

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

- 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

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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



New Year's Day

- 10:00 ● HasFit in the Entertainment Room [ER]
- 11:30 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 is here!
- 6:00 ● Hallmark Holiday Movie Marathon!

- 10:00 ● HasFit! Light Weight Work to Build Bone Density! [ER]
- 10:30 ● Catholic Service/Communion with Leni (time is approximate. May be changed by the Church Liason) [CS]
- 11:30 ● Field Trip! Let's Go! Explore with us every Thursday! This week we're off to: The Dixie Creamery 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]
- 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]
- 11:30 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]

- 9:00 ● Walking Club On Your Own...Meet Friends in the Lobby
- 10:00 ● Painting with a Twist! Make and Take a Masterpiece! 10am to 11:30am. [ER]
- 11:30 Lunch is served in the Dining Room 11:30am to 1:00pm
- 1:00 ● Craft Hour! Come and create with Claudia! [CS]
- 2:00 ● Rumikub in the Lobby! [LB AL]
- 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! Walk 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 ● Trip to Local Churches. Sign -up at Concierge. 9:30am - 12:45pm. [OU]
- 10:00 ● Streaming Church Service in the Entertainment Room. Enjoy the Service with Claudia. [ER]
- 11:00 ● Morning Stretch Exercise Class with Claudia [ER]
- Lunch is served in the Dining Room 11:30am to 1:00pm
- 1:30 ● Bingo in the Afternoon! Bring Your Quarters! 1:30pm - 2:30pm [ER]
- 1:30 ● Pet Therapy. Mason Visits! [LB AL]
- 4:00 ● NFL Game of the week on the big screen in the Entertainment Room! [ER]
- 4:00 ● 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 Jeremiah! [ER]
- 10:00 ● 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.
- 10:45 Healthy Minutes with Jeremiah! 15 minutes of info on health subjects that effect you! [ER]
- 11:30 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]
- 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! [OU]
- Lunch is served in the Dining 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 [OU]
- 4:30 ● Friendship Cart
- 6:00 ● Drinks at the Fire Pit! [FP]

- 9:30 ● Exercise Class with Jeremiah! [ER]
- 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
- 1:00 ● 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]
- 1:00 ● Wii Bowling League. For seasoned bowlers and newbies! Come learn or improve your game! [CS]
- 2:00 ● Walking into 2020 with Dr. Jeremiah Bradford. [ER]
- 3:00 ● Wine Down Wednesday! Live Entertainment!
- 4:30 ● Friendship Cart
- 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: The Hard Rock Casino in Tampa! [OU]
- 10:00 ● Yoga with Warrior One! Yoga for Everyone! [ER]
- 10:30 ● 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
- 1:00 ● Afternoon Stroll. Meet in the Lobby [LB]
- 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]
- 11:30 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]

- 9:00 ● Walking Club On Your Own...Meet Friends in the Lobby
- 10:15 ● Yoga with Claudia. Easy Moves that improve balance! [ER]
- 11:30 Lunch is served in the Dining Room 11:30am to 1:00pm
- 1:00 ● Artists Hour! Come and Paint with Claudia! Easels and supplies provided! [CS]
- 2:00 ● Rumikub in the Lobby! [LB AL]
- 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! Walk 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 ● Trip to Local Churches. Sign -up at Concierge. 9:30am - 12:45pm. [OU]
- 10:00 ● Streaming Church Service in the Entertainment Room. Enjoy the Service with Claudia. [ER]
- 11:00 ● Morning Stretch Exercise Class with Claudia [ER]
- Lunch is served in the Dining Room 11:30am to 1:00pm
- 1:30 ● Bingo in the Afternoon! Bring Your Quarters! 1:30pm - 2:30pm [ER]
- 4:00 ● NFL Game of the week on the big screen in the Entertainment Room! [ER]
- 4:00 ● 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 Jeremiah! [ER]
- 10:00 ● Brain Fitness Class! Improve Brain Health with fun games! How Many Words....with Lisa [CS]
- 10:00 ● 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 porch.
- 10:45 Healthy Minutes with Jeremiah! 15 minutes of info on health subjects that effect you! [ER]
- 11:30 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]
- 6:00 ● 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! Chili's! [OU]
- Lunch is served in the Dining Room 11:30am to 1:00pm
- 1:00 ● Afternoon Stroll. Meet in the Lobby! [LB AL]
- 2:00 ● Craft Corner with Jackie! [CS]
- 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]
- 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
- 1:00 ● Bake & Take Cookies! Come to the Creative Studio and bake cookies to take home or share with friends! Join Lisa! [CS]
- 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!
- 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 Concierge.
- 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]
- 10:00 ● HasFit! Light Weight Work to Build Bone Density! [ER]
- 10:30 ● Catholic Service/Communion with Leni (time is approximate. May be changed by the Church Liason) [CS]
- 11:30 Lunch is served in the Dining Room 11:30am to 1:00pm
- 1:00 ● Afternoon Stroll. Meet in the Lobby [LB]
- 2:00 ● Town Hall Meeting. All Residents are encouraged to attend.
- 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]
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- 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]

