## The Sheridan at Windermere

# FEB 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

### **February Birthdays**

Marian - 20

Hazel - 23

Elaine - 25

## SENIOR LIFESTYLE Unlimited options, Unparalleled services

WWW.SENIORLIFESTYLE.COM Activities are subject to change

CONNECT

CONTRIBUTE

MONDAY

FEEL

GROW

MOVE

10:15 • Exercise Class with

1:00

1.00

1:00

REFLECT

Carmelia [ER]

Brain Fitness! Improve

Brain Health with fun

games! How Many Words....with Donna

1:00 • Walk Fit Healthy Strides Program. Let's

Wii Bowling League. For seasoned

bowlers and newbies! Come learn or

Cooking Class! Make & Take Cookies to

take an afternoon stroll! [LB]

improve your game! [CS]

Friends! With Donna [CS]

3:00 • Mixology! Mixed Drinks & Scrabble!

6:00 • Card Games in the Great Room! Groups

forming for Bridge, Hand & Foot,

ımmv. and more! Join one todav

Walk Fit Healthy Strides Program, Let's take



10:15 • Two for one! Gentle

Neights & Chair Yoga!

Lunch Bunch! Join us for

asked to attend [ER]

fun & fabulous food as we travel to a

Walk Fit Healthy Strides Program. Le

Independent Shopping Trip: PUBLIX

Town Hall Meeting - All Residents

take an afternoon stroll! [LB]

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

Mexican Train Dominoes!

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

Fun & Easy! [ER]

February Theme:

WEDNESDAY

Reflect

**SENIOR** LIFESTYLE

**THURSDAY** 

your life, your style

9:30 • Visit The Shrine of Mary Queen of the Universe [OU]

10:15 • Gentle Weights! Build bone

with Leni [CS]

1:00

1:00

0:30

2:00

density and strength! [ER]

games! Sudoku! [CS]

3:00 • Happy Hour with Edgar! [LB]

6:00 ● Drinks By The Fire Pit! [FP]

Catholic Service/Communion

Brain Fitness! Improve Brain Health with fu

Discover Your Mark Class! Door Prizes!

1:00 • Walk Fit Healthy Strides Program. Let's take an afternoon stroll! [LB]

2:00 • Activity Meeting. All Residents are invited

Groundhog Day 9:30 • Exercise with Shelly! Free

FRIDAY

Cheesecake Factory for Lunch [OU]

Walk Fit Healthy Strides Program. Le

bowlers and newbies! Come learn or

take an afternoon stroll! [LB]

Cookies to Friends! With Lisa

Friday Live! Happy Hour & Live

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

:00 • Walk Fit Healthy Strides Program. Let

bowlers and newbies! Come learn or

take an afternoon stroll! [LB]

Friday Live! Happy Hour & Live

6:00 Friday Night Flick! Netflix & Popcorn!

1:00 • Walk Fit Healthy Strides Program. Let's take an afternoon stroll! [LB]

Cookies to Friends! With Lisa

Friday Live! Happy Hour & Live

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

bowlers and newbies! Come learn or

1:00 • Wii Bowling League. For seasoned

improve your game! [CS]

2:00 • Cooking Class! Make & Deliver

9:30 • Exercise with Shelly! Free

9:30 • Outing: Nature Walk

Weights, Thera Bands

1:00 • Wii Bowling League. For seasoned

improve your game! [CS]

9:30 • Exercise with Shelly! Free

9:30 • Outing: Strawberry

Picking! [OU]

Weights, Thera Bands

1:00 • Wii Bowling League. For seasoned

improve your game! [CS]

2:00 • Cooking Class! Make & Delive

9:30 • Exercise with Shelly! Free

9:30 • OUTING: Hard Rock

Weights, Thera Bands

Lobby at 9:30 [OU]

Weights, Thera Bands

9:30 • Outing: Milenia Mall &

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

0:00 • Groundhog Report! See if he saw his shadow with Lisa! [ER]

SATURDAY

Yoga! with Lisa. Easy Moves that improve balance! [ER] Brain Fitness! Improve Brain Health

with Trivia! [CS]

1:30 • Arts & Crafts with Lisa! 3:00 ● Movie Matinee & Ice Cream! Make your own sundaes! Let's watch Ground

Hog Day! [ER] 6:00 • Board Game Night! 6:00pm - 7:30pm

9:00 • Walking Club On

Your Own...Meet Friends in the Lobby Casino Tampa! Must Sign-up! Meet in

Painting with a Twist! Make and Take a Masterpiece! [ER] Brain Fitness! Improve Brain

Health with Trivia! [CS] 2:00 • Painting River Rocks for a Rock Garden [CS]

 Movie Matinee & Ice Cream! Make your own sundaes! [ER]

9:00 • Walking Club On

6:00 ● Board Game Night! 6:00pm 7:30pm [ER]

Your Own...Meet

Yoga! with Lisa. Easy Moves

that improve balance! [ER]

Brain Fitness! Improve Brain

Make your own sundaes! [ER]

Health with Trivia! [CS]

Board Game Night! 6:00pm

Yoga! with Lisa. Easy Moves

that improve balance! [ER]

Brain Fitness! Improve Brain

Health with Trivia! [CS]

3:00 ● Movie Matinee & Ice Cream!

