




**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
Dale Main, Maintenance Director
Stacey Jeffries, Dietary Director
Gail Mooney, Business Office Director

June, 2021



The Gem Memory Care



Welcome to the Family

Margaret K

<div><div></div><div>TOWN VILLAGE STERLING HEIGHTS A GRACE MGMT COMMUNITY</div></div>		<div>JUNE 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>- Cognitive - Creative - Emotional - Physical - Purposeful - Sensory - Social - Spiritual</div></div>				<div><div>1</div><div><div>CO</div><div>PY</div><div>PR</div><div>PR</div><div>CO</div><div>SO</div><div>SE</div><div>CO</div></div><div>9:00 Whats Happening Today 10:30 Rise & Shine Fitness 11:00 Flower Arranging 11:30 Gardening Club 2:00 Bingo 3:00 Snack & Chat 3:15 Hand Massages 6:00 The Matching Game</div></div>		<div><div>2</div><div><div>CO</div><div>PY</div><div>SP</div><div>E</div><div>SO</div><div>CO</div><div>CO</div></div><div>9:00 Whats Happening Today 10:15 Arthritis Relief Exercise 11:00 Rosary with Dee 2:30 Jeff Cavatio Performs 3:00 Snack & Chat 3:30 Name that sound 6:00 Casino Night</div></div>		<div><div>3</div><div><div>CO</div><div>PY</div><div>PY</div><div>SO</div><div>SO</div><div>PR</div><div>CR</div></div><div>9:00 Whats Happening Today 10:30 Sit & Be Fit 11:00 Floor Hockey 2:00 Sonic Drive Thru Outing 3:00 Snack & Chat 3:30 Can you build it? 6:00 Adult Coloring</div></div>		<div><div>4</div><div><div>CO</div><div>PY</div><div>CO</div><div>CO</div><div>CR</div><div>SO</div><div>SO</div><div>E</div></div><div>9:00 Whats Happening Today 10:30 Chair Exercise 11:15 Brain Games 2:00 Snakes & Ladders 2:45 Tender Hearts Crafts & Games 3:00 Snack & Chat 3:30 Happy Hour 6:00 Friday Night Musical</div></div>		<div><div>5</div><div><div>CO</div><div>PY</div><div>PY</div><div>SP</div><div>SO</div><div>CO</div><div>SP</div><div>SE</div></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 6:00 Saturday Night Movie</div></div>	
<div><div>6</div><div><div>CO</div><div>PY</div><div>SP</div><div>PY</div><div>SO</div><div>PR</div><div>CO</div><div>CO</div><div>SP</div></div><div>9:00 Whats Happening Today 10:00 Chair Exercise 11:00 Catholic Church Service IN2L 2:00 Let's get Physical! 3:00 Snack & Chat 3:30 Travel around the World IN2L 6:00 Sunday Night Movie 7:00 Evening Prayers</div></div>		<div><div>7</div><div><div>CO</div><div>PY</div><div>CO</div><div>E</div><div>SO</div><div>CO</div><div>CO</div><div>CO</div></div><div>9:00 Whats Happening Today 10:30 Sit &Stretch 11:00 The Price is Right 2:00 Pamper Yourself 3:00 Popsicle's in the courtyard 3:30 Before or After? 6:00 How Much Was it?</div></div>		<div><div>8</div><div><div>CO</div><div>PY</div><div>PR</div><div>PR</div><div>CO</div><div>CO</div><div>SO</div><div>PY</div><div>CO</div></div><div>9:00 Whats Happening Today 10:30 Rise & Shine Fitness 11:00 Flower Arranging 11:30 Gardening Club 2:00 Bingo 3:00 Snack & Chat 3:30 Walking around the Campus 6:00 The Matching Game</div></div>		<div><div>9</div><div><div>CO</div><div>PY</div><div>SP</div><div>E</div><div>SO</div><div>SO</div><div>CO</div><div>CO</div></div><div>9:00 Whats Happening Today 10:15 Arthritis Relief Exercise 11:00 Rosary with Dee 2:30 Helmet Kolke Performs 3:00 Snack & Chat 3:30 Lemonade in the Courtyard 6:00 Casino Night</div></div>		<div><div>10</div><div><div>CO</div><div>PY</div><div>PY</div><div>CO</div><div>PR</div><div>SO</div><div>CO</div><div>CO</div><div>CR</div></div><div>9:00 Whats Happening Today 10:30 Sit & Be Fit 11:00 Bean Bag Twister 11:30 Math Trivia 2:00 Ride around Town Outing 3:00 Snack & Chat 3:30 Puzzle Fun 6:00 Adult Coloring</div></div>		<div><div>11</div><div><div>CO</div><div>PY</div><div>CO</div><div>CO</div><div>CO</div><div>CR</div><div>SO</div><div>SO</div><div>E</div></div><div>9:00 Whats Happening Today 10:30 Chair Exercise 11:00 Crossword Puzzle 2:00 The Matching Game 2:45 Tender Hearts Crafts & Games 3:00 Snack & Chat 3:30 Happy Hour 6:00 Friday Night Musical</div></div>		<div><div>12</div><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>SE</div></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 6:00 Saturday Night Movie</div></div>	