- 9:00 ● Walking Club On Your Own...Meet Friends in the Lobby
- 10:15 ● Yoga with Claudia. Easy Moves that improve balance! [ER]
- 11:30 Lunch is served in the Dining Room 11:30am to 1:00pm
- 1:00 ● Artists Hour! Come and Paint with Claudia! Easels and supplies provided! [CS]
- 2:00 ● Rumikub in the Lobby! [LB AL]
- 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! Walk over with Claudia! Admission is one canned food item for those in need! [OU]
- 6:00 ● At The Movies! Movie & Popcorn after Dinner. [ER]



calendar & activities  
JAN 2020

The Sheridan at Windermere

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<p>9:30 ● Trip to Local Churches. Sign-up at Concierge. 9:30am - 12:45pm. [OU] 19</p> <p>10:00 ● Streaming Church Service in the Entertainment Room. Enjoy the Service with Claudia. [ER]</p> <p>11:00 ● Morning Stretch Exercise Class with Claudia [ER]</p> <p>11:30 Lunch is served in the Dining Room 11:30am to 1:00pm</p> <p>1:30 ● Bingo in the Afternoon! Bring Your Quarters! 1:30pm - 2:30pm [ER]</p> <p>4:00 ● NFL Game of the week on the big screen in the Entertainment Room! [ER]</p> <p>4:00 ● Play Checkers With Claudia in the Lobby! [LB]</p> <p>4:30 ● Friendship Club with Claudia! [LB AL]</p> <p>6:00 ● Retro Movie Night! Watch a classic! [ER]</p>	<p>9:30 ● Exercise Class with Jeremiah! [ER] 20</p> <p>10:00 ● Brain Fitness Class! Improve Brain Health with fun games! How Many Words....with Lisa [CS]</p> <p>10:30 ● Gardening Club! Let's get our green thumbs out! Meet in our Screened porch.</p> <p>10:45 Healthy Minutes with Jeremiah! 15 minutes of info on health subjects that effect you! [ER]</p> <p>11:30 Lunch is served in the Dining Room 11:30am to 1:00pm</p> <p>1:00 ● Wii Bowling League. For seasoned bowlers and newbies! Come learn or improve your game! [CS]</p> <p>2:00 ● Pictionary with Donna &amp; Lisa! Join a team and let's have fun! [LB AL]</p> <p>3:00 ● Happy Hour! Relax and meet friends! [LB AL]</p> <p>6:00 ● Card Game Night! 6:00pm - 7:00pm and later! [ER]</p>	<p>9:30 ● Quigong Exercise Class with AI Aki [ER] 21</p> <p>10:30 ● Sing-a-Long! [LB AL]</p> <p>11:15 ● Lunch Bunch! Bella Tuscany! [OU]</p> <p>11:30 Lunch is served in the Dining Room 11:30am to 1:00pm</p> <p>1:00 ● Afternoon Stroll. Meet in the Lobby! [LB AL]</p> <p>2:00 ● Craft Corner with Jackie! [CS]</p> <p>2:00 ● Menu Chat with Chef Manny/ All Residents Invited!</p> <p>3:00 ● Happy Hour Bingo in the Afternoon! Bring Your Quarters! 3:00pm [ER]</p> <p>3:00 Independent Shopping Trip [OU]</p> <p>3:00 ● New Resident Mixer! Meet your new neighbors!</p> <p>4:30 ● Friendship Cart</p> <p>6:00 ● Drinks at the Fire Pit! [FP]</p>	<p>9:30 ● Exercise Class with Jeremiah! [ER] 22</p> <p>10:00 ● Brain Builders! Come work your brain out with us! Activities include: games, healthy cooking demos, and more! [ER]</p> <p>11:30 Lunch is served in the Dining Room 11:30am to 1:00pm</p> <p>1:00 ● Bake &amp; Take Cookies! Come to the Creative Studio and bake cookies to take home or share with friends! Join Lisa! [CS]</p> <p>1:00 ● Bible Study with Tom K. from First Baptist of Windermere. Join us for discussion with Tom. [ER]</p> <p>1:00 ● Wii Bowling League. For seasoned bowlers and newbies! Come learn or improve your game! [CS]</p> <p>2:00 ● Aromatherapy Session. Relax and unwind with soothing music and scents. Join Lisa. [ER]</p> <p>3:00 ● Wine Down Wednesday! Live Entertainment!