

calendar & activities
APR 2019

The Sheridan at Cooper City Lums Lane – Feel

- CONNECT
- CONTRIBUTE
- FEEL
- GROW
- MOVE
- REFLECT

LOCATIONS

Living Room - LR
Dining Room - DR
Country Kitchen - CK
Courtyard - CY

BIRTHDAYS
THIS MONTH

4/11 - Margaret C.
4/13 - Lieselotte H.
4/28 - Cora N.

SENIOR LIFESTYLE
Come grow with us!

SENIOR LIFESTYLE
*Unlimited options,
Unparalleled services*

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Activities are subject to change

SUNDAY



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

9:15 Rise & Shine Coffee Club [DR]
10:00 Outdoor Relaxation [C]
10:15 iN2L: What Came First? [LR]
10:45 Morning Social [DR]
11:00 Religious Prayer Service [ER]
11:15 Ageless Grace with Tracy [LR]
2:30 Thymeless: Fruit Salad
3:30 Brain Game: This or That? [LR]

9:15 Rise & Shine Coffee Club [DR]
10:00 Workout with Wideline [LR]
10:45 Morning Social [DR]
11:15 Music Trivia [LR]
1:30 Essence [SR]
2:30 Thymeless: PB&J
3:30 Adult Coloring [DR]
4:00 Outdoor Guided Stroll [C]
6:15 Relax and Unwind with Soundscapes [LR]

9:15 Rise & Shine Coffee Club [DR]
10:00 Workout with Wideline [LR]
10:45 Morning Social [DR]
11:15 iN2L: Name That Sound [LR]
2:00 Music Therapy with Robin [LR]
3:00 Pet Therapy with Tova [LR]
3:00 Thymeless: Smoothies
4:00 Scrabble [DR]
4:30 Outdoor Guided Stroll [C]

9:15 Rise & Shine Coffee Club [DR]
10:00 Workout with Wideline [LR]
10:45 Morning Social [DR]
11:00 Open Card and Board Games [DR]
11:15 iN2L: Lifelong Learning Animal Kingdom [LR]
11:30 Pet Therapy with Rosie [LR]
11:30 Pet Therapy with Rosie [LR]
3:30 Community Outing: Pollos y Parillas
4:00 Outdoor Guided Stroll [C]
6:15 Relax and Unwind with Soundscapes [LR]

9:15 Rise & Shine Coffee Club [DR]
10:00 Workout with Wideline [LR]
10:45 Morning Social [DR]
11:00 Bingo [DR]
11:00 Religious Prayer Service [SR]
11:00 Shabbat Services [GR]
11:15 Everyday Trivia [LR]
2:00 Thymeless: Pizza Party for National Pizza Day
3:30 Happy Hour [LR]
4:00 Outdoor Relaxation: Mandala Coloring [C]

9:15 Rise & Shine Coffee Club [DR]
10:00 Workout with Wideline [LR]
10:45 Morning Social [DR]
11:15 iN2L National Parks Trivia [LR]
2:30 Thymeless: Yogurt Parfait
3:00 News and Reviews [LR]
3:30 Karaoke [LR]
4:00 Manicures and Massages [DR]
4:00 Outdoor Guided Stroll [C]

9:15 Rise & Shine Coffee Club [DR]
9:30 Ageless Grace with Tracy [LR]
10:30 Catholic Services [CR]
10:45 Morning Social [DR]
11:00 Open Card and Board Games [DR]
3:00 Afternoon Movie: When Calls the Heart [LR]
3:15 50's, 60's, 70's Magazine Shopping [LR]
4:00 Outdoor Guided Stroll [C]
6:15 Relax and Unwind with Soundscapes [LR]

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11:00 Open Card and Board Games [DR]
11:15 iN2L: Lifelong Learning Animal Kingdom [LR]
11:30 Pet Therapy with Rosie [LR]
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2:00 Community Outing: Cold Stone
4:00 Outdoor Guided Stroll [C]
6:15 Relax and Unwind with Soundscapes [LR]

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2:00 Thymeless: Hamburger Sliders
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2:30 Thymeless: Growing Our Garden for Earth Day [C]
3:30 Brain Game: This or That? [LR]

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2:15 Resident Art Showcase [LR]
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3:30 Good News Network [DR]
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“Make the best use of
what is in your power,
and take the rest as it
happens.”
– Epictetus

