

JUNE 2020 · FUN IN THE SUN

Family Matters

Whether it's for careers, love or just because the grass is greener, it's not easy to find many Colorado natives. But if you look hard enough, you'll find those like Mila Callahan (now Petrelli), a native born in 1937. As a lifelong resident, Petrelli has explored the vast Colorado outdoors and she did plenty of it with her family by her side.

"I was born in Denver on June 15, and put in an orphanage immediately," Petrelli said. Unbeknownst to Petrelli, a pair of farmers in their 40s were looking for a baby, and soon found one. "The nuns took them, and they went up and down rows of babies ... they literally went up and down several times," Petrelli said. "They picked me out (and) took me home to Boulder Valley."

The life of a child in a small town can be frustrating, but Petrelli enjoyed it. "Louisville and Lafayette — they are little towns, spaghetti towns," Petrelli said, smiling. "We lived outside of ... [Louisville] and up the hill is another little town called Lafayette. Our home was just at the bottom of those hills." Petrelli's mother wanted her daughter to stay in the house, but Petrelli wanted to be outdoors, a common theme in her life.

As a child, Petrelli worked on the farm, and that even included operating machinery. "I drove a tractor, a John Deere, cut weeds with those scythes, anything the farmers did," Petrelli remembered. "All our neighbors were milk people, my dad had quite a herd of milk cows, we had chickens, and the cows; we did have a few rabbits too," Petrelli said. As she neared the end of her high school years, Petrelli had intended to go to college, but there was a boy.

"This guy kept following me, and I did kind of love him, for sure" Petrelli said. "I finished high school and he, my sweetheart, joined the Navy and we got married." Petrelli was just 18 at the time she married Joe.

After marrying, Petrelli got a job at Dow Chemical, a nuclear weapons facility, and remained there for five years. "I was a secretary out in the foot hills, it was a whole underground (facility)," Petrelli said. It wasn't long until the Petrellis had children, and wanted to show them around the country.

"We just decided to include our two children in everything we did



Mila and her husband, Joe



Tulips from Holland

when we were a family," Petrelli remembers. "We camped, fished, if we needed parts for the car we'd all get in the car and end up at dinner somewhere, we were just a happy family and still are."

The growing Petrelli family soon included dogs and cats along for their adventures, and after buying an International Harvester Travelall in the 1970s, they could pack up and go anywhere. "I'd have sandwiches made and apples and off we'd go" Petrelli said, "And we always took our kids with us, always." The Petrellis enjoyed fishing, because the season was longer and it was less expensive.

"My husband loved to fish," Petrelli said, "we were going to get there or bust every weekend. We had the kids and the dogs every weekend except the winter." But even the cold weather didn't slow the family down. Her husband worked with an Austrian woman, no stranger to the slopes, and she taught them the way.

"She could ski like the lightning" Petrelli recalled, "she took us up and taught us all how to ski, which saved broken legs because we did it right." After becoming well-versed with on-their-feet activities, the Petrellis attempted life on two wheels.





Family Matters (Continued)

The Travelall allowed the Petrellis to buy dirt bikes, and they all rode together. "I had my own bike (and) they'd go pretty good, I think we wore them out," Petrelli said. "We'd put a kid on the back of each of us, and off we'd go. We'd dump sometimes, but we'd get up and dust off and get back on. We had so much fun."

By Angelo P. Stambene

If you would like to be featured in a story, please contact the front desk.

U.S. Military Helmets Through History

A crucial piece of equipment for a soldier in battle is their helmet. The head protectors have continually evolved over America's military history.

The U.S. Army first issued helmets when America entered World War I in 1917. Modeled after the British Army's Brodie helmet, the headgear resembled an upside-down metal bowl with a brim and chinstrap. The steel helmet helped protect the tops of soldiers' heads, but the face and sides of the head were left exposed.

World War II soldiers wore the MI helmet, which extended farther down the head and had a steel shell and adjustable liner, similar to construction hard hats. Its sturdiness prompted troops to nickname it the "steel pot." The M1 went on to be the standard-issue helmet during the Korean and Vietnam wars.

The invention of the synthetic fiber Kevlar led to the PASGT helmet, short for personal armor system for ground troops. Layers of puncture-resistant Kevlar provided a more lightweight yet effective shield against battlefield hazards for troops during the 1980s and '90s.

