

livfun

Bella Villaggio

SEPTEMBER 2020 · BELIEVE



Join the Bella Villaggio Book Club

Our Bella Villaggio Book Club meets every Thursday, at 10:35 a.m., in the Activity Room. Join your fellow readers and discuss the latest and greatest. Our first Book Club meeting last month had a total of six attendees and began reading “Lady Clementine” by Marie Benedict. If you are interested in joining, see Shelly for details.



Find Joy Through Journaling

Keeping a journal is a practice dating back thousands of years. In addition to preserving memories, journaling can help improve your life in other ways.

Ease stress: Writing down things that make you worried, angry or sad helps you to release those emotions, reducing anxiety and stress. Some people keep a gratitude journal and record reasons they are thankful, which can foster a healthy, happy perspective on life.

Solve problems: When you're not sure how you feel about something that's bothering you, try journaling about it. Writing uses your left brain, allowing your right brain to free itself from mental blocks and find a clearer understanding of the situation.

Improve relationships: It's normal to become irritated or upset with the people in our lives, but it's usually unwise to express it and pick a fight over every conflict. A journal is a private, safe place to vent frustrations.

Set goals: By writing in a journal every day, you can get to know yourself better and find out what's most important to you. This helps you focus on specific goals, and you can use your journal to track your progress as you move toward achieving them.

Coffee Break

At home or on the go, plain or flavored, hot or cold, coffee is often part of our daily routine. Percolate on some details about this beloved brewed beverage.

- More than 2 billion cups of coffee are consumed every day across the world, making it one of the most popular drinks.
- First discovered in Ethiopia, the coffee bean is actually a seed inside the coffee cherry, which is a fruit that grows on small trees.
- Brazil is the biggest producer of the globe's coffee supply.
- You'll find two main types of coffee beans: The most common is Arabica, and robusta is the variety used for instant coffee.
- The country of Finland consumes the most coffee.
- There's a lot of scientific evidence that shows drinking coffee may help you live longer. It's linked to a reduced risk of heart disease, cancer and diabetes.
- According to sales figures, cold brew is now the hottest coffee trend in the U.S.
- Why do you get that jolt from java? The caffeine in coffee triggers the release of adrenaline and boosts the brain's level of dopamine, a chemical that puts you in a good mood.
- With over 30,000 locations, Starbucks is the world's largest coffee shop chain.
- Coffee could power our cars one day. Researchers are converting coffee grounds into fuel.

Why Book Clubs Are a Great Thing

By: Melanie Kindrachuk

Reading is good for your brain.

There are many studies that show reading is good for strengthening both the physical structure of the brain and social soft skills like intelligence and empathy. Why wouldn't you want to benefit from regular reading?

Book clubs are sociable and prompt discussion with old or new friends.

Just hanging out and talking about your own lives in relation to the book you're reading is healthy and enjoyable. Sometimes reading as a social activity can bridge differences of opinion and bring people together in new ways. "Companionship and intellectual stimulation – and thinking quickly during book club discussions – all of these things are very healthy," said Michael Roizen, M.D., Chief Wellness Officer at the Cleveland Clinic, in a recent study.

Reading things you might not have otherwise can expand your horizons.

In a book club, you can discover new books that you might have otherwise completely overlooked – you might find a new favourite this way. Or, you can encourage the other members of your club to read and discuss your own favourite book that you've been dying to talk about with somebody! Also, having a deadline to get a book done can help to get you going on your reading, even in our busy world. You just have to schedule in this reading!

Book clubs offer a way to reflect on our society today.

You can have healthy, respectful debates about something other than politics in a book club. And instead of dry reports, you can read juicy, exciting fiction that deals with social issues in complex ways. Hearing other readers' perspectives on the same story might change your own ideas about what a book means.

Books and wine go well together.

This one is obvious! Snacks are also fun, especially when they're thematic. A book club in Hamilton meets regularly and matches their books and refreshments each time. At the upcoming Appetite for Words Festival, chefs create a menu and wine pairing inspired by a book so attendees taste the words they're reading.

Book clubs are fun!

All book clubs include some time to get to know the other members better. A book club can help you meet new people and make new friends, all in a relaxed atmosphere. They are a great addition to a social calendar, being a low key and relatively inexpensive activity. No matter how serious your book discussions are, just getting together and chatting on a regular basis can be fun!



