

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

- CONNECT
- CONTRIBUTE
- FEEL
- GROW
- MOVE
- REFLECT

March cont'd 31

9:00 ● Morning Check In's with Shirley [DR]

9:15 ● TV - Catholic Mass [TH]

10:00 ● Puzzles Anyone? [E]

10:30 ● Weekend Whoga [E]

1:30 ● Praying the Rosary [TH]

2:00 ● BINGO [E]

3:30 ● Celebrating Doris Day's 97th Birthday [E]

6:30 ● Doris Day in "Please Don't Eat the Daisies" [TH]



"What good is the warmth of summer, without the cold of winter to give it sweetness."
 — John Steinbeck



9:00 ● What's On For Today? [DR] 1

9:30 ● Commit to be Fit with RPI [E]

10:00 ● Crafty How Too's [CS]

10:15 ● Wii Games [E]

10:30 ● Craft's with Lisa [CS]

1:30 ● Two Truths and a Lie [E]

3:30 ● Happy Hour with Lamar Pilsing [E]

6:30 ● Game Night [E]

9:00 ● Morning Check In's with Elina [DR] 2

9:30 ● Vitality Ballet [E]

10:00 ● Historical Documentaries - Season 1- Caernarvon Castle [TH]

10:15 ● Getting to know our neighbor [E]

11:00 ● Puzzles Anyone? [E]

2:00 ● Bundt Bake [CS]

3:00 ● Happy Hour [E]

6:30 ● Shuffle The Cards [E]

9:00 ● Morning Check In's with Shirley [DR] 3

9:15 ● TV - Catholic Mass [TH]

10:00 ● Puzzles Anyone? [E]

10:30 ● Commit to be Fit with RPI [E]

1:30 ● Praying the Rosary [TH]

2:00 ● BINGO [E]

3:30 ● Sunday Social [E]

6:30 ● Charles Dickens's Movie Month "Great Expectations" [TH]

9:00 ● What's On For Today? [DR] 4

9:30 ● Work out with Shirley [E]

10:00 ● Banjo Music with Mark Raborn [E]

10:00 ● Puzzles Anyone? [E]

1:30 ● Bocce Ball [GR]

1:30 ● Manicure Monday [E]

1:30 ● Shopping Trip - Schnucks [L]

3:30 ● Happy Hour [E]

6:30 ● Games on your own [E]

9:00 ● What's On For Today? [DR] 5

9:30 ● Get a Jump on Your Day [E]

9:45 ● Kick the bouncing ball [E]

10:00 ● Bible Study with Chris Foeldi [E]

11:15 ● What Goes Around...Comes Around [E]

12:00 ● Lunch Table Mix-Up [DR]

2:00 ● History of Mardi Gras [E]

3:00 ● Talkin' Mardi Gras with Chef Ben [E]

3:30 ● Mardi Gras Happy Hour [E]

6:30 ● Games with Friends [E]

9:00 ● What's On For Today? [DR] 6

9:30 ● Chair Exercise [E]

10:00 ● Good Samaritan Day [E]

1:30 ● Mid-week Manicures [E]

1:40 ● Mercury 13: The Woman of the Apollo Mission - Library [L]

2:00 ● Auditions???? [E]

3:15 ● Sing Along with Anna [GR]

3:30 ● Wine Down Wednesday [LR]

6:30 ● Laughter is the best Medicine - Favorite Comedy Shows [E]

9:00 ● What's On For Today? [DR] 7

9:30 ● Morning Workout [E]

10:15 ● Yappy Hour with Belle and Trudy [E]

11:15 ● Fill in the Blank [E]

2:00 ● Vitality Ballet [E]

3:00 ● Rummikub [E]

3:30 ● Happy Hour [E]

6:30 ● "Throwback Thursday" - Favorite Family TV Shows - Andy Griffith [E]

9:00 ● What's On For Today? [DR] 8

9:30 ● Commit to be Fit with RPI [E]

10:00 ● Crafty How Too's [CS]

10:15 ● Wii Games [E]

10:30 ● Craft's with Lisa [CS]

1:30 ● Word Scramble (States & Capitals) [E]

3:30 ● Happy Hour - Mark Nast [E]

6:30 ● Colorful Designs [E]

9:00 ● Morning Check In's [DR] 9

9:30 ● Silver Sneakers at The Sheridan [E]

10:00 ● Historical Documentaries - Season 1 - Sterling Castle [TH]

10:15 ● Joy Ride [L]

11:00 ● Poetry Corner [E]

2:00 ● Walking The Neighborhood [L]

3:30 ● Happy Hour [E]

6:30 ● SURPRISE: Game Time [E]

Daylight Saving Time Begins 10

9:00 ● Morning Check In's [DR]

