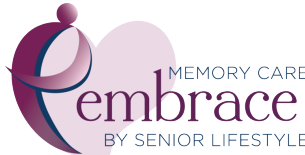



calendar & activities
MAR 2020

The Sheridan at Birmingham~ Theme: Connect



SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
10:00 ● Morning Music Worship 10:30 ● Sunday: Daily Chronicles Article Discussions 10:30 ● Thymeless: Let's Enjoy Green Apple Kiwi Infused Hydration 1:30 ● Sunday Afternoon Service [TR] 2:30 ● Thymeless: Snack of the Day 3:00 ● Sunday Manicure Time 6:00 ● Classical Movie Night		10:00 ● Zumba Exercise- Follow the Leader [FS] 10:30 ● Thymeless- Granny Apple Infused Water 1:30 ● Green Trivia Time 2:30 ● Thymeless: Learn How to Make Easy Snacks!!! 3:15 ● Catholic Communion Service [TR] 6:00 ● Bowling Time [FS]		10:00 ● Sit To Be Fit (Exercise) 10:30 ● Stimulate Your Brain~Trivia [FR] 10:30 ● Thymeless: Hydration with Infused Fruit 11:00 ● Outing: Movie at MJR [L] 1:30 ● Daily Chronicle Discussion [FS] 2:30 ● Thymeless: Social Time 3:00 ● Sing Along with Susie Q [FS] 6:00 ● Classical Movie Day [FR]		10:00 ● Noodle Exercise 10:30 ● Memory Stimulation Activity Time!!! [FR] 10:30 ● Thymeless: Smoothie of the Day 2:30 ● Essence (SR) 2:30 ● Thymeless: Social Gathering 3:00 ● Bible Study with Julie [TR] 6:00 ● Bingo Me Time		10:00 ● Seated Cardio Exercise with Pom Poms 10:00 ● Tender Heart Arts & Craft Session 10:30 ● Thymeless: Tropical Morning Infused Water 1:30 ● Oldies But Goodies~Sing Alongs [LR] 2:30 ● Happy Hour with Live Entertainment [DA] 2:30 ● Thymeless: Social Time 3:30 ● Bookmark Reading Program [FR] 6:00 ● Balloon Tennis with Staff!!!		10:00 ● Sit To Be Fit (Exercise) 10:30 ● Thymeless: Cucumber Strawberry Thyme 2:30 ● Arts & Craft 2:30 ● Thymeless: Afternoon Snack 3:00 ● Erev-Shabbat Service [CS] 6:00 ● Sing Along with Resident's & Staff [LR]		10:00 ● Chair Aerobics- Motown Favorite Music [FS] 10:30 ● Let's Travel Down Memory Lane (iN2L) [FS] 11:00 ● Thymeless: Infused Tropical Water [FS] 1:30 ● March Madness Reading Challenge [FS] 2:30 ● Thymeless: Snack of the Day 3:30 ● Bowling Time 6:00 ● Movie Night with Snacks [FS]	
Daylight Saving Time Begins International Women's Day 10:00 ● Morning Music Worship 10:30 ● Sunday: Daily Chronicles Article Discussions 10:30 ● Thymeless: Let's Enjoy Green Apple Kiwi Infused Hydration 1:30 ● Sunday Afternoon Service with Suzanne Walls [TR] 2:30 ● Thymeless: Snack of the Day 3:00 ● Music Recital~Classical Beta Quartet [L] 6:00 ● Women's Manicure & Hand Massage [FS]		10:00 ● Zumba Exercise- Follow the Leader [FS] 10:30 ● Thymeless- Granny Apple Infused Water 1:30 ● The Price Is Right [iN2L] [FS] 2:30 ● Thymeless: Rootbeer Float 3:15 ● Catholic Communion Service [TR] 6:00 ● Let's Play Cards [FS]		10:00 ● Sit To Be Fit (Exercise) 10:30 ● Stimulate Your Brain~Trivia [FR] 10:30 ● Thymeless: Hydration with Infused Fruit 1:30 ● Daily Chronicle Discussion [FS] 2:30 ● Thymeless: Social Time 3:00 ● Sing Along with Susie Q [FS] 6:00 ● Classical Movie Day [FR]		10:00 ● Noodle Exercise 10:30 ● Memory Stimulation Activity