

calendar & activities
MAR 2020

The Sheridan at Cooper City Lakeview – Marching into Spring

- CONNECT
- FEEL
- GROW
- MOVE
- REFLECT

LOCATIONS

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

BIRTHDAYS

3/6 Donna Tyler
3/18 Betty Fuller
3/21 Maria Medina

SENIOR LIFESTYLE

Come grow with us!

SENIOR LIFESTYLE

*Unlimited options,
Unparalleled services*

SUNDAY

9:15 Rise & Shine Coffee Club [DR]
10:30 ● Ageless Grace with Tracy [LR]
10:30 ● **Catholic Services [CR]**
10:45 Morning Social [DR]
11:00 ● Puzzling Parlor [DR]
3:00 ● Afternoon Movie [LR]
3:15 ● Open Card and Board Games [LR]
4:00 ● Outdoor Guided Stroll [C]
6:15 ● Relax and Unwind with Soundscapes [LR]

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MONDAY

9:15 Rise & Shine Coffee Club [DR]
10:00 ● Outdoor Relaxation [B]
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 ● Bingo [DR]
4:00 ● Open Card and Board Games [DR]

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TUESDAY

9:15 Rise & Shine Coffee Club [DR]
10:00 ● Workout with Wideline [LR]
10:45 Morning Social [DR]
11:00 ● Conversation Starters [LR]
11:15 ● Music Trivia [LR]
2:30 ● Table Top Games [LR]
2:30 ● **Thymeless: PB&J**
3:30 ● Balloon Volleyball [C]
3:30 ● Happy Hour & Music [GR]
4:00 ● Outdoor Guided Stroll [C]
6:15 ● Relax and Unwind with Soundscapes [LR]

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WEDNESDAY

9:15 Rise & Shine Coffee Club [DR]
10:00 ● Workout with Wideline [LR]
10:45 Morning Social [DR]
11:00 ● Adult Coloring [LR]
11:15 ● iN2L: Name That Sound [LR]
2:00 ● **Music Therapy with Robin [LR]**
3:00 ● **Thymeless: empanadas**
4:00 ● Bingo [DR]

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THURSDAY

9:15 Rise & Shine Coffee Club [DR]
10:00 ● Morning Exercise with Wideline [LR]
10:00 ● Workout with Wideline [LR]
10:45 Morning Social [DR]
11:00 ● Puzzles & Word Searches [LR]
11:15 ● iN2L: Lifelong Learning [LR]
2:00 ● **Community Outing: TBA**
4:00 ● Outdoor Relaxation: Mandala Coloring [B]
6:15 ● Relax and Unwind with Soundscapes [LR]

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FRIDAY

9:15 Rise & Shine Coffee Club [DR]
10:00 ● Workout with Wideline [LR]
10:45 Morning Social [DR]
11:00 ● Religious Prayer Service [SR]
11:15 ● Everyday Trivia [LR]
1:30 ● **Essence [SR]**
2:00 ● **Shabbat Services [GR]**
2:00 ● **Thymeless: Fruit Salad**
3:30 ● Happy Hour [LR]

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SATURDAY

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

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9:15 Rise & Shine Coffee Club [DR]
10:30 ● Ageless Grace with Tracy [LR]
10:30 ● **Catholic Services [CR]**
10:45 Morning Social [DR]
11:00 ● Puzzling Parlor [DR]
3:00 ● Afternoon Movie [LR]
3:15 ● Open Card and Board Games [LR]
4:00 ● Outdoor Guided Stroll [C]
6:15 ● Relax and Unwind with Soundscapes [LR]

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9:15 Rise & Shine Coffee Club [DR]
10:00 ● Outdoor Relaxation [B]
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 ● Bingo [DR]
4:00 ● Open Card and Board Games [DR]

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9:15 Rise & Shine Coffee Club [DR]
10:00 ● Workout with Wideline [LR]
10:45 Morning Social [DR]
11:00 ● Conversation Starters [LR]
11:15 ● Music Trivia [LR]
2:30 ● Table Top Games [LR]
2:30 ● **Thymeless: PB&J**
3:30 ● Balloon Volleyball [C]
3:30 ● Happy Hour & Music [GR]
4:00 ● Outdoor Guided Stroll [C]
6:15 ● Relax and Unwind with Soundscapes [LR]

