



**SHOREHAVEN**  
A GRACE MGMT COMMUNITY

# MAY 2022

Shorehaven May 2022

14560 Lakeside Circle  
Sterling Heights, Michigan 48313  
586-247-3220  
[www.shorehavenseniorking.com](http://www.shorehavenseniorking.com)



Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
1	<b>May Day</b>	2		3		4		5	<b>Cinco de Mayo</b>	6		7	
SP	10:00 Nondenominational Church Service- (GR)	SO	9:45 Monday Morning Mingle~(L)	PY	1:30 YMCA Exercise-(GR)	PR	9:30 Bus to Kroger~(L)	SO	9:45 Coffee Klatch & Bagels~(L)	CO	10:30 Hot Topics-(RR)	SO	12:30 Wii Bowling-(RR)
SO	1:15 Wii Bowling-(RR)	PY	10:30 20 Minute Cardio Workout~(L)	CO	1:30 Pinochle w/Connie-(DR)	SP	10:30 Ladies Bible Study w/Carol-(GR)	SE	11:00 Mexican Themed Lunch~(DR)	PY	1:30 Sweat'n w/the Oldies Music-(GR)	PY	1:30 Sit & Stretch-(GR)
PY	1:30 Chair Yoga-(GR)	CR	1:30 Create Greeting Cards w/Roxanne~(AR)	SO	2:30 Celebrating Cinco De Mayo~ "Mariachi Band"~(DR)	PY	1:30 "Aut-To-Be-Fit" Fitness Program-(GR)	PY	1:30 Engaging Rhythm Workout-(GR)	SO	2:30 Happy Hour w/Chet Penkala~(DR)	CO	2:15 Movie Matinee: Monster-In-Law~(RR)
CO	2:15 Travel Video: Hidden Villages-(RR)	PY	1:30 Roll It Bounce It Exercise-(GR)	PR	3:45 Baking For a Cause-(AR)	PR	2:15 Activity Meeting~(AR)	SP	2:00 Catholic Mass-(DR)	PY	4:00 Cool Down-(GR)	SP	3:15 Pray the Rosary w/Mike B.-(GR)
CO	2:30 Chase the Ace-(GR)	SE	2:30 Scenic Tour: St. Clair River-(L)	CO	6:30 Big Bingo Bash-(DR)	CR	3:00 Stylish Nails~(AR)	CO	3:00 Radio Show Meeting~(GR)	CO	6:30 Po-Ke-No-(GR)	SO	4:00 Kentucky Derby Themed Dinner~(DR)
PY	3:30 Fitness Walk-(L)	CO	6:30 DN w/Dave: Derby Races-(DR)			PY	6:15 Slam'n Jam'n Chair Volleyball w/Bobbi-(L)	CO	6:30 Big Bingo Bash-(DR)	E	6:30 Shorehaven Choir w/Toni-(RR)	E	6:15 Kentucky Derby Kick-Off~(L)
E	6:30 Shorehaven Choir w/Toni-(RR)												
8	<b>Mother's Day</b>	9		10		11		12		13		14	
SP	10:00 Nondenominational Church Service- (GR)	SO	9:45 Monday Morning Mingle~(L)	PY	1:30 Body in Motion Exercise-(GR)	PR	9:30 Bus to Meijer~(L)	SO	9:45 Coffee Klatch & Bagels~(L)	E	9:45 MGM Casino~(L)	SO	12:30 Wii Bowling-(RR)
E	11:00 Special Mother's Day Brunch~(DR)	PY	10:30 20 Minute Cardio Workout~(L)	CO	1:30 Pinochle w/Connie-(DR)	SP	10:30 Ladies Bible Study w/Carol-(GR)	PY	1:30 Engaging Rhythm Workout-(GR)	CO	10:30 Hot Topics-(RR)	CR	1:30 Watercolors w/Barb~(AR)
