

calendar & activities JAN 2020		The Sheridan at Chesterfield - 2020 Vision						
		SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div><div><div>● CONNECT</div><div>● CONTRIBUTE</div><div>● FEEL</div><div>● GROW</div><div>● MOVE</div><div>● REFLECT</div></div><div><div>Resident Birthdays</div><div>Mitch M. 1/12</div><div>Adele P. 1/20</div><div>Anna C. 1/23</div></div></div>		<div><div>BeInspired</div><div>“Yesterday was not your defining moment. The calendar moved forward; why not you?” — Dr. Steve Maraboli</div></div>			<div><div>New Year's Day</div><div>9:00 ● What's On For Today with Soroda and Makel [DR]</div><div>9:30 ● Chair Dancing [E]</div><div>9:45 ● Rose Bowl Parade [E]</div><div>10:30 ● Knock Knock it's ME!</div><div>11:00 ● Refection on 2019 [E]</div><div>1:00 ● BRIDGE [GR]</div><div>1:30 ● Anna on Keys [GR]</div><div>2:00 ● Mid-week Manicures with Soroda and Makel [E]</div><div>3:30 ● Happy Hour [E]</div><div>6:00 ● Games with Friends [E]</div><div>1</div></div>	<div><div>9:00 ● What's On For Today with Makel [DR]</div><div>9:30 ● Morning Workout with Makel [E]</div><div>10:00 ● Yappy Hour with Belle and Trudy [E]</div><div>11:00 ● Let's Play Whoopee [E]</div><div>2:00 ● Vitality Ballet [E]</div><div>3:00 ● Let's Work on a Puzzle [E]</div><div>3:00 ● Rummikub [E]</div><div>3:30 ● Happy Hour [E]</div><div>6:30 ● "Throwback Thursday" - Favorite Sitcoms TV Shows [E]</div><div>2</div></div>	<div><div>9:00 ● What's On For Today with Makel [DR]</div><div>9:30 ● Commit to be Fit with RPI [E]</div><div>10:00 ● Crafty How Too's [CS]</div><div>10:15 ● Current Events and Coffee [E]</div><div>10:30 ● Bocce Ball [E]</div><div>10:30 ● Craft's with Lisa [CS]</div><div>1:00 ● BRIDGE [GR]</div><div>1:30 ● Knock Knock it's ME!</div><div>2:00 ● Colorful Designs [E]</div><div>2:30 ● Random Acts of Kindness [E]</div><div>3:30 ● Happy Hour [E]</div><div>6:30 ● Games with Friends [E]</div><div>3</div></div>	<div><div>9:00 ● Morning Check In's with Lauren [DR]</div><div>9:30 ● Vitality Ballet [E]</div><div>10:15 ● Casablanca (1942) [TH]</div><div>10:30 ● Let's Bake [E]</div><div>1:30 ● Puzzles Anyone? [E]</div><div>2:00 ● BHU: Neighborly Nuggets [E]</div><div>3:30 ● Happy Hour [E]</div><div>6:30 ● Laughter is the Best Medicine - Favorite Comedy Shows [E]</div><div>4</div></div>
		<div><div>9:00 ● Morning Check In's with Lauren [DR]</div><div>9:15 ● TV - Catholic Mass [TH]</div><div>10:00 ● Puzzles Anyone? [E]</div><div>10:30 ● Weekend Whoga [E]</div><div>1:15 ● Indoor Walking Club [L]</div><div>1:30 ● Praying the Rosary [TH]</div><div>2:00 ● BINGO [E]</div><div>3:30 ● Connie Luk plays the piano [GR]</div><div>3:30 ● Sunday Social [E]</div><div>6:30 ● Sunday Night Movies - Viewers Choice [TH]</div><div>5</div></div>	<div><div>9:00 ● Get a Jump on Your Day with Soroda [DR]</div><div>9:20 ● Morning Meditation [E]</div><div>9:30 ● Let's Work It Out !! [E]</div><div>10:00 ● Banjo Music with Mark Raborn [E]</div><div>2:00 ● Manicure Monday with Soroda [E]</div><div>3:30 ● Happy Hour [E]</div><div>6:30 ● Movie Night [TH]</div><div>6</div></div>	<div><div>9:00 ● Morning Check In's with Sororda [DR]</div><div>9:30 ● Morning Workout with Soroda [E]</div><div>10:00 ● Communion with Steve and Joy [E]</div><div>1:15 ● Senior Discount Day at Walgreen's [L]</div><div>2:30 ● Whoopee [E]</div><div>3:30 ● Happy Hour [E]</div><div>6:30 ● Games with Friends [E]</div><div>7</div></div>	<div><div>9:00 ● What's On For Today with Trish [DR]</div><div>9:30 ● Morning Workout with Trish [E]</div><div>10:15 ● 2020 Vision Board [E]</div><div>11:00 ● Chimes with Troy [E]</div><div>1:00 ● BRIDGE [GR]</div><div>1:30 ● Anna on Keys [GR]</div><div>2:00 ● BINGO with Joe McGettigan [E]</div><div>3:30 ● Wine Down Wednesday [E]</div><div>6:30 ● Games with Makel [E]</div><div>8</div></div>	<div><div>9:00 ● What's On For Today with Makel [DR]</div><div>9:30 ● Morning Workout with Makel [E]</div><div>10:15 ● Trivia Challenge with Joey [CR]</div><div>11:00 ● Kings in the Corner [E]</div><div>2:00 ● Vitality Ballet [E]</div><div>3:00 ● Let's Work on a Puzzle [E]</div><div>3:00 ● Rummikub [E]</div><div>3:30 ● Happy Hour [E]</div><div>6:30 ● "Throwback Thursday" - Favorite Sitcoms TV Shows [E]</div><div>9</div></div>	<div><div>9:00 ● What's On For Today with Makel [DR]</div><div>9:30 ● Commit to be Fit with RPI [E]</div><div>10:00 ● Crafty How Too's [CS]</div><div>10:15 ● Coffee and Conversation [E]</div><div>10:15 ● Indoor Walking Club [E]</div><div>10:30 ● Bocce Ball [E]</div><div>10:30 ● Craft's with Lisa [CS]</div><div>1:00 ● BRIDGE [GR]</div><div>1:30 ● Friday Matinee Viewers Choice [E]</div><div>2:00 ● Colorful Designs [E]</div><div>3:30 ● Happy Hour with Charlie Selbert [E]</div><div>6:30 ● Games with Friends [E]</div><div>10</div></div>	<div><div>9:00 ● Morning Check In's with Makel [DR]</div><div>9:30 ● Morning Exercise with Makel [E]</div><div>10:15 ● Saturday Matinee - Singin' In The Rain(1952) [TH]</div><div>10:30 ● Joy Ride [L]</div><div>1:30 ● Let's play UNO [E]</div><div>2:30 ● BHU: Neighborly Nuggets [E]</div><div>3:30 ● Happy Hour [E]</div><div>6:30 ● Laughter is the Best Medicine - Favorite Comedy Shows [E]</div><div>11</div></div>
		<div><div>9:00 ● Morning Check In's with Makel [DR]</div><div>9:15 ● TV - Catholic Mass [TH]</div><div>10:00 ● Puzzles Anyone? [E]</div><div>10:30 ● Weekend Whoga [E]</div><div>1:15 ● Indoor Walking Club [L]</div><div>1:30 ● Praying the Rosary [TH]</div><div>2:00 ● BINGO [E]</div><div>3:30 ● Connie Luk plays the piano [GR]</div><div>3:30 ● Sunday Social [E]</div><div>6:30 ● Sunday Night Movies - Viewers Choice [TH]</div><div>12</div></div>	<div><div>9:00 ● Get a Jump on Your Day with Soroda [DR]</div><div>9:20 ● Morning Meditation [E]</div><div>9:30 ● Let's Work It Out !! [E]</div><div>10:15 ● Cranium Crunchers and Trivia [E]</div><div>11:15 ● Indoor Walking Club [L]</div><div>1:00 ● Shopping Trip- Schnucks [L]</div><div>2:00 ● Manicure Monday with Soroda [E]</div><div>3:30 ● Happy Hour [E]</div><div>6:30 ● Hallmark Movie Night [TH]</div><div>13</div></div>	<div><div>9:00 ● Morning Check In's with Sororda [DR]</div><div>9:30 ● Morning Workout with Soroda [E]</div><div>10:00 ● Bible Study with Chris Foeldi [E]</div><div>12:50 ● Visiting Mrs. Cockran's 2nd Grade Class ??? [L]</div><div>1:00 ● Puzzles and Word Search [E]</div><div>3:30 ● Happy Hour [E]</div><div>6:30 ● Games with Friends [E]</div><div>14</div></div>	<div><div>9:00 ● What's On For Today with Trish [DR]</div><div>9:30 ● Morning Workout with Trish [E]</div><div>11:15 ● Lunch Bunch -Cheese Cake Factory [L]</div><div>1:00 ● BRIDGE [GR]</div><div>1:30 ● Anna on Keys [GR]</div><div>3:00 ● A Comfortable Conversation of Current Events with Will Carpenter [TH]</div><div>3:30 ● Wine Down Wednesday [E]</div><div>6:00 ● Games with Makel [E]</div><div>15</div></div>	<div><div>9:00 ● What's On For Today with [DR]</div><div>9:30 ● Morning Workout with Makel [E]</div><div>10:00 ● Yappy Hour with Belle and Trudy [E]</div><div>11:00 ● UNO [E]</div><div>2:00 ● Vitality Ballet [E]</div><div>3:00 ● Let's Work on a Puzzle [E]</div><div>3:00 ● Rummikub [E]</div><div>3:30 ● Happy Hour [E]</div><div>6:30 ● "Throwback Thursday" - Favorite Sitcoms TV Shows [E]</div><div>16</div></div>	<div><div>9:00 ● What's On For Today with Makel [DR]</div><div>9:30 ● Commit to be Fit with RPI [E]</div><div>10:00 ● Crafty How Too's [CS]</div><div>10:15 ● Coffee and Conversation [E]</div><div>10:30 ● Bocce Ball [E]</div><div>10:30 ● Craft's with Lisa [CS]</div><div>1:30 ● BINGO with Cindy [E]</div><div>3:30 ● Happy Hour with Chad Evans [E]</div><div>6:30 ● Games with Friends [E]</div><div>17</div></div>	<div><div>9:00 ● Morning Check In's with Lauren [DR]</div><div>9:30 ● Vitality Ballet [E]</div><div>10:15 ● Saturday Matinee - The Graduate (1967) [TH]</div><div>10:30 ● Floor Games [E]</div><div>1:30 ● Join us for a game of Whoopee [E]</div><div>2:00 ● BHU: Neighborly Nuggets [E]</div><div>3:30 ● Happy Hour [E]</div><div>6:30 ● Laughter is the Best Medicine - Favorite Comedy Shows [E]</div><div>18</div></div>
<div><div>LOCATIONS</div><div>Lobby - L</div><div>Great Room - GR</div><div>Creative Studio - CS</div><div>Entertainment Room - E</div><div>Club Room - CR</div><div>Theater - T</div><div>Den - D</div></div> <div><div>Transportation Schedule</div><div>Monday - Shopping</div><div>Wednesday - Resident Outing</div><div>Please sign up at front desk</div></div> <div><div>SENIOR LIFESTYLE</div><div>Come grow with us!</div></div> <div><div>SENIOR LIFESTYLE</div><div>Unlimited options,</div><div>Unparalleled services</div></div> <div><div>WWW.SENIORLIFESTYLE.COM</div><div>Activities are subject to change</div></div>		<div><div>9:00 ● Morning Check In's with Lauren [DR]</div><div>9:15 ● TV - Catholic Mass [TH]</div><div>10:00 ● Puzzles Anyone? [E]</div><div>10:30 ● Weekend Whoga [E]</div><div>1:15 ● Indoor Walking Club [L]</div><div>1:30 ● Praying the Rosary [TH]</div><div>2:00 ● BINGO [E]</div><div>3:30 ● Connie Luk plays the piano [GR]</div><div>3:30 ● Sunday Social [E]</div><div>6:30 ● Sunday Night Movies - Viewers Choice [TH]</div><div>19</div></div>	<div><div>Martin Luther King, Jr. Day</div><div>9:00 ● Get a Jump on Your Day with Makel [DR]</div><div>9:20 ● Morning Meditation [E]</div><div>9:30 ● Let's Work It Out !! [E]</div><div>10:00 ● Inter-generational Music with Victoria [E]</div><div>11:15 ● Cranium Crunchers [E]</div><div>1:00 ● Mystery Joy Ride [L]</div><div>3:30 ● Happy Hour [E]</div><div>6:30 ● Hallmark Movie Night [TH]</div><div>20</div></div>	<div><div>9:00 ● Morning Check In's with Sororda [DR]</div><div>9:30 ● Morning Workout with Soroda [E]</div><div>10:00 ● Communion with Steve and Joy [E]</div><div>11:00 ● Random Acts of Kindness [E]</div><div>1:30 ● Armchair Vacations with Soroda [E]</div><div>3:30 ● Happy Hour [E]</div><div>3:30 ● Sing Along with Lizzie and Neil [E]</div><div>6:30 ● Games with Friends [E]</div><div>21</div></div>	<div><div>9:00 ● What's On For Today with Soroda [DR]</div><div>9:30 ● Morning Workout with Trish [E]</div><div>10:00 ● Practicing Random Acts of Kindness [E]</div><div>11:00 ● Chimes with Troy [E]</div><div>1:00 ● BRIDGE [GR]</div><div>1:30 ● Anna on Keys [GR]</div><div>3:30 ● Sing Along with Lizzie and Neil [E]</div><div>3:30 ● Wine Down Wednesday [E]</div><div>6:00 ● Family Forum [E]</div><div>22</div></div>	<div><div>9:00 ● What's On For Today with [DR]</div><div>9:30 ● Morning Workout with Makel [E]</div><div>10:00 ● Bocce Ball [E]</div><div>11:00 ● Left, Center, Right Dice Game [E]</div><div>2:00 ● What's Up With That? Rebecca and