



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

**Welcome to the Family**

Bob B  
 Kathleen H.



## 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

## The Gem Memory Care

## Resident Birthdays

Judy S. 5/20





<div><div></div><div>TOWN VILLAGE STERLING HEIGHTS A GRACE MGMT COMMUNITY</div></div>		<div>MAY 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		
<div><div><div>CO</div><div>CR</div><div>E</div><div>PY</div><div>PR</div><div>SE</div><div>SO</div><div>SP</div></div><div><div>- Cognitive</div><div>- Creative</div><div>- Emotional</div><div>- Physical</div><div>- Purposeful</div><div>- Sensory</div><div>- Social</div><div>- Spiritual</div></div></div>												1	May Day	
												<div><div>CO</div><div>PY</div><div>PY</div><div>SP</div><div>CR</div><div>SO</div><div>CO</div><div>SP</div></div>	9:00 Whats Happening Today 10:00 Chair Exercise 10:30 Margaret's Walking Club 11:00 Non-Denominational Church 2:00 Adult Coloring 3:00 Snack & Chat 3:00 Word Games 4:00 Catholic Church Service IN2L	
2	<div><div>CO</div><div>PY</div><div>SP</div><div>PY</div><div>SO</div><div>PR</div><div>CO</div><div>SP</div></div> <div><div>9:00</div><div>10:00</div><div>11:00</div><div>2:00</div><div>3:00</div><div>3:30</div><div>6:00</div><div>7:00</div></div> <div><div>Whats Happening Today</div><div>Chair Exercise</div><div>Catholic Church Service IN2L</div><div>Let's get Physical!</div><div>Snack &amp; Chat</div><div>Travel around the World IN2L</div><div>Sunday Night Movie</div><div>Evening Prayers</div></div>	3	<div><div>CO</div><div>PY</div><div>CO</div><div>E</div><div>SO</div><div>CO</div><div>CO</div></div> <div><div>9:00</div><div>10:30</div><div>11:00</div><div>2:00</div><div>3:00</div><div>3:30</div><div>6:00</div></div> <div><div>Whats Happening Today</div><div>Sit &amp;Stretch</div><div>Family Feud In2L</div><div>Pamper Yourself</div><div>Snack &amp; Chat</div><div>Piggy Bankers</div><div>How Much Was it?</div></div>	4	<div><div>CO</div><div>PY</div><div>PR</div><div>CO</div><div>SO</div><div>SE</div><div>CO</div></div> <div><div>9:00</div><div>10:30</div><div>11:00</div><div>2:00</div><div>3:00</div><div>3:15</div><div>6:00</div></div> <div><div>Whats Happening Today</div><div>Rise &amp; Shine Fitness</div><div>Flower Arranging</div><div>Bingo</div><div>Snack &amp; Chat</div><div>Hand Massages</div><div>The Matching Game</div></div>	5	Cinco de Mayo	6	<div><div>CO</div><div>PY</div><div>PY</div><div>CO</div><div>SO</div><div>SO</div><div>CR</div></div> <div><div>9:00</div><div>10:15</div><div>11:00</div><div>2:30</div><div>3:00</div><div>3:30</div><div>6:00</div></div> <div><div>Whats Happening Today</div><div>Arthritis Relief Exercise</div><div>Rosary with Dee</div><div>Tom Birchler Performs</div><div>Snack &amp; Chat</div><div>Name that Sound</div><div>Casino Night</div></div>	7	<div><div>CO</div><div>PY</div><div>CO</div><div>CR</div><div>SO</div><div>SO</div><div>F</div></div> <div><div>9:00</div><div>10:30</div><div>11:30</div><div>2:30</div><div>3:00</div><div>3:00</div><div>6:00</div></div> <div><div>Whats Happening Today</div><div>Chair Exercise</div><div>Crossword Puzzle</div><div>Tender Hearts Crafts &amp; Games</div><div>Happy Hour</div><div>Snack &amp; Chat</div><div>Friday Night Musical</div></div>	8	<div><div>CO</div><div>PY</div><div>PY</div><div>SP</div><div>CR</div><div>SO</div><div>CO</div><div>SP</div></div> <div><div>9:00</div><div>10:00</div><div>10:30</div><div>11:00</div><div>2:00</div><div>3:00</div><div>3:00</div><div>4:00</div></div> <div><div>Whats Happening Today</div><div>Chair Exercise</div><div>Margaret's Walking Club</div><div>Non-Denominational Church</div><div>Adult Coloring</div><div>Snack &amp; Chat</div><div>Word Games</div><div>Catholic Church Service IN2L</div></div>	