Since 2003, U.S. ground forces have worn the ACH, or advanced combat helmet, but officials are continually testing new options to provide the most state-of-the-art military helmet.

Bananas for Bananas

A staple for breakfast meals and the perfect on-the-go snack, bananas are one of the world's most consumed fruits.

Bananas were cultivated thousands of years ago in Southeast Asia and reached the New World in the 16th century. When first imported to the U.S. in the 1800s, the banana was considered an exotic food and eaten with a knife and fork.

Although bananas are considered fruits, botanically they are berries. They grow upside down on giant herb plants, not trees, in tropical climates. Their familiar curved shape is the result of growing against gravity toward the sunlight. An individual banana is called a finger, and a bunch is called a hand.

Worldwide, there are over 1,000 varieties of bananas, but the one most commonly found in stores and eaten fresh is the bright yellow Cavendish, due to its sweet taste and creamy texture. Bananas are rich in potassium, which can help lower blood pressure. The mineral also improves muscle function and boosts energy, and that's why many athletes eat a banana during competition and after workouts.

In the U.S., bananas are grown in Hawaii and Florida, but most of the nation's supply comes from Central and South America.

June Birthdays

Marie Andrews. 1st

Christopher Wilde, 4th

Isabel Murphy, 6th Sheryll Graves, 15th Janet Helm. 15th Anthony Hakar, 15th Mila Petrelli, 15th Irene Martin, 15th

Richard Yates. 15th Susan Theune, 19th Shirley Polokoff, 19th Carl Glocker, 21st

Judy Morgan, 21st Forest Pierce, 23rd Carol Hull, 23rd Maria Yates, 25th



IN FULL BLOOM

1605 Elm Creek View Colorado Springs, CO 80907 719.633.8181

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Puzzle Solutions

Brain Bender: What a Catch!

Nate Hall caught the 3-pound perch. Gary Benson caught the 6-pound trout. Stan Reynolds caught the 8-pound bass. Calvin White caught the 10-pound walleye. **TV Dads**

1. B; 2. C; 3. G; 4. E; 5. D; 6. F; 7. A

Word Ladders

1. dad, did, die, tie; 2. golf, gulf, gull, bull, ball; 3. fish, fist, mist, mint, pint, pins, fins





A Message From Leisure Care

As we continue to navigate the situation brought on by COVID-19, we remain vigilant about social distancing and infection control protocols, based on guidelines from the CDC and state health agencies. Instead of our monthly calendar, we are using this space to provide some additional puzzles and activities that you can enjoy at your leisure.

Thank you for your commitment to doing your part in keeping other residents and team members safe. For our most recent updates, visit www.leisurecare.com/ communication-plan. Please speak with your management team if you have any questions.

Summertime Snicker

Q: What holds the sun up in the sky? A: Sunbeams!

Brain Bender: What a Catch!

Four buddies-Calvin, Gary, Nate and Stan-went fishing. They each caught a different kind of fish: bass, walleye, perch and trout. From the clues below, can you determine the first and last names of each fisherman, what kind of fish he caught, and how much the fish weighed (3, 6, 8 or 10 pounds)?

- 1. Stan's last name isn't Hall.
- 2. Calvin, whose last name isn't Reynolds, didn't catch the smallest fish.
- 3. The man who caught the 8-pound fish didn't catch the walleye.
- 4. Mr. White didn't catch the 6-pound trout.
- 5. Nate caught the perch.
- 6. The fish were caught in the following order, from smallest to largest: Mr. Hall, Gary Benson, bass, and Calvin.

TV Dads

Match the father figure character to the TV show he appeared in.

