calendar & activities

# The Sheridan at Windermere

# **JAN 2020**

### SUNDAY

### **TUESDAY**

### WEDNESDAY

### FRIDAY

### SATURDAY 9:00 • Walking Club On

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

### LOCATIONS

Assisted Living - AL Creative Studio - CS Great Room - GR Outing - OU Fire Pit - FP Entertainment Room - ER

### **January Birthdays**

1/4: Wayne 1/7: Bridget 1/12: Bob V. 1/12: Gloria 1/23: Larry 1/30 James G 1/31: Lenny

**SENIOR LIFESTYLE** Unlimited options, Unparalleled services

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Activities are subject to change.

"Yesterday was not your defining moment. The calendar moved forward; why not you?"

- Dr. Steve Maraboli

9:30 • Trip to Local Churches.



New Year's Day 10:00 • HasFit in the **Entertainment Room [ER]** Lunch is served in the Dining Room 11:30am to 1:00pm

1:00 • Wii Bowling League. For seasoned bowlers and newbies! Come learn or improve your game! [CS]

2:00 • Aromatherapy Session. Relax and unwind with soothing music and scents. Join Lisa. [ER]

3:00 ● Wine Down Wednesday! **Live Entertainment! Andy** 

 Hallmark Holiday Movie Marathon!

Density! [ER] 10:30 Catholic Service/Communion with Leni (time is approximate. May be changed by the Church Liason) Field Trip! Let's Go! Explore with us every Thursday! This week we're off to: The Dixie Creamery

**THURSDAY** 

10:00 • HasFit! Light Weight Work to Build Bone

for Lunch then an eBook class at the Windermere Library and checking out books! [OU] Lunch is served in the Dining Room 11:30am to 1:00pm 1:00 • Afternoon Stroll. Meet in the

Lobby [LB] Happy Hour! Relax and meet friends! [LB AL] Mexican Train Dominoes in the

Lobby! [LB AL] 6:00 Comedy Night! Funny Episodes of old classics! [ER]

9:30 • Exercise with Shelly! Free Weights, Thera Bands. (If Shelly is out, we will set-up the Has-**Brain Health University!** Award Winning Program to

keep you sharp! [ER]

Lunch is served in the Dining Room 11:30am to 1:00pm Craft Corner! Let's get creative! [CS]

1:00 • Wii Bowling League. For seasoned bowlers and newbies! Come learn or improve your game! [CS] 2:30 • Guided Meditation. Learn the

benefits of meditation. [CS] 3:00 • Happy Hour! Relax and meet friends! [LB AL]

6:00 ● Netflix Movie Night. Enjoy A New Film & Popcorn! [ER]

Friends in the Lobby Painting with a Twist! Make and Take a Masterpiece! 10am to 11:30am. [ER] Lunch is served in the Dining Room 11:30am to 1:00pm

Craft Hour! Come and create

Your Own...Meet

with Claudia! [CS] 2:00 • Rumikub in the Lobby! [LB

3:00 • Happy Hour! Relax and meet friends! ILB ALI

4:30 • Friendship Club Visits with Claudia [LB AL]

Free Community Yoga Class at Warrior One! Wallk over with Claudia! Admission is one canned food item for those in need! [OU]

6:00 • At The Movies! Movie & Popcorn after Dinner. [ER]

Your Own...Meet

Friends in the Lobby

Yoga with Claudia. Easy

Moves that improve balance!

Lunch is served in the Dining

Artists Hour! Come and Paint

Room 11:30am to 1:00pm

with Claudia! Easels and

9:00 • Walking Club On

11:30

Streaming Church Service in the Entertainment Room. Enjoy the Service with Claudia. [ER] Morning Stretch Exercise Class with Claudia [ER] Lunch is served in the Dining

Room 11:30am to 1:00pm Bingo in the Afternoon! Bring Your Quarters! 1:30pm - 2:30pm

Sign -up at Concierge. 9:30am - 12:45pm. [OU]

Pet Therapy. Mason Visits! [LB NFL Game of the week on the big

screen in the Entertainment Room! [ER] Play Checkers With Claudia in the

Friendship Club with Claudia!

