

# 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

Lifestyle Advisor

Becca Wolfe | Ext. 16010

Lifestyle Advisor

Debra Lohse | Ext. 16011

Life Enrichment Director

Cheri Lopez Lanuza | Ext. 16007

Maintenance Director

Carlos Zuluaga | Ext. 16005

Dining Services Director

Derek Miller | Ext. 16006

AL Health and Wellness Manager

Jessy Josaphat | Ext. 16015

Memory Care Manager

Tammy Hallett | Ext. 16027



## Upcoming Events

7/3 Carousel's Ice Cream Truck

7/4 4th of July Cookout

7/10 Wine & Cheese Tasting

7/16 Emoji Day

7/17 Chinese Festival

7/22 Alzheimer's Charity BINGO

7/23 TOWNHALL meeting

## July 2025



### A Sweet Word from our Executive Director, Zach Benjamin

Greetings from "Nicaragua"

Nicaragua, officially the Republic of  
Nicaragua IS THE GEOGRAPHICALLY  
LARGEST COUNTRY IN Central America,  
COMPRISING 130,370KM (50,340 SQ  
MI)

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 Momotombo 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 Cordobas

President: Daniel Ortega, Rosario Murillo

Population: 6.824 million

## Happy Birthday

Patrick P-4th  
Catherine- 10th  
Nancy N-11th  
Dayle F-11th  
Ann R-17th  
Thomas C-17th  
Marlene J-19th



