July 2021 Monthly Activities Sheridan at Cooper City - Celebrating Diversity -Monday Wednesday Sunday Tuesday Thursday Friday Saturday 10:15 • Gardening w/ Kerna 10:15 • Ageless Grace w/ 10:15 • Functional Fitness **Resident Birthdays** Tracey [BEFIT] w/ Paula [BEFIT] 11:15 • Chair Yoga & Lori C. 7/2 11:15 News & Views: 2:00 • Sing-a-long w/ Mindfulness wa **Discuss Current** Rick [GR] Maureen M. 7/8 Chahna [BEFIT] Topics [CS] 3:00 • Brain Games w/ Paula & Helene K. 7/11 1:30 • Bridge Club w/ Kurt [CR] 2:00 • Guess That Tune w/ Alexa Alexa [CS] Jane B 7/17 2:30 • Wheel of Fortune in Teams! songs from the 60's [CS] 4:00 • Rummikub & Checkers [CR] 7/17 Lois K. 3:00 • Walking Club [BEFIT] 4:30 • Lighting Shabbat Candles Frances S 7/18 3:30 • Art Atelier w/ Joey Davoli [CS] 4:00 • Mahiong & Chess [CR] 7/24 Patricia M 3:30 • Documentary Matinee -WWW SENIORI IEESTYLE COM 6:00 • Stage & Screen Director 6:00 • Stage & Screen - Activities Mary Ann M 7/27 National Parks - Yellowstone Activities are subject to change Selection - Great Coordinator Selection -Renee C. 7/27 Performances - Andrea Monthly Topic(s) Feature 6:00 • Stage & Screen - Western 7/28 Zoraida G. Bocelli - Believe [ER] Film [EŔ] Movies [ER] Vincent B. 7/29 5 10:15 • Ageless Grace w/ Tracey [BEFIT] 9:00 • Televised 10:15 • Functional Fitness 10:15 • Technology 10:00 Trip to Publix 10:15 • Functional Fitness 10:15 • Gardening w/ Kerna w/ Paula [BEFIT] w/ Paula [BEFIT] Workshop - use (RSVP w/ Paula) Worship - New 11:15 • You Be The Judge: 11:15 • Brain Teasers, your device to 10:15 • Ageless Grace w/ 2:00 • Sing-a-long w/ 11:15 • Chair Yoga & Horizon The Sheridan Jury take pictures and Mindfulness w/ Games & Puzzles Tracey [BEFIT] Rick [GR] Methodist Church [ER] Chahna [BEFIT] w/ Alexa [CS] send to family & friends [CS] 11:15 • News & Views: Discuss 3:00 • Brain Games w/ Paula & 10:00 • St. Bernadette Catholic Trip to Asian Restaurant 1:30 • Bridge Club w/ Kurt [CR] THE SHERIDAN 11:15 • Tai Chi for Serenity [BEFIT] 2:00 • News & Views: Discuss Current Topics [CS] Alexa [CS] 2:00 • Dealing with Anxiety, Stress & Church [ER] 2:30 • Wheel of Fortune in Teams! 2:00 • Trivia Special Edition - Civil Current Topics [CS] 2:00 • Global Forgiveness Day w/ 4:00 • Rummikub & Checkers [CR] Happiness - The Importance of 10:15 • Gardening w/ Kerna [P] AT COOPER CITY 3:00 • Crafting w/ Alexa - Rocket Rights/Civil War [CS] Alexa [CS] 4:30 • Lighting Shabbat Candles Mindfulness - presentation w/ 2:00 • Jeopardy [CS] 3:30 • Art Atelier w/ Joey Davoli [CS] 3:00 • Bingo [ER] a Senior Lifestyle community Pops Decorations [CS] Andrew Bunce, PhD [ER] 3:00 • Walking Club [BEFIT] 3:30 • Bingo [ER] 3:30 • Documentary Matinee -4:00 • Rummikub & Dominoes [CR] 3:00 • Walking Club [BEFIT] 4:15 • Everyone Has a Story! w/ 4:00 • Mahjong & Chess [CR] 6:00 • Stage & Screen - Activities National Parks - Tour Utah 6:00 • Stage & Screen - Musicals 4:00 • Chess & American Checkers [CR] Director Suzy Grossman [ER] 6:00 • Stage & Screen - Love Movies Coordinator Selection -6:00 • Stage & Screen Director National Parks [ER] Popcorn Night! [ER] Monthly Topic(s) Feature 6:00 • Stage & Screen - Action Selection - Ballet - Alice in 6:00 • Stage & Screen - Western 6:00 • Stage & Screen - Comedy [ER] Movies [ER] Wonderland (Royal Ballet) Film [ER] Movies [ER] 10:15 • Ageless Grace w/ 10:15 • Gardening w/ Kerna 9:00 • Televised 10:15 • Functional Fitness 10:15 • Ageless Grace w/ 10:15 • Technology 10:15 • Functional Fitness w/ Paula [BEFIT] Tracey [BEFIT] Workshop - learn Tracey [BEFIT] w/ Paula [BEFIT] Worship - New CONNECT 11:15 • Chair Yoga & Brain Teasers, 11:15 • You Be The about apps [CS] News & Views: 2:00 • Sing-a-long w/ Horizon 11:15 • Tai Chi for Games & Puzzles Mindfulness w/ Judge: The **Discuss Current** Rick [GR] Methodist Church [ER] CONTRIBUTE Chahna [BEFIT] w/ Alexa [CS] Sheridan Jury [CS] Serenity [BEFIT] Topics [CS] 3:00 • Brain Games w/ Paula & 10:00 • St. Bernadette Catholic 1:30 • Bridge Club w/ Kurt [CR] Trivia Special Edition - Happy Trip to Italian Restaurant 2:00 • News & Views: Discuss 11:30 Guess That Tune w/ Alexa -Alexa [CS] FEEL Church [ER] 2:30 • Wheel of Fortune in Teams! Current Topics [CS] 2:00 • Guess the Word - Fishbowl Birthday Disneyland! [CS] songs from Broadway 4:00 • Rummikub & Checkers [CR] 10:15 • Gardening w/ Kerna [P] 3:00 • Crafting w/ Alexa - Creating Game (in Teams) [BEFIT] 3:30 • Bingo [ER] Musicals 4:30 • Lighting Shabbat Candles GROW 2:00 • Jeopardy [CS] 3:30 • Art Atelier w/ Joey Davoli [CS] with Clay - Pots & Bowls [CS] 3:00 • Walking Club [BEFIT] 3:00 • Walking Club [BEFIT] 4:00 • Show and Dinner - Evening in 3:30 Documentary Matinee -3:30 • Bingo [ER] 4:00 • Rummikub & Dominoes [CR] 4:00 • Chess & American Checkers Paris [DR] 4:00 • Mahjong & Chess [CR] 6:00 • Stage & Screen - Activities MOVE National Parks - Yosemite [ER] 6:00 • Stage & Screen - Musicals 6:00 • Stage & Screen - Love Movies 6:00 • Stage & Screen - Action 6:00 • Stage & Screen Director Coordinator Selection -6:00 • Stage & Screen - Western Movies [ER] Selection - Great Monthly Topic(s) Feature Popcorn Night! [ER] REFLECT Movies [ER] Performances - Lea Salonga Film [EŔ] 6:00 • Stage & Screen - Comedy [ER] in Concert [ER] 10:15 Functional Fitness 10:15 • Functional Fitness 10:15 • Ageless Grace w/ 10:15 • Technology Trip to Walmart 10:15 • Gardening w/ 9:00 • Televised 10:00 Tracey [BEFIT] Kerna [P] w/ Paula [BEFIT] Workshop -(RSVP w/ w/ Paula [BEFIT] Worship - New 11:00 search for a topic 11:15 • Brain Teasers, Trip to Casino Sing-a-long w/ 11:15 • Chair Yoga & Paula) Horizon 11:15 • You Be The Judge: Games & Puzzles (Google) [CS] Mindfulness w/ Rick [GR] Methodist Church [ER] 10:15 • Ageless Grace w/ Tracey The Sheridan Jury [CS] 11:15 • Tai Chi for Serenity [BEFIT] w/ Alexa [CS] 3:00 • Brain Games w/ Paula & Chahna [BEFIT] 10:00 • St. Bernadette Catholic [BEFIT] 1:30 • Resident Council Officers 2:00 • News & Views: Discuss 1:30 • Resident Council Meeting 1:30 • Bridge Club w/ Kurt [CR] Alexa [CS] Church [ER] News & Views: Discuss 11:15 Meeting [CR] Current Topics [CS] 4:00 • Rummikub & Checkers [CR] 2:30 • Wheel of Fortune in Teams! 