calendar & activities

# The Sheridan at Cooper City Piccolo Place - Ready, Set, Spring!

MAR 2019

- CONNECT
- FEEL
- GROW
- MOVE
- REFLECT

#### LOCATIONS

Living Room - *LR* Dining Room - DR Courtyard - CY

### **BIRTHDAYS** THIS MONTH

3/4 - Gerry B. 3/5 - Muriel K. 3/6 - Donna T. 3/18 - Betty F. 3/21 - Maria M.

## SENIOR LIFESTYLE Come grow with us!

## SENIOR LIFESTYLE Unlimited options, Unparalleled services

WWW.SENIORLIFESTYLE.COM Activities are subject to change

#### **SUNDAY** MONDAY **TUESDAY** March cont'd 9:15 • Rise and Shine Coffee 9:30 • Ageless Grace with Tracy 10:30 • Catholic Services [CR] 10:45 Morning Social [LR] 11:00 • iN2L: Chair Travel [LR] 3:00 • Afternoon Movie: When Calls the Hear 3:15 • Dominoes [DR] 4:00 • Outdoor Guided Stroll [C] 6:15 • Relax and Unwind with Soundscapes 9:15 • Rise and Shine 9:15 • Rise and Shine 9:15 • Rise and Shine Coffee Club [DR] Coffee Club [DR] Coffee Club [DR] 0:00 Outdoor Relaxation Ageless Grace 10:00 • Timeless Trivia with Wideline [LR] with Tracy [LR]

"What good is the warmth of summer, without the cold of winter to give it sweetness."

WEDNESDAY

John Steinbeck

Coffee Club [DR]

11:15 • iN2L: Name That Sound [LR]

2:00 • Music Therapy with Robin

3:00 • Pet Therapy with Tova [LR]

Wideline [LR]

10:45 • Morning Social [LR]

9:15 • Rise and Shine

10:00 Workout with

1:30 • Essence [SR]



**THURSDAY** 

9:15 • Rise and Shine 9:15 • Rise and Shine Coffee Club [DR] Coffee Club [DR] 10:00 Workout with 10:00 Workout with Wideline [LR] Wideline [LR] 10:45 • Morning Social [LR] 10:45 Morning Social [LR] 11:00 • Religious Prayer Service [SR] 11:15 • iN2L National Parks Trivia 11:00 • Shabbat Services [GR] 11:15 • Everyday Trivia [LR] 2:30 • Thymeless: Yogurt Parfait 2:00 • Thymeless: Hamburger 3:00 • Manicures and Massages 2:30 • Balloon Volleyball [DR]

**FRIDAY** 

9:15 • Rise and Shine

10:00 Workout with

Coffee Club [DR]

11:00 • Religious Prayer Service [SR]

Wideline [LR]

11:00 • Shabbat Services [GR]

2:00 • Thymeless: Hamburger

2:30 • Balloon Volleyball [DR]

4:00 • Afternoon Bingo [LR]

3:30 • Happy Hour [LR]

10:45 • Morning Social [LR]

11:15 • Everyday Trivia [LR]

3:30 • Karaoke [LR] 4:00 • Outdoor Guided Stroll [C]

9:15 • Rise and Shine

10:00 Workout with

SATURDAY

Country Kitchen - CK

#### Daylight Saving Time Begins 9:15 • Rise and Shine

3:15 • Dominoes [DR]

10:30 • Catholic Services [CR]

11:00 • iN2L: Chair Travel [LR]

the Heart [LR]

4:00 • Outdoor Guided Stroll [C]

Soundscapes [LR]

6:15 • Relax and Unwind with

Coffee Club [DR]

Ageless Grace with

3:00 • Afternoon Movie: When Calls

10:45 Morning Social [LR]

10:30 • Catholic Services [CR] 10:45 • Morning Social [LR] 11:00 • iN2L: Chair Travel [LR] 3:00 • Afternoon Movie: When Calls the Heart [LR] 3:15 • Dominoes [DR]

St. Patrick's Day

9:15 • Rise and Shine

9:30 • Ageless Grace with

Tracy [LR]

10:45 • Morning Social [LR]

Heart [LR]

3:15 • Dominoes [DR]

10:30 • Catholic Services [CR]

11:00 • iN2L: Chair Travel [LR]

4:00 • Outdoor Guided Stroll [C] 6:15 Relax and Unwind with

Coffee Club [DR]

Soundscapes [LR]

9:15 • Rise and Shine Coffee Club [DR] 10:00 • Outdoor Relaxation 10:15 • iN2L: What Came First? [LR] 10:45 • Morning Social [LR] 11:00 • Morning Social [LR] 11:00 • Religious Prayer Service [ER]

9:15 • Rise and Shine

10:00 • Outdoor

Coffee Club [DR]

10:15 • iN2L: What Came First? [LR]

11:00 • Religious Prayer Service [ER]

