calendar & activities

The Sheridan at Windermere

APR 2019

- CONNECT CONTRIBUTE
- FEEL
- GROW
- MOVE
- REFLECT

LOCATIONS

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

April **Birthdays**

Rita - 2 Julius -12 Frances M. -29

SENIOR LIFESTYLE Unlimited options, Unparalleled services

Activities are subject to change

SUNDAY

MONDAY 10:15 • Exercise Class with Carmelia [ER] Brain Fitness Class!

mprove Brain Health

with fun games! How Many

Let's take an afternoon stroll! [LB]

howlers and newbies! Come learn o

Words....with Donna [CS]

2:00 • Wii Bowling League. For seasoned

improve vour game! [CS]

with Donna in the Lobby!

3:00 Mixology! Mixed Drinks & Rummikub

6:00 • Board Game Night! 6:00pm - 7:00pm

1:30 • Walk Fit Healthy Strides Program

TUESDAY 9:15 • Brain Games with Edgar

Two for one! Gentle eights & Chair Yoga! Fun & Easy! [ER] Lunch Bunch! Join us for fun & fabulous food as we travel to a new

spot each week! Sun Thai! [OU] Walk Fit Healthy Strides Program. Let's take an afternoon stroll! [LB] Independent Shopping Trip [OU] 3:00 • Happy Hour! Socialize and let's play

Mexican Train Dominoes! 6:00 • Night Bingo for Quarters! With Lisa

1:15 • Lunch Bunch! Join us for fun & fabulous

as we travel to a new spot each week!

Marco's Pizza! [OU]

1:30 • Walk Fit Healthy Strides Program. Let's take an afternoon stroll! [LB]

Brain Games! Award Winning Netflix

Program we play along with! [CS]

Educational Talk: Alzheimer's Todav

Independent Shopping Trip [OU]

6:00 Night Bingo for Quarters! With Lisa, [CS]

Brain Games with Edgar in the

Creative Studio! [CS]

10:15 Two for one! Gentle Weights

3:00 • Happy Hour! Socialize and let's play Mexica

9:15 • Brain Games with Edgar in the Creative Studio! [CS]

WEDNESDAY 10:15 • Movin' & Groovin' with Zmira stretching for all levels! [CS]

Games on the Big Screen With Lisa & Donna [ER] Walk Fit Healthy Strides Program. Let's take 2:00 • Drum Circle w/Marla! Great fun for everyo

Wii Bowling League. For seasoned bowlers game! [CS] Wine Down Wednesday: Andy C. Sings & Plays the Guitar [LB AL]

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

10:15 Movin' & Groovin' with Zmira!

Windermere [ER]

Movement Class with stretching for all levels! [CS]

Bible Study with Tom K. from First Baptist of

Walk Fit Healthy Strides Program. Let's take

an afternoon stroll! [LB] Health Talk with Carmelia. Topic: Flu Seaso

Wii Bowling League. For seasoned bowlers

and newbies! Come learn or improve your game! [CS]

Movie Night. Enjoy A Film & Popcorn! [ER]

Walk Fit Healthy Strides Program, Let's take

Identity Theft Talk with Patricia from Spi Hill. For Residents, Family, Members,

Wii Bowling League. For seasoned bowlers and newbies! Come learn or improve your

50's Sock Hop & Dinner! Come to enjoy a

delicious meal and an evening of dancing and Karaoke! Family & Friends invited!

Movie Night. Enjoy A Film & Popcorn! [ER

Movin' & Groovin' with Zmira!

Movement Class with stretching for all levels! [CS]

Games on the Big Screen

With Lisa & Donna [ER]

an afternoon stroll! [LB]

Friends, Staff, [ER]

Brain Fitness! Netflix Brain

Games on the Big Screen With Lisa & Donna [ER]

9:15 • Brain Games with Edga 10:15 Gentle Weights! Build bone density and strength! [ER] 10:30 Catholic Service/Communion with Lei

THURSDAY

Bingo in the Afternoon! Bring Your Ouarters! [ER] Walk Fit Healthy Strides Program. Let take an afternoon stroll! [LB] Town Hall Meeting - All Residents

asked to attend [ER] 3:00 ● Happy Hour! Enjoy & Relax! 6:00 ● Enjoy the Fire Pit after dinner! [FP]

9:15 • Brain Games with Edgar

10:30

in the Creative Studio

6:00 ● Enjoy the Fire Pit after dinner! [FP]

Edgar in the Creative

0:30 • Catholic Service/Communion with

Your Quarters! [ER]

3:00 ● Happy Hour! Enjoy & Relax!

9:15 • Brain Games with Edgar in the

density and strength! [ER]

Creative Studio! [CS]

0:30 • Catholic Service/Communior

with Leni [CS]

Bingo in the After

3:00 ● Happy Hour! Enjoy & Relax!

