February 2021 The Sheridan at Chesterfield -CoVid  Monthly Activities							y Activities
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MEMORY CARE  CONTROL  BY SENIOR LIFESTYLE  WWW.SENIORLIFESTYLE.COM  Activities are subject to change	Resident Birthdays Frances P. 2/7 Shirley G. 2/8 Ann L. 2/10 Betty Jo C. 2/13 Marilyn E. 2/19 Dinorah H. 2/24	AM • Morning Devotional [LR]  AM • Simply Stretch [CS]  10:30 • Brain Games!! [CS]  10:30 • Morning Snack Delivery  11:30 • African American Facts. [CS]  11:45 • Thymeless Gardening 1:1 [G]  1:00 • Homemade Bake's [MK]  3:00 • Craft Corner [CS]  4:00 • Virtual Vacations  6:00 • Oldies TV [CS]	Amount	AM • Morning Devotional [LR] AM • Simply Stretch [CS] 10:30 • Brain Games!! [CS] 11:30 • African American Facts. [CS] 11:30 • African American Facts. [CS] 11:00 • African American Facts. [CS] 1:00 • Homemade Bake's [MK] 2:00 • Manicures [CS] 3:00 • Craft Corner [CS] PM • Lets Chat [CS] 6:00 • Oldies TV [CS] 7:30 • Board Games with the CNAS	AM • Morning Devotional [LR] AM • Chair Zumba [CS] 10:30 • Brain Garmes!! [CS] 10:30 • Morning Snack Delivery 11:00 • African American Facts. [CS] 12:45 • Thymeless Gardening 1:1 [G] 2:00 • Kick Ball [LR] 3:00 • Craft Corner [CS] 6:00 • Oldies TV [CS] 7:30 • Dancing with the Care Staff [CS]	AM • Morning Devotional [LR]  AM • Simply Stretch [CS]  10:30 • Brain Games!! [CS]  10:30 • Morning Snack Delivery  11:30 • African American Facts. [CS]  1:30 • African American Facts. [CS]  1:445 • Thymeless Gardening 1:1 [G]  1:00 • Homemade Bake's [MK]  3:00 • Craft Corner [CS]  PM • Finish the Phrase [CS]  6:00 • Oldies TV [CS]  7:30 • Name that Tune	AM Morning Devotional [LR]  AM A Celebration Chair workout [CS]  10:30 Brain Games!! [CS]  10:30 Morning Snack Delivery Family FaceTime 11:30 African American Facts. [CS]  12:45 Thymeless Gardening 1:1 [G]  1:00 Homemade Bake's [MK]  AM Live Animal Camera Viewing [CS]  3:00 Craft Corner [CS] PM Would You Rather [CS]  6:00 Oldies TV [CS]
SENIOR LIFESTYLE your life, your style	AM • Church Services [LR]  10:00 • Guided Relaxation [CS]  10:30 • Brain Games!! [CS]  10:30 • Morning Snack Delivery Family FaceTime  11:00 • African American Facts. [CS]  12:45 • Thymeless Gardening 1:1 [G]  1:00 • Homerade Bake's [MK]  3:00 • Craft Corner [CS]  6:00 • Oldies TV [CS]  7:30 • Crafts with the CNA's	9:15	9:15 • Morning Devotional [CS] AM • Chair Dancing [CS] 10:30 • Brain Games!! [CS] 10:30 • Morning Snack Delivery Family FaceTime 11:30 • African American Facts. [CS] 12:45 • Thymeless Gardening 1:1 [G] 13:30 • Come Color with mel [LR] PM • Photos for Families 3:00 • Craft Comer [CS] PM • Who am I? [CS] 6:00 • Oldies TV [CS] 7:30 • Kickball with CNA's [CS]	9:15 • Morning Devotional [CS] AM • Simply Stretch [CS] 10:30 • Brain Games!! [CS] 10:30 • Morning Snack Delivery 11:30 • African American Facts. [CS] 12:45 • Thymeless Gardening 1:1 [G] 10:00 • Manicures [CS] 3:00 • Craft Comer [CS] PM • Lets Chat [CS] 6:00 • Oldies TV [CS] 7:30 • Board Games with the CNA's	9:15 • Morning Devotional [CS] AM • Chair Zumba [CS] 10:30 • Brain Games! [CS] 10:30 • Morning Snack Delivery Family FaceTime 11:30 • African American Facts. [CS] 12:45 • Thymeless Gardening 1:1 [G] 10:00 • Homemade Bakes [MK] 3:00 • Craft Corner [CS] 6:00 • Oldies TV [CS] 7:30 • Dancing with the Care Staff [CS]	9:15 • Morning Devotional [CS] AM • Simply Stretch [CS] 10:30 • Brain Games!! [CS] 10:30 • Morning Snack Delivery 10:00 • African American Facts. [CS] 12:45 • Thymeless Gardening 1:1 [G] 10:00 • Homemade Bakes [MK] 3:00 • Craft Corner [CS] 4:00 • Piece me Together- Puzzle [CS] 6:00 • Oldies TV [CS] 7:30 • Name that Tune	9:15 • Morning Devotional [CS]  AM • A Celebration Chair workout [CS]  10:30 • Brain Games!! [CS]  10:30 • Morning Snack Delivery 11:00 • African American Facts. [CS]  12:45 • Thymeless Gardening 1:1 [G]  1:00 • Homemade Bake's [MK]  AM • Live Animal Camera Viewing [CS]  3:00 • Craft Corner [CS] PM • Would You Rather [CS]  6:00 • Oldies TV [CS]
