

livfun

The Ackerly at Timberland



SEPTEMBER 2020 • BELIEVE

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.

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.

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.

The Lotería Legacy

The beloved Mexican card game lotería has won over generations of players. It originated in Italy and made its way to Spain, then Mexico in 1769. At first a hobby of the noble class, lotería, meaning "lottery" in Spanish, gradually spread to the masses by way of traveling fairs.

Similar to bingo, lotería uses a deck of 54 cards, each with an illustration, such as a rooster, a drum or a pear. Players have game boards, or tablas, with the same pictures randomly arranged in a grid. A caller draws a card, and players mark the corresponding image on their boards with a token, traditionally a dry pinto bean or corn kernel. The first person to mark a complete row on their card shouts, "Lotería!"

In the late 1800s, French businessman Don Clemente Jacques designed a lotería set that remains the iconic version of the game. The sets were included in care packages sent to soldiers fighting in the Mexican Revolution, who later took them home to their families, creating a beloved tradition. The colorful folk art based on Jacques' edition is still popular, and the images have become emblems of Mexican culture.

Dried Fruits for a Wellness Boost

Bite-sized servings packed with flavor, dried fruits can be a sweet addition to a nutritious diet. When you're hankering for a snack, reach for one of these popular options:

Apricots – This orange, velvety fruit related to the peach is rich in vitamins A, C and E, which promote healthy vision, benefit your skin, and can help strengthen immunity. Apricots' high calcium and iron content aids in maintaining strong bones and good circulation.

Dates – Although they taste very sweet, dates have a low glycemic index, making them a nourishing nibble for those watching their blood sugar levels. Full of fiber and iron, these sticky dried fruits are featured in baked goods, as well as rice and lentil dishes.

Prunes – Like dates, prunes, which are dried plums, are a sweet, filling snack that won't cause blood sugar levels to spike. Prunes are good sources of vitamins A and K, as well as fiber, potassium and boron, a mineral that supports bone health.

Figs – Grown on certain species of ficus trees, figs have more fiber than any other fruit. Their high levels of fatty acids, antioxidants and prebiotics can help lower cholesterol, prevent disease and improve digestion.

Raisins – These dehydrated grapes contain potassium and iron, which are linked to lowering blood pressure and inflammation. Sprinkle them in cereal and salads, bake them in cookies and bread, or add them to trail mix. They're also a flavorful ingredient in a variety of savory recipes.