9	Mother's Day	10	<div><div>CO</div><div>PY</div><div>CO</div><div>E</div><div>SO</div><div>CO</div><div>CO</div></div> <div><div>9:00</div><div>10:30</div><div>11:00</div><div>2:00</div><div>3:00</div><div>3:30</div><div>6:00</div></div> <div><div>Whats Happening Today</div><div>Sit &amp;Stretch</div><div>The Price is Right</div><div>Pamper Yourself</div><div>Snack &amp; Chat</div><div>Snakes and Ladders Game</div><div>How Much Was it?</div></div>	11	<div><div>CO</div><div>PY</div><div>PR</div><div>CO</div><div>SO</div><div>SE</div><div>CO</div></div> <div><div>9:00</div><div>10:30</div><div>11:00</div><div>2:00</div><div>3:00</div><div>3:30</div><div>6:00</div></div> <div><div>Whats Happening Today</div><div>Rise &amp; Shine Fitness</div><div>Flower Arranging</div><div>Bingo</div><div>Snack &amp; Chat</div><div>Hand Massages</div><div>The Matching Game</div></div>	12	<div><div>CO</div><div>PY</div><div>SP</div><div>E</div><div>SO</div><div>SO</div><div>SE</div><div>CO</div></div> <div><div>9:00</div><div>10:15</div><div>11:00</div><div>2:30</div><div>3:00</div><div>3:00</div><div>3:30</div><div>6:00</div></div> <div><div>Whats Happening Today</div><div>Arthritis Relief Exercise</div><div>Rosary with Dee</div><div>Dan Beaubien Performs</div><div>Ice Cream Social</div><div>Snack &amp; Chat</div><div>Name that Sound</div><div>Casino Night</div></div>	13	<div><div>CO</div><div>PY</div><div>CO</div><div>PY</div><div>SE</div><div>SO</div><div>SO</div><div>CR</div></div> <div><div>9:00</div><div>10:30</div><div>11:00</div><div>11:30</div><div>1:30</div><div>3:00</div><div>3:30</div><div>6:00</div></div> <div><div>Whats Happening Today</div><div>Sit &amp; Be Fit</div><div>Math Trivia</div><div>Balloon Toss</div><div>Drive to the Country</div><div>Snack &amp; Chat</div><div>Water Painting</div><div>Adult Coloring</div></div>	14	<div><div>CO</div><div>PY</div><div>CO</div><div>CR</div><div>SO</div><div>SO</div><div>E</div></div> <div><div>9:00</div><div>10:30</div><div>2:30</div><div>3:00</div><div>3:00</div><div>6:00</div></div> <div><div>Whats Happening Today</div><div>Chair Exercise</div><div>Tender Hearts Crafts &amp; Games</div><div>Happy Hour</div><div>Snack &amp; Chat</div><div>Friday Night Musical</div></div>	15	Armed Forces Day	<div><div>CO</div><div>PY</div><div>PY</div><div>SP</div><div>CR</div><div>SO</div><div>CO</div><div>SP</div></div> <div><div>9:00</div><div>10:00</div><div>10:30</div><div>11:00</div><div>2:00</div><div>3:00</div><div>3:00</div><div>4:00</div></div> <div><div>Whats Happening Today</div><div>Chair Exercise</div><div>Margaret's Walking Club</div><div>Non-Denominational Church</div><div>Adult Coloring</div><div>Snack &amp; Chat</div><div>Word Games</div><div>Catholic Church Service IN2L</div></div>
16	<div><div>CO</div><div>PY</div><div>SP</div><div>PY</div><div>SO</div><div>PR</div><div>CO</div><div>SP</div></div> <div><div>9:00</div><div>10:00</div><div>11:00</div><div>2:00</div><div>3:00</div><div>3:30</div><div>6:00</div><div>7:00</div></div> <div><div>Whats Happening Today</div><div>Chair Exercise</div><div>Catholic Church Service IN2L</div><div>Let's get Physical!</div><div>Snack &amp; Chat</div><div>Travel around the World IN2L</div><div>Sunday Night Movie</div><div>Evening Prayers</div></div>	17	<div><div>CO</div><div>PY</div><div>CO</div><div>E</div><div>SO</div><div>PY</div><div>CO</div></div> <div><div>9:00</div><div>10:30</div><div>11:00</div><div>2:00</div><div>3:00</div><div>3:15</div><div>6:00</div></div> <div><div>Whats Happening Today</div><div>Sit &amp;Stretch</div><div>Family Feud In2L</div><div>Pamper Yourself</div><div>Snack &amp; Chat</div><div>Courtyard Games</div><div>How Much Was it?