A Grand Relationship

Anyone who has received a loving hug, phone call or letter from a grandchild knows how truly special and beneficial that bond is.

Intergenerational relationships are important for the emotional growth of a child, who develops a sense of belonging and identity by feeling part of a larger family. A grandparent can strengthen this connection by passing on family history, heritage and traditions. Grandparents also serve as a child's source of wisdom, emotional support, entertainment and, of course, unconditional love.

In return, grandchildren bring meaning and joy to a grandparent's life. By being able to play a nurturing role and watch grandchildren grow—without the responsibility of primary parenting—grandparents experience an increased sense of self-worth and purpose.

One of the biggest rewards of the grandparent-grandchild relationship is learning new things from each other. Together, grandparents and grandchildren can share and explore existing passions and new interests, and both old and young can experience the world from a fresh perspective.



BELLA VILLAGGIO

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Staff

General Manager
Jim Germyn

Guest Services Manager
Stefanie Frattaroli

Sales Manager
Jennifer Fryer

Sales Advisor
Marc Sorensen

Executive Chef
Joseph Tritt

Restaurant Manager
Francisco Sanchez

Health and Wellness Director
Roxanne Cerrasco

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Hilda Escalera


Program Supervisor
Shelly Agnoletto

PrimeFit Instructor
Fred DeStafano

Plant Operations Supervisor
Al Loza

Opal Manager
Marla Winter

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>Transportation Monday - Thursday, 9 a.m.-3 p.m.: Medical Appointments Only Friday, 9 a.m.-3 p.m.: Personal Shopping Day</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Calendar events subject to change. #331880645</p> </div>		<p>10:00 Morning Hallway Fitness, PF * 1</p> <p>10:00 Musicals, Broadway Plays, Movies, MT</p> <p>10:35 Bingo, ACT</p> <p>1:00 Party Bridge, D</p> <p>1:30 Drawing & Coloring Class, ACT</p> <p>2:00 Afternoon Hallway Fitness *</p> <p>2:40 Mexican Train, D PF</p>	<p>10:00 Morning Hallway Fitness, PF * 2</p> <p>10:35 Bingo, ACT</p> <p>1:00 Party Bridge, D</p> <p>2:00 Afternoon Hallway Fitness *</p> <p>2:35 Scrabble, D</p> <p>3:00 Musical, Broadway Plays, Movies, MT PF</p>	<p>10:00 Morning Hallway Fitness, PF * 3</p> <p>10:35 Book Club, ACT</p> <p>1:00 Mahjong, D</p> <p>1:15 Party Bridge, D</p> <p>1:30 Wii Bowling, MT</p> <p>2:00 Afternoon Hallway Fitness *</p> <p>2:35 Bingo, ACT PF</p>	<p>9:00 Friday Scenic Drives! 4</p> <p>10:00 Morning Hallway Fitness, PF *</p> <p>10:35 Bingo, ACT</p> <p>1:00 Party Bridge, D</p> <p>1:30 Mexican Train, D</p> <p>2:00 Afternoon Hallway Fitness *</p> <p>2:35 Drawing & Coloring Class, ACT PF</p>	<p>10:00 Morning Movie, MT</p> <p>1:00 Matinee Movie, MT</p>