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<div><div>8:00am</div><div>Morning Mingle (Talk about upcoming activities for the day)</div></div> <div><div>9:00am</div><div>Chronicles &amp; Coffee</div></div> <div><div>9:30am</div><div>Lets Learn about Nicaragua (fun puzzles, word search)</div></div> <div><div>10:00am</div><div>Chair Yoga</div></div> <div><div>10:30am</div><div>Indoor Games (Noodle Ball, Axe Throwing, Basketball)</div></div> <div><div>1:00pm</div><div>Volleyball Vibes</div></div> <div><div>2:00pm</div><div>Bistro Bites &amp; Conversation</div></div> <div><div>3:00pm</div><div>Crazy Ca\$h Bingo</div></div> <div><div>4:00pm</div><div>Puzzle Fun</div></div> <div><div>5:30pm</div><div>Game Night UNO, Cards, Yahazee</div></div>	<div><div>8:00am</div><div>Morning Mingle (Talk about upcoming activities for the day)</div></div> <div><div>9:00am</div><div>Chronicles &amp; Coffee</div></div> <div><div>9:30am</div><div>Bay News 9 Morning News</div></div> <div><div>10:00am</div><div>Music and Fun facts about Nicaragua</div></div> <div><div>10:00am</div><div>SPANISH Lessons \$</div></div> <div><div>10:30am</div><div>Cardio Drumming</div></div> <div><div>1:00pm</div><div>Inspirational Conversations with Lois</div></div> <div><div>1:00pm</div><div>Polish Perfection</div></div> <div><div>2:00pm</div><div>Wine Down Wednesday with Mark Andrews (Cheese &amp; Crackers)</div></div> <div><div>3:15pm</div><div>Crosswords</div></div> <div><div>4:00pm</div><div>Puzzle Fun</div></div> <div><div>5:30pm</div><div>Game Night with Steve Harvey Family Feud</div></div>	<div><div>8:00am</div><div>Morning Mingle (Talk about upcoming activities for the day)</div></div> <div><div>9:00am</div><div>Chronicles &amp; Coffee</div></div> <div><div>9:30am</div><div>let's travel to Nicaragua</div></div> <div><div>10:15am</div><div>Jenga Basket Game</div></div> <div><div>1:00pm</div><div>4th Of July Trivia</div></div> <div><div>1:30pm</div><div>Carousel's ice cream truck FREE to everyone</div></div> <div><div>2:00pm</div><div>Bistro Bites &amp; Conversation</div></div> <div><div>3:00pm</div><div>Dollar Bingo</div></div> <div><div>4:00pm</div><div>Puzzle Fun</div></div> <div><div>5:30pm</div><div>Family &amp; Friends TV Night</div></div>	<div><div>8:00am</div><div>Coffee &amp; Donuts</div></div> <div><div>8:00am</div><div>HAPPY 4TH OF JULY!!!</div></div> <div><div>9:00am</div><div>Chronicles &amp; Coffee</div></div> <div><div>9:30am</div><div>4th Of July Trivia</div></div> <div><div>10:00am</div><div>Cardio Drumming with Lois</div></div> <div><div>10:30am</div><div>Red, White &amp; Blue Corn Hole Games</div></div> <div><div>11:00am</div><div>July 4th facts</div></div> <div><div>1:00pm</div><div>Volleyball Vibes</div></div> <div><div>2:00pm</div><div>4th Of July Popsicles</div></div> <div><div>2:00pm</div><div>Beall's/Dollar Tree Shopping</div></div> <div><div>3:00pm</div><div>Horse Racing</div></div> <div><div>4:00pm</div><div>4th of July Cookout /Pool Party with Live music followed with Sparklers</div></div>	<div><div>8:00am</div><div>Morning Mingle (Talk about upcoming activities for the day)</div></div> <div><div>9:00am</div><div>Chronicles &amp; Coffee</div></div> <div><div>9:30am</div><div>Indoor Games (Noodle Ball, Axe Throwing, Basketball)</div></div> <div><div>10:00am</div><div>Chair Zumba</div></div> <div><div>10:30am</div><div>Floor Hockey with Lois</div></div> <div><div>1:00pm</div><div>Volleyball Vibes</div></div> <div><div>2:00pm</div><div>Bistro Bites &amp; Conversation</div></div> <div><div>3:00pm</div><div>Crazy Ca\$h Bingo</div></div> <div><div>4:00pm</div><div>Puzzle Fun</div></div> <div><div>5:30pm</div><div>Hallmark Movies</div></div>
