

livfun

The Landing of O'Fallon

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 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.



Commemorating the End of World War II

This month marks a historic milestone, the 75th anniversary of the end of World War II.

In May 1945, fighting in Europe ended with Germany's surrender. Three months later, the battle in the Pacific ceased after Japan surrendered. People across the globe celebrated with joy and relief.

Then on Sept. 2 in Tokyo Bay, the deck of the battleship USS Missouri served as the site of a momentous but solemn moment. In a ceremony broadcast throughout the world, Japanese delegates boarded the ship and signed formal surrender documents. Gen. Douglas MacArthur, commander of the Allied forces in the South Pacific, accepted and signed the agreement. Witnessing the event were representatives of nine Allied nations.

The six-year war was finally over, but many would not be returning home. More than 400,000 Americans and an estimated 65 million people worldwide gave their lives in the conflict.

Efforts quickly turned to rebuilding battle-torn countries. The following years ushered in a baby boom and an era of post-war prosperity in the U.S.

The USS Missouri is now a museum and memorial ship that rests next to the USS Arizona Memorial at Pearl Harbor, Hawaii.



THE LANDING OF O'FALLON

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Birthdays Tom Morrissey, 3rd Rosemary Maxey, 10th Lew Wilson, 25th Harold Snead, 28th Transportation Tuesday, 9 a.m.: St. Charles County Doctor Appointments Thursday, 9 a.m.: St. Louis County Doctor Appointments	Wreck of the Titanic Day 1 9:00 Sole Mates Walking Club * 9:30 Get Fit with Amanda, PG * 10:00 Titanic: The History & Maiden Voyage of the Luxury Liner, TH 12:30 Truly Tasty in the Cafe, C 2:00 Box It!, CR 3:00 Sew What? Embroidery Club, CR 3:30 Trivia Tuesday, C 6:00 Singalong with Susie Q, TH PF	2 9:00 Sole Mates Walking Club * 9:30 Coffee Chronicles, CR 10:00 Get Fit, PG 12:30 Truly Tasty in the Cafe, C 1:45 Secret "X" Game, CR 3:00 Manicures, CR 6:00 Matrix Matching, R PF	3 9:00 Sole Mates Walking Club * 9:30 Get Fit with Amanda, PG * 12:45 Post It Note Concentration, CR 1:45 Sip 'n' Social Hall 201 2:20 Sip 'N' Social Hall 229 2:55 Sip 'N' Social Hall 101 3:30 Wii Bowling, AR 6:00 Rummikub, CR PF	4 9:00 Sole Mates Walking Club * 9:30 Coffee Chronicles, CR 10:00 Get Fit, PG * 10:45 Bible Study: God's Love, TH 12:30 Truly Tasty in the Cafe, C 1:30 Finish That..., CR 2:30 Let's Craft! Crepe Paper Flowers, CR 3:00 Rummikub, CR 3:15 Rosary, TH 6:00 Dominoes, CR PF	5 9:00 Sole Mates Walking Club * 9:30 Get Fit!, PG 10:00 The Cool Kids Morning Chat, GL 12:30 Creating for a Cause, CR 1:30 Yahtzee, CR 2:45 Classic Movie Saturday, TH 3:15 Cornhole, CR PF