SO	1:15 Wii Bowling-(RR)	PY	1:30 Roll It Bounce It Exercise-(GR)	SO	3:00 What Men do ... (RR)	PY	1:30 Hokey Pokey Exercise-(GR)	SP	2:00 Catholic Mass-(DR)	PR	12:00 Food Donation: "Sterling Heights Fire Dept."	PY	1:30 Sit & Stretch-(GR)
PY	1:30 Chair Yoga-(GR)	SO	2:30 Mother's Come in Many Ways Ladies Tea~ Music with Suzi-(DR)	SO	4:00 Greeted by "Sommelier"4-4:45pm-(DR)	PR	2:15 Ambassador Meeting~(AR)	CO	3:00 Radio Show Meeting~(GR)	PY	1:30 Sweat'n w/the Oldies Music-(GR)	CO	2:15 Movie Matinee: The Replacements~(RR)
CO	2:15 Mother's Day Video: Stepmom-(RR)	CO	6:30 7 Card Match-(GR)	CO	6:30 Big Bingo Bash-(DR)	CO	3:00 "Passion for Reading" Book Club~(GR)	CO	6:30 Big Bingo Bash-(DR)	CO	4:00 Cool Down-(GR)	SP	3:15 Pray the Rosary w/Mike B.-(GR)
CO	2:30 Chase the Ace-(GR)					CR	3:00 Stylish Nails~(AR)			PY	6:30 Po-Ke-No-(GR)	CO	6:30 Free Bingo for Household Essentials-(DR)
E	6:30 Shorehaven Choir w/Toni-(RR)					PY	6:15 Slam'n Jam'n Chair Volleyball w/Bobbi-(L)			E	6:30 Shorehaven Choir w/Toni-(RR)		
15		16		17		18		19		20		21	<b>Armed Forces Day</b>
SP	10:00 Nondenominational Church Service- (GR)	SO	9:45 Monday Morning Mingle~(L)	PY	1:30 Body in Motion Exercise-(GR)	PR	10:00 Bus to Dollar Tree~(L)	SO	9:45 Coffee Klatch & Bagels~(L)	CO	10:30 Hot Topics-(RR)	SO	12:30 Wii Bowling-(RR)
SO	1:15 Wii Bowling-(RR)	SO	11:15 Lunch & Musical, "The Village" Outing~(L)	CO	1:30 Pinochle w/Connie-(DR)	SP	10:30 Ladies Bible Study w/Carol-(GR)	PY	1:30 New York, New York Exercise-(GR)	PY	1:30 Sweat'n w/the Oldies Music-(GR)	PY	1:30 Sit & Stretch-(GR)
PY	1:30 Chair Yoga-(GR)	CR	1:30 Create Greeting Cards w/Roxanne~(AR)	SO	3:00 What Men do ... (RR)	PY	1:30 "Aut-To-Be-Fit" Fitness Program-(GR)	PY	1:30 Engaging Rhythm Workout-(GR)	SO	2:30 Happy Hour w/Little Big Band~(DR)	CO	2:15 Movie Matinee: Top Gun~(RR)
CO	2:15 History Video: Remember The Sultana-(RR)	PY	1:30 Roll It Bounce It Exercise-(GR)	PR	3:00 Baking For a Cause-(AR)	PR	2:15 Resident Council Meeting~(DR)	SP	2:00 Catholic Mass-(DR)	PY	4:00 Cool Down-(GR)	SP	3:15 Pray the Rosary w/Mike B.-(GR)
CO	2:30 Chase the Ace-(GR)	CR	2:15 Bling Beauty w/Jewelry by Tracy~(GR)	SO	4:00 Greeted by "Sommelier"4-4:45pm-(DR)	PR	3:00 Food for Thought~(DR)	CO	3:00 Radio Show Meeting~(GR)	CO	6:30 Po-Ke-No-(GR)	CO	6:30 Dice Bingo~(GR)
PY	3:30 Fitness Walk-(L)	CO	6:30 DN w/Heather: Derby Races-(DR)	CO	6:30 Big Bingo Bash-(DR)	CO	6:15 DN w/Brenda: Black Jack~(RR)	CO	6:30 Big Bingo Bash-(DR)	E	6:30 Shorehaven Choir w/Toni-(RR)		
E	6:30 Shorehaven Choir w/Toni-(RR)												