TV Show

A. "Father Knows Best"

C. "Good Times"

D. "Family Matters"

E. "My Three Sons"

G. "The Courtship of

Eddie's Father"

F. "Happy Days"

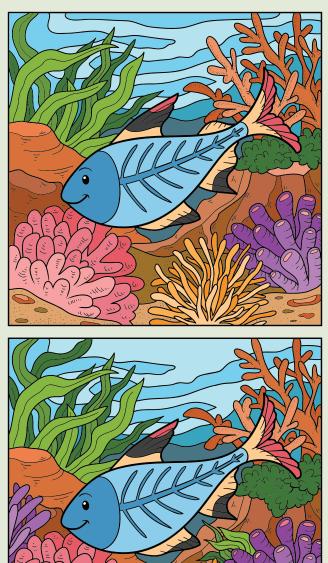
B. "Home Improvement"

Fictional Father

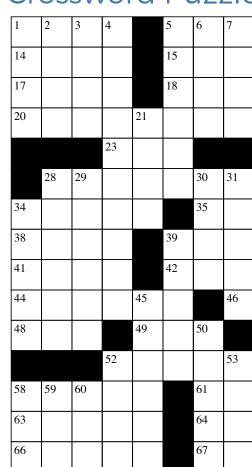
- 1. Tim Taylor
- 2. James Evans Sr.
- 3. Tom Corbett
- 4. Steve Douglas
- 5. Carl Winslow
- 6. Howard Cunningham
- 7. Jim Anderson

Double Take

Fish around and find 10 differences in these two pictures.



Crossword Puzzle



ACROSS

15

1. Use a dagger

- 5. Dull sound
- Upper right-hand corner item 9 14
 - One not to be trusted 1967 Montreal event
- 16. Comic strip Viking
- 17. Prefix for nautical or ballistics
- "...had a farm, __. 18.
- 19. Pay homage to
- 20. Job holders
- 23. Rolled cube
- 24. Naples three
- 25. 7 Down sponsor, for short
- 28. Ordains 32. Befuddles
- 34. Leader assassinated in 1981
- 35. Forest creatures
- 37. German one
- 38. Work units 39. A la
- 40 accompli
- 41. Dill herb
- 42. Laic response
- 43. Food lists
- 44. More to the point 46. Learned people
- 48. Grads-to-be: abbr.
- 49. Bulgaria's currency
- 51. Mich.'s neighbor
- 52. Besides
- 58. Informed
- 61. Circus performer 62. Church section
- 63. Boatman
- 64. Olympian Korbut
- 65. Lose one's footing
- 66. Beverages 67. Classic cars
- 68. Downhill conveyors



8		9	10	11	12	13
		16				
		19				
	22					
24				25	26	27
	32		33			
36			37			
			40			
		43				
	47					
	51					
54				55	56	57
			62			
			65			
			68			

DOWN

1.

- Chunk
- 2. Row
- 3 Bern waterway
- Shows to the public
- 5 Shrimp
- Five dozen old Romans, plus two 6
- Sports event 7.
- 8. Gist
- 9. Distributed 10. Tiny amounts
- 11. In the past
- 12. Ruin the surface of
- 13. Prefix for shrunk or suppose
- 21. Launderer's concern
- 22. Rub away
- 25. Adaptable
- 26. Brilliant one
- 27. Those who help: abbr.
- 28. Sewer
- 29. Gardeners' machines
- 30. Cheese variety
- 31. Blisters
- 33. Pleaders
- 34. Theater necessities 36. Explosive peak
- 39. Gave a hoot
- 43. Educator Horace
- 45. Forefathers
- 47. Musical instruments
- 50. Projecting brim
- 52. Square footage
- 53. Far: pref.
- 54. Fictional villain 55. Merry prank
- 56. 57
- 57. Slangy responses
- 58. Band of electrical sparks
- 59. Court
- 60. Hole make

Virtual Visits

You can get a free ticket to visit world-famous museums and attractions and use it without leaving the comfort of your chair. A wide range of virtual tours and online exhibits are available at your fingertips. Here are just a few you can explore.

- The Louvre, Paris. Louvre.fr/en/visites-en-ligne
- National Gallery of Art, Washington, D.C. NGA.gov
- Smithsonian National Museum of Natural History, Washington, D.C. NaturalHistory.Sl.edu
- · San Diego Zoo, San Diego. Zoo.SanDiegoZoo.org
- · Monterey Bay Aquarium, Monterey, Calif. MontereyBayAquarium.org/ animals/live-cams

Word Ladders

In each set below, use the clues to change the first word, one letter at a time, to get the last word.

