| February 2022  Fall in Love with YOU  |  |   |   |   |   | Month  | ly Activities   |
|---|--|---|---|---|---|--|---|
|   | Sunday   | Monday  | Tuesday   | Wednesday   | Thursday  | Friday   | Saturday  |
| www.seniorlifestyle.com Activities are subject to change  | THE SHERIDAN AT BIRMINGHAM a Senior Lifestyle community  |   | 10:30 • Flexibility & Stretching [CS] 11:00 • Post Exercise: Infused Water and Daily Chronicle Chat [BS] 11:30 • Bus Trip: Target [FD] 1:45 • Visit Your Favorite Places on Google Earth [CS] 2:45 • Menu Chats With Artur (Dining Service Director) [DA] 3:30 Classical Music: Berlioz "Symphonie fantastique" Reveries & Passions- Detroit Symphony Orchestra [TR] 4:15 • Live Piano Performance by Jonah | Groundhog Day  10:30 Sit & Fit [CS]  11:00 Post Exercise: Infused Water and Daily Chronicle Chat [BS]  1:00 Brain Health University Class #6 [CS]  2:00 Bingo [CS]  3:00 Ted Talk: Quiet the Noise, Soothe your Soul with Mindfulness and Meditation [TR] | 10:30 Balance Class [CS] 11:00 Post Exercise: Infused Water and Daily Chronicle Chat [BS] 1:00 Lets Learn: Art Styles and their Origins [CS] 2:00 Happy Hour and Live Performance by Bob Gracin 3:30 Classical Music: Mozart Sinfonia Concertante [TR] 3:30 Positive Affirmation Notes for Valentines Bags [CS] | 9:00 • Shabbat Shalom by Phone  10:30 • Strength Training [CS]  11:00 • Post Exercise: Infused Water and Daily Chronicle Chat [BS]  1:30 • Guided Relaxation Class [CS]  2:30 • Brain Health University Class #7 [CS]  3:30 • Bridge Club Meeting [BS]  3:30 • Hot Chocolate Bar [BS]  | 10:30 • Chair Exercise Video in Theater Room [TR] 2:30 • HBO Movie: Miss Congeniality               |
| THE SHERIDAN AT BIRMINGHAM a Senior Lifestyle community   | TV Mass  | 10:30 Strength Training [CS]  11:00 Post Exercise: Infused Water and Daily Chronicle Chat [BS]  1:45 Create Flower Arrangements For the Community [CS]  2:45 Lets Get Crafty: Clay Jewelry Dish [CS]  3:45 Brain Health University Class #8 [CS]  | 10:30 Flexibility & Stretching [CS] 11:00 Post Exercise: Infused Water and Daily Chronicle Chat [BS] 11:15 Jenifer & Bear - Therapy Dog visit before lunch [DA] 11:30 Bus Trip: Seasons 52 [FD] 1:45 Seated Tai Chi [CS] 2:30 This? or That? Game [CS] 3:30 Classical Music Virtual Concert [TR]  | 10:30 Sit & Fit [CS] 11:00 Post Exercise: Infused Water and Daily Chronicle Chat [BS] 1:30 Brain Health University Class #9 [DA] 2:30 Bingo [CS] 3:30 Lets Find our Passions! [CS]  | 10:30 Balance Class [CS] 11:00 Post Exercise: Infused Water and Daily Chronicle Chat [BS] 1:30 Tedx Talk: Sleep deprivation & disparities in health, economic and social wellbeing [TR] 2:00 Lets Make Valentines! [CS] 3:00 Happy Hour and Mad Gab Game [CS] 3:30 Classical Music Virtual Concert [TR]         | 9:00 Shabbat Shalom by Phone  10:30 Strength Training [CS]  11:00 Post Exercise: Infused Water and Daily Chronicle Chat [BS]  1:30 Brain Health University Class #10 [CS]  2:30 Trivia Game [CS]  3:30 Guided Visualization: Come Relax! [CS]  | 10:30 • Chair Exercise Video in Theater Room [TR] 2:30 • Movie: Gone With the Wind [TR]             |