</div></div>	18	<div><div>CO</div><div>PY</div><div>PR</div><div>CO</div><div>SO</div><div>SE</div><div>CO</div></div> <div><div>9:00</div><div>10:30</div><div>11:00</div><div>2:00</div><div>3:00</div><div>3:15</div><div>6:00</div></div> <div><div>Whats Happening Today</div><div>Rise &amp; Shine Fitness</div><div>Flower Arranging</div><div>Bingo</div><div>Snack &amp; Chat</div><div>Hand Massages</div><div>The Matching Game</div></div>	19	<div><div>CO</div><div>PY</div><div>SP</div><div>E</div><div>SO</div><div>SO</div><div>CR</div><div>CO</div></div> <div><div>9:00</div><div>10:15</div><div>11:00</div><div>2:30</div><div>3:00</div><div>3:30</div><div>6:00</div></div> <div><div>Whats Happening Today</div><div>Arthritis Relief Exercise</div><div>Rosary with Dee</div><div>Kenny Lang Performs</div><div>Snack &amp; Chat</div><div>Can you build it?</div><div>Casino Night</div></div>	20	<div><div>CO</div><div>PY</div><div>PY</div><div>CO</div><div>PR</div><div>SO</div><div>CO</div><div>CR</div></div> <div><div>9:00</div><div>10:30</div><div>11:00</div><div>2:00</div><div>3:00</div><div>3:30</div><div>6:00</div></div> <div><div>Whats Happening Today</div><div>Sit &amp; Be Fit</div><div>Floor Hockey</div><div>Driving Around Town outing</div><div>Snack &amp; Chat</div><div>Puzzle Fun</div><div>Adult Coloring</div></div>	21	<div><div>CO</div><div>PY</div><div>CO</div><div>CR</div><div>SO</div><div>SO</div><div>F</div></div> <div><div>9:00</div><div>10:30</div><div>11:15</div><div>2:30</div><div>3:00</div><div>3:00</div><div>6:00</div></div> <div><div>Whats Happening Today</div><div>Chair Exercise</div><div>Brain Games</div><div>Tender Hearts Crafts &amp; Games</div><div>Happy Hour</div><div>Snack &amp; Chat</div><div>Friday Night Musical</div></div>	22	<div><div>CO</div><div>PY</div><div>PY</div><div>SP</div><div>CR</div><div>SO</div><div>CO</div><div>SP</div></div> <div><div>9:00</div><div>10:00</div><div>10:30</div><div>11:00</div><div>2:00</div><div>3:00</div><div>3:00</div><div>4:00</div></div> <div><div>Whats Happening Today</div><div>Chair Exercise</div><div>Margaret's Walking Club</div><div>Non-Denominational Church</div><div>Adult Coloring</div><div>Snack &amp; Chat</div><div>Word Games</div><div>Catholic Church Service IN2L</div></div>	
23	<div><div>CO</div><div>PY</div><div>SP</div><div>PY</div><div>SO</div><div>PR</div><div>CO</div><div>SP</div></div> <div><div>9:00</div><div>10:00</div><div>11:00</div><div>2:00</div><div>3:00</div><div>3:30</div><div>6:00</div><div>7:00</div></div> <div><div>Whats Happening Today</div><div>Chair Exercise</div><div>Catholic Church Service IN2L</div><div>Let's get Physical!</div><div>Snack &amp; Chat</div><div>Travel around the World IN2L</div><div>Sunday Night Movie</div><div>Evening Prayers</div></div>	24	<div><div>CO</div><div>PY</div><div>CO</div><div>E</div><div>SO</div><div>E</div><div>CO</div></div> <div><div>9:00</div><div>10:30</div><div>11:00</div><div>2:00</div><div>3:00</div><div>3:30</div><div>6:00</div></div> <div><div>Whats Happening Today</div><div>Sit &amp;Stretch</div><div>The Price is Right</div><div>Pamper Yourself</div><div>Snack &amp; Chat</div><div>Music in the Courtyard</div><div>How Much Was it?</div></div>	25	<div><div>CO</div><div>PY</div><div>PR</div><div>CO</div><div>SO</div><div>SE</div><div>CO</div></div> <div><div>9:00</div><div>10:30</div><div>11:00</div><div>2:00</div><div>3:00</div><div>3:15</div><div>6:00</div></div> <div><div>Whats Happening Today</div><div>Rise &amp; Shine Fitness</div><div>Flower Arranging</div><div>Bingo</div><div>Snack &amp; Chat</div><div>Balloon Toss</div><div>The Matching Game</div></div>	26	<div><div>CO</div><div>PY</div><div>SP</div><div>E</div><div>SO</div><div>SO</div><div>CR</div><div>CO</div></div> <div><div>9:00</div><div>10:15</div><div>11:00</div><div>2:30</div><div>3:00</div><div>3:30</div><div>6:00</div></div> <div><div>Whats Happening Today</div><div>Arthritis Relief Exercise</div><div>Rosary with Dee</div><div>Marie Kravitz Performs</div><div>Snack &amp; Chat</div><div>Name