

calendar & activities  
MAR 2019

The Sheridan at Cooper City Lakeview - Ready, Set, Spring!

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

- CONNECT
- FEEL
- GROW
- MOVE
- REFLECT

LOCATIONS

Living Room - LR  
Dining Room - DR  
Country Kitchen - CK  
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.

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Activities are subject to change

March cont'd 31

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 Puzzling Parlor [DR]  
3:00 Afternoon Movie: When Calls the Heart [LR]  
3:15 Open Card and Board Games [LR]  
4:00 Outdoor Guided Stroll [C]  
6:15 Relax and Unwind with Soundscapes [LR]



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



1

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

2

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 [DR]  
3:30 Karaoke [LR]  
4:00 Manicures and Massages [DR]  
4:00 Outdoor Guided Stroll [C]

3

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 Puzzling Parlor [DR]  
3:00 Afternoon Movie: When Calls the Heart [LR]  
3:15 Open Card and Board Games [LR]  
4:00 Outdoor Guided Stroll [C]  
6:15 Relax and Unwind with Soundscapes [LR]

4

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 Growing our Garden [C]  
4:00 Open Card and Board Games [DR]

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9:15 Rise & Shine Coffee Club [DR]  
10:00 Timeless Trivia with Wideline [LR]  
10:45 Morning Social [DR]  
11:00 Conversation Starters [LR]  
11:00 Feel the Rhythm for Mardi Gras: Drum Circle with Steve [LR]  
2:30 Table Top Games [LR]  
2:30 Thymeless: PB&J  
3:30 Balloon Volleyball [C]  
4:00 Outdoor Guided Stroll [C]  
6:15 Relax and Unwind with Soundscapes [LR]

6

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 Pet Therapy with Tova [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]  
11:15 Puzzles & Word Searches [LR]  
11:15 iN2L: Lifelong Learning Animal Kingdom [LR]  
11:30 Pet Therapy with Rosie [LR]  
2:00 Community Outing: Cold Stone  
2:30 Scattergories [LR]  
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]  
11:00 Shabbat Services [GR]  
11:15 Everyday Trivia [LR]  
1:30 Essence [SR]  
2:00 Thymeless: Hamburger Sliders  
3:30 Aquapaintings [DR]  
3:30 Happy Hour [LR]

9

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 [DR]  
3:30 Karaoke [LR]  
4:00 Manicures and Massages [DR]  
4:00 Outdoor Guided Stroll [C]

10

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 Puzzling Parlor [DR]  
3:00 Afternoon Movie: When Calls the Heart [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]  
3:30 Celebrate Your Name [LR]  
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]  
4:00 Outdoor Guided Stroll [C]  
6:15 Relax and Unwind with Soundscapes [LR]

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3:00 Thymeless: Smoothies  
4:00 Bingo [DR]

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10:00 Morning Exercise with Wideline [LR]  
10:00 Workout with Wideline [LR]  
10:45 Morning Social [DR]  
11:15 Puzzles & Word Searches [LR]  
11:15 iN2L: Lifelong Learning Animal Kingdom [LR]  
11:30 Pet Therapy with Rosie [LR]  
2:00 Community Outing: Cold Stone  
2:30 Scattergories [LR]  
4:00 Outdoor Relaxation: Mandala Coloring [B]  
6:15 Relax and Unwind with Soundscapes [LR]

15

9:15 Rise & Shine Coffee Club [DR]  
10:00 Chair Zumba with Iveliz [LR]  
10:45 Morning Social [DR]  
11:00 Religious Prayer Service [SR]  
11:00 Shabbat Services [GR]  
11:15 Everyday Trivia [LR]  
1:30 Essence [SR]  
2:00 Thymeless: Hamburger Sliders  
3:30 Aquapaintings [DR]  
3:30 Happy Hour [LR]

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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 [DR]  
3:30 Karaoke [LR]  
4:00 Manicures and Massages [DR]  
4:00 Outdoor Guided Stroll [C]

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9:30 Ageless Grace with Tracy [LR]  
10:30 Catholic Services [CR]  
10:45 Morning Social [DR]  
11:00 Puzzling Parlor [DR]  
3:00 Afternoon Movie: When Calls the Heart [LR]  
3:15 Open Card and Board Games [LR]  
3:30 St. Paddy's Day Celebration [C]  
4:00 Outdoor Guided Stroll [C]  
6:15 Relax and Unwind with Soundscapes [LR]

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10:00 Outdoor Relaxation [B]  
10:15 iN2L: What Came First? [LR]  
10:45 Morning Social [DR]  
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2:30 Thymeless: Fruit Salad  
3:30 Bingo [DR]  
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11:00 Conversation Starters [LR]  
11:15 Music Trivia [LR]  
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2:30 Thymeless: PB&J  
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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 First Day of Spring Celebration with Rockin' Robin [LR]  
3:00 Pet Therapy with Tova [LR]  
3:00 Thymeless: Smoothies  
4:00 Bingo [DR]

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11:30 Pet Therapy with Rosie [LR]  
2:00 Community Outing: Cold Stone  
2:30 Scattergories [LR]  
3:30 Cooking Demonstration with Tamara: Quinoa Salad  
4:00 Outdoor Relaxation: Mandala Coloring [B]  
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