Retro Movie Night! Watch a classic! [ER]

Exercise Class with leremiah! [FR] 0:00 **Brain Fitness Class!** 

MONDAY

Improve Brain Health with fun games! How Many Words....with

10:30 Gardening Club! Let's get our green thumbs out! Meet in our Screened porch. 10:45 **Healthy Minutes with Jeremiah!** 15 minutes of info on health subjects that effect you! [ER] 1:30 Lunch is served in the Dining

Room 11:30am to 1:00pm Wii Bowling League. For 1:00 seasoned bowlers and newbies! Come learn or improve your game! [CS]

Pictionary with Donna & Lisa! Join a team and let's have fun! [LB AL] Happy Hour! Relax and meet

friends! [LB AL] 6:00 ● Card Game Night! 6:00pm -7:00pm and later! [ER]

9:30 **Quigong Exercise** Class with Al Aki [ER] 10:00

Share & Prayer Meeting [LB AL] 10:30 • Sing-a-Long! [LB AL]

11:15 • Lunch Bunch! Red Lobster! Lunch is served in the Dining 1:30 Room 11:30am to 1:00pm

1:00 • Afternoon Stroll. Meet in the Lobby! [LB AL] 2:00 • Craft Corner with Jackie! [CS]

2:00 • Life Passages. A Support **Group for those Dealing with** Change

3:00 • Happy Hour Bingo in the Afternoon! Bring Your Quarters! 3:00pm [ER] Independent Shopping Trip 4:30 • Friendship Cart

6:00 ● Drinks at the Fire Pit! [FP]

 Exercise Class with Jeremiah! [FR] 10:00 **Brain Builders! Come** work your brain out with us! Activities include: games, healthy

cooking demos, and more! [ER] Lunch is served in the Dining Room 11:30am to 1:00pm Bake & Take Cookies! Come to the Creative Studio and bake

cookies to take home or share with friends! Join Lisa! [CS] 1:00 Bible Study with Tom K. from First Baptist of Windermere. Join us

for discussion with Tom. [ER] Wii Bowling League. For seasoned bowlers and newbies! Come learn or improve your

Walking into 2020 with Dr. Jeremiah Bradford, [ER]

Wine Down Wednesday! Live Entertainment! 4:30 • Friendship Cart

6:00 ● Bingo in the evening with Jackie!

9:30 • Field Trip! Let's Go! Explore with us every Thursday! This week we're off to: The Hard Rock Casino in Tampa! [OU]

Yoga with Warrior One! Yoga for Everyone! [ER]

Catholic Service/Communio with Leni (time is approximate. May be changed by the Church Liason) [CS] Lunch is served in the Dining

Room 11:30am to 1:00pm Afternoon Stroll. Meet in the Lobby [LB] Happy Hour! Relax and meet

friends! [LB AL] 4:00 ● Mexican Train Dominoes in the Lobby! [LB AL]

3:00 • Happy Hour! Relax and meet 6:00 • Comedy Night! Funny 6:00 ● Netflix Movie Night. Enjoy A Episodes of old classics! [ER]

9:30 • Exercise with Shelly! Free Weights, Thera Bands. (If Shelly is out, we will set-up the Has-Fit) [ER]

10:30 **Brain Health University!** Award Winning Program to keep you sharp! [ER] Lunch is served in the Dining Room 11:30am to 1:00pm

improve your game! [CS]

benefits of meditation. [CS]

New Film & Popcorn! [ER]

1:00 • Craft Corner! Let's get supplies provided! [CS] creative! [CS] 2:00 • Rumikub in the Lobby! [LB 1:00 • Wii Bowling League. For seasoned bowlers and newbies! Come learn or

3:00 • Happy Hour! Relax and meet friends! [LB AL] Friendship Club Visits with Claudia [LB AL] Guided Meditation. Learn the

 Free Community Yoga Class at Warrior One! Wallk over with Claudia! Admission is one canned food item for those in need! [OU]

6:00 • At The Movies! Movie & Popcorn after Dinner. [ER]

9:00 • Walking Club On

Your Own...Meet Friends in the Lobby Yoga with Claudia. Easy Moves that improve balance!

11:30 Lunch is served in the Dining Room 11:30am to 1:00pm Artists Hour! Come and Paint

with Claudia! Easels and supplies provided! [CS] 2:00 • Rumikub in the Lobby! [LB

3:00 • Happy Hour! Relax and meet

friends! [LB AL] 4:30 • Friendship Club Visits with

Claudia LB AL

5:15 • Free Community Yoga Class at Warrior One! Wallk over with Claudia! Admission is one canned food item for those in need! [OU]

6:00 • At The Movies! Movie &

9:30 • Trip to Local Churches. Sign -up at Concierge. 9:30am - 12:45pm. [OU] 10:00 • Streaming Church Service in

**Eniov the Service with** Claudia. [ER] 11:00 • Morning Stretch Exercise Class with Claudia [ER] Lunch is served in the Dining

the Entertainment Room.

