

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>1</p> <p>8:30a Church Run 9:45a Church Run 12:00p LWR Farmer's Market 2:00p Pedal the World (FT) 7:30p Board Games (S2) Scrabble Rummikub</p>	<p>2</p> <p>10:00a Sewing Group (S2) 10:30a Gentle Flow Yoga (ES) 2:30p Jazzy Joints (ES) 3:00p History Documentary (FT) 4:00p Putting in Paradise (PG) 7:00p Hand & Foot Cards (S2)</p>	<p>3</p> <p>9:30a Rosary (Chapel) 10:00a "Grand" Writers (S2) 10:30a Buff Bones (ES) 11:00a PUBLIX 1:00p GL Mah Jongg (S2) 1:30p Pedal the World (FT) 2:30p Tai Chi - Qigong (ES) 4:00p GL Bingo (S2) 7:00p Astronomer Presentation (FT)</p>	<p>4</p> <p>10:00a Canasta (LC) 10:30a Tai Chi (ES) 11:00a Cooper Creek Shopping 1:00p Bridge (S4) 2:00p ACE Mah Jongg (S2) 2:30p Aqua Beat (Pool) 6:30p Way Back Wednesdays Bob Newhart (FT)</p>	<p>5</p> <p>9:45a Current Events/Coffee (B) 10:00a Bible Study with Kim (Osprey) 10:30a Dynamic Drumming (P) 11:15a Crafting Glass (S2) 1:00-2:30p Art & Archeology of Ancient Greece (FT) 2:30p Amplified Strides (ES) 3:00p Pedal the World (FT) 4:00p Elijah the Violinist (FT) 7:15p RedBox Movie (FT)</p>	<p>6</p> <p>10:30a Rockin Rollers (ES) 11:00a Crosswords/WordFinds (B) 1:00p GL Mah Jongg (S2) 2:00p Crocheting & Knitting (GL) 2:30p Gentle Flow Yoga (ES) 3:00p First Friday Fitness: "How to Improve Your Functional Age" (FT) 4:00p Social Hour with Barry Graham (LC)</p>	<p>7</p> <p>8:30am Orthopedics Symposium Event (FT) 9:00a Catholic Communion (C) 10:00a Publix with Lynn 10:45a BeachBall Volleyball (ES) 11:00a Chess Mates (GL) 3:00p All Star Music Academy 4:00p GL Bingo (S2) 6:00p TMC Movies (FT)</p>	
<p>8</p> <p>8:30a Church Run 9:45a Church Run 1:00p Movies at LWR Main 2:00p Pedal the World (FT) 3:00p Soap Making (S2) 7:30p Board Games (S2) Scrabble Rummikub</p>	<p>9</p> <p>10:00a Sewing Group (S2) 10:00a-12:00pm VOTING (FT) 10:30a Gentle Flow Yoga (ES) 2:30p Jazzy Joints (ES) 3:00p History Documentary (FT) 4:00p Putting in Paradise (PG) 7:00p Hand & Foot Cards (S2)</p>	<p>10</p> <p>9:30a Rosary (Chapel) 10:00a "Grand" Writers (S2) 10:30a Buff Bones (ES) 11:00a PUBLIX 1:00p GL Mah Jongg (S2) 1:30p Pedal the World (FT) 2:30p Tai Chi - Qigong (ES) 2:30p Curt Warner Event (FT) 4:00p GL Bingo (S2)</p>	<p>11</p> <p>10:00a Canasta (LC) 10:30a Tai Chi (ES) 11:00a Target Shopping 1:00p Bridge (S4) 1:30p Jewelry Repair (Osprey) 2:00p ACE Mah Jongg (S2) 2:30p Aqua Beats (Pool) 3:30p Patriots Program (Bistro) 4:00p Social Hour with Bobby & Brenda (Bistro) 6:30p Way Back Wednesdays (FT)</p>	<p>12</p> <p>9:45a Current Events/Coffee (B) 10:00a Bible Study with Kim (O) 10:30a Dynamic Drumming (P) 11:15a Crafting Mosaic Jars (S2) 1:00-2:30p Art & Archeology of Ancient Greece (FT) 2:30p Amplified Strides (ES) 2:30pm Dr. Kristen DesErmia Audiologist presentation (FT) 3:30p Pedal the World 7:15p RedBox Movie</p>	<p>13</p> <p>10:30a Rockin Rollers (ES) 11:00a Crosswords/WordFinds (B) 1:00p GL Mah Jongg (LC) 2:00p Crocheting & Knitting (GL) 2:30p Gentle Flow Yoga (ES) 3:00p Parkinson's Conversation Exchange (O) 4:00p Social Hour (LC)</p>	<p>14</p> <p>9:00a Catholic Communion (C) 10:45a Beachball Volleyball (ES) 11:00a Chess Mates (GL) 2:00p Out of Door Academy Concert (FT) 4:00p GL Bingo (S2) 6:00p TMC Movies (FT)</p>	