THE ACKERLY

AT TIMBERLAND

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>Birthdays Susan Puck, 2nd Richard McLafferty, 6th Joan Pratt, 6th Matt Hsaio, 8th Wally Schmidt, 14th</p>	<p>Kathy McCulloch, 18th Judy Harvey, 20th Joyce King, 22nd Russell Iwanchuck, 23rd Margie Schindele, 23rd Suzanne Warnes, 24th Larry Sloan, 29th</p>	<p>10:00 Strength & Stretch (Seated), Gym * 11:00 Strength & Stretch (Standing), Gym * 1:00 Ice Cream Social, MPP 2:30 Matt Ryan Weekly Announcements 3:30 TED Talk Tuesdays, TH 7:15 Evening Movie, TH</p>	<p>10:00 Exercise Class with Maureen 1:00 Courtyard Concert, MPP 2:15 Days for Girls, ER 3:30 Great Courses, 981 7:15 Evening Movie, TH</p>	<p>10:00 Strength & Stretch (Seated), Gym * 11:00 Strength & Stretch (Standing), Gym * 12:00 Great Courses 1:00 Bingo, ER 3:30 TED Connect 7:15 Evening Movie, TH</p>	<p>10:00 Strength & Stretch (Seated), Gym * 11:00 Strength & Stretch (Standing), Gym * 2:00 Courtyard Cocktails, MPP 7:00 Celebrate Essential Workers! 7:15 Evening Movie, TH</p>	<p>10:00 Strength & Stretch (Seated), Gym * 11:00 Strength & Stretch (Standing), Gym * 11:00 Strength & Stretch (Standing), Gym * 3:00 Movie Matinee, TH 7:15 Evening Movie, TH</p>	
<p>6 10:00 Silver & Fit Exercise 1:00 Bingo, ER 7:00 Sunday Documentary, TH</p>	<p>LABOR DAY 7 10:00 Strength & Stretch (Seated), Gym * 11:00 Strength & Stretch (Standing), Gym * 2:00 Book Potpourri, TH 3:30 Great Courses, 981 7:15 Evening Movie, TH</p>	<p>8 10:00 Strength & Stretch (Seated), Gym * 11:00 Strength & Stretch (Standing), Gym * 1:00 Ice Cream Social, MPP 2:30 Matt Ryan Weekly Announcements 3:30 TED Talk Tuesdays, TH 7:15 Evening Movie, TH</p>	<p>9 10:00 Strength & Stretch (Seated), Gym * 11:00 Strength & Stretch (Standing), Gym * 1:00 Courtyard Concert, MPP 2:15 Days for Girls, ER 3:30 Great Courses, 981 7:15 Evening Movie, TH</p>	<p>10 10:00 Strength & Stretch (Seated), Gym * 11:00 Strength & Stretch (Standing), Gym * 12:00 Great Courses 1:00 Bingo, ER 3:30 TED Connect 7:15 Evening Movie, TH</p>	<p>PATRIOT DAY 11 10:00 Strength & Stretch (Seated), Gym * 11:00 Strength & Stretch (Standing), Gym * 2:00 Courtyard Cocktails, MPP 7:00 Celebrate Essential Workers! 7:15 Evening Movie, TH</p>	<p>12 10:00 Strength & Stretch (Seated), Gym * 11:00 Strength & Stretch (Standing), Gym * 3:00 Movie Matinee, TH 7:15 Evening Movie, TH</p>	
