




**TOWN VILLAGE
STERLING HEIGHTS**
A GRACE MGMT COMMUNITY
It's not like home. It *is* home.

The Leadership Team

Sheri Sepanak, Executive Director
Chantel Howard, Wellness Director
Trisha Ginn, Village Program Coordinator
Julie Nobles, Sales Director
Sandy Owens, Sales & Marketing
Dale Main, Maintenance Director
Stacey Jeffries, Dietary Director
Gail Mooney, Business Office Director

Resident Birthdays

April, 2021

Stephen B. 4/22

Fern K. 4/28



The Gem Memory Care



Welcome to the Family

<div><div></div><div>TOWN VILLAGE STERLING HEIGHTS A GRACE MGMT COMMUNITY</div></div>		<div>APRIL 2021</div>				<div><div>4500 Dobry Drive Sterling Heights, Michigan 48314 586-803-0900 www.townvillagesterlingheights.com</div><div></div></div>	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
				1April Fools' Day	2Good Friday	3	
				CO 9:00 Whats Happening Today PY 10:30 Sit & Be Fit CO 11:00 Easter Trivia PY 11:30 Floor Hockey E 2:00 Scenic Drive SO 3:00 Snack & Chat CO 3:30 Puzzle Fun CR 6:00 Adult Coloring	CO 9:00 Whats Happening Today PY 10:30 Chair Exercise CR 11:00 Egg Hunt PY 2:30 Tender Hearts Therapy SO 3:00 Dying Easter Eggs SO 3:00 Snack & Chat E 6:00 Friday Night Musical	CO 9:00 Whats Happening Today PY 10:00 Chair Exercise PY 10:30 Margaret's Walking Club SP 11:00 Non-Denominational Church CR 2:00 Adult Coloring SO 3:00 Snack & Chat CO 3:00 Word Games SP 4:00 Catholic Church Service	
4Easter	5	6	7	8	9	10	
CO 9:00 Whats Happening Today PY 10:00 Chair Exercise SP 11:00 Catholic Church Service IN2L PY 2:00 Let's get Physical! SO 3:00 Snack & Chat PR 3:30 Travel around the World IN2L CO 6:00 Sunday Night Movie	CO 9:00 Whats Happening Today PY 10:30 Sit &Stretch CO 11:00 Family Feud In2L E 2:00 Pamper Yourself SO 3:00 Snack & Chat CO 3:15 Name that sound! CO 6:00 How Much Was it?	CO 9:00 Whats Happening Today PY 10:30 Rise & Shine Fitness PR 11:00 Flower Arranging CO 2:00 Bingo SO 3:00 Snack & Chat SE 3:15 Hand Massages CO 6:00 The Matching Game	CO 9:00 Whats Happening Today PY 10:15 Arthritis Relief Exercise SP 11:00 Rosary with Dee SO 2:30 Jeff Cavatio Performs SO 3:00 Snack & Chat CO 3:30 Travel to.. CO 6:00 Casino Night	CO 9:00 Whats Happening Today PY 10:30 Sit & Be Fit PY 11:00 Floor Hockey SE 2:00 Rochester Scenic Tour SO 3:00 Snack & Chat CR 3:30 Can you Build It? CR 6:00 Adult Coloring	CO 9:00 Whats Happening Today PY 10:30 Chair Exercise CO 11:00 Crossword Puzzle PY 11:15 Bean Bag twister CR 2:30 Tender Hearts Crafts & Games SO 3:00 Happy Hour SO 3:00 Snack & Chat E 6:00 Friday Night Musical	CO 9:00 Whats Happening Today PY 10:00 Chair Exercise PY 10:30 Margaret's Walking Club SP 11:00 Non-Denominational Church CR 2:00 Adult Coloring SO 3:00 Snack & Chat CO 3:00 Word Games SP 4:00 Catholic Church Service	
11	12	13Ramadan Begins	14	15	16	17	
CO 9:00 Whats Happening Today PY 10:00 Chair Exercise SP 11:00 Catholic Church Service IN2L PY 2:00 Let's get Physical! SO 3:00 Snack & Chat PR 3:30 Travel around the World IN2L CO 6:00 Sunday Night Movie	CO 9:00 Whats Happening Today PY 10:30 Sit &Stretch CO 11:00 The Price is Right E 2:00 Pamper Yourself SO 3:00 Snack & Chat CO 3:15 The Matching Game CO 6:00 How Much Was it?	CO 9:00 Whats Happening Today PY 10:30 Rise & Shine Fitness PR 11:00 Flower Arranging CO 2:00 Bingo SO 3:00 Snack & Chat E 3:15 Sing-a-long with Suzi CO 6:00 The Matching Game	CO 9:00 Whats Happening Today PY 10:15 Arthritis Relief Exercise SP 11:00 Rosary with Dee E 2:30 Suzy Marsh Performs SO 3:00 Snack & Chat CO 3:30 Giant Jenga CO 6:00 Casino Night	CO 9:00 Whats Happening Today PY 10:30 Sit & Be Fit PY 11:00 Ball Basket Toss SE 2:00 Romeo Scenic Drive SO 3:00 Snack & Chat CO 3:15 Puzzle Fun CR 6:00 Adult Coloring	CO 9:00 Whats Happening Today PY 10:30 Chair Exercise E 11:00 Conversation Dice CO 11:30 Brain Games CR 2:30 Tender Hearts Crafts & Games SO 3:00 Happy Hour SO 3:00 Snack & Chat E 6:00 Friday Night Musical	CO 9:00 Whats Happening Today PY 10:00 Chair Exercise PY 10:30 Margaret's Walking Club SP 11:00 Non-Denominational Church CR 2:00 Adult Coloring SO 3:00 Snack & Chat CO 3:00 Word Games SP 4:00 Catholic Church Service	
18	19	20	21	22Earth Day	23	24	
CO 9:00 Whats Happening Today PY 10:00 Chair Exercise SP 11:00 Catholic Church Service IN2L PY 2:00 Let's get Physical! SO 3:00 Snack & Chat PR 3:30 Travel around the World IN2L CO 6:00 Sunday Night Movie	CO 9:00 Whats Happening Today PY 10:30 Sit &Stretch CO 11:00 Family Feud In2L E 2:00 Pamper Yourself SO 3:00 Snack & Chat PY 3:15 Bowling CO 6:00 How Much Was it?	CO 9:00 Whats Happening Today PY 10:30 Rise & Shine Fitness PR 11:00 Flower Arranging CO 2:00 Bingo SO 3:00 Snack & Chat SE 3:15 Hand Massages CO 6:00 The Matching Game	CO 9:00 Whats Happening Today PY 10:15 Arthritis Relief Exercise SP 11:00 Rosary with Dee SO 2:30 Kenny Lang Performs SO 3:00 Snack & Chat CO 3:30 Piggy Bankers word Game CO 6:00 Casino Night	CO 9:00 Whats Happening Today PY 10:30 Sit & Be Fit PY 11:00 Floor Hockey PR 2:00 Scenic Drive SO 3:00 Snack & Chat E 3:30 Sing-a-Long with Mary Sue CR 6:00 Adult Coloring	CO 9:00 Whats Happening Today PY 10:30 Chair Exercise PY 11:00 Friyaayy Dance Party! CO 11:15 Crossword Puzzle CR 2:30 Tender Hearts Crafts & Games SO 3:00 Happy Hour SO 3:00 Snack & Chat E 6:00 Friday Night Musical	CO 9:00 Whats Happening Today PY 10:00 Chair Exercise PY 10:30 Margaret's Walking Club SP 11:00 Non-Denominational Church CR 2:00 Adult Coloring SO 3:00 Snack & Chat CO 3:00 Word Games SP 4:00 Catholic Church Service	
25	26	27	28	29	30		
CO 9:00 Whats Happening Today PY 10:00 Chair Exercise SP 11:00 Catholic Church Service IN2L PY 2:00 Let's get Physical! SO 3:00 Snack & Chat PR 3:30 Travel around the World IN2L CO 6:00 Sunday Night Movie	CO 9:00 Whats Happening Today PY 10:30 Sit &Stretch CO 11:00 The Price is Right E 2:00 Pamper Yourself SO 3:00 Snack & Chat CO 3:30 The Matching Game CO 6:00 How Much Was it?	CO 9:00 Whats Happening Today PY 10:30 Rise & Shine Fitness PR 11:00 Flower Arranging CO 2:00 Bingo SO 3:00 Snack & Chat SE 3:30 Aromatherapy CO 6:00 The Matching Game	CO 9:00 Whats Happening Today PY 10:15 Arthritis Relief Exercise SP 11:00 Rosary with Dee E 2:30 Gary Richards Performs SO 3:00 Snack & Chat SE 3:30 Whats in the Bag? CO 6:00 Casino Night	CO 9:00 Whats Happening Today PY 10:30 Sit & Be Fit PR 10:54 Can you build it? CO 11:00 Music Trivia PY 11:15 Bean Bag Twister SE 2:00 Driving around the Town SO 3:00 Snack & Chat CR 6:00 Adult Coloring	CO 9:00 Whats Happening Today PY 10:30 Chair Exercise PY 11:00 Friyaayy Dance Party CO 11:15 Brain Games CR 2:30 Tender Hearts Crafts & Games SO 3:00 Happy Hour SO 3:00 Snack & Chat E 6:00 Friday Night Musical		