Room 11:30am to 1:00pm Bingo in the Afternoon! Bring | 11:30 Your Quarters! 1:30pm -2:30pm [ER]

4:00 • NFL Game of the week on the big screen in the

**Entertainment Room! [ER]** Play Checkers With Claudia in the Lobby! [LB]

4:30 • Friendship Club with Claudia 6:00 • Retro Movie Night! Watch a classic! [ER]

9:30 • Exercise Class with **Brain Fitness Class!** Improve Brain Health with fun games! How Many Words....with

Lisa [CS] Health Talk with Kristen from Spring Hills Home Health [ER] 10:30 • Gardening Club! Let's get our green thumbs out! Meet in our Screened

Healthy Minutes with Jeremiah! 15 minutes of info on health subjects that effect you! [ER] Lunch is served in the Dining Room

11:30am to 1:00pm Wii Bowling League. For seasoned or improve your game! [CS] 2:00 • Pictionary with Donna & Lisa! Join a

team and let's have fun! [LB AL] 3:00 • Happy Hour! Relax and meet friends! [LB AL] 6:00 • Card Game Night! 6:00pm - 7:00pm and later! [ER]

9:30 • Quigong Exercise Class with Al Aki 10:30 • Sing-a-Long! [LB AL]

11:15 • Lunch Bunch! Chili's! [OU] | 11:30 Lunch is served in the 11:30 Dining Room 11:30am to 1:00pm

Afternoon Stroll. Meet in the Lobby! [LB AL] Craft Corner with Jackie!

Happy Hour Bingo in the Afternoon! Bring Your Quarters! 3:00pm [ER] **Independent Shopping** 

Trip OU 4:30 • Friendship Cart 6:00 ● Drinks at the Fire Pit! [FP] **Brain Builders! Come work** your brain out with us! Activities include: games, healthy cooking demos, and more! [ER] Lunch is served in the Dining Room 11:30am to 1:00pm Bake & Take Cookies! Come to the

9:30 • Exercise Class with

Creative Studio and bake cookies to take home or share with friends! Joi Lisa! [CS] Wii Bowling League. For seasoned bowlers and newbies! Come learn or

improve your game! [CS] Aromatherapy Session. Relax and scents. Join Lisa. [ER] 3.00 Wine Down Wednesday! Live

4:30 • Friendship Cart 5:00 • Family Night Dance! Invite family & friends to join in on the fun with DJ Mike Sands! Please rsvp with the

Entertainment!

6:00 • Bingo in the evening with Jackie! [ER]

9:30 • Field Trip! Let's Go! Explore with us every Thursday! This week we're off to: Dreamcatcher Horse Farm for a tour! [OU] 0:00 • HasFit! Light Weight Work to Build Bone Density! [ER]

Catholic Service/Communion wit Leni (time is approximate. May be changed by the Church Liason) 1:30 Lunch is served in the Dining

Room 11:30am to 1:00pm Afternoon Stroll. Meet in the Lobby [LB] 2:00 • Town Hall Meeting. All Residents

are encouraged to attend. Happy Hour! Relax and meet 4:00 ● Mexican Train Dominoes in the Lobby! [LB AL]

Comedy Night! Funny Episodes of old classics! [ER]

Free Weights, Thera Bands. (If Shelly is out, we will set-up the Has-Fit) [ER] **Brain Health University!** Award Winning Program to

friends! [LB AL]

9:30 • Exercise with Shelly!

keep you sharp! [ER] Lunch is served in the Dining Room 11:30am to 1:00pm 1:00 Craft Corner! Let's get creative! [CS]

1:00 • Wii Bowling League. For seasoned bowlers and newbies! Come learn or improve your game! [CS] 2:30 • Guided Meditation. Learn the

benefits of meditation. [CS] 3:00 ● Happy Hour! Relax and meet friends! [LB AL] 6:00 ● Netflix Movie Night. Enjoy A

New Film & Popcorn! [ER]

Popcorn after Dinner. [ER]

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# JAN 2020

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#### LOCATIONS

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Activities are subject to change.

### SUNDAY

Churches. Sign -up

10:00 • Streaming Church Service in

9:30am - 12:45pm. [OU]

the Entertainment Room.

