


| July 2021<br>Sheridan at Cooper City - Celebrating Diversity -   |  |   |  |  |  |   | Monthly Activities |  |  |  |  |   |  |  |  |
|--|--|---|--|--|--|---|--------------------|--|--|--|--|---|--|--|--|
| Sunday   |  | Monday  |  | Tuesday  |  | Wednesday   |                    | Thursday   |  | Friday   |  | Saturday  |  |  |  |
| <div><div>BeInspired</div><div>WWW.SENIORLIFESTYLE.COM</div><div>Activities are subject to change</div></div>  |  |   |  | <div><div>Resident Birthdays</div><div>Lori C. 7/2</div><div>Maureen M. 7/8</div><div>Helene K. 7/11</div><div>Jane B. 7/17</div><div>Lois K. 7/17</div><div>Frances S. 7/18</div><div>Patricia M. 7/24</div><div>Mary Ann M. 7/27</div><div>Renee C. 7/27</div><div>Zoraida G. 7/28</div><div>Vincent B. 7/29</div></div>   |  | <div><div>1</div><div>10:15 ● Ageless Grace w/ Tracey [BEFIT]</div><div>11:15 ● News &amp; Views: Discuss Current Topics [CS]</div><div>2:00 ● Guess That Tune w/ Alexa - songs from the 60's [CS]</div><div>3:00 ● Walking Club [BEFIT]</div><div>4:00 ● Mahjong &amp; Chess [CR]</div><div>6:00 ● Stage &amp; Screen Director Selection - Great Performances - Andrea Bocelli - Believe [ER]</div></div>  |                    | <div><div>2</div><div>10:15 ● Functional Fitness w/ Paula [BEFIT]</div><div>2:00 ● Sing-a-long w/ Rick [GR]</div><div>3:00 ● Brain Games w/ Paula &amp; Alexa [CS]</div><div>4:00 ● Rummikub &amp; Checkers [CR]</div><div>4:30 ● Lighting Shabbat Candles [ER]</div><div>6:00 ● Stage &amp; Screen - Activities Coordinator Selection - Monthly Topic(s) Feature Film [ER]</div></div>                                |  | <div><div>3</div><div>10:15 ● Gardening w/ Kerna [P]</div><div>11:15 ● Chair Yoga &amp; Mindfulness w/ Chahna [BEFIT]</div><div>1:30 ● Bridge Club w/ Kurt [CR]</div><div>2:30 ● Wheel of Fortune in Teams! [CS]</div><div>3:30 ● Art Atelier w/ Joey Davoli [CS]</div><div>3:30 ● Documentary Matinee - National Parks - Yellowstone [ER]</div><div>6:00 ● Stage &amp; Screen - Western Movies [ER]</div></div>                           |  |   |  |  |  |
| <div><div>THE SHERIDAN AT COOPER CITY</div><div>a Senior Lifestyle community</div></div>   |  | <div><div>4</div><div>9:00 ● Televised Worship - New Horizon Methodist Church [ER]</div><div>10:00 ● St. Bernadette Catholic Church [ER]</div><div>10:15 ● Gardening w/ Kerna [P]</div><div>2:00 ● Jeopardy [CS]</div><div>3:30 ● Bingo [ER]</div><div>6:00 ● Stage &amp; Screen - Musicals [ER]</div></div>  |  | <div><div>5</div><div>10:15 ● Functional Fitness w/ Paula [BEFIT]</div><div>11:15 ● Brain Teasers, Games &amp; Puzzles w/ Alexa [CS]</div><div>2:00 ● News &amp; Views: Discuss Current Topics [CS]</div><div>3:00 ● Crafting w/ Alexa - Rocket Pops Decorations [CS]</div><div>4:00 ● Rummikub &amp; Dominoes [CR]</div><div>6:00 ● Stage &amp; Screen - Love Movies [ER]</div></div>   |  | <div><div>6</div><div>10:15 ● Ageless Grace w/ Tracey [BEFIT]</div><div>11:15 ● You Be The Judge: The Sheridan Jury [CS]</div><div>11:30 ● Trip to Asian Restaurant</div><div>2:00 ● Dealing with Anxiety, Stress &amp; Happiness - The Importance of Mindfulness - presentation w/ Andrew Bunce, PhD [ER]</div><div>3:00 ● Walking Club [BEFIT]</div><div>4:00 ● Chess &amp; American Checkers [CR]</div><div>6:00 ● Popcorn Night! [ER]</div><div>6:00 ● Stage &amp; Screen - Comedy [ER]</div></div> |                    | <div><div>7</div><div>10:15 ● Technology