

livfun

Mackenzie Place - Colorado Springs



SEPTEMBER 2020 · BELIEVE

Two Peas in a Pod

Dean Arnold arrived on Earth like most people do, but unlike most people, Dean didn't have to struggle to find footing in this world alone. Because alongside Dean was his twin brother, Don, and together they'd navigate life.

While their mother was pregnant, she took her eldest child and boarded a train from Florida, to Salina, Kan., where her family was. Her husband stayed in Florida for the time being, working as a mechanic. "When (it) came time to have the baby, they packed up and went 20 miles away to McPherson, Kan." Arnold said. "There were no hospitals down in the country area, and mom ended up with two babies. Two identical little people, we weighed five pounds each." From the day of their birth on Oct. 7, 1926, the two Arnold boys did nearly everything together and that included working on the farm.

"Don and I were running the hay baler ... (and we'd) get five cents a bale for every one (we) made." Arnold said. "I say 100,000 bales a year we probably made, and every one of them was stop and go, stop and go." The twins weren't just working a hay baler though, they participated in all work on the farm.

"By the time (we were) seven years old, dad taught us how to milk a teat." Arnold recalled. "Don and I wished we never heard of (milking), especially when you're in high school. (To) get up in the morning, go out and milk cows, then get dressed, go in town (to) high school, come home that night (and) go out and milk more cows again." Arnold said, laughing heartily. At school, Arnold was an attentive student and that started early on in his education.

"In first grade, country grade school, they had one teacher teaching a schoolroom. She'd teach classes (from) first to the eighth grade, (with) eight grades in the schoolroom." Arnold said. "The first graders are in the front row, so when they're reciting, the eighth graders standing right in front of us. We heard everything they said. We were learning and absorbing eight grades of education when we were still just first graders."

After they graduated high school, Dean and Don decided they wanted to become pilots and joined the Army Air Corps in 1944. However, because they were not yet 18, they were told to go to college.

"Don and I went to Washington University in St. Louis, under the auspices of the United States Army Air Corps." Arnold said. "When we finished six months of college, we had turned 18, so we went to Sheppard Field, Texas for basic training." After basic training, Dean remained in the Air Corps Reserve and became one of the first members of the U.S. Air Force when it separated from the Air Corps in 1947.

After returning to Kansas, the brothers attended and later graduated Kansas State, both with a degree in accounting, and that's when everything changed.

"Don went to Wichita, Kan. and I went to Hutchinson, Kan." Arnold said. At this time we were about 23 years old. For 23 years we had (only) been separated for one week, when Don had appendicitis in the 1930s." Arnold recalls. "It was strange except we talked a lot on the telephone and notes, so we were very close." The separation wouldn't be permanent however, as the two CPAs would find a firm to take them in.

"I went to Wichita, working at a CPA firm there, and Don was working at a different firm. Don left his and then he came over to our firm." Arnold recalled. "So again, side by side in Wichita."



Dean



Dean's twin brother

(Continued on back.)

Two Peas in a Pod (Continued)

Arnold would be called back into the service during the Korean War and spent one year at Selfridge Field, Mich., before going back to the Reserves and being promoted to Captain. Arnold was fully released from the Air Force in 1980. During that time, Arnold's CPA firm transferred him to Colorado Springs in 1973 and he retired in 1986.

By Angelo P. Stambene

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

September Birthdays

Wanda Stockwell, 1st	Roger Rhodes, 12th	Esfandiar Safayan, 21st
Bud Martin, 2nd	Ann Price, 13th	Alexander Finta, 23rd
Richard Margeson, 2nd	Nancy Loveall, 13th	Patricia Giffen, 25th
Margaret Armstrong, 4th	William Johnson, 14th	Devere Curtiss, 26th
Arline Nelson, 5th	Adrienne Grist, 19th	Carolyn Ogren, 28th
John Megow, 5th	Robert Pietsch, 19th	Barbara Adkisson, 29th
John Wittry, 6th	James Hartman Jr., 20th	Millie Sturgis, 29th
Ilse Snyder, 6th	Petie Leggett, 20th	Paul Barton, 30th
Tom Weatherly, 6th	Rosalie Hoover, 21st	
Moira Silva, 9th	JW Sanders, 21st	

The Sunniest Flower

Bright and cheerful, sunflowers are late-summer blooms that have grown to be an annual crowd-pleasing sight.