</p> <p>4:30 ● Friendship Cart</p> <p>6:00 ● Bingo in the evening with Jackie! [ER]</p>	<p>9:30 ● Field Trip! Let's Go! Explore with us every Thursday! This week we're off to: Kennedy Space Center! This is a behind the scenes look at KSC. We will see launch sites, a museum, and more. There is no cost except what you spend for Lunch. First come - first served! [OU] 23</p> <p>10:00 ● Yoga with Warrior One! Yoga for Everyone! [ER]</p> <p>10:30 ● Catholic Service/Communion with Leni (time is approximate. May be changed by the Church Liason) [CS]</p> <p>11:30 Lunch is served in the Dining Room 11:30am to 1:00pm</p> <p>1:00 ● Activity Meeting. All Residents are invited! [LB AL]</p> <p>1:00 ● Afternoon Stroll. Meet in the Lobby [LB]</p> <p>3:00 ● Happy Hour! Relax and meet friends! [LB AL]</p> <p>4:00 ● Mexican Train Dominoes in the Lobby! [LB AL]</p> <p>6:00 ● Comedy Night! Funny Episodes of old classics! [ER]</p>	<p>9:30 ● Exercise with Shelly! Free Weights, Thera Bands. (If Shelly is out, we will set-up the Has-Fit) [ER] 24</p> <p>10:30 ● Brain Health University! Award Winning Program to keep you sharp! [ER]</p> <p>11:30 Lunch is served in the Dining Room 11:30am to 1:00pm</p> <p>1:00 ● Craft Corner! Let's get creative! [CS]</p> <p>1:00 ● Wii Bowling League. For seasoned bowlers and newbies! Come learn or improve your game! [CS]</p> <p>2:30 ● Guided Meditation. Learn the benefits of meditation. [CS]</p> <p>3:00 ● Happy Hour! Relax and meet friends! [LB AL]</p> <p>6:00 ● Netflix Movie Night. Enjoy A New Film &amp; Popcorn! [ER]</p>	<p>9:00 ● Walking Club On Your Own...Meet Friends in the Lobby 25</p> <p>10:15 ● Yoga with Claudia. Easy Moves that improve balance! [ER]</p> <p>11:30 Lunch is served in the Dining Room 11:30am to 1:00pm</p> <p>1:00 ● Artists Hour! Come and Paint with Claudia! Easels and supplies provided! [CS]</p> <p>2:00 ● Rumikub in the Lobby! [LB AL]</p> <p>3:00 ● Happy Hour! Relax and meet friends! [LB AL]</p> <p>4:30 ● Friendship Club Visits with Claudia [LB AL]</p> <p>5:15 ● Free Community Yoga Class at Warrior One! Walk over with Claudia! Admission is one canned food item for those in need! [OU]</p> <p>6:00 ● At The Movies! Movie &amp; Popcorn after Dinner. [ER]</p>
<p>9:30 ● Trip to Local Churches. Sign-up at Concierge. 9:30am - 12:45pm. [OU] 26</p> <p>10:00 ● Streaming Church Service in the Entertainment Room. Enjoy the Service with Claudia. [ER]</p> <p>11:00 ● Morning Stretch Exercise Class with Claudia [ER]</p> <p>11:30 Lunch is served in the Dining Room 11:30am to 1:00pm</p> <p>1:30 ● Bingo in the Afternoon! Bring Your Quarters! 