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Coffee</div></div> <div><div>9:30am</div><div>Pick your Emoji paddles</div></div> <div><div>10:00am</div><div>Emoji Fun</div></div> <div><div>10:30am</div><div>Emoji themed Corn Hole</div></div> <div><div>1:00pm</div><div>Inspirational Conversations with Lois</div></div> <div><div>1:00pm</div><div>Polish Perfection</div></div> <div><div>2:00pm</div><div>Wine Down Wednesday with Mark Andrews (Cheese &amp; Crackers)</div></div> <div><div>3:15pm</div><div>Crosswords</div></div> <div><div>4:00pm</div><div>Puzzle Fun</div></div> <div><div>5:30pm</div><div>Game Night with Steve Harvey Family Feud</div></div>	<div><div>8:00am</div><div>Morning Mingle (Talk about upcoming activities for the day)</div></div> <div><div>9:00am</div><div>Chronicles &amp; Coffee</div></div> <div><div>9:30am</div><div>Chinese Trivia</div></div> <div><div>10:15am</div><div>Noodle Ball Game (New)</div></div> <div><div>11:30am</div><div>Chinese Festival Luncheon</div></div> <div><div>1:00pm</div><div>Volleyball Vibes &amp; Conversation</div></div> <div><div>2:00pm</div><div>Bistro Bites &amp; Conversation</div></div> <div><div>3:00pm</div><div>Chinese Bingo</div></div> <div><div>4:00pm</div><div>Puzzle Fun</div></div> <div><div>5:30pm</div><div>Family &amp; Friends TV Night</div></div>	<div><div>8:00am</div><div>Coffee &amp; Donuts</div></div> <div><div>8:00am</div><div>Morning Mingle (Talk about upcoming activities for the day)</div></div> <div><div>9:00am</div><div>Chronicles &amp; Coffee</div></div> <div><div>9:30am</div><div>Chronicles &amp; Coffee</div></div> <div><div>9:00am</div><div>RED HAT SOCIETY Outing Shopping at Kohl's &amp; Lunch Outing with Ms. Cheri</div></div> <div><div>9:30am</div><div>Bay News 9 Morning News</div></div> <div><div>10:00am</div><div>Chair Exercise</div></div> <div><div>10:30am</div><div>Crosswords \$</div></div> <div><div>1:00pm</div><div>Volleyball Vibes</div></div> <div><div>2:00pm</div><div>Bistro Bites &amp; Conversation</div></div> <div><div>2:00pm</div><div>Shopping Goodwill</div></div> <div><div>3:00pm</div><div>Horse Racing</div></div> <div><div>4:00pm</div><div>Puzzle Fun</div></div> <div><div>5:30pm</div><div>Friday Night at the Movies</div></div>	<div><div>8:00am</div><div>Morning Mingle (Talk about upcoming activities for the day)</div></div> <div><div>9:00am</div><div>Chronicles &amp; Coffee</div></div> <div><div>9:30am</div><div>Chair Exercise</div></div> <div><div>10:30am</div><div>Brain Games Hang Man/ Word search</div></div> <div><div>1:00pm</div><div>Volleyball Vibes</div></div> <div><div>2:00pm</div><div>Bistro Bites &amp; Conversation</div></div> <div><div>3:00pm</div><div>Crazy Ca\$h Bingo</div></div> <div><div>4:00pm</div><div>Puzzle Fun</div></div> <div><div>5:30pm</div><div>Hallmark Movies</div></div>
<div><div>8:00am</div><div>Morning Mingle (Talk about upcoming activities for the day)</div></div> <div><div>9:00am</div><div>Bayside Church Service &amp; Singing Hymns</div></div> <div><div>9:00am</div><div>Chronicles &amp; Coffee</div></div> <div><div>10:30am</div><div>Crosswords \$</div></div> <div><div>10:30am</div><div>Scrabble</div></div> <div><div>1:00pm</div><div>Loteria BINGO</div></div> <div><div>1:00pm</div><div>Movie Matinee</div></div> <div><div>2:00pm</div><div>Bistro Bites &amp; Conversation</div></div> <div><div>3:00pm</div><div>Volleyball Vibes &amp; Conversation</div></div> <div><div>3:30pm</div><div>Corn Hole Games &amp; Conversation</div></div> <div><div>4:00pm</div><div>Puzzle Fun</div></div> <div><div>5:30pm</div><div>Sunday night at the movies</div></div>	<div><div>8:00am</div><div>Morning Mingle (Talk about upcoming activities for the day)</div></div> <div><div>9:00am</div><div>Chronicles &amp; Coffee</div></div> <div><div>9:30am</div><div>Bay News 9 Morning News</div></div> <div><div>10:00am</div><div>Stretch and Tone</div></div> <div><div>10:30am</div><div>Chair Zumba</div></div> <div><div>11:00am</div><div>Sing along to the Oldies</div></div> <div><div>1:00pm</div><div>Gardening /Corn Hole Games &amp; Conversation</div></div> <div><div>2:00pm</div><div>Bistro Bites &amp; Conversation</div></div> <div><div>3:00pm</div><div>Horse Racing</div></div> <div><div>4:00pm</div><div>Puzzle Fun</div></div> <div><div>5:30pm</div><div>Family &amp; Friends TV Night</div></div>	<div><div>8:00am</div><div>WEAR PURPLE DAY Alzheimer's BINGO Charity</div></div> <div><div>9:00am</div><div>Chronicles &amp; Coffee</div></div> <div><div>9:30am</div><div>Travel to Nicaragua</div></div> <div><div>10:00am</div><div>Chair areobics</div></div> <div><div>10:30am</div><div>Noodle Ball Game (New)</div></div> <div><div>1:00pm</div><div>Corn Hole Games &amp; Conversation</div></div> <div><div>1:30pm</div><div>ALZHEIMER'S CHARITY BINGO (RSVP your spots today!)