<p>15</p> <p>12:00p LWR Farmer's Market 2:00p Pedal the World (FT) 3:00p Grace Community Rebroadcast (FT) 4:00p Social Hour (LC) 7:30p Board Games (S2) Scrabble Rummikub</p>	<p>16</p> <p>10:00a Sewing Group (S2) 10:30a Gentle Flow Yoga (ES) 2:30p Jazzy Joints (ES) 3:00p TED Talk (FT) 4:00p Putting in Paradise (PG) 7:00p Hand & Foot Cards (S2)</p>	<p>17</p> <p>9:30a Rosary (Chapel) 10:00a "Grand" Writers (S2) 10:30a Buff Bones (ES) 11:00a PUBLIX 1:00p GL Mah Jongg (S2) 1:30p Pedal the World (FT) 2:30p Tai Chi - Qigong (ES) 4:00p St Patrick's Happy Hour (FT) International Ireland with Smoking Mirrors</p>	<p>18</p> <p>10:00a Canasta (LC) 10:30a Tai Chi (ES) 11:00a Cooper Creek Shopping 1:00p Bridge (S4) 2:00p Living Life Grand New Resident Orientation (FT) 2:30p Aqua Beat (Pool) 3:00p Smoothies (Bistro) 6:30p Way Back Wednesdays (FT)</p>	<p>19</p> <p>9:45a Current Events/Coffee (B) 10:00a Bible Study with Kim (O) 10:30a Dynamic Drumming (P) 11:15a Crafting Coasters (S2) 1:00p RedBox Movie (FT) 2:30p Amplified Strides (ES) 3:00p Pedal the World (FT) 7:15p RedBox Movie (FT)</p>	<p>20</p> <p>10:30a Rockin Rollers (ES) 11:00a Crosswords/WordFinds (B) 1:00p GL Mah Jongg (LC) 2:00p Crocheting & Knitting (GL) 2:30p Gentle Flow Yoga (ES) 4:00p Out of Door Academy Musical (FT)</p>	<p>21</p> <p>9:00a Catholic Communion (C) 10:45a BeachBall Volleyball (ES) 11:00a Chess Mates (GL) 2:00p Learn Fan Tan Cards (S2) 4:00p GL Bingo (S2) 6:00p TMC Movies (FT)</p>	
<p>22</p> <p>10:30a Rockin Rollers (ES) 11:00a Buff Bones (ES) 2:00p Pedal the World (FT) 7:30p Board Games (S2) Scrabble Rummikub</p>	<p>23</p> <p>10:00a Sewing Group (S2) 10:30a Gentle Flow Yoga (ES) 2:30p Jazzy Joints (ES) 3:00p TED Talk: Arthritis (FT) 4:00p Putting in Paradise (PG) 7:00p Hand & Foot Cards (S2)</p>	<p>24</p> <p>9:30a Rosary (Chapel) 10:00a "Grand" Writers (S2) 10:30a Buff Bones (ES) 10:30a Book Club (GL) 11:00a PUBLIX 1:00p GL Mah Jongg (S2) 1:30p Pedal the World (FT) 2:30p Tai Chi - Qigong (ES) 4:00p GL Bingo (S2)</p>	<p>25</p> <p>10:00a Canasta (LC) 10:30a Tai Chi (ES) 1:00p Bridge (S4) 12:00p Big Cat Sanctuary 2:30p Aqua Beat (Pool) 4:00p Social Hour with Sammy S. (Bistro) 6:30p Way Back Wednesdays (FT)</p>	<p>26</p> <p>9:45a Current Events/Coffee (B) 10:00a Bible Study with Kim (O) 10:30a Dynamic Drumming(P) 11:15a Crafting Hats for Derby (S2) 1:00p RedBox Movie (FT) 2:30p Amplified Strides (ES) 3:00p Pedal the World (FT) 7:15p RedBox Movie (FT)</p>	<p>27</p> <p>10:30a Rockin Rollers (ES) 11:00a Crosswords/WordFinds (B) 1:00p GL Mah Jongg (LC) 2:00p Crocheting & Knitting (GL) 2:30p Gentle Flow Yoga (ES) 4:00p Social Hour (LC) The Social Jar Activity</p>	<p>28</p> <p>9:00a Catholic Communion (C) 10:45a BeachBall Volleyball (ES) 2:00p Learn Fan Tan Cards (S2) 4:00p GL Bingo (S2) 6:00p TMC Movies (FT)</p>	
<p>29</p> <p>12:30p Sarasota Polo 2:00p Pedal the World (FT) 3:00p Grace Community Rebroadcast (FT) 7:30p Board Games (S2) Scrabble Rummikub</p>	<p>30</p> <p>10:00a Sewing Group (S2) 10:30a Gentle Flow Yoga (ES) 2:30p Jazzy Joints (ES) 3:00p Bravo Music Program (FT) 4:00p Putting in Paradise (PG) 7:00p Hand & Foot Cards (S2)</p>	<p>31</p> <p>9:30a Rosary (Chapel) 10:00a "Grand" Writers (S2) 10:30a Buff Bones (ES) 11:00a PUBLIX 1:00p GL Mah Jongg (S2) 1:30p Pedal the World (FT) 2:30p Tai Chi - Qigong (ES) 4:00p GL Bingo (S2)</p>	<p>March 2020</p>  <p>GRAND LIVING YOUR LIFE. UNIQUELY EMBRACED. AT Lakewood Ranch</p>			<p>Legend: B = Bistro; C = Chapel; ES = Exercise Studio; FC = Fitness Ctr; FT = Forum Theater; GL = Grand Lounge; L = Library; LC = Legends Club on 2nd Flr; O = Osprey; P = Pool; S2 = Studio on 2nd Flr; S4 = Studio on 4th Flr</p> <p>Sign-up sheets for events in Mail Room. Check your Mail Cubbies for printed weekly activities schedule. Changes to monthly schedule will be displayed on Digital Signage.</p>	