that Sound</div><div>Casino Night</div></div>	27	<div><div>CO</div><div>PY</div><div>PY</div><div>CO</div><div>PR</div><div>SO</div><div>CO</div><div>CR</div></div> <div><div>9:00</div><div>10:30</div><div>11:00</div><div>11:30</div><div>1:30</div><div>3:00</div><div>6:00</div></div> <div><div>Whats Happening Today</div><div>Sit &amp; Be Fit</div><div>Bean Bag Twister</div><div>Memorial Day Trivia</div><div>Metro Beach Drive</div><div>Snack &amp; Chat</div><div>Adult Coloring</div></div>	28	<div><div>CO</div><div>PY</div><div>CO</div><div>CR</div><div>SO</div><div>SO</div><div>F</div></div> <div><div>9:00</div><div>10:30</div><div>11:15</div><div>2:30</div><div>3:00</div><div>3:00</div><div>6:00</div></div> <div><div>Whats Happening Today</div><div>Chair Exercise</div><div>Crossword Puzzle</div><div>Tender Hearts Crafts &amp; Games</div><div>Happy Hour</div><div>Snack &amp; Chat</div><div>Friday Night Musical</div></div>	29	<div><div>CO</div><div>PY</div><div>PY</div><div>SP</div><div>CR</div><div>SO</div><div>CO</div><div>SP</div></div> <div><div>9:00</div><div>10:00</div><div>10:30</div><div>11:00</div><div>2:00</div><div>3:00</div><div>3:00</div><div>4:00</div></div> <div><div>Whats Happening Today</div><div>Chair Exercise</div><div>Margaret's Walking Club</div><div>Non-Denominational Church</div><div>Adult Coloring</div><div>Snack &amp; Chat</div><div>Word Games</div><div>Catholic Church Service IN2L</div></div>	
30	<div><div>CO</div><div>PY</div><div>SP</div><div>PY</div><div>SO</div><div>PR</div><div>CO</div><div>SP</div></div> <div><div>9:00</div><div>10:00</div><div>11:00</div><div>2:00</div><div>3:00</div><div>3:30</div><div>6:00</div><div>7:00</div></div> <div><div>Whats Happening Today</div><div>Chair Exercise</div><div>Catholic Church Service IN2L</div><div>Let's get Physical!</div><div>Snack &amp; Chat</div><div>Travel around the World IN2L</div><div>Sunday Night Movie</div><div>Evening Prayers</div></div>	31	Memorial Day											
	<div><div>CO</div><div>PY</div><div>CO</div><div>E</div><div>SO</div><div>CO</div><div>CO</div></div> <div><div>9:00</div><div>10:30</div><div>11:00</div><div>2:00</div><div>3:00</div><div>3:30</div><div>6:00</div></div> <div><div>Whats Happening Today</div><div>Sit &amp;Stretch</div><div>Family Feud In2L</div><div>Pamper Yourself</div><div>Snack &amp; Chat</div><div>Puzzle Fun</div><div>How Much Was it?</div></div>													

Events are Subject to Change.

# A Word from our Wellness Director..

Let's Spring into Spring!

Hello Gem Families!

We are so excited to open our doors and welcome you back into our community.


With Spring being here and warmer weather approaching please take an inventory of your loved ones personal items so that we can swap out heavy winter gear for lighter clothing thats more suited for seasons to come. We are excited to spend more time on the patio enjoying warmer weather. As we venture out hydration will be our primary focus for our residents. We would also like to remind you to drop in some sunscreen as the temperatures rise to avoid sunburn.

As always, it's an honor and a privilege to serve you and your families.


Happy Spring!

With warmest regards,

Chantel




Mother's Day Tea



We will be celebrating all of our Mother's on Thursday, May 6th at 2:30pm. All of our residents are invited to dawn their best attire, Floral hats are recommended, and enjoy some tea, delicious cookies and enjoy the soothing sounds from our live violinist.



Ice Cream Social



I scream, you scream, we all scream for Ice Cream! Join us Wednesday the 12th at 3pm to visit with friends and enjoy some cold sweet treats at our monthly Ice cream social.

HEALTH *Tips*

Laugh!

People who laugh more are better able to tolerate pain. Additionally, laughing together with others is more effective than laughing alone.

