

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 WWW.SENIORLIFESTYLE.COM Activities are subject to change	9:30 ● Daily Chronicle [DR] <b>1</b> 10:00 ● iN2L Discussion Starters [CS] 10:30 ● Catholic Mass Broadcast [E] 2:00 ● Wacky Wordies [CS] 3:00 ● Coffee and Snack Break [DR] 3:30 ● Music Appreciation [CS] 4:15 ● iN2L: Of the Day [CS] 6:00 ● Sunday Night Comedy	9:00 ● Daily Chronicle <b>2</b> 9:15 ● Ageless Stretching 10:30 ● How to Be Happy 11:30 ● Joggin' Your Noggin 12:30 ● Piano Pieces with Marlene 1:00 ● Essence 1:00 ● Walking Club! 2:00 ● <b>Sheridan Reading Club</b> 2:30 ● Essence 3:00 ● Coffee/Snack Break 3:30 ● Finish the Phrase/Word Games [CS] 6:00 ● Monday Night Classic TV [CS]	9:00 ● Daily Chronicle <b>3</b> 9:15 ● Ageless Stretching 10:00 ● iN2L Games 11:00 ● Discussion: World Press Freedom Day [CS] 1:30 ● Afternoon Movement 3:30 ● Art Focus [CS] 4:00 ● Before-Dinner Movement 4:15 ● May Poetry Soup 6:00 ● The Wonder Years [CS]	9:00 ● Daily Chronicle <b>4</b> 9:15 ● Ageless Stretching 9:45 ● Sing-Along [CS] 10:00 ● Is It Cake? [CS] 11:30 ● May Fun Facts [CS] 12:30 ● Piano Pieces with Marlene 1:00 ● Essence 1:00 ● Walking Club! 1:15 ● Let's Get Our Nails Done! 1:30 ● Afternoon Movement 2:00 ● Easy Listening and Conversation 2:30 ● Just Poppin' By To Say Thank You [CS] 3:00 ● Coffee and Snack Break [DR] 3:45 ● Therapy Dog Visit 4:00 ● Brain Stirrers [CS] 6:00 ● Wednesday Movie	9:00 ● Daily Chronicle and Recognition of Cinco de Mayo <b>5</b> 9:15 ● Ageless Stretching 9:45 ● Sing Along! 10:30 ● The Origins of Memorial Day [CS] 11:00 ● May Poetry Soup 1:30 ● Spark 3:00 ● Coffee and Snack Break 3:30 ● Post-Snack Reading [CS] 4:00 ● iN2L: Lifelong Learning [CS] 5:45 ● Scattergories [DR]	9:00 ● Daily Chronicle <b>6</b> 9:15 ● Ageless Stretching 11:30 ● Joggin' Your Noggin 12:30 ● Piano Pieces with Marlene 1:00 ● Walking Club! 1:30 ● Afternoon Movement 2:00 ● Memorial Day Flower Decorations [CS] 3:00 ● <b>Coffee and Snack Break</b> 3:30 ● May Trivia [CS] 6:00 ● BINGO!	9:30 ● Daily Chronicle and Special Days <b>7</b> 10:00 ● Good Morning Chair Tai Chi 11:30 ● Sing-Along 1:15 ● Relaxation Coloring 2:30 ● Saturday Matinee 3:00 ● Coffee and Snack Break [DR] 4:00 ● iN2L Games [CS] 6:00 ● Saturday Night Music Concert
	<b>Mother's Day 8</b> 9:30 ● Daily Chronicle [DR] 10:00 ● iN2L Discussion Starters [CS] 10:30 ● Catholic Mass Broadcast [E] 2:00 ● Mother's Day Coloring [CS] 3:00 ● Coffee and Snack Break [DR] 3:30 ● Music Appreciation [CS] 4:15 ● iN2L: Of the Day [CS] 6:00 ● Sunday Night Comedy	<b>9</b> 9:00 ● Daily Chronicle 9:15 ● Ageless Stretching 10:30 ● How to Be Happy 11:30 ● Joggin' Your Noggin 12:30 ● Piano Pieces with Marlene 1:00 ● Essence 1:00 ● Walking Club! 2:00 ● <b>Sheridan Reading Club</b> 2:30 ● Essence 3:00 ● Coffee/Snack Break 3:30 ● Finish the Phrase/Word Games [CS] 6:00 ● Monday Night Classic TV [CS]	<b>10</b> 9:00 ● Daily Chronicle and 'The Rest of the Story' Day - Paul Harvey 9:15 ● Ageless Stretching 10:00 ● Paul Harvey Keynote Speech 11:00 ● Discussion: Stay Up All Night, Night [CS] 1:00 ● Teelo Performance Workout [CS] 1:30 ● iN2L 3:30 ● Memorial Day Cards [CS] 4:00 ● Before-Dinner Movement 4:15 ● May Poetry Soup 6:00 ● The Wonder Years [CS]	<b>11</b> 9:00 ● Daily Chronicle 9:15 ● Ageless Stretching 9:30 ● Baking Orange Pound Cake [DR] 9:45 ● Sing-Along [CS] 10:00 ● Is It Cake? [CS] 11:30 ● May Fun Facts [CS] 12:30 ● Piano Pieces with Marlene 1:00 ● Essence 1:00 ● Walking Club! 1:15 ● Let's Get Our Nails Done! 1:30 ● Spark 3:00 ● Coffee and Snack Break 3:30 ● Post-Snack Reading [CS] 4:00 ● iN2L: Lifelong Learning [CS] 5:45 ● Scattergories [DR]	<b>12</b> 9:00 ● Daily Chronicle and Nurses/ Florence Nightingale Day 9:15 ● Ageless Stretching 9:45 ● Sing Along! 