<p>13 10:00 Silver & Fit Exercise 1:00 Bingo, ER 7:00 Sunday Documentary, TH</p>	<p>14 10:00 Strength & Stretch (Seated), Gym * 11:00 Strength & Stretch (Standing), Gym * 3:30 Great Courses, 981 7:15 Evening Movie, TH</p>	<p>15 10:00 Strength & Stretch (Seated), Gym * 11:00 Strength & Stretch (Standing), Gym * 1:00 Ice Cream Social, MPP 2:30 Matt Ryan Weekly Announcements 3:30 TED Talk Tuesdays, TH 7:15 Evening Movie, TH</p>	<p>16 10:00 Strength & Stretch (Seated), Gym * 11:00 Strength & Stretch (Standing), Gym * 1:00 Courtyard Concert, MPP 2:15 Days for Girls, ER 3:30 Great Courses, 981 7:15 Evening Movie, TH</p>	<p>17 10:00 Strength & Stretch (Seated), Gym * 11:00 Strength & Stretch (Standing), Gym * 12:00 Great Courses 1:00 Bingo, ER 3:30 TED Connect 7:15 Evening Movie, TH</p>	<p>ROSH HASHANAH BEGINS AT SUNSET 18 10:00 Strength & Stretch (Seated), Gym * 11:00 Strength & Stretch (Standing), Gym * 2:00 Courtyard Cocktails, MPP 7:00 Celebrate Essential Workers! 7:15 Evening Movie, TH</p>	<p>19 10:00 Strength & Stretch (Seated), Gym * 11:00 Strength & Stretch (Standing), Gym * 3:00 Movie Matinee, TH 7:15 Evening Movie, TH</p>	
<p>20 10:00 Silver & Fit Exercise 1:00 Bingo, ER 7:00 Sunday Documentary, TH</p>	<p>21 10:00 Strength & Stretch (Seated), Gym * 11:00 Strength & Stretch (Standing), Gym * 3:30 Great Courses, 981 7:15 Evening Movie, TH</p>	<p>AUTUMN BEGINS 22 10:00 Strength & Stretch (Seated), Gym * 11:00 Strength & Stretch (Standing), Gym * 1:00 Ice Cream Social, MPP 2:30 Matt Ryan Weekly Announcements 3:30 TED Talk Tuesdays, TH 7:15 Evening Movie, TH</p>	<p>23 10:00 Strength & Stretch (Seated), Gym * 11:00 Strength & Stretch (Standing), Gym * 1:00 Courtyard Concert, MPP 2:15 Days for Girls, ER 3:30 Great Courses, 981 7:15 Evening Movie, TH</p>	<p>24 10:00 Strength & Stretch (Seated), Gym * 11:00 Strength & Stretch (Standing), Gym * 12:00 Great Courses 1:00 Bingo, ER 3:30 TED Connect 7:15 Evening Movie, TH</p>	<p>25 10:00 Strength & Stretch (Seated), Gym * 11:00 Strength & Stretch (Standing), Gym * 2:00 Courtyard Cocktails, MPP 7:00 Celebrate Essential Workers! 7:15 Evening Movie, TH</p>	<p>26 10:00 Strength & Stretch (Seated), Gym * 11:00 Strength & Stretch (Standing), Gym * 3:00 Movie Matinee, TH 7:15 Evening Movie, TH</p>	
<p>YOM KIPPUR BEGINS AT SUNSET 27 10:00 Silver & Fit Exercise 1:00 Bingo, ER 7:00 Sunday Documentary, TH</p>	<p>28 10:00 Strength & Stretch (Seated), Gym * 11:00 Strength & Stretch (Standing), Gym * 3:30 Great Courses, 981 7:15 Evening Movie, TH</p>	<p>29 10:00 Strength & Stretch (Seated), Gym * 11:00 Strength & Stretch (Standing), Gym * 1:00 Ice Cream Social, MPP 2:30 Matt Ryan Weekly Announcements 3:30 TED Talk Tuesdays, TH 7:15 Evening Movie, TH</p>	<p>30 10:00 Strength & Stretch (Seated), Gym * 11:00 Strength & Stretch (Standing), Gym * 1:00 Courtyard Concert, MPP 2:15 Days for Girls, ER 3:30 Great Courses, 981 7:15 Evening Movie, TH</p>	<p>Locations Activity Room/ Library, ARL Channel 981, 981 Cornell's Fireside, CRF Cornell's Restaurant, CR</p> <p>Transportation Monday, Friday, Saturday & Sunday, TBD: TBD</p>		<p>Cornell's Restaurant Patio, CRP Entertainment Room, ER Flag Pole, FP Lobby, LB Memory Care, MC Miller's Pub, MP</p> <p>Tuesday & Thursday, TBD: Doctor's Office</p>	<p>Miller's Pub Patio, MPP PrimeFit Gym, Gym Salon, SL Tamarack Restaurant, TR Tech Lounge, TL Theater, TH</p> <p>Wednesday, TBD: Grocery Store, Post Office, Bank</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>Transportation Sunday, TBD: TBD</p>		<p>9:00 ● Baking Square, DR 1</p> <p>10:00 ● Travel Talk, MR</p> <p>11:00 ● Morning Meditation, MR</p> <p>1:00 ● Nail Spa, MR</p> <p>2:00 ● Scrapbooking, MR</p> <p>3:00 ● Nursery Time, ARL</p> <p>5:00 ● Bean Bag Game, MR</p> <p>6:00 ● Evening Movie, MR</p>	<p>9:00 ● Baking Square, DR 2</p> <p>10:00 ● Ball Toss, MR</p> <p>11:00 ● Music Appreciation, MR</p> <p>2:00 ● Bingo!, MR</p> <p>3:00 ● Afternoon Walk, OC</p> <p>5:00 ● Art Coloring, MR</p> <p>6:00 ● Evening Movie, MR</p>	<p>9:00 ● Baking Square, DR 3</p> <p>10:00 ● Puzzles & Coloring, MR</p> <p>11:00 ● Morning Yoga, MR</p> <p>1:00 ● What Am I?, MR</p> <p>2:00 ● Tea Party, MR</p> <p>3:00 ● Jenga, MR</p> <p>5:00 ● Bowling, MR</p> <p>6:00 ● Evening Movie, MR</p>	<p>9:00 ● Baking Square, DR 4</p> <p>10:00 ● Trivia, MR</p> <p>11:00 ● Singalong, MR</p> <p>1:00 ● Bingo!, MR</p> <p>2:00 ● Ice Cream Social, DR</p> <p>3:00 ● Balloon Volleyball, MR</p> <p>5:00 ● Hangman, MR</p> <p>6:00 ● Evening Movie, MR</p>	<p>9:00 ● Baking Square, DR 5</p> <p>10:00 ● What Am I?, MR</p> <p>11:00 ● Parachute Fun!, MR</p> <p>1:00 ● Nail Spa, MR</p> <p>2:00 ● Bowling, MR</p> <p>3:00 ● Afternoon Stroll, OC</p> <p>5:00 ● Alphabet Game, MR</p> <p>6:00 ● Evening Movie, MR</p>
	<p>9:00 ● Baking Square, DR 6</p> <p>10:00 ● This Day in History, MR</p> <p>11:00 ● Morning Stretch, MR</p> <p>1:00 ● Life Story, MR</p> <p>2:00 ● Book Club, MR</p> <p>3:00 ● Yahtzee, MR</p> <p>5:00 ● Hangman, MR</p> <p>6:00 ● Evening Movie, MR</p>	<p>LABOR DAY 7</p> <p>9:00 ● Baking Square, DR</p> <p>10:30 ● Seated Chair Yoga, MR</p> <p>11:00 ● Jenga, MR</p> <p>1:00 ● Singalong, MR</p> <p>2:00 ● Bingo!, MR</p> <p>3:00 ● Mad Libs, MR</p> <p>5:00 ● Alphabet Game, MR</p> <p>6:00 ● Evening Movie, MR</p>	<p>9:00 ● Baking Square, DR 8</p> <p>10:00 ● Travel Talk, MR</p> <p>11:00 ● Morning Meditation, MR</p> <p>1:00 ● Nail Spa, MR</p> <p>2:00 ● Scrapbooking, MR</p> <p>3:00 ● Nursery Time, ARL</p> <p>5:00 ● Bean Bag Game, MR</p> <p>6:00 ● Evening Movie, MR</p>	<p>9:00 ● Baking Square, DR 9</p> <p>10:00 ● Ball Toss, MR</p> <p>11:00 ● Music Appreciation, MR</p> <p>2:00 ● Bingo!, MR</p> <p>3:00 ● Afternoon Walk, OC</p> <p>5:00 ● Art Coloring, MR</p> <p>6:00 ● Evening Movie, MR</p>	<p>9:00 ● Baking Square, DR 10</p> <p>10:00 ● Puzzles & Coloring, MR</p> <p>11:00 ● Morning