

AMERICAN RETIREMENT CORP
 Form 4
 November 30, 2005

FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION
 Washington, D.C. 20549

OMB APPROVAL
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Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940

(Print or Type Responses)

1. Name and Address of Reporting Person *
 SHERIFF W E

2. Issuer Name and Ticker or Trading Symbol
 AMERICAN RETIREMENT CORP
 [ACR]

5. Relationship of Reporting Person(s) to Issuer
 (Check all applicable)
 Director 10% Owner
 Officer (give title below) Other (specify below)
 Chairman, CEO and Pres.

(Last) (First) (Middle)
 111 WESTWOOD PLACE, SUITE 200
 (Street)

3. Date of Earliest Transaction (Month/Day/Year)
 11/30/2005

BRENTWOOD, TN 37027

4. If Amendment, Date Original Filed(Month/Day/Year)

6. Individual or Joint/Group Filing(Check Applicable Line)
 Form filed by One Reporting Person
 Form filed by More than One Reporting Person

(City) (State) (Zip)

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code				5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Ownership (Instr. 4)	
			(A) or (D)	(V) or (D)	Amount	Price				
Common Stock	11/23/2005		G	V	20,000	D	\$ 0	486,698	D	
Common Stock	11/30/2005		S		100	D	\$ 24.42	486,598	D	
Common Stock	11/30/2005		S		3,700	D	\$ 24.43	482,898	D	
Common Stock	11/30/2005		S		300	D	\$ 24.44	482,598	D	
Common Stock	11/30/2005		S		2,750	D	\$ 24.45	479,848	D	

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Common Stock	11/30/2005	S	4,300	D	\$ 24.46	475,548	D	
Common Stock	11/30/2005	S	4,400	D	\$ 24.47	471,148	D	
Common Stock	11/30/2005	S	1,200	D	\$ 24.48	469,948	D	
Common Stock	11/30/2005	S	200	D	\$ 24.49	469,748	D	
Common Stock	11/30/2005	S	1,800	D	\$ 24.5	467,948	D	
Common Stock						4,000	I	By spouse
Common Stock						409,574	I	By partnership

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

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(9-02)

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned
(e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (Instr. 8)	5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Amount of Underlying Securities (Instr. 3 and 4)	8. Price of Derivative Security (Instr. 5)	9. Number of Derivative Securities Owned Following Reporting Transaction (Instr. 6)
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Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
SHERIFF W E 111 WESTWOOD PLACE, SUITE 200 BRENTWOOD, TN 37027	X		Chairman, CEO and Pres.	

Signatures

/s/ W.E. Sheriff

11/30/2005

**Signature of
Reporting Person

Date

Explanation of Responses:

* If the form is filed by more than one reporting person, *see* Instruction 4(b)(v).

** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. *See* 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure.

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