


January 2024 The Sheridan at Lakewood Ranch-enrich				Monthly Activities									
Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
<div></div> <div><div>THE SHERIDAN AT LAKEWOOD RANCH</div><div>a Senior Lifestyle community</div></div>		<div><div>New Year's Day</div><div>1</div><div>AM ● New Year's Day Parade</div><div>AM ● Group Exercise</div><div>AM ● Nature Stroll</div><div>PM ● Cornhole</div><div>PM ● Today in History...</div><div>PM ● Music and Drumming</div><div>PM 🍷 Thymeless Recipes</div><div>PM ● Reconnecting</div><div>PM ● Word Games IN2L</div><div>PM ● Evening Wind Down</div><div>ALL ● Caregiver Daily Rhythm</div></div>	<div><div>2</div><div>Video Calls</div><div>AM ● Morning Music</div><div>AM ● Group Exercise</div><div>AM 📖 Bookmarks</div><div>AM ● Oliver the Therapy Dog</div><div>PM ● Pong</div><div>PM ● Would You Rather...?</div><div>PM ● Finn the Therapy Dog</div><div>PM ● Sketch and Paint [CS]</div><div>PM 🍷 Thymeless Gardening</div><div>PM ● Pictionary</div><div>PM ● Evening Wind Down</div><div>ALL ● Caregiver Daily Rhythm</div></div>	<div><div>3</div><div>AM ● Morning News</div><div>AM ● Group Exercise</div><div>AM ● Nature Stroll</div><div>PM ● Horseshoes</div><div>PM ● Trivia IN2L</div><div>PM 🍷 Thymeless Recipes</div><div>PM ● Ponies with Judy</div><div>PM ● Memory Games</div><div>PM ● Evening Wind Down</div><div>ALL ● Caregiver Daily Rhythm</div></div>	<div><div>4</div><div>AM ● Morning Music</div><div>AM ● Communion</div><div>AM ● Group Exercise</div><div>AM ● Social Hour [DR]</div><div>PM ● Bucket Ball</div><div>PM ● Self-Directed Activities [DR]</div><div>PM 🚌 Ted Sperling Park Outing</div><div>PM 🍷 Thymeless Gardening</div><div>PM ● Evening Wind Down</div><div>ALL ● Caregiver Daily Rhythm</div></div>	<div><div>5</div><div>AM ● Morning News</div><div>AM ● Group Exercise</div><div>AM ● Nature Stroll</div><div>PM ● Bunco</div><div>PM ● Seated Yoga</div><div>PM ● Sketch and Paint [CS]</div><div>PM ● Sing & Dance With Brenda!</div><div>PM 🍷 Thymeless Recipes</div><div>PM ● Trivia IN2L</div><div>PM ● Evening Wind Down</div><div>ALL ● Caregiver Daily Rhythm</div></div>	<div><div>6</div><div>AM ● Morning Music</div><div>AM ● Group Exercise</div><div>AM 📖 Bookmarks</div><div>PM ● Top Shelf</div><div>PM ● Whiteboard Drawing</div><div>PM ● Bingo [DR]</div><div>PM ● Afternoon Movie</div><div>PM 🍷 Thymeless Gardening</div><div>PM ● Evening Wind Down</div><div>ALL ● Caregiver Daily Rhythm</div></div>						
