


	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 WWW.SENIORLIFESTYLE.COM Activities are subject to change	May cont'd <b>30</b> 9:30 🌿 Thymeless - House Plants [S] 10:00 📺 LDS church services on TV [S] 10:30 📖 Bible Studies [S] 11:00 🌸 Essence 1:30 📖 Spark 2:30 🍪 <b>Thymeless - cookies</b> 3:30 🎮 In2L Sunday games & learning 5:30 🎬 Disney Movies	<b>31</b> 9:30 🚗 Scenic Van Ride 10:30 📺 Happy News 11:00 🌿 Thymeless - Gardening 1:30 🧖 Spa day 2:30 🍪 <b>Thymeless - cookie decorating</b> 3:30 🎨 Polish me Pretty 4:00 🏃 Seated Exercises [S] 5:30 🧩 Puzzle with Me 6:00 📺 America's funniest home videos	<b>THE SHERIDAN AT SOUTH JORDAN</b> <i>a Senior Lifestyle community</i>	*BOOKMARKS *ESSENCE *SPARK *THYMELESS CONNECT CONTRIBUTE FEEL GROW MOVE REFLECT	<b>Location Keys</b> Dinning Room DR Family Room FM Library L Sunroom S	9:30 📺 Happy News of the day! [S] 10:00 📺 Sing A Long [S] 10:30 🏃 Morning Exercise W/ Alice [S] 11:00 🌿 Thymeless - Gardening [S] 1:30 📺 Across the States! 2:30 🍷 <b>Thymeless - Strawberry smoothie</b> 3:30 🎨 Artful things 4:00 🗣️ Pimp & Gossip 5:30 🧩 Puzzle with Me [S]	<b>1</b>
	<b>THE SHERIDAN AT SOUTH JORDAN</b> <i>a Senior Lifestyle community</i>	<b>2</b> 9:30 🌿 Thymeless - House Plants [S] 10:00 📺 LDS church services on TV [S] 10:30 📖 Bible Studies [S] 11:00 🌸 Essence 1:30 📖 Spark 2:30 🍪 <b>Thymeless - Baking chocolate covered pretzels</b> 3:30 🎮 In2L Sunday games & learning 5:30 🎬 Disney Movies	<b>3</b> 9:30 🚗 Scenic Van Ride 10:30 📺 Happy News 11:00 🌿 Thymeless - Gardening 1:30 🧖 Spa day 2:30 🌿 <b>Thymeless - Garden Salad/ mexican corn salad</b> 3:30 🎨 Polish me Pretty 4:00 🏃 Seated Exercises [S] 5:30 🧩 Puzzle with Me 6:00 📺 America's funniest home videos	<b>4</b> 9:30 🚴 Biking Club 10:30 🌿 Thymeless - Gardening [S] 11:00 📺 <b>News and views [S]</b> 1:30 📖 Bookmarks [L] 2:30 🧶 Fleece Blanket Making [L] 3:30 🍷 <b>Thymeless - vaimango ( polynesian mango drink)</b> 4:00 🎮 Family Feud 6:00 📺 Virtual National Parks	<b>5</b> 9:30 🚗 <b>Scenic Van Ride</b> 10:00 📖 Proverb Sayings 10:30 🌿 <b>Thymeless - Gardening [S]</b> 11:00 🌸 Essence 1:30 📺 Hollywood showings [FM] 3:00 🎉 <b>Cinco De Mayo party</b> 4:00 🍳 thymeless cooking- chex mix 6:00 🎬 Nostalgic Movies	<b>6</b> 9:30 🏃 Seated Exercises [S] 10:00 🌿 Thymeless - New Week New Herbs! [S] 10:30 📖 Proverb sayings [S] 11:00 📺 Happy News of the day 1:30 🌸 <b>Flower Arrangement</b> 2:30 🌿 <b>Thymeless - Cooking 7 layer dip w/ chips [DR]</b> 3:30 🎨 Wood Shop 6:00 📺 Dr. Pol Show	<b>7</b> 9:30 🎮 <b>Friday Bingo!</b> 10:30 🌿 Thymeless - Gardening 11:00 🌸 <b>Essence</b> 1:30 🌿 <b>Thymeless-making tea</b> 2:00 🍵 Mothers Day Tea 3:00 📺 Entertainment 4:00 📖 Proverb Sayings [S] 5:30 📺 Friday Night Movie
