

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Be Inspired

- CONNECT
- CONTRIBUTE
- FEEL
- GROW
- MOVE
- REFLECT

Location Keys

Bistro
Creative Studio
Dining Area
Lobby
Theater Room

BS
CS
DA
L
TR

Resident Birthdays

Shirley F. 12/12
Jacqueline P. 12/15
Patricia G. 12/24

Rosa Parks Day 1 10:15 ● Exercise [CS] 11:15 ● Daily Chronicle Article with Coffee [BS] 2:00 ● Rosa Parks History with Sweet Potato Pie & Coffee [BS] 7:00 ● Feature Film [TR]	National Mutt Day 2 10:15 ● Exercise [CS] 11:00 ● Advent Reading with Yvonne [CS] 2:00 ● Sing-A-Long w/ Dan Bergen [CS] 3:00 ● Bible Study with Julie! [CS] 4:00 ● Friendly Visits 7:00 ● Feature Film [TR]	Bake a Biscuit Day 3 10:00 ● Tai Chi with Bill Harper [CS] 11:00 ● Current Events with Candice! [CS] 12:15 ● Movie Outing: "A Beautiful Day in the Neighborhood" [L] 2:30 Chef Demo: How to Make Biscuits [BS] 3:30 ● Resident Council Meeting [CS] 4:00 ● Friendly Visits 7:00 ● Feature Film [TR]	National Cookie Day 4 10:00 ● Chairish Your Joints with Susan Marsh [CS] 11:00 ● Proverbs Reading with Yvonne [CS] 1:30 ● Christmas Cookie Bar [BS] 2:00 ● Pokeno Game w/ Prizes [CS] 2:30 ● Knitting with Ann! [CS] 3:00 Hand and Arm Massages w/ Aromatherapy [CS] 4:00 ● Friendly Visits 7:00 ● Feature Film [TR]	Walt Disney Day 5 10:00 ● Exercise [CS] 11:00 ● Tender Heart Arts & Crafts [CS] 11:15 ● Psalms Reading with Yvonne [CS] 1:30 Coleman Young Biography Lecture with Candace! [BS] 2:00 ● Birmingham Historical Society [BS] 3:00 ● Girl Talk with Yvonne! [CS] 3:30 Catholic Communion [TR] 4:00 ● Friendly Visits 7:00 ● Feature Film: Walt Disney [TR]	St. Nicholas Day 6 10:00 ● Chair Yoga with Joyce [CS] 11:00 ● Old Testament Reading with Yvonne [CS] 11:00 ● Shopping @ Walmart [L] 2:00 Happy Hour feat. Live Music [BS] 4:00 ● Friendly Visits 7:00 ● Feature Film [TR]	Pearl Harbor Day 7 10:00 ● Exercise [CS] 11:15 ● Daily Chronicle Article with Coffee [BS] 2:00 ● The History of Pearl Harbor [BS] 3:00 ● Pokeno Game w/ Prizes [BS] 4:00 ● Friendly Visits 7:00 ● Feature Film [TR]
Ginger Bread Decorating Day 8 10:00 ● Exercise [CS] 11:00 ● Gingerbread Houses Decorating [CS] 11:15 ● Daily Chronicle Article with Coffee [BS] 1:00 ● Men's Cave: Lion's vs. Viking's Game with Refreshments [BS] 4:00 ● Friendly Visits 7:00 ● Feature Film [TR]	Christmas Card Day 9 10:00 ● Exercise [CS] 11:00 ● Advent Reading with Yvonne [CS] 1:30 ● Making Christmas Cards [CS] 3:25 ● Catholic Communion Service [TR] 4:00 ● Friendly Visits 7:00 ● Feature Film [TR]	The Gift of the Magi 10 10:00 ● Exercise [CS] 11:00 ● Coffee with Erna [CS] 2:00 ● Painting with Haylee [CS] 3:00 Food Council w/ Kim 3:30 ● Who were the Magi? with Yvonne [BS] 4:00 ● Friendly Visits 7:00 ● Feature Film [TR]	Indiana Admission Day 11 10:00 ● Exercise [CS] 11:00 ● Proverbs Reading with Yvonne [CS] 2:30 ● Yuletide Tea and Crumpets with Live Music [CS] 3:30 ● Jeopardy! [BS] 4:00 ● Friendly Visits 6:30 ● Feature Film [TR]	National Gingerbread Day 12 10:00 ● Exercise [CS] 11:00 ● Tender Heart Arts & Crafts [CS] 11:15 ● Psalms Reading with Yvonne [CS] 2:00 ● Rotating Art Gallery - Artist: Valerie Ross 3:00 ● Dionne Warwick's Bio & Music [BS] 4:00 ● Friendly Visits 6:30 ● Feature Film [TR]	St. Lucia Day 13 10:00 ● Exercise [CS] 10:00 ● Paparazzi Jewelry Show (Open till 4pm) [L] 11:00 ● Old Testament Reading with Yvonne [CS] 11:00 Shopping @ Target 11:15 ● Daily Chronicle Article with Coffee [BS] 2:00 Happy Hour feat. Live Music [BS] 4:00 ● Friendly Visits 6:30 ● Feature Film [TR] 7:30 ● Shabbat Service: Live from Temple Israel [CS]	Day of the Horse 14 10:00 ● Exercise [CS] 11:15 ● Daily Chronicle Article with Coffee [BS] 2:00 ● Family & Friends Social Time - The Most Beautiful Horses [BS] 3:00 ● Pokeno Game w/ Prizes [BS] 4:00 ● Friendly Visits 6:30 ● Feature Film [TR]
National Cupcake Day 15 10:00 ● Exercise [CS] 11:00 ● Coffee & Conversation [BS] 11:15 ● Daily Chronicle Article with Coffee [BS] 1:00 ● Men's Cave: Lions vs. Buckeneers 2:00 ● Cupcakes Coffee & Conversation 4:00 ● Friendly Visits 6:30 ● Feature Film [TR]	Posada Day 16 10:00 ● Exercise [CS] 11:00 ● What is a Posada? [BS] 2:00 ● Storytelling with Dave Barrett Jr. [BS] 3:25 ● Catholic Communion Service [TR] 4:00 ● Friendly Visits 6:30 ● Feature Film [TR]	Arthur Fielder Day 17 10:00 ● Tai Chi with Bill Harper [CS] 11:00 ● Current Events with Candace [BS] 2:00 ● Musical Notes: Arthur Fielder - Boston Pops Orchestra Video [BS] 3:00 ● Gift Wrapping Time [CS] 4:00 ● Friendly Visits 6:00 ● Outing: Christmas Lights Scenic Drive 6:30 ● Feature Film [TR]	Baked Cookie Day 18 10:00 ● Chairish Your Joints with Susan Marsh [CS] 11:00 ● Proverbs Reading with Yvonne [CS] 2:00 ● Staff Christmas Party 2:30 ● Christmas Carol Sing-A-Long w/ Pat Cronley & Cookies [L] 4:00 ● Friendly Visits 6:30 ● Feature Film [TR]	Evergreen Day 19 10:00 ● Exercise [CS] 11:00 ● Tender Heart Arts & Crafts [CS] 11:15 ● Psalms Reading with Yvonne [CS] 1:30 ● Health Talk with Cary Levy, RPh Pharmacist [BS] 2:30 ● Sheridan Cook Off - Residents and Staff 4:00 ● Friendly Visits 6:30 ● Feature Film [TR]	National Caroling Day 20 10:00 ● Chair Yoga with Joyce [CS] 11:00 ● Old Testament Reading with Yvonne [CS] 11:00 Shopping @ Kroger 2:30 ● Christmas Party with Live Entertainment [DA] 4:00 ● Friendly Visits 6:30 ● Feature Film [TR] 7:30 ● Shabbat Service: Live from Temple Israel [CS]	Winter Begins 21 10:00 ● Exercise [CS] 11:00 ● Winter Reflections with Haylee [CS] 11:15 ● Daily Chronicle Article with Coffee [BS] 2:00 ● Family & Friends Social Time [BS] 3:00 ● Pokeno Game w/ Prizes [BS] 4:00 ● Friendly Visits 6:30 ● Feature Film [TR]