9:00 Sole Mates Walking Club * 6 9:30 Coffee Chronicles, CR 10:00 PRAYER SERVICE AT THE LANDING, CR 1:00 Baking It Up with Sue 1:45 Matrix Matching, R 2:30 Let's Craft! Galaxy Jars, CR 3:15 Catholic Communion, R 5:00 Sunday Night Flick, TH PF	LABOR DAY 7 9:00 TORNADO SIREN TESTING 10:00 Get Fit, PG * 10:30 Coffee Chronicles, CR 1:30 UNO, CR 3:30 Wii Bowling, AR 5:45 Rummikub, CR PF	9:00 Sole Mates Walking Club * 8 9:30 Get Fit with Amanda, PG * 10:00 Traveling Tuesday, TH 12:30 Truly Tasty in the Cafe, C 1:30 "Legs" Game, CR 3:00 Sew What? Embroidery Club, CR 3:30 Trivia Tuesday, C 6:00 Singalong with Susie Q, TH PF	9:00 Sole Mates Walking Club * 9 9:30 Coffee Chronicles, CR 10:00 Get Fit, PG 11:30 LADIES' TEA LUNCHEON, C 12:30 Truly Tasty in the Cafe, C 1:30 Shuffleboard, CR 3:00 Manicures, CR 6:00 Matrix Matching, R PF	9:00 Sole Mates Walking Club * 10 9:30 Get Fit with Amanda, PG * 12:45 Brain Benders, CR 1:45 Sip 'n' Social Hall 201 2:20 Sip 'N' Social Hall 229 2:55 Sip 'N' Social Hall 101 3:30 Wii Bowling, AR 6:00 Rummikub, CR PF	PATRIOT DAY 11 9:00 Sole Mates Walking Club * 9:30 Coffee Chronicles, CR 10:00 Get Fit, PG * 10:45 Bible Study: God's Secure Promise, TH 12:30 Truly Tasty in the Cafe, C 1:30 Giant Crossword, CR 3:15 Rosary, TH 6:00 Dominoes, CR PF	9:00 Sole Mates Walking Club * 12 9:30 Get Fit!, PG 10:00 The Cool Kids Morning Chat, GL 12:30 Creating for a Cause, CR 1:30 Yahtzee, CR 1:45 The Price Was Right: Decades Past, CR 2:30 Musical Movie Matinee, TH 3:15 Bocce Ball PF
9:00 Sole Mates Walking Club * 13 9:30 Coffee Chronicles, CR 10:00 PRAYER SERVICE AT THE LANDING, CR 1:00 What's the Scoop? 1:45 Matrix Matching, R 2:30 Let's Craft! Sock Bunny, CR 3:15 Catholic Communion, R 5:00 Sunday Night Flick, TH PF	14 9:00 Sole Mates Walking Club * 10:00 Get Fit, PG * 10:30 Coffee Chronicles, CR 1:30 Gin Rummy, CR 3:30 Wii Bowling, AR 5:45 Rummikub, CR PF	9:00 Sole Mates Walking Club * 15 9:30 Get Fit with Amanda, PG * 10:00 Traveling Tuesday, TH 12:30 Truly Tasty in the Cafe, C 2:00 Family Feud, CR 3:00 Sew What? Embroidery Club, CR 3:30 Trivia Tuesday, C 6:00 Singalong with Susie Q, TH PF	9:00 Sole Mates Walking Club * 16 9:30 Coffee Chronicles, CR 10:00 Get Fit, PG 10:30 HEARING AID REPAIR WITH DR. STAN, AR 12:30 Truly Tasty in the Cafe, C 3:00 Manicures, CR 6:00 Matrix Matching, R PF	9:00 Sole Mates Walking Club * 17 9:30 Get Fit with Amanda, PG * 12:45 Post It Note Concentration, CR 1:45 Sip 'n' Social Hall 201 2:20 Sip 'N' Social Hall 229 2:55 Sip 'N' Social Hall 101 3:30 Wii Bowling, AR 6:00 Rummikub, CR PF	ROSH HASHANAH BEGINS AT SUNSET 18 9:00 Sole Mates Walking Club * 9:30 Coffee Chronicles, CR 10:00 Get Fit, PG * 10:40 Bible Study: Faith, GL 12:30 Truly Tasty in the Cafe, C 1:30 Finish That..., CR 2:30 Let's Craft! Clothes Pin Rocking Chair, CR 3:00 Rummikub, CR 3:15 Rosary, TH 6:00 Dominoes, CR PF	9:00 Sole Mates Walking Club * 19 9:30 Get Fit!, PG 10:00 The Cool Kids Morning Chat, GL 12:30 Creating for a Cause, CR 1:30 Yahtzee, CR 2:45 Classic Movie Saturday, TH 3:15 Curling PF
