


	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>SENIOR LIFESTYLE your life, your style</p>	<p>January cont'd 31</p> <p>Make a New Year's Resolution to attend exercise classes in the Sunroom Monday through Saturday at 10 am and earn 20 in Sheridan Cash for our weekly auctions-all classes can be done from a chair</p> <p>9:00 • Stream of ASL LDS meeting in the Movie Theater [MT]</p> <p>10:30 • LDS Church-Come Follow me Lesson: Make sure to follow social distancing guidelines in the sunroom [S]</p> <p>1:00 • Stream of ASL LDS meeting in the Movie Theater [MT]</p> <p>1:30 • Gentle Chair Yoga 2 [CS]</p> <p>2:30 • Bingo!! [CS]</p> <p>3:40 • Sunday Afternoon Movie [MT]</p> <p>5:00 • Music with our Wonderful Carolyn the Piano Lady</p>	<p>Resident Birthdays</p> <p>Garrett P. 1/1</p> <p>Winona P. 1/1</p> <p>Robert K. 1/1</p> <p>Marjean K. 1/1</p> <p>Dale K. 1/1</p> <p>Janet L. 1/1</p> <p>Gloria D. 1/19</p> <p>Toyoko S. 1/20</p> <p>Lorraine T. 1/29</p> <p>Thomas S. 1/31</p>					
	<p>3</p> <p>Make a New Year's Resolution to attend exercise classes in the Sunroom Monday through Saturday at 10 am and earn 20 in Sheridan Cash for our weekly auctions-all classes can be done from a chair</p> <p>9:00 • Stream of ASL LDS meeting in the Movie Theater [MT]</p> <p>10:30 • LDS Church-Come Follow me Lesson: Make sure to follow social distancing guidelines in the sunroom [S]</p> <p>1:30 • Gentle Chair Yoga 2 [CS]</p> <p>2:30 • Bingo!! [CS]</p> <p>3:40 • Sunday Afternoon Movie-Reese Witherspoon in Walk the Line [MT]</p> <p>5:00 • Music with our Wonderful Carolyn the Piano Lady</p>	<p>4</p> <p>10:00 • Fall Prevention Class-Flow with Flexibility [S]</p> <p>10:30 • Better Together Kick off-- Learning about World Religions Month [CS]</p> <p>11:00 • Bocci Ball in the hallway on the second floor</p> <p>2:00 • Wii Bowling [CS]</p> <p>3:00 • Monday Movie-Robin Williams in God Will Hunting [MT]</p> <p>5:00 • Music with our Wonderful Carolyn the Piano Lady</p>	<p>5</p> <p>10:00 • Fall Prevention-Kickboxing!! [CS]</p> <p>10:30 • Come Join us for an exciting new activity-Community Crosswords [S]</p> <p>11:30 • Educational Class on Christianity 101 [CS]</p> <p>1:30 • Tuesday Afternoon Movie-Nia Vardalos in My Big Fat Greek Wedding [MT]</p> <p>2:30 • Bingo!! [CS]</p> <p>2:30 • Staff Shopping for Residents-Drop your lists off at the front desk</p> <p>3:30 • Wii Archery!! [CS]</p> <p>5:00 • Music with our Wonderful Carolyn the Piano Lady</p>	<p>6</p> <p>Look for the Weekly Scavenger Hunt in the Sheridan Gazette-Complete for 100-in Sheridan Cash-This weeks theme will be lets learn about Islam</p> <p>10:00 • Join us Zoom Yoga with Crystal!! [CS]</p> <p>10:30 • Weekly Silent Auction 10:30-4 in the front foyer</p> <p>10:30 • Word Games-Fall [CS]</p> <p>1:30 • Wednesday Afternoon at the Movies-Jennifer Lopez in Maid in Manhattan [MT]</p> <p>2:00 • Social distancing Bunco [CS]</p> <p>5:00 • Music with our Wonderful Carolyn the Piano Lady</p>	<p>7</p> <p>10:00 • Fall Prevention Class-Tai Chi [CS]</p> <p>10:30 • Hope Squad-Karma and Random Acts of Kindness Program [CS]</p> <p>11:30 • Win Sheridan Cash and learn how to play Bocci Ball - the second floor hallway</p> <p>1:30 • Thursday Afternoon Movie Thriller-Tom Hanks in The Davinci Code [MT]</p> <p>2:30 • Afternoon Scenic Drive to see the Buddhist Temple-Sign up today seating is limited</p> <p>3:00 • Arts and Crafts-Cross Craft on canvas [CS]</p> <p>5:00 • Music with our Wonderful Carolyn the Piano Lady</p>	<p>8</p> <p>10:00 • Fall Prevention Class-Balance Boogie</p> <p>10:30 • Sheridan