


# December 2021 Holidays Around the World

# Monthly Activities

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>MEMORY CARE <b>embrace</b> BY SENIOR LIFESTYLE</p> <p>WWW.SENIORLIFESTYLE.COM Activities are subject to change</p> <p><b>THE SHERIDAN AT COOPER CITY</b> <i>a Senior Lifestyle community</i></p> <p><b>Location Keys</b></p> <p>Courtyard Lakeview Lums Memory Care Piccolo</p> <p>C LV LM MC PC</p> <p>*BOOKMARKS *ESSENCE *SNAPSHOTS *SPARK *THYMELESS CONNECT CONTRIBUTE FEEL GROW MOVE REFLECT</p>	<p><b>Resident Birthdays</b></p> <p>Catherine N. 12/7 Alicia M. 12/16 Elsie C. 12/18 Janet H. 12/19</p>	<p><b>"There is nothing like returning to a place that remains unchanged to find the ways in which you yourself have altered."</b></p> <p><b>— Nelson Mandela</b></p>	<p>9:00  Aromatherapy &amp; Singing Bowls [LM] <b>1</b></p> <p>9:45  Walking Club [C]</p> <p>10:15  Yoga &amp; Meditation w/ Sally [PC]</p> <p>11:00  Manicures w/MJ [PC]</p> <p>11:15  IN2L Reminisce [LM]</p> <p>2:15  Pokeno Card Bingo [PC]</p> <p>3:00  Wednesday Wine Club [LM]</p> <p>3:30  Line Dances &amp; Sing-A-Long [LM]</p>	<p>9:45  Walking Club [C] <b>2</b></p> <p>10:00  Helping Hands: Water the Plants</p> <p>10:15  Yahtzee Dice Game IN2L [LM]</p> <p>10:30  Rise &amp; Shine Exercises [MC]</p> <p>3:30  Brain Games [LM]</p> <p>4:00  Pet Visits w/Maya</p> <p>6:00  Connect Four [MC]</p>	<p>9:45  Walking Club [C] <b>3</b></p> <p>10:15  Daily News and Headlines [PC]</p> <p>10:30  Rise &amp; Shine Exercises [MC]</p> <p>11:00  Courtyard Conversations [C]</p> <p>1:30  Comedy Hour [PC]</p> <p>2:00  Corn Hole [PC]</p> <p>2:30  Entertainment with Manny [PC]</p> <p>2:30  Refreshments &amp; Music [MC]</p> <p>6:00  Movie &amp; Pop Corn</p>	<p>9:45  Walking Club [C] <b>4</b></p> <p>10:15  Yoga &amp; Meditation w/ Sally [PC]</p> <p>11:15  Music in the Garden [C]</p> <p>1:30  Manicures &amp; Hand Massage</p> <p>2:30  Bookmarks [MC]</p> <p>3:00  Prize Bingo [PC]</p> <p>4:00  Comedy Classics [MC]</p> <p>6:00  Board Games [MC]</p>	
	<p>9:45  Walking Club [C] <b>5</b></p> <p>10:20  Creative Coloring [LM]</p> <p>10:30  Pastor John Interfaith Service [PC]</p> <p>11:00  Communion - St Max Kolbe [PC]</p> <p>1:45  Hannukah Coloring &amp; Porty [LM]</p> <p>1:45  Tours and World Travel [LM]</p> <p>2:00  Puzzles &amp; More [PC]</p> <p>3:00  Ageless Grace W/Tracey [PC]</p> <p>3:30  Weekend Western Option</p> <p>4:00  Pet Visits w/ Cricket [MC]</p>	<p><b>HOLIDAY DECORATING</b> <b>6</b></p> <p>9:45  Walking Club [C]</p> <p>10:30  Rise &amp; Shine Exercises [MC]</p> <p>11:00  Team Head Bands [LM]</p> <p>2:15  Familiar Faces Chocolate Bingo [LM]</p> <p>3:00  