DAD

- ___ Took action
- ___A cube with dots

TIE

GOLF

- Wide chasm ____
- Sea-loving bird ____
- Bovine patriarch ____

BALL

FISH

- A tightly closed hand
- Tiny water droplets
- Chewing gum flavor
- Two cups ____
- Sewing accessories
- FINS

JUNE 2020

Fun in the Sun

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
and the second s	9:20 • Reach & Stretch 1	9:20 • Reach & Stretch 2	9:20 • Reach & Stretch 3	9:20 • Reach & Stretch 4	9:20 • Reach & Stretch 5	9:20 • Reach & Stretch 6
	10:00 • Eldergrow	10:00 • Flower Arranging!	10:00 • Concert on Qello	10:00 • Memories in the Making	9:50 • Arts & Crafts Cluster Groups	10:30 • Trivia or Crosswords
a state of	10:45 • Indoor Gardening	11:00 • Conversation Cards	10:00 • Scenic Drive	11:30 • Music Trivia	11:15 • Indoor Gardening	11:15 • Indoor Gardening
and the second s	11:00 • Trivia Time	1:15 • Afternoon Exercise	11:00 • Indoor Gardening	12:00 • Lunch on the Patio *WP	1:15 • Afternoon Exercise	1:15 • Afternoon Exercise
	1:15 • Afternoon Exercise	1:45 • Short Story Reading	11:15 • Tana & Dalmatian Pet Visit	1:15 • Afternoon Exercise	1:30 • Friday Book Club!	1:30 • Short Story Reading
	2:00 • Cornhole or Toss the Ball	2:00 • Hand Massage 2:00 • Karaoke Singalong	1:15 • Afternoon Exercise	1:30 • Riddles/Brain Games	2:00 • Small Cluster Groups	2:30 • Weekly Brain Challenge
	2:30 • Snack &Chat	2:30 • Snack &Chat	1:30 • Cluster Groups!	2:00 • Board Games Resident Choice	2:30 • Snack &Chat	2:30 • Snack &Chat
		3:15 • Spiritual Sparkle& Devotional	2:30 • Snack &Chat	2:30 • Snack &Chat	2:30 • Happy Hour & Concert on Qello!	3:00 • Walking Club
	3:00 • Music Memories	3:30 • Trivia	3:00 • Music Social in the	3:00 • Trivia & Crossword	3:00 • Hand Massage	3:30 • Let's Get Outside!
	3:30 • Reminiscing & Discussion	3:30 • Let's Get Outside!	Piano Lounge!	3:30 • Matching Madness	3:30 • Yoga with Rebecca	3:30 • Yoga with Rebecca
and the state of the	4:00 • PrimeFit	4:00 • Exercise with PrimeFit	6:00 • Documentary Night	4:00 • Exercise with PrimeFit	4:00 • Singalong on IN2L	4:00 • Hand Therapy
	6:00 • Hand Massage	6:00 • Concert Series	6:30 • Hand Massage	6:30 • Thursday Throwback Classic TV	6:00 • Comedy TV Night	6:00 • Saturday Night Movie
9:20 • Reach & Stretch 7	9:20 • Reach & Stretch 8	9:20 • Reach & Stretch 9	• Gentlemen's Lunch! 10	9:20 • Reach & Stretch 11	9:20 • Reach & Stretch 12	9:20 • Reach & Stretch 13
9:45 • Nondenominational	10:00 • Arts & Crafts: Fun Objects	10:00 • Flower Arranging!	9:20 • Reach & Stretch	10:00 • Memories in the Making	9:50 • Arts & Crafts Cluster Groups	10:00 • Paint Like An Artist! Jackson Pollock
Church Service	10:45 • Indoor Gardening	11:00 • Conversation Cards	10:00 • Concert on Qello	11:30 • Music Trivia	11:15 • Indoor Gardening	10:30 • Trivia or Crosswords
10:00 • Small Cluster Groups	11:00 • Trivia Time	1:15 • Afternoon Exercise	10:00 • Scenic Drive	12:00 • Lunch on the Patio *WP	1:15 • Afternoon Exercise	11:15 • Indoor Gardening
1:15 • Afternoon Exercise	1:15 • Afternoon Exercise	1:45 • Short Story Reading	11:00 • Indoor Gardening	1:15 • Afternoon Exercise	1:30 • Friday Book Club!	1:15 • Afternoon Exercise