Andrew [E]</div><div>3:00 ● Rummikub [E]</div><div>3:30 ● Happy Hour [E]</div><div>6:30 ● "Throwback Thursday" - Favorite Sitcoms TV Shows [E]</div><div>23</div></div>	<div><div>9:00 ● What's On For Today with Makel [DR]</div><div>9:30 ● Commit to be Fit with RPI [E]</div><div>10:00 ● Crafty How Too's [CS]</div><div>10:15 ● Coffee and Conversation [E]</div><div>10:30 ● Bocce Ball [E]</div><div>10:30 ● Craft's with Lisa [CS]</div><div>1:00 ● BRIDGE [GR]</div><div>1:30 ● Floor Game Competition [E]</div><div>2:00 ● Colorful Designs [E]</div><div>3:30 ● Happy Hour with The Nit Pickers [E]</div><div>6:30 ● Games with Friends [E]</div><div>24</div></div>	<div><div>9:00 ● Morning Check In's with Makel [DR]</div><div>10:15 ● Joy Ride [L]</div><div>10:15 ● Saturday Matinee - Annie Hall (1977) [TH]</div><div>1:30 ● Kings in the Corner [E]</div><div>2:30 ● BHU: Neighborly Nuggets [E]</div><div>3:30 ● Happy Hour [E]</div><div>6:30 ● Laughter is the Best Medicine - Favorite Comedy Shows [E]</div><div>25</div></div>
		<div><div>9:00 ● Morning Check In's with Makel [DR]</div><div>9:15 ● TV - Catholic Mass [TH]</div><div>10:00 ● Puzzles Anyone? [E]</div><div>10:30 ● Weekend Whoga [E]</div><div>1:15 ● Indoor Walking Club [L]</div><div>1:30 ● Praying the Rosary [TH]</div><div>2:00 ● BINGO [E]</div><div>3:30 ● Sunday Social [E]</div><div>6:30 ● Sunday Night Movies - Viewers Choice [TH]</div><div>26</div></div>	<div><div>9:00 ● Get a Jump on Your Day with Soroda [DR]</div><div>9:20 ● Morning Meditation [E]</div><div>9:30 ● Let's Work It Out !! [E]</div><div>10:15 ● Cranium Crunchers and Trivia [E]</div><div>1:00 ● Shopping Trip [L]</div><div>2:00 ● Manicure Monday with Soroda [E]</div><div>3:30 ● Happy Hour [E]</div><div>6:30 ● Hallmark Movie Night [TH]</div><div>27</div></div>	<div><div>9:00 ● Morning Check In's with Sororda [DR]</div><div>9:30 ● Morning Workout with Soroda [E]</div><div>10:00 ● Bible Study with Chris Foeldi [E]</div><div>11:00 ● Resident Council Meeting [E]</div><div>1:30 ● Random Acts of Kindness [E]</div><div>2:00 ● Anyone want to play cards? [E]</div><div>3:30 ● Happy Hour [E]</div><div>6:30 ● Games with Friends [E]</div><div>28</div></div>	<div><div>9:00 ● What's On For Today with Trish [DR]</div><div>9:30 ● Morning Workout with Trish [E]</div><div>11:15 ● Guys Day Out with Dave [L]</div><div>1:00 ● BRIDGE [GR]</div><div>1:30 ● Anna on Keys [GR]</div><div>2:00 ● Setting Up for Casion Night [E]</div><div>3:30 ● Wine Down Wednesday [E]</div><div>6:00 ● Casion Night - "Roaring in the 20's" [E]</div><div>29</div></div>	<div><div>9:00 ● What's On For Today with [DR]</div><div>9:30 ● Morning Workout with Makel [E]</div><div>11:00 ● Odds and Ends [E]</div><div>12:00 ● YMCA Book Club [CR]</div><div>2:00 ● Town Hall Meeting for Staff [E]</div><div>2:30 ● Floor Games [E]</div><div>3:00 ● Chili Cook-off [B]</div><div>3:00 ● Rummikub [E]</div><div>3:30 ● Happy Hour [E]</div><div>6:30 ● "Throwback Thursday" - Favorite Sitcoms TV Shows [E]</div><div>30</div></div>	<div><div>9:00 ● What's On For Today with Makel [DR]</div><div>9:30 ● Commit to be Fit with RPI [E]</div><div>10:00 ● Crafty How Too's [CS]</div><div>10:15 ● Coffee and Conversation [E]</div><div>10:30 ● Bocce Ball [E]</div><div>10:30 ● Craft's with Lisa [CS]</div><div>1:00 ● BRIDGE [GR]</div><div>1:30 ● What do you know about your neighbor? [E]</div><div>2:30 ● Colorful Designs [E]</div><div>3:30 ● Happy Hour with E.J. Glaser [E]</div><div>6:30 ● Games with Friends [E]</div><div>31</div></div>	<div><div>2020</div></div>