Book Club-Come join us to read the book "The 5 People you meet in Heaven" [S]</p> <p>11:00 • Basketball-Come play and Win Sheridan Cash!! [CS]</p> <p>1:30 • Friday Afternoon at the Movies-Channing Tatum in The Vow [MT]</p> <p>2:30 • Ice Cream Social [CS]</p> <p>3:00 • One Wagon Three Wheels [CS]</p> <p>5:00 • Music with our Wonderful Carolyn the Piano Lady</p>	<p>9</p> <p>10:00 • Fall Prevention Class-Stability Class #1 [CS]</p> <p>10:30 • Community Crosswords-Come join us for a good time and Sheridan Cash for all participants!! [CS]</p> <p>1:30 • Saturday Afternoon at the Movies-Robert Redford in The Horse Whisperer [MT]</p> <p>2:30 • Bible Bingo!! [CS]</p> <p>3:30 • Wii Bowling-Come Play and Win Sheridan Cash!! [CS]</p> <p>5:00 • Music with our Wonderful Carolyn the Piano Lady</p>
	<p>10</p> <p>Make a New Year's Resolution to attend exercise classes in the Sunroom Monday through Saturday at 10 am and earn 20 in Sheridan Cash for our weekly auctions-all classes can be done from a chair</p> <p>9:00 • Stream of ASL LDS meeting in the Movie Theater [MT]</p> <p>10:30 • LDS Church-Come Follow me Lesson: Make sure to follow social distancing guidelines in the sunroom [S]</p> <p>1:00 • Stream of ASL LDS meeting in the Movie Theater [MT]</p> <p>1:30 • Gentle Chair Yoga 2 [CS]</p> <p>2:30 • Bingo!! [CS]</p> <p>3:40 • Sunday Afternoon Movie [MT]</p> <p>5:00 • Music with our Wonderful Carolyn the Piano Lady</p>	<p>11</p> <p>10:00 • Fall Prevention Class-Flow with Flexibility [S]</p> <p>10:30 • I am Blessed because... [CS]</p> <p>11:00 • Bocci Ball in the hallway on the second floor</p> <p>2:00 • Wii Bowling [CS]</p> <p>3:00 • Monday Movie Madness [MT]</p> <p>5:00 • Music with our Wonderful Carolyn the Piano Lady</p>	<p>12</p> <p>10:00 • Fall Prevention-Kickboxing!! [CS]</p> <p>10:30 • Come Join us for an exciting new activity-Community Crosswords [S]</p> <p>11:30 • Educational Class -Buddhism 101 [CS]</p> <p>1:30 • Tuesday Afternoon Movie-[MT]</p> <p>2:30 • Bingo!! [CS]</p> <p>2:30 • Staff Shopping for Residents-Drop your lists off at the front desk</p> <p>3:30 • Wii Archery!! [CS]</p> <p>5:00 • Music with our Wonderful Carolyn the Piano Lady</p>	<p>13</p> <p>Look for the Weekly Scavenger Hunt in the Sheridan Gazette-Complete for 100-in Sheridan Cash-This weeks theme is let's learn about Hinduism</p> <p>10:00 • Join us Zoom Yoga with Crystal!! [CS]</p> <p>10:30 • Weekly Silent Auction 10:30-4 in the front foyer</p> <p>11:00 • Mandalas and Meditation</p> <p>1:30 • Wednesday Afternoon at the Movies [MT]</p> <p>2:00 • Social distancing Bunco [CS]</p> <p>5:00 • Music with our Wonderful Carolyn the Piano Lady</p>	<p>14</p> <p>10:00 • Fall Prevention Class-Tai Chi [CS]</p> <p>10:30 • Hope Squad-Karma and Random Acts of Kindness Program [CS]</p> <p>11:30 • Win Sheridan Cash and learn how to play Bocci Ball - the second floor hallway</p> <p>1:30 • Thursday Afternoon Movie Thriller [MT]</p> <p>2:30 • Afternoon Scenic Drive-To see the Cathedral of the Madeline</p> <p>3:00 • Arts and Crafts-Tzedakah Boxes [CS]</p> <p>5:00 • Music with our Wonderful Carolyn the Piano Lady</p>	<p>15</p> <p>10:00 • Fall Prevention Class-Balance Boogie</p> <p>10:30 • Sheridan Book Club-Come join us to read the book "The 5 People you meet in Heaven" [S]</p> <p>11:00 • Basketball-Come play and Win Sheridan Cash!! [CS]</p> <p>1:30 • Friday Afternoon at the Movies-[MT]</p> <p>2:30 • Ice Cream Social [CS]</p> <p>3:00 • Bingo!! [CS]</p> <p>5:00 • Music with our Wonderful Carolyn the Piano Lady</p>	<p>16</p> <p>10:00 • Fall Prevention Class-Stability Class #1 [CS]</p> <p>10:30 • Community Crosswords-Come join us for a good time and Sheridan Cash for all participants!! [CS]</p> <p>1:30 • Saturday Afternoon at the Movies [MT]</p> <p>2:30 • Bible Bingo!! [CS]</p> <p>3:30 • Wii Bowling-Come Play and Win Sheridan Cash!! [CS]</p> <p>5:00 • Music with our Wonderful Carolyn the Piano Lady</p>