The iconic sunflower is a tall, sturdy stalk topped with a vibrant gold blossom. There are over 70 varieties of the plant, from dwarf types that only reach 3 feet tall to mammoths that stand more than 15 feet high and can have heads about a foot wide. In addition to the classic yellow color, blooms can also be orange, red or purple, or have striped hues.

Each of a sunflower's petals is a kind of flower called a ray floret. These petals surround the head's large center, which is made of thousands of tiny flowers that eventually dry up and fall off, revealing mature seeds. Depending on the variety of sunflower, the seeds can be harvested and sold as a snack food, processed into cooking oil, or packaged as birdseed.

A fascinating feature of sunflowers is that they follow the sun's movement through the sky from dawn to dusk. Called heliotropism, this movement occurs when the plants are young. Mature sunflowers typically face east.

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.



RETIREMENT
IN FULL BLOOM

1605 Elm Creek View
Colorado Springs, CO 80907
719.633.8181

Staff

General Manager

Kristi Graham

Guest Services Manager

Kathy Price

Sales Manager

Barb Stephens

Sales Advisor

Mark Brantley

Sales and Move-in Coordinator

Daniel Nord

Executive Chef

Anthony Neal

Restaurant Manager

Brooke-Lynn Jeffries

Health and Wellness Director

David Hill

Health and Wellness Assistant Director

Kelly Krc

Memory Care Program Manager

Morgan Gundy

Office Manager

Mark Hatten

Program Supervisor

Lindsey McEvoy

PrimeFit Instructor

Adel Susic

Plant Operations Supervisor

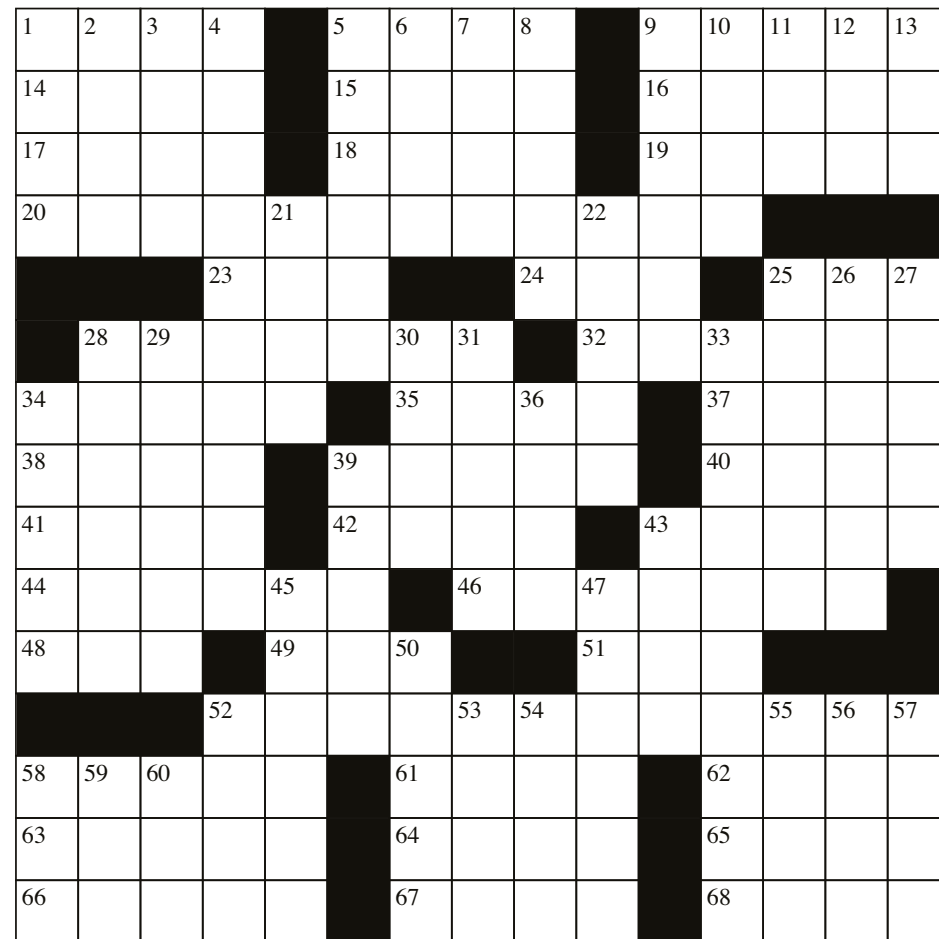
Oliver Milan-Lopez

A Message From Leisure Care

We are continuing to follow a modified schedule of activities due to COVID-19. Instead of the monthly calendar, please enjoy these additional activities that you can do at your leisure. Again, we thank you for your cooperation in helping to keep everyone in our community healthy and safe.