9:00 Sole Mates Walking Club * 20 9:30 Coffee Chronicles, CR 10:00 PRAYER SERVICE AT THE LANDING, CR 1:00 Baking It Up with Sue 1:45 Matrix Matching, R 2:30 Let's Craft! Fall Wreath, CR 2:45 My Big Fat Greek Wedding, TH 3:15 Catholic Communion, R 5:00 Sunday Night Flick, TH PF	21 9:00 Sole Mates Walking Club * 10:00 Get Fit, PG * 10:30 Coffee Chronicles, CR 1:30 Phase 10, CR 3:30 Wii Bowling, AR 5:45 Rummikub, CR PF	AUTUMN BEGINS 22 9:00 Sole Mates Walking Club * 9:30 Get Fit with Amanda, PG * 10:00 Traveling Tuesday, TH 12:30 Truly Tasty in the Cafe, C 1:30 Name That Instrument, CR 3:00 Sew What? Embroidery Club, CR 3:30 Trivia Tuesday, C 6:00 Singalong with Susie Q, TH PF	9:00 Sole Mates Walking Club * 23 9:30 Coffee Chronicles, CR 10:00 Get Fit, PG 12:30 Truly Tasty in the Cafe, C 1:30 Shuffleboard, CR 1:30 Finish the Song Lyrics..., CR 3:00 Manicures, CR 6:00 Matrix Matching, R PF	9:00 Sole Mates Walking Club * 24 9:30 Get Fit with Amanda, PG * 12:45 Brain Benders, CR 1:45 Sip 'n' Social Hall 201 2:00 SIP 'N' SOCIAL, R 2:20 Sip 'N' Social Hall 229 2:55 Sip 'N' Social Hall 101 3:30 Wii Bowling, AR 6:00 Rummikub, CR PF	9:00 Sole Mates Walking Club * 25 9:30 Coffee Chronicles, CR 10:00 Get Fit, PG * 10:45 Bible Study: Rejoice in the Lord Always, TH 12:30 Truly Tasty in the Cafe, C 1:30 Giant Crossword, CR 2:30 Let's Craft! Citrus Stamp Art, AR 3:00 Rummikub, CR 3:15 Rosary, TH 6:00 Dominoes, CR PF	9:00 Sole Mates Walking Club * 26 9:30 Get Fit!, PG 10:00 The Cool Kids Morning Chat, GL 12:30 Creating for a Cause, CR 1:30 Yahtzee, CR 1:30 HORSE RACING, AR 2:30 Musical Movie Matinee: Oklahoma!, TH 2:30 Classic Movie Saturday, TH 3:15 Target Practice PF
YOM KIPPUR BEGINS AT SUNSET 27 9:00 Sole Mates Walking Club * 9:30 Coffee Chronicles, CR 10:00 PRAYER SERVICE AT THE LANDING, CR 1:00 What's the Scoop? 1:45 Matrix Matching, R 2:30 Let's Craft! Fall Leaf Jars, CR 3:15 Catholic Communion, R 5:00 Sunday Night Flick, TH PF	28 9:00 Sole Mates Walking Club * 10:00 Get Fit, PG * 10:30 Coffee Chronicles, CR 1:30 Poker, CR 3:30 Wii Bowling, AR 5:45 Rummikub, CR PF	29 Podiatrist Visit 9:00 Sole Mates Walking Club * 9:30 Get Fit with Amanda, PG * 10:00 Traveling Tuesday, TH 12:30 Truly Tasty in the Cafe, C 1:30 Landing at the Auction, TH 3:00 Sew What? Embroidery Club, CR 3:30 Trivia Tuesday, C 6:00 Singalong with Susie Q, TH PF	9:00 Sole Mates Walking Club * 30 9:30 Coffee Chronicles, CR 10:00 Get Fit, PG 12:30 Truly Tasty in the Cafe, C 1:30 Paint by Numbers, CR 3:00 Manicures, CR 4:00 The Man Cave, CR 6:00 Matrix Matching, R PF	<div>Locations Activity Room, AR Cafe, C Card Room, CR Card Room Patio, CRP Front Patio, FP Grand Lobby, GL</div> <div>Memory Care, MC Memory Care Dining, MCD Off Property, OP PrimeFit Gym, PG Private Dining Room, PDR Restaurant, R Theatre, TH</div>		

