

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>THE SHERIDAN</b> AT BIRMINGHAM <i>a Senior Lifestyle community</i></p> <p><b>Location Keys</b></p> <p>Bistro BS Channel 398 Ch 398 Creative Studio CS Dining Area DA Lobby L Theater Room TR</p> <p>● CONNECT ● CONTRIBUTE ● FEEL ● GROW ● MOVE ● REFLECT</p> <p>Grab your weekly boredom busters and daily chronicle from the front desk.</p>	<p><b>Grab and Go Activity Packets in Front Lobby 9</b></p> <p><b>Mother's Day</b></p> <p>10:00 ● [Ch 398] Catholic TV Mass</p> <p>10:30 ● [CS] Flexibility &amp; Stretching</p> <p>2:30 ● [DA] Mother's Day Live Performance: Danny Miesel</p> <p>3:45 ● [TR] Rick Steve's Travel Documentary: Granada, Córdoba, and Spain's Costa del Sol</p>	<p><b>Grab and Go Activity Packets in Front Lobby 10</b></p> <p>10:30 ● [CS] Strength Training</p> <p>1:45 ● [CS] Floral Design</p> <p>3:00 ● [CS] Listen to Multiple types of Latin Music</p> <p>3:15 ● [CS] 10 Things You Should Know Before Visiting Spain</p> <p>3:45 [TR] Rick Steve's Travel Documentary: Barcelona and Catalunya</p>	<p><b>Grab and Go Activity Packets in Front Lobby 11</b></p> <p>10:30 ● [CS] Sit &amp; Fit</p> <p>2:00 ● [BS] Women's Red Hat Society</p> <p>3:00 ● [TR] Tchaikovsky: Piano Concerto No.1, Op. 23</p>	<p><b>Grab and Go Activity Packets in Front Lobby 12</b></p> <p>10:30 ● [CS] Balance Class</p> <p>2:00 ● [CS] Types of Spanish Dances Discussion</p> <p>2:45 ● [CS] Bingo</p> <p>3:45 ● [TR] Rick Steve's Travel Documentary: Sevilla</p>	<p><b>Grab and Go Activity Packets in Front Lobby 13</b></p> <p>10:30 ● [CS] Sit &amp; Fit</p> <p>1:45 ● [CS] Spring Craft</p> <p>2:30 ● [CS] Happy Hour w/ Spanish Music</p> <p>3:30 ● [TR] Tchaikovsky: Piano Concerto No.1, Op. 23</p>	<p><b>All Day: Find your friends and enjoy games in the Activity Room 14</b></p> <p><b>Grab and Go Activity Packets in Front Lobby</b></p> <p>9:00 ● Shabbat Shalom by Phone</p> <p>10:30 ● Exercise in your room</p> <p>1:30 ● [L] Walking Club On Your Own</p>	<p><b>Grab and Go Activity Packets in Front Lobby 15</b></p> <p>10:30 ● [CS] Flexibility &amp; Stretching</p> <p>2:00 ● [TR] Movie: The Sea Wolves</p>