*BOOKMARKS *ESSENCE *SPARK *THYMELESS CONNECT CONTRIBUTE FEEL GROW MOVE REFLECT	<b>9</b> 9:30 🌿 Thymeless - House Plants [S] 10:00 📺 LDS church services on TV [S] 10:30 📖 Bible Studies [S] 11:00 🌸 Essence 1:30 📖 Spark 2:30 🍪 <b>Thymeless - Baking sugar cookies for the party</b> 3:30 🎉 Mother's day Party 5:30 🎬 Disney Movies	<b>10</b> 9:30 🚗 Scenic Van Ride 10:30 📺 Happy News 11:00 🌿 Thymeless - Gardening 1:30 🧖 Spa day 2:30 🌿 <b>Thymeless - hawaiian cheesecake salad</b> 3:30 🎨 Polish me Pretty 4:00 🏃 Seated Exercises [S] 5:30 🧩 Puzzle with Me 6:00 📺 America's funniest home videos	<b>11</b> 9:30 🚴 Biking Club 10:30 🌿 Thymeless - Gardening [S] 11:00 📺 <b>News and views [S]</b> 1:30 📖 Bookmarks [L] 2:30 🧶 Fleece Blanket Making [L] 3:30 🍷 <b>Thymeless - vaimelengi ( polynesian watermelon drink)</b> 4:00 🎮 Family Feud 6:00 📺 Virtual National Parks	<b>12</b> 9:30 🚗 <b>Scenic Van Ride</b> 10:00 📖 Proverb Sayings 10:30 🌿 <b>Thymeless - Gardening [S]</b> 11:00 🌸 Essence 1:30 📺 Hollywood showings [FM] 3:00 🍷 <b>Thymeless - fruity sprite drinks</b> 4:00 📺 <b>Learning Wednesday!</b> 6:00 🎬 Nostalgic Movies	<b>13</b> 9:30 🏃 Seated Exercises [S] 10:00 🌿 Thymeless - New Week New Herbs! [S] 10:30 📖 Proverb sayings [S] 11:00 📺 Happy News of the day 1:30 🌸 <b>Flower Arrangement</b> 2:30 🌿 <b>Thymeless - Chips and salsa [DR]</b> 3:30 🎨 Wood Shop 6:00 📺 Dr. Pol Show	<b>14</b> 9:30 🎮 <b>Friday Bingo!</b> 10:30 🌿 Thymeless - Gardening 11:00 🌸 <b>Essence</b> 1:30 🌿 <b>Thymeless- fruit salad</b> 3:00 📺 Entertainment 4:00 📖 Proverb Sayings [S] 5:30 📺 Friday Night Movie	<b>15</b> 9:30 📺 Happy News of the day! [S] 10:00 📺 Sing A Long [S] 10:30 🏃 Morning Exercise W/ Alice [S] 11:00 🌿 Thymeless - Gardening [S] 1:30 📺 Across the States! 2:30 🍷 <b>Thymeless - Nutella Smoothies</b> 3:30 🎨 Artful things 4:00 🗣️ Pimp & Gossip 5:30 🧩 Puzzle with Me [S]
<b>Location Keys</b> Dinning Room DR Family Room FM Library L Sunroom S	<b>16</b> 9:30 🌿 Thymeless - House Plants [S] 10:00 📺 LDS church services on TV [S] 10:30 📖 Bible Studies [S] 11:00 🌸 Essence 1:30 📖 Spark 2:30 🍪 <b>Thymeless - Muddy Buddies</b> 3:30 🎮 In2L Sunday games & learning 5:30 🎬 Disney Movies	<b>17</b> 9:30 🚗 Scenic Van Ride 10:30 📺 Happy News 11:00 🌿 Thymeless - Gardening 1:30 🧖 Spa day 2:30 🌿 <b>Thymeless - ceasar salad</b> 3:30 🎨 Polish me Pretty 4:00 🏃 Seated Exercises [S] 5:30 🧩 Puzzle with Me 6:00 📺 America's funniest home videos	<b>18</b> 9:30 🚴 Biking Club 10:30 🌿 Thymeless - Gardening [S] 11:00 📺 <b>News and views [S]</b> 1:30 📖 Bookmarks [L] 2:30 🧶 Fleece Blanket Making [L] 3:30 🍷 <b>Thymeless - strawberry cheesecake bites</b> 4:00 🎮 Family Feud 6:00 📺 Virtual National Parks	<b>19</b> 9:30 🚗 <b>Scenic Van Ride</b> 10:00 📖 Proverb Sayings 10:30 🌿 <b>Thymeless - Gardening [S]</b> 11:00 🌸 Essence 1:30 📺 Hollywood showings [FM] 3:00 🌿 <b>Thymeless - pineapple pink lemonade</b> 4:00 📺 <b>Learning Wednesday!