

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

February Birthdays

Mitch - 2
Jean - 6
Marian - 20
Hazel - 23
Elaine - 25

SENIOR LIFESTYLE

Unlimited options,
Unparalleled services

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Activities are subject
to change

Be Inspired

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



February Theme:
Reflect

SENIOR LIFESTYLE
your life, your style

- 9:30 ● Exercise with Shelly! Free Weights, Thera Bands [ER]
- 9:30 ● Outing: Milenia Mall & Cheesecake Factory for Lunch [OU]
- 1:00 ● 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 game! [CS]
- 2:00 ● Cooking Class! Make & Deliver Cookies to Friends! With Lisa
- 3:00 ● Friday Live! Happy Hour & Live Entertainment!
- 6:00 ● Friday Night Flick! Netflix & Popcorn! [ER]

- 9:00 ● Walking Club On Your Own...Meet Friends in the Lobby
- 10:00 ● Groundhog Report! See if he saw his shadow with Lisa! [ER]
- 10:15 ● Yoga! with Lisa. Easy Moves that improve balance! [ER]
- 11:00 ● 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 [ER]

- 9:45 ● Trip to Local Churches. Sign-up at Concierge [OU]
- 10:00 ● Streaming Church Service in the Entertainment Room [ER]
- 1:00 ● Afternoon Stroll. Meet in the Lobby [LB]
- 1:30 ● Bingo in the Afternoon! Bring Your Quarters! 1:30pm - 3:00pm [ER]
- 3:15 ● Happy Hour! Relax and meet friends! [ER]
- 6:00 ● Classic Movie Night! Remember this Blockbuster....Doctor Zhivzgo [ER]

- 10:15 ● Exercise Class with Carmelia [ER]
- 11:00 ● Brain Fitness! Improve Brain Health with fun games! How Many Words....with Donna [CS]
- 1:00 ● 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 game! [CS]
- 2:00 ● Cooking Class! Make & Take Cookies to Friends! With Donna [CS]
- 3:00 ● Mixology! Mixed Drinks & Scrabble!
- 6:00 ● Card Games in the Great Room! Groups forming for Bridge, Hand & Foot, Rummy, and more! Join one today!

- 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! Peach Valley Cafe [OU]
- 1:00 ● Walk Fit Healthy Strides Program. Let's take an afternoon stroll! [LB]
- 2:00 ● Independent Shopping Trip: PUBLIX [OU]
- 2:00 ● Town Hall Meeting - All Residents asked to attend [ER]
- 3:00 ● Happy Hour! Socialize and let's play Mexican Train Dominoes!
- 6:00 ● Night Bingo for Quarters! With Lisa. [CS]

- 10:00 ● Plant a Tree in remembrance of loved ones. [CY]
- 10:15 ● Movin' & Groovin' with Zmira! Movement Class with stretching for all levels! [CS]
- 11:15 ● Brain Fitness! Netflix Brain Games on the Big Screen! With Lisa & Donna [ER]
- 1:00 ● 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 game! [CS]
- 2:00 ● Drum Circle w/Maria! Great fun for everyone!
- 3:00 ● Wine Down Wednesday! Live Music! Plays the Guitar [LB AL]
- 6:00 ● Red Box Movie Night. Enjoy A New Film & Popcorn! [ER]

- 9:30 ● Visit The Shrine of Mary Queen of the Universe [OU]
- 10:15 ● Gentle Weights! Build bone density and strength! [ER]
- 10:30 ● Catholic Service/Communion with Leni [CS]
- 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]
- 2:00 ● Activity Meeting. All Residents are invited! [ER]
- 3:00 ● Happy Hour with Edgar! [LB]
- 6:00 ● Drinks By The Fire Pit! [FP]