<p>6</p> <p>10:00 Documentary Film Club, MT</p> <p>1:00 Sunday Sports!, MT</p>	<p>LABOR DAY 7</p> <p>10:00 Morning Hallway Fitness, PF *</p> <p>10:40 Travel Destination Series, MT</p> <p>1:00 Party Bridge, D</p> <p>2:00 Afternoon Hallway Fitness *</p> <p>3:00 Game Day! Cornhole Challenge, M PF</p>	<p>8</p> <p>10:00 Morning Hallway Fitness, PF *</p> <p>10:00 Musicals, Broadway Plays, Movies, MT</p> <p>10:35 Bingo, ACT</p> <p>1:00 Party Bridge, D</p> <p>1:30 Drawing & Coloring Class, ACT</p> <p>2:00 Afternoon Hallway Fitness *</p> <p>2:40 Mexican Train, D</p> <p>4:00 Bingo, ACT PF</p>	<p>9</p> <p>10:00 Morning Hallway Fitness, PF *</p> <p>10:35 Bingo, ACT</p> <p>1:00 Party Bridge, D</p> <p>1:30 Singalong with AI, D</p> <p>2:00 Afternoon Hallway Fitness *</p> <p>2:35 Scrabble, D</p> <p>3:00 Musical, Broadway Plays, Movies, MT PF</p>	<p>10</p> <p>10:00 Morning Hallway Fitness, PF *</p> <p>10:35 Book Club, ACT</p> <p>1:00 Mahjong, D</p> <p>1:15 Party Bridge, D</p> <p>1:30 Wii Bowling, MT</p> <p>2:00 Afternoon Hallway Fitness *</p> <p>2:35 Bingo, ACT PF</p>	<p>PATRIOT DAY 11</p> <p>9:00 Friday Scenic Drives!</p> <p>10:00 Morning Hallway Fitness, PF *</p> <p>10:35 Bingo, ACT</p> <p>1:00 Party Bridge, D</p> <p>1:30 Mexican Train, D</p> <p>2:00 Afternoon Hallway Fitness *</p> <p>2:35 Drawing & Coloring Class, ACT PF</p>	<p>12</p> <p>10:00 Morning Movie, MT</p> <p>1:00 Matinee Movie, MT</p>
<p>13</p> <p>10:00 Documentary Film Club, MT</p> <p>1:00 Sunday Sports!, MT</p>	<p>14</p> <p>10:00 Morning Hallway Fitness, PF *</p> <p>10:40 Travel Destination Series, MT</p> <p>1:00 Party Bridge, D</p> <p>1:30 Mexican Train, D</p> <p>2:00 Afternoon Hallway Fitness *</p> <p>3:00 Game Day! Table Tennis Challenge, ACT PF</p>	<p>15</p> <p>10:00 Morning Hallway Fitness, PF *</p> <p>10:00 Musicals, Broadway Plays, Movies, MT</p> <p>10:35 Bingo, ACT</p> <p>1:00 Party Bridge, D</p> <p>1:30 Drawing & Coloring Class, ACT</p> <p>2:00 Afternoon Hallway Fitness *</p> <p>2:40 Mexican Train, D PF</p>	<p>16</p> <p>10:00 Morning Hallway Fitness, PF *</p> <p>10:35 Bingo, ACT</p> <p>1:00 Party Bridge, D</p> <p>2:00 Afternoon Hallway Fitness *</p> <p>2:35 Scrabble, D</p> <p>3:00 Musical, Broadway Plays, Movies, MT PF</p>	<p>17</p> <p>10:00 Morning Hallway Fitness, PF *</p> <p>10:35 Book Club, ACT</p> <p>1:00 Mahjong, D</p> <p>1:15 Party Bridge, D</p> <p>1:30 Wii Bowling, MT</p> <p>2:00 Afternoon Hallway Fitness *</p> <p>2:35 Bingo, ACT PF</p>	<p>ROSH HASHANAH BEGINS AT SUNSET 18</p> <p>9:00 Friday Scenic Drives!</p> <p>10:00 Morning Hallway Fitness, PF *</p> <p>10:35 Bingo, ACT</p> <p>1:00 Party Bridge, D</p> <p>1:30 Mexican Train, D</p> <p>2:00 Afternoon Hallway Fitness *</p> <p>2:35 Drawing & Coloring Class, ACT PF</p>	<p>19</p> <p>10:00 Morning Movie, MT</p> <p>1:00 Matinee Movie, MT</p>