	<p>17</p> <p>Make a New Year's Resolution to attend exercise classes in the Sunroom Monday through Saturday at 10 am and earn 20 in Sheridan Cash for our weekly auctions-all classes can be done from a chair</p> <p>9:00 • Stream of ASL LDS meeting in the Movie Theater [MT]</p> <p>10:30 • LDS Church-Come Follow me Lesson: Make sure to follow social distancing guidelines in the sunroom [S]</p> <p>1:00 • Stream of ASL LDS meeting in the Movie Theater [MT]</p> <p>1:30 • Gentle Chair Yoga 2 [CS]</p> <p>2:30 • Bingo!! [CS]</p> <p>3:40 • Sunday Afternoon Movie [MT]</p> <p>5:00 • Music with our Wonderful Carolyn the Piano Lady</p>	<p>18</p> <p>10:00 • Fall Prevention Class-Flow with Flexibility [S]</p> <p>10:30 • Come Be Inspired by Martin Luther King's "I have a Dream" Speech [CS]</p> <p>11:00 • Bocci Ball in the hallway on the second floor</p> <p>2:00 • Wii Bowling [CS]</p> <p>3:00 • Monday Movie Madness [MT]</p> <p>5:00 • Music with our Wonderful Carolyn the Piano Lady</p>	<p>19</p> <p>10:00 • Fall Prevention-Kickboxing!! [CS]</p> <p>10:30 • Come Join us for an exciting new activity-Community Crosswords [S]</p> <p>11:30 • Educational class-Let's learn about Tibetan Prayer Rugs [CS]</p> <p>1:30 • Tuesday Afternoon Movie-[MT]</p> <p>2:30 • Bingo!! [CS]</p> <p>2:30 • Staff Shopping for Residents-Drop your lists off at the front desk</p> <p>3:30 • Wii Archery!! [CS]</p> <p>5:00 • Music with our Wonderful Carolyn the Piano Lady</p>	<p>20</p> <p>Look for the Weekly Scavenger Hunt in the Sheridan Gazette-Complete for 100-in Sheridan Cash-The Theme this week is let's learn about Catholicism</p> <p>10:00 • Join us Zoom Yoga with Crystal!! [CS]</p> <p>10:30 • Weekly Silent Auction 10:30-4 in the front foyer</p> <p>11:00 • World Religions Word Games [CS]</p> <p>1:30 • Wednesday Afternoon at the Movies [MT]</p> <p>2:00 • Educational Cooking Demonstration of the making of Challah Bread-Please come enjoy this Zoom class by 12 year old Ivie Gottlieb [CS]</p> <p>5:00 • Music with our Wonderful Carolyn the Piano Lady</p>	<p>21</p> <p>10:00 • Fall Prevention Class-Tai Chi [CS]</p> <p>10:30 • Hope Squad-Karma and Random Acts of Kindness Program [CS]</p> <p>11:30 • Win Sheridan Cash and learn how to play Bocci Ball - the second floor hallway</p> <p>1:30 • Thursday Afternoon Movie Thriller [MT]</p> <p>2:30 • Afternoon Scenic Drive to see LDS Temples-Sign up today seating is limited</p> <p>3:00 • Arts and Crafts-Making Center pieces for Dining room tables [CS]</p> <p>5:00 • Music with our Wonderful Carolyn the Piano Lady</p>	<p>22</p> <p>10:00 • Fall Prevention Class-Balance Boogie</p> <p>10:30 • Sheridan Book Club-Come join us to read the book "The 5 People you meet in Heaven" [S]</p> <p>11:00 • Basketball-Come play and Win Sheridan Cash!! [CS]</p> <p>1:30 • Friday Afternoon at the Movies-[MT]</p> <p>2:30 • Ice Cream Social [CS]</p> <p>3:00 • Bingo!! [CS]</p> <p>5:00 • Music with our Wonderful Carolyn the Piano Lady</p>	<p>23</p> <p>10:00 • Fall Prevention Class-Stability Class #1 [CS]</p> <p>10:30 • Community Crosswords-Come join us for a good time and Sheridan Cash for all participants!! [CS]</p> <p>1:30 • Saturday Afternoon at the Movies [MT]</p> <p>2:30 • Bible Bingo!! [CS]</p> <p>3:30 • Wii Bowling-Come Play and Win Sheridan Cash!! [CS]</p> <p>5:00 • Music with our Wonderful Carolyn the Piano Lady</p>
