February 2020 The Sheridan at Eastside							
The offeridan at Edotore	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
INDEPENDENT LIVING BY SENIOR LIFESTYLE	Location Keys Bistro B Creative Studio CS Dining Room DR Entertainment RoomER Fitness Center FC Great Room GR Lobby LBY	 Culture & the Arts Leadership & Volunteerism Lecture & Learning Movement & Mind Recreation & Entertainment Spiritual Health & Religion Travels & Trecks 	SENIOR LIFESTYLE your <i>life</i> , your <i>style</i>				10:15 • Morning Stretch 1:30 • Trivia [GR] 6:45 • Puzzles, Pints, & Pretzels Happy Hour [GR]
Location Keys Bistro B Creative Studio CS Dining Room DR Entertainment Room ER Fitness Center FC Great Room GR Lobby LBY	Groundhog Day Ice Cream for Breakfast Day 8:30 • Church Shuttles [LBY] 11:00 • Feature Film [ER] 6:15 • Super Bowl Party [ER]	[FC] 3	10:15 • Kick Boxing Club [FC] 11:00 • Publix, Target, TJ Maxx [LBY] 1:00 • R.O.M.E.O. Club [LBY] 1:15 • Card Club [GR] 6:45 • Price is Right [GR]	10:15 • Walking Wednesday Workout [FC] 2:00 • Emergeny Preparedness with Jack [ER] 2:00 • Grocery Run - Kroger [LBY] 3:30 • Welcome Wreaths 7:00 • Feature Film	1:00 • 2 Buck Black Jack [ER] 6 2:30 • Goodwill Scavenger Hunt [LBY] 4:00 • Happy Hour [GR] 5:30 • Dinner at Dominick's [LBY]	10:00 • Grocery Run - Publix [LBY] 10:15 • Yoga with Naomi [FC] 11:30 • It Takes Two Dance Class [FC] 1:00 • Card Crafting with Charlotte [CS] 2:00 • You Be the Judge [ER] 4:00 • Happy Hour - Name That Tune [GR]	10:15 • Morning Stretch 3:00 • Let's Go to the Library [LBY] 7:00 • Board Games & Beers Happy Hour [GR]
SEST DAY ME	8:30 • Church Shuttles [LBY] 9 11:00 • Feature Film [ER] 4:30 • Wii Bowling Practice [FC]	10:15 • Raise the Barre [FC] 2:05 • Resident Led Bible Study [CS] 3:30 • Sheridan Scrappers - Scrap-booking Club [CS] 5:45 • Movie Monday [ER]	9:15 • Stone Mountain [LBY] 1 1 10:15 • Kick Boxing Club [FC] 11:00 • Publix, Target, TJ Maxx [LBY] 1:00 • R.O.M.E.O. Club [LBY] 1:15 • Card Club [GR]	Wednesday Workout [FC] 1:00 • Table Talk: Religion [ER] 2:00 • Blingo Bingo [CS] 5:30 • Valentine's Dinner and	10:15 • Ageless Grace [FC] 3 PM • Sheridan Shares Meeting [GR] 11:00 • Happy Hour & Games [GR] 2:30 • 2 Buck Black Jack [ER] 2:30 • Tech Talk - Intro to your Iphone [ER] 4:00 • Happy Hour - Name That Tune [GR]	Valentine's Day 10:00 • Grocery Run - Publix [LBY] 10:15 • Yoga with Naomi [FC] 1:00 • Card Crafting with Charlotte [CS] 3:00 • Paint & Sip Party with Neena [CS]	10:15 • Morning Stretch 12:20 • From Black History to Black Future Month [LBY] 3:00 • Name that Tune [ER] 6:45 • Feature Film
WWW.SENIORLIFESTYLE.COM ACTIVITIES ARE SUBJECT TO CHANGE	8:30 • Church Shuttles [LBY] 11:00 • Feature Film [ER] 4:30 • Wii Bowling Practice [FC]	Presidents' Day 10:15 • Morning Stretch [ER] 2:05 • Resident Led Bible Study [CS] 5:45 • Movie Monday [ER]	10:15 • Tai Chi for Everyone [ER] 1:00 • R.O.M.E.O. Club [LBY] 1:15 • Card Club [GR] 5:00 • Larry Lupis - Tribute Comedy	Wednesday Workout [FC] 2:00 • Grocery Run - Kroger [LBY] 2:30 • The Billy Graham Story	10:00 • Center for Civil & Human Rights & Pittypat's Porch [LBY] 10:15 • Balance & Breath [ER] 2:30 • 2 Buck Black Jack [ER] 4:00 • Happy Hour - Minute to Win It [GR]	10:00 • Grocery Run - Publix [LBY] 10:15 • Yoga with Naomi [FC] 1:00 • Card Crafting with Charlotte [CS] 4:00 • Happy Hour - Name That Tune [GR] 7:00 • Friday Night Flick [ER]	10:15 • Morning Stretch 3:00 • Let's Go to the Library [LBY] 6:30 • Brookwood High School Theater (Play TBD)
Your opinion is important to us. Share your feedback and suggestions about our new explore Independent Living program concept with your Resident Program Director.	8:30 • Church Shuttles [LBY] 11:00 • Feature Film [ER] 2:00 • The Importance of Being Earnest [LBY] 4:30 • Wii Bowling Practice [FC]	[FC] 24	10:15 • Kick Boxing Club [FC] 11:00 • Publix, Target, TJ Maxx [LBY] 1:00 • R.O.M.E.O. Club [LBY] 1:15 • Card Club [GR] 6:30 • Brookwood High School Chorus Concert [LBY]	Snellville Senior Center Visiting 10:15 • Ageless Grace [FC] 1:15 • Outsmarting the Scammers: Jason Arnold with Edward Jones [ER] 3:00 • Let's Go to the Library [LBY] 6:00 • February Birthday's Dinner	10:15 • Ageless Grace [FC] 27 2:30 • 2 Buck Black Jack [ER] 4:00 Chair Volleyball [CS] 7:00 • Directors Night Happy Hour [B]	10:00 • Grocery Run - Publix [LBY] 10:15 • Yoga with Naomi [FC] 1:00 • Card Crafting with Charlotte [CS] 4:00 • Happy Hour - Name That Tune [GR] 5:00 • Aurora Comedy Club & Dinner at Dominicks [LBY]	10:15 • Morning Stretch 3:00 • Let's Go to the Library [LBY] 3:30 • You Be the Judge [ER] 6:00 • Board Games & Beers Happy Hour [GR]