6:00 • Enjoy the Fire Pit after dinner! [FF

1:30 • Walk Fit Healthy Strides Program. Let's take an afternoon stroll! [LB]

2:00 Activity Meeting. All Residents are invited! [L

3:00

Birthday Celebration for March! Cake and fu

Conversational Spanish with Dalba! Learn a new language to boost your brain power! [ER

bone density and strength! [ER]

Bingo in the Afternoon! Bring

Walk Fit Healthy Strides Program

Let's take an afternoon stroll! [LB]

9:15 • Brain Games with

Studio! [CS]

Leni [CS]

0:15 • Gentle Weights! Build

9:30 • Exercise with Shelly! Free Weights, Thera Bands [ER] 9:30 • Outing: Hard Rock

FRIDAY

Casino in Tampa [OU] 1:30 • Walk Fit Healthy Strides Progran Let's take an afternoon stroll! [LB] Wii Bowling League. For seasoned bowlers and newbies! Come learn or improve your game! [CS] Friday Live! Happy Hour & Live

6:00 • Friday Night Flick! Netflix &

9:30 • Exercise with Shelly! Free

9:00 • Walking Club On Your Own...Meet Yoga! with Lisa. Easy Moves

that improve balance! [ER] **Brain Fitness! Improve Brain** Health with Trivia! [CS]

SATURDAY

2:00 • The Sheridan Jazz Festival! Music, Food Trucks, Dancing Fun for the whole family! Invite Yours! 2pm - 5pm [CY]

6:00 ● Card Games Group: Bridge, Hand & Foot, Pinnacle, Gin

Your Own...Meet

9:00 • Walking Club On

Concierge [OU] 10:00 • Streaming Church Service in the Entertainment

Room [ER] 12:00 • The Sheridan Jazz Festival Day 2. 12n -3:oopm [CY]

9:45 • Trip to Local

9:45 • Trip to Local

6:00 • Classic Movie Night! [ER]

Churches. Sign

up at Concierge

Lobby [LB]

3:00pm [ER]

friends! [ER]

10:00 • Easter

Easter

6:00 • Classic Movie Night! [ER]

Brunch

6:00 ● **Dominoes in the**

Streaming Church

10:00 • Streaming Church Service in

1:30 • Bingo in the Afternoon! Bring

3:15 • Happy Hour! Relax and meet

Your Quarters! 1:30pm -

the Entertainment Room [ER]

Afternoon Stroll. Meet in the

Churches. Sian

10:15 • Exercise Class with Carmelia [ER] 10:15 • Two for one! Gentle Weights & Chair Yoga! Fun & Easy! Brain Fitness Class! Improve Brain Health with fun games! How Many Words....with Donna [CS] Play Wii Bowling with Ali in the Creative

Walk Fit Healthy Strides Program. Let's take an afternoon stroll! [LB] 2:00 • Wii Bowling League. For seasoned howlers and newbies! Come learn or improve your game! [CS]

3:00 • Mixology! Mixed Drinks & Rummikub 6:00 • Board Game Night! 6:00pm - 7:00pm with Donna in the Lobby!

> Carmelia [ER] Brain Fitness Class! Improve Brain Health with fun games! How Many Words....with Donna [CS] Walk Fit Healthy Strides Program

Let's take an afternoon stroll! [LB] Wii Bowling League. For seasoned bowlers and newbies! Come learn or mprove your game! [CS]

10:15 • Exercise Class with

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10:15 • Exercise Class with

Carmelia [ER]

Brain Fitness Class!

mprove Brain Health

Carmelia [ER]

Brain Fitness Class!

mprove Brain Health

with fun games! How Many

2:00 • Wii Bowling League. For seasoned bowlers and newbies! Come learn or

3:00 • Mixology! Mixed Drinks & Rummikub

6:00 • Board Game Night! 6:00pm - 7:00pm

with Donna in the Lobby

mprove your game! [CS]

Let's take an afternoon stroll! [LB]

Words....with Donna [CS]

1:30 • Walk Fit Healthy Strides Program

11:00

11:00

1:00

3:00 ● Mixology! Mixed Drinks & Rummikuh 6:00 • Board Game Night! 6:00pm - 7:00pm with Donna in the Lobby

Chair Yoga! Fun & Easy! 1:15 • Lunch Bunch! Join us for fun & fabulous fo as we travel to a new snot each week! Bella Tuscany! [OU] 1:00 • Chef's Cooking Demo! 1:30 • Walk Fit Healthy Strides Program, Let's take an afternoon stroll! [LB]

9:15 • Brain Games with Edgar in

the Creative Studio! [CS]

Two for one! Gentle Weights

& Chair Yoga! Fun & Easy!

11:15 • Lunch Bunch! Join us for fun & fabulous food as we travel to a new spot each week

1:30 • Walk Fit Healthy Strides Program. Let's tal an afternoon stroll! [LB]

Brain Games! Award Winning Netflix

Program we play along with! [CS]

2:00 Independent Shopping Trip [OU]
3:00 ● Happy Hour! Socialize and let's play

Mexican Train Dominoes!