</b> 6:00 🎬 Nostalgic Movies	<b>20</b> 9:30 🏃 Seated Exercises [S] 10:00 🌿 Thymeless - New Week New Herbs! [S] 10:30 📖 Proverb sayings [S] 11:00 📺 Happy News of the day 1:30 🌸 <b>Flower Arrangement</b> 2:30 🌿 <b>Thymeless - walking tacos [DR]</b> 3:30 🎨 Wood Shop 6:00 📺 Dr. Pol Show	<b>21</b> 9:30 🎮 <b>Friday Bingo!</b> 10:30 🌿 Thymeless - Gardening 11:00 🌸 <b>Essence</b> 1:30 🌿 <b>Thymeless/ ranch chex mix</b> 3:00 📺 Entertainment 4:00 📖 Proverb Sayings [S] 5:30 📺 Friday Night Movie	<b>22</b> 9:30 📺 Happy News of the day! [S] 10:00 📺 Sing A Long [S] 10:30 🏃 Morning Exercise W/ Alice [S] 11:00 🌿 Thymeless - Gardening [S] 1:30 📺 Across the States! 2:30 🍷 <b>Thymeless - Orange Julius</b> 3:30 🎨 Artful things 4:00 🗣️ Pimp & Gossip 5:30 🧩 Puzzle with Me [S]
	<b>23</b> 9:30 🌿 Thymeless - House Plants [S] 10:00 📺 LDS church services on TV [S] 10:30 📖 Bible Studies [S] 11:00 🌸 Essence 1:30 📖 Spark 2:30 🍪 <b>Thymeless - Musubi Making</b> 3:30 🎮 In2L Sunday games & learning 5:30 🎬 Disney Movies	<b>24</b> 9:30 🚗 Scenic Van Ride 10:30 📺 Happy News 11:00 🌿 Thymeless - Gardening 1:30 🧖 Spa day 2:30 🌿 <b>Thymeless - corn tomato avocado salad</b> 3:30 🎨 Polish me Pretty 4:00 🏃 Seated Exercises [S] 5:30 🧩 Puzzle with Me 6:00 📺 America's funniest home videos	<b>25</b> 9:30 🚴 Biking Club 10:30 🌿 Thymeless - Gardening [S] 11:00 📺 <b>News and views [S]</b> 1:30 📖 Bookmarks [L] 2:30 🧶 Fleece Blanket Making [L] 3:30 🌿 <b>Thymeless - Cinnamon Bugles</b> 4:00 🎮 Family Feud 6:00 📺 Virtual National Parks	<b>26</b> 9:30 🚗 <b>Scenic Van Ride</b> 10:00 📖 Proverb Sayings 10:30 🌿 <b>Thymeless - Gardening [S]</b> 11:00 🌸 Essence 1:30 📺 Hollywood showings [FM] 3:00 🌿 <b>Thymeless - sparkling pineapple strawberry punch</b> 4:00 📺 <b>Learning Wednesday!</b> 6:00 🎬 Nostalgic Movies	<b>27</b> 9:30 🏃 Seated Exercises [S] 10:00 🌿 Thymeless - New Week New Herbs! [S] 10:30 📖 Proverb sayings [S] 11:00 📺 Happy News of the day 1:30 🌸 <b>Flower Arrangement</b> 2:30 🌿 <b>Thymeless - oreo truffles [DR]</b> 3:30 🎨 Wood Shop 6:00 📺 Dr. Pol Show	<b>28</b> 9:30 🎮 <b>Friday Bingo!</b> 10:30 🌿 Thymeless - Gardening 11:00 🌸 <b>Essence</b> 1:30 🌿 <b>Thymeless/ tropical smoothie</b> 3:00 📺 Entertainment 4:00 📖 Proverb Sayings [S] 5:30 📺 Friday Night Movie	<b>29</b> 9:30 📺 Happy News of the day! [S] 10:00 📺 Sing A Long [S] 10:30 🏃 Morning Exercise W/ Alice [S] 11:00 🌿 Thymeless - Gardening [S] 1:30 📺 Across the States! 2:30 🍷 <b>Thymeless - Chex Mix</b> 3:30 🎨 Artful things 4:00 🗣️ Pimp & Gossip 5:30 🧩 Puzzle with Me [S]

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