

Sunday		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 MEMORY CARE embrace BY SENIOR LIFESTYLE WWW.SENIORLIFESTYLE.COM Activities are subject to change THE SHERIDAN AT BETHEL PARK <i>a Senior Lifestyle community</i> *ESSENCE CONNECT CONTRIBUTE FEEL GROW MOVE REFLECT Location Keys Bistro Creative Studio Dining Room Entertainment Room B CS DR E	9:30 ● Good Morning Stretches and Breathing [CS] 10:00 ● Daily Chronicle and Special Days 10:30 ● Catholic Mass Broadcast [E] 1:15 ● The Joy of Painting [B] 1:30 ● Middy Movement [CS] 2:30 ● Spring Coloring [CS] 3:30 ● Sunday Coffee/Tea Break [CS] 4:15 ● Balloon Volleyball [CS] 6:00 ● Sunday Night Movie 1	9:00 ● Good Morning Coffee/Tea 10:00 ● Ageless Stretching [DR] 10:30 ● Daily Chronicle [CS] 1:00 ● Essence 2:00 ● Finishing Lines 2:30 ● Coffee/Snack Break 3:30 ● How It's Made [CS] 4:00 ● Afternoon Movement 6:00 ● The Wonder Years 2	9:00 ● Good Morning Coffee/Tea 10:00 ● Ageless Stretching [DR] 10:30 ● Daily Chronicle [CS] 10:45 ● Discussion: World Press Freedom Day [CS] 11:00 ● Sing-Along! 1:15 ● Balloon Volleyball 2:30 ● Coffee/Snack Break [DR] 4:00 ● Riddle me this [CS] 6:00 ● Gilmore Girls 3	9:00 ● Good Morning Coffee/Tea 10:00 ● Ageless Stretching [DR] 10:30 ● Daily Chronicle [CS] 11:00 ● May Fun Facts [CS] 11:00 ● Recognition of Grump Out Day - Grumpy Pun Jokes 11:30 ● Bookmarks Reading 1:00 ● Essence 1:15 ● Let's Get Our Nails Done! 1:30 ● Ball Games [CS] 2:00 ● Recognition of Grump Out Day - Grumpy Pun Jokes 2:30 ● Coffee/Snack Break [DR] 3:30 ● Kites and Candy Game 3:45 ● Therapy Dog Visit 4:00 ● Soothing Sounds [CS] 6:00 ● How It's Made [CS] 4	9:00 ● Good Morning Coffee/Tea 10:00 ● Ageless Stretching [DR] 10:30 ● Daily Chronicle and Recognition of Cinco de Mayo [CS] 10:45 ● The Origins of Memorial Day [CS] 11:00 ● iN2L Learning [CS] 1:15 ● Cartoonist Day Activity 2:30 ● Coffee and Snack Break [CS] 4:00 ● Games [CS] 6:00 ● Thursday Night Documentary 5	9:00 ● Good Morning Coffee/Tea 10:00 ● Ageless Stretching [CS] 10:30 ● Daily Chronicle [CS] 11:00 ● Sing-Along! 11:30 ● Pre-Lunch Comedy Show 1:15 ● Physical Games [CS] 1:30 ● Memorial Day Flower Decorations [CS] 2:00 ● The Joy of Painting (Bob Ross) 2:30 ● Coffee and Snack Break [DR] 3:30 ● May Trivia 3:45 ● Joggin' Your Noggin [CS] 4:00 ● Soothing Sounds [CS] 6:00 ● Friday Night Movie 6	9:00 ● Good Morning Coffee/Tea 10:00 ● iN2L Games [DR] 10:30 ● Daily Chronicle 11:00 ● Sing-Along! 1:30 ● Chair Yoga [CS] 2:30 ● Saturday Matinee 3:00 ● Coffee/Snack Break 3:30 ● Adult Coloring 4:00 ● iN2L: Trivia 6:00 ● Saturday Night Music Concert [CS] 7
	9:30 ● Good Morning Stretches and Breathing [CS] 10:00 ● Daily Chronicle and Special Days 10:30 ● Catholic Mass Broadcast [E] 1:30 ● Middy Movement [CS] 2:30 ● Mother's Day Coloring [CS] 3:30 ● Sunday Coffee/Tea Break [CS] 4:15 ● Balloon Volleyball [CS] 6:00 ● Sunday Night Movie 8	9:00 ● Good Morning Coffee/Tea 10:00 ● Ageless Stretching [DR] 10:30 ● Daily Chronicle [CS] 1:00 ● Essence 2:00 ● Finishing Lines 2:30 ● Coffee/Snack Break 3:30 ● How It's Made [CS] 4:00 ● Afternoon Movement 6:00 ● The Wonder Years 9	9:00 ● Good Morning Coffee/Tea 10:00 ● Ageless Stretching [DR] 10:30 ● Daily Chronicle and "The Rest of the Story" Day - Paul Harvey [CS] 10:45 ● Discussion: Stay Up All Night, Night [CS] 11:00 ● Sing-Along! 