May 2021 Monthly Activities The Sheridan at Chesterfield Sunday Monday Tuesday Wednesday Thursday Friday Saturday Be Sure to Wear Your May cont'd **Be Sure to Wear** MASK !!!!! WOMENS Your MASK !!!!! **Resident Birthdays** 9:30 • Knock Knock it's **Be Sure to Wear Memorial Day** enrich Your MASK !!!!! Sylvia F. 5/1 10:00 • Whoga [E] 10:00 • Exercise with 11:00 • May Day Morning Craft -10:00 • Weekend 5/6 Joseph B. Laura [E] Hawaiian Lei [E] HISTOR Whoaga [E] 5/18 1:30 • SMILE AND SWAY - Seated 10:45 • Coffee and James M. WWW.SENIORLIFESTYLE.COM 2:00 • **BINGO [E]** Movement Program [E] Conversation [E] Gail D. 5/27 ALOHA Punch on the Patio Activities are subject to change 3:00 • Sunday 4:00 • Mini Social Hour 6:00 • Kentucky Derby Estelle W. 5/31 Matinee [E] [E] Be Sure to Wear Your **Be Sure to Wear Be Sure to Wear** MASK !!!!! MASK !!!!! MASK !!!!! MASK !!!!! MASK !!!!! Your MASK !!!!! Your MASK !!!!! 10:00 • Weekend 10:00 • Exercise with 10:00 • Exercise with 10:00 • Whoga [E] 10:00 • Exercise with 10:00 • Whoga [E] 9:30 • Knock 10:45 • SMILE AND SWAY -Laura [E] Laura [E] Whoaga [E] Mike from RPI [E] SENIOR 10:45 • FRIDAY MORNING Knock it's ME! 11:00 • Anna Plays Hymns at the 11:00 • Monday Morning Coffee, 11:00 Coffee and Coloring with Seated Movement 10:45 • Chair Dancing -Keys [GR] Coloring and Conversation Laura - Mexican Mayan Program [E] **CREATIONS [CS]** 10:00 🌘 Whoga [E] Exercise [E] LIFESTYLE SMILE AND SWAY -1:30 • BINGO with Linda [E] Masks 1:00 2:00 • Friday Afternoon 11:00 May Day is Lei Day 2:00 • Tasty Creations - [GR] Seated Movement 2:00 • Tasty Creations - RED 2:00 • Tuesday Travels - MEXICO 3:00 • Sunday Matinee and 4:00 • Wine Not Wednesday Tea and Reflection in Hawaii Ne Social - BLUE HAWAII [E] **VELVET COOKIES [CS]** [CS] Program [E] your life, your style [E] 3:30 • Monday Social Hour with 2:00 • Anna at the Keys [GR] [CS] 2:00 • **BINGO [E]** 4:00 • Mini Social Hour [E] 6:00 • Monday Night at the Trivia [E] 3:00 • Thirsty Thursday Drink Movies - SWING VOTE 4:30 • Tuesday Night at the 3:00 • Saturday Matinee 6:00 Monday Night at the Movies - YOU'VE GOT Special [E] [E] Movies - SWING VOTE MAIL - HULU Be Sure to Wear Your Be Sure to Wear Your Be Sure to Wear Be Sure to Wear **Be Sure to Wear Be Sure to Wear Be Sure to Wear** MASK !!!!! MASK !!!!! Your MASK !!!!! CONNECT 10:00 • Whoga [E] 10:00 • Exercise with 10:00 • Whoga [E] 10:00 ● Exercise with 9:30 • Knock Knock **Mother's Day** 10:45 • SMILE AND SWAY -10:00 • WHOGA [E] Mike from RPI [E] 10:45 • FRIDAY MORNING FEEL Seated Movement Laura [E] 10:45 • Chair Dancing it's ME! 2:00 • Crafty 10:00 • Weekend Program [E] **CREATIONS [CS]** Exercise [E] 10:45 • Coffee and GROW SMILE AND SWAY -10:00 🌘 Whoga [E] 1:00 Whoaga [E] Creations! 2:00 • Friday Afternoon 2:00 • Tasty Creations - [GR] Conversation [E] Seated Movement 2:00 • **BINGO [E]** [CS] Tea and Reflection MOVE 4:00 • Wine Not Wednesday 2:00 • **BINGO [E]** Program [E] 4:00 • Mini Social Hour 3:00 • Saturday [CS] 2:00 • Anna at the Keys [GR] 4:00 • Mini Social 3:00 • Sunday REFLECT [E] 3:00 • Thirsty Thursday Drink Matinee [E] Hour [E] Matinee [E] Special [E] Be Sure to Wear Your Be Sure to Wear Your **Be Sure to Wear** Be Sure to Wear **Be Sure to Wear** Be Sure to Wear **Be Sure to Wear** MASK !!!!! MASK !!!!! Your MASK !!!!! 10:00 • Whoga [E] 10:00 • Exercise with 10:00 • WHOGA 10:00 • Whoga [E] 10:00 • Exercise with 10:45 • SMILE AND SWAY -9:30 • Knock Knock 10:00 • Weekend Mike from RPI [E] 10:45 • FRIDAY MORNING [E] Seated Movement Laura [E] 10:45 • Chair Dancing it's ME! Whoaga [E] 11:00 • Feel Good Book Program [E] **CREATIONS [CS]** Exercise [E] 10:45 • Coffee and SMILE AND SWAY -10:00 🌘 Whoga [E] 1:00 2:00 • **BINGO [E]** Club [GR] 2:00 • Friday Afternoon 2:00 • Tasty Creations - [GR] Conversation [E] Seated Movement 2:00 • **BINGO [E]** 2:00 • Crafty Creations! 4:00 • Wine Not Wednesday Tea and Reflection 3:00 • Sunday Program [E] 4:00 • Mini Social Hour [CS] [E] [CS] 3:00 • Saturday 2:00 • Anna at the Keys [GR] Matinee [E] [E] 3:00 • Thirsty Thursday Drink 4:00 • Mini Social Hour **Location Keys** Matinee [E] Special [E] [E] CS **Creative Studio** Be Sure to Wear Your Be Sure to Wear Your Be Sure to Wear Be Sure to Wear **Be Sure to Wear Entertainment Room Be Sure to Wear Be Sure to Wear** MASK !!!!! MASK !!!!! **∠O** Your MASK !!!!! **Great Room** 10:00 • Whoga [E] 10:00 • Exercise with 10:00 • Whoga [E] 9:30 • Knock 10:00 ● Exercise with 10:45 • SMILE AND SWAY -10:00 • WHOGA [E] 10:00 • Weekend Mike from RPI [E] 10:45 • FRIDAY MORNING Knock it's ME! Seated Movement Laura [E] 10:45 • Chair Dancing -Whoaga [E] 2:00 • Crafty Program [E] CREATIONS [CS] 10:00 • Whoga [E] 10:45 • Coffee and Exercise [E] SMILE AND SWAY -2:00 • **BINGO [E]** 1:00 Creations! 2:00 • Friday Afternoon 2:00 • **BINGO [E]** 2:00 • Tasty Creations - [GR] Conversation [E] Seated Movement [CS] 4:00 • Wine Not Wednesday Tea and Reflection 3:00 • Saturday Matinee 3:00 • Sunday Program [E] **Mini Social Hour** 4:00 [E] [CS] [E] 2:00 • Anna at the Keys [GR] 4:00 • Mini Social Matinee [E] [E] 3:00 • Thirsty Thursday Drink Hour [E] Special [E] Continued at top