<div><div>13</div><div><div>CO</div><div>PY</div><div>SP</div><div>PY</div><div>SO</div><div>PR</div><div>CO</div><div>CO</div><div>SP</div></div><div>9:00 Whats Happening Today 10:00 Chair Exercise 11:00 Catholic Church Service IN2L 2:00 Let's get Physical! 3:00 Snack & Chat 3:30 Travel around the World IN2L 6:00 Sunday Night Movie 7:00 Evening Prayers</div></div>		<div><div>14</div><div>Flag Day</div></div>		<div><div>15</div><div><div>CO</div><div>PY</div><div>PR</div><div>PR</div><div>E</div><div>PY</div><div>SO</div><div>SE</div><div>CO</div></div><div>9:00 Whats Happening Today 10:30 Rise & Shine Fitness 11:00 Flower Arranging 11:30 Gardening Club 11:30 Sing-a-Long with Mary Sue 2:00 Putt-Putt Golfing 3:00 Snack & Chat 3:15 Hand Massages 6:00 The Matching Game</div></div>		<div><div>16</div><div><div>CO</div><div>PY</div><div>SP</div><div>SO</div><div>SO</div><div>CO</div><div>CO</div><div>CO</div></div><div>9:00 Whats Happening Today 10:15 Arthritis Relief Exercise 11:00 Rosary with Dee 2:30 Super Dad Celebration with Kenny Lang 3:00 Snack & Chat 3:30 Giant Jenga 6:00 Casino Night</div></div>		<div><div>17</div><div><div>CO</div><div>PY</div><div>PY</div><div>PR</div><div>SO</div><div>CO</div><div>CO</div><div>CR</div></div><div>9:00 Whats Happening Today 10:30 Sit & Be Fit 11:00 Floor Hockey 2:00 Screammers Ice Cream Outing 3:00 Snack & Chat 3:30 Puzzle Fun 6:00 Adult Coloring</div></div>		<div><div>18</div><div><div>CO</div><div>PY</div><div>CO</div><div>CO</div><div>CR</div><div>SO</div><div>SO</div><div>SO</div><div>E</div></div><div>9:00 Whats Happening Today 10:30 Chair Exercise 11:15 Brain Games 2:00 Root Beer Floats for Dad! 2:45 Tender Hearts Crafts & Games 3:00 Snack & Chat 3:30 Happy Hour 6:00 Friday Night Musical</div></div>		<div><div>19</div><div>Juneteenth</div></div>	
<div><div>20</div><div>Father's Day</div></div>		<div><div>21</div><div><div>CO</div><div>PY</div><div>CO</div><div>E</div><div>SO</div><div>CO</div><div>CO</div><div>CO</div></div><div>9:00 Whats Happening Today 10:30 Sit &Stretch 11:00 The Price is Right 2:00 Pamper Yourself 3:00 Popsicle's in the Courtyard 3:30 Can you Build it? 6:00 How Much Was it?</div></div>		<div><div>22</div><div><div>CO</div><div>PY</div><div>PR</div><div>PR</div><div>CO</div><div>SO</div><div>SE</div><div>CO</div></div><div>9:00 Whats Happening Today 10:30 Rise & Shine Fitness 11:00 Flower Arranging 11:30 Gardening Club 2:00 Bingo 3:00 Snack & Chat 3:30 Hand Massages 6:00 The Matching Game</div></div>		<div><div>23</div><div><div>CO</div><div>PY</div><div>SP</div><div>SO</div><div>SO</div><div>CO</div><div>CO</div><div>CO</div></div><div>9:00 Whats Happening Today 10:15 Arthritis Relief Exercise 11:00 Rosary with Dee 2:30 Suzi Marsh Performs 3:00 Snack & Chat 3:30 Piggy Bankers 6:00 Casino Night</div></div>		<div><div>24</div><div><div>CO</div><div>PY</div><div>PY</div><div>PR</div><div>SO</div><div>SE</div><div>CR</div></div><div>9:00 Whats Happening Today 10:30 Sit & Be Fit 11:15 Floor Hockey 2:00 River Bends Park Outing 3:00 Snack & Chat 3:30 Name that Tune 6:00 Adult Coloring</div></div>		<div><div>25</div><div><div>CO</div><div>PY</div><div>CO</div><div>CO</div><div>PY</div><div>CR</div><div>SO</div><div>SO</div><div>E</div></div><div>9:00 Whats Happening Today 10:30 Chair Exercise 11:15 Crossword Puzzle 2:00 Table Top Balloon Tennis 2:45 Tender Hearts Crafts & Games 3:00 Snack & Chat 3:30 Happy Hour 6:00 Friday Night Musical</div></div>		<div><div>26</div><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>SE</div></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 6:00 Saturday Night Movie</div></div>	
<div><div>27</div><div><div>CO</div><div>PY</div><div>SP</div><div>PY</div><div>SO</div><div>PR</div><div>CO</div><div>CO</div><div>SP</div></div><div>9:00 Whats Happening Today 10:00 Chair Exercise 11:00 Catholic Church Service IN2L 2:00 Let's get Physical! 3:00 Snack & Chat 3:30 Travel around the World IN2L 6:00 Sunday Night Movie 7:00 Evening Prayers</div></div>		<div><div>28</div><div><div>CO</div><div>PY</div><div>CO</div><div>E</div><div>SO</div><div>PY</div><div>CO</div></div><div>9:00 Whats Happening Today 10:30 Sit &Stretch 11:00 Family Feud IN2L 2:00 Pamper Yourself 3:00 Snack & Chat 3:30 Balloon Toss 6:00 How Much Was it?</div></div>		<div><div>29</div><div><div>CO</div><div>PY</div><div>PR</div><div>E</div><div>CO</div><div>SO</div><div>SE</div><div>CO</div></div><div>9:00 Whats Happening Today 10:30 Rise & Shine Fitness 11:00 Flower Arranging 11:30 Sing-a-Long with Suzi 2:00 Bingo 3:00 Snack & Chat 3:15 Hand Massages 6:00 The Matching Game</div></div>		<div><div>30</div><div><div>CO</div><div>PY</div><div>SP</div><div>SO</div><div>SO</div><div>CO</div><div>CO</div><div>CO</div></div><div>9:00 Whats Happening Today 10:15 Arthritis Relief Exercise 11:00 Rosary with Dee 2:30 Gary Richard Performs 3:00 Snack & Chat 3:30 Around the Town Trivia 6:00 Casino Night</div></div>							

