The Sheridan at Chesterfield - Spring Break 2020

calendar & activities					Silci luaii at Gii	csterriciu – spr	ing Dicar 2020
MAR 2020	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CONNECTCONTRIBUTEFEELGROWMOVEREFLECT	9:00 • Morning Check In's with Lauren [DR] 9:15 • TV - Catholic Mass [TH] 10:00 • The Art of the Puzzel [E] 10:30 • Weekend Whoga [E] 11:00 • Knitting Club - "The Knitorious Knitters" [GR] 1:15 • Indoor Walking Club [L] 1:30 • Praying the Rosary [TH] 2:00 • BINGO [E] 3:30 • My Family Now Your Friends Happy Hour [E] 6:00 • Sunday Night Movies - "Butch Cassidy and The Sundance Kid" [TH]	9:00 • Get a Jump on Your Day with Soroda [DR] 9:20 • Morning Meditation [E] 9:30 • Let's Work It Out with Soroda [E] 10:00 • Banjo Music with Mark Raborn [E] 11:15 • Knock Knock it's ME! 1:00 • Shopping Trip - Schnucks [L] 1:00 • Walking Club - Count Your Steps [L] 2:00 • Manicure Monday with Soroda [E] 3:30 • Happy Hour [E] 4:00 • Let's Play Concentration [E] 6:00 • Movie Night - "Cast Away" 2000 [TH]	with Sororda [DR] 9:30 • Morning Workout with Soroda [E] 10:00 • Bible Study with Chris Foeldi [E] 10:15 • Knock Knock it's ME! 11:00 • Famous Woman - You Tube [E] 1:15 • Senior Discount Day at Walgreen's [L] 2:00 • Limerick Writing Contest [E]	9:00 • What's On For Today with Trish [DR] 9:30 • Morning Workout with Trish [E] 11:00 • Lunch Bunch - Cracker Barre [L] 1:00 • BRIDGE [GR] 1:30 • Anna on Keys [GR] 1:30 • Trip to the Library [L] 2:30 • Two Truths and a Lie [E] 3:30 • Wine Down Wednesday [E] 6:00 • Mini Manicures with Makel [E]	9:00 • What's On For Today with Makel [DR] 9:30 • Exercise Anyone? [E] 10:00 • Making Doggies Blankets for our Furry Friends [E] 10:30 • Let's hit a few golf balls. [E] 2:00 • Vitality Ballet [E] 3:15 • Girl Scout Cookie Tasting - Brownie Troop from Ascension "Snack & Chat" [E] 3:30 • Afternoon Social with our Brownies [E] 6:30 • "Throwback Thursday" - Favorite Sitcoms TV Shows [E]	9:00 • What's On For Today with Makel [DR] 9:30 • Commit to be Fit with RPI [E] 10:00 • Crafty How Too's [CS] 10:15 • What Happened this Day in History [E] 10:30 • Bocce Ball [E] 10:30 • Craft's with Lisa [CS] 1:00 • BRIDGE [GR] 1:15 • Knock Knock It's Me! 2:00 • Colorful Designs [E] 3:30 • Happy Hour with Mike Farmer [E] 6:00 • Games with Friends [E]	9:00 • Get a Jump on Your Day with Makel [DR] 9:30 • Vitality Ballet [E] 10:15 • The Audrey Hepburn Story 200 [TH] 11:00 • Walking Club - Count Your Steps [L] 1:30 • Joy Ride [L] 3:30 • Happy Hour [E] 6:00 • Laughter is the Best Medicine - Favorite Comedy Shows [E]
Resident Birthdays Sandy M. 3/3 David B. 3/5 Caryn F. 3/11	Daylight Saving Time Begins 9:00 • Morning Check In's with Makel [DR] 9:15 • TV - Catholic Mass [TH] 10:00 • The Art of the Puzzel [E] 10:30 • Weekend Whoga [E] 11:00 • Book Worms [GR] 1:15 • Indoor Walking Club [L] 1:30 • Praying the Rosary [TH] 2:00 • BINGO [E] 3:30 • Sunday Social [E] 6:00 • Sunday Night Movies - "The Sting" 1973 [TH]	9:00 • Get a Jump on Your Day with Soroda [DR] 9:20 • Morning Meditation [E] 9:30 • Let's Work It Out with Soroda [E] 10:15 • Cranium Crunchers and Trivia [E] 11:15 • Knock Knock it's ME! 1:00 • Let's Go to the Movies at Plaza Frontenac [L] 1:30 • The Art of the Puzzle [E] 3:30 • Happy Hour [E] 4:00 • Let's Play Concentration [E] 6:00 • Movie Night - "Sully" 2016 [TH]	In's with Sororda [DR] 9:30 Morning Workout with Soroda [D]	9:00 • What's On For