

livfun

The Landing of Silver Spring

SEPTEMBER 2020 · BELIEVE



Alzheimer's Month

World Alzheimer's Month is an annual international event, always held in September and run by Alzheimer's Disease International, (ADI).

The aim of the month is to raise awareness and challenge the stigma surrounding Alzheimer's and dementia. The event has been running since 2012, and Sept. 21 is World Alzheimer's Day.

Globally, there is thought to be poor understanding and a great deal of stigma surrounding dementia. So, the work of World Alzheimer's Month is vital and is growing – targeting the stigma and lack of understanding and knowledge surrounding Alzheimer's disease and dementia as well as supporting those suffering with the disease.

The month is an opportunity for individuals, businesses, and charities to hold events and raise awareness in their communities of the effects of dementia. Participants can get campaign materials for their event from ADI, and anyone unable to arrange their own event but keen to take part can find events run by their National Alzheimer's Charity and participate in those.

World Alzheimer's Month is an opportunity for sufferers, carers, professionals, press and media, and communities to work together against dementia as well as raising awareness of the realities of it while combating stigma and misinformation and lobbying the government for better help and care.

Dementia is a degenerative brain condition that affects over 50 million people internationally and which robs a person of their memory, competency, comprehension and behavioral awareness, usually slowly, over years. It is a sad condition to live with or to witness in a loved one. There are over 100 forms of dementia, the most common being Alzheimer's Disease at 50-60% of all dementia cases.

Staff Spotlight

Carla Bundick

Position and Length of Service: Sales Advisor,
4 Months

Prior Experience: Pharmaceutical Sales,
Pharmaceutical Sales Manager and Trainer Hospice
Care Consultant (12 years)

Likes About Current Position: Interacting and
building relationships with families/residents and
making their transition to a new phase of life in
assisted living

Place of Birth: Washington, D.C.

Education: B.A. Clark College – Major
Marketing/Business Administration

Currently Lives In: Greenbelt, Maryland

Family: Two loving parents who have passed away,
sister and twin nephews and a niece

Astrological Sign: Libra

Favorite Food: Crab Cakes and Broccoli

Favorite Color: Blue

Favorite Music: Jazz and Reggae

Favorite Holiday: Christmas

Favorite TV Show: "Seinfeld"

Favorite Movie: All Romantic Comedies

Favorite Sports Team: Washington Redskins

Guilty Pleasure: Macaroni and Cheese

Hobbies/Interests: Watching football and horse racing
(Triple Crown)

Hidden Talent: Piano player

Biggest influence: My dad

Most Proud Of: Spiritual growth and international
travels to Switzerland, South Africa, France, Germany

Future goals: Learn and perfect a second language
and travel internationally

National Cholesterol Education Month

Children, young adults, and older Americans can have high cholesterol. Learn how to prevent high cholesterol and know what your cholesterol levels mean.

September is National Cholesterol Education Month, a good time to get your blood cholesterol checked and take steps to lower it if it is high. National Cholesterol Education Month is also a good time to learn about lipid profiles and about food and lifestyle choices that help you reach personal cholesterol goals. Below you will find some information about cholesterol and a summary of CDC programs that address cholesterol across the country. You will also find a few fact sheets and publications about cholesterol, as well as links to useful consumer and health care provider information on our partner websites.

How many Americans have high cholesterol?

More than 102 million American Adults (20 years or older) have total cholesterol levels at or above 200 mg/dL, which is above healthy levels. More than 35 million of these people have levels of 240 mg/dL or higher, which puts them at high risk for heart disease.

What is cholesterol?

Cholesterol is a waxy, fat-like substance found in your body and many foods. Your body needs cholesterol to function normally and makes all that you need. Too much cholesterol can build up in your arteries. After a while, these deposits narrow your arteries, putting you at risk for heart disease and stroke.

How do you know if your cholesterol is high?