Events are Subject to Change.

Easter Celebrations

We will be having some holiday fun on Friday, April 2nd. We will start the morning with some Easter trivia followed by an egg hunt, eggs filled with yummy treats! In the afternoon we will get our creative juices flowing by decorating eggs! Come join us for some holiday fun!

The return of Live Music

Spring has sprung and along with that we are excited for the return of live entertainment! With safety measures in place we will be having different musicians in every Wednesday afternoon to help keep our toes tapping and our hearts full of joy. Join us for some great sounds!

TV HISTORY

The Gong Show

premiered in 1976 on NBC. The daytime version ran for two years, hosted by Chuck Barris.



A Word from our Wellness Director:

Hello Gem families!

My name is Chantel Howard and I am the new wellness director for the GEM! I am very excited to be joining such an amazing team! A little background about myself. I have been a nurse for 14 years and I have a background in skilled nursing and senior living (assisted living and memory care) I am also a Certified Dementia Practitioner. I have held the position of wellness director at two other communities and I have also held the position of Executive Director. I come from managing a 103 bed community so being a part of such an intimate setting such as the GEM its a breath of fresh air for me! I am married, I have two children Chloe (13) Blake (7). I am extremely excited to embark on this endeavor , to get to know you & serve you and your loved ones!

With warmest regards,
Chantel Howard