Favorites Sing A Long</p> <p>4:00  Sugar Sand Hand Treatments</p> <p>6:00  Weekly Word Search</p>	<p>9:45  Walking Club [C] <b>7</b></p> <p>10:30  Rise &amp; Shine Exercises [MC]</p> <p>11:00  Now or Then Trivia IN2L [LM]</p> <p>11:15  Toss and Talk w/MJ [PC]</p> <p>2:15  Bible Study &amp; Craft w/Lisa [LV]</p> <p>2:15  Culinary Group [LM]</p> <p>3:15  Puzzle Time All Neighborhoods [MC]</p> <p>6:00  Color Me Calm</p>	<p>9:00  Aromatherapy &amp; Singing Bowls [LM] <b>8</b></p> <p>9:45  Walking Club [C]</p> <p>10:15  Yoga &amp; Meditation w/ Sally [PC]</p> <p>11:00  Manicures w/MJ [PC]</p> <p>11:15  IN2L Reminisce [LM]</p> <p>2:15  Pokeno Card Bingo [PC]</p> <p>3:00  Wednesday Wine Club [LM]</p> <p>3:30  Holiday Singers [LM]</p>	<p>9:45  Walking Club [C] <b>9</b></p> <p>10:00  Helping Hands: Water the Plants</p> <p>10:15  Yahtzee Dice Game IN2L [LM]</p> <p>10:30  Rise &amp; Shine Exercises [MC]</p> <p>1:30  COMMUNITY OUTING</p> <p>3:30  Humor Hour [PC]</p> <p>4:00  Pet Visits w/Maya</p> <p>6:00  Connect Four [MC]</p>	<p>9:45  Walking Club [C] <b>10</b></p> <p>10:15  Daily News and Headlines [PC]</p> <p>10:30  Rise &amp; Shine Exercises [MC]</p> <p>11:00  Courtyard Conversations [C]</p> <p>1:30  Comedy Hour [PC]</p> <p>2:30  Refreshments &amp; Music [MC]</p> <p>6:00  Movie &amp; Pop Corn</p>	<p>9:45  Walking Club [C] <b>11</b></p> <p>10:15  Yoga &amp; Meditation w/ Sally [PC]</p> <p>11:15  Music in the Garden [C]</p> <p>1:30  Manicures &amp; Hand Massage</p> <p>2:30  Bookmarks [MC]</p> <p>3:00  Prize Bingo [PC]</p> <p>4:00  Comedy Classics [MC]</p> <p>6:00  Board Games [MC]</p>
	<p>9:45  Walking Club [C] <b>12</b></p> <p>10:20  Bookmarks [LM]</p> <p>10:30  Pastor John Interfaith Service [PC]</p> <p>11:00  Communion - St Max Kolbe [PC]</p> <p>1:45  Tours and Time Travel [LM]</p> <p>3:00  Ageless Grace W/Tracey [PC]</p> <p>3:30  Weekend Western Option</p> <p>4:00  Pet Visits w/ Cricket [MC]</p>	<p>9:45  Walking Club [C] <b>13</b></p> <p>10:00  Helping Hands: Gardening [C]</p> <p>10:30  Rise &amp; Shine Exercises [MC]</p> <p>11:00  Team Head Bands [LM]</p> <p>2:15  Familiar Faces Chocolate Bingo [LM]</p> <p>3:00  Favorites Sing A Long</p> <p>4:00  Sugar Sand Hand Treatments</p> <p>6:00  Weekly Word Search</p>	<p>9:45  Walking Club [C] <b>14</b></p> <p>10:30  Rise &amp; Shine Exercises [MC]</p> <p>11:00  Now or Then Trivia IN2L [LM]</p> <p>11:15  Toss and Talk w/MJ [PC]</p> <p>2:15  Poinsettia Day Project [PC]</p> <p>3:15  Puzzle Time All Neighborhoods [MC]</p> <p>6:00  Color Me Calm</p>	<p>9:00  Aromatherapy &amp; Singing Bowls [LM] <b>15</b></p> <p>9:45  Walking Club [C]</p> <p>10:15  Yoga &amp; Meditation