- 9:30 ● Exercise with Shelly! Free Weights, Thera Bands [ER]
- 9:30 ● OUTING: Hard Rock Casino Tampa! Must Sign-up! Meet in Lobby at 9:30 [OU]
- 1:00 ● 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 game! [CS]
- 3:00 ● Friday Live! Happy Hour & Live Entertainment!
- 6:00 ● Friday Night Flick! Netflix & 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! [ER]
- 11:00 ● Brain Fitness! Improve Brain Health with Trivia! [CS]
- 2:00 ● Painting River Rocks for a Rock Garden [CS]
- 3:00 ● Movie Matinee & Ice Cream! Make your own sundaes! [ER]
- 6:00 ● Board Game Night! 6:00pm - 7:30pm [ER]

- 9:45 ● Trip to Local Churches. Sign-up at Concierge [OU]
- 10:00 ● Streaming Church Service in the Entertainment Room [ER]
- 1:00 ● Afternoon Stroll. Meet in the Lobby [LB]
- 1:30 ● Bingo in the Afternoon! Bring Your Quarters! 1:30pm - 3:00pm [ER]
- 3:15 ● Happy Hour! Relax and meet friends! [ER]
- 6:00 ● Classic Movie Night! Remember this Blockbuster....Indiana Jones & the Temple of Doom [ER]

- 10:15 ● Exercise Class with Carmelia [ER]
- 11:00 ● Brain Fitness! Improve Brain Health with fun games! How Many Words....with Donna [CS]
- 1:00 ● 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 game! [CS]
- 1:30 ● Bob & Nola Rae Musical Tribute to Love Around the World! [LB AL]
- 1:30 ● Play Wii Bowling with Ali in the Creative Studio!! [CS]
- 2:00 ● Cooking Class! Make & Take Cookies to Friends! With Donna [CS]
- 3:00 ● Mixology! Mixed Drinks & Card Games in the Great Room! Groups forming for Bridge, Hand & Foot, Rummy, and more! Join one today!
- 6:00 ● Card Games in the Great Room! Groups forming for Bridge, Hand & Foot, Rummy, and more! Join one today!

- 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 [OU]
- 1:00 ● Walk Fit Healthy Strides Program. Let's take an afternoon stroll! [LB]
- 2:00 ● Independent Shopping Trip: WalMart [OU]
- 3:00 ● Happy Hour! Socialize and let's play Mexican Train Dominoes!
- 6:00 ● Night Bingo for Quarters! With Lisa. [CS]

- 10:00 ● Bible Study with Tom K. from First Baptist of Windermere [CS]
- 10:15 ● Movin' & Groovin' with Zmira! Movement Class with stretching for all levels! [CS]
- 11:15 ● Brain Fitness! Netflix Brain Games on the Big Screen! With Lisa & Donna [ER]
- 1:00 ● 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 game! [CS]
- 3:00 ● Movie Matinee with Popcorn & Pop! Romantic Comedy! [CS]
- 5:00 ● The Sheridan at Windermere's 2nd Annual Valentines Dance! 5:00pm to 7:00pm. Italian Dinner, DJ & Dancing! Let's Party!

- Valentine's Day
- 10:15 ● Gentle Weights! Build bone density and strength! [ER]
- 10:30 ● Catholic Service/Communion with Leni [CS]
- 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]
- 2:00 ● Bingo in the Afternoon! Bring Your Quarters! [ER]
- 3:00 ● Happy Hour with Edgar! [LB]
- 6:00 ● Drinks By The Fire Pit! [FP]

- 9:30 ● Exercise with Shelly! Free Weights, Thera Bands [ER]
- 9:30 ● Outing: Strawberry Picking! [OU]
- 1:00 ● 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 game! [CS]
- 2:00 ● Cooking Class! Make & Deliver Cookies to Friends! With Lisa
- 3:00 ● Friday Live! Happy Hour & Live Entertainment!
- 6:00 ● Friday Night Flick! Netflix & Popcorn! [ER]

