

BeInspired Brain Health University CONNECT CONTRIBUTE FEEL GROW MOVE REFLECT Location Keys Bistro Club Room Creative Studio Dining Room Entertainment Room Outing Resident Birthdays Bonnie Y. 12/26 Wynn J. 12/30 The Sheridan at Bethel Park WWW.SENIORLIFESTYLE.COM Activities are subject to change	9:15 ● Coffee & Conversation [B] 10:30 ● Morning Stretch [E] 11:00 ● Catholic Mass on TV [E] 1:00 ● Steelers vs. Browns [E] 2:00 ● Scattergories 3:00 ● Wii Bowling [CR] 7:00 ● Sunday Night Film 1	9:15 ● Coffee & Conversation [B] 9:30 ● Chair Yoga [E] 10:00 ● Let's Make a Deal! [E] 10:30 ● Welcome to December! Monthly Gazette & IQ Quiz [CS] 11:30 ● Broadway Reminiscing: Mary Martin [CS] 1:30 ● Flower Arrangements [CS] 2:00 ● Men's Group 2:30 ● Baking: Cocoa Dip [CS] 3:15 ● Hangman [CS] 4:00 ● Manicure Monday! [CS] 6:30 ● BINGO! [E] 2	9:15 ● Coffee & Conversation [B] 9:30 ● Move & Groove [E] 10:00 ● Let's Make a Deal! [E] 10:30 ♡ BHU: Introduction to Brain Health University [CS] 11:30 ● Red Robin Lunch Outing [O] 2:00 ● Stress Relief Coloring [CS] 2:00 ● Wii Bowling [CR] 3:30 ● Christmas Tree Decorating [B] 6:30 ● BINGO! [E] 3	9:15 ● Coffee & Conversation [B] 9:30 ● Chair Exercises [E] 10:00 ● Let's Make a Deal! [E] 10:15 ● Bunco! [B] 11:00 ● Holiday Craft with Jackie [E] 1:30 ♡ BHU: Slang 101 [CS] 2:30 ● Wednesday Movie: Rocky [E] 4:15 ● Hot Cocoa Social [B] 7:00 ● Rockefeller Christmas Tree Lighting on NBC [E] 4	9:15 ● Coffee & Conversation [B] 9:30 ● Move & Groove [E] 10:00 ● Let's Make a Deal! [E] 10:30 ● Craft: Kissmas Trees [CS] 11:00 ● Trax Farms Christmas Shopping [O] 11:30 ● Uno! [B] 2:00 ● Wii Bowling [CR] 3:30 ● Card Games Club: 500 Rummy [CR] 6:00 ● Scattergories 5	9:15 ● Coffee & Conversation [B] 9:30 ● Fitness Workout [E] 10:00 ● Let's Make a Deal! [E] 10:30 ● Alfred Eisenstaedt Day: Famous Photographs [E] 11:00 ● Name that Tune! [E] 1:30 ● Art Therapy with Penny [CS] 1:30 ● Catholic Holy Communion Service - *Please come ahead of time* [E] 3:30 ● Relaxing Music Meditation [E] 4:00 ● Happy Hour 7:00 ● Penguins vs. Coyotes [E] 6	9:15 ● Coffee & Conversation [B] 9:30 ● Exercise! [E] 10:15 ♡ BHU: Mandala Relaxation [CS] 11:00 ● Jenga! [B] 2:00 ● Book Club [CR] 3:00 ● Creative Corner [CS] 4:00 ● Social Saturday in the Bistro [B] 7:00 ● Netflix Series: Blacklist [E] 8:00 ● Penguins vs. Blues [E] 7
	9:15 ● Coffee & Conversation [B] 10:30 ● Morning Stretch [E] 11:00 ● Catholic Mass on TV [E] 2:00 ● Scattergories 3:00 ● Wii Bowling [CR] 4:00 ● Steelers vs. Cardinals [E] 7:00 ● Sunday Night Film 8	9:15 ● Coffee & Conversation [B] 9:30 ● Chair Yoga [E] 10:00 ● Let's Make a Deal! [E] 10:15 ● Monopoly [E] 1:30 ● Flower Arrangements [CS] 2:00 ● Men's Group 2:30 ● Baking: Cherry Cheesecake Brownies [CS] 4:00 ● Manicure Monday! [CS] 6:30 ● BINGO! [E] 9	9:15 ● Coffee & Conversation [B] 9:30 ● Move & Groove [E] 10:00 ● Let's Make a Deal! [E] 10:30 ♡ BHU: Nonsense Stories [E] 1:00 ● Hallmark Store Shopping [O] 2:00 ● Stress Relief Coloring [CS] 2:00 ● Wii Bowling [CR] 3:30 ● Family Feud [E] 5:30 - ● The Sheridan Birthday & Holiday Celebration 10	4:15 ● Brain Teasers! [B] 9:15 ● Coffee & Conversation [B] 9:30 ● Chair Exercises [E] 10:00 ● Let's Make a Deal! [E] 10:15 ● Bunco! [B] 11:15 ● Trivia! [E] 1:30 ♡ BHU: Chair Fun [CS] 2:30 ● Wednesday Movie: Saving Mr. Banks [E] 8:00 ● Ellen's Greatest Night of Giveaways on NBC 11	9:15 ● Coffee & Conversation [B] 9:30 ● Move & Groove [E] 10:00 ● Let's Make a Deal! [E] 10:30 ● Craft: Buttoned Up Greetings [CS] 11:30 ● Silk Road Lunch Outing [O] 2:00 ● Wii Bowling [CR] 3:30 ● Card Games Club: 31 [CR] 6:00 ● Scattergories 7:00 ● Penguins vs. Blue Jackets [E] 12	9:15 ● Coffee & Conversation [B] 9:30 ● Fitness Workout [E] 10:00 ● Let's Make a Deal! [E] 10:00 ● Mass with Father Hissrich [E] 10:30 ● "Yes Virginia, There is a Santa Claus" Story [B] 11:00 ● Jenga [B] 1:30 ● Catholic Holy Communion Service - *Please come ahead of time* [E] 2:00 ● Paint & Relax: Holiday Ornament [CS] 4:00 ● Happy Hour 13	9:15 ● Coffee & Conversation [B] 9:30 ● Exercise! [E] 10:15 ♡ BHU: Word Search [CS] 11:00 ● Apples to Apples [CR] 2:00 ● Book Club [CR] 3:00 ● Creative Corner [CS] 4:00 ● Social Saturday in the Bistro [B] 7:00 ● Netflix Series: Blacklist [E] 14
	9:15 ● Coffee & Conversation [B] 10:30 ● Morning Stretch [E] 11:00 ● Catholic Mass on TV [E] 1:00 ● Steelers vs. Bills [E] 2:00 ● Scattergories 3:00 ● Wii Bowling [CR] 7:00 ● Sunday Night Film 15	9:15 ● Coffee & Conversation [B] 9:30 ● Chair Yoga [E] 10:00 ● Let's Make a Deal! [E] 10:30 ● Rummikub [E] 1:30 ● Flower Arrangements [CS] 2:00 ● Men's Group 2:30 ● Baking: Holiday Sugar Cookies [CS] 4:00 ● Manicure Monday! [CS] 6:30 ● BINGO! [E] 16	9:15 ● Coffee & Conversation [B] 9:30 ● Move & Groove [E] 10:00 ● Let's Make a Deal! [E] 10:30 ♡ BHU: Brain Food Snack Bar [B] 11:30 ● Gianna Via's Lunch Outing [O] 2:00 ● Stress Relief Coloring [CS] 2:00 ● Wii Bowling [CR] 3:30 ● Wright Brothers Day: TED Talk [E] 6:30 ● BINGO! [E] 17	9:15 ● Coffee & Conversation [B] 9:30 ● Chair Exercises [E] 10:00 ● Let's Make a Deal! [E] 10:15 ● Bunco! [B] 11:15 ● Trivia! [E] 1:30 ♡ BHU: Define It! [CS] 2:30 ● Wednesday Movie: Miracle on 34th Street [E] 4:15 ● Holiday Humor [B] 6:00 ● Christmas Lights Drive [O] 18	9:15 ● Coffee & Conversation [B] 9:30 ● Move & Groove [E] 10:00 ● Let's Make a Deal! [E] 10:15 ● Craft: Nutty Gift Tag [CS] 11:00 ● Poetry Workshop with John Conte [E] 2:00 ● Wii Bowling [CR] 3:30 ● Card Games Club: Bridge [CR] 6:00 ● Scattergories 19	9:15 ● Coffee & Conversation [B] 9:30 ● Fitness Workout [E] 10:00 ● Let's Make a Deal! [E] 10:30 ● Trivial Pursuit Trivia - form your teams! [CS] 1:30 ● Catholic Holy Communion Service - *Please come ahead of time* [E] 2:00 ● December Birthday Bash with The Sunshine Boys [DR] 4:00 ● Happy Hour 20	9:15 ● Coffee & Conversation [B] 9:30 ● Exercise! [E] 10:15 ♡ BHU: Walk This Way [CS] 11:00 ● Uno! [B] 2:00 ● Book Club [CR] 3:00 ● Creative Corner [CS] 4:00 ● Social Saturday in the Bistro [B] 7:00 ● Netflix Series: Blacklist [E] 21
