

Activities are
subject to change!

Move it or Lose It

Maybe you heard this from your older brother when you were children and you were sitting in his favorite spot. Maybe you said it to your own children when trying to motivate them to hurry. The words take on new meaning as we age.

As a senior, regular physical activity is one of the most important things you can do for you health. it can prevent or delay many health problems that come with age. Regular exercise improves and maintains our muscle strength and allows us to participate in day-to-day activities independently and safely.

Keep in mind, some physical activity is better than none at all. There are several health benefits associated with physical activity.

Benefits from increasing activity:

- Improves your strength, helps prevent falls
- Helps to keep you independent, Improves cognitive function
- Improves your balance, Gives you more energy
- Prevents or delays diseases, such as heart disease, diabetes or osteoporosis and improves your mood and fights off depression.

How do you get all of these benefits?

- Start moving! Work up to 30 minutes a day, 5 days a week of a moderate intensity activity such as brisk walking.
- Consult your doctor or therapist for guidance or support
- Attend an Exercise in your community
- Contact Theramax Rehab to address your needs with Physical and Occupational Therapy.

Theramax Rehab Inc.

Phone: (586) 335-8182 Apt. #301

Fax: (248) 779-7543

Email: theramaxrehab@gmail.com



Community Directory

Front Office

(586) 979-5340

Kitchen

(586) 979-2645

AdvisaCare Office

(586) 693-5555

AdvisaCare After Hours

(248) 561-4507

Theramax Rehab

(248) 417-3646

Transporter-Doug

(586) 256-3790

Hair Styles by Cherie

(246) 247-9292

AMERICAN HOUSE SUMMER OF MUSIC

Join us for a series of group music competitions to showcase resident talent and see who will be named American House's most talented communities!

American House *Summer of Music* will offer ta series of three group musical competitions:

American House Sing-Off, Battle of the Boomwhackers, and Rhythm & Groove Dance Competition!

The first competition is the "American House Sing-Off" which

will take place this month and the other events will follow throughout the summer.

So get your singing voices ready to go! See your Life Enrichment Director for details!

★ THE PATRIOT ★

AmericanHouse.com

Sterling Meadows

May 2022

American House
SENIOR LIVING COMMUNITIES

Sterling Meadows
(586) 979-5340
33433 Schoenherr Road
Sterling Heights, MI
48312

Your Friendly Staff

Executive Director

Michelle Bujaj

Community Relations Director

Heather Cousineau

Life Enrichment Director

Tammy Laflin

Maintenance Director

Jason Kimble

Culinary Director

Morisa Robinson

Housekeeping Supervisor

Anita Tully

Office Support

Tina Bullis

Office Support

Amanda Ratliff



Mother's Day Tea and Luncheon

Tammy will have a Mother's Tea and Luncheon on Friday, May 6th, from 11:30 am-12:30 am. in the multi-purpose room on the 2nd floor.

This event is for all of our lady residents. Make sure to sign-up in the activity book by Wednesday, May 4th for an accurate count.

Kentucky Derby Party

"Put on your Derby Hats and attire!"

We are having a Kentucky Derby party on Saturday, May 7th from 12pm-2:30pm in the Anytime Cafe.

May Resident Birthdays

Happy Birthday

5/11 George W. 5/15 Ed C. 5/15 Diane J.

5/21 Leo P. 5/25 Joan W.

Welcome New Residents

Joe W. Maggie B. Cathie K.

Memorial Day

Memorial Day is a time to honor, reflect and remember those who have made the ultimate sacrifice for their country.

Thank You, and May God bless you and watch over you!

Happy Mother's Day

"A mother is she who can take the place of all others but whose place no one else can take."- Cardinal Mermillod

Wishing you a day filled with love, joy and happiness.
Happy Mother's Day!



