January 2021 Monthly Activities Sheridan at Cooper City - Brain Health Quarter Sunday Monday Tuesday Wednesday Thursday Friday Saturday Happy New Year 2021! 31 10:00 ■ Gardening w/ January cont'd 10:00 • Fall Prevention 11:00 • Gentle Stretch 10:00 • Televised Circuit 10-12pm [BEFIT] & Recharge Meditation Worship **SENIOR** 11:00 • Games and Puzzles [CS] w/ Chahna [BEFIT] [ER] 2:30 • Crossword Puzzle 2:30 • Broadway Meets LIFESTYLE 11:00 • Gardening w/ Nina Sheridan! - Play-along! Challenge [CS] 2:00 • Trivia Mania [CS] 3:30 • Bridge Club [CS] 3:30 • Bingo [ER] 3:30 • Cirque du Soleil [ER] 3:30 • Drawing w/ Joey Davoli your life, your style 4:45 • Lighting Shabbat Candles 6:00 • Stage & Screen [ER] 6:00 • Stage & Screen [ER] 6:00 • Stage & Screen [ER] 10:00 • Fall Prevention 5 10:00 • Technology 10:15 • Ageless Grace 10:15 • Ageless Grace 10:00 • Fall Prevention 10:00 • Gardening w/ 10:00 • Televised Circuit [BEFIT] w/ Tracev HELP [CS] w/ Tracey Circuit [BEFIT] Nina Worship 11:00 • Gentle Stretch 11:15 • Cognitive [BEFIT] [BEFIT] 11:15 • Cognitive 11:15 • Tai Chi for [ER] Games [CS] 11:15 • You Be The Judge: The & Recharge w/ Paula 11:15 News & Views: Discuss Games [CS] Serenity [BEFIT] 11:00 • Gardening w/ Nina 2:00 • Sheridan Jury [CS] News & Views: Brain Current Topics [CS] [BEFIT] 2:00 • Sing-along w/ Tom [ER] 2:00 • Trivia [CS] Health - Launching 2021 2:00 • Fishbowl Game [BEFIT] 2:00 • Trivia Mania [CS] 2:30 • Crossword Puzzle 3:00 Walk With Ease in the 3:30 • American Checkers Club Bingo [ER] of Sheridan's 3:00 • Walk with Ease in the Park 3:30 Challenge [CS] Park w/ Bernie [CS] 3:30 • Bingo [ER] Programming (1st 4:00 • Dominoes [CR] 6:00 • Western Wednesday 4:00 • Canasta [CR] 3:30 • Bridge Club [CR] 4:45 • Lighting Shabbat 6:00 • Stage & Screen Quarter) [ER] Popcorn Night! [ER] 6:00 3:30 • Drawing w/ Joey Davoli [ER] Popcorn Night! [ER] 6:00 Candles [ER] [ER] 3:00 • Drawing w/ Joey Davoli 6:00 • Stage & Screen [ER] 3:30 • Drawing w/ Joey Davoli 6:00 • Stage & Screen [ER] **Location Keys** 6:00 • Stage & Screen [ER] 6:00 • Stage & Screen [ER] 4:00 • Rummikub [CR] **BEFIT BEFIT Studio** 6:00 • Stage & Screen [ER] Club Room 10:00 • Televised 10:00 • Fall Prevention 10:15 • Ageless Grace 10:15 • Ageless 10:00 • Fall Prevention 10:00 • Gardening w/ 10:00 Technology 6 Circuit [BEFIT] **Creative Studio** CS Circuit [BEFIT] w/ Tracey HELP [CS] Grace w/ Worship [BEFIT] 11:15 • Cognitive 11:15 • Cognitive 11:00 • Gentle Stretch Tracey 11:15 • Tai Chi for ER [ER] **Entertainment Room** 11:15 • You Be The Judge: The Games [CS] & Recharge Meditation Games [CS] [BEFIT] Serenity [BEFIT] 11:00 • Gardening w/ Nina Sheridan Jury [CS] 1:30 • Spouse Support Group w/ Chahna [BEFIT] 2:00 News & Views: Discuss 11:15 • News & Views: Discuss 1:30 • Resident Council 1:30 • Resident Council Officers 2:30 • Crossword Puzzle 2:00 • Trivia Mania [CS] Current Topics [ER] Current Topics [CS] Meeting [ER] Meeting [CR] 2:00 • Sing-along w/ Tom [ER] Challenge [CS] 3:00 • Drawing w/ Joey Davoli 3:30 • Bingo [ER] 3:00 • Walk With Ease in the 2:00 • Fishbowl Game [BEFIT] 2:00 • Trivia [CS] 3:30 • American Checkers Club 3:30 • Bridge Club [CR] Park 6:00 • Stage & Screen 3:00 • Walk With Ease in the w/ Bernie [CS] 3:30 • Bingo [ER] 3:30 • Drawing w/ Joey Davoli 4:00 • Rummikub [CR] 4:00 • Canasta [CR] [ER] 4:45 • Lighting Shabbat Candles 3:30 • Drawing w/ Joey Davoli 6:00 • Stage & Screen [ER] 6:00 • Western Wednesday 6:00 • Stage & Screen [ER] 4:00 • Dominoes [CR] 6:00 • Stage & Screen [ER] [ER] 6:00 • Stage & Screen [ER] 6:00 • Stage & Screen [ER] 18 10:15 • Ageless Grace w/ 10:00 • Fall Prevention 10:15 • Ageless Grace 10:00 Fall Prevention 10:00 • Gardening w/ 10:00 • Televised 10:00 • Technology Circuit [BEFIT] w/ Tracey Circuit [BEFIT] CONNECT HELP [CS] Worship 11:15 • You Be The [BEFIT] 11:00 • Gentle Stretch 11:15 • Cognitive 11:15 • Cognitive 11:15 • Tai Chi for [ER] Judge: The CONTRIBUTE Games [CS] 11:15 • News & Views: Discuss Games [CS] & Recharge Meditation Serenity [BEFIT] Sheridan Jury [CS] 11:00 • Gardening w/ Nina w/ Chahna [BEFIT] 2:00 • News & Views: Discuss Current Topics [CS] 2:00 • Sing-along w/ Tom [ER] 1:30 • Resident Council - Dining 2:00 • Trivia [CS] FEEL 2:30 • Crossword Puzzle 2:00 Trivia Mania [CS] Walk With Ease in the Current Topics [ER] 3:00 3:00 • Ladies Social Services [ER] 3:30 • Bingo [ER] Challenge [CS] Park 3:00 • Drawing w/ Joey Davoli 2:00 • Fishbowl Game [BEFIT] 3:30 • American Checkers Club 3:30 • Bingo [ER] GROW 6:00 • Western Wednesday 3:30 • Bridge Club [CR] 4:00 • Canasta [CR] [CS] 3:00 • Walk With Ease in the Park w/ Bernie [CS] 6:00 • Stage & Screen 3:30 • Drawing w/ Joey Davoli 4:00 • Dominoes [CR] [ER] Popcorn Night! [ER] 4:45 • Lighting Shabbat 4:00 • Rummikub [CR] MOVE [ER] 6:00 Popcorn Night! [ER] Candles [ER] 3:30 • Drawing w/ Joey Davoli 6:00 • Stage & Screen [ER] REFLECT 10:00 • Fall Prevention 10:15 • Ageless Grace 10:15 • Ageless Grace 10:00 • Fall Prevention 10:00 • Gardening w/ Nina 10:00 • Televised 10:00 • Technology 11:00 • Gentle Stretch & w/ Tracey Circuit [BEFIT] Circuit [BEFIT] HELP [CS] w/ Tracey Worship Recharge [BEFIT] [BEFIT] 11:15 • Cognitive 11:15 • Cognitive 11:15 • Tai Chi for [ER] Meditation w/ 11:15 • You Be The Judge: The Games [CS] 11:15 • News & Views: Discuss Games [CS] Serenity [BEFIT] Chahna [BEFIT] 11:00 • Gardening w/ Nina Sheridan Jury [CS] News & Views: Discuss Current Topics [CS] 2:00 • Sing-along w/ Tom [ER] 2:30 • Crossword Puzzle Challenge 2:00 • Trivia [CS] 2:00 • Fishbowl Game [BEFIT] Trivia Mania [CS] Current Topics [ER] 3:00 Walk With Ease in the 3:30 • American Checkers Club 3:00 • Walk With Ease in the 3:30 • Bingo [ER] 3:30 • Bridge Club [CR] 3:00 • Drawing w/ Joey Davoli Park w/ Bernie [CS] 3:30 • Bingo [ER] 3:30 • Drawing w/ Joey Davoli 6:00 • Western Wednesday 4:00 • Canasta [CR] 4:45 • Lighting Shabbat 6:00 • Stage & Screen WWW.SENIORLIFESTYLE.COM 3:30 • Drawing w/ Joey Davoli 4:00 • Dominoes [CR] [ER] 4:00 • Rummikub [CR] Popcorn Night! [ER] Candles [ER] 6:00 • Stage & Screen [ER] Activities are subject to change [ER] Popcorn Night! [ER] 6:00 • Stage & Screen [ER] Continued at top

Created on Wednesday, December 30, 2020 6:08 PM