10:30 ● Documentary: Florence Nightingale: The Lady With The Lamp 11:00 ● May Poetry Soup 1:30 ● Spark 3:00 ● Coffee and Snack Break 3:30 ● Post-Snack Reading [CS] 4:00 ● iN2L: Lifelong Learning [CS] 5:45 ● Scattergories [DR]	<b>13</b> 9:00 ● Daily Chronicle 9:15 ● Ageless Stretching 11:30 ● Joggin' Your Noggin 12:30 ● Piano Pieces with Marlene 1:00 ● Walking Club! 1:30 ● Afternoon Movement 2:00 ● Butterfly Craft [CS] 3:00 ● <b>Coffee and Snack Break</b> 3:30 ● May Trivia [CS] 6:00 ● BINGO!	<b>Happy Birthday, John F! 14</b> 9:30 ● Daily Chronicle and Special Days 10:00 ● Good Morning Chair Tai Chi 11:30 ● Sing-Along 1:15 ● Relaxation Coloring 2:30 ● Saturday Matinee 3:00 ● Coffee and Snack Break [DR] 4:00 ● iN2L Games [CS] 6:00 ● Saturday Night Music Concert
	<b>15</b> 9:30 ● Daily Chronicle [DR] 10:00 ● iN2L Discussion Starters [CS] 10:30 ● Catholic Mass Broadcast [E] 2:00 ● Wacky Wordies [CS] 3:00 ● Coffee and Snack Break [DR] 3:30 ● Music Appreciation [CS] 4:15 ● iN2L: Of the Day [CS] 6:00 ● Sunday Night Comedy	<b>16</b> 9:00 ● Daily Chronicle 9:15 ● Ageless Stretching 10:30 ● How to Be Happy 11:30 ● Joggin' Your Noggin 12:30 ● Piano Pieces with Marlene 1:00 ● Essence 1:00 ● Walking Club! 2:00 ● <b>Sheridan Reading Club</b> 2:30 ● Essence 3:00 ● Coffee/Snack Break 3:30 ● Finish the Phrase/Word Games [CS] 6:00 ● Monday Night Classic TV [CS]	<b>17</b> 9:00 ● Daily Chronicle and Senior Citizens Day 9:15 ● Ageless Stretching 11:00 ● Discussion: National Walnut Day [CS] 1:00 ● Teelo Performance Workout [CS] 1:30 ● Afternoon Movement 3:30 ● Art Focus [CS] 4:00 ● Before-Dinner Movement 4:15 ● May Poetry Soup 6:00 ● The Wonder Years [CS]	<b>18</b> 9:00 ● Daily Chronicle 9:15 ● Ageless Stretching 9:45 ● Sing-Along [CS] 10:00 ● Is It Cake? [CS] 10:15 ● Poetry Workshop 11:30 ● May Fun Facts [CS] 12:30 ● Piano Pieces with Marlene 1:00 ● Essence 1:00 ● Walking Club! 1:15 ● Let's Get Our Nails Done! 1:30 ● Drum Circle [CS] 2:00 ● Easy Listening and Conversation 2:30 ● Coffee and Snack Break [DR] 3:00 ● Coffee and Snack Break [DR] 3:45 ● Therapy Dog Visit 4:00 ● Brain Stirrers [CS] 6:00 ● The Wonder Years	<b>19</b> 9:00 ● Daily Chronicle 9:15 ● Ageless Stretching 9:45 ● Sing Along! 10:30 ● iN2L: Family Feud 11:00 ● May Poetry Soup 1:30 ● Spark 3:00 ● Coffee and Snack Break 3:30 ● Post-Snack Reading [CS] 4:00 ● iN2L: Lifelong Learning [CS] 5:45 ● Scattergories [DR]	<b>20</b> 9:00 ● Daily Chronicle and Norman Rockwell Day 9:15 ● Ageless Stretching 11:30 ● Joggin' Your Noggin 12:30 ● Piano Pieces with Marlene 1:00 ● Walking Club! 1:30 ● Afternoon Movement 2:00 ● American Flag Coloring [CS] 3:00 ● <b>Coffee and Snack Break</b> 3:30 ● May Trivia [CS] 6:00 ● BINGO!	<b>21</b> 9:30 ● Daily Chronicle and Special Days 10:00 ● Good Morning Chair Tai Chi 11:30 ● Sing-Along 1:15 ● Relaxation Coloring 2:30 ● Saturday Matinee 3:00 ● Coffee and Snack Break [DR] 4:00 ● iN2L Games [CS] 6:00 ● Saturday Night Music Concert