| <ul><li>CONNECT</li><li>CONTRIBUTE</li><li>FEEL</li><li>GROW</li><li>MOVE</li><li>REFLECT</li></ul> | TV Mass  | Valentine's Day  10:30 Strength Training [CS]  11:00 Post Exercise: Infused Water and Daily Chronicle Chat [BS]  1:45 Create Flower Arrangements For the Community [CS]  2:45 Come Write Positive Affirmation Notes/ Valentines for Doorway Bags [CS]  3:45 Valentines Day Singles Mixer: Come find your other half! [BS] | 10:30 • Flexibility & Stretching [CS] 11:00 • Post Exercise: Infused Water and Daily Chronicle Chat [BS] 11:15 • Jenifer & Bear - Therapy Dog visit before lunch [DA] 11:30 • Bus Trip: Khols [BS] 1:30 • Guided Relaxation Class [CS] 2:45 • Menu Chats With Artur (Dining Service Director) [DA] 3:30   Classical Music Virtual Concert [TR] 4:15 • Live Piano Performance by Jonah                       | 10:30 Sit & Fit [CS] 11:00 Post Exercise: Infused Water and Daily Chronicle Chat [BS] 1:30 Bingo [CS] 2:45 Book Club [CS] 3:45 Activity Council [CS]  | 10:30 Balance Class [CS] 11:00 Post Exercise: Infused Water and Daily Chronicle Chat [BS] 1:30 Ted Talk: Mental Health Matters- Depression and Anxiety in Older Adults [TR] 2:30 Women's Red Hat Society [BS] 3:30 Classical Music Virtual Concert [TR] 3:30 Self Care Spa [CS]                                 | 9:00 • Shabbat Shalom by Phone  10:30 • Strength Training [CS]  11:00 • Post Exercise: Infused Water and Daily Chronicle Chat [BS]  1:30 • Clinical Chat with the Health and Wellness Director [CS]  2:30 • Brain Health University Graduation  3:30 • Lets Get Crafty: Make Sugar Lip Scrub Gifts for Staff and your Neighbors [CS] | 10:30 • Chair Exercise Video in Theater Room [TR] 2:30 • Movie: When Harry Met Sally [TR]           |
| Location Keys Bistro BS Channel 398 Ch 398  | [Ch 200]   | Presidents' Day  10:30 Strength Training [CS]  11:00 Post Exercise: Infused Water and Daily Chronicle Chat [BS]  1:00 Create Flower Arrangements For the Community [CS]  2:00 Happy Hour and Live Performance by Pat Cranley [DA]  3:30 Presidents Day Discussion [CS]  | 10:30 • Flexibility & Stretching [CS] 11:00 • Post Exercise: Infused Water and Daily Chronicle Chat [BS] 11:15 • Jenifer & Bear - Therapy Dog visit before lunch [DA] 11:30 • Bus Trip: Bigalora Wood Fired Cucina [CS] 1:45 • Come Make an Essential Oil Reed Diffuser for your Apartment [CS] 3:00 • Resident Council [CS] 3:30 • Classical Music Virtual Concert [TR]                                    | 10:30 Sit & Fit [CS] 11:00 Post Exercise: Infused Water and Daily Chronicle Chat [BS] 1:00 Love Yourself! Put on your favorite outfit and get your photo taken! [BS] 2:30 Bingo [CS] 3:30 Painting with a Twist [CS]                                      | 10:30 • Balance Class [CS] 24  11:00 • Post Exercise: Infused Water and Daily Chronicle Chat [BS]  1:30 • Clinical Chat with the Health and Wellness Director [CS]  2:30 • Cheese Tasting [BS]  3:30 • Classical Music Virtual Concert [TR]  3:30 • Lets play Trivia! [CS]                                      | 9:00 • Shabbat Shalom by Phone 10:30 • Strength Training [CS] 11:00 • Post Exercise: Infused Water and Daily Chronicle Chat [BS] 1:30 • Lets Play Who Wants to be a Millionaire [BS] 2:30 • Ted Talk: Love Others to Love Yourself [TR] 3:30 • New Resident Social Hour [BS]   | 10:30 • Chair Exercise Video in Theater Room [TR] 2:30 • Movie: The Good, The Bad and the Ugly [TR] |
| Creative Studio CS Dining Area DA Front Desk FD Theater Room TR                                     | 10:00 Catholic TV Mass [Ch 398] 1:30 Pastor Suzanne from Birmingham First United Methodist Church Service [CS] | 10:30 • Strength Training [CS] 11:00 • Post Exercise: Infused Water and Daily Chronicle Chat [BS] 1:45 • Create Flower Arrangements For the Community [CS]  | S A COVE SEE  | HAPPY - Valentine's - DAY!  |   | *Activities are<br>subject to change.<br>Check TV's and<br>activity whiteboard<br>for calendar<br>updates.*  | Shabbat Shalom by Phone Dial: 605-313-4107 access code: 270368# Dial # for current message          |