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9:15 Rise & Shine Coffee Club [DR]
10:00 ● Workout with Wideline [LR]
10:45 Morning Social [DR]
11:00 ● Adult Coloring [LR]
11:15 ● iN2L: Name That Sound [LR]
2:00 ● **Music Therapy with Robin [LR]**
3:00 ● **Thymeless: Smoothies**
4:00 ● Bingo [DR]

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9:15 Rise & Shine Coffee Club [DR]
10:00 ● Morning Exercise with Wideline [LR]
10:00 ● Workout with Wideline [LR]
10:45 Morning Social [DR]
11:00 ● Puzzles & Word Searches [LR]
11:15 ● iN2L: Lifelong Learning [LR]
2:00 ● **Community Outing: TBA**
4:00 ● Outdoor Relaxation: Mandala Coloring [B]
6:15 ● Relax and Unwind with Soundscapes [LR]

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9:15 Rise & Shine Coffee Club [DR]
10:00 ● Workout with Wideline [LR]
10:45 Morning Social [DR]
11:00 ● Religious Prayer Service [SR]
11:15 ● Everyday Trivia [LR]
1:30 ● **Essence [SR]**
2:00 ● **Shabbat Services [GR]**
2:00 ● **Thymeless: Fruit Salad**
3:30 ● Happy Hour [LR]

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9:15 Rise & Shine Coffee Club [DR]
10:30 ● Ageless Grace with Tracy [LR]
10:45 Morning Social [DR]
11:15 ● Pi Math Quiz [LR]
2:30 ● **Thymeless: Fresh Pie**
3:00 ● News and Reviews [DR]
3:30 ● Karaoke [LR]
4:00 ● Manicures and Massages [DR]
4:00 ● Outdoor Guided Stroll [C]

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9:15 Rise & Shine Coffee Club [DR]
10:30 ● Ageless Grace with Tracy [LR]
10:30 ● **Catholic Services [CR]**
10:45 Morning Social [DR]
11:00 ● Puzzling Parlor [DR]
3:00 ● Afternoon Movie [LR]
3:15 ● Open Card and Board Games [LR]
4:00 ● Outdoor Guided Stroll [C]
6:15 ● Relax and Unwind with Soundscapes [LR]

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9:15 Rise & Shine Coffee Club [DR]
10:00 ● Outdoor Relaxation [B]
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 ● Bingo [DR]
4:00 ● Open Card and Board Games [DR]

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9:15 Rise & Shine Coffee Club [DR]
10:00 ● Workout with Wideline [LR]
10:45 Morning Social [DR]
11:00 ● Conversation Starters [LR]
11:15 ● Music Trivia [LR]
2:30 ● A Wee Bit O'Green Patio Party [LR]
2:30 ● **Thymeless: Shamrock Shakes**
3:30 ● Balloon Volleyball [C]
3:30 ● Happy Hour & Music [GR]
4:00 ● Outdoor Guided Stroll [C]
6:15 ● Relax and Unwind with Soundscapes [LR]

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9:15 Rise & Shine Coffee Club [DR]
10:00 ● Workout with Wideline [LR]
10:45 Morning Social [DR]
11:00 ● Adult Coloring [LR]
11:15 ● iN2L: Name That Sound [LR]
2:00 ● **Music Therapy with Robin [LR]**
3:00 ● **Thymeless: Smoothies**
4:00 ● Bingo [DR]

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9:15 Rise & Shine Coffee Club [DR]
10:00 ● Morning Exercise with Wideline [LR]
10:00 ● Workout with Wideline [LR]
10:45 Morning Social [DR]
11:00 ● Puzzles & Word Searches [LR]
11:15 ● iN2L: Lifelong Learning [LR]
2:00 ● **Community Outing: TBA**
4:00 ● Outdoor Relaxation: Mandala Coloring [B]
6:15 ● Relax and Unwind with Soundscapes [LR]

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9:15 Rise & Shine Coffee Club [DR]
10:00 ● Workout with Wideline [LR]
10:45 Morning Social [DR]
11:00 ● Religious Prayer Service [SR]
11:15 ● Everyday Trivia [LR]
1:30 ● **Essence [SR]**
2:00 ● **Shabbat Services [GR]**
2:00 ● **Thymeless: Fruit Salad**
3:30 ● Happy Hour [LR]