For updates, visit www.leisurecare.com/communication-plan. Please contact your management team if you have any questions.

Crossword Puzzle



ACROSS

- Bargain-hunt
- Fog
- Read __; recite
- Novel setting
- Of the U.S.A.
- Rent long-term
- Of a generation
- Pocket bread
- Procrastinator's word
- Warm lunch
- Originally named
- Call a halt to
- Nemesis
- Rhythm
- Cuts
- Lament
- Bee colony
- "Ah, me!"
- Character in Othello
- West Point student
- Out of __; behaving inappropriately
- Word with stick or roll
- One who acts like another
- Lets
- Evaluate
- Pillages
- Do a hairdresser's job

DOWN

- Heavenly Milles.
- Nag
- Not just tacit
- Mom, dad, or madam
- Take place
- Friend at the école
- Greek letter
- Expunge
- Refer
- Spring
- Bit of cereal
- Take advantage of
- German article
- High schooler
- Start
- Follower of 7 Down
- Building site
- Admirable people who influence others
- William and Sean
- Reddish-brown animal
- Tack
- Gladden
- "__ Wonderful Life"
- Slave of old
- Chihuahua children
- Late actor Bert
- Worry
- Cat
- Praying figures
- Winding roads
- Rough
- Part of summer
- Fellow
- Sea duck
- Certain love messages
- Fictional king
- Miles, e.g.
- Tosses
- Public disturbance
- Sight and taste
- Existing on a flat surface
- Fourth page of a wall hanging
- Preposition
- Insignificant amount
- Complaint to a dermatologist
- Hot spot
- __ PM: 2100 hours
- Did in
- Item in a desk drawer
- Mr. Whitney
- Girl's nickname

Brain Bender: Moving Day Dilemma

Anna, Bridget, Crystal, Danielle, Elyse, Faith, Gabby, Hallie and Jade are all moving into a three-story apartment building. Each floor has three apartments: west, middle and east. Use the clues below to figure out the floor and the apartment where each lives.

- Hallie does not live on the ground floor.
- Faith lives directly above Jade and directly next to Bridget, who lives in a west apartment.
- Elyse lives in an east apartment and one floor higher than Faith.
- Danielle lives directly above Faith.
- Gabby lives directly above Crystal.

A Word Game To 'DO'

Every answer below is a six-letter word or name that ends with the two letters D and O.

- Lizard that's a "dragon"
- Spanish for "Saturday"
- Men's fancy black-and-white attire
- Actor who starred in "On the Waterfront"
- Square dance move
- City in Ohio
- Type of martial art
- Name of a U.S. state and a river

Globetrotting Online

The next best thing to being there, traveling online is a good way to get away. Many of the world's tourist destinations are using technology so that virtual travelers can tour and interact with locales. Here's a sample of some digital tours:

- Australia's Great Barrier Reef**
AttenboroughsReef.com
- Acropolis of Athens**
AcropolisVirtualTour.gr
- Peru's Machu Picchu**
YouVisit.com/tour/MachuPicchu

Use the search terms "virtual tour" with the names of other famous places, and you'll likely find they offer online experiences. There are tours of the Eiffel Tower, Great Wall of China, Taj Mahal, and the Egyptian pyramids. NASA even has out-of-this-world trips to the International Space Station and explorations of other solar systems.

Puzzle Solutions

Brain Bender: Moving Day Dilemma

Ground floor: west: Anna; middle: Jade; east: Crystal. Second floor: west: Bridget; middle: Faith; east: Gabby. Third floor: west: Hallie; middle: Danielle; east: Elyse

A Word Game To 'DO'

- Komodo; 2. Sabado; 3. tuxedo; 4. Marlon Brando; 5. do-si-do; 6. Toledo; 7. judo or hapkido; 8. Colorado

'Care' Is One

How many words can you come up with using the letters in "appreciate"?