Daily activities are subject to change.

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
 <div>Birthdays Elizabeth Lappe, 8th Rosemary Johnson, 18th Gerald Graham, 27th</div> <div>Transportation Tuesday, 9 a.m.: St. Charles County Doctor Appointments Thursday, 9 a.m.: St. Louis County Doctor Appointments</div>				8:45 Waking Up with Aromatherapy 1	8:45 Waking Up with Aromatherapy 2	8:45 Waking Up with Aromatherapy 3	8:45 Waking Up with Aromatherapy 4	8:45 Waking Up with Aromatherapy 5					
				9:00 Lift Us with Prayer	9:00 Lift Us with Prayer	9:00 Lift Us with Prayer	9:00 Lift Us with Prayer	9:00 Lift Us with Prayer					
				9:30 Create for a Cause	10:00 EXERCISE WITH AW	10:00 Let's Workout!	10:00 EXERCISE WITH AW	10:00 Cardio Jam					
				10:30 Hydration Libations	10:30 Hydration Libations	10:30 Hydration Libations	10:30 Hydration Libations	10:30 Hydration Libations					
				1:00 Mixology & Music	1:00 Mixology & Music	1:00 Mixology & Music	1:00 Mixology & Music	1:00 BAKING IT UP & MUSIC					
		2:30 Let's Make a Deal!	2:30 Let's Make a Deal!	2:30 Memory Joggers	2:00 Secret X	2:30 Matrix Matching							
		5:30 "Hogan's Heroes" Series	5:30 "Hogan's Heroes" Series	5:15 Evening Festivities	3:00 SIP & SOCIAL, R	5:30 "MASH" Series							
		6:00 Hydration Libations	6:00 Hydration Libations	6:00 Hydration Libations	6:00 Hydration Libations	6:00 Hydration Libations							
8:30 Waking Up with Aromatherapy 6	LABOR DAY 7	8:45 Waking Up with Aromatherapy 8	8:45 Waking Up with Aromatherapy 9	8:45 Waking Up with Aromatherapy 10	PATRIOT DAY 11	8:45 Waking Up with Aromatherapy 12							
9:00 Lift Us with Prayer	8:45 Waking Up with Aromatherapy	9:00 Lift Us with Prayer	9:00 Lift Us with Prayer	9:00 Lift Us with Prayer	8:45 Waking Up with Aromatherapy	9:00 Lift Us with Prayer							
10:00 Scarf-Ing!	9:00 Lift Us with Prayer	9:00 Lift Us with Prayer	10:00 COME & EXPLORE, OP	10:00 Let's Workout!	9:00 Lift Us with Prayer	10:00 COME & EXPLORE, OP							
10:30 Hydration Libations	10:00 Let's Dance!	9:30 Crafty Crafts	10:00 EXERCISE WITH AW	10:30 Hydration Libations	10:00 EXERCISE WITH AW	10:00 Cardio Jam							
1:00 Matrix Matching	10:30 Hydration Libations	10:30 Hydration Libations	10:30 Hydration Libations	1:00 Horseshoes	10:30 Hydration Libations	10:30 Hydration Libations							
2:00 Hydration Libations	1:00 Beanbag Tic-Tac-Toe	1:00 Mixology & Music	1:00 4 Square	2:00 Left, Right, Center	1:00 Color Pizzazz!	1:00 Color Pizzazz!							
2:30 Catholic Holy Communion	2:00 Hydration Libations	2:30 Card Party!	2:00 Hydration Libations	3:00 SIP & SOCIAL, R	2:00 Hydration Libations	2:00 Hydration Libations							
5:30 "Gomer Pyle" Series	2:30 Conversation Cards	5:30 "Hogan's Heroes" Series	2:30 Jingle Time	5:30 "Happy Days" Series	2:30 Everyday Life Trivia	2:30 Matrix Matching							
6:00 Hydration Libations	5:30 "I Love Lucy" Series	6:00 Hydration Libations	5:15 Evening Festivities	6:00 Hydration Libations	5:30 "Bewitched" Series	5:30 "MASH" Series							
	6:00 Hydration Libations		6:00 Hydration Libations		6:00 Hydration Libations	6:00 Hydration Libations							
8:30 Waking Up with Aromatherapy 13	8:45 Waking Up with Aromatherapy 14	8:45 Waking Up with Aromatherapy 15	8:45 Waking Up with Aromatherapy 16	8:45 Waking Up with Aromatherapy 17	ROSH HASHANAH BEGINS AT SUNSET 18	8:45 Waking Up with Aromatherapy 19							
9:00 Lift Us with Prayer	9:00 Lift Us with Prayer	9:00 Lift Us with Prayer	9:00 Lift Us with Prayer	9:00 Lift Us with Prayer	8:45 Waking Up with Aromatherapy	9:00 Lift Us with Prayer							
10:00 Scarf-Ing!	10:00 Let's Dance!	9:30 Crafty Crafts	10:00 EXERCISE WITH AW	10:00 Let's Workout!	9:00 Lift Us with Prayer	10:00 Cardio Jam							
10:30 Hydration Libations	10:30 Hydration Libations	10:30 Hydration Libations	10:30 Hydration Libations	10:30 Hydration Libations	10:00 EXERCISE WITH AW	10:30 Hydration Libations							