</div></div> <div><div>2:00pm</div><div>Bistro Bites &amp; Conversation</div></div> <div><div>3:30pm</div><div>Crazy Ca\$h Bingo</div></div> <div><div>5:30pm</div><div>Game Night UNO, Cards, Yahazee</div></div>	<div><div>8:00am</div><div>Morning Mingle (Talk about upcoming activities for the day)</div></div> <div><div>9:00am</div><div>Chronicles &amp; Coffee</div></div> <div><div>9:30am</div><div>Bay News 9 Morning News</div></div> <div><div>10:00am</div><div>Making Nicaragua Tortillas and fried cheese with Ms. Cheri Hands on Cooking</div></div> <div><div>1:00pm</div><div>Inspirational Conversations with Lois</div></div> <div><div>1:00pm</div><div>Polish Perfection</div></div> <div><div>2:00pm</div><div>Wine down Wednesday with Joe Thayer (Cheese &amp; Crackers)</div></div> <div><div>3:15pm</div><div>TOWNHALL Meeting</div></div> <div><div>4:00pm</div><div>Puzzle Fun</div></div> <div><div>5:30pm</div><div>Game Night with Steve Harvey Family Feud</div></div>	<div><div>8:00am</div><div>Morning Mingle (Talk about upcoming activities for the day)</div></div> <div><div>9:00am</div><div>Chronicles &amp; Coffee</div></div> <div><div>10:15am</div><div>Jenga Basket Game</div></div> <div><div>10:15am</div><div>SPANISH Lessons \$</div></div> <div><div>1:00pm</div><div>Crazy Ca\$h Auction</div></div> <div><div>2:00pm</div><div>LIVE with Tom Biondi</div></div> <div><div>3:00pm</div><div>Dollar Bingo</div></div> <div><div>4:00pm</div><div>Puzzle Fun</div></div> <div><div>5:30pm</div><div>Family &amp; Friends TV Night</div></div>	<div><div>8:00am</div><div>Coffee &amp; Donuts</div></div> <div><div>8:00am</div><div>Morning Mingle (Talk about upcoming activities for the day)</div></div> <div><div>9:00am</div><div>Chronicles &amp; Coffee</div></div> <div><div>9:30am</div><div>Chronicles &amp; Coffee</div></div> <div><div>9:30am</div><div>Bay News 9 Morning News</div></div> <div><div>10:00am</div><div>Chair Jazzercise</div></div> <div><div>10:30am</div><div>Basket Jenga</div></div> <div><div>1:00pm</div><div>Volleyball Vibes</div></div> <div><div>2:00pm</div><div>Bistro Bites &amp; Conversation</div></div> <div><div>2:00pm</div><div>Shopping Walmart</div></div> <div><div>3:00pm</div><div>Horse Racing</div></div> <div><div>4:00pm</div><div>Puzzle Fun</div></div> <div><div>5:30pm</div><div>Friday Night at the Movies</div></div>	<div><div>8:00am</div><div>Morning Mingle (Talk about upcoming activities for the day)</div></div> <div><div>9:00am</div><div>Chronicles &amp; Coffee</div></div> <div><div>9:30am</div><div>Chair Exercise</div></div> <div><div>10:00am</div><div>Jenga Block Basket game</div></div> <div><div>11:00am</div><div>Sing along to the Oldies</div></div> <div><div>1:00pm</div><div>Volleyball Vibes</div></div> <div><div>2:00pm</div><div>Bistro Bites &amp; Conversation</div></div> <div><div>3:00pm</div><div>Crazy Ca\$h Bingo</div></div> <div><div>4:00pm</div><div>Puzzle Fun</div></div> <div><div>5:30pm</div><div>Hallmark Movies</div></div>
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*A Divine Duo of*  
**WINE & CHEESE**

Indulge your senses in a symphony of flavors with our upcoming Wine and Cheese Tasting event!

- 01:45PM - 02:45PM
- 10 July 2025
- Main Dining Room

**Inspired LIVING**  
 AT LAKEWOOD RANCH

*Join Us for*  
**CHARITY BINGO**

**BENEFITTING THE ALZHEIMER'S ASSOCIATION**  
 (DONATIONS ACCEPTED)

**Tuesday, July 22nd 1:30-3:30 pm**  
 RSVP to Becca  
**941-782-0148 (Space is Limited)**

**10 BINGO GAMES**  
**HUNDREDS OF DOLLARS WORTH OF PRIZES**  
**\$3 A CARD**  
**COMPLIMENTARY APPETIZERS & BEVERAGES**

5424 Lena Road, Bradenton, FL, 34211 ALF: 12727