**Enjoy the Service with** 

Class with Claudia [ER]

Lunch is served in the Dining

Bingo in the Afternoon! Bring

Room 11:30am to 1:00pm

Your Quarters! 1:30pm -

**Entertainment Room!** [ER]

Play Checkers With Claudia

Friendship Club with Claudia

4:00 • NFL Game of the week on the

big screen in the

in the Lobby! [LB]

6:00 • Retro Movie Night! Watch a

Churches. Sign -up

10:00 • Streaming Church Service in

9:30am - 12:45pm. [OU]

the Entertainment Room.

**Enjoy the Service with** 

Class with Claudia [ER]

1:30 • Bingo in the Afternoon! Bring

Your Quarters! 1:30pm -

Lunch is served in the Dining

NFL Game of the week on the

**Entertainment Room! [ER]** 

Play Checkers With Claudia

Room 11:30am to 1:00pm

classic! [ER]

at Concierge.

Claudia. [ER]

2:30pm [ER]

big screen in the

in the Lobby! [LB]

4:30 • Friendship Club with Claudia

6:00 • Retro Movie Night! Watch a

classic! [ER]

11:00 • Morning Stretch Exercise

9:30 • Trip to Local

at Concierge

Claudia. [ER]

2:30pm [ER]

11:00 • Morning Stretch Exercise

9:30 • Trip to Local

### MONDAY

#### Martin Luther King, Jr. Day 9:30 • Exercise Class with

- Jeremiah! [ER] **Brain Fitness Class! Improve** Brain Health with fun games! How Many Words....with Lisa [CS] 10:30 • Gardening Club! Let's get our
- green thumbs out! Meet in our Screened porch. Healthy Minutes with Jeremiah! 15 minutes of info on health subjects that effect you! [ER] Lunch is served in the Dining Room 11:30am to 1:00pm
- 1:00 Wii Bowling League. For seasoned bowlers and newbies! Come learn or improve your game! [CS]
- 2:00 Pictionary with Donna & Lisa! Join a team and let's have fun! [LB AL] 3:00 ● Happy Hour! Relax and meet friends! [LB AL]
- Card Game Night! 6:00pm -7:00pm and later! [ER]

#### 9:30 • Quigong Exercise Class with Al Aki [ER]

10:30 • Sing-a-Long! [LB AL] 11:15 • Lunch Bunch! Bella Tuscany! Lunch is served in the Dining

**TUESDAY** 

- Room 11:30am to 1:00pm Afternoon Stroll. Meet in the Lobby! [LB AL]
- 2:00 Craft Corner with Jackie! [CS] 2:00 Menu Chat with Chef Manny/ All Residents Invited!
- 3:00 Happy Hour Bingo in the Afternoon! Bring Your Quarters! 3:00pm [ER] **Independent Shopping Trip** [OU]
- 3:00 New Resident Mixer! Meet your new neighbors!
- 4:30 Friendship Cart 6:00 • Drinks at the Fire Pit! [FP]

- 9:30 Exercise Class with Jeremiah! [ER]
- Brain Builders! Come work your brain out with us! Activities include: games, healthy cooking demos, and more! [ER]

WEDNESDAY

- Lunch is served in the Dining Roon 11:30am to 1:00pm Bake & Take Cookies! Come to the
- Creative Studio and bake cookies to take home or share with friends! Join Lisa! [CS] Bible Study with Tom K. from First
- Baptist of Windermere. Join us for discussion with Tom. [ER] Wii Bowling League. For seasoned
- improve your game! [CS] Aromatherapy Session. Relax and unwind with soothing music and scents. Join Lisa. [ER]
- 3:00 Wine Down Wednesday! Live
- 4:30 Friendship Cart
- 6:00 Bingo in the evening with Jackie!

with us every Thursday! This week we're off to: Kennedy Space Center! This is a behind the scenes look at KSC. We wil see launch sites, a museum, and more. There is no cost except what you spend for Lunch. First come - first

THURSDAY

Field Trip! Let's Go! Explore

- served! [OU] Yoga with Warrior One! Yoga for Everyone! [ER]
- Catholic Service/Communion with Le (time is approximate. May be change by the Church Liason) [CŚ] Lunch is served in the Dining Room
- 11:30am to 1:00pm Activity Meeting. All Residents are invited! ILB ALI
- 1:00 Afternoon Stroll. Meet in the Lobby Happy Hour! Relax and meet friends!
  [LB AL] 3:00 •
- 4:00 Mexican Train Dominoes in the Lobby
- 6:00 Comedy Night! Funny Episodes of old