10:15 • Gardening w/ Kerna [P] Current Topics [CS] Guess the Word - Fishbowl 3:00 • Crafting w/ Alexa -Paper 2:15 • Trivia Special Edition -4:30 • Lighting Shabbat Candles 2:00 • Jeopardy [CS] Game (in Teams) [BEFIT] Take your Poet to Work w. 2:00 **Location Keys** Famous Poets [CS] Plate Mosaics [CS] 3:30 Art Atelier w/ Joey Davoli 3:00 • Walking Club [BEFIT] Alexa [CS] 3:30 • Bingo [ER] 4:00 • Rummikub & Dominoes [CR] 3:30 • Bingo [ER] 6:00 • Stage & Screen - Activities [CS] 4:00 • Chess & American Checkers **BEFIT Studio BEFIT** 3:00 • Walking Club [BEFIT] 6:00 • Stage & Screen - Musicals 3:30 • Sport Bar - Tokyo Olympics 6:00 Stage & Screen - Love Movies Stage & Screen - Action Coordinator Selection -4:00 • Mahjong & Chess [CR] Monthly Topic(s) Feature Movies [ER] 2021 [ER] Club Room **CR** Popcorn Night! [ER] 6:00 Piano Bar - Family Night Film [ER] 6:00 • Stage & Screen - Western 6:00 • Stage & Screen - Comedy [ER] CS **Creative Studio** [GR] Movies [ER] 9:00 • Televised Worship 10:15 • Functional Fitness 10:15 • Ageless Grace w/ 10:15 • Technology 10:15 • Ageless Grace w/ 10:15 • Functional Fitness 10:15 • Gardening w/ Kerna Dining Room - New Horizon w/ Paula [BEFIT] Tracey [BEFIT] Tracev [BEFIT] w/ Paula [BEFIT] ΖΌ Workshop - find **Z**0 **ER** Sing-a-long w/ Rick 11:15 • Chair Yoga & 11:00 Trip to Wilton **Entertainment Room** Methodist Church 11:15 • Brain Teasers, News & Views: vour favorite Manors Restaurant - Special Edition -Mindfulness w/ Games & Puzzles Discuss Current songs (Youtube) [CS] **Great Room** 11:15 • You Be The Judge: The Happy Birthday July Babies! Chahna [BEFIT] 10:00 • St. Bernadette Catholic w/ Alexa [CS] Topics [CS] 11:15 • Walking Club w/ Alexa Sheridan Jury [CS] 1:30 • Bridge Club w/ Kurt [CR] Church [ER] 2:00 • International Day of 2:00 • News & Views: Discuss **Patio** [BEFIT] Guess the Word - Fishbowl 3:00 • Brain Games w/ Paula & Alexa 2:30 • Wheel of Fortune in Teams! 10:15 • Gardening w/ Kerna [P] Current Topics [CS] Friendship w/ Alexa [CS] Trivia Special Edition -Game (in Teams) [BEFIT] 11:30 • Sunday Brunch w/ JayCee Crafting w/ Alexa - Creating 3:00 • Walking Club [BEFIT] American painters [CS] 4:00 • Rummikub & Checkers [CR] 3:00 • Walking Club [BEFIT] 3:30 • Art Atelier w/ Joey Davoli [CS] with Clay - Snails & Frogs [CS] 4:00 • Mahjong & Chess [CR] 4:00 • Chess & American Checkers 4:30 • Lighting Shabbat Candles [ER] 3:30 • Documentary Matinee -3:30 • Bingo [ER] 2:00 • Jeopardy [CS] 4:00 • Rummikub & Dominoes [CR] 6:00 • Stage & Screen Director 6:00 • Stage & Screen - Activities National Parks - Gates of the 6:00 • Stage & Screen - Action 3:30 • Bingo [ER] 6:00 • Stage & Screen - Love Movies Selection - Laureates' Popcorn Night! [ER] Coordinator Selection - Monthly Artic National Park [ER] Movies [ER] 6:00 • Stage & Screen - Musicals Concert - Antwerp Symphony Topic(s) Feature Film [ER] 6:00 • Stage & Screen - Comedy [ER] 6:00 • Stage & Screen - Western Orchestra [ER] Movies [ER]