	9:15 ● Coffee & Conversation [B] 10:30 ● Morning Stretch [E] 11:00 ● Catholic Mass on TV [E] 1:00 ● Steelers vs. Jets [E] 2:00 ● Scattergories 3:00 ● Wii Bowling [CR] 7:00 ● Sunday Night Film 22	9:15 ● Coffee & Conversation [B] 9:30 ● Chair Yoga [E] 10:00 ● Let's Make a Deal! [E] 10:30 ♡ BHU: Who Are You? [CS] 11:00 ● Mahjong [CR] 1:30 ● Flower Arrangements [CS] 2:00 ● Men's Group 2:30 ● Baking: Pretzel M&M Hugs [CS] 4:00 ● Manicure Monday! [CS] 6:30 ● BINGO! [E] 23	Christmas Eve 9:15 ● Coffee & Conversation [B] 9:30 ● Move & Groove [E] 10:00 ● Let's Make a Deal! [E] 10:30 ● Wii Bowling [CR] 2:00 ● Stress Relief Coloring [CS] 8:00 ● It's A Wonderful Life Movie: on NBC [E] 24	Christmas Day 9:15 ● Coffee & Conversation [B] 9:30 ● Chair Exercises [E] 10:00 ● Let's Make a Deal! [E] 10:15 ● Bunco! [B] 11:15 ● Holiday Puzzles [E] 2:00 ● Wednesday Movie: A Christmas Story on TBS [E] 25	9:15 ● Coffee & Conversation [B] 9:30 ● Move & Groove [E] 10:00 ● Let's Make a Deal! [E] 10:30 ● Craft: Polished Necklace [CS] 11:30 ● Eat n Park Lunch Outing [O] 2:00 ● Wii Bowling [CR] 3:30 ● Card Games Club: 500 Rummy [CR] 6:00 ● Bingo! 26	9:15 ● Coffee & Conversation [B] 9:30 ● Fitness Workout [E] 10:00 ● Let's Make a Deal! [E] 10:30 ● Humorist's Holiday Hilarities [CR] 11:00 ● Sorry! Board Game [CR] 1:30 ● Art Therapy with Penny [CS] 1:30 ● Catholic Holy Communion Service - *Please come ahead of time* [E] 2:00 ● Paint & Relax [CS] 4:00 ● Happy Hour 27	9:15 ● Coffee & Conversation [B] 9:30 ● Exercise! [E] 10:15 ♡ BHU: "Sweet Dreams" - A Snack Away! [CS] 11:00 ● Name that Tune! [E] 2:00 ● Book Club [CR] 3:00 ● Creative Corner [CS] 4:00 ● Social Saturday in the Bistro [B] 7:00 ● Netflix Series: Blacklist [E] 28
	9:15 ● Coffee & Conversation [B] 10:30 ● Morning Stretch [E] 11:00 ● Catholic Mass on TV [E] 1:00 ● Steelers vs. Ravens [E] 2:00 ● Scattergories 3:00 ● Wii Bowling [CR] 7:00 ● Sunday Night Film 29	9:15 ● Coffee & Conversation [B] 9:30 ● Chair Yoga [E] 10:00 ● Let's Make a Deal! [E] 10:30 ♡ BHU: Confused Colors [CS] 11:00 ● Yahtzee! [CS] 1:30 ● Flower Arrangements [CS] 2:00 ● Men's Group 2:30 ● Baking: Buttery Eggnog Cookies [CS] 4:00 ● Resident Council Meeting [CR] 6:30 ● BINGO! [E] 30	New Year's Eve 9:15 ● Coffee & Conversation [B] 9:30 ● Move & Groove [E] 10:00 ● Let's Make a Deal! [E] 10:30 ● Wii Bowling [CR] 1:00 ● New Year's Eve Party! [DR] 2:00 ● Stress Relief Coloring [CS] 6:30 ● BINGO! [E] 31	SENIOR LIFESTYLE your life, your style  			