1:00 ● Teleo Performance Workout 1:15 ● Paul Harvey Keynote Speech 2:30 ● Coffee/Snack Break [DR] 2:30 ● Memorial Day Cards [CS] 4:00 ● Riddle me this [CS] 6:00 ● Gilmore Girls 10	9:00 ● Good Morning Coffee/Tea 10:00 ● Ageless Stretching [DR] 10:15 ● Orange Pound Cake Baking 10:30 ● Daily Chronicle [CS] 11:00 ● iN2L: Pastimes 11:15 ● May Fun Facts [CS] 11:30 ● Bookmarks Reading 1:00 ● Essence 1:15 ● Let's Get Our Nails Done! 1:30 ● Ball Games [CS] 2:30 ● Coffee/Snack Break [DR] 3:30 ● Kites and Candy Game 4:00 ● Soothing Sounds [CS] 6:00 ● How It's Made [CS] 11	9:00 ● Good Morning Coffee/Tea 10:00 ● Ageless Stretching [DR] 10:30 ● Daily Chronicle 11:00 ● iN2L Learning 1:15 ● Documentary: Florence Nightingale: The Lady With The Lamp 1:30 ● Butterfly Craft 2:00 ● Nursing Coloring [CS] 2:30 ● Coffee and Snack Break [CS] 4:00 ● Games [CS] 6:00 ● Thursday Night Documentary 12	9:00 ● Good Morning Coffee/Tea 10:00 ● Ageless Stretching [CS] 10:30 ● Daily Chronicle 11:00 ● Sing-Along! 11:30 ● Pre-Lunch Comedy Show 1:15 ● Physical Games [CS] 2:00 ● The Joy of Painting (Bob Ross) 2:30 ● Coffee and Snack Break [DR] 3:30 ● May Trivia 3:45 ● Joggin' Your Noggin [CS] 4:00 ● Soothing Sounds [CS] 6:00 ● Friday Night Movie 13	9:00 ● Good Morning Coffee/Tea 10:00 ● iN2L Games [DR] 10:30 ● Daily Chronicle 11:00 ● Sing-Along! 1:30 ● Chair Yoga [CS] 2:30 ● Saturday Matinee 3:00 ● Coffee/Snack Break 3:30 ● Adult Coloring 4:00 ● iN2L: Trivia 6:00 ● Saturday Night Music Concert [CS] 14
	9:30 ● Good Morning Stretches and Breathing [CS] 10:00 ● Daily Chronicle and Special Days 10:30 ● Catholic Mass Broadcast [E] 1:30 ● Middy Movement [CS] 2:30 ● Spring Coloring [CS] 3:30 ● Sunday Coffee/Tea Break [CS] 4:15 ● Balloon Volleyball [CS] 6:00 ● Sunday Night Movie 15	9:00 ● Good Morning Coffee/Tea 10:00 ● Ageless Stretching [DR] 10:30 ● Daily Chronicle [CS] 1:00 ● Essence 2:00 ● Finishing Lines 2:30 ● Coffee/Snack Break 3:30 ● How It's Made [CS] 4:00 ● Afternoon Movement 6:00 ● The Wonder Years 16	9:00 ● Good Morning Coffee/Tea 10:00 ● Ageless Stretching [DR] 10:30 ● Daily Chronicle [CS] 10:45 ● Discussion: National Walnut Day [CS] 11:00 ● Sing-Along! 1:00 ● Teleo Performance Workout [CS] 1:15 ● Balloon Volleyball 2:30 ● Coffee/Snack Break [DR] 4:00 ● Riddle me this [CS] 6:00 ● Movie: Wild Oats 17	9:00 ● Good Morning Coffee/Tea 10:00 ● Ageless Stretching [DR] 10:30 ● Daily Chronicle [CS] 11:00 ● May Fun Facts [CS] 11:00 ● iN2L: Pastimes 11:30 ● Bookmarks Reading 1:00 ● Essence 1:15 ● Let's Get Our Nails Done! 1:30 ● Ball Games [CS] 2:00 ● Matt Price Drumming Drum Circle [CS] 3:00 ● Coffee/Snack Break [DR] 3:45 ● Therapy Dog Visit 4:00 ● Soothing Sounds [CS] 6:00 ● The Wonder Years [CS] 18	9:00 ● Good Morning Coffee/Tea 10:00 ● Ageless Stretching [DR] 10:30 ● Daily Chronicle 11:00 ● iN2L Learning 2:00 ● American Flag Coloring [CS] 2:30 ● Coffee and Snack Break [CS] 4:00 ● Games [CS] 6:00 ● Thursday Night Documentary 19	9:00 ● Good Morning Coffee/Tea 10:00 ● Ageless Stretching [CS] 10:30 ● Daily Chronicle 11:00 ● Sing-Along! 11:30 ● Pre-Lunch Comedy Show 1:15 ● Physical Games [CS] 2:00 ● The Joy of Painting (Bob Ross) 2:30 ● Coffee and Snack Break [DR] 3:30 ● May Trivia 3:45 ● Joggin' Your Noggin [CS] 4:00 ● Soothing Sounds [CS] 6:00 ● Friday Night Movie 20	9:00 ● Good Morning Coffee/Tea 10:00 ● iN2L Games [DR] 10:30 ● Daily Chronicle 11:00 ● Sing-Along! 1:30 ● Chair Yoga [CS] 2:30 ● Saturday Matinee 3:00 ● Coffee/Snack Break 3:30 ● Adult Coloring 4:00 ● iN2L: Trivia 6:00 ● Saturday Night Music Concert [CS] 21