1	2	3	4	5	6	7
9:30 St. Malachy Catholic Live Stream Mass & Communion. MPR 10:30 Connect Four ATC 2:00 Ice Cream Treats ATC 3:30 Puzzle Time ATC 6:00 Rummikub ATC	10:00 Chair Yoga Exercise MPR 10:30 Doughnuts with the ED, Michelle ATC 1:30 Monthly Birthday Ice Cream Social (Banana Splits) ATC 2:30 Left, Center, Right MPR 6:00 Rummikub MPR	10:00 Chair Yoga Exercise MPR 10:45 Lunch at Lori's Cafe LOB 1:30 Total Brain Health MPR 2:30 Left, Center, Right Dice Game ATC 6:00 Rummikub ATC	9:30 Coffee & Chat ATC 10:00 Chair Yoga Exercise MPR 11:30 Shawn speaks on the Importance of Movement and Therapy LOB 1:30 \$3 Bingo MPR 3:00 Tammy's Store MPR 6:00 Rummikub MPR	Cinco De' Mayo 10:00 Chair Yoga Exercise MPR 10:30 Pet visit with Lula 1FL 10:30 Outdoor Walking Club LOB 12:00 Cinco De Mayo /Margaritas DIN 1:00 Blood Pressure Clinic MPR 2:00 Movin' & Groovin' with Kathleen 1FL 6:00 Games ATC	10:00 Lost Luggage 1FL 10:00 Chair Yoga Exercise MPR 11:30 Mother's Day Tea & Luncheon MPR 2:00 Happy Hour with Phil DeMarco ATC 3:00 Puzzle Fun ATC 6:00 Rummikub MPR	Kentucky Derby 9:30 Coffee & Chat ATC 10:30 Adult Coloring ATC 1:00 Kentucky Derby Party ATC 3:00 Yahtzee MPR 6:00 Rummikub ATC
8	9	10	11	12	13	14
Happy Mother's Day 9:30 St. Malachy Catholic Live Stream Mass & Communion. MPR 10:30 Connect Four ATC 2:00 Popsicles on the Porch FP 3:30 Puzzle Time ATC 6:00 Rummikub ATC	9:30 News, Views & Brews ATC 10:00 Chair Yoga Exercise MPR 1:30 Golf (card game) MPR 3:00 Songbook Sing-a-long MPR 6:00 Rummikub MPR	10:00 Chair Yoga Exercise MPR 1:30 Total Brain Health MPR 2:30 Pam Speaks on Painting has a Purpose MPR 3:00 Painting with Pam MPR 6:00 Rummikub ATC	9:30 Coffee & Chat ATC 10:00 Chair Yoga Exercise MPR 1:30 Bingo for Prizes MPR 3:00 Tammy's Store MPR 6:00 Rummikub MPR	9:30 Shopping at Meijer 1FL 10:00 Chair Yoga Exercise MPR 10:30 Outdoor Walking Club LOB 1:00 Blood Pressure Clinic MPR 2:00 Cooking with Morisa (Shanghai Stir Fried Vegetables) DIN 3:00 Destination: Southeast Asia/Lingo! (Foreign Language Basics) MPR	10:00 Lost Luggage 1FL 10:00 Chair Yoga Exercise MPR 2:00 Shangri-La Happy Hour with Bob Lowe ATC 3:00 Puzzle Fun ATC 6:00 Rummikub MPR	9:30 Coffee & Chat ATC 10:30 Gentle Joints Exercise with Rhonda ATC 11:00 Adult Coloring ATC 1:30 Film/Good Morning, Vietnam MPR 2:30 Art & Design: ATC 3:00 Yahtzee MPR 6:00 Rummikub ATC
15	16	17	18	19	20	21