1:30 • Good News & Views		2:00 • Hand Massage	11:15 • Tana & Dalmatian Pet Visit	1:30 • Riddles/Brain Games	2:00 • Small Cluster Groups	1:30 • Short Story Reading
2:00 • Cornhole or Toss the Ball	2:00 • Cornhole or Toss the Ball	2:00 • Karaoke Singalong 2:30 • Snack &Chat	1:15 • Afternoon Exercise1:30 • Cluster Groups!	2:00 • Bowling League!	2:30 • Snack &Chat	2:30 • Weekly Brain Challenge
2:30 • Snack &Chat	2:30 • Snack &Chat	3:15 • Spiritual Sparkle& Devotional	2:30 • Snack &Chat	2:30 • Snack &Chat	2:30 • Happy Hour & Concert on Qello!	2:30 • Snack &Chat
3:00 • Piano Club!	3:00 • Music Memories	3:30 • Trivia	3:00 • Music Social in the	3:00 • Trivia & Crossword	3:00 • Hand Massage	3:00 • Walking Club 3:30 • Let's Get Outside!
3:45 • Hymn Sing	3:30 • Reminiscing & Discussion	3:30 • Let's Get Outside!	Piano Lounge!	3:30 • Matching Madness	3:30 • Yoga with Rebecca	3:30 • Yoga with Rebecca
4:00 • Classic TV	4:00 • PrimeFit	4:00 • Exercise with PrimeFit	6:00 • Documentary Night	4:00 • Exercise with PrimeFit	4:00 • Singalong on IN2L	4:00 • Hand Therapy
6:00 • Hand Therapy	6:00 • Hand Massage	6:00 • Concert Series	6:30 • Hand Massage	6:30 • Thursday Throwback Classic TV	6:00 • Comedy TV Night	6:00 • Saturday Night Movie
FLAG DAY 14	9:20 • Reach & Stretch 15	9:20 • Reach & Stretch 16	9:20 • Reach & Stretch 17	9:20 • Reach & Stretch 18	0:20 • Deach & Stratch 19	SUMMER BEGINS 20
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9:45 • Nondenominational	10:45 • Indoor Gardening	11:00 • Conversation Cards	10:00 • Scenic Drive	11:30 • Music Trivia	9:50 • Arts & Crafts Cluster Groups 11:15 • Indoor Gardening	10:30 • Trivia or Crosswords
Church Service	11:00 • Trivia Time	1:15 • Afternoon Exercise	11:00 • Indoor Gardening	12:00 • Lunch on the Patio *WP	1:15 • Afternoon Exercise	11:15 • Indoor Gardening
10:00 • Small Cluster Groups		1:45 • Short Story Reading	11:15 • Tana & Dalmatian Pet Visit	1:15 • Afternoon Exercise	1:30 • Friday Book Club!	1:15 • Afternoon Exercise
1:15 • Afternoon Exercise	1:15 • Afternoon Exercise	2:00 • Hand Massage	1:15 • Afternoon Exercise	1:30 • Riddles/Brain Games	2:00 • Small Cluster Groups	1:30 • Short Story Reading
1:30 • Good News & Views	2:00 • Cornhole or Toss the Ball	2:00 • Karaoke Singalong	1:30 • Cluster Groups!	2:00 • Board Games Resident Choice	2:30 • Snack &Chat	2:30 • Weekly Brain Challenge
2:00 • Cornhole or Toss the Ball 2:30 • Snack &Chat	2:30 • Snack &Chat	2:30 • Snack &Chat 3:15 • Spiritual Sparkle& Devotional	2:30 • Snack &Chat	2:30 • Snack &Chat	2:30 • Happy Hour & Concert on Qello!	2:30 • Snack &Chat
3:00 • Piano Club!	3:00 • Music Memories	3:30 • Trivia	3:00 • Music Social in the	3:00 • Trivia & Crossword	3:00 • Hand Massage	3:00 • Walking Club 3:30 • Let's Get Outside!
3:45 • Hymn Sing	3:30 • Reminiscing & Discussion	3:30 • Let's Get Outside!	Piano Lounge!	3:30 • Matching Madness	3:30 • Yoga with Rebecca	3:30 • Yoga with Rebecca
4:00 • Classic TV	4:00 • PrimeFit	4:00 • Exercise with PrimeFit	6:00 • Documentary Night	4:00 • Exercise with PrimeFit	4:00 • Singalong on IN2L	4:00 • Hand Therapy