6:00 • Night Bingo for Quarters! With Lisa. [CS]

Independent Shopping Trip [OU]

Menu Chat with Chef Manny/All Residents 3:00 • Happy Hour! Socialize and let's play Mexican

3:00 • New Resident Mixer! Meet your new 6:00 Night Bingo for Quarters! With Lisa. [CS]

Movin' & Groovin' with Zmira! Movement Class with stretching for all levels! [CS]

Brain Fitness! Netflix Brain Games on the Big Screen! With Lisa & Donna [ER] Bible Study with Tom K. from First Baptist of Windermere [ER]

Walk Fit Healthy Strides Program. Let take an afternoon stroll! [LB] 2:00 Caregiver Support Group

Wii Bowling League. For seasoned bowlers and newbies! Come learn or improve your game! [CS] 6:00 ● Movie Night. Enjoy A Film & Popcorn!

"Make the best use of what is in your power, and take the rest as it happens."



Friday Live! Happy Hour & Live 6:00 • Friday Night Flick! Netflix & Popcorn!

All supplies provided. [ER]

bowlers and newbies! Come learn or

Boat Tour on The Chain if Lakes! [OU]

bowlers and newbies! Come learn or

2:00 • Wii Bowling League. For seasoned

improve your game! [CS]

Friday Live! Happy Hour & Live

6:00 • Friday Night Flick! Netflix & Popcorn!

take an afternoon stroll! [LB]

Cooking Class! Make & Deliver

Cookies to Friends! With Lisa

Friday Live! Happy Hour & Live

6:00 • Friday Night Flick! Netflix & Popcorn!

2:00 • Wii Bowling League. For seasoned

improve your game! [CS]

9:30 • Exercise with Shelly! Free

9:30 • Outing: The Windermere

Weights, Thera Bands

9:30 • Exercise with Shelly! Free

Friends in the Lobby Painting with a Twist! Make and Take a Masterpiece! [ER] Brain Fitness! Improve Brain Health with Trivia! [CS] 2:00 • Arts & Crafts with Donna! 3:00 ● Movie Matinee & Ice Cream!

Make your own sundaes! [ER] 6:00 ● Card Games Group: Bridge, Hand & Foot, Pinnacle, Gin

Weights, Thera Bands Your Own...Meet Friends in the 9:30 • Outing: Dollar Tree in Winter Garden [OU] Yoga! with Lisa. Easy Moves 1:30 • Walk Fit Healthy Strides Program. Let's take an afternoon stroll! [LB]

that improve balance! [ER] 2:00 • Jewlrey Making with Jackie! Make a **Brain Fitness! Improve Brain** beautiful bracelet with our own Jacki Health with Trivia! [CS]

9:00 • Walking Club On

2:00 • Arts & Crafts with Lisa! 3:00 ● Movie Matinee & Ice Cream!

Make vour own sundaes! [ER] 6:00 ● Card Games Group: Bridge, Hand & Foot, Pinnacle, Gin

9:00 • Walking Club On Your Own...Meet Friends in the

:30 • Walk Fit Healthy Strides Program. Let's 10:15 Yoga! with Lisa. Easy Moves that improve balance! [ER] Brain Fitness! Improve Brain

Health with Trivia! [CS] 2:00 • Arts & Crafts with Lisa!

3:00 ● Movie Matinee & Ice Cream! Make your own sundaes! [ER]

6:00 ● Card Games Group: Bridge, Hand & Foot, Pinnacle, Gin

April Theme:

Feeling Good Body & Soul!

SENIOR LIFESTYLE your *life*, your *style*

Service in the **Entertainment** Room [ER] 2:00 • Easter Movie [ER]

Lobby 9:45 • Trip to Local Churches. Sign -up at Concierge [OU] WWW.SENIORLIFESTYLE.COM Streaming Church

Service in the Entertainment Room n Stroll. Meet in the Lobby

Bingo in the Afternoon! Bring Your Quarters! 1:30pm - 3:00pm [ER] 2:00 • First Baptist of Orlando Service.

Everyone is Welcome! 3:15 • Happy Hour! Relax and meet friends! 6:00 • Classic Movie Night! [ER]

with fun games! How Many Words....with Donna [CS] 1:30 • Walk Fit Healthy Strides Program Let's take an afternoon stroll! [LB] Wii Bowling League. For seasoned bowlers and newbies! Come learn or improve your game! [CS] 3:00 • Mixology! Mixed Drinks & Rummikub 6:00 • Board Game Night! 6:00pm - 7:00pm with Donna in the Lobby

9:15 • Brain Games with Edgar in the Creative Studio!

10:15 • Two for one! Gentle Weights & Chair Yoga! Fun & Easy! [ER] 11:15 • Lunch Bunch! Join us for fun & fabulous food as we travel to a new spot each week! Chili's Bar & Grill [Ol Independent Shopping Trip [OU] 2:00 Massage Lesson & Sample [CS] 3:00 • Happy Hour! Socialize and let's play Mexican Train Dominoes!

6:00 • Night Bingo for Quarters! With Lisa.

Epictetus