Yoga, MR</p> <p>1:00 ● What Am I?, MR</p> <p>1:30 ● Musical Performance by Dom Franco, CY</p> <p>2:00 ● Tea Party, MR</p> <p>3:00 ● Jenga, MR</p> <p>5:00 ● Bowling, MR</p> <p>6:00 ● Evening Movie, MR</p>	<p>PATRIOT DAY 11</p> <p>9:00 ● Baking Square, DR</p> <p>10:00 ● Trivia, MR</p> <p>11:00 ● Singalong, MR</p> <p>1:00 ● Bingo!, MR</p> <p>2:00 ● Ice Cream Social, DR</p> <p>3:00 ● Balloon Volleyball, MR</p> <p>5:00 ● Hangman, MR</p> <p>6:00 ● Evening Movie, MR</p>
<p>9:00 ● Baking Square, DR 13</p> <p>10:00 ● This Day in History, MR</p> <p>11:00 ● Morning Stretch, MR</p> <p>1:00 ● Life Story, MR</p> <p>2:00 ● Book Club, MR</p> <p>3:00 ● Yahtzee, MR</p> <p>5:00 ● Hangman, MR</p> <p>6:00 ● Evening Movie, MR</p>	<p>9:00 ● Baking Square, DR 14</p> <p>10:30 ● Seated Chair Yoga, MR</p> <p>11:00 ● Jenga, MR</p> <p>1:00 ● Singalong, MR</p> <p>1:30 ● Music Therapy with Alexis, CY</p> <p>2:00 ● Bingo!, MR</p> <p>3:00 ● Mad Libs, MR</p> <p>5:00 ● Alphabet Game, MR</p> <p>6:00 ● Evening Movie, MR</p>	<p>9:00 ● Baking Square, DR 15</p> <p>10:00 ● Travel Talk, MR</p> <p>11:00 ● Morning Meditation, MR</p> <p>1:00 ● Nail Spa, MR</p> <p>2:00 ● Scrapbooking, MR</p> <p>3:00 ● Nursery Time, ARL</p> <p>5:00 ● Bean Bag Game, MR</p> <p>6:00 ● Evening Movie, MR</p>	<p>9:00 ● Baking Square, DR 16</p> <p>10:00 ● Ball Toss, MR</p> <p>11:00 ● Music Appreciation, MR</p> <p>2:00 ● Bingo!, MR</p> <p>3:00 ● Afternoon Walk, OC</p> <p>5:00 ● Art Coloring, MR</p> <p>6:00 ● Evening Movie, MR</p>	<p>9:00 ● Baking Square, DR 17</p> <p>10:00 ● Puzzles & Coloring, MR</p> <p>11:00 ● Morning Yoga, MR</p> <p>1:00 ● What Am I?, MR</p> <p>2:00 ● Tea Party, MR</p> <p>3:00 ● Jenga, MR</p> <p>5:00 ● Bowling, MR</p> <p>6:00 ● Evening Movie, MR</p>	<p>ROSH HASHANAH BEGINS AT SUNSET 18</p> <p>9:00 ● Baking Square, DR</p> <p>10:00 ● Trivia, MR</p> <p>11:00 ● Singalong, MR</p> <p>1:00 ● Bingo!, MR</p> <p>2:00 ● Ice Cream Social, DR</p> <p>3:00 ● Balloon Volleyball, MR</p> <p>5:00 ● Hangman, MR</p> <p>6:00 ● Evening Movie, MR</p>	<p>9:00 ● Baking Square, DR 19</p> <p>10:00 ● What Am I?, MR</p> <p>11:00 ● Parachute Fun!, MR</p> <p>1:00 ● Nail Spa, MR</p> <p>2:00 ● Bowling, MR</p> <p>3:00 ● Afternoon Stroll, OC</p> <p>5:00 ● Alphabet Game, MR</p> <p>6:00 ● Evening Movie, MR</p>
<p>9:00 ● Baking Square, DR 20</p> <p>10:00 ● This Day in History, MR</p> <p>11:00 ● Morning Stretch, MR</p> <p>1:00 ● Life Story, MR</p> <p>2:00 ● Book Club, MR</p> <p>3:00 ● Yahtzee, MR</p> <p>5:00 ● Hangman, MR</p> <p>6:00 ● Evening Movie, MR</p>	<p>9:00 ● Baking Square, DR 21</p> <p>10:30 ● Seated Chair Yoga, MR</p> <p>11:00 ● Jenga, MR</p> <p>1:00 ● Singalong, MR</p> <p>2:00 ● Bingo!, MR</p> <p>3:00 ● Mad Libs, MR</p> <p>5:00 ● Alphabet Game, MR</p> <p>6:00 ● Evening Movie, MR</p>	<p>AUTUMN BEGINS 22</p> <p>9:00 ● Baking Square, DR</p> <p>10:00 ● Travel Talk, MR</p> <p>11:00 ● Morning Meditation, MR</p> <p>1:00 ● Nail Spa, MR</p> <p>2:00 ● Scrapbooking, MR</p> <p>3:00 ● Nursery Time, ARL</p> <p>5:00 ● Bean Bag Game, MR</p> <p>6:00 ● Evening Movie, MR</p>	<p>9:00 ● Baking Square, DR 23</p> <p>10:00 ● Ball Toss, MR</p> <p>11:00 ● Music Appreciation, MR</p> <p>2:00 ● Bingo!, MR</p> <p>3:00 ● Afternoon Walk, OC</p> <p>5:00 ● Art Coloring, MR</p> <p>6:00 ● Evening Movie, MR</p>	<p>9:00 ● Baking Square, DR 24</p> <p>10:00 ● Puzzles & Coloring, MR</p> <p>11:00 ● Morning Yoga, MR</p> <p>1:00 ● What Am I?, MR</p> <p>2:00 ● Tea Party, MR</p> <p>3:00 ● Jenga, MR</p> <p>5:00 ● Bowling, MR</p> <p>6:00 ● Evening Movie, MR</p>	<p>9:00 ● Baking Square, DR 25</p> <p>10:00 ● Trivia, MR</p> <p>11:00 ● Singalong, MR</p> <p>1:00 ● Bingo!, MR</p> <p>2:00 ● Ice Cream Social, DR</p> <p>3:00 ● Balloon Volleyball, MR</p> <p>5:00 ● Hangman, MR</p> <p>6:00 ● Evening Movie, MR</p>	<p>9:00 ● Baking Square, DR 26</p> <p>10:00 ● What Am I?, MR</p> <p>11:00 ● Parachute Fun!, MR</p> <p>1:00 ● Nail Spa, MR</p> <p>2:00 ● Bowling, MR</p> <p>3:00 ● Afternoon Stroll, OC</p> <p>5:00 ● Alphabet Game, MR</p> <p>6:00 ● Evening Movie, MR</p>
<p>YOM KIPPUR BEGINS AT SUNSET 27</p> <p>9:00 ● Baking Square, DR</p> <p>10:00 ● This Day in History, MR</p> <p>11:00 ● Morning Stretch, MR</p> <p>1:00 ● Life Story, MR</p> <p>2:00 ● Book Club, MR</p> <p>3:00 ● Yahtzee, MR</p> <p>5:00 ● Hangman, MR</p> <p>6:00 ● Evening Movie, MR</p>	<p>9:00 ● Baking Square, DR 28</p> <p>10:30 ● Seated Chair Yoga, MR</p> <p>11:00 ● Jenga, MR</p> <p>1:00 ● Singalong, MR</p> <p>2:00 ● Bingo!, MR</p> <p>3:00 ● Mad Libs, MR</p> <p>5:00 ● Alphabet Game, MR</p> <p>6:00 ● Evening Movie, MR</p>	<p>9:00 ● Baking Square, DR 29</p> <p>10:00 ● Travel Talk, MR</p> <p>11:00 ● Morning Meditation, MR</p> <p>1:00 ● Nail Spa, MR</p> <p>2:00 ● Scrapbooking, MR</p> <p>3:00 ● Nursery Time, ARL</p> <p>5:00 ● Bean Bag Game, MR</p> <p>6:00 ● Evening Movie, MR</p>	<p>9:00 ● Baking Square, DR 30</p> <p>10:00 ● Ball Toss, MR</p> <p>11:00 ● Music Appreciation, MR</p> <p>2:00 ● Bingo!, MR</p> <p>3:00 ● Afternoon Walk, OC</p> <p>5:00 ● Art Coloring, MR</p> <p>6:00 ● Evening Movie, MR</p>	<p>Locations</p> <p>Activity/ Game Room, ARL</p> <p>Assisted Living, AL</p> <p>Channel 981, 981</p> <p>Columbia Room, CR</p> <p>Cornell's Restaurant, CR</p> <p>Courtyard, CY</p> <p>Dining Room, DR</p> <p>Entertainment Room, ER</p> <p>Flag Pole, FP</p> <p>Lobby, LB</p> <p>MariTime Room, MR</p> <p>Miller's Pub, MP</p> <p>Off Campus, OC</p> <p>PrimeFit Gym, Gym</p> <p>TV Room, TVR</p>		

opal key

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