6:00 • Hand Therapy	6:00 • Hand Massage	6:00 • Concert Series	6:30 • Hand Massage	6:30 • Thursday Throwback Classic TV	6:00 • Comedy TV Night	6:00 • Saturday Night Movie
FATHER'S DAY 21	9.20 • Reach & Stretch 22	9:20 • Reach & Stretch 23	Gentlemen's Lunch! 24	9:20 • Reach & Stretch 25	9.20 • Peach & Stretch 26	9:20 • Reach & Stretch 27
		10:00 • Flower Arranging!	9:20 • Reach & Stretch	10:00 • Memories in the Making	J.20 • Reden & Streten	10:30 • Trivia or Crosswords
9:20 • Reach & Stretch 9:45 • Nondenominational Church Service	10:00 • Arts & Crafts: Fun Objects	11:00 • Conversation Cards	10:00 • Concert on Qello	11:30 • Music Trivia	9:50 • Arts & Crafts Cluster Groups	11:15 • Indoor Gardening
10:00 • Small Cluster Groups	10:45 • Indoor Gardening	1:15 • Afternoon Exercise	10:00 • Scenic Drive	12:00 • Lunch on the Patio *WP	11:15 • Indoor Gardening 1:15 • Afternoon Exercise	1:15 • Afternoon Exercise
10:00 • Father's Day Coffee	11:00 • Trivia Time	1:45 • Short Story Reading	11:00 • Indoor Gardening	1:15 • Afternoon Exercise	1:30 • Friday Book Club!	1:30 • Short Story Reading 2:15 • Garden Party
1:15 • Afternoon Exercise	1:15 • Afternoon Exercise	2:00 • Hand Massage	11:15 • Tana & Dalmatian Pet Visit	1:30 • Riddles/Brain Games	2:00 • Small Cluster Groups	2:30 • Weekly Brain Challenge
1:30 • Good News & Views	2:00 • Cornhole or Toss the Ball	2:00 • Karaoke Singalong	1:15 • Afternoon Exercise	2:00 • Bowling League!	2:30 • Snack &Chat	2:30 • Snack &Chat
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2:30 • Shack & Chat 3:00 • Piano Club!	3:00 • Music Memories	3:15 • Spiritual Sparkle& Devotional 3:30 • Trivia	2:30 • Snack &Chat	3:00 • Trivia & Crossword	3:00 • Hand Massage	3:30 • Let's Get Outside!
3:45 • Hymn Sing	3:30 • Reminiscing & Discussion	3:30 • Let's Get Outside!	3:00 • Music Social in the Piano Lounge!	3:30 • Matching Madness	3:30 • Yoga with Rebecca	3:30 • Yoga with Rebecca
4:00 • Classic TV	4:00 • PrimeFit	4:00 • Exercise with PrimeFit	6:00 • Documentary Night	4:00 • Exercise with PrimeFit	4:00 • Singalong on IN2L	4:00 • Hand Therapy 6:00 • Saturday Night Movie
6:00 • Hand Therapy	6:00 • Hand Massage	6:00 • Concert Series	6:30 • Hand Massage	6:30 • Thursday Throwback Classic TV	6:00 • Comedy TV Night	10:00 • Paint Like An Artist: John Audubon
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Church Service	10:45 • Indoor Gardening	11:00 • Conversation Cards		*opal key		
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1:15 • Afternoon Exercise	1:15 • Afternoon Exercise	1:45 • Short Story Reading		Physical		
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2:00 • Cornhole or Toss the Ball		2:00 • Hand Massage 2:30 • Snack &Chat		_ 😥 😥 Experiential		
2:30 • Snack &Chat	2:30 • Snack &Chat	3:00 • Music with George!	Daily Programs are subject to	o change. 📃 💿 Emotional & Spi	ritual	
3:00 • Piano Club!	3:00 • Music Memories	3:15 • Spiritual Sparkle& Devotional	Afternoon Snack serve			
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