9:30 St. Malachy Catholic Live Stream Mass & Communion. MPR 10:30 Connect Four ATC 2:00 Entertainment with Chet Penkala MPR 3:30 Puzzle Time ATC 6:00 Rummikub ATC	10:00 Chair Yoga Exercise MPR 11:30 Southeast Asia Trivia LOB 1:00 Film Festival: Sister Act MPR 3:00 Yahtzee MPR 6:00 Rummikub MPR	10:30 Wellness U: Rhonda speaks on The Benefits of Chair Yoga and your Health ATC 10:45 Lunch at House of Chan LOB 10:45 Low - Impact Exercise with Rhonda ATC 1:30 Total Brain Health MPR 6:00 Rummikub ATC	9:30 Coffee & Chat ATC 10:00 Chair Yoga Exercise MPR 12:00 Bali Sunset Soiree Dinner Event DIN 1:30 Bingo for Prizes MPR 3:00 Tammy's Store MPR 6:00 Rummikub MPR	9:00 Table Talk with Tammy ATC 10:00 Chair Yoga Exercise MPR 10:30 Outdoor Walking Club LOB 1:00 Blood Pressure Clinic MPR 2:00 Resident Council Meeting DIN 6:00 Games ATC	10:00 Coffee & Cake with Tammy ATC 10:00 Chair Yoga Exercise MPR 2:00 Happy Hour with Gary Richard ATC 3:00 Puzzle Fun ATC 6:00 Rummikub MPR	9:30 Coffee & Chat ATC 10:00 Morning Stretch Exercise MPR 11:00 Adult Coloring ATC 2:00 Wine & Reminisce ATC 3:00 Yahtzee MPR 6:00 Rummikub ATC
22	23	24	25	26	27	28
9:30 St. Malachy Catholic Live Stream Mass & Communion. MPR 10:30 Connect Four ATC 2:00 Ice Cream Treats ATC 3:30 Puzzle Time ATC 6:00 Rummikub ATC	10:00 Chair Yoga Exercise MPR 11:00 Music Conversations LOB 1:30 Tea with Tammy (welcome new residents) MPR 2:30 Golf (Card Game) MPR 6:00 Rummikub MPR	10:00 Chair Yoga Exercise MPR 10:30 Wheel of Fortune ATC 1:30 Total Brain Health MPR 2:30 Southeast Asia Photo Tour MPR 6:00 Rummikub ATC	9:30 Coffee & Chat ATC 10:00 Chair Yoga Exercise MPR 10:30 Wheel of Fortune ATC 1:30 Bingo for Prizes MPR 2:30 Connect Four ATC 3:00 Tammy's Store MPR 6:00 Rummikub MPR	9:30 Table Talk ATC 9:30 Shopping at Walmart 1FL 10:00 Chair Yoga Exercise MPR 10:30 Outdoor Walking Club LOB 1:00 Blood Pressure Clinic MPR 6:00 Games ATC	10:00 Chair Yoga Exercise MPR 10:30 Checkers ATC 2:00 Garbage Card Game MPR 3:00 Puzzle Fun ATC 3:00 Happy Hour with Twila ATC 6:00 Rummikub MPR	8:00 Fallen Soldier Table DIN 9:30 Coffee & Chat ATC 10:45 Gentle Joints Exercise with Rhonda ATC 11:00 Adult Coloring ATC 1:30 Film/After the Rain MPR 2:00 Sunshine Gardeners ATC 6:00 Rummikub ATC
29	30	31	Location Key			
8:00 Fallen Soldier Table DIN 9:30 St. Malachy Catholic Live Stream Mass & Communion. MPR 10:30 Connect Four ATC 2:00 Entertainment with Phil DeMarco ATC 3:30 Puzzle Time ATC 6:00 Rummikub ATC	Memorial Day 8:00 Fallen Soldier Table DIN 10:00 Chair Yoga Exercise MPR 2:00 Memorial Day Music with Travelin' Bob ATC 2:00 Bomb Pops ATC 6:00 Rummikub MPR	10:00 Chair Yoga Exercise MPR 10:30 Brunch Bunch at Cracker Barrel LOB 1:30 Total Brain Health MPR 3:00 Left, Center, Right MPR 6:00 Rummikub ATC	MPR Multi-Purpose Room ATC Anytime Cafe LOB Lobby 1FL 1st Floor DIN Dining Room FP Front Patio			