High cholesterol usually doesn't have any symptoms. As a result, many people do not know that their cholesterol levels are too high. However, doctors can do a simple blood test to check your cholesterol. High cholesterol can be controlled through lifestyle changes or if it is not enough, through medications.

It's important to check your cholesterol levels. High cholesterol is a major risk factor for heart disease, the leading cause of death in the United States.

<http://www.nhlbi.nih.gov/about/ncep>

September Is Self-Care Awareness Month

What is self-care?

Self-care is much bigger than we think.

To describe self-care in a single sentence: Self-care is really just about becoming an advocate for yourself.

Here are a few things that self-care encompasses.

- Self-care is about paying attention to you, your body, and your emotions.
- Self-care is about checking in with yourself in each moment.
- Self-care is setting healthy boundaries.
- Self-care is learning and practicing clear and direct communication.
- Self-care is about learning to appreciate and love yourself.
- Self-care is about living your life with joy ... guilt-free!

Why is self-care important?

Pati's Story:

From my own personal experience, it was a lack of self-care that brought me to the edge of the end of my life. Was I dying physically? Maybe, but certainly, I was headed for a major emotional breakdown.

I had come to the end of time, where I had spent my entire life caring for, giving to, and doing for ... everyone but me. I had no idea that I had to replenish what I had been depleting for the first 50 years of my life. And frankly, when I did begin to ask for help, there was none ... at least that I was aware of. (Read more of my story)

Lack of self-care does more damage to our lives than we or even most professionals give it credit for.

In fact, I believe that the lack of self-care is so underestimated in our society that I have spent the past 10 years of my life devoted to raising awareness of the extreme importance and urgency needed in beginning to take responsibility for ourselves.

My journey led me to the founding of Evolve to Live, a non-profit 501 (c)(3), educational outreach, dedicated to raising awareness of the importance of self-care in each of our own individual lives. Plus, rolling out the concept and importance of Self-Care Awareness on a National Basis – more on this below.

The Benefits of Personal Self-Care

The benefits of practicing personal self-care are too numerous to mention but here are a few to get us started.

- When we take care of our own needs first, we are better equipped to help others
- Our health improves
- Our emotional stability improves
- Our outlook on life improves
- We smile more
- We live our lives with purpose and joy
- We discover who we were created to be
- We become our own best friend
- We love ourselves

THE LANDING OF SILVER SPRING

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Staff

General Manager
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Community Sales Manager
Gina Avalos

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Cynthia Sinden

Executive Chef
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Sous Chef
Genevieve Frimpong

