

Inspired Times

Meaningful Days. Inspiring Care.

News, events and happenings for residents and families at **Inspired Living Lakewood Ranch.**

Our Team of Directors (941) 782-0148

Executive Director
Zach Benjamin Ext. 16001

Health and Wellness Director
Mary Ubeda Ext 16003

Life Style Advisor
Rebecca Wolfe Ext. 16010

Life Style Advisor
Debra Lohse Ext. 16011

Life Enrichment Director
Cheri Lopez- Lanuza Ext 16007

Maintenance Director
Carlos Zuluga Ext. 16005

Dining Services Director
Derek Miller Ext. 16006

AL Health and Wellness Manager
Jessy Josaphat Ext 16015

Memory Care Manager
Tammy Hallet Ext 16027

UPCOMING EVENTS

7/3 Carrusel Ice Cream Truck
7/4 Happy 4th of July
7/11 Jungle Gardens Field Trip
7/16 Happy emoji Day!
7/18 Chinese Festival



July 2025



A Sweet Word from our Executive Director, Zach Benjamin

Greeting from "Nicaragua"
This month we will be traveling to
Nicaragua. Here are some interesting
facts about Nicaragua.

Nicaragua set between the Pacific Ocean and the Caribbean Sea, is a Central American nation known for its dramatic terrain of lakes, volcanoes, and beaches. Vast Lake Managua and the iconic stratovolcano Monotombo sit north of the capital Managua. To its south is Granada, noted for its Spanish colonial architecture and an archipelago of navigable islets rich in tropical bird life. Capital; Managua
Currency: Nicaraguan Cordoba
President: Daniel Ortega, Rosario Murillo
Population: 6.824 million