EMBRACING ALL THE



OF YOUR LIFE!
Creating a Culture of Well-Being.

Grand Fitness at Lakewood Ranch with Carisa Campanella, ACE, ACSM

Carisa holds national certifications in Health Coaching, Personal Training, Group Exercise Instruction, & Spinning.

Amplified Strides: A movement and voice experience based on the LSVT BIG and LOUD programs.

Buff Bones: Address osteoporosis through strength training with weights and resistance bands.

Dynamic Drumming: An energizing session of drumming with sticks and stability balls to upbeat music.

FUNction and Balance: A functional aging class with emphasis on balance, gait and flexibility.

Gentle Flow Yoga: Create balance, flexibility and strength while improving feelings of well-being.

Jazzy Joints: Jazz music will be featured with exercises to improve joint mobility and range of motion.

Rockin' Rollers: A cardiovascular movement experience to 50s and 60s Rockin' Roll music.

Tai Chi: Slow and graceful movements accompanied by deep breathing to improve balance and mood.

Aqua Beat: A water class with fun, splashy movements and water walking to improve strength and mobility.

Phone Extensions

Front Desk	7am – 11pm/7 days week	4001
FACETS Office	9:30am – 7pm M-Sa	4007
Fitness Center	8:30am – 5pm M-F	4008

Dining

Breakfast	7am to 9:30am	Café Lakewood
Lunch	11:30am to 2pm	Café Lakewood (Bistro coming soon)
Dinner	4:30pm to 7pm	Heritage Dining (Bistro coming soon)