This Will Leaf You Smiling

Q: What's a tree's least favorite month?

A: Sep-timber!

Coloring Corner



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>Birthdays Adrienne Daniel-Grist, 19th Jim Hartman, 20th Patricia Giffen, 25th</p>		<p>9:30 ● Morning Exercise! 1</p> <p>10:00 ● Arts Assemble</p> <p>11:10 ● Let's Dance!</p> <p>1:00 ● Afternoon Walking Club!</p> <p>1:30 ● Hand Massage & Warm Towels</p> <p>2:00 ● Weekly Hymn Sing</p> <p>2:30 ● Weekly Devotional</p> <p>3:00 ● What's That Smell Game</p> <p>3:30 ● Brain Teasers</p> <p>4:00 ● Exercise with PrimeFit</p> <p>6:00 ● Classic Movie & Warm Towels</p>	<p>9:30 ● Morning Exercise! 2</p> <p>10:00 ● Arts Assemble</p> <p>10:45 ● Scenic Bus Drive</p> <p>1:00 ● Afternoon Walking Club!</p> <p>1:30 ● One on Ones</p> <p>2:15 ● Music Trivia</p> <p>3:00 ● Scenic Bus Drive</p> <p>3:00 ● Travel Videos</p> <p>4:00 ● Exercise with PrimeFit</p> <p>6:00 ● Comedy TV & Hand Massage</p>	<p>9:30 ● Morning Exercise! 3</p> <p>10:00 ● Arts Assemble</p> <p>11:00 ● Bible Study Group</p> <p>1:00 ● Afternoon Walking Club!</p> <p>1:30 ● Hand Massage & Warm Towels</p> <p>2:00 ● Karaoke Singalong</p> <p>3:00 ● Nail Day</p> <p>4:00 ● Exercise with PrimeFit</p> <p>6:00 ● Classic Movie & Warm Towels</p>	<p>9:30 ● Morning Exercise! 4</p> <p>10:00 ● Arts Assemble</p> <p>11:00 ● Sensory Games</p> <p>1:00 ● Afternoon Walking Club!</p> <p>1:30 ● One on Ones</p> <p>2:00 ● Friday Forum</p> <p>2:30 ● Happy Hour & Concert!</p> <p>3:30 ● Hand Massage or Warm Towels</p> <p>4:00 ● Exercise with PrimeFit</p> <p>6:00 ● Comedy TV & Hand Massage</p>	<p>9:30 ● Morning Exercise! 5</p> <p>10:00 ● Arts Assemble</p> <p>11:00 ● Let's Garden</p> <p>11:15 ● Trivia or Crosswords</p> <p>1:00 ● Afternoon Walking Club!</p> <p>2:00 ● Let's Play a Game</p> <p>3:15 ● Music on the Piano</p> <p>4:00 ● Exercise with PrimeFit</p> <p>6:00 ● Resident Choice Movie!</p>
	<p>9:30 ● Morning Exercise! 6</p> <p>10:00 ● Church Service Online</p> <p>11:00 ● Hymn Singing</p> <p>1:00 ● Afternoon Walking Club!</p> <p>1:30 ● Hand Massage & Warm Towels</p> <p>2:00 ● Bingo or Uno</p> <p>3:00 ● Short Story Reading</p> <p>3:30 ● Small Cluster Groups</p> <p>4:00 ● Exercise with PrimeFit</p> <p>6:00 ● Classic Movie & Warm Towels</p>	<p>LABOR DAY 7</p> <p>9:30 ● Morning Exercise!</p> <p>10:00 ● Arts Assemble</p> <p>11:00 ● Let's Garden</p> <p>1:00 ● Afternoon Walking Club!</p> <p>1:30 ● One on Ones</p> <p>1:30 ● Movie in the Theater!</p> <p>2:00 ● Word Games</p> <p>2:30 ● Brain Teasers or Discussion Group</p> <p>3:15 ● Resident Choice Game</p> <p>3:30 ● Gentlemen's Coffee Chat</p> <p>4:00 ● Exercise with PrimeFit</p> <p>6:00 ● Comedy TV & Hand Massage</p>	<p>9:30 ● Morning Exercise! 