HAPPY BIRTHDAY

John C-2nd
Catherine D-10th
Karen L-12th
Thomas K-30th



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		<div>8:00am Morning Mingle</div> <div>9:00am Corn hole/Outdoor Games and friendly social</div> <div>9:00am Get Ready with Me! (Hair, Makeup, Nails, Shave)</div> <div>10:00am Chair Exercise</div> <div>10:00am Cooking 1:1</div> <div>10:30am Brain Games (word search, Hangman)</div> <div>11:00am Daily Chronicles</div> <div>1:00pm Adult Coloring & Music Therapy</div> <div>2:00pm Bistro Bites & Conversation</div> <div>3:00pm Horse Racing</div> <div>4:00pm Courtyard Conversation/ Afternoon Walks</div> <div>5:30pm Old Shirley Temple Movies</div>	<div>8:00am Morning Mingle</div> <div>9:00am Get Ready with Me! (Hair, Makeup, Nails, Shave)</div> <div>9:00am Outdoor Games Connect Four Football toss, feeding Birds</div> <div>10:00am Karaoke/ Dance Party</div> <div>11:00am Daily Chronicles</div> <div>1:00pm Gilligan's Island</div> <div>1:00pm Sensory Stimulation (smell,touch,sight,sound)/ Folding laundry</div> <div>2:00pm Wine Down Wednesday with JJ Performer</div> <div>3:00pm Music/ Bubbles/ Bird Watching</div> <div>4:00pm Courtyard Conversation/ Afternoon Walks</div> <div>5:30pm Night at the Movies</div>	<div>8:00am Morning Mingle</div> <div>9:00am Get Ready with Me! (Hair, Makeup, Nails, Shave)</div> <div>10:00am Cooking 1:1</div> <div>10:00am Sensory Stimulation (smell,touch,sight,sound)/ Folding laundry</div> <div>11:00am Live Jerry Richard Performer</div> <div>1:00pm Arts & Crafts</div> <div>2:00pm Bistro Bites & Conversation</div> <div>3:00pm Adult Coloring & Music Therapy</div> <div>5:30pm TV Classics Golden Girls</div>	<div>8:00am HAPPY 4TH OF JULY!!!</div> <div>9:00am Get Ready with Me! (Hair, Makeup, Nails, Shave)</div> <div>10:00am Chair Exercise</div> <div>10:30am Oldies Sing Along</div> <div>11:00am 4th of July Trivia / Fun Facts</div> <div>1:00pm 4th of July Arts & Crafts</div> <div>1:00pm Floor Hockey</div> <div>2:00pm Bistro Bites & Conversation</div> <div>3:00pm Indoor Bowling/Building blocks/Puzzles</div> <div>4:00pm Courtyard Conversation</div> <div>5:30pm Sparkler Fun Happy 4th of July</div>	<div>8:00am Morning Mingle</div> <div>9:00am Folding/Sorting Laundry/ Blocks & Puzzles</div> <div>10:00am Karaoke/ Dancing</div> <div>11:00am Brain Games (word search, Hangman)</div> <div>1:00pm Outdoor Games Connect Four Football toss, feeding Birds</div> <div>2:00pm Bistro Bites & Conversation</div> <div>3:00pm Adult Coloring & Music Therapy</div> <div>4:00pm Courtyard Conversation</div> <div>5:30pm Saturday night Family feud with Steve Harvey</div>	
<div>8:00am Morning Mingle</div> <div>9:00am Bayside Church Service & Singing Hymns</div> <div>10:00am Chair Jazzercise</div> <div>10:30am Name that Tune</div> <div>1:00pm Movie Matinee</div> <div>1:00pm Spa Day</div> <div>2:00pm Bistro Bites & Conversation</div> <div>3:30pm Corn hole/Outdoor Games and friendly social</div> <div>5:30pm Disney Classic Movie Night</div>	<div>8:00am Morning Mingle</div> <div>9:00am Get Ready with Me! (Hair, Makeup, Nails, Shave)</div> <div>10:00am Cooking 1:1</div> <div>10:00am Noodle Volleyball</div> <div>10:30am Brain Games (word search, Hangman)</div> <div>1:00pm Bird Watching/Outdoor Games and friendly social</div> <div>2:00pm Bistro Bites & Conversation</div> <div>3:00pm Adult Coloring & Music Therapy</div> <div>5:30pm Relaxing music/Sensory Hand Massages</div>	<div>8:00am Morning Mingle</div> <div>9:00am Get Ready with Me! (Hair, Makeup, Nails, Shave)</div> <div>10:00am Cooking 1:1</div> <div>10:00am Sensory Stimulation (smell,touch,sight,sound)/ Folding laundry</div> <div>10:30am Indoor Bowling/Building blocks/Puzzles</div> <div>1:00pm Arts & Crafts Making Bird Feeders</div> <div>2:00pm Bistro Bites & Conversation</div> <div>3:00pm Horse Racing</div> <div>5:30pm Disney Classics</div>	<div>8:00am Morning Mingle</div> <div>9:00am Get Ready with Me! (Hair, Makeup, Nails, Shave)</div> <div>9:00am Outdoor Games Connect Four Football toss, feeding Birds</div> <div>10:00am Karaoke/ Dancing</div> <div>11:00am lets travel to Nicaragua</div> <div>1:00pm Making Nicaragua Pupusa with Ms. Cheri</div> <div>2:00pm Wine Down Wednesday with Bradley Keville Singer</div> <div>3:00pm Adult Coloring & Music Therapy</div> <div>4:00pm Courtyard Conversation</div> <div>5:30pm Night at the Movies</div>	<div>8:00am Morning Mingle</div> <div>9:00am Get Ready with Me! (Hair, Makeup, Nails, Shave)</div> <div>10:00am Cooking 1:1</div> <div>10:30am Live Jerry Richard Performer</div> <div>1:00pm Arts & Crafts</div> <div>2:00pm Bistro Bites & Conversation</div> <div>3:00pm Adult Coloring & Music Therapy</div> <div>5:30pm TV Classics Golden Girls</div>	<div>8:00am Morning Mingle</div> <div>9:00am Get Ready with Me! (Hair, Makeup, Nails, Shave)</div> <div>10:00am Chair Exercise</div> <div>10:30am Arts & Crafts</div> <div>10:30am JUNGLE GARDENS & Lunch</div> <div>1:00pm Corn hole/Outdoor Games and friendly social</div> <div>2:00pm Bistro Bites & Conversation</div> <div>3:00pm Adult Coloring & Music Therapy</div> <div>4:00pm Courtyard Conversation</div> <div>5:30pm Friday Night at the Movies</div>	<div>8:00am Morning Mingle</div> <div>9:30am Adult Coloring & Music Therapy</div> <div>10:30am Chair Jazzercise</div> <div>11:00am Music Trivia Oldies</div> <div>1:00pm Music/ Bubbles/ Bird Watching</div> <div>2:00pm Bistro Bites & Conversation</div> <div>3:00pm Folding/Sorting Laundry/ Blocks & Puzzles</div> <div>4:00pm Courtyard Conversation</div> <div>5:30pm TV Classics</div>	
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