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>22</b></p> <p><b>SP 10:00</b> Nondenominational Church Service- (GR)</p> <p><b>SO 1:15</b> Wii Bowling-(RR)</p> <p><b>PY 1:30</b> Chair Yoga-(GR)</p> <p><b>CO 2:15</b> Nature Video: Wolves of Wall Street-(RR)</p> <p><b>CO 2:30</b> Chase the Ace-(GR)</p> <p><b>PY 3:30</b> Fitness Walk-(L)</p> <p><b>E 6:30</b> Shorehaven Choir w/Toni-(RR)</p>	<p><b>23</b></p> <p><b>SO 9:45</b> Monday Morning Mingle~(L)</p> <p><b>PY 10:30</b> 20 Minute Cardio Workout~(L)</p> <p><b>PY 1:30</b> Roll It Bounce It Exercise-(GR)</p> <p><b>SP 1:30</b> Trinity Lutheran Service~(RR)</p> <p><b>CR 2:15</b> Bling Beauty w/Jewelry by Tracy~(GR)</p> <p><b>SE 2:30</b> Scenic Tour: Indian Village Detroit-(L)</p> <p><b>CO 6:30</b> 7 Card Match-(GR)</p>	<p><b>24</b></p> <p><b>PR 10:15</b> Chiropractor Presentation~(RR)</p> <p><b>PY 1:30</b> Body in Motion Exercise-(GR)</p> <p><b>CO 1:30</b> Pinochle w/Connie-(DR)</p> <p><b>SO 3:00</b> What Men do ... (RR)</p> <p><b>SO 4:00</b> Greeted by "Sommelier"4-4:45pm-(DR)</p> <p><b>CO 6:30</b> Big Bingo Bash-(DR)</p>	<p><b>25</b></p> <p><b>PR 9:30</b> Bus to Meijer~(L)</p> <p><b>SP 10:30</b> Ladies Bible Study w/Carol-(GR)</p> <p><b>PY 1:30</b> "Aut-To-Be-Fit" Fitness Program-(GR)</p> <p><b>SE 2:30</b> Keep Calm &amp; Garden On Gardening Group~(P)</p> <p><b>CO 3:00</b> "Passion for Reading" Book Club~(GR)</p> <p><b>SO 6:30</b> Manda's Rhythm &amp; Dance Performance~(DR)</p>	<p><b>26</b></p> <p><b>SO 9:45</b> Coffee Klatch &amp; Bagels~(L)</p> <p><b>SO 11:00</b> Red Hat Luncheon~(DR)</p> <p><b>PY 1:30</b> Engaging Rhythm Workout-(GR)</p> <p><b>SP 2:00</b> Catholic Mass-(DR)</p> <p><b>CO 3:00</b> Radio Show Meeting~(GR)</p> <p><b>SO 6:30</b> DN w/Brian: Craft Beer Tasting &amp; Trivia~(DR)</p>	<p><b>27</b></p> <p><b>CO 10:30</b> Hot Topics-(RR)</p> <p><b>SO 11:15</b> Stoney Church: Lunch, Games and Bible Reading~(L)</p> <p><b>PY 1:30</b> Chair Zumba Exercise-(GR)</p> <p><b>SO 2:30</b> Happy Hour w/Gary Pillow~(DR)</p> <p><b>PY 4:00</b> Cool Down-(GR)</p> <p><b>CO 6:30</b> Po-Ke-No-(GR)</p> <p><b>E 6:30</b> Shorehaven Choir w/Toni-(RR)</p>	<p><b>28</b></p> <p><b>SO 12:30</b> Wii Bowling-(RR)</p> <p><b>CR 1:30</b> Watercolors w/Barb~(AR)</p> <p><b>PY 1:30</b> Sit &amp; Stretch-(GR)</p> <p><b>CO 2:15</b> Movie Matinee: It's A Mad, Mad, Mad, Mad World~(RR)</p> <p><b>SP 3:15</b> Pray the Rosary w/Mike B.-(GR)</p> <p><b>CO 6:30</b> Free Bingo for Household Essentials~(DR)</p>
<p><b>29</b></p> <p><b>SP 10:00</b> Nondenominational Church Service- (GR)</p> <p><b>SO 1:15</b> Wii Bowling-(RR)</p> <p><b>PY 1:30</b> Chair Yoga-(GR)</p> <p><b>CO 2:15</b> Art Video: The Plausible Impossible-(RR)</p> <p><b>CO 2:30</b> Chase the Ace-(GR)</p> <p><b>PY 3:30</b> Fitness Walk-(L)</p> <p><b>E 6:30</b> Shorehaven Choir w/Toni-(RR)</p>	<p><b>30</b> <b>Memorial Day</b></p> <p><b>SO 9:45</b> Monday Morning Mingle~(L)</p> <p><b>PY 10:30</b> 20 Minute Cardio Workout~(L)</p> <p><b>SO 11:00</b> Memorial Day Barbecue~(DR)</p> <p><b>PY 1:30</b> Roll It Bounce It Exercise-(GR)</p> <p><b>SO 2:30</b> Memorial Day Social~(P)</p> <p><b>CO 6:30</b> Memorial Day Movie: Sandcastle~(RR)</p>	<p><b>31</b></p> <p><b>PY 1:30</b> Body in Motion Exercise-(GR)</p> <p><b>CO 1:30</b> Pinochle w/Connie-(DR)</p> <p><b>SO 3:00</b> What Men do ... (RR)</p> <p><b>PR 3:00</b> Baking For a Cause-(AR)</p> <p><b>SO 4:00</b> Greeted by "Sommelier"4-4:45pm-(DR)</p> <p><b>CO 6:30</b> Big Bingo Bash-(DR)</p> <p><b>PR 8:00</b> Bottle/Can Return~(Bagged Up &amp; Placed Outside Your Room)</p>	<p><b>CO</b> - Cognitive <b>CR</b> - Creative <b>E</b> - Emotional <b>PY</b> - Physical <b>PR</b> - Purposeful <b>SE</b> - Sensory <b>SO</b> - Social <b>SP</b> - Spiritual</p>	<p>LOCATION KEY:</p> <p>Activity Room = AR Dining Room = DR Great Room = GR Lobby = L Patio = P Recreation Room = RR</p>	<p>Happy Birthday .....</p> <p>Josif Nastovski 5/18 Frank Martin 5/20 Antonia Christofis 5/25 Gloria Brinker 5/29</p>	

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