<p>20</p> <p>10:00 Documentary Film Club, MT</p> <p>1:00 Sunday Sports!, MT</p>	<p>21</p> <p>10:00 Morning Hallway Fitness, PF *</p> <p>10:40 Travel Destination Series, MT</p> <p>1:00 Party Bridge, D</p> <p>1:30 Mexican Train, D</p> <p>2:00 Afternoon Hallway Fitness *</p> <p>3:00 Game Day! Mini Golf Challenge, ACT PF</p>	<p>AUTUMN BEGINS 22</p> <p>10:00 Morning Hallway Fitness, PF *</p> <p>10:00 Musicals, Broadway Plays, Movies, MT</p> <p>10:35 Bingo, ACT</p> <p>1:00 Party Bridge, D</p> <p>1:30 Drawing & Coloring Class, ACT</p> <p>2:00 Afternoon Hallway Fitness *</p> <p>2:40 Mexican Train, D PF</p>	<p>23</p> <p>10:00 Morning Hallway Fitness, PF *</p> <p>10:35 Bingo, ACT</p> <p>1:00 Party Bridge, D</p> <p>1:30 Singalong with AI, D</p> <p>2:00 Afternoon Hallway Fitness *</p> <p>2:35 Scrabble, D</p> <p>3:00 Musical, Broadway Plays, Movies, MT PF</p>	<p>24</p> <p>10:00 Morning Hallway Fitness, PF *</p> <p>10:35 Book Club, ACT</p> <p>1:00 Mahjong, D</p> <p>1:15 Party Bridge, D</p> <p>1:30 Wii Bowling, MT</p> <p>2:00 Afternoon Hallway Fitness *</p> <p>2:35 Bingo, ACT PF</p>	<p>25</p> <p>9:00 Friday Scenic Drives!</p> <p>10:00 Morning Hallway Fitness, PF *</p> <p>10:35 Bingo, ACT</p> <p>1:00 Party Bridge, D</p> <p>1:30 Mexican Train, D</p> <p>2:00 Afternoon Hallway Fitness *</p> <p>2:35 Drawing & Coloring Class, ACT PF</p>	<p>26</p> <p>10:00 Morning Movie, MT</p> <p>1:00 Matinee Movie, MT</p>
<p>YOM KIPPUR BEGINS AT SUNSET 27</p> <p>10:00 Documentary Film Club, MT</p> <p>1:00 Sunday Sports!, MT</p>	<p>28</p> <p>10:00 Morning Hallway Fitness, PF *</p> <p>10:40 Travel Destination Series, MT</p> <p>1:00 Party Bridge, D</p> <p>1:30 Mexican Train, D</p> <p>2:00 Afternoon Hallway Fitness *</p> <p>3:00 Game Day! Croquet Challenge, ACT PF</p>	<p>29</p> <p>10:00 Morning Hallway Fitness, PF *</p> <p>10:00 Musicals, Broadway Plays, Movies, MT</p> <p>10:35 Bingo, ACT</p> <p>1:00 Party Bridge, D</p> <p>1:30 Drawing & Coloring Class, ACT</p> <p>2:00 Afternoon Hallway Fitness *</p> <p>2:40 Mexican Train, D PF</p>	<p>30</p> <p>10:00 Morning Hallway Fitness, PF *</p> <p>10:35 Bingo, ACT</p> <p>1:00 Party Bridge, D</p> <p>2:00 Afternoon Hallway Fitness *</p> <p>2:35 Scrabble, D</p> <p>3:00 Musical, Broadway Plays, Movies, MT PF</p>	<p>Locations</p> <p>Activity Room, ACT</p> <p>Bistro, B</p> <p>Den, D</p> <p>Dining Room, DR</p> <p>Library, L</p> <p>Mezzanine, M</p> <p>Movie Theater, MT</p> <p>PrimeFitness Rm, PF</p> <p>Salon, S</p>		

