calendar & activities

The Sheridan at Cooper City Lakeview - Home for the Holidays

THURSDAY

9:15 Nise & Gillian | 10:00 Morning Exercis Wideline [LR]

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

LOCATIONS

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

BIRTHDAYS

12/1 - Charlotte M. 12/16 - Alicia M. 12/18 - Elise C. 12/19 - Janet H.

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			SUNDAY			MONDAY	
	9:15		Rise & Shine	9:15		Rise & Shine	ſ
			Coffee Club [DR]			Coffee Club [DR]	
	10:30		Ageless Grace	10:00	•	Outdoor Relaxation [B]	1
	10.30		with Tracy [LR] Catholic Services [CR]	10.15		iN2L: What Came First? [LR]	-
	10:45	Ĭ	Morning Social [DR]	10:45		Morning Social [DR]	-
	-	•	Puzzling Parlor [DR]		•	Religious Prayer Service [ER]	-
	3:00	•	Afternoon Movie: When Calls			Ageless Grace with Tracy [LR]	
	0.15		the Heart [LR]			Thymeless: Fruit Salad	
	3:15	•	Open Card and Board Games [LR]	3:30		Bingo [DR] Open Card and Board Games	
	4:00	•	Outdoor Guided Stroll [C]	4.00		[DR]	
	6:15	•	Relax and Unwind with				
			Soundscapes [LR]				L
	9:15		Rise & Shine	9:15		Rise & Shine	
	10.30		Coffee Club [DR] Ageless Grace	10.00		Coffee Club [DR] Outdoor	1
	10.00		with Tracy [LR]	10.00		Relaxation [B]	١.
	10:30	•	Catholic Services [CR]	10:15	•	iN2L: What Came First? [LR]	1
	10:45		Morning Social [DR]	10:45		Morning Social [DR]	1
			Puzzling Parlor [DR] Afternoon Movie: When Calls			Religious Prayer Service [ER] Ageless Grace with Tracy [LR]	
	3:00	•	the Heart [LR]			Thymeless: Fruit Salad	
	3:15	•	Open Card and Board Games	3:30		-	
			[LR]	4:00	•	Open Card and Board Games	
			Outdoor Guided Stroll [C] Relax and Unwind with			[DR]	
	0.13		Soundscapes [LR]				
	9:15		Diag 9 China	9:15		Rise & Shine	T
			Coffee Club [DR]			Coffee Club [DR]	
	10:30	•	Ageless Grace	10:00	•	Outdoor	
	10:30		with Tracy [LR] Catholic Services [CR]	10.15	•	Relaxation [B] iN2L: What Came First? [LR]	1
	10:45	Ĭ	Morning Social [DR]	10:45	Ĭ	Morning Social [DR]	1
			Puzzling Parlor [DR]			Religious Prayer Service [ER]	ľ
	3:00	•	Afternoon Movie: When Calls			Ageless Grace with Tracy [LR]	
	2.15		the Heart [LR] Open Card and Board Games	2:30		Thymeless: Fruit Salad Bingo [DR]	
	3.13		[LR]	4:00		Open Card and Board Games	
			Outdoor Guided Stroll [C]			[DR]	
	6:15	•	Relax and Unwind with				
	0.15		Soundscapes [LR]	0.15		Rise & Shine	ļ
	9:15		Rise & Shine Coffee Club [DR]	9:15		Coffee Club [DR]	
	10:30	•	Ageless Grace	10:00	•	Outdoor	-
	40.00		with Tracy [LR]	40.15		Relaxation [B]	[-
			Catholic Services [CR] Morning Social [DR]	10:15	•	iN2L: What Came First? [LR] Morning Social [DR]	-
.,	10:45 11:00	•	Puzzling Parlor [DR]	10:45 11:00	•		[
5!			Afternoon Movie: When Calls	11:15		- · · · · · · · · · · · · · · · · · · ·	
			the Heart [LR]	2:30		Thymeless: Fruit Salad	
	3:15	•	Open Card and Board Games [LR]	3:30		Bingo [DR]	
	4:00	•	Outdoor Guided Stroll [C]	4:00	•	Open Card and Board Games [DR]	
			Relax and Unwind with			11	
			Soundscapes [LR]				
	9:15		Rise & Shine Coffee Club [DR]	9:15		Rise & Shine Coffee Club [DR]	
,	10:30		Ageless Grace with	10:00			ŀ
es			Tracy [LR]	10.00		Relaxation [B]	
-	10:30 10:45		Catholic Services [CR] Morning Social [DR]		•	iN2L: What Came First? [LR]	Ĺ
			Puzzling Parlor [DR]	10:45	_	Morning Social [DR]	-
	3:00		Afternoon Movie: When Calls the	11:00 11:15		Religious Prayer Service [ER] Ageless Grace with Tracy [LR]	
	2.15		Heart [LR] Open Card and Board Games [LR]				