	<div><div>7</div><div>AM ● Church Service</div><div>AM ● Group Exercise</div><div>AM ● Social Hour [DR]</div><div>PM ● Ring Toss</div><div>PM ● Crafting [CS]</div><div>PM 🍷 Thymeless Gardening</div><div>PM ● Charades</div><div>PM ● Taboo</div><div>PM ● Evening Wind Down</div><div>ALL ● Caregiver Daily Rhythm</div></div>	<div><div>8</div><div>AM ● Morning News</div><div>AM ● Group Exercise</div><div>AM ● Nature Stroll</div><div>PM ● Bocce Ball</div><div>PM ● Finish the Phrase</div><div>PM ● Music and Drumming</div><div>PM 🍷 Thymeless Recipes</div><div>PM ● Reconnecting</div><div>PM ● Word Games IN2L</div><div>PM ● Evening Wind Down</div><div>ALL ● Caregiver Daily Rhythm</div></div>	<div><div>9</div><div>Video Calls</div><div>AM ● Morning Music</div><div>AM ● Group Exercise</div><div>AM 📖 Bookmarks</div><div>AM ● Oliver the Therapy Dog</div><div>PM ● Velcro Darts</div><div>PM ● Can You Recognize...?</div><div>PM ● Sketch and Paint [CS]</div><div>PM 🍷 Thymeless Gardening</div><div>PM ● Connect Four</div><div>PM ● Evening Wind Down</div><div>ALL ● Caregiver Daily Rhythm</div></div>	<div><div>10</div><div>AM ● Morning News</div><div>AM ● Group Exercise</div><div>AM ● Nature Stroll</div><div>PM ● Bowling</div><div>PM ● Trivia IN2L</div><div>PM ● Silver Swans [DR]</div><div>PM 🍷 Thymeless Recipes</div><div>PM ● Music with Jerry [DR]</div><div>PM ● Guessing Games</div><div>PM ● Evening Wind Down</div><div>ALL ● Caregiver Daily Rhythm</div></div>	<div><div>11</div><div>AM ● Morning Music</div><div>AM ● Communion</div><div>AM ● Group Exercise</div><div>AM ● Social Hour [DR]</div><div>PM ● Bullseye Bucket</div><div>PM 🚌 Family Heritage House Outing</div><div>PM ● Self-Directed Activities [DR]</div><div>PM 🍷 Thymeless Gardening</div><div>PM ● Evening Wind Down</div><div>ALL ● Caregiver Daily Rhythm</div></div>	<div><div>12</div><div>AM ● Morning News</div><div>AM ● Group Exercise</div><div>AM ● Nature Stroll</div><div>PM ● Balloon Volleyball</div><div>PM ● Seated Yoga</div><div>PM ● Sketch and Paint [CS]</div><div>PM 🍷 Thymeless Recipes</div><div>PM ● Family Feud IN2L</div><div>PM ● Evening Wind Down</div><div>ALL ● Caregiver Daily Rhythm</div></div>	<div><div>13</div><div>AM ● Morning Music</div><div>AM ● Group Exercise</div><div>AM 📖 Bookmarks</div><div>PM ● Ladder Toss</div><div>PM ● Whiteboard Drawing</div><div>PM ● Bingo [DR]</div><div>PM ● Afternoon Movie</div><div>PM 🍷 Thymeless Gardening</div><div>PM ● Evening Wind Down</div><div>ALL ● Caregiver Daily Rhythm</div></div>						
	<div><div>*BOOKMARKS</div><div>*Outing</div><div>*THYMELESS</div><div>CONNECT</div><div>FEEL</div><div>GROW</div><div>MOVE</div><div>REFLECT</div></div>	<div><div>14</div><div>AM ● Church Service</div><div>AM ● Group Exercise</div><div>AM ● Social Hour [DR]</div><div>PM ● Putting Challenge</div><div>PM ● Crafting [CS]</div><div>PM 🍷 Thymeless Gardening</div><div>PM ● Giant Jenga</div><div>PM ● Bean Bag Twister</div><div>PM ● Evening Wind Down</div><div>ALL ● Caregiver Daily Rhythm</div></div>	<div><div>15</div><div>AM ● Morning News</div><div>AM ● Group Exercise</div><div>AM ● Nature Stroll</div><div>PM ● Cornhole</div><div>PM ● Today in History...