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
 <p>Locations Movie Theater, SF Opal Activity Room, AR Opal Dining Room, OD Opal TV Room, OTV</p>		9:00 ● PrimeFit Sit & Fit, AR * 1 9:30 ● Animal Samaritans Dog Visit, AR 10:00 ● Snack Time!, OD 10:30 ● Karaoke with Tony!, OTV 1:00 ● Crafting Corner, AR 1:00 ● Animal Samaritans Dog Visit, OTV 3:00 ● Snack Time!, OD 3:15 ● Bingo Blast!, AR 6:00 ● Jenga Challenge!, AR PF	9:00 ● PrimeFit Sit & Fit, AR * 2 9:45 ● Scenic Bus Trip 10:00 ● Snack Time!, OD 10:30 ● Color & Puzzles, AR 10:30 ● Paws & Hearts Dog Visit, OTV 1:30 ● Movie Matinee & Virtual Reality, OTV 3:00 ● Snack Time!, OD 3:15 ● Bingo Blast!, AR PF	9:00 ● PrimeFit Sit & Fit, AR * 3 9:30 ● Ball Toss Competition, AR 10:00 ● Snack Time!, OD 10:30 ● A Little Bit of Everything with Nick, AR 1:00 ● Animal Samaritans Dog Visit, OTV 1:00 ● Singing with Anthony, OTV 3:00 ● Snack Time!, OD 3:15 ● Bingo Blast!, AR 3:15 ● Use Your Senses with Virtual Reality, AR 6:00 ● Grab Bag Game Night, AR PF	● Bingo Party!, AR 4 9:00 ● PrimeFit Sit & Fit, AR * 9:30 ● Ball Toss Competition, AR 10:00 ● Snack Time!, OD 10:30 ● Color & Puzzles, AR 1:00 ● Singalong with Amanda, AR 2:00 ● Arts & Crafts with Elyssa, AR 3:00 ● Snack Time!, OD 3:15 ● Bingo Blast!, AR PF	9:00 ● Exercise with Stephanie, AR * 5 9:30 ● Balloon Volleyball/ Parachute Toss, AR 10:00 ● Snack Time!, OD 10:30 ● Crafting Corner, AR 2:00 ● Manicure Day/Massage Therapy, AR 3:00 ● Snack Time!, OD 3:15 ● Bingo Blast!, AR 6:00 ● Jenga Challenge!, AR PF	
	6 10:00 ● Snack Time!, OD 10:30 ● Church Service, OTV 1:00 ● Singalong with Amanda, OTV 3:00 ● Sunday Tea!, OD 3:15 ● Bingo Party!, AR 6:00 ● Classic Film Festival, OTV	LABOR DAY 7 9:00 ● PrimeFit Sit & Fit, AR * 10:00 ● Snack Time!, OD 10:30 ● Nature Documentaries, OTV 1:00 ● Puzzle Time, AR 3:00 ● Snack Time!, OD 3:15 ● Bingo Party!, AR 6:00 ● Grab Bag Game Night, AR PF	8 9:00 ● PrimeFit Sit & Fit, AR * 9:30 ● Animal Samaritans Dog Visit, AR 10:00 ● Snack Time!, OD 10:30 ● Singalong with Ken, OTV 1:00 ● Animal Samaritans Dog Visit, OTV 1:00 ● Eldergrow Sensory Garden, AR 1:00 ● Crafting Corner, AR 3:00 ● Snack Time!, OD 3:15 ● Bingo Blast!, AR 6:00 ● Jenga Challenge!, AR PF	9 9:00 ● PrimeFit Sit & Fit, AR * 9:45 ● Scenic Bus Trip 10:00 ● Snack Time!, OD 10:30 ● Color & Puzzles, AR 10:30 ● Paws & Hearts Dog Visit, OTV 1:30 ● Movie Matinee & Virtual Reality, OTV 3:00 ● Snack Time!, OD 3:15 ● Bingo Blast!, AR PF	10 9:00 ● PrimeFit Sit & Fit, AR * 9:30 ● Ball Toss Competition, AR 10:00 ● Snack Time!, OD 10:30 ● A Little Bit of Everything with Nick, AR 1:00 ● Animal Samaritans Dog Visit, OTV 1:00 ● Singing with Anthony, OTV 3:00 ● Snack Time!, OD 3:15 ● Bingo Blast!, AR 3:15 ● Use Your Senses with Virtual Reality, AR 6:00 ● Grab Bag Game Night, AR PF	PATRIOT DAY 11 ● Bingo Party!, AR 9:00 ● PrimeFit Sit & Fit, AR * 9:30 ● Ball Toss Competition, AR 10:00 ● Snack Time!, OD 10:30 ● Color & Puzzles, AR 1:00 ● Singalong with Amanda, AR 2:00 ● Arts & Crafts with Elyssa, AR 3:00 ● Snack Time!, OD 3:15 ● Bingo Blast!, AR PF	12 9:00 ● Exercise with Stephanie, AR * 9:30 ● Balloon Volleyball/ Parachute Toss, AR 10:00 ● Snack Time!, OD 10:30 ● Crafting Corner, AR 2:00 ● Manicure Day/Massage Therapy, AR 3:00 ● Snack Time!, OD 3:15 ● Bingo Blast!, AR 6:00 ● Jenga Challenge!, AR PF