Friends in the

1:30 • Arts & Crafts with Lisa!

7:30pm [ER]

Your Own...Meet

Friends in the

9:00 • Walking Club On

Mitch - 2

Jean - 6

Temple of Doom [ER]

an afternoon stroll! [LB] 1:00 • Wii Bowling League. For seasoned bowlers and newbies! Come learn or improve your :30 Bob & Nola Rae Musical Tribute to Love

10:15 • Exercise Class with Carmelia

Brain Fitness! Improve Brain

an afternoon stroll! [LB]

Health with fun games! How Many Words....with Donna [CS]

1:00 • Wii Bowling League. For seasoned bowlers

2:00 Cooking Class! Make & Take Cookies to Friends! With Donna [CS]

Walk Fit Healthy Strides Program. Let's take

and newbies! Come learn or improve your

forming for Bridge, Hand & Foot, Rummy, an

10:15 • Exercise Class with Carmelia

Brain Fitness! Improve Brain

Many Words....with Donna

Health with fun games! How

Around the World! [LB AL] 1:30 • Play Wii Bowling with Ali in the Creative

2:00 • Cooking Class! Make & Take Cookies to Friends! With Donna [CS] 3:00 • Mixology! Mixed Drinks &

6:00 • Card Games in the Great Room! Groups forming for Bridge Hand & Foot Rumm

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! Bahama Breeze Walk Fit Healthy Strides Program. Let's take an afternoon stroll! [LB]

Independent Shopping Trip: WalMart 3:00 • Happy Hour! Socialize and let's play

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

& fabulous food as we travel to a new spot each week! Longhorn Steak

1:00 • Walk Fit Healthy Strides Program. Let's take

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

Independent Shopping Trip: PUBLIX [OU]

Menu Chat with Chef Manny/All Residents

10:15 • Two for one! Gentle Weights & Chair Yoga! Fun & Easy!

1:15 Lunch Bunch! Join us for fun

an afternoon stroll! [LB]

3:00 New Resident Mixer! Meet your new

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

0:00 Bible Study with Tom K. from First Baptist of Windermer Movin' & Groovin' with Zmira!

10:00 • Plant a Tree in rememberance

Movement Class with

Movin' & Groovin' with Zmira!

tretching for all levels! [CS]

creen! With Lisa & Donna [ER]

Brain Fitness! Netflix Brain Games on the F

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

Drum Circle w/Marla! Great fun for ever

3:00 • Wine Down Wednesday! Live Music!

Plays the Guitar [LB AL]

3:00 • Wine Down Wednesday: Andy C. Sings &

6:00 ● Red Box Movie Night. Enjoy A New Film & Poncorn! [ER]

10:15

Movement Class with stretching for all levels! [CS] Brain Fitness! Netflix Brain Gam Screen! With Lisa & Donna [ER]

 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

3:00 • Movie Matinee with Popcorn & Pop! Roma Comedy! [CS] 5:00 • The Sheridan at Windermere's 2nd Annual Valentines Dance! 5:00pm to 7:00pm. Italia Dinner, DJ & Dancing! Let's Party!

Brain Fitness! Netflix Brain Games on

the Big Screen! With Lisa & Donna [ER]

Walk Fit Healthy Strides Program. Let's

take an afternoon stroll! [LB]

improve your game! [CS]

Ted on the Piano!

10:00 Bible Study with Tom K. from

Film & Popcorn! [ER]

Movin' & Groovin' with Zmira!

stretching for all levels! [CS]

Brain Fitness! Netflix Brain Game

Screen! With Lisa & Donna [ER]

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

Movement Class with

Wii Bowling League. For seasoned

bowlers and newbies! Come learn or

Wine Down Wednesday! Live Music

Red Box Movie Night. Enjoy A New

Movin' & Groovin' with

levels! [CS]

Zmira! Movement Class with stretching for all

Valentine's Day 10:15 • Gentle Weights! Build bone density and strength! [FR]

Catholic Service/Communion with Lei 0:30

Brain Fitness! Improve Brain Health with fun games! Sudoku! [CS]

Discover Your Mark Class! Door Walk Fit Healthy Strides Program. Let

1:00 • take an afternoon stroll! [LB] Bingo in the Afternoon! Bring Your Quarters! [FR]

3:00 • Happy Hour with Edgar! [LB] 6:00 • Drinks By The Fire Pit! [FP]