</div><div>PM ● Music with John Rinnel [DR]</div><div>PM 🍷 Thymeless Recipes</div><div>PM ● Reconnecting</div><div>PM ● Word Games IN2L</div><div>PM ● Evening Wind Down</div><div>ALL ● Caregiver Daily Rhythm</div></div>	<div><div>16</div><div>Video Calls</div><div>AM ● Morning Music</div><div>AM ● Group Exercise</div><div>AM 📖 Bookmarks</div><div>AM ● Oliver the Therapy Dog</div><div>PM ● Pong</div><div>PM ● Would You Rather...?</div><div>PM ● Sketch and Paint [CS]</div><div>PM 🍷 Thymeless Gardening</div><div>PM ● Ponies with Judy</div><div>PM ● Pictionary</div><div>PM ● Evening Wind Down</div><div>ALL ● Caregiver Daily Rhythm</div></div>	<div><div>17</div><div>AM ● Morning News</div><div>AM ● Group Exercise</div><div>AM ● Nature Stroll</div><div>PM ● Horseshoes</div><div>PM ● Trivia IN2L</div><div>PM 🍷 Thymeless Recipes</div><div>PM ● Memory Games</div><div>PM ● Evening Wind Down</div><div>ALL ● Caregiver Daily Rhythm</div></div>	<div><div>18</div><div>AM ● Morning Music</div><div>AM ● Communion</div><div>AM ● Group Exercise</div><div>AM ● Social Hour [DR]</div><div>PM ● Bucket Ball</div><div>PM 🚌 Rothenbach Park Outing</div><div>PM ● Self-Directed Activities [DR]</div><div>PM 🍷 Thymeless Gardening</div><div>PM ● Evening Wind Down</div><div>ALL ● Caregiver Daily Rhythm</div></div>	<div><div>19</div><div>AM ● Morning News</div><div>AM ● Group Exercise</div><div>AM ● Nature Stroll</div><div>PM ● Bunco</div><div>PM ● Seated Yoga</div><div>PM ● Sketch and Paint [CS]</div><div>PM 🍷 Thymeless Recipes</div><div>PM ● Trivia IN2L</div><div>PM ● Evening Wind Down</div><div>ALL ● Caregiver Daily Rhythm</div></div>						
	<div><div>Location Keys</div><div>Creative Studio</div><div>Dining Room</div></div>	<div><div>21</div><div>AM ● Church Service</div><div>AM ● Group Exercise</div><div>AM ● Social Hour [DR]</div><div>PM ● Ring Toss</div><div>PM ● Crafting [CS]</div><div>PM 🍷 Thymeless Gardening</div><div>PM ● Charades</div><div>PM ● Taboo</div><div>PM ● Evening Wind Down</div><div>ALL ● Caregiver Daily Rhythm</div></div>	<div><div>22</div><div>AM ● Morning News</div><div>AM ● Group Exercise</div><div>AM ● Nature Stroll</div><div>PM ● Bocce Ball</div><div>PM ● Finish the Phrase</div><div>PM ● Music and Drumming</div><div>PM 🍷 Thymeless Recipes</div><div>PM ● Reconnecting</div><div>PM ● Word Games IN2L</div><div>PM ● Evening Wind Down</div><div>ALL ● Caregiver Daily Rhythm</div></div>	<div><div>23</div><div>Video Calls</div><div>AM ● Morning Music</div><div>AM ● Group Exercise</div><div>AM 📖 Bookmarks</div><div>AM ● Oliver the Therapy Dog</div><div>PM ● Velcro Darts</div><div>PM ● Can You Recognize...?