	9:30 ● Good Morning Stretches and Breathing [CS] 10:00 ● Daily Chronicle and Special Days 10:30 ● Catholic Mass Broadcast [E] 1:30 ● Middy Movement [CS] 2:30 ● Spring Coloring [CS] 3:30 ● Sunday Coffee/Tea Break [CS] 4:15 ● Balloon Volleyball [CS] 6:00 ● Sunday Night Movie 22	9:00 ● Good Morning Coffee/Tea 10:00 ● Ageless Stretching [DR] 10:30 ● Daily Chronicle [CS] 1:00 ● Essence 2:00 ● Finishing Lines 2:30 ● Coffee/Snack Break 3:30 ● How It's Made [CS] 4:00 ● Afternoon Movement 6:00 ● The Wonder Years 23	9:00 ● Good Morning Coffee/Tea 10:00 ● Ageless Stretching [DR] 10:30 ● Daily Chronicle [CS] 10:45 ● Discussion: Asparagus Day [CS] 11:00 ● Sing-Along! 1:00 ● Teleo Performance Workout 2:30 ● Coffee/Snack Break [DR] 4:00 ● Riddle me this [CS] 6:00 ● Gilmore Girls 24	9:00 ● Good Morning Coffee/Tea 10:00 ● Ageless Stretching [DR] 10:30 ● Daily Chronicle [CS] 11:00 ● May Fun Facts [CS] 11:00 ● iN2L: Pastimes 11:30 ● Bookmarks Reading 1:00 ● Essence 1:15 ● Let's Get Our Nails Done! 1:30 ● Ball Games [CS] 2:30 ● Coffee/Snack Break [DR] 3:30 ● Kites and Candy Game 4:00 ● Soothing Sounds [CS] 6:00 ● Movie: Star Wars [CS] 25	9:00 ● Good Morning Coffee/Tea 10:00 ● Ageless Stretching [DR] 10:30 ● Daily Chronicle 11:00 ● iN2L Learning 11:00 ● iN2L Learning [CS] 2:00 ● Pittsburgh Coloring [CS] 2:30 ● Coffee and Snack Break [CS] 4:00 ● Games [CS] 6:00 ● Thursday Night Documentary 26	9:00 ● Good Morning Coffee/Tea 10:00 ● Ageless Stretching [CS] 10:30 ● Daily Chronicle 11:00 ● Sing-Along! 11:30 ● Pre-Lunch Comedy Show 1:15 ● Physical Games [CS] 2:00 ● The Joy of Painting (Bob Ross) 2:30 ● Coffee and Snack Break [DR] 3:30 ● May Trivia 3:45 ● Joggin' Your Noggin [CS] 4:00 ● Soothing Sounds [CS] 6:00 ● Friday Night Movie 27	9:00 ● Good Morning Coffee/Tea 10:00 ● iN2L Games [DR] 10:30 ● Daily Chronicle 11:00 ● Sing-Along! 1:30 ● Chair Yoga [CS] 2:30 ● Saturday Matinee 3:00 ● Coffee/Snack Break 3:30 ● Adult Coloring 4:00 ● iN2L: Trivia 6:00 ● Saturday Night Music Concert [CS] 28
	9:30 ● Good Morning Stretches and Breathing [CS] 10:00 ● Daily Chronicle and Special Days 10:30 ● Catholic Mass Broadcast [E] 1:30 ● Middy Movement [CS] 2:30 ● Spring Coloring [CS] 3:30 ● Sunday Coffee/Tea Break [CS] 4:15 ● Balloon Volleyball [CS] 6:00 ● Sunday Night Movie 29	9:00 ● Good Morning Coffee/Tea 10:00 ● Ageless Stretching [DR] 10:30 ● Daily Chronicle [CS] 10:45 ● Homemade Macaroons [DR] 1:00 ● Essence 1:45 ● Memorial Day Celebration! 2:00 ● Finishing Lines 2:30 ● Coffee/Snack Break 3:30 ● How It's Made [CS] 4:00 ● Afternoon Movement 6:00 ● The Wonder Years 30	9:00 ● Good Morning Coffee/Tea 10:00 ● Ageless Stretching [DR] 10:30 ● Daily Chronicle [CS] 10:45 ● Discussion: National Macaroon Day [CS] 11:00 ● Sing-Along! 1:00 ● Teleo Performance Workout [CS] 1:15 ● Balloon Volleyball 2:30 ● Coffee/Snack Break [DR] 4:00 ● Riddle me this [CS] 6:00 ● Gilmore Girls 31				THE SHERIDAN AT BETHEL PARK <i>a Senior Lifestyle community</i>