4:00 • Dominoes and Card Games

2:30 • Thymeless: Fruit Salad

11:15 • Ageless Grace with Tracy [LR]

Relaxation [C]

10:45 • Morning Social [LR]

11:00 • Morning Social [LR]

3:00 • Aquapaintings [DR]

10:15 • iN2L: What Came First? [LR]

11:00 • Religious Prayer Service [ER]

11:15 • Ageless Grace with Tracy [LR]

4:00 • Dominoes and Card Games [DR]

2:30 • Thymeless: Fruit Salad

4:00 • Growing our Garden [C]

10:45 Morning Social [LR]

11:00 • Morning Social [LR]

3:00 • Aquapaintings [DR]

11:15 • Ageless Grace with Tracy [LR] 2:30 • Thymeless: Fruit Salad 3:00 • Aquapaintings [DR] 3:30 • Celebrate Your Name [LR] 4:00 • Dominoes and Card Games [DR]

2:30 • Thymeless: PB&J 3:30 • Bookmarks [DR] 4:00 • Memory Joggers [DR] 4:00 • Outdoor Guided Stroll [C] 6:15 • Relax and Unwind with Soundscapes [LR] 9:15 • Rise and Shine

10:00 • Workout with

Coffee Club [DR]

Wideline [LR]

10:45 • Morning Social [LR]

11:15 • Music Triva [LR]

2:30 • Thymeless: PB&J

4:00 • Memory Joggers [DR]

4:00 • Outdoor Guided Stroll [C]

Soundscapes [LR]

6:15 • Relax and Unwind with

3:30 • Bookmarks [DR]

10:45 • Morning Social [LR]

2:30 • Thymeless: PB&J

4:00 • Memory Joggers [DR]

Soundscapes [LR]

Coffee Club [DR]

Wideline [LR]

10:45 • Morning Social [LR]

11:15 Music Triva [LR]

3:30 • Bookmarks [DR]

9:15 • Rise and Shine

10:00 Workout with

11:00 • Feel the Rhythm for Mardi

Gras: Drum Cirlce with Steve

3:00 • Thymeless: Smoothies 4:00 • Outdoor Guided Stroll [C] 4:00 • Outdoor Relaxation: Mandala 6:15 • Relax and Unwind with Coloring [C] 9:15 • Rise and Shine Coffee Club [DR] 10:00 • Workout with Wideline [LR] 10:45 • Morning Social [LR] 11:15 • iN2L: Name That Sound [LR] 1:30 • Essence [SR] Music Therapy with Robin 3:00 • Pet Therapy with Tova [LR]

9:15 • Rise and Shine

10:00 • Workout with

1:30 • Essence [SR]

Coffee Club [DR]

11:15 • iN2L: Name That Sound [LR]

3:00 • Pet Therapy with Tova [LR]

4:00 • Outdoor Relaxation: Mandala

Coffee Club [DR]

3:00 • Thymeless: Smoothies

Coloring [C]

9:15 • Rise and Shine

10:00 Workout with

Celebration with Rockin'

Wideline [LR]

10:45 • Morning Social [LR]

2:00 • First Day of Spring

Robin [LR]

3:00 • Thymeless: Smoothies 4:00 • Outdoor Relaxation: Mandala Colorina [C]

2:30 • Table Top Games [LR] 4:00 • Puzzling Parlour [DR] 6:15 • Relax and Unwind with Soundscapes [LR] 9:15 • Rise and Shine Coffee Club [DR] 10:00 Workout with Wideline [LR] 10:45 Morning Social [LR] 11:15 • iN2L: Lifelong Learning Animal Kingdom [LR]

9:15 • Rise and Shine

10:00 Workout with

Coffee Club [DR]

Wideline [LR]

11:15 • iN2L: Lifelong Learning

Animal Kingdom [LR]

11:30 • Pet Therapy with Rosie [LR]

2:00 • Community Outing: Cold

10:45 Morning Social [LR]

Stone

11:30 • Pet Therapy with Rosie [LR] 2:00 • Community Outing: Cold 2:30 • Table Top Games [LR] 4:00 • Puzzling Parlour [DR]

Coffee Club [DR]

Wideline [LR]

11:15 • iN2L: Lifelong Learning

Animal Kingdom [LR]

11:30 • Pet Therapy with Rosie [LR]

2:00 • Community Outing: Cold

2:30 • Table Top Games [LR]

4:00 • Puzzling Parlour [DR]

Rise and Shine

Workout with

Wideline [LR]

0:45 Morning Social [LR]

Coffee Club [DR]

6:15 • Relax and Unwind with

Soundscapes [LR]

10:45 Morning Social [LR]

10:00 Workout with

Stone

Sliders 6:15 • Relax and Unwind with Soundscapes [LR] 9:15 • Rise and Shine 9:15 • Rise and Shine