Health and Wellness Director
Tonia R Lewis

Health and Wellness Manager
Rukayat Oduwole

Office Manager
Chervontah Thomas

Program Supervisor
Candice Peterson



Receptionist
Terri Jordan


Receptionist
Deborah Durgadeen

Receptionist
Dominic Green

Plant Operations
Edward Sinclair

Opal Assistant
Nicole Cerna

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>Birthdays George Griffin, 1st Carmon Paul DeMarco, 26th</p>		<p>1</p> <p>10:00 Coffee & Conversations, BI 10:30 Scenic Drive, FL 11:00 Daily Chronicle, GR 11:30 Arts & Crafts, AR 2:00 Movie Matinee, TH 3:00 Wii Game Choice, GR 6:00 Spot the Difference, GR</p>	<p>2</p> <p>10:00 Coffee & Conversations, BI 10:30 Exercise to Energize, AR 11:00 Daily Chronicle, GR 11:30 Working with Alexa, AR 2:00 Paint & Sip, AR 3:00 Cornhole, BP 4:00 Soft Relaxing Music, AR 6:00 Word Scramble, AR</p>	<p>3</p> <p>10:00 Coffee & Conversations, BI 10:30 Arm & Leg Day, AR 11:00 Daily Chronicle, GR 11:30 SALON DAY 11:30 Arts & Crafts, AR 3:00 Wii Game Choice, GR 6:00 Spot the Difference, GR</p>	<p>4</p> <p>10:00 Coffee & Conversations, BI 10:30 Exercise to Energize, AR 11:00 Daily Chronicle, PFG 11:30 Working with Alexa, AR 2:00 Memory Cards, BI 4:00 Soft Relaxing Music, AR 6:00 Words with in Words, GR</p>	<p>5</p> <p>10:00 Coffee & Conversations, BI 10:30 Rhythm & Movement, AR 11:00 Daily Chronicle, GR 11:30 Painting Class 2:00 Movie Matinee, TH 3:00 Mexican Train, GR 6:00 Word Scramble, AR</p>
	<p>6</p> <p>10:00 Coffee & Conversations, BI 10:30 Arm & Leg Day, AR 11:00 Joel Osteen, BI 11:30 Arts & Crafts, AR 2:00 Sequence Game, AR 3:00 Wii Game Choice, GR 6:00 Spot the Difference, GR</p>	<p>LABOR DAY 7</p> <p>10:00 Coffee & Conversations, BI 10:30 Exercise to Energize, AR 11:00 Daily Chronicle, GR 11:30 Working with Alexa, AR 2:00 Memory Cards, BI 3:00 Brain HQ, GR 4:00 Wii Game, GR 6:00 Word Scramble, AR</p>	<p>8</p> <p>10:00 Coffee & Conversations, BI 10:30 Lifting Weights, GR 11:00 Daily Chronicle, GR 11:30 I Dissent Game, AR 2:00 Movie Matinee, TH 4:00 Game Show, GR 6:00 Word Searches, BI</p>	<p>9</p> <p>10:00 Coffee & Conversations, BI 10:30 Fun to Fitness, AR 11:00 Daily Chronicle, GR 11:30 TED Talks, AR 2:00 Ask Alexa 3:00 21 Blackjack Card Game, CR 4:00 Mindful Meditation, FP 6:00 Word Scramble, AR</p>	<p>10</p> <p>10:00 Coffee & Conversations, BI 10:30 Lifting Weights, GR 11:00 Daily Chronicle, GR 11:30 SALON DAY 11:30 I Dissent Game, AR 2:00 FIRST RESIDENT COUNCIL MEETING, AR 3:00 Popcorn Social, AR 4:00 Game Show, GR 6:00 Word Searches, BI</p>	<p>PATRIOT DAY 11</p> <p>10:00 Coffee & Conversations, BI 10:30 Fun to Fitness, AR 11:00 Daily Chronicle, PFG 11:30 Hangman, GR 2:00 Ask Alexa 3:00 21 Blackjack Card Game, CR 4:00 Mindful Meditation, FP</p>
<p>13</p> <p>10:00 Coffee & Conversations, BI 10:30 Lifting Weights, GR 11:00 Joel Osteen, BI 11:30 I Dissent Game, AR 2:00 Sequence Game, AR 3:00 Popcorn Social, AR 4:00 Game Show, GR 6:00 Word Searches, BI</p>	<p>14</p> <p>10:00 Coffee & Conversations, BI 10:30 Fun to Fitness, AR 11:00 Daily Chronicle, GR 11:30 TED Talks, AR 2:00 Ask Alexa 3:00 21 Blackjack Card Game, CR 4:00 Mindful Meditation, FP 6:00 Word Scramble, AR</p>	<p>15</p> <p>10:00 Coffee & Conversations, BI 10:30 Arm & Leg Day, AR 11:00 Daily Chronicle, GR 11:30 Arts & Crafts, AR 2:00 Movie Matinee, TH 3:00 Wii Game Choice, GR 6:00 Spot the Difference, GR</p>	<p>16</p> <p>10:00 Coffee & Conversations, BI 10:30 Exercise to Energize, AR 11:00 Daily Chronicle, GR 11:30 Working with Alexa, AR 2:00 Memory Cards, BI 3:00 Cornhole, BP 4:00 Wii Game, GR 6:00 Word Scramble, AR</p>	<p>17</p> <p>10:00 Coffee & Conversations, BI 10:30 Arm & Leg Day, AR 11:00 Daily Chronicle, GR 11:30 SALON DAY 11:30 Arts & Crafts, AR 2:00 Happy Hour (Front Patio), FP 3:00 Wii Game Choice, GR 6:00 Wii Game Choice, GR</p>	<p>ROSH HASHANAH BEGINS AT SUNSET 18</p> <p>10:00 Coffee & Conversations, BI 10:30 Exercise to Energize, AR 11:00 Daily Chronicle, PFG 11:30 Working with Alexa, AR 2:00 Memory Cards, BI 4:00 Soft Relaxing Music, AR 4:00 Wii Game, GR 6:00 Take a Walk</p>	<p>19</p> <p>10:00 Coffee & Conversations, BI 10:30 Rhythm & Movement, AR 11:00 Daily Chronicle, GR 11:30 Painting Class 2:00 Movie Matinee, TH 2:00 Happy Hour (Front Patio), FP 3:00 Mexican Train, GR 6:00 Word Scramble, AR</p>
<p>20</p> <p>10:00 Coffee & Conversations, BI 10:30 Arm & Leg Day, AR 11:00 Joel Osteen, BI 11:30 Carpool Karaoke, GR 2:00 Sequence Game, AR 3:00 Wii Game Choice, GR 4:00 Music in the Shade, GR 6:00 Wii Game Choice</p>	<p>21</p> <p>10:00 Coffee & Conversations, BI 10:30 Exercise to Energize, AR 11:00 Daily Chronicle, GR 11:30 Working with Alexa, AR 2:00 Memory Cards, BI 3:00 TED Talks 4:00 Wii Game, GR 6:00 Word Scramble, AR</p>	<p>AUTUMN BEGINS 22</p> <p>10:00 Coffee & Conversations, BI 10:30 Lifting Weights, GR 11:00 Daily Chronicle, GR 11:30 I Dissent Game, AR 2:00 Movie Matinee, TH 3:00 Popcorn Social, AR 4:00 Game Show, GR 6:00 Word Searches, BI</p>	<p>23</p> <p>10:00 Coffee & Conversations, BI 10:30 Fun to Fitness, AR 11:00 Daily Chronicle, GR 11:30 TED Talks, AR 2:00 Ask Alexa 3:00 21 Blackjack Card Game, CR 4:00 Mindful Meditation, FP 6:00 Word Scramble, AR</p>	<p>24</p> <p>10:00 Coffee & Conversations, BI 10:30 Lifting Weights, GR 11:00 Daily Chronicle, GR 11:30 SALON DAY 11:30 I Dissent Game, AR 2:00 Happy Hour (Front Patio), FP 3:00 Popcorn Social, AR 4:00 Game Show, GR 6:00 Word Searches, BI</p>	<p>25</p> <p>10:00 Coffee & Conversations, BI 10:30 Fun to Fitness, AR 11:00 Daily Chronicle, PFG 11:30 TED Talks, AR 2:00 Ask Alexa 3:00 21 Blackjack Card Game, CR 4:00 Mindful Meditation, FP</p>	<p>26</p> <p>10:00 Coffee & Conversations, BI 10:30 Rhythm & Movement, AR 11:00 Daily Chronicle, GR 11:30 Painting Class 2:00 Movie Matinee, TH 3:00 Mexican Train, GR 6:00 Word Scramble, AR</p>
<p>YOM KIPPUR BEGINS AT SUNSET 27</p> <p>10:00 Coffee & Conversations, BI 10:30 Lifting Weights, GR 11:00 Joel Osteen, BI 11:30 I Dissent Game, AR 2:00 Sequence Game, AR 4:00 Game Show, GR 6:00 Word Searches, BI</p>	<p>28</p> <p>10:00 Coffee & Conversations, BI 10:30 Fun to Fitness, AR 11:00 Daily Chronicle, GR 11:30 TED Talks, AR 2:00 Ask Alexa 3:00 21 Blackjack Card Game, CR 4:00 Mindful Meditation, FP 6:00 Word Scramble, AR</p>	<p>29</p> <p>10:00 Coffee & Conversations, BI 11:00 Daily Chronicle, GR 11:30 Paint & Sip, AR 2:00 Movie Matinee, TH 4:00 Wii Game Bowling, GR 6:00 Word Searches</p>	<p>30</p> <p>10:00 Coffee & Conversations, BI 11:00 Daily Chronicle, GR 11:30 Scenic Drive 2:00 Bingo Game, GR 3:00 Listening Party (Front), FP 4:00 You Be the Judge, GR 6:00 Word Scramble, AR</p>	<p>Locations</p> <p>Activity Room, AR Back Patio, BP Bistro, BI Card Room, CR Dining Room, DR</p> <p>Front Lounge Area, FL Front Patio, FP Game Room, GR Outing, O PrimeFit Gym, PFG Theater, TH</p>		