	<b>22</b> 9:30 ● Daily Chronicle [DR] 10:00 ● iN2L Discussion Starters [CS] 10:30 ● Catholic Mass Broadcast [E] 2:00 ● Wacky Wordies [CS] 3:00 ● Coffee and Snack Break [DR] 3:30 ● Music Appreciation [CS] 4:15 ● iN2L: Of the Day [CS] 6:00 ● Sunday Night Comedy	<b>23</b> 9:00 ● Daily Chronicle 9:15 ● Ageless Stretching 10:30 ● How to Be Happy 11:30 ● Joggin' Your Noggin 12:30 ● Piano Pieces with Marlene 1:00 ● Essence 1:00 ● Walking Club! 2:00 ● <b>Sheridan Reading Club</b> 2:30 ● Essence 3:00 ● Coffee/Snack Break 3:30 ● Finish the Phrase/Word Games [CS] 6:00 ● Monday Night Classic TV [CS]	<b>24</b> 9:15 ● Ageless Stretching 11:00 ● Discussion: Asparagus Day [CS] 1:00 ● Teelo Performance Workout [CS] 1:30 ● iN2L 3:30 ● Art Focus [CS] 4:00 ● Before-Dinner Movement 4:15 ● May Poetry Soup 6:00 ● The Wonder Years [CS]	<b>25</b> 9:00 ● Daily Chronicle and Star Wars Anniversary 9:15 ● Ageless Stretching 9:45 ● Sing-Along [CS] 10:00 ● Is It Cake? [CS] 11:30 ● May Fun Facts [CS] 12:30 ● Piano Pieces with Marlene 1:00 ● Essence 1:00 ● Walking Club! 1:15 ● Let's Get Our Nails Done! 1:30 ● Afternoon Movement 2:00 ● Easy Listening and Conversation 3:00 ● Coffee and Snack Break [DR] 4:00 ● Brain Stirrers [CS] 6:00 ● Wednesday Movie: Star Wars	<b>26</b> 9:00 ● Daily Chronicle 9:15 ● Ageless Stretching 9:45 ● Sing Along! 10:30 ● iN2L: Family Feud 11:00 ● May Poetry Soup 1:30 ● Spark 3:00 ● Coffee and Snack Break 3:30 ● Post-Snack Reading [CS] 4:00 ● iN2L: Lifelong Learning [CS] 5:45 ● Scattergories [DR]	<b>27</b> 9:00 ● Daily Chronicle 9:15 ● Ageless Stretching 11:30 ● Joggin' Your Noggin 12:30 ● Piano Pieces with Marlene 1:00 ● Walking Club! 1:30 ● Afternoon Movement 2:00 ● Craft [CS] 3:00 ● <b>Coffee and Snack Break</b> 3:30 ● May Trivia [CS] 6:00 ● BINGO!	<b>28</b> 9:30 ● Daily Chronicle and Special Days 10:00 ● Good Morning Chair Tai Chi 11:30 ● Sing-Along 1:15 ● Relaxation Coloring 2:30 ● Saturday Matinee 3:00 ● Coffee and Snack Break [DR] 4:00 ● iN2L Games [CS] 6:00 ● Saturday Night Music Concert
	<b>29</b> 9:30 ● Daily Chronicle [DR] 10:00 ● iN2L Discussion Starters [CS] 10:30 ● Catholic Mass Broadcast [E] 2:00 ● Wacky Wordies [CS] 3:00 ● Coffee and Snack Break [DR] 3:30 ● Music Appreciation [CS] 4:15 ● iN2L: Of the Day [CS] 6:00 ● Sunday Night Comedy	<b>30</b> <b>Memorial Day</b> 9:00 ● Daily Chronicle and Recognition of Memorial Day 9:15 ● Ageless Stretching 9:45 ● Homemade Macaroons [DR] 10:30 ● How to Be Happy 11:30 ● Joggin' Your Noggin 12:30 ● Piano Pieces with Marlene 1:00 ● Essence 1:00 ● Walking Club! 1:30 ● Memorial Day Celebration! [CS] 2:00 ● <b>Sheridan Reading Club</b> 2:30 ● Essence 3:00 ● Coffee/Snack Break 3:30 ● Finish the Phrase/Word Games [CS] 6:00 ● The Wonder Years [CS]	<b>31</b> 9:15 ● Ageless Stretching 11:00 ● Discussion: National Macaroon Day [CS] 1:00 ● Teelo Performance Workout [CS] 1:30 ● Afternoon Movement 3:30 ● Art Focus [CS] 4:00 ● Before-Dinner Movement 4:15 ● May Poetry Soup 6:00 ● The Wonder Years [CS]			<b>Happy Birthday, Phil P.!</b>	<b>THE SHERIDAN AT BETHEL PARK</b> <i>a Senior Lifestyle community</i>

**Location Keys**  
 Creative Studio  
 Dining Room  
 Entertainment Room

CS  
 DR  
 E