0:15 • Gentle Weights! Build bone density and

strength! [FR] Catholic Service/ Communion with Leni [CS] Brain Fitness! Improve Brain Health with fun games! Sudoku! [CS]

Discover Your Mark Class! Door

Walk Fit Healthy Strides Program. Let take an afternoon stroll! [LB] Bingo in the Afternoon! Bring Your Quarters! [ER]

3:00 ● Happy Hour with Edgar! [LB] 6:00 ● Drinks By The Fire Pit! [FP]

0:15 Gentle Weights! Build bone

10:30 Catholic Service/Communion

11:00 Brain Fitness! Improve Brain Health with fun games! Sudoku! [CS] 1:00 Discover Your Mark Class! Door Prizes!

1:00 • Walk Fit Healthy Strides Program. Let's take an afternoon stroll! [LB]

2:30 Burning Bowl Ceremony at the Fire Pit [FP]

Bingo in the Afternoon! Bring Your Quarters!

Lake Apopka [OU] 1:00 • Walk Fit Healthy Strides Program. Let's take an afternoon stroll! [LB] 1:00 • Wii Bowling League. For seasoned

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

bowlers and newbies! Come learn or improve your game! [CS] 2:00 • Put Together Soldier Care Packages to Mail [CS]

1:30 • Arts & Crafts with Lisa! Friday Live! Happy Hour & Live

11:00

3:00 ● Movie Matinee & Ice Cream! Make your own sundaes! [ER] 6:00 ● Board Game Night! 6:00pm

7:30pm [ER]

Happy Valentine's Day!

- Unknown

When it rains, look for rainbows. When it's dark, look for stars."

We Love our

Residents!

9:45 • Trip to Local Churches. Sign -up at Concierge 10:00 • Streaming Church Service in the Entertainment Room

9:45 • Trip to Local Churches.

10:00 • Streaming Church

Sign -up at Concierge

1:00 • Afternoon Stroll. Meet in the Lobby

6:00 • Classic Movie Night! Remember this

Service in the Entertainment Room

Bingo in the Afternoon! Bring Your

Quarters! 1:30pm - 3:00pm [ER]

Happy Hour! Relax and meet friends!

1:00 • Afternoon Stroll. Meet in the Lobby

SUNDAY

Inspired

Bingo in the Afternoon! Bring Your Quarters! 1:30pm - 3:00pm [ER] 3:15 • Happy Hour! Relax and meet friends

6:00 • Classic Movie Night! Remember this Blockbuster....Indiana Jones & the

9:45 • Trip to Local Churches.

10:00 • Streaming Church Service in the Entertainment Room

9:45 • Trip to Local Churches.

Sign -up at Concierge

Streaming Church

1:00 • Afternoon Stroll. Meet in the Lobby Bingo in the Afternoon! Bring Your Quarters! 1:30pm - 3:00pm [ER]

Happy Hour! Relax and meet friends! Classic Movie Night! Remember this

Blockbuster....Cool Hand Luke [ER]

Service in the Entertainment Room [ER]

1:00 • Afternoon Stroll. Meet in the Lobby [LB]

Quarters! 1:30pm - 3:00pm [ER]

Blockbuster....Good Will Hunting [ER]

1:30 • Bingo in the Afternoon! Bring Your

3:15 • Happy Hour! Relax and meet friends!

6:00 • Classic Movie Night! Remember this

2:00 • First Baptist of Orlando Service.

Everyone is Welcome!

6:00 ● Card Games in the Great Room! Groups

10:15 • Exercise Class with Carmelia

3:00 • Mixology! Mixed Drinks &

11:00 Brain Fitness! Improve Brain Many Words....with Donna

Cooking Class! Make & Take Cookies to

6:00 • Card Games in the Great Room! Groups forming for Bridge, Hand & Foot, Rummy, an more! Join one today!

riends! With Donna [CS]

3:00 • Mixology! Mixed Drinks &

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

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

Weights & Chair Yoga! Fun & Easy! [ER] Lunch Bunch! Join us for fun & fabulous food as we travel to a new spot each week! Pizzeria Uno! [OU] Walk Fit Healthy Strides Program. Let's take an afternoon stroll! [LB] Independent Shopping Trip: Target [OU]

10:15 Two for one! Gentle

3:00 • Gospel Concert with Dave & Penny [LB 3:00 • Happy Hour! Socialize and let's play Mexican Train Dominoes!

3:00 • Wine Down Wednesday! Live Music by Neil 6:00 ● Red Box Movie Night. Enjoy A New Film & 6:00 • Night Bingo for Quarters! With Lisa. [CS]

2:30 • Conversational Spanish with Dalba! Learn a new language to boost your brain power! [ER] 3:00 • Birthday Celebration for February [LB] 6:00 • Drinks By The Fire Pit! [FP]

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