3:15 • Open Card and Board Games [LR]

Relax and Unwind with Soundscapes [LR]

4:00 • Outdoor Guided Stroll [C]

11:15 • 2:30 • 3:30 • 4:00 •	Ageless Grace with Tracy [LR] Thymeless: Fruit Salad Bingo [DR] Open Card and Board Games [DR] Rise & Shine	2:30 2:30 3:30 4:00 6:15		Thymeless: Favorite Holiday Recipes Balloon Volleyball [C] Outdoor Guided Stroll [C] Relax and Unwind with Soundscapes [LR] Rise & Shine Coffee
10:00 • 10:15 • 10:45 11:00 • 11:15 • 2:30 • 3:30 • 4:00 •	Rise & Shine Coffee Club [DR] Outdoor Relaxation [B] iN2L: What Came First? [LR] Morning Social [DR] Religious Prayer Service [ER] Ageless Grace with Tracy [LR] Thymeless: Fruit Salad Bingo [DR] Open Card and Board Games [DR]	10:00 10:45 11:00 11:15 2:30 2:30 3:30 4:00 6:15	•	Club [DR] Workout with Wideline [LR] Morning Social [DR] Conversation Starters [LR] Music Triva [LR] Table Top Games [LR] Thymeless: PB&J Balloon Volleyball [C] Ring in the New Year: NYE To [LR] Relax and Unwind with Soundscapes [LR]

nes	3:30 4:00 6:15	•	Recipes Balloon Volleyball [C] Outdoor Guided Stroll [C] Relax and Unwind with Soundscapes [LR]
0	9:15		Rise & Shine Coffee Club [DR]
	10:00	•	Workout with Wideline [LR]
.R]	10:45		Morning Social [DR]
.11]	11:00	•	Conversation Starters [LR]
-D]	11:15	•	Music Triva [LR]
ER]	2:30	•	Table Top Games [LR]
[LR]	2:30	•	Thymeless: PB&J
nes	3:30		Balloon Volleyball [C]
	4:00	•	Ring in the New Year: NYE Toast
			[LR]
	6:15		Relax and Unwind with
			Soundscapes [LR]

TUESDAY

Rise & Shine

Wideline [LR]

2:30 • Table Top Games [LR]

3:30 • Balloon Volleyball [C]

4:00 • Outdoor Guided Stroll [C]

Rise & Shine Coffee

Morning Social [DR]

4:00 • Gather and Give: Holiday Cards

11:00 • Conversation Starters [LR]

Club [DR]

Wideline [LR]

2:30 • Table Top Games [LR]

3:30 • Balloon Volleyball [C]

6:15 • Relax and Unwind with

Club [DR]

Wideline [LR]

2:30 • Table Top Games [LR]

3:30 Balloon Volleyball [C]

the Fire [LR]

6:15 • Relax and Unwind with

Club [DR]

Wideline [LR]

11:00 Conversation Starters [LR]

10:45 Morning Social [DR]

2:30 • Table Top Games [LR]