• CONNECT • CONTRIBUTE • FEEL • GROW • MOVE • REFLECT	Valentine's Day	Presidents' Day	9:15 • Morning Devotional [CS]	9:15 • Morning Devotional [CS] AM • Simply Stretch [CS] 10:30 • Brain Games!! [CS] 10:30 • Morning Snack Delivery 11:00 • African American Facts. [CS] 12:45 • Thymeless Gardening 1:1 [G] 1:00 • Homemade Bake's [MK] 2:00 • Manicures [CS] 3:00 • Craft Corner [CS] 9:M • Lets Chat [CS] 6:00 • Oldies TV [CS] 7:30 • Board Games with the CNA's	9:15 • Morning Devotional [CS] AM • Chair Zumba [CS] 10:30 • Brain Games!! [CS] 10:30 • Morning Snack Delivery Family Facel Time 11:30 • African American Facts. [CS] 12:45 • Thymeless Gardening 1:1 [G] 1:00 • Homenade Bake's [MK] 3:00 • Craft Corner [CS] 6:00 • Oldies TV [CS] 7:30 • Dancing with the Care Staff [CS]	9:15 • Morning Devotional [CS] AM • Simply Stretch [CS] 10:30 • Brain Games!! [CS] 10:30 • Morning Snack Delivery Family FaceTime 11:30 • African American Facts. [CS] 12:45 • Thymeless Gardening 1:1 [G] 1:00 • Homenade Bake's [MK] 3:00 • Craft Corner [CS] PM • Finish the Phrase [CS] 6:00 • Oldies TV [CS] 7:30 • Name that Tune	9:15 • Morning Devotional [CS]
Location Keys  Creative Studio CS Garden G Living Room LR Mom's Kitchen MK	AM Church Services [LR]  10:00 Guided Relaxation [CS]  10:30 Brain Games!! [CS]  10:30 Morning Snack Delivery  Family FaceTime  11:30 African American Facts. [CS]  12:45 Thymeless Gardening 1:1 [G]  1:00 Homemade Bake's [MK]  3:00 Craft Corner [CS]  7:30 Crafts with the CNA's   AM Church Services [LR]  10:00 Guided Relaxation [CS]  10:30 Brain Games!! [CS]  10:30 Brain Games!! [CS]  11:30 African American Facts. [CS]  12:45 Thymeless Gardening 1:1 [G]  1:00 Homemade Bake's [MK]  3:00 Craft Corner [CS]  1:00 Homemade Bake's [MK]  3:00 Craft Corner [CS]  6:00 Oldies TV [CS]  7:30 Craft Swith the CNA's	9:15 • Morning Devotional [CS] AM • Simply Stretch [CS] 10:30 • Brain Games!! [CS] 10:30 • Morning Snack Delivery Family FaceTime 11:30 • African American Facts. [CS] 12:45 • Thymeless Gardening 1:1 [G] 1:00 • Homemade Bake's [MK] 3:00 • Craft Comer [CS] 4:00 • Virtual Vacations 6:00 • Oldies TV [CS]	9:15 • Morning Devotional [CS] AM • Chair Dancing [CS] 10:30 • Brain Games! [CS] 10:30 • Morning Snack Delivery Family FaceTime 11:30 • African American Facts. [CS] 12:45 • Thymeless Gardening 1:1 [G] 1:00 • Homemade Bake's [MK] PM • Photos for Families 3:00 • Craft Corner [CS] 6:00 • Oldies TV [CS] 6:00 • Oldies TV [CS] 7:30 • Kickball with CNA's [CS]	9:15 • Morning Devotional [CS] AM • Simply Stretch [CS] 10:30 • Brain Games!! [CS] 10:30 • Morning Snack Delivery Family FaceTime 11:30 • African American Facts. [CS] 12:45 • Thymeless Gardening 1:1 [G] 1:00 • Homemade Bake's [MK] 2:00 • Manicures [CS] 3:00 • Craft Corner [CS] 9:00 • Oldies TV [CS] 7:30 • Board Games with the CNA's	9:15 • Morning Devotional [CS] AM • Chair Zumba [CS] 10:30 • Brain Games!! [CS] 11:30 • Morning Snack Delivery Family Face Time 11:30 • African American Facts. [CS] 12:45 • Thymeless Gardening 1:1 [G] 1:00 • Homemade Bake's [MK] 3:00 • Craft Corner [CS] 6:00 • Oldies TV [CS] Dancing with the Care Staff [CS]	9:15 • Morning Devotional [CS] 26  AM • Simply Stretch [CS] 10:30 • Brain Games!! [CS] 10:30 • Morning Snack Delivery Family FaceTime 11:30 • African American Facts. [CS] 12:45 • Thymeless Gardening 1:1 [G] 1:00 • Homemade Bake's [MK] 3:00 • Craft Corner [CS] 4:00 • Piece me Together- Puzzle [CS] 6:00 • Oldies TV [CS] 7:30 • Name that Tune	9:15 • Morning Devotional [CS]  AM • A Celebration Chair workout [CS] 10:30 • Brain Games!! [CS] 10:30 • Morning Snack Delivery Family Facet Time 11:30 • African American Facts. [CS] 12:45 • Thymeless Gardening 1:1 [G] 1:00 • Homemade Bake's [MK] AM • Live Animal Camera Viewing [CS] 3:00 • Craft Corner [CS] PM • Would You Rather [CS] 6:00 • Oldies TV [CS] 7:20 • Read Companyith the CMM's