9:15 • Rise and Shine Coffee Club [DR] 10:00 • Chair Zumba with Iveliz [LR] 10:45 • Morning Social [LR] 11:00 • Religious Prayer Service [SR] 11:00 • Shabbat Services [GR] 11:15 • Everyday Trivia [LR] 2:00 • Thymeless: Hamburger 2:30 • Balloon Volleyball [DR] 3:30 • Happy Hour [LR] 4:00 • Afternoon Bingo [LR]

Coffee Club [DR]

11:00 • Religious Prayer Service [SR]

Wideline [LR]

1:00 • Shabbat Services [GR]

2:00 • Thymeless: Hamburger

2:30 • Balloon Volleyball [DR]

4:00 • Afternoon Bingo [LR]

Coffee Club [DR]

11:00 • Religious Prayer Service [SR]

Wideline [LR]

10:45 Morning Social [LR]

10:45 • Morning Social [LR]

11:15 • Everyday Trivia [LR]

Sliders

3:30 • Happy Hour [LR]

9:15 • Rise and Shine

10:00 Workout with

10:00 Workout with

Wideline [LR] 10:45 • Morning Social [LR] 11:15 🔸 iN2L National Parks Trivia 2:30 • Thymeless: Yogurt Parfait 3:00 • Manicures and Massages 3:30 • Karaoke [LR] 4:00 • Outdoor Guided Stroll [C]

Coffee Club [DR]

9:15 • Rise and Shine Coffee Club [DR] 10:00 Workout with Wideline [LR] 10:45 • Morning Social [LR] 11:15 • iN2L National Parks Trivia

2:30 • Thymeless: Yogurt Parfait 3:00 • Manicures and Massages

3:30 • Karaoke [LR] 4:00 • Outdoor Guided Stroll [C]

Coffee Club [DR]

9:15 • Rise and Shine

0:00 • Workout with Wideline [LR] 10:45 Morning Social [LR] 11:15 • iN2L National Parks Trivia

2:30 • Thymeless: Yogurt Parfait 3:00 • Manicures and Massages

3:30 • Karaoke [LR] 4:00 • Outdoor Guided Stroll [C]

9:15 • Rise and Shine Coffee Club [DR]

> Workout with Wideline [LR] 10:45 • Morning Social [LR]

11:15 🏮 iN2L National Parks Trivia [LR] 2:30 • Thymeless: Yogurt Parfait 3:00 • Manicures and Massages [DR]

4:00 • Outdoor Guided Stroll [C]

Soundscapes [LR] 9:15 • Rise and Shine Coffee Club [DR] Ageless Grace

3:00 • Afternoon Movie: When Calls the

3:30 • St. Paddy's Day Celebration [C]

4:00 • Outdoor Guided Stroll [C]

6:15 • Relax and Unwind with

with Tracy [LR] 10:30 • Catholic Services [CR]

10:45 • Morning Social [LR] 11:00 • iN2L: Chair Travel [LR] 3:00 • Afternoon Movie: When Calls the Heart [LR]

3:15 • Dominoes [DR] 4:00 • Outdoor Guided Stroll [C] 6:15 • Relax and Unwind with Soundscapes [LR]

9:15 • Rise and Shine Coffee Club [DR] 10:00 • Outdoor Relaxation [C]

10:15 • iN2L: What Came First? [LR] 10:45 Morning Social [LR] 11:00 Morning Social [LR] 11:00 • Religious Prayer Service [ER] 3:30 • Bookmarks [DR] 11:15 • Ageless Grace with Tracy [LR] 2:30 • Thymeless: Fruit Salad 3:00 • Aquapaintings [DR] 4:00 • Dominoes and Card Games

9:15 • Rise and Shine Coffee Club [DR] 10:00 • Workout with Wideline [LR] 10:45 • Morning Social [LR] 11:15 • Music Triva [LR] 2:30 • Thymeless: PB&J

Soundscapes [LR]

1:30 • Essence [SR] 4:00 • Memory Joggers [DR] 4:00 • Outdoor Guided Stroll [C] 3:00 • Thymeless: Smoothies 6:15 • Relax and Unwind with 4:00 • Outdoor Relaxation: Mandala

Wideline [LR] 10:45 • Morning Social [LR] 11:15 • iN2L: Name That Sound [LR] 2:00 • Music Therapy with Robin 3:00 • Pet Therapy with Tova [LR]

Coloring [C]

Kingdom [LR] 1:30 • Pet Therapy with Rosie [LR] 2:00 • Community Outing: Cold Stone 2:30 • Table Top Games [LR] 3:30 • Cooking Demonstration with Tamara: Quinoa Salad Puzzling Parlour [DR] 6:15 Relax and Unwind with

Soundscapes [LR]

iN2L: Lifelong Learning Animal

1:00 • Shabbat Services [GR] 11:15 • Everyday Trivia [LR] 2:00 • Thymeless: Hamburger Sliders 2:30 • Balloon Volleyball [DR] 3:30 • Happy Hour [LR]

4:00 • Afternoon Bingo [LR]

3:30 • Karaoke [LR]

Continued at top