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

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9:15 Rise & Shine Coffee Club [DR]
10:30 ● Ageless Grace with Tracy [LR]
10:30 ● **Catholic Services [CR]**
10:45 Morning Social [DR]
11:00 ● Puzzling Parlor [DR]
3:00 ● Afternoon Movie [LR]
3:15 ● Open Card and Board Games [LR]
4:00 ● Outdoor Guided Stroll [C]
6:15 ● Relax and Unwind with Soundscapes [LR]

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9:15 Spirit Week-USA DAY [DR]
10:00 ● Outdoor Relaxation [B]
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 ● Bingo [DR]
4:00 ● Open Card and Board Games [DR]

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9:15 Celebrate the 50's [DR]
10:00 ● Sock Hop Workout with Wideline [LR]
10:45 Morning Social [DR]
11:00 ● Conversation Starters [LR]
11:15 ● Music Trivia [LR]
2:30 ● Table Top Games [LR]
2:30 ● **Thymeless: Rootbeer Floats**
3:30 ● Balloon Volleyball [C]
3:30 ● Happy Hour & Music [GR]
4:00 ● Outdoor Guided Stroll [C]
6:15 ● Relax and Unwind with Soundscapes [LR]

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9:15 Spirit Week-Pajama Day [DR]
10:00 ● Workout with Wideline [LR]
10:45 Morning Social [DR]
11:00 ● Legend of the Teddy Bear [LR]
11:15 ● iN2L: Name That Sound [LR]
2:00 ● **Music Therapy with Robin [LR]**
3:00 ● **Thymeless: Milk & Cookies**
4:00 ● Beauty Rest Makeovers [DR]

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9:15 Spirit Week-Favorite Sports Team [DR]
10:00 ● Morning Exercise with Wideline [LR]
10:00 ● Workout with Wideline [LR]
10:45 Morning Social [DR]
11:00 ● Puzzles & Word Searches [LR]
11:15 ● iN2L: Lifelong Learning [LR]
2:00 ● **Community Outing: TBA**
4:00 ● Outdoor Relaxation: Mandala Coloring [B]
6:15 ● Relax and Unwind with Soundscapes [LR]

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9:15 Celebrate My Heritage [DR]
10:00 ● Workout with Wideline [LR]
10:45 Morning Social [DR]
11:00 ● Religious Prayer Service [SR]
11:15 ● Everyday Trivia [LR]
1:30 ● **Essence [SR]**
2:00 ● **Shabbat Services [GR]**
2:00 ● **Thymeless: Dips & Chips**
3:30 ● Happy Hour [LR]

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

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9:15 Rise & Shine Coffee Club [DR]
10:30 ● Ageless Grace with Tracy [LR]
10:30 ● **Catholic Services [CR]**
10:45 Morning Social [DR]
11:00 ● Puzzling Parlor [DR]
3:00 ● Afternoon Movie [LR]
3:15 ● Open Card and Board Games [LR]
4:00 ● Outdoor Guided Stroll [C]
6:15 ● Relax and Unwind with Soundscapes [LR]

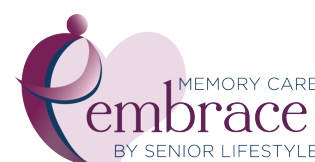
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9:15 Rise & Shine Coffee Club [DR]
10:00 ● Outdoor Relaxation [B]
10:15 ● iN2L: What Came First? [LR]
10:45 Morning Social [DR]
11:00 ● Religious Prayer Service [ER]
11:15 ● Ageless Grace with Tracy [LR]
2:30 ● **Thymeless: Fruit Salad**
3:30 ● Bingo [DR]
4:00 ● Open Card and Board Games [DR]

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9:15 Rise & Shine Coffee Club [DR]
10:00 ● Workout with Wideline [LR]
10:45 Morning Social [DR]
11:00 ● Conversation Starters [LR]
11:15 ● Music Trivia [LR]
2:30 ● Table Top Games [LR]
2:30 ● **Thymeless: PB&J**
3:30 ● Balloon Volleyball [C]
3:30 ● Happy Hour & Music [GR]
4:00 ● Outdoor Guided Stroll [C]
6:15 ● Relax and Unwind with Soundscapes [LR]

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"The meeting of preparation with opportunity generates the offspring we call luck."

— Anthony Robbins