- 9:00 ● Walking Club On Your Own...Meet Friends in the Lobby
- 10:15 ● Yoga! with Lisa. Easy Moves that improve balance! [ER]
- 11:00 ● Brain Fitness! Improve Brain Health with Trivia! [CS]
- 1:30 ● Arts & Crafts with Lisa!
- 3:00 ● Movie Matinee & Ice Cream! Make your own sundaes! [ER]
- 6:00 ● Board Game Night! 6:00pm - 7:30pm [ER]

- 9:45 ● Trip to Local Churches. Sign-up at Concierge [OU]
- 10:00 ● Streaming Church Service in the Entertainment Room [ER]
- 1:00 ● Afternoon Stroll. Meet in the Lobby [LB]
- 1:30 ● Bingo in the Afternoon! Bring Your Quarters! 1:30pm - 3:00pm [ER]
- 3:15 ● Happy Hour! Relax and meet friends! [ER]
- 6:00 ● Classic Movie Night! Remember this Blockbuster....Cool Hand Luke [ER]

- Presidents' Day
- 10:15 ● Exercise Class with Carmelia [ER]
- 11:00 ● Brain Fitness! Improve Brain Health with fun games! How Many Words....with Donna [CS]
- 1:00 ● 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 game! [CS]
- 2:00 ● Cooking Class! Make & Take Cookies to Friends! With Donna [CS]
- 3:00 ● Mixology! Mixed Drinks & Card Games in the Great Room! Groups forming for Bridge, Hand & Foot, Rummy, and more! Join one today!
- 6:00 ● Card Games in the Great Room! Groups forming for Bridge, Hand & Foot, Rummy, and more! Join one today!

- 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! Longhorn Steak House [OU]
- 1:00 ● Walk Fit Healthy Strides Program. Let's take an afternoon stroll! [LB]
- 2:00 ● Independent Shopping Trip: PUBLIX [OU]
- 2:00 ● Menu Chat with Chef Manny/All Residents Invited!
- 3:00 ● Happy Hour! Socialize and let's play Mexican Train Dominoes!
- 3:00 ● New Resident Mixer! Meet your new neighbors!
- 6:00 ● Night Bingo for Quarters! With Lisa. [CS]

- 10:15 ● Movin' & Groovin' with Zmira! Movement Class with stretching for all levels! [CS]
- 11:15 ● Brain Fitness! Netflix Brain Games on the Big Screen! With Lisa & Donna [ER]
- 1:00 ● 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 game! [CS]
- 3:00 ● Wine Down Wednesday! Live Music! Ted on the Piano!
- 6:00 ● Red Box Movie Night. Enjoy A New Film & Popcorn! [ER]

- 10:15 ● Gentle Weights! Build bone density and strength! [ER]
- 10:30 ● Catholic Service/Communion with Leni [CS]
- 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]
- 2:00 ● Bingo in the Afternoon! Bring Your Quarters! [ER]
- 3:00 ● Happy Hour with Edgar! [LB]
- 6:00 ● Drinks By The Fire Pit! [FP]

- 9:30 ● Exercise with Shelly! Free Weights, Thera Bands [ER]
- 9:30 ● Outing: Nature Walk Lake Apopka [OU]
- 1:00 ● 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 game! [CS]
- 2:00 ● Put Together Soldier Care Packages to Mail [CS]
- 3:00 ● Friday Live! Happy Hour & Live Entertainment!
- 6:00 ● Friday Night Flick! Netflix & Popcorn! [ER]

- 9:00 ● Walking Club On Your Own...Meet Friends in the Lobby
- 10:15 ● Yoga! with Lisa. Easy Moves that improve balance! [ER]
- 11:00 ● Brain Fitness! Improve Brain Health with Trivia! [CS]
- 1:30 ● Arts & Crafts with Lisa!
- 3:00 ● Movie Matinee & Ice Cream! Make your own sundaes! [ER]
- 6:00 ● Board Game Night! 6:00pm - 7:30pm [ER]

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

Happy Valentine's Day!
We Love our Residents!