8</p> <p>10:00 ● Arts Assemble</p> <p>11:10 ● Let's Dance!</p> <p>1:00 ● Afternoon Walking Club!</p> <p>1:30 ● Hand Massage & Warm Towels</p> <p>2:00 ● Weekly Hymn Sing</p> <p>2:30 ● Weekly Devotional</p> <p>3:00 ● What's That Smell Game</p> <p>3:30 ● Brain Teasers</p> <p>4:00 ● Exercise with PrimeFit</p> <p>6:00 ● Classic Movie & Warm Towels</p>	<p>9:30 ● Morning Exercise! 9</p> <p>10:00 ● Arts Assemble</p> <p>10:45 ● Scenic Bus Drive</p> <p>1:00 ● Afternoon Walking Club!</p> <p>1:30 ● One on Ones</p> <p>2:15 ● Music Trivia</p> <p>3:00 ● Scenic Bus Drive</p> <p>3:00 ● Travel Videos</p> <p>4:00 ● Exercise with PrimeFit</p> <p>6:00 ● Comedy TV & Hand Massage</p>	<p>9:30 ● Morning Exercise! 10</p> <p>10:00 ● Arts Assemble</p> <p>11:00 ● Bible Study Group</p> <p>1:00 ● Afternoon Walking Club!</p> <p>1:30 ● Hand Massage & Warm Towels</p> <p>2:00 ● Name That Tune</p> <p>3:00 ● Nail Day</p> <p>4:00 ● Exercise with PrimeFit</p> <p>6:00 ● Classic Movie & Warm Towels</p>	<p>PATRIOT DAY 11</p> <p>9:30 ● Morning Exercise!</p> <p>10:00 ● Arts Assemble</p> <p>11:00 ● Sensory Games</p> <p>1:00 ● Afternoon Walking Club!</p> <p>1:30 ● One on Ones</p> <p>2:00 ● Friday Forum</p> <p>2:30 ● Happy Hour & Concert!</p> <p>3:30 ● Hand Massage or Warm Towels</p> <p>4:00 ● Exercise with PrimeFit</p> <p>6:00 ● Comedy TV & Hand Massage</p>
<p>9:30 ● Morning Exercise! 13</p> <p>10:00 ● Church Service Online</p> <p>11:00 ● Hymn Singing</p> <p>1:00 ● Afternoon Walking Club!</p> <p>1:30 ● Hand Massage & Warm Towels</p> <p>2:00 ● Bingo or Uno</p> <p>3:00 ● Short Story Reading</p> <p>3:30 ● Small Cluster Groups</p> <p>4:00 ● Exercise with PrimeFit</p> <p>6:00 ● Classic Movie & Warm Towels</p>	<p>9:30 ● Morning Exercise! 14</p> <p>10:00 ● Arts Assemble</p> <p>11:00 ● Let's Garden</p> <p>1:00 ● Afternoon Walking Club!</p> <p>1:30 ● One on Ones</p> <p>1:30 ● Movie in the Theater!</p> <p>2:00 ● Word Games</p> <p>2:30 ● Brain Teasers or Discussion Group</p> <p>3:15 ● Resident Choice Game</p> <p>3:30 ● Gentlemen's Coffee Chat</p> <p>4:00 ● Exercise with PrimeFit</p> <p>6:00 ● Comedy TV & Hand Massage</p>	<p>9:30 ● Morning Exercise! 15</p> <p>10:00 ● Arts Assemble</p> <p>11:10 ● Let's Dance!</p> <p>1:00 ● Afternoon Walking Club!</p> <p>1:30 ● Hand Massage & Warm Towels</p> <p>2:00 ● Weekly Hymn Sing</p> <p>2:30 ● Weekly Devotional</p> <p>3:00 ● What's That Smell Game</p> <p>3:30 ● Brain Teasers</p> <p>4:00 ● Exercise with PrimeFit</p> <p>6:00 ● Classic Movie & Warm Towels</p>	<p>9:30 ● Morning Exercise! 16</p> <p>10:00 ● Arts Assemble</p> <p>10:45 ● Scenic Bus Drive</p> <p>1:00 ● Afternoon Walking Club!