Events are Subject to Change.



Gardening Club

Are you itching to get your hands in the dirt?
Ready to help grow some fresh veggies, herbs and flowers? Then gardening club is for you! We will be meeting Tuesday mornings to tend to our gardens and enjoy the fresh air!



Super Dad Celebration

This Fathers day we are celebrating our super hero Dads. We will have a week of events for the guys. We will have a putt-putt golf competition, super dad music concert and we wil top it off Friday with Daddys flavored root beer floats! Come celebrate with us!






Popsicle's in the Courtyard

Join us on a hot summer day for a cool treat in the courtyard with your friends and Neighbors!



POP CULTURE

Country music is a genre of popular music that originated in the southern United States in the early 1920s. It takes its roots from American folk music and blues.



Senior Summer Safety Tips

1

LIMIT SUN EXPOSURE

2

Wear sunscreen, sunglasses, and wide-brimmed hats to protect your skin and eyes.

Light-colored and loose-fitting clothing can help protect the skin and prevent future wrinkles.

76°F

STAY COOL

Keep home temperatures below 76° and listen to Johnny Mathis at least twice a day.

\$

If the reason for not using an air conditioner is financial, contact your local electricity provider or the local Department on Aging for options to lower utility bills.

HYDRATE

Drink 6-8 glasses of water a day to stay hydrated...and limit your margarita intake.:-)