9:15 ● TV - Catholic Mass [TH]

10:00 ● Puzzles Anyone? [E]

10:30 ● Weekend Whoga [E]

1:30 ● Praying the Rosary [TH]

3:00 ● My Family Now Your Friends Social [E]

3:30 ● Classical Guitar [GR]

6:30 ● Charles Dickens's Movie Month "Oliver!" [TH]

9:00 ● What's On For Today? [DR] 11

9:30 ● Work out with Shirley [E]

10:00 ● Remember When???? [E]

12:00 ● Family Style Fried Chicken Lunch with Shirley & Trish RSVP [CR]

1:30 ● Bocce Ball [GR]

1:30 ● Manicure Monday [E]

2:00 ● What's in the bag? [E]

3:30 ● Happy Hour [E]

6:30 ● Card Partners [E]

9:00 ● What's On For Today? [DR] 12

9:30 ● Get a Jump on Your Day [E]

9:45 ● Kick the bouncing ball [E]

10:00 ● Communion Service with Chris Foeldi [E]

11:15 ● TV Families Game? [E]

12:00 ● Lunch Table Mix-Up [DR]

2:00 ● CARDO Sheridan Style [E]

3:30 ● Happy Hour [E]

6:30 ● Games with Friends [E]

9:00 ● What's On For Today? [DR] 13

9:30 ● Dancin' to the Oldies [DR]

10:00 ● Your Language as a Sign [E]

11:00 ● Chimes with Troy [E]

1:30 ● Mid-week Manicures [E]

2:30 ● Life Stories - Mike Donio [E]

3:30 ● Wine Down Wednesday [E]

6:30 ● Laughter is the best Medicine - Favorite Comedy Shows [E]

9:00 ● What's On For Today? [DR] 14

9:30 ● Morning Workout [E]

10:00 ● Trivia with Joey [E]

2:00 ● Vitality Ballet [E]

3:00 ● Rummikub [E]

3:30 ● Happy Hour [E]

6:30 ● "Throwback Thursday" - Favorite Family TV Shows - My Three Sons [E]

9:00 ● What's On For Today? [DR] 15

9:30 ● Commit to be Fit with RPI [E]

10:00 ● Crafty How Too's [CS]

10:15 ● Wii Games [E]

10:30 ● Craft's with Lisa [CS]

1:30 ● Hobby Day

3:30 ● Happy Hour - Mike Farmer [E]

6:30 ● Puzzles and Word Search [E]

9:00 ● Morning Check In's with Elina [DR] 16

9:30 ● Vitality Ballet [E]

10:00 ● Historical Documentaries - Season 1 - Carrick Fergus Castle [TH]

10:15 ● Getting to know our neighbor [E]

11:00 ● Puzzles Anyone? [E]

2:00 ● Shamrock Cookie Bake [CS]

3:30 ● Happy Hour [E]

6:30 ● Shuffle The Cards [E]

St. Patrick's Day 17

9:00 ● Dress Code of the Day is GREEN!! [DR]

9:00 ● Morning Check In's with Shirley [DR]

9:15 ● TV - Catholic Mass [TH]

10:00 ● Weekend Whoga [E]

10:30 ● Everything Irish [E]

1:30 ● Praying the Rosary [TH]

2:00 ● BINGO [E]

3:30 ● Irish Social [E]

6:30 ● Charles Dickens's Movie Month "David Copperfield" [TH]

9:00 ● What's On For Today? [DR] 18

9:30 ● Work out with Shirley [E]

10:15 ● Inter-generational Music with Victoria [E]

12:30 ● BRIDGE - YMCA [L]

1:30 ● Bocce Ball [GR]

1:30 ● Manicure Monday [E]

1:30 ● Resident Spouse Support Group with Cindy [TH]

3:30 ● Happy Hour [E]

6:30 ● Shuffle the Cards [E]

9:00 ● What's On For Today? [DR] 19

9:30 ● Get a Jump on Your Day [E]

9:45 ● Kick the bouncing ball [E]

10:00 ● Bible Study with Chris Foeldi [E]

11:15 ● What Goes Around...Comes Around [E]

12:00 ● Lunch Table Mix-Up [DR]

1:40 ● History of the National Parks - Library [L]

3:30 ● Happy Hour [E]

6:30 ● Games with Friends [E]

9:00 ● What's On For Today? [DR] 20

9:30 ● Whoga [E]

10:00 ● Bocce Ball [E]

11:00 ● Name That Tune [E]

1:30 ● Mid-week Manicures [E]

2:00 ● Discover Versa Notch Building Blocks

3:00 ● Auditions ????? [E]

3:30 ● Wine Down Wednesday [E]

6:30 ● Laughter is the best Medicine - Favorite Comedy Shows [E]