</p> <p>1:30 ● One on Ones</p> <p>2:15 ● Music Trivia</p> <p>3:00 ● Scenic Bus Drive</p> <p>3:00 ● Travel Videos</p> <p>4:00 ● Exercise with PrimeFit</p> <p>6:00 ● Comedy TV & Hand Massage</p>	<p>9:30 ● Morning Exercise! 17</p> <p>10:00 ● Arts Assemble</p> <p>11:00 ● Bible Study Group</p> <p>1:00 ● Afternoon Walking Club!</p> <p>1:30 ● Hand Massage & Warm Towels</p> <p>2:00 ● Karaoke Singalong</p> <p>3:00 ● Nail Day</p> <p>4:00 ● Exercise with PrimeFit</p> <p>6:00 ● Classic Movie & Warm Towels</p>	<p>ROSH HASHANAH BEGINS AT SUNSET 18</p> <p>9:30 ● Morning Exercise!</p> <p>10:00 ● Arts Assemble</p> <p>11:00 ● Sensory Games</p> <p>1:00 ● Afternoon Walking Club!</p> <p>1:30 ● One on Ones</p> <p>2:00 ● Friday Forum</p> <p>2:30 ● Happy Hour & Concert!</p> <p>3:30 ● Hand Massage or Warm Towels</p> <p>4:00 ● Exercise with PrimeFit</p> <p>6:00 ● Comedy TV & Hand Massage</p>	<p>9:30 ● Morning Exercise! 19</p> <p>10:00 ● Arts Assemble</p> <p>11:00 ● Let's Garden</p> <p>11:15 ● Trivia or Crosswords</p> <p>1:00 ● Afternoon Walking Club!</p> <p>2:00 ● Birthday Party!</p> <p>3:15 ● Music on the Piano</p> <p>4:00 ● Exercise with PrimeFit</p> <p>6:00 ● Resident Choice Movie!</p>
<p>9:30 ● Morning Exercise! 20</p> <p>10:00 ● Church Service Online</p> <p>11:00 ● Hymn Singing</p> <p>1:00 ● Afternoon Walking Club!</p> <p>1:30 ● Hand Massage & Warm Towels</p> <p>2:00 ● Bingo or Uno</p> <p>3:00 ● Short Story Reading</p> <p>3:30 ● Small Cluster Groups</p> <p>4:00 ● Exercise with PrimeFit</p> <p>6:00 ● Classic Movie & Warm Towels</p>	<p>9:30 ● Morning Exercise! 21</p> <p>10:00 ● Arts Assemble</p> <p>11:00 ● Let's Garden</p> <p>1:00 ● Afternoon Walking Club!</p> <p>1:30 ● One on Ones</p> <p>1:30 ● Movie in the Theater!</p> <p>2:00 ● Word Games</p> <p>2:30 ● Brain Teasers or Discussion Group</p> <p>3:15 ● Resident Choice Game</p> <p>3:30 ● Gentlemen's Coffee Chat</p> <p>4:00 ● Exercise with PrimeFit</p> <p>6:00 ● Comedy TV & Hand Massage</p>	<p>AUTUMN BEGINS 22</p> <p>9:30 ● Morning Exercise!</p> <p>10:00 ● Arts Assemble</p> <p>11:10 ● Let's Dance!</p> <p>1:00 ● Afternoon Walking Club!</p> <p>1:30 ● Hand Massage & Warm Towels</p> <p>2:00 ● It's Fall Y'all Party</p> <p>2:00 ● Weekly Hymn Sing</p> <p>2:30 ● Weekly Devotional</p> <p>3:00 ● What's That Smell Game</p> <p>3:30 ● Brain Teasers</p> <p>4:00 ● Exercise with PrimeFit</p> <p>6:00 ● Classic Movie & Warm Towels</p>	<p>9:30 ● Morning Exercise! 23</p> <p>10:00 ● Arts Assemble</p> <p>10:45 ● Scenic Bus Drive</p> <p>1:00 ● Afternoon Walking Club!</p> <p>1:30 ● One on Ones</p> <p>2:15 ● Music Trivia</p> <p>3:00 ● Scenic Bus Drive</p> <p>3:00 ● Travel Videos</p> <p>4:00 ● Exercise with PrimeFit</p> <p>6:00 ● Comedy TV & Hand Massage</p>	<p>9:30 ● Morning Exercise! 24</p> <p>10:00 ● Arts Assemble</p> <p>11:00 ● Bible Study Group</p> <p>1:00 ● Afternoon Walking Club!