

calendar & activities
AUG 2019

The Sheridan at Cooper City Assisted Living - Connect

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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



"Mistakes are
proof that you are
trying"
— Unknown



10:00 ● Ageless Grace [BEFIT] 1	10:00 ● Enhanced Chair Fitness [BEFIT] 2	10:00 ● Ageless Grace [BEFIT] 3
11:00 ● Crossword Puzzle Challenge [CS]	10:45 ● Mahjong [CS]	10:45 ● Crossword Puzzle Challenge [CS]
1:30 ● Ice Cream Social [ER]	1:30 ● Balloon Volleyball [BEFIT]	1:15 ● Bingo [ER]
2:15 ● Arts & Crafts [CS]	3:30 ● Happy Hour with Garry [GR]	3:30 ● Dominoes [CR]
3:30 ● Encore: Bunco [CS]	6:15 ● Friday Night Feature [ER]	6:15 ● Saturday Night Feature: TBD [ER]
6:15 ● Evening Movie: TBD [CS]		
6:15 ● Pinochle [CR]		

LOCATIONS

BE FIT Studio - BE FIT
Club Room - CR
Courtyard - C
Creative Studio - CS
Dining Room - DR
Entertainment Room - ER
Great Room - GR
Lobby - L

BIRTHDAYS
THIS MONTH

8/3 - Bernie N.
8/15 - Eleanor R.
8/25 - Gloria A.
8/28 - Harriett R.
8/28 - Lea S.
8/30 - Betty P.

SENIOR LIFESTYLE
Come grow with us!