11:15 • Music Triva [LR]

10:00 • Workout with

Soundscapes [LR]

Rise & Shine Coffee

2:30 • Thymeless: PB&J

11:00 • Conversation Starters [LR]

4:00 • Hot Cocoa and Holiday Stories b

10:45 Morning Social [DR]

11:15 • Music Triva [LR]

10:00 Workout with

Soundscapes [LR]

Rise & Shine Coffee

10:00 Workout with

11:15 • Music Triva [LR]

2:30 • Thymeless: PB&J

Soundscapes [LR]

6:15 • Relax and Unwind with

2:30 • Thymeless: PB&J

10:00 Workout with

11:15 Music Triva [LR]

Coffee Club [DR]

Morning Social [DR]

11:00 • Conversation Starters [LR]

9:15

10:45

9:15

9:15



WEDNESDAY

Rise & Shine Coffee Club [DR]

Morning Social [DR]

11:15 • iN2L: Name That Sound [LR]

3:00 • Pet Therapy with Tova [LR]

the Holidays [LR]

Rise & Shine

Wideline [LR]

11:00 • Adult Colorina [LR]

Coffee Club [DR]

Morning Social [DR]

11:15 • iN2L: Name That Sound [LR]

2:00 • Music Therapy with Robin

3:00 • Pet Therapy with Tova [LR]

6:30 • Sunshine Kids Carolers [LR]

3:00 • Thymeless: Smoothies

Rise & Shine

Wideline [LR]

11:00 • Adult Coloring [LR]

Coffee Club [DR]

Morning Social [DR]

11:15 • iN2L: Name That Sound [LR]

3:00 • Thymeless: Smoothies

Rise & Shine

Wideline [LR]

11:00 • Adult Coloring [LR]

Coffee Club [DR]

Morning Social [DR]

11:15 • iN2L: Name That Sound [LR]

Rockin Robin [LR]

3:00 • Pet Therapy with Tova [LR] 3:00 • Thymeless: Smoothies

2:00 • Holiday Celebration with

Music Therapy with Robin

Pet Therapy with Tova [LR]

3:00 • Thymeless: Smoothies

4:00 • Bingo [DR]

10:00 Workout with

4:00 • Bingo [DR]

0:00 • Workout with

4:00 • Bingo [DR]

10:00 • Workout with

4:00 • Bingo [DR]

3:00

10:45

2:00 • Music Therapy with Robin [LR]

3:30 • Festival of Lights: Decorate for

Adult Coloring [LR]

Workout with

10.45

11:00

Wideline [LR]

"December is a month of lights, snow and feasts; time to make amends and tie loose ends; finish off what you started and hope your wishes come true."