9:00 ● What's On For Today? [DR] 21

9:30 ● Morning Workout [E]

10:15 ● Yappy Hour with Belle and Trudy [E]

2:00 ● Vitality Ballet [E]

3:00 ● Rummikub [E]

3:30 ● Happy Hour [E]

6:30 ● "Throwback Thursday" - Favorite Family TV Shows - Donna Reed [E]

9:00 ● What's On For Today? [DR] 22

9:30 ● Commit to be Fit with RPI [E]

10:00 ● Crafty How Too's [CS]

10:15 ● Wii Games [E]

10:30 ● Craft's with Lisa [CS]

1:30 ● Word Scramble (Countries) [E]

3:30 ● Happy Hour - Eric Frederickson [E]

6:30 ● Game of Choice [E]

9:00 ● Morning Check In's [DR] 23

9:30 ● Silver Sneakers at The Sheridan [E]

10:00 ● Historical Documentaries - Season 1 - Edinburgh Castle [TH]

10:15 ● Joy Ride [L]

11:00 ● Poetry Corner [E]

2:00 ● Walking The Neighborhood [L]

3:30 ● Happy Hour [E]

6:30 ● SURPRISE: Game Time [E]

9:00 ● Morning Check In's [DR] 24

9:15 ● TV - Catholic Mass [TH]

10:00 ● Puzzles Anyone? [E]

10:30 ● Weekend Whoga [E]

1:30 ● Praying the Rosary [TH]

2:00 ● BINGO [E]

3:30 ● Sunday Social [E]

6:30 ● Charles Dickens's Movie Month "A Tale of Two Cities" [TH]

9:00 ● What's On For Today? [DR] 25

9:15 ● Visiting Mrs. Cockran's Kindergarten Class [L]

9:30 ● Work out with Shirley [E]

10:15 ● Friend or Foe? [E]

1:30 ● Bocce Ball [GR]

1:30 ● Manicure Monday [E]

3:00 ● Lizzie and Neil [E]

3:30 ● Happy Hour [E]

6:30 ● Card Partners [E]

9:00 ● What's On For Today? [DR] 26

9:30 ● Get a Jump on Your Day [E]

9:45 ● Kick the bouncing ball [E]

10:00 ● Communion Service with Chris Foeldi [E]

11:00 ● Resident Council Meeting [E]

11:30 ● Food Club [E]

12:00 ● Lunch Table Mix-Up [DR]

2:00 ● CARDO Sheridan Style [E]

3:30 ● Happy Hour [E]

6:30 ● Games with Friends [E]

9:00 ● What's On For Today? [DR] 27

9:30 ● Morning Workout [E]

10:00 ● Good Samaritan Report Card [E]

11:00 ● Chimes with Troy [E]

1:30 ● Mid-week Manicures [E]

2:30 ● Bible Study with Jim [E]

3:15 ● Sing Along with Anna [GR]

3:30 ● Wine Down Wednesday [GR]

6:30 ● Laughter is the best Medicine - Favorite Comedy Shows [E]

9:00 ● What's On For Today? [DR] 28

9:30 ● Morning Workout [E]

10:00 ● Ted Talks

11:45 ● Book Club- YMCA "Sarah's Key" by Tatiana de Rosnay [L]

2:00 ● Colorful Designs [E]

3:00 ● Rummikub [E]

3:30 ● Happy Hour [E]

6:30 ● "Throwback Thursday" - Favorite Family TV Shows - Father Knows Best [E]

9:00 ● What's On For Today? [DR] 29

9:30 ● Commit to be Fit with RPI [E]

10:00 ● Crafty How Too's [CS]

10:15 ● Wii Games [E]

10:30 ● Craft's with Lisa [CS]

1:30 ● Two Truths and a Lie [E]

3:30 ● Happy Hour - Chad Evans [E]

6:00 ● Pick Your Game or Puzzle [E]

9:00 ● Morning Check In's with Elina [DR] 30

9:30 ● Morning Workout [E]

10:00 ● Historical Documentaries - Season 1- Medieval Castle Tour [TH]

10:15 ● Let's Take a Tour of St. Louis [L]

11:00 ● Ring Toss [E]

2:00 ● Repeat The Rhyme [E]

3:30 ● Happy Hour [E]

6:30 ● Shuffle The Cards [E]

LOCATIONS
 Lobby - L
 Great Room - GR
 Creative Studio - CS
 Entertainment Room - E
 Club Room - CR
 Theater - T
 Den - D

Transportation Schedule
 Monday - Shopping
 Wednesday - Resident
 Outing

Please sign up at front desk

Residents Birthdays:
 March 3rd - Sandy M.
 March 5th - David B.
 March 11th - Caryn F.
 March 22nd - John H.

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