</p> <p>1:30 ● Hand Massage & Warm Towels</p> <p>2:00 ● Name That Tune</p> <p>3:00 ● Nail Day</p> <p>4:00 ● Exercise with PrimeFit</p> <p>6:00 ● Classic Movie & Warm Towels</p>	<p>9:30 ● Morning Exercise! 25</p> <p>10:00 ● Arts Assemble</p> <p>11:00 ● Sensory Games</p> <p>1:00 ● Afternoon Walking Club!</p> <p>1:30 ● One on Ones</p> <p>2:00 ● Friday Forum</p> <p>2:30 ● Happy Hour & Concert!</p> <p>2:30 ● Birthday Party!</p> <p>3:30 ● Hand Massage or Warm Towels</p> <p>4:00 ● Exercise with PrimeFit</p> <p>6:00 ● Comedy TV & Hand Massage</p>	<p>9:30 ● Morning Exercise! 26</p> <p>10:00 ● Arts Assemble</p> <p>11:00 ● Let's Garden</p> <p>11:15 ● Trivia or Crosswords</p> <p>1:00 ● Afternoon Walking Club!</p> <p>2:00 ● Let's Play a Game</p> <p>3:15 ● Music on the Piano</p> <p>4:00 ● Exercise with PrimeFit</p> <p>6:00 ● Resident Choice Movie!</p>
<p>YOM KIPPUR BEGINS AT SUNSET 27</p> <p>9:30 ● Morning Exercise!</p> <p>10:00 ● Church Service Online</p> <p>11:00 ● Hymn Singing</p> <p>1:00 ● Afternoon Walking Club!</p> <p>1:30 ● Hand Massage & Warm Towels</p> <p>2:00 ● Bingo or Uno</p> <p>3:00 ● Short Story Reading</p> <p>3:30 ● Small Cluster Groups</p> <p>4:00 ● Exercise with PrimeFit</p> <p>6:00 ● Classic Movie & Warm Towels</p>	<p>9:30 ● Morning Exercise! 28</p> <p>10:00 ● Arts Assemble</p> <p>11:00 ● Let's Garden</p> <p>1:00 ● Afternoon Walking Club!</p> <p>1:30 ● One on Ones</p> <p>1:30 ● Movie in the Theater!</p> <p>2:00 ● Word Games</p> <p>2:30 ● Brain Teasers or Discussion Group</p> <p>3:15 ● Resident Choice Game</p> <p>3:30 ● Gentlemen's Coffee Chat</p> <p>4:00 ● Exercise with PrimeFit</p> <p>6:00 ● Comedy TV & Hand Massage</p>	<p>9:30 ● Morning Exercise! 29</p> <p>10:00 ● Arts Assemble</p> <p>11:10 ● Let's Dance!</p> <p>1:00 ● Afternoon Walking Club!</p> <p>1:30 ● Hand Massage & Warm Towels</p> <p>2:00 ● Weekly Hymn Sing</p> <p>2:30 ● Weekly Devotional</p> <p>3:00 ● What's That Smell Game</p> <p>3:30 ● Brain Teasers</p> <p>4:00 ● Exercise with PrimeFit</p> <p>6:00 ● Classic Movie & Warm Towels</p>	<p>9:30 ● Morning Exercise! 30</p> <p>10:00 ● Arts Assemble</p> <p>10:45 ● Scenic Bus Drive</p> <p>1:00 ● Afternoon Walking Club!</p> <p>1:30 ● One on Ones</p> <p>2:15 ● Music Trivia</p> <p>3:00 ● Scenic Bus Drive</p> <p>3:00 ● Travel Videos</p> <p>4:00 ● Exercise with PrimeFit</p> <p>6:00 ● Comedy TV & Hand Massage</p>	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>Daily Programs are subject to change.</p> <p>Afternoon Snack served daily at 2:30 p.m.</p> </div>		 <p>opal key</p> <ul style="list-style-type: none"> ● Physical ● Social ● Experiential ● Emotional & Spiritual ● Creative & Artistic ● Therapeutic ● Sensory