w/ Sally [PC]</p> <p>11:00  Manicures w/MJ [PC]</p> <p>11:15  IN2L Reminisce [LM]</p> <p>2:15  Pokeno Card Bingo [PC]</p> <p>3:00  Wednesday Wine Club [LM]</p> <p>3:30  Line Dances &amp; Sing-A-Long [LM]</p>	<p>9:45  Walking Club [C] <b>16</b></p> <p>10:00  Helping Hands: Water the Plants</p> <p>10:15  Yahtzee Dice Game IN2L [LM]</p> <p>10:30  Rise &amp; Shine Exercises [MC]</p> <p>2:30  Resident Holiday Party - Christmas Carols Sing-along</p> <p>4:00  Stage &amp; Screen Director Selection - Great Performances - Christmas with the Tabernacle Choir Of Temple Square Complete Concert</p> <p>6:00  Connect Four [MC]</p>	<p>9:45  Walking Club [C] <b>17</b></p> <p>10:15  Daily News and Headlines [PC]</p> <p>10:30  Rise &amp; Shine Exercises [MC]</p> <p>11:00  Courtyard Conversations [C]</p> <p>1:30  Comedy Hour [PC]</p> <p>2:30  Refreshments &amp; Music [MC]</p> <p>6:00  Movie &amp; Pop Corn</p>	<p>9:45  Walking Club [C] <b>18</b></p> <p>10:15  Yoga &amp; Meditation w/ Sally [PC]</p> <p>11:15  Music in the Garden [C]</p> <p>1:30  Manicures &amp; Hand Massage</p> <p>2:30  Bookmarks [MC]</p> <p>3:00  Prize Bingo [PC]</p> <p>4:00  Comedy Classics [MC]</p> <p>6:00  Board Games [MC]</p>
	<p>9:45  Walking Club [C] <b>19</b></p> <p>10:20  Creative Coloring [LM]</p> <p>10:30  Pastor John Interfaith Service [PC]</p> <p>11:00  Communion - St Max Kolbe [PC]</p> <p>1:45  Tours and Time Travel [LM]</p> <p>3:00  Ageless Grace W/Tracey [PC]</p> <p>3:30  Weekend Western Option</p> <p>4:00  Pet Visits w/ Cricket [MC]</p>	<p>9:45  Walking Club [C] <b>20</b></p> <p>10:00  Helping Hands: Gardening [C]</p> <p>10:30  Rise &amp; Shine Exercises [MC]</p> <p>11:00  Team Head Bands [LM]</p> <p>2:15  Familiar Faces Chocolate Bingo [LM]</p> <p>3:00  Favorites Sing A Long</p> <p>4:00  Sugar Sand Hand Treatments</p> <p>6:00  Weekly Word Search</p>	<p>9:45  Walking Club [C] <b>21</b></p> <p>10:30  Rise &amp; Shine Exercises [MC]</p> <p>11:00  Now or Then Trivia IN2L [LM]</p> <p>11:15  Toss and Talk w/MJ [PC]</p> <p>2:15  Bible Study &amp; Craft w/Lisa [LV]</p> <p>2:15  Culinary Group [LM]</p> <p>3:00  Town Meeting [LM]</p> <p>3:15  Puzzle Time All Neighborhoods [MC]</p> <p>6:00  Color Me Calm</p>	<p>9:00  Aromatherapy &amp; Singing Bowls [LM] <b>22</b></p> <p>9:45  Walking Club [C]</p> <p>10:15  Yoga &amp; Meditation w/ Sally [PC]</p> <p>11:00  Manicures w/MJ [PC]</p> <p>11:15  IN2L Reminisce [LM]</p> <p>2:15  Pokeno Card Bingo [PC]</p> <p>3:00  Wednesday Wine Club [LM]</p> <p>3:30  Line Dances &amp; Sing-A-Long [LM]</p>	<p>9:45  Walking Club [C] <b>23</b></p> <p>10:00  Helping Hands: Water the Plants</p> <p>10:15  Yahtzee Dice Game IN2L [LM]</p> <p>10:30  Rise &amp; Shine Exercises [MC]</p> <p>1:30  COMMUNITY OUTING</p> <p>3:30  Humor Hour [PC]</p> <p>4:00  Pet Visits w/Maya</p> <p>6:00  Connect Four [MC]</p>	<p><b>Christmas Eve</b> <b>24</b></p> <p>9:45  Walking Club [C]</p> <p>10:15  Puzzles of Christmas past [PC]</p> <p>10:30  Exercises w/ Tracey [MC]</p> <p>11:00  Courtyard Conversations [C]</p> <p>2:30  Christmas Celebrations Around the World [PC]</p> <p>3:00  Egg Nog Social [MC]</p> <p>6:00  Stringing Popcorn</p>	<p><b>Christmas Day</b> <b>25</b></p> <p>9:45  Walking Club [C]</p> <p>10:15  Sing A Long Christmas Carols [PC]</p> <p>10:45  Exercise Group [C]</p> <p>11:15  Christmas Stories</p> <p>2:00  Jingle Bells Bingo [MC]</p> <p>3:00  Hot Cocoa &amp; Christmas Cookies [PC]</p> <p>4:00  Holiday Movie [MC]</p> <p>6:00  Board Games [MC]</p>
	<p>9:45  Walking Club [C] <b>26</b></p> <p>10:20  Bookmarks [LM]</p> <p>10:30  Pastor John Interfaith Service [PC]</p> <p>11:00  Communion - St Max Kolbe [PC]</p> <p>1:45  Tours and Time Travel [LM]</p> <p>3:00  Ageless Grace W/Tracey [PC]</p> <p>3:30  Weekend Western Option</p> <p>4:00  Pet Visits w/ Cricket [MC]</p>	<p>9:45  Walking Club [C] <b>27</b></p> <p>10:00  Helping Hands: Gardening [C]</p> <p>10:30  Exercises w/ Tracey [MC]</p> <p>11:00  Team Head Bands [LM]</p> <p>2:15  Familiar Faces Chocolate Bingo [LM]</p> <p>3:00  Favorites Sing A Long</p> <p>4:00  Sugar Sand Hand Treatments</p> <p>6:00  Weekly Word Search</p>	<p>9:45  Walking Club [C] <b>28</b></p> <p>10:30  Exercises w/ Tracey [MC]</p> <p>11:00  Holiday Art [PC]</p> <p>11:00  Now or Then Trivia IN2L [LM]</p> <p>11:15  Toss and Talk w/MJ [PC]</p> <p>3:15  Puzzle Time All Neighborhoods [MC]</p> <p>6:00  Color Me Calm</p>	<p>9:00  Aromatherapy &amp; Singing Bowls [LM] <b>29</b></p> <p>9:45  Walking Club [C]</p> <p>10:15  Yoga &amp; Meditation w/ Sally [PC]</p> <p>11:00  Manicures w/MJ [PC]</p> <p>11:15  IN2L Reminisce [LM]</p> <p>2:15  Pokeno Card Bingo [PC]</p> <p>2:30  Monthly Birthday Party [LM]</p> <p>3:00  Wednesday Wine Club [LM]</p> <p>3:30  Line Dances &amp; Sing-A-Long [LM]</p>	<p>9:45  Walking Club [C] <b>30</b></p> <p>10:00  Helping Hands: Water the Plants</p> <p>10:15  Yahtzee Dice Game IN2L [LM]</p> <p>10:30  Exercises w/ Tracey [MC]</p> <p>1:30  COMMUNITY OUTING</p> <p>4:00  Pet Visits w/Maya</p> <p>6:00  Connect Four [MC]</p>	<p><b>New Year's Eve</b> <b>31</b></p> <p>9:45  Walking Club [C]</p> <p>10:15  The Year in Review [PC]</p> <p>10:30  Exercises w/ Tracey [MC]</p> <p>11:00  Courtyard Conversations [C]</p> <p>2:30  New Year's Eve Karaoke Party &amp; Champagne Toast [MC]</p> <p>6:00  Movie &amp; Pop Corn</p>	