Today with Trish [DR] 9:30 • Morning Workout with Trish [E] 11:00 • Chimes with Troy [E] 1:00 • BRIDGE [GR] 1:30 • Anna on Keys [GR] 2:00 • BINGO with Rob Robbins [E] 3:30 • Wine Down Wednesday [E] 6:00 • Movie Night - "A League of Their Own" 1992 [TH]	9:00 • What's On For Today with Makel [DR] 9:30 • Exercise Anyone? [E] 10:00 • Trivia Challenge with Joey [E] 11:00 • Odds and Ends [E] 2:00 • Vitality Ballet [E] 3:00 • Rummikub & UNO [E] 3:30 • Happy Hour [E] 6:30 • "Throwback Thursday" - Favorite Sitcoms TV Shows [E]	9:00 • What's On For Today with Makel [DR] 9:30 • Commit to be Fit with RPI [E] 10:00 • Crafty How Too's [CS] 10:15 • What Happened this Day in History [E] 10:30 • Bocce Ball [E] 10:30 • Craft's with Lisa [CS] 1:00 • BRIDGE [GR] 1:15 • Knock Knock It's Me! 2:00 • Colorful Designs [E] 3:30 • Happy Hour - Chad Evans [E] 6:00 • Games with Friends [E]	9:00 • Get a Jump on Your Day with Lauren [DR] 9:30 • Seated Exercise [E] 10:15 • Saturday Matinee - "Roman Holiday" 1954 [TH] 11:00 • Walking the Neighborhood [L] 1:30 • Puzzles Anyone? [E] 2:00 • Limerick Writing Contest [E] 3:30 • Happy Hour [E] 6:00 • Laughter is the Best Medicine - Favorite Comedy Shows [E]
LOCATIONS Lobby - L Great Room - GR Creative Studio - CS Entertainment Room - E Club Room - CR Theater - T	9:00 • Morning Check In's with Lauren [DR] 9:15 • TV - Catholic Mass [TH] 10:00 • The Art of the Puzzel [E] 10:30 • Weekend Whoga [E] 11:00 • Fact of the Week! [E] 1:15 • Indoor Walking Club [L] 1:30 • Praying the Rosary [TH] 2:00 • BINGO [E] 3:30 • Sunday Social [E] 6:00 • Sunday Night Movies - "The Natural" 1984 [E]	9:00 • Get a Jump on Your Day with Soroda [DR] 9:20 • Morning Meditation [E] 9:30 • Let's Work It Out with Soroda [E] 10:00 • Inter-generational Music with Victoria [E] 11:15 • Cranium Crunchers and Trivia [E] 1:00 • Limerick Writing Contest [E] 2:00 • Manicure Monday with Soroda [E] 3:30 • Happy Hour [E] 4:00 • Let's Play Concentration [E] 6:00 • Movie Night - "Apollo 13" 1995	10:15 • Knock Knock it's ME!	9:00 • What's On For Today with Trish [DR] 9:30 • Morning Workout with Makel [E] 10:15 • Orchid Show - Botanical Gardens & Lunch at Sassafras [L] 10:30 • Puzzles on your own [E] 11:00 • Bocce Ball [E] 1:00 • BRIDGE [GR] 1:30 • Anna on Keys [GR] 1:30 • God's Word for Today with Pastor Mike [GR] 3:30 • Wine Down Wednesday [E] 6:00 • Mini Manicures with Makel [E]		9:00 • What's On For Today with Makel [DR] 9:30 • Commit to be Fit with RPI [E] 10:00 • Crafty How Too's [CS] 10:15 • What Happened this Day in History [E] 10:30 • Bocce Ball [E] 10:30 • Craft's with Lisa [CS] 1:00 • BRIDGE [GR] 1:15 • Knock Knock It's Me! 1:30 • BINGO with Cindy Penning [E] 3:30 • Happy Hour with Charlie Selbert [E] 6:00 • Games with Friends [E]	9:00 • Get a Jump on Your Day with Makel [DR] 9:30 • Vitality Ballet [E] 10:15 • Saturday Matinee - "My Fair Lady" 1964 [TH] 11:00 • Walking the Neighborhood [L] 1:30 • Puzzles Anyone? [E] 2:30 • Clarkson School of Dance - Irish Dancers 3:30 • Happy Hour [E] 6:00 • Laughter is the Best Medicine - Favorite Comedy Shows [E]