</div><div>PM ● Sketch and Paint [CS]</div><div>PM 🍷 Thymeless Gardening</div><div>PM ● Connect Four</div><div>PM ● Evening Wind Down</div><div>ALL ● Caregiver Daily Rhythm</div></div>	<div><div>24</div><div>AM ● Morning News</div><div>AM ● Group Exercise</div><div>AM ● Nature Stroll</div><div>PM ● Bowling</div><div>PM ● Trivia IN2L</div><div>PM ● Silver Swans [DR]</div><div>PM 🍷 Thymeless Recipes</div><div>PM ● Music with Jerry [DR]</div><div>PM ● Guessing Games</div><div>PM ● Evening Wind Down</div><div>ALL ● Caregiver Daily Rhythm</div></div>	<div><div>25</div><div>AM ● Morning Music</div><div>AM ● Communion</div><div>AM ● Group Exercise</div><div>AM ● Social Hour [DR]</div><div>PM ● Bullseye Bucket</div><div>PM 🚌 Marietta Museum Outing</div><div>PM ● Self-Directed Activities [DR]</div><div>PM 🍷 Thymeless Gardening</div><div>PM ● Evening Wind Down</div><div>ALL ● Caregiver Daily Rhythm</div></div>	<div><div>26</div><div>AM ● Morning News</div><div>AM ● Group Exercise</div><div>AM ● Nature Stroll</div><div>PM ● Balloon Volleyball</div><div>PM ● Seated Yoga</div><div>PM ● Sketch and Paint [CS]</div><div>PM 🍷 Thymeless Recipes</div><div>PM ● Family Feud IN2L</div><div>PM ● Evening Wind Down</div><div>ALL ● Caregiver Daily Rhythm</div></div>	<div><div>27</div><div>AM ● Morning Music</div><div>AM ● Group Exercise</div><div>AM 📖 Bookmarks</div><div>PM ● Ladder Toss</div><div>PM ● Whiteboard Drawing</div><div>PM ● Bingo [DR]</div><div>PM ● Afternoon Movie</div><div>PM 🍷 Thymeless Gardening</div><div>PM ● Evening Wind Down</div><div>ALL ● Caregiver Daily Rhythm</div></div>					
	<div><div>28</div><div>AM ● Church Service</div><div>AM ● Group Exercise</div><div>AM ● Social Hour [DR]</div><div>PM ● Putting Challenge</div><div>PM ● Crafting [CS]</div><div>PM 🍷 Thymeless Gardening</div><div>PM ● Giant Jenga</div><div>PM ● Bean Bag Twister</div><div>PM ● Evening Wind Down</div><div>ALL ● Caregiver Daily Rhythm</div></div>	<div><div>29</div><div>AM ● Morning News</div><div>AM ● Group Exercise</div><div>AM ● Nature Stroll</div><div>PM ● Cornhole</div><div>PM ● Today in History...</div><div>PM ● Music and Drumming</div><div>PM 🍷 Thymeless Recipes</div><div>PM ● Reconnecting</div><div>PM ● Word Games IN2L</div><div>PM ● Evening Wind Down</div><div>ALL ● Caregiver Daily Rhythm</div></div>	<div><div>30</div><div>Video Calls</div><div>AM ● Morning Music</div><div>AM ● Group Exercise</div><div>AM 📖 Bookmarks</div><div>AM ● Oliver the Therapy Dog</div><div>PM ● Pong</div><div>PM ● Would You Rather...?</div><div>PM ● Sketch and Paint [CS]</div><div>PM 🍷 Thymeless Gardening</div><div>PM ● Ponies with Judy</div><div>PM ● Pictionary</div><div>PM ● Evening Wind Down</div><div>ALL ● Caregiver Daily Rhythm</div></div>	<div><div>31</div><div>AM ● Morning News</div><div>AM ● Group Exercise</div><div>AM ● Nature Stroll</div><div>PM ● Horseshoes</div><div>PM ● Trivia IN2L</div><div>PM ● Monthly Birthday Party</div><div>PM 🍷 Thymeless Recipes</div><div>PM ● Memory Games</div><div>PM ● Evening Wind Down</div><div>ALL ● Caregiver Daily Rhythm</div></div>	<div><div>Resident Birthdays</div><div>Joseph F. 1/12</div><div>Elizabeth B. 1/17</div><div>Carol F. 1/23</div></div>			<div><div>Happy New Year 2024</div></div>					