Time!!! [FR] 10:30 ● Thymeless: Smoothie of the Day 2:30 ● Essence (SR) 2:30 ● Thymeless: Social Gathering 6:00 ● Bingo Me Time		10:00 ● Seated Cardio Exercise with Pom Poms 10:00 ● Tender Heart Arts & Craft Session 10:30 ● Thymeless: Tropical Morning Infused Water 1:30 ● Oldies But Goodies~Sing Alongs [LR] 2:30 ● Happy Hour with Live Entertainment [DA] 2:30 ● Thymeless: Social Time 3:30 ● Bookmark Reading Program [FR] 6:00 ● Balloon Tennis with Staff!!!		10:00 ● Sit To Be Fit (Exercise) 10:30 ● Thymeless: Green Healthy Smoothie 2:30 ● Friday Happy Hour with Live Entertainment 2:30 ● Thymeless: Afternoon Snack Social 3:00 ● Erev-Shabbat Service [CS] 6:00 ● Movie & Popcorn [LR]		10:00 ● Chair Aerobics- Motown Favorite Music [FS] 10:30 ● Let's Travel Down Memory Lane (iN2L) [FS] 10:30 ● Thymeless: Hydration with Infused Fruit 11:00 ● Thymeless: Infused Tropical Water [FS] 1:30 ● March Madness Reading Challenge [FS] 2:30 ● Thymeless: Snack of the Day 3:30 ● Bowling Time 6:00 ● Movie Night with Snacks [FS]	
10:00 ● Morning Music Worship 10:30 ● Sunday: Daily Chronicles Article Discussions 10:30 ● Thymeless: Let's Enjoy Green Apple Kiwi Infused Hydration 1:30 ● Sunday Afternoon Service [TR] 2:30 ● Thymeless: Snack of the Day 3:00 ● Music Recital [L] 3:00 ● Sunday Manicure Time 6:00 ● Classical Movie Night [FS]		10:00 ● Zumba Exercise- Follow the Leader [FS] 10:30 ● Name That Sound (iN2L) [FS] 10:30 ● Thymeless- Granny Apple Infused Water 2:30 ● Thymeless: Learn How to Make Easy Snacks!!! 3:15 ● Catholic Communion Service [TR] 6:00 ● Who wants to be a Millionaire (iN2L) [LR]		?? St. Patrick's Day ?? 10:00 ● Sit To Be Fit (Exercise) 10:30 ● The History of Saint Patrick's Day [FR] 10:30 ● Thymeless: Green Spinach Avacado Smoothie 2:30 ● St. Patrick's Party with Live Music~Pat Cronley [L] 2:30 ● Thymeless: Social Time 6:00 ● Classical Movie Day [FR]		10:00 ● Noodle Exercise 10:30 ● Memory Stimulation Activity Time!!! [FR] 10:30 ● Thymeless: Smoothie of the Day 2:30 ● Essence (SR) 2:30 ● Thymeless: Social Gathering 6:00 ● Bingo Me Time		10:00 ● Seated Cardio Exercise with Pom Poms 10:00 ● Tender Heart Arts & Craft Session 10:30 ● Thymeless: Tropical Morning Infused Water 1:30 ● Oldies But Goodies~Sing Alongs [LR] 2:30 ● Happy Hour with Live Entertainment [DA] 2:30 ● Thymeless: Social Time 3:30 ● Bookmark Reading Program [FR] 6:00 ● Balloon Tennis with Staff!!!		10:00 ● Sit To Be Fit (Exercise) 10:30 ● Thymeless: Strawberry Smoothie 10:30 ● Trivia Time [FS] 2:30 ● Arts & Craft 2:30 ● Thymeless: Afternoon Snack 3:00 ● Erev-Shabbat Service [CS] 6:00 ● Sing Along with Your Motown Favorite Song [LR]		10:00 ● Chair Aerobics- Motown Favorite Music [FS] 10:30 ● Let's Travel Down Memory Lane (iN2L) [FS] 11:00 ● Thymeless: Infused Tropical Water [FS] 1:30 ● March Madness Reading Challenge [FS] 2:30 ● Thymeless: Snack of the Day 3:30 ● Bowling Time 6:00 ● Movie Night with Snacks [FS]	
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