1:30pm - 2:30pm [ER]</p> <p>4:00 ● NFL Game of the week on the big screen in the Entertainment Room! [ER]</p> <p>4:00 ● Play Checkers With Claudia in the Lobby! [LB]</p> <p>4:30 ● Friendship Club with Claudia! [LB AL]</p> <p>6:00 ● Retro Movie Night! Watch a classic! [ER]</p>	<p>9:30 ● Exercise Class with Jeremiah! [ER] 27</p> <p>10:00 ● Brain Fitness Class! Improve Brain Health with fun games! How Many Words....with Lisa [CS]</p> <p>10:30 ● Gardening Club! Let's get our green thumbs out! Meet in our Screened porch.</p> <p>10:45 Healthy Minutes with Jeremiah! 15 minutes of info on health subjects that effect you! [ER]</p> <p>11:30 Lunch is served in the Dining Room 11:30am to 1:00pm</p> <p>1:00 ● Wii Bowling League. For seasoned bowlers and newbies! Come learn or improve your game! [CS]</p> <p>2:00 ● Pictionary with Donna &amp; Lisa! Join a team and let's have fun! [LB AL]</p> <p>3:00 ● Happy Hour! Relax and meet friends! [LB AL]</p> <p>6:00 ● Card Game Night! 6:00pm - 7:00pm and later! [ER]</p>	<p>9:30 ● Quigong Exercise Class with AI Aki [ER] 28</p> <p>10:30 ● Sing-a-Long! [LB AL]</p> <p>11:15 ● Lunch Bunch! Taco Tuesday! [OU]</p> <p>11:30 Lunch is served in the Dining Room 11:30am to 1:00pm</p> <p>1:00 ● Afternoon Stroll. Meet in the Lobby! [LB AL]</p> <p>2:00 ● Craft Corner with Jackie! [CS]</p> <p>3:00 ● Happy Hour Bingo in the Afternoon! Bring Your Quarters! 3:00pm [ER]</p> <p>3:00 Independent Shopping Trip [OU]</p> <p>4:30 ● Friendship Cart</p> <p>6:00 ● Drinks at the Fire Pit! [FP]</p>	<p>9:30 ● Exercise Class with Jeremiah! [ER] 29</p> <p>10:00 ● Brain Builders! Come work your brain out with us! Activities include: games, healthy cooking demos, and more! [ER]</p> <p>11:30 Lunch is served in the Dining Room 11:30am to 1:00pm</p> <p>1:00 ● Wii Bowling League. For seasoned bowlers and newbies! Come learn or improve your game! [CS]</p> <p>2:00 ● Flower Arranging Class! Discover Your Mark Class! Door Prizes! [ER]</p> <p>3:00 ● Wine Down Wednesday! Live Entertainment!</p> <p>4:30 ● Friendship Cart</p> <p>6:00 ● Bingo in the evening with Jackie! [ER]</p>	<p>9:30 ● Field Trip! Let's Go! Explore with us every Thursday! This week we're off to: The Kissimmee Air Museum! 30</p> <p>10:30 ● Catholic Service/Communion with Leni (time is approximate. May be changed by the Church Liason) [CS]</p> <p>11:30 Lunch is served in the Dining Room 11:30am to 1:00pm</p> <p>1:00 ● Afternoon Stroll. Meet in the Lobby [LB]</p> <p>3:00 ● Birthday Celebration for this Month's Birthday Folks! Join in and have a slice of cake! [LB]</p> <p>3:00 ● Happy Hour! Relax and meet friends! [LB AL]</p> <p>4:00 ● Mexican Train Dominoes in the Lobby! [LB AL]</p> <p>6:00 ● Comedy Night! Funny Episodes of old classics! [ER]</p>	<p>9:30 ● Exercise with Shelly! Free Weights, Thera Bands. (If Shelly is out, we will set-up the Has-Fit) [ER] 31</p> <p>10:30 ● Brain Health University! Award Winning Program to keep you sharp! [ER]</p> <p>11:30 Lunch is served in the Dining Room 11:30am to 1:00pm</p> <p>1:00 ● Craft Corner! Let's get creative! [CS]</p> <p>1:00 ● Wii Bowling League. For seasoned bowlers and newbies! Come learn or improve your game! [CS]</p> <p>2:30 ● Guided Meditation. Learn the benefits of meditation. [CS]</p> <p>3:00 ● Happy Hour! Relax and meet friends! [LB AL]</p> <p>6:00 ● Netflix Movie Night. Enjoy A New Film &amp; Popcorn! [ER]</p>	