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	20 10:00 ● Snack Time!, OD 10:30 ● Church Service, OTV 1:00 ● Singalong with Amanda, OTV 3:00 ● Sunday Tea!, OD 3:15 ● Bingo Party!, AR 6:00 ● Classic Film Festival, OTV	21 9:00 ● PrimeFit Sit & Fit, AR * 10:00 ● Snack Time!, OD 10:30 ● Nature Documentaries, OTV 1:00 ● Puzzle Time, AR 3:00 ● Snack Time!, OD 3:15 ● Bingo Party!, AR 6:00 ● Grab Bag Game Night, AR PF	AUTUMN BEGINS 22 9:00 ● PrimeFit Sit & Fit, AR * 9:30 ● Animal Samaritans Dog Visit, AR 10:00 ● Snack Time!, OD 10:30 ● Singalong with Ken, OTV 1:00 ● Animal Samaritans Dog Visit, OTV 1:00 ● Eldergrow Sensory Garden, AR 1:00 ● Crafting Corner, AR 3:00 ● Snack Time!, OD 3:15 ● Bingo Blast!, AR 6:00 ● Jenga Challenge!, AR PF	23 9:00 ● PrimeFit Sit & Fit, AR * 9:45 ● Scenic Bus Trip 10:00 ● Snack Time!, OD 10:30 ● Color & Puzzles, AR 10:30 ● Paws & Hearts Dog Visit, OTV 1:30 ● Movie Matinee & Virtual Reality, OTV 3:00 ● Snack Time!, OD 3:15 ● Bingo Blast!, AR PF	24 9:00 ● PrimeFit Sit & Fit, AR * 9:30 ● Ball Toss Competition, AR 10:00 ● Snack Time!, OD 10:30 ● A Little Bit of Everything with Nick, AR 1:00 ● Animal Samaritans Dog Visit, OTV 1:00 ● Singing with Anthony, OTV 3:00 ● Snack Time!, OD 3:15 ● Bingo Blast!, AR 3:15 ● Use Your Senses with Virtual Reality, AR 6:00 ● Grab Bag Game Night, AR PF	25 ● Bingo Party!, AR 9:00 ● PrimeFit Sit & Fit, AR * 9:30 ● Ball Toss Competition, AR 10:00 ● Snack Time!, OD 10:30 ● Color & Puzzles, AR 1:00 ● Singalong with Amanda, AR 2:00 ● Arts & Crafts with Elyssa, AR 3:00 ● Snack Time!, OD 3:15 ● Bingo Blast!, AR PF	26 9:00 ● Exercise with Stephanie, AR * 9:30 ● Balloon Volleyball/ Parachute Toss, AR 10:00 ● Snack Time!, OD 10:30 ● Crafting Corner, AR 2:00 ● Manicure Day/Massage Therapy, AR 3:00 ● Snack Time!, OD 3:15 ● Bingo Blast!, AR 6:00 ● Jenga Challenge!, AR PF
	YOM KIPPUR BEGINS AT SUNSET 27 10:00 ● Snack Time!, OD 10:30 ● Church Service, OTV 1:00 ● Singalong with Amanda, OTV 3:00 ● Sunday Tea!, OD 3:15 ● Bingo Party!, AR 6:00 ● Classic Film Festival, OTV	28 9:00 ● PrimeFit Sit & Fit, AR * 10:00 ● Snack Time!, OD 10:30 ● Nature Documentaries, OTV 1:00 ● Puzzle Time, AR 3:00 ● Snack Time!, OD 3:15 ● Bingo Party!, AR 6:00 ● Grab Bag Game Night, AR PF	29 9:00 ● PrimeFit Sit & Fit, AR * 9:30 ● Animal Samaritans Dog Visit, AR 10:00 ● Snack Time!, OD 10:30 ● Karaoke with Tony!, OTV 1:00 ● Crafting Corner, AR 1:00 ● Animal Samaritans Dog Visit, OTV 3:00 ● Snack Time!, OD 3:15 ● Bingo Blast!, AR 6:00 ● Jenga Challenge!, AR PF	30 9:00 ● PrimeFit Sit & Fit, AR * 9:45 ● Scenic Bus Trip 10:00 ● Snack Time!, OD 10:30 ● Color & Puzzles, AR 10:30 ● Paws & Hearts Dog Visit, OTV 1:30 ● Movie Matinee & Virtual Reality, OTV 3:00 ● Snack Time!, OD 3:15 ● Bingo Blast!, AR PF	Transportation Monday - Thursday, 9 a.m.-3 p.m.: Medical Appointments Only Friday, 9 a.m.-3 p.m.: Personal Shopping Day <div style="border: 1px solid black; padding: 5px; text-align: center;"> Calendar events subject to change. #331880645 </div>		

opal key

-  Physical
-  Social
-  Experiential
-  Emotional & Spiritual
-  Creative & Artistic
-  Therapeutic
-  Sensory