National Date Nut Bread Day 22 10:00 ● Exercise [CS] 11:00 ● Coffee & Conversation with Date Nut Bread [BS] 11:15 ● Daily Chronicle Article with Coffee [BS] 1:00 Men's Cave: Lions vs. Broncos [BS] 3:00 ● Christmas Service w/ Pastor J. Scott Miller [CS] 4:00 ● Friendly Visits 5:03 Hannukah Begins! 6:30 ● Feature Film [TR]	First Day of Hannukah 23 10:00 ● Exercise [CS] 11:00 ● Advent Reading with Yvonne [CS] 2:00 ● Hannukah Party & Presentation with Rabbi Dorit Edut [CS] 3:25 ● Catholic Communion Service [TR] 4:00 ● Friendly Visits 6:30 ● Feature Film [TR]	Christmas Eve 24 National Egg Nog Day 10:00 ● Exercise [CS] 11:00 ● Christmas Reflection w/ Yvonne [CS] 2:00 Art History w/ Haylee 3:30 ● The Nativity [TR] 6:30 ● Feature Film [TR]	Christmas Day 25 10:00 ● Exercise [CS] 11:00 ● Christmas Trivia [BS] 11:00 ● Proverbs Reading with Yvonne [CS] 1:30 ● Movie: It's a Wonderful Life [TR] 6:30 ● Feature Film [TR]	National Candy Cane Day 26 10:00 ● Exercise [CS] 11:00 ● Tender Heart Arts & Crafts [CS] 11:15 ● Psalms Reading with Yvonne [CS] 2:30 ● Kwanza Reflection [BS] 3:30 ● History of the Candy Cane [BS] 4:00 ● Friendly Visits 6:30 ● Feature Film [TR]	National Fruitcake Day 27 10:00 ● Exercise [CS] 11:00 ● Old Testament Reading with Yvonne [CS] 11:00 Shopping @ Walmart [L] 2:30 Pre-New Years Eve Party!! with Live Piano Music [BS] 4:00 ● Friendly Visits 6:30 ● Feature Film [TR] 7:30 ● Shabbat Service: Live from Temple Israel [CS]	National Quilters Day 28 10:00 ● Exercise [CS] 11:15 ● Daily Chronicle Article with Coffee [BS] 2:00 ● Family & Friends Social Time: Quilt Time 3:00 ● Pokeno Game w/ Prizes [BS] 4:00 ● Friendly Visits 6:30 ● Feature Film [TR]
Texas Admission Day 29 10:00 ● Exercise [CS] 11:15 ● Daily Chronicle Article with Coffee [BS] 1:00 ● Men's Cave: Lions vs. Packers w/ Refreshments [BS] 2:30 ● Let's Talk Texas [BS] 4:00 ● Friendly Visits 6:30 ● Feature Film [TR]	Lets Make A Deal - 1963 30 10:00 ● Exercise [CS] 11:00 ● Psalms Reading with Yvonne [CS] 1:00 ● Let's Make a Deal Game [BS] 2:30 ● Intro to Spanish with Candice! [CS] 3:25 ● Catholic Communion Service [TR] 4:00 ● Friendly Visits 6:30 ● Feature Film [TR]	National Champagne Day 31 New Year's Eve 10:00 ● Exercise [CS] 11:00 ● New Years Reflections [CS] 2:00 ● New Years Resolutions w/ Champagne Toast and Desserts [BS] 4:00 ● Friendly Visits 6:30 ● Feature Film [TR]				

THE SHERIDAN
AT BIRMINGHAM
a Senior Lifestyle community