Workshop - use your device to take pictures and send to family &amp; friends [CS]</div><div>11:15 ● Tai Chi for Serenity [BEFIT]</div><div>2:00 ● Trivia Special Edition - Civil Rights/Civil War [CS]</div><div>3:00 ● Bingo [ER]</div><div>4:15 ● Everyone Has a Story! w/ Director Suzy Grossman [ER]</div><div>6:00 ● Stage &amp; Screen - Action Movies [ER]</div></div> |  | <div><div>8</div><div>10:00 ● Trip to Publix (RSVP w/ Paula)</div><div>10:15 ● Ageless Grace w/ Tracey [BEFIT]</div><div>11:15 ● News &amp; Views: Discuss Current Topics [CS]</div><div>2:00 ● Global Forgiveness Day w/ Alexa [CS]</div><div>3:00 ● Walking Club [BEFIT]</div><div>4:00 ● Mahjong &amp; Chess [CR]</div><div>6:00 ● Stage &amp; Screen Director Selection - Ballet - Alice in Wonderland (Royal Ballet) [ER]</div></div> |  | <div><div>9</div><div>10:15 ● Functional Fitness w/ Paula [BEFIT]</div><div>2:00 ● Sing-a-long w/ Rick [GR]</div><div>3:00 ● Brain Games w/ Paula &amp; Alexa [CS]</div><div>4:00 ● Rummikub &amp; Checkers [CR]</div><div>4:30 ● Lighting Shabbat Candles [ER]</div><div>6:00 ● Stage &amp; Screen - Activities Coordinator Selection - Monthly Topic(s) Feature Film [ER]</div></div>   |  | <div><div>10</div><div>10:15 ● Gardening w/ Kerna [P]</div><div>11:15 ● Chair Yoga &amp; Mindfulness w/ Chahna [BEFIT]</div><div>1:30 ● Bridge Club w/ Kurt [CR]</div><div>2:30 ● Wheel of Fortune in Teams! [CS]</div><div>3:30 ● Art Atelier w/ Joey Davoli [CS]</div><div>3:30 ● Documentary Matinee - National Parks - Tour Utah National Parks [ER]</div><div>6:00 ● Stage &amp; Screen - Western Movies [ER]</div></div> |  |
| <div><div>● CONNECT</div><div>● CONTRIBUTE</div><div>● FEEL</div><div>● GROW</div><div>● MOVE</div><div>● REFLECT</div></div>  |  | <div><div>11</div><div>9:00 ● Televised Worship - New Horizon Methodist Church [ER]</div><div>10:00 ● St. Bernadette Catholic Church [ER]</div><div>10:15 ● Gardening w/ Kerna [P]</div><div>2:00 ● Jeopardy [CS]</div><div>3:30 ● Bingo [ER]</div><div>6:00 ● Stage &amp; Screen - Musicals [ER]</div></div>   |  | <div><div>12</div><div>10:15 ● Functional Fitness w/ Paula [BEFIT]</div><div>11:15 ● Brain Teasers, Games &amp; Puzzles w/ Alexa [CS]</div><div>2:00 ● News &amp; Views: Discuss Current Topics [CS]</div><div>3:00 ● Crafting w/ Alexa - Creating with Clay - Pots &amp; Bowls [CS]</div><div>4:00 ● Rummikub &amp; Dominoes [CR]</div><div>6:00 ● Stage &amp; Screen - Love Movies [ER]</div></div>  |  | <div><div>13</div><div>10:15 ● Ageless Grace w/ Tracey [BEFIT]</div><div>11:15 ● You Be The Judge: The Sheridan Jury [CS]</div><div>11:30 ● Trip to Italian Restaurant</div><div>2:00 ● Guess the Word - Fishbowl Game (in Teams) [BEFIT]</div><div>3:00 ● Walking Club [BEFIT]</div><div>4:00 ● Chess &amp; American Checkers [CR]</div><div>6:00 ● Popcorn Night! [ER]</div><div>6:00 ● Stage &amp; Screen - Comedy [ER]</div></div>  |                    | <div><div>14</div><div>10:15 ● Technology Workshop - learn about apps [CS]</div><div>11:15 ● Tai Chi for Serenity [BEFIT]</div><div>2:00 ● Trivia Special Edition - Happy Birthday Disneyland! [CS]</div><div>3:30 ● Bingo [ER]</div><div>4:00 ● Show and Dinner - Evening in Paris [DR]</div><div>6:00 ● Stage &amp; Screen - Action Movies [ER]</div></div>  |  | <div><div>15</div><div>10:15 ● Ageless Grace w/ Tracey [BEFIT]</div><div>11:15 ● News &amp; Views: Discuss Current Topics [CS]</div><div>2:00 ● Guess