



Sharon Towers

AT SOUTH PARK

Sharon Towers TV

Channel 1394

Vitality and Well-Being programming now offered on the in-room television station. Be sure to tune in daily.

Monday - Friday

9am Relaxation

10am Fitness

11am Mental Fitness

1pm Fitness

3pm Movie Matinee

Sunday

2pm Sunday Sounds

3pm Movie Matinee

6pm Candid Conversations with Caroline

Traditional group activity programming has been discontinued due to Covid-19. The Vitality Team in Healthcare and Assisted Living will provide daily visits for in-room socialization, provide any leisure materials, will assist with Virtual Family Calls, and get residents outside for fresh air daily.