Transportation Schedule Monday - Shopping Wednesday - Resident Outing Please sign up at front desk SENIOR LIFESTYLE Come grow with us!	9:00 • Morning Check In's with Makel [DR] 9:15 • TV - Catholic Mass [TH] 10:00 • The Art of the Puzzel [E] 10:30 • Weekend Whoga [E] 11:00 • Book Worms [GR] 1:15 • Indoor Walking Club [L] 1:30 • Praying the Rosary [TH] 2:00 • BINGO [E] 3:30 • Sunday Social [E] 6:00 • "Spring Break" Movies - "Where the Boys Are" 1960 [TH]	Spirit Week! Crazy Sock Day 9:00 • Get a Jump on Your Day with Soroda [DR] 9:20 • Morning Meditation [E] 9:30 • Let's Go to the Hop!! [E] 10:15 • Dog "Tails" with Diana, Joey and Lucie [E] 11:00 • Walking Club - Count Your Steps [L] 1:15 • Shopping Trip to Fantastic Finds [L] 2:00 • Manicure Monday with Soroda [E] 3:30 • Happy Hour [E] 4:00 • Let's Play Concentration [E] 6:00 • "Spring Break" Movies - "Palm Springs Weekend" 1963 [TH]	decade! 9:00 • Morning Check In's with Soroda [DR] 9:30 • Morning Workout with Soroda [E] 10:00 • Communion with Steve and Joy [E] 10:31 • Knock Knock it's ME! 10:30 • Food Committee [B] 11:00 • Random Acts of Kindness [E] 11:31 • Activities Club Meeting [E] 1:30 • Making Blankets for Our Four-Legged Friends [E] 3:30 • Happy Hour [E] 6:00 • "Spring Break" Movies - "Ride the Wild"	Spirit Week! Mad for Plaid 9:00 • What's On For Today with Trish [DR] 9:30 • Morning Workout with Trish [E] 10:00 • Bible Study with Jim [E] 1:00 • Chimes with Troy [E] 1:00 • Writing Gratitude letters for our staff [E] 1:30 • Anna on Keys [GR] 2:00 • Mid-week Manicures with Makel [E] 3:30 • Wine Down Wednesday [E] 5:45 • Family Forum - 5:45 - 7:00 [E]	Spirit Week! Sports Fans Day! 9:00 What's On For Today with Makel [DR] 9:30 Exercise Anyone? [E] 10:15 Sports Trivia [E] 12:00 Book Club [CR] 1:30 Cards and puzzles on your own. [GR] 2:00 Staff Town Hall Meeting [E] 3:00 Rummikub & UNO [E] 3:30 Happy Hour [E] 6:00 Spring Break" Movies - 1965	Spirit Week! Blue Jean Friday! 9:00 • What's On For Today with Makel [DR] 9:30 • Commit to be Fit with RPI [E] 10:00 • Crafty How Too's [CS] 10:15 • What Happened this Day in History [E] 10:30 • Bocce Ball [E] 10:30 • BRIDGE [GR] 1:15 • Knock Knock It's Me! 3:30 • Happy Hour with Eric Frederickson [E] 6:00 • "Spring Break" Movies - "Girl Happy" 1965 [TH]	9:00 • Get a Jump on Your Day with Lauren [DR] 9:30 • Seated Exercise [E] 10:15 • "Spring Break" Movies - "Revenge of the Nerds II" & "Nerds in Paradise" 1987 [TH] 11:00 • Walking the Neighborhood [L] 1:30 • Puzzles Anyone? [E] 2:00 • BHU: Neighborly Nuggets [E] 3:30 • Happy Hour [E] 6:00 • Laughter is the Best Medicine - Favorite Comedy Shows [E]
SENIOR LIFESTYLE	9:00 • Morning Check In's with Lauren [DR] 9:15 • TV - Catholic Mass [TH] 10:00 • The Art of the Puzzel [E] 10:30 • Weekend Whora [F]	Day with Soroda [DR] 9:20 Morning Meditation [E]	9:30 • Morning Workout with Soroda [E] 10:00 • Bible Study with Chris Foeldi [E]	Be	* 1	"The meeting of preparation	



"The meeting of preparation with opportunity generates the offspring we call luck."

— Anthony Robbins



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10:30 • Weekend Whoga [E]

11:00 • Fact of the Week! [E]

3:30 • Sunday Social [E]

2:00 • BINGO [E]

1:15 • Indoor Walking Club [L]

1:30 • Praying the Rosary [TH]

6:00 • Sunday Night Movies - "Out of Africa" 1985 [E]

10:15 • Cranium Crunchers and Trivia [E]

2:00 • Manicure Monday with Soroda [E]

4:00 • Let's Play Concentration [E] 6:00 • Movie Night - "You Got Mail" 1998 [TH]

1:00 • Shopping Trip [L]

3:30 • Happy Hour [E]

10:15 • Knock Knock it's ME!

2:00 • Food Committee [B]

6:00 • Games with Friends [E]

3:30 • Happy Hour [E]

11:00 • Activities Club Planning Meeting

1:30 • Making Fleece Blankets for our Four-Legged Friends [E]