That Tune w/ Alexa - songs from Broadway Musicals</div><div>3:00 ● Walking Club [BEFIT]</div><div>4:00 ● Mahjong &amp; Chess [CR]</div><div>6:00 ● Stage &amp; Screen Director Selection - Great Performances - Lea Salonga in Concert [ER]</div></div>                              |  | <div><div>16</div><div>10:15 ● Functional Fitness w/ Paula [BEFIT]</div><div>2:00 ● Sing-a-long w/ Rick [GR]</div><div>3:00 ● Brain Games w/ Paula &amp; Alexa [CS]</div><div>4:00 ● Rummikub &amp; Checkers [CR]</div><div>4:30 ● Lighting Shabbat Candles [ER]</div><div>6:00 ● Stage &amp; Screen - Activities Coordinator Selection - Monthly Topic(s) Feature Film [ER]</div></div>  |  | <div><div>17</div><div>10:15 ● Gardening w/ Kerna [P]</div><div>11:15 ● Chair Yoga &amp; Mindfulness w/ Chahna [BEFIT]</div><div>1:30 ● Bridge Club w/ Kurt [CR]</div><div>2:30 ● Wheel of Fortune in Teams! [CS]</div><div>3:30 ● Art Atelier w/ Joey Davoli [CS]</div><div>3:30 ● Documentary Matinee - National Parks - Yosemite [ER]</div><div>6:00 ● Stage &amp; Screen - Western Movies [ER]</div></div>                 |  |
| <div><div>Location Keys</div><div>BEFIT Studio</div><div>Club Room</div><div>Creative Studio</div><div>Dining Room</div><div>Entertainment Room</div><div>Great Room</div><div>Patio</div></div>   |  | <div><div>18</div><div>9:00 ● Televised Worship - New Horizon Methodist Church [ER]</div><div>10:00 ● St. Bernadette Catholic Church [ER]</div><div>10:15 ● Gardening w/ Kerna [P]</div><div>2:00 ● Jeopardy [CS]</div><div>3:30 ● Bingo [ER]</div><div>6:00 ● Stage &amp; Screen - Musicals [ER]</div></div>   |  | <div><div>19</div><div>10:15 ● Functional Fitness w/ Paula [BEFIT]</div><div>11:15 ● Brain Teasers, Games &amp; Puzzles w/ Alexa [CS]</div><div>2:00 ● News &amp; Views: Discuss Current Topics [CS]</div><div>3:00 ● Crafting w/ Alexa -Paper Plate Mosaics [CS]</div><div>4:00 ● Rummikub &amp; Dominoes [CR]</div><div>6:00 ● Stage &amp; Screen - Love Movies [ER]</div></div>   |  | <div><div>20</div><div>10:15 ● Ageless Grace w/ Tracey [BEFIT]</div><div>11:00 ● Trip to Casino</div><div>11:15 ● You Be The Judge: The Sheridan Jury [CS]</div><div>1:30 ● Resident Council Officers Meeting [CR]</div><div>2:00 ● Guess the Word - Fishbowl Game (in Teams) [BEFIT]</div><div>3:00 ● Walking Club [BEFIT]</div><div>4:00 ● Chess &amp; American Checkers [CR]</div><div>6:00 ● Popcorn Night! [ER]</div><div>6:00 ● Stage &amp; Screen - Comedy [ER]</div></div>                      |                    | <div><div>21</div><div>10:15 ● Technology Workshop - search for a topic (Google) [CS]</div><div>11:15 ● Tai Chi for Serenity [BEFIT]</div><div>1:30 ● Resident Council Meeting [ER]</div><div>2:15 ● Trivia Special Edition - Famous Poets [CS]</div><div>3:30 ● Bingo [ER]</div><div>6:00 ● Stage &amp; Screen - Action Movies [ER]</div></div>   |  | <div><div>22</div><div>10:00 ● Trip to Walmart (RSVP w/ Paula)</div><div>10:15 ● Ageless Grace w/ Tracey [BEFIT]</div><div>11:15 ● News &amp; Views: Discuss Current Topics [CS]</div><div>2:00 ● Take your Poet to Work w/ Alexa [CS]</div><div>3:00 ● Walking Club [BEFIT]</div><div>4:00 ● Mahjong &amp; Chess [CR]</div><div>6:00 ● Piano Bar - Family Night [GR]</div></div>  |  | <div><div>23</div><div>10:15 ● Functional Fitness w/ Paula [BEFIT]</div><div>2:00 ● Sing-a-long w/ Rick [GR]</div><div>3:00 ● Brain Games w/ Paula &amp; Alexa [CS]</div><div>4:00 ● Rummikub &amp; Checkers [CR]</div><div>4:30 ● Lighting Shabbat Candles [ER]</div><div>6:00 ● Stage &amp; Screen - Activities Coordinator Selection - Monthly Topic(s) Feature Film [ER]</div></div>  |  | <div><div>24</div><div>10:15 ● Gardening w/ Kerna [P]</div><div>11:15 ● Chair Yoga &amp; Mindfulness w/ Chahna [BEFIT]</div><div>1:30 ● Bridge Club w/ Kurt [CR]</div><div>2:30 ● Wheel of Fortune in Teams! [CS]</div><div>3:30 ● Art Atelier w/ Joey Davoli [CS]</div><div>3:30 ● Sport Bar - Tokyo Olympics 2021 [ER]</div><div>6:00 ● Stage &amp; Screen - Western Movies [ER]</div></div>                                 |  |
| <div><div>25</div><div>9:00 ● Televised Worship - New Horizon Methodist Church [ER]</div><div>10:00 ● St. Bernadette Catholic Church [ER]</div><div>10:15 ● Gardening w/ Kerna [P]</div><div>11:30 ● Sunday Brunch w/ JayCee [DR]</div><div>2:00 ● Jeopardy [CS]</div><div>3:30 ● Bingo [ER]</div><div>6:00 ● Stage &amp; Screen - Musicals [ER]</div></div> |  | <div><div>26</div><div>10:15 ● Functional Fitness w/ Paula [BEFIT]</div><div>11:15 ● Brain Teasers, Games &amp; Puzzles w/ Alexa [CS]</div><div>2:00 ● News &amp; Views: Discuss Current Topics [CS]</div><div>3:00 ● Crafting w/ Alexa - Creating with Clay - Snails &amp; Frogs [CS]</div><div>4:00 ● Rummikub &amp; Dominoes [CR]</div><div>6:00 ● Stage &amp; Screen - Love Movies [ER]</div></div> |  | <div><div>27</div><div>10:15 ● Ageless Grace w/ Tracey [BEFIT]</div><div>11:00 ● Trip to Wilton Manors Restaurant</div><div>11:15 ● You Be The Judge: The Sheridan Jury [CS]</div><div>2:00 ● Guess the Word - Fishbowl Game (in Teams) [BEFIT]</div><div>3:00 ● Walking Club [BEFIT]</div><div>4:00 ● Chess &amp; American Checkers [CR]</div><div>6:00 ● Popcorn Night! [ER]</div><div>6:00 ● Stage &amp; Screen - Comedy [ER]</div></div> |  | <div><div>28</div><div>10:15 ● Technology Workshop - find your favorite songs (Youtube) [CS]</div><div>11:15 ● Walking Club w/ Alexa [BEFIT]</div><div>2:00 ● Trivia Special Edition - American painters [CS]</div><div>3:30 ● Bingo [ER]</div><div>6:00 ● Stage &amp; Screen - Action Movies [ER]</div></div>  |                    | <div><div>29</div><div>10:15 ● Ageless Grace w/ Tracey [BEFIT]</div><div>11:15 ● News &amp; Views: Discuss Current Topics [CS]</div><div>2:00 ● International Day of Friendship w/ Alexa [CS]</div><div>3:00 ● Walking Club [BEFIT]</div><div>4:00 ● Mahjong &amp; Chess [CR]</div><div>6:00 ● Stage &amp; Screen Director Selection - Laureates' Concert - Antwerp Symphony Orchestra [ER]</div></div>                |  | <div><div>30</div><div>10:15 ● Functional Fitness w/ Paula [BEFIT]</div><div>2:00 ● Sing-a-long w/ Rick - Special Edition - Happy Birthday July Babies! [GR]</div><div>3:00 ● Brain Games w/ Paula &amp; Alexa [CS]</div><div>4:00 ● Rummikub &amp; Checkers [CR]</div><div>4:30 ● Lighting Shabbat Candles [ER]</div><div>6:00 ● Stage &amp; Screen - Activities Coordinator Selection - Monthly Topic(s) Feature Film [ER]</div></div>   |  | <div><div>31</div><div>10:15 ● Gardening w/ Kerna [P]</div><div>11:15 ● Chair Yoga &amp; Mindfulness w/ Chahna [BEFIT]</div><div>1:30 ● Bridge Club w/ Kurt [CR]</div><div>2:30 ● Wheel of Fortune in Teams! [CS]</div><div>3:30 ● Art Atelier w/ Joey Davoli [CS]</div><div>3:30 ● Documentary Matinee - National Parks - Gates of the Arctic National Park [ER]</div><div>6:00 ● Stage &amp; Screen - Western Movies [ER]</div></div> |  |  |  |