patio OP	Easter 9:00 • Spiro100 Fitness Class [ER] 9:00 • Thymeless-Infused Water 9:45 • Daily Chronicle & Newspaper [ER] 10:30 • Rosary & Devotions with Joyce [ER] 11:00 • Hymn Sing-Along [ER] 11:15 • Mind Joggers [ER] 1:00 • Bingo [ER] 2:45 • Chair Chi with Instructor Cathy [ER] 3:00 • Snack and Hydration [ER] 3:30 • Uno Card Game [ER] 4:00 • iN2L: 1:1 Programs with Joyce [M Art] 6:00 • It's Puzzling- Word Searches, Crosswords & Puzzles [M Art]	9:00 • Thymeless-Infused Water 10:30 • iN2L: Weekly Crossword [ER] 1:00 • Movement and Stretching [ER] 1:30 • iN2I: Wheel Of Fortune [ER] 3:00 • Craige Siemson Musician 3:00 • Snack and Hydration [ER] 3:30 • Gratitude and Meditation with Camille 3:30 • Reminiscense Stories [ER] 6:00 • Dominoes [ER] 7:00 • Evening Reflection [ER]	Salon Day: Hair Day! 9:00 • Daily Chronicle [ER] 9:00 • Thymeless-Infused Water 10:00 • Sit and Be Fit Class with Fitness Instructor, Cindy [ALE] 10:30 • Tuesday Trivia/Cook Library Visits [ER] 1:00 • Afternoon Stretching [ER] 1:30 • Thymeless- Plant/Water/Harvest the Garden [OP] 3:00 • Jeopardy [ER] 3:00 • Snack and Hydration [ER] 3:30 • Word for Word Game [ER] 6:00 • Say It With Music [ER]	9:00 "Feed My Starving Children" Outing 9:00 • Morning Exercise- Spiro 100 [ER] 9:00 • Thymeless-Infused Water 10:00 • Daily Chronicle and Happy News [ER] 11:00 • Kindness Connection [M Art] 1:00 • Afternoon Stretching [ER] 2:00 • Thymeless- Cooking [DR] — • Family Feud [ER] 3:00 • Snack and Hydration [ER] 4:00 • Humorous Stories [M Art] 6:00 • Dice Game: Coverall [ER]	9:00 • Thymeless-Infused Water 9:00 • Toss and Talk with Camille [ER] 9:30 • Bible Study [ALE] 10:30 • Chair Yoga Class with Fitness Instructor, Susan [IE] 10:30 • Daily Chronicle and Happy News 11:00 • Daily Chronicle and Happy News 11:00 • Songs by Heart [ER] 2:30 • Board Game Club [ER] 3:00 • Travel Reminsce [M Art] 3:30 • Heads Up! [ER] 4:00 • Around the World Decorations [M Art] 6:00 • Bingo [ER]	9:00 • Spiro 100: 4,2,1 Exercise Class 9:00 • Thymeless-Infused Water 11:30 • Ethnic Lunch Outing 1:00 • Brain Game Categories [ER] 1:30 • Walking Club 2:00 • Laughter Yoga with Barb 3:00 • Snack and Hydration [ER] 4:00 • "Songs from the Past" with Carol 6:00 • Movie Night & Popcorn [ER]	9:00 Morning Stretch and Exercise 9:00 Thymeless-Infused Water 9:45 Daily Chronicle & Newspaper [ER] 10:30 Acrylic Painting Class with Joyce [M Art] 11:30 10 Second Rule [ER] 1:00 Hand Massages and Manicures [M Art] 3:00 "How Do You Feel??" [ER] 3:00 Snack and Hydration [ER] 4:00 Bowling Inside [ER] 6:00 Dice Game: Shut the Box [ER]
Resident Birthdays Gloria F. 4/6 Patricia A. 4/12 Ginger C. 4/26 Vera P. 4/29	9:00 • Spiro100 Fitness Class [ER] 9:00 • Thymeless-Infused Water 9:45 Daily Chronicle & Newspaper [ER] 10:30 • Rosary & Devotions with Joyce [ER] 11:00 • Hymn Sing-Along [ER] 11:15 • Mind Joggers [ER] 1:00 • Bingo [ER] 2:45 • Chair Chi with Instructor Cathy [ER] 3:00 • Snack and Hydration [ER] 3:30 • Uno Card Game [ER] 4:00 • iN2L: 1:1 Programs with Joyce [M Art] 6:00 • It's Puzzling- Word Searches, Crosswords & Puzzles [M Art]	9:00 • Thymeless-Infused Water 10:30 • iN2L: Weekly Crossword [ER] 1:00 • Movement and Stretching [ER] 1:30 • iN2l: Wheel Of Fortune [ER] 2:00 • Music by Yan [ER] 3:00 • Snack and Hydration [ER] 3:30 • Gratitude and Meditation with Camille 3:30 • Reminiscense Stories [ER] 6:00 • Dominoes [ER] 7:00 • Evening Reflection [ER]	Salon Day: Hair Day! 9:00 • Daily Chronicle [ER] 9:00 • Thymeless-Infused Water 10:00 • Sit and Be Fit Class with Fitness Instructor, Cindy [ALE] 1:00 • Afternoon Stretching [ER] 1:30 • Thymeless- Plant/Water/Harvest the Garden [OP] 2:00 • Writing Monologues [M Art] 3:00 • Jeopardy [ER] 3:00 • Snack and Hydration [ER] 3:30 • Word for Word Game [ER] 6:00 • Say It With Music [ER] 6:30 • Staff and Resident Talent Show [ER]				