9:30 • Exercise with Shelly! Free Weights, Thera Bands. (If Shelly is out, we will set-up the Has-

FRIDAY

- **Brain Health University!** Award Winning Program to keep you sharp! [ER] Lunch is served in the Dining
- Room 11:30am to 1:00pm Craft Corner! Let's get creative! [CS]
- Wii Bowling League. For seasoned bowlers and newbies! Come learn or improve your game! [CS]
- Guided Meditation. Learn the benefits of meditation. [CS] Happy Hour! Relax and meet friends! [LB AL]
- Netflix Movie Night. Enjoy A New Film & Popcorn! [ER]

9:00 • Walking Club On Friends in the Lobby Yoga with Claudia. Easy Moves that improve balance

SATURDAY

- Lunch is served in the Dining 11:30 Room 11:30am to 1:00pm
- Artists Hour! Come and Paint with Claudia! Easels and supplies provided! [CS]
- 2:00 Rumikub in the Lobby! [LB 3:00 • Happy Hour! Relax and meet
- friends! [LB AL] 4:30 • Friendship Club Visits with Claudia [LB AL]
- 5:15 Free Community Yoga Class at Warrior One! Wallk over with Claudia! Admission is one canned food item for those in need! [OU]
- 6:00 At The Movies! Movie & Popcorn after Dinner. [ER]

- 9:30 Exercise Class with Jeremiah! [FR] **Brain Fitness Class!** Improve Brain Health with fun
- games! How Many Words....with Gardening Club! Let's get our green thumbs out! Meet in our

10:00

- Screened porch. **Healthy Minutes with Jeremiah!** 15 minutes of info on health subjects that effect you! [ER] 11:30 Lunch is served in the Dining
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- 2:00 Pictionary with Donna & Lisa! Join a team and let's have fun! [LB AL] Happy Hour! Relax and meet
- friends! [LB AL] 6:00 • Card Game Night! 6:00pm -7:00pm and later! [ER]

- 9:30 Quigong Exercise Class with Al Aki
- 10:30 Sing-a-Long! [LB AL] 11:15 • Lunch Bunch! Taco Tuesday! [OU] Lunch is served in the
- 1:00pm 1:00 • Afternoon Stroll. Meet in the Lobby! [LB AL]

Dining Room 11:30am to

- **Craft Corner with Jackie!**
- 3:00 Happy Hour Bingo in the Afternoon! Bring Your Quarters! 3:00pm [ER] Independent Shopping Trip [OU]
- 4:30 Friendship Cart
- 6:00 Drinks at the Fire Pit! [FP]

- 9:30 Exercise Class with Jeremiah! [ER] Brain Builders! Come
- work your brain out with us! Activities include: games, healthy cooking demos, and more! [ER] Lunch is served in the Dining
- Room 11:30am to 1:00pm Wii Bowling League. For seasoned bowlers and newbies! Come learn or improve your game! [CS]
- 2:00 Flower Arranging Class! **Discover Your Mark Class!** Door Prizes! [ER] Wine Down Wednesday! Live
- **Entertainment!** 4:30 • Friendship Cart
- 6:00 Bingo in the evening with Jackie! [ER]

- Field Trip! Let's Go! Explore with us every Thursday! This week we're off to: The Kissimmee Air Museum! Catholic Service/Communion
- with Leni (time is approximate. May be changed by the Church Liason) [CS] Lunch is served in the Dining
- Room 11:30am to 1:00pm Afternoon Stroll. Meet in the 1:00 Lobby [LB]
- Birthday Celebration for this Month's Birthday Folks! Join in and have a slice of cake!
- 3:00 Happy Hour! Relax and meet friends! [LB AL]
- 4:00 Mexican Train Dominoes in the Lobby! [LB AL]
- 6:00 Comedy Night! Funny Episodes of old classics! [ER

- 9:30 Exercise with Shelly! Free Weights, Thera Bands. (If Shelly is out, we will set-up the Has-Fit) [ER]
- 10:30 **Brain Health University!** Award Winning Program to keep you sharp! [ER] Lunch is served in the Dining Room 11:30am to 1:00pm 1:00 Craft Corner! Let's get
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- Guided Meditation. Learn the benefits of meditation. [CS] 3:00 • Happy Hour! Relax and meet
- friends! [LB AL] 6:00 ● Netflix Movie Night. Enjoy A New Film & Popcorn! [ER]