	<p>24</p> <p>Make a New Year's Resolution to attend exercise classes in the Sunroom Monday through Saturday at 10 am and earn 20 in Sheridan Cash for our weekly auctions-all classes can be done from a chair</p> <p>9:00 • Stream of ASL LDS meeting in the Movie Theater [MT]</p> <p>10:30 • LDS Church-Come Follow me Lesson: Make sure to follow social distancing guidelines in the sunroom [S]</p> <p>1:00 • Stream of ASL LDS meeting in the Movie Theater [MT]</p> <p>1:30 • Gentle Chair Yoga 2 [CS]</p> <p>2:30 • Bingo!! [CS]</p> <p>3:40 • Sunday Afternoon Movie [MT]</p> <p>5:00 • Music with our Wonderful Carolyn the Piano Lady</p>	<p>25</p> <p>10:00 • Fall Prevention Class-Flow with Flexibility [S]</p> <p>10:30 • Gods, Religions, and Idols Trivia [CS]</p> <p>11:00 • Bocci Ball in the hallway on the second floor</p> <p>1:30 • Resident Council Meeting-All Residents are invited to Attend [S]</p> <p>2:00 • Wii Bowling [CS]</p> <p>3:00 • Monday Movie Madness [MT]</p> <p>5:00 • Music with our Wonderful Carolyn the Piano Lady</p>	<p>26</p> <p>10:00 • Fall Prevention-Kickboxing!! [CS]</p> <p>10:30 • Come Join us for an exciting new activity-Community Crosswords [S]</p> <p>11:30 • Virtual Mecca [CS]</p> <p>1:30 • Tuesday Afternoon Movie-[MT]</p> <p>2:30 • Bingo!! [CS]</p> <p>2:30 • Staff Shopping for Residents-Drop your lists off at the front desk</p> <p>3:30 • Wii Archery!! [CS]</p> <p>5:00 • Music with our Wonderful Carolyn the Piano Lady</p>	<p>27</p> <p>Look for the Weekly Scavenger Hunt in the Sheridan Gazette-Complete for 100-in Sheridan Cash-Let's Learn about Judaism</p> <p>10:00 • Join us Zoom Yoga with Crystal!! [CS]</p> <p>10:30 • Weekly Silent Auction 10:30-4 in the front foyer</p> <p>11:00 • World Religions Word Games [CS]</p> <p>1:30 • Wednesday Afternoon at the Movies-Now You see me [MT]</p> <p>— Casino Day Gambling from 2-4-Black Jack in the Sunroom-Roulette in the Den-poker in the Bistro-Slots in the Creative Studio [CS]</p> <p>4:00 • Casino Day Auction at 4:00 in the front foyer/great room area</p> <p>5:00 • Music with our Wonderful Carolyn the Piano Lady</p>	<p>28</p> <p>10:00 • Fall Prevention Class-Tai Chi [CS]</p> <p>10:30 • Hope Squad-Karma and Random Acts of Kindness Program [CS]</p> <p>11:30 • Win Sheridan Cash and learn how to play Bocci Ball - the second floor hallway</p> <p>1:30 • Thursday Afternoon Movie Thriller [MT]</p> <p>2:30 • Afternoon Scenic Drive to see a local mosque-Sign up today seating is limited</p> <p>3:00 • Arts and Crafts-Mala Beading Project [CS]</p> <p>5:00 • Music with our Wonderful Carolyn the Piano Lady</p>	<p>29</p> <p>10:00 • Fall Prevention Class-Balance Boogie</p> <p>10:30 • Sheridan Book Club-Come join us to read the book "The 5 People you meet in Heaven" [S]</p> <p>11:00 • Basketball-Come play and Win Sheridan Cash!! [CS]</p> <p>1:30 • Friday Afternoon at the Movies-[MT]</p> <p>2:30 • Ice Cream Social [CS]</p> <p>3:00 • Bingo!! [CS]</p> <p>5:00 • Music with our Wonderful Carolyn the Piano Lady</p>	<p>30</p> <p>10:00 • Fall Prevention Class-Stability Class #1 [CS]</p> <p>10:30 • Community Crosswords-Come join us for a good time and Sheridan Cash for all participants!! [CS]</p> <p>1:30 • Saturday Afternoon at the Movies [MT]</p> <p>2:30 • Bible Bingo!! [CS]</p> <p>3:30 • Wii Bowling-Come Play and Win Sheridan Cash!! [CS]</p> <p>5:00 • Music with our Wonderful Carolyn the Piano Lady</p>

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