SENIOR LIFESTYLE
Unlimited options, Unparalleled services

10:30 ● Catholic Service [ER] 4	10:15 ● Chair Yoga with Brooke [BEFIT] 5	10:00 ● Enhanced Chair Fitness [BEFIT] 6	10:15 ● Enhanced Chair Fitness [BEFIT] 7	10:00 ● Ageless Grace [BEFIT] 8	10:00 ● Enhanced Chair Fitness [BEFIT] 9	10:00 ● Ageless Grace [BEFIT] 10
11:00 ● Ageless Grace [ER]	11:15 ● Trivia(Jeopardy) [CS]	10:30 ● Pokeno [CS]	10:45 ● Hot Topics Discussion Group [CS]	11:00 ● Crossword Puzzle Challenge [CS]	10:45 ● Mahjong [CS]	10:30 ● Crossword Puzzle Challenge [CS]
1:15 ● Bingo [ER]	2:15 ● Bunco [CS]	11:15 ● Bunco [CS]	11:15 ● Brunch Outing: Blue Moon Diner	1:15 ● Chair Dancing [GR]	1:30 ● Balloon Volleyball [BEFIT]	1:15 ● Bingo [ER]
3:00 ● Adult Coloring with Betty [CS]	3:30 ● Dominoes [CR]	1:30 ● Life Transmission with Josh [ER]	2:30 ● Balloon Volleyball [BEFIT]	2:15 ● Arts & Crafts [CS]	2:30 ● Trivia(Jeopardy) [CS]	2:30 ● Trivia [ER]
6:15 ● Classic Movie Sunday [ER]	6:15 ● Canasta [CR]	2:30 ● Arts & Crafts [CS]	3:30 ● Bingo [CS]	3:30 ● Encore: Bunco [CS]	3:30 ● Happy Hour with P.S. [GR]	2:30 ● Trivia Pursuit [ER]
	6:15 ● Evening Movie: Big Miracle [ER]	3:30 ● Happy Hour with Manny [GR]	6:15 ● Dominoes [CR]	6:15 ● Evening Movie: Checking Out [CS]	6:15 ● Friday Night Feature [ER]	6:15 ● Saturday Night Feature: TBD [ER]
		6:00 ● Dominoes [ER]	6:15 ● Evening Movie: TBD [ER]	6:15 ● Pinochle [CR]		
		7:00 ● Evening Movie: The Imitation Game [ER]				
10:30 ● Catholic Service [ER] 11	10:00 ● Chair Yoga with Brooke [BEFIT] 12	10:00 ● Enhanced Chair Fitness [BEFIT] 13	10:15 ● Enhanced Chair Fitness [BEFIT] 14	10:00 ● Ageless Grace [BEFIT] 15	10:00 ● Enhanced Chair Fitness [BEFIT] 16	10:00 ● Ageless Grace [BEFIT] 17
11:00 ● Ageless Grace [ER]	11:15 ● Trivia(Jeopardy) [CS]	10:30 ● Pokeno [CS]	10:45 ● Hot Topics Discussion Group [CS]	11:00 ● Crossword Puzzle Challenge [CS]	10:45 ● Mahjong [CS]	10:30 ● Crossword Puzzle Challenge [CS]
1:15 ● Bingo [ER]	1:30 ● Medicare Made Easy [ER]	11:00 ● Barbara and Mel Watches and more [GR]	11:15 ● BJ's Restaurant Brewhouse [L]	1:15 ● Chair Dancing [GR]	1:30 ● Balloon Volleyball [BEFIT]	11:00 ● Open Bible Discussion Time [ER]
6:15 ● Classic Movie Sunday [ER]	2:15 ● American Checkers Tournament [CS]	11:15 ● Bunco [CS]	2:30 ● Balloon Volleyball [BEFIT]	2:15 ● Arts & Crafts [CS]	2:30 ● Trivia(Jeopardy) [CS]	1:15 ● Bingo [ER]
	3:30 ● Dominoes [CS]	2:30 ● Arts & Crafts [CS]	3:30 ● Bingo [CS]	3:30 ● Encore: Bunco [CS]	3:30 ● Happy Hour with Iris [GR]	2:30 ● Trivia [ER]
	6:15 ● Canasta [CR]	3:30 ● Happy Hour with Manny [GR]	6:15 ● Dominoes [CR]	6:15 ● Evening Movie: Checking Out [CS]	6:15 ● Friday Night Feature [ER]	2:30 ● Trivia Pursuit [ER]
	6:15 ● Evening Movie: Big Miracle [ER]	6:00 ● Bingo [ER]	6:15 ● Evening Movie: TBD [ER]	6:15 ● Pinochle [CR]		6:15 ● Saturday Night Feature: TBD [ER]
		7:00 ● Evening Movie: The Imitation Game [ER]				
10:30 ● Catholic Service [ER] 18	10:15 ● Chair Yoga with Brooke [BEFIT] 19	10:00 ● Enhanced Chair Fitness [BEFIT] 20	10:15 ● Enhanced Chair Fitness [BEFIT] 21	10:00 ● Ageless Grace [BEFIT] 22	10:00 ● Enhanced Chair Fitness [BEFIT] 23	10:00 ● Ageless Grace [BEFIT] 24
11:00 ● Ageless Grace [ER]	11:15 ● Trivia(Jeopardy) [CS]	10:30 ● Pokeno [CS]	10:45 ● Hot Topics Discussion Group [CS]	11:00 ● Crossword Puzzle Challenge [CS]	10:45 ● Mahjong [CS]	10:30 ● Crossword Puzzle Challenge [CS]
1:15 ● Bingo [ER]	2:15 ● American Checkers Tournament [CS]	11:15 ● Bunco [CS]	11:15 ● Movies Theater [L]	1:15 ● Chair Dancing [GR]	1:30 ● Balloon Volleyball [BEFIT]	1:15 ● Bingo [ER]
3:30 ● Entertainment with Diane [GR]	3:30 ● Dominoes [CS]	1:15 ● Sit and Be Fit [CS]	2:30 ● Balloon Volleyball [BEFIT]	2:15 ● Arts & Crafts [CS]	2:30 ● Trivia(Jeopardy) [CS]	2:30 ● Trivia [ER]
6:15 ● Classic Movie Sunday [ER]	6:15 ● Canasta [CR]	2:30 ● Arts & Crafts [CS]	3:30 ● Bingo [CS]	3:30 ● Encore: Bunco [CS]	3:30 ● Happy Hour with Kevin [ER]	2:30 ● Trivia Pursuit [ER]
	6:15 ● Evening Movie: Big Miracle [ER]	3:30 ● Happy Hour with Manny [GR]	6:15 ● Dominoes [CR]	6:15 ● Evening Movie: Checking Out [CS]	6:15 ● Friday Night Feature [ER]	6:15 ● Saturday Night Feature: TBD [ER]
		6:00 ● Bingo [ER]	6:15 ● Evening Movie: TBD [ER]	6:15 ● Pinochle [CR]		
		7:00 ● Evening Movie: The Imitation Game [ER]				
10:30 ● Catholic Service [ER] 25	10:15 ● Chair Yoga with Brooke [BEFIT] 26	10:00 ● Enhanced Chair Fitness [BEFIT] 27	10:00 ● Hard Rock Casino in Hollywood [L] 28	10:00 ● Ageless Grace [BEFIT] 29	10:00 ● Enhanced Chair Fitness [BEFIT] 30	10:00 ● Ageless Grace [BEFIT] 31
11:00 ● Ageless Grace [ER]	11:15 ● Trivia(Jeopardy) [CS]	10:30 ● Pokeno [CS]	10:15 ● Enhanced Chair Fitness [BEFIT]	11:00 ● Crossword Puzzle Challenge [CS]	10:45 ● Mahjong [CS]	10:30 ● Crossword Puzzle Challenge [CS]
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	6:15 ● Canasta [CR]	2:30 ● Arts & Crafts [CS]	2:30 ● Balloon Volleyball [BEFIT]	3:30 ● Encore: Bunco [CS]	3:30 ● Happy Hour with Rockin' Robin [GR]	2:30 ● Trivia Pursuit [ER]
	6:15 ● Evening Movie: Big Miracle [ER]	3:30 ● Happy Hour with Manny [GR]	3:30 ● Bingo [CS]	6:15 ● Evening Movie: Checking Out [CS]	6:15 ● Friday Night Feature [ER]	6:15 ● Saturday Night Feature: TBD [ER]
		6:00 ● Bingo [ER]	6:15 ● Dominoes [CR]	6:15 ● Pinochle [CR]		
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