1:00 Ice Cream Cart, Drinks & Music	1:00 Resident Snack Making	1:00 Mixology & Music	1:00 Catch & Pitch	1:00 Resident Snack Making	10:30 Hydration Libations	1:00 BAKING IT UP & MUSIC							
2:30 Catholic Holy Communion	2:00 Hydration Libations	2:30 Let's Make a Deal!	2:00 Hydration Libations	2:00 Secret X	1:00 Color Pizzazz!	2:30 Matrix Matching							
2:45 Singalong	2:30 Say It with Music	5:30 "Hogan's Heroes" Series	2:30 Memory Joggers	3:00 SIP & SOCIAL, R	2:30 Finishing Lines & Snack	5:30 "MASH" Series							
5:30 "Gomer Pyle" Series	5:30 "I Love Lucy" Series	6:00 Hydration Libations	5:15 Evening Festivities	5:30 "Happy Days" Series	5:30 "Bewitched" Series	6:00 Hydration Libations							
6:00 Hydration Libations	6:00 Hydration Libations		6:00 Hydration Libations	6:00 Hydration Libations	6:00 Hydration Libations								
8:30 Waking Up with Aromatherapy 20	8:45 Waking Up with Aromatherapy 21	AUTUMN BEGINS 22	8:45 Waking Up with Aromatherapy 23	8:45 Waking Up with Aromatherapy 24	8:45 Waking Up with Aromatherapy 25	8:45 Waking Up with Aromatherapy 26							
9:00 Lift Us with Prayer	9:00 Lift Us with Prayer	8:45 Waking Up with Aromatherapy	9:00 Lift Us with Prayer	9:00 Lift Us with Prayer	9:00 Lift Us with Prayer	9:00 Lift Us with Prayer							
10:00 Scarf-Ing!	10:00 Let's Dance!	9:00 Lift Us with Prayer	10:00 COME & EXPLORE, OP	10:00 Let's Workout!	10:00 EXERCISE WITH AW	10:00 COME & EXPLORE, OP							
10:30 Hydration Libations	10:30 Hydration Libations	9:30 Crafty Crafts	10:00 EXERCISE WITH AW	10:30 Hydration Libations	10:30 Hydration Libations	10:00 Cardio Jam							
1:00 Matrix Matching	1:00 Beanbag Tic-Tac-Toe	10:30 Hydration Libations	10:30 Hydration Libations	1:00 Horseshoes	1:00 Color Pizzazz!	10:30 Hydration Libations							
2:00 Hydration Libations	2:00 Hydration Libations	1:00 Mixology & Music	1:00 4 Square	2:00 Left, Right, Center	2:00 Hydration Libations	1:00 Trivia, Tasty Treats & Drinks							
2:30 Catholic Holy Communion	2:30 Conversation Cards	2:30 Card Party!	2:00 Hydration Libations	3:00 SIP & SOCIAL, R	2:30 Everyday Life Trivia	2:30 Matrix Matching							
5:30 "Gomer Pyle" Series	5:30 "I Love Lucy" Series	5:30 "Hogan's Heroes" Series	2:30 Jingle Time	5:30 "Happy Days" Series	5:30 "Bewitched" Series	5:30 "MASH" Series							
6:00 Hydration Libations	6:00 Hydration Libations	6:00 Hydration Libations	5:15 Evening Festivities	6:00 Hydration Libations	6:00 Hydration Libations	6:00 Hydration Libations							
			6:00 Hydration Libations										
YOM KIPPUR BEGINS AT SUNSET 27	8:45 Waking Up with Aromatherapy 28	8:45 Waking Up with Aromatherapy 29	8:45 Waking Up with Aromatherapy 30	<div>Locations Cafe, C Grand Lobby, GL Memory Care Activity Room, MCA</div> <div>Memory Care Dining, MCD Off Property, OP PrimeFit Gym, PG Private Dining Room, PDR Restaurant, R Theatre, TH</div> <div>Daily activities are subject to change.</div>									
8:30 Waking Up with Aromatherapy	9:00 Lift Us with Prayer	9:00 Lift Us with Prayer	9:00 Lift Us with Prayer										
9:00 Lift Us with Prayer	10:00 Let's Dance!	9:30 Crafty Crafts	10:00 EXERCISE WITH AW										
10:00 Scarf-Ing!	10:30 Hydration Libations	10:30 Hydration Libations	10:30 Hydration Libations										
10:30 Hydration Libations	1:00 Floor Darts	1:00 Mixology & Music	1:00 Catch & Pitch										
1:00 Ice Cream Cart, Drinks & Music	2:00 Hydration Libations	2:30 Let's Make a Deal!	2:00 Hydration Libations										
2:30 Catholic Holy Communion	2:30 Say It with Music	5:30 "Hogan's Heroes" Series	2:30 Memory Joggers										
2:45 Singalong	5:30 "I Love Lucy" Series	6:00 Hydration Libations	5:15 Evening Festivities										
5:30 "Gomer Pyle" Series	6:00 Hydration Libations		6:00 Hydration Libations										
6:00 Hydration Libations													



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