- Unknown

IIIONSDAI		JAIONDAI
9:15 Rise & Shine Coffee Club [DR] 10:00 Morning Exercise with Wideline [LR]	9:15 Rise & Shine Coffee Club [DR]	9:15 Rise & Shine Coffee Club [DR]
10:00 • Workout with Wideline [LR] 10:45 • Morning Social [DR]	10:00 • Workout with Wideline [LR]	10:30 • Ageless Grace with Tracy [LR]
11:00 Puzzles & Word Searches [LR] 11:15 iN2L: Lifelong Learning Animal Kingdom [LR]	10:45 Morning Social [DR]	10:45 Morning Social [DR]
11:30 • Pet Therapy with Rosie [LR] 2:00 • Juan Valdez Cafe: Coffee and Cocoa	11:00 • Religious Prayer Service [SR] 11:15 • Everyday Trivia [LR]	11:15 • iN2L National Parks Trivia
2:30 Scattergories [LR] 4:00 Outdoor Relaxation: Mandala Coloring [B]	1:30 • Essence [SR]	2:30 • Thymeless: Yogurt Parfait
6:15 • Relax and Unwind with Soundscapes [LR]	2:00 • Shabbat Services [GR] 2:00 • Thymeless: Hamburger	3:00 • News and Reviews [DR] 3:30 • Karaoke [LR]
	Sliders	4:00 • Manicures and Massages
	3:30 • Aquapaintings [DR] 3:30 • Happy Hour [LR]	[DR] 4:00 • Outdoor Guided Stroll [C]
	3.30 Tiappy flour [EN]	4.50 Cutacor Cutaca Circli [c]
9:15 Rise & Shine Coffee Club [DR] 10:00 Morning Exercise with	9:15 Rise & Shine Coffee Club [DR]	9:15 Rise & Shine Coffee Club [DR]
Wideline [LR] 10:00 Workout with Wideline [LR]	10:00 • Workout with	10:30 • Ageless Grace
10:45 Morning Social [DR] 11:00 Puzzles & Word Searches [LR]	Wideline [LR] 10:45 Morning Social [DR]	with Tracy [LR]
11:15 • iN2L: Lifelong Learning Animal Kingdom [LR] 11:30 • Pet Therapy with Rosie [LR]	11:00 • Religious Prayer Service [SR]	10:45 Morning Social [DR] 11:15 iN2L National Parks Trivia
2:00 • Community Outing: Cold Stone 2:30 • Scattergories [LR]	11:15 Discover the Reason for the Season [LR]	[LR]
4:00 • Outdoor Relaxation: Mandala Coloring [B] 6:15 • Relax and Unwind with Soundscapes [LR]	1:30 • Essence [SR] 2:00 • Shabbat Services [GR]	2:30 • Thymeless: Yogurt Parfait 3:00 • News and Reviews [DR]
0.13 • Relax and Onwind with Soundscapes [En]	2:00 • Thymeless: Hamburger Sliders	3:30 • Karaoke [LR]
	3:30 • Aquapaintings [DR] 3:30 • Happy Hour [LR]	4:00 • Manicures and Massages [DR]
	,	4:00 • Outdoor Guided Stroll [C]
9:15 Rise & Shine Coffee Club [DR] 10:00 Morning Exercise with	9:15 Rise & Shine	9:15 Rise & Shine
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10:45 Morning Social [DR] 11:00 Puzzles & Word Searches [LR]	Wideline [LR]	with Tracy [LR]
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2:00 • Community Outing: Cold Stone 2:30 • Scattergories [LR]	11:15 • Everyday Trivia [LR]	[LR]
4:00 • Outdoor Relaxation: Mandala Coloring [B] 6:15 • Relax and Unwind with Soundscapes [LR]	1:30 • Essence [SR] 2:00 • Shabbat Services [GR]	2:30 • Thymeless: Yogurt Parfait 3:00 • News and Reviews [DR]
10.13 • Relax and Onwind with Soundscapes [Eng	2:00 • Thymeless: Hamburger	3:30 • Karaoke [LR]
	Sliders 3:30 • Aquapaintings [DR]	4:00 • Manicures and Massages [DR]
	3:30 • Happy Hour [LR]	4:00 • Outdoor Guided Stroll [C]
9:15 Rise & Shine Coffee Club [DR] 10:00 Morning Exercise with	9:15 Rise & Shine 7	9:15 Rise & Shine
Wideline [LR] 10:00 Workout with Wideline [LR]	Coffee Club [DR] 10:00 • Workout with	Coffee Club [DR] 10:30 • Ageless Grace
10:45 Morning Social [DR] 11:00 Puzzles & Word Searches [LR]	Wideline [LR]	with Tracy [LR]
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2:00 • Community Outing: Cold Stone 2:30 • Scattergories [LR]	11:15 • Everyday Trivia [LR]	[LR]
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6.15 Whereast and Ontwind With Soundscapes [LR]	2:00 • Thymeless: Hamburger	3:30 • Karaoke [LR]

Sliders

3:30 • Happy Hour [LR]

3:30 • Aquapaintings [DR]

FRIDAY

SATURDAY



4:00 • Manicures and Massages

4:00 • Outdoor Guided Stroll [C]