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>Birthdays Evelyn Rogers, 5th</p>		1 WORLD ALZHEIMER'S MONTH 10:30 ● Sit & Lift, OAR 11:00 ● Indoor Bowling, OFR 11:30 ● Puzzles & Table Games, OAR 2:00 ● Funny Videos, OFR 2:30 ● Arts & Crafts, OAR 4:00 ● Bingo, OAR	2 10:30 ● Gentle Chair Yoga, OAR 11:00 ● Bean Bag Toss, OAR 11:30 ● Opposites Word Game, OAR 2:00 ● Afternoon Walk Outside, OC 2:30 ● Brain Joggers, OCC 3:00 ● Basketball 4:00 ● Popsicles & Music Outside, OFR	3 10:30 ● Sit & Lift, OAR 11:00 ● SCENIC DRIVE, O 12:00 ● SALON DAY 2:00 ● Virtual Travel Tour, OFR 3:00 ● Arts & Crafts 4:00 ● Bingo, OAR	4 10:30 ● Gentle Chair Yoga, OAR 11:00 ● Balloon Volleyball, OAR 11:30 ● Conversation Cards, OFR 2:00 ● YouTube Concert, OFR 2:30 ● Boggle, OFR 3:00 ● Finish the Phrase, OAR 4:00 ● Classical Music & Snacks Outside, OC	5 10:30 ● Theraband Stretches, OAR 11:00 ● Bean Bag Toss, OAR 11:30 ● Opposites Word Game, OAR 2:00 ● Classic TV, OC 2:30 ● Jokes & Riddles, OAR 3:00 ● Wii Games, OFR 4:00 ● Popsicles & Music Outside, OFR
	6 CHEESE PIZZA DAY 10:30 ● Spiritual Service: TV Broadcast, OFR 11:00 ● Morning Group Walk 11:30 ● Puzzles & Table Games, OAR 2:00 ● Smoothie Making, OCC 2:30 ● Boggle, OFR 3:00 ● Documentary 4:00 ● Bingo, OAR	7 LABOR DAY 10:30 ● Gentle Chair Yoga, OAR 11:00 ● Balloon Volleyball, OAR 11:30 ● Hidden Objects, OAR 12:00 ● LABOR DAY CELEBRATION, OC 2:00 ● YouTube Concert, OFR 2:30 ● Brain Joggers, OCC 3:00 ● Wii Games, OFR 4:00 ● Popsicles & Music Outside, OFR	8 10:30 ● Sit & Lift, OAR 11:00 ● Indoor Bowling, OFR 11:30 ● Puzzles & Table Games, OAR 2:00 ● Funny Videos, OFR 2:30 ● Arts & Crafts, OAR 4:00 ● Bingo, OAR	9 10:30 ● Gentle Chair Yoga, OAR 11:00 ● Bean Bag Toss, OAR 11:30 ● Opposites Word Game, OAR 2:00 ● Afternoon Walk Outside, OC 2:30 ● Brain Joggers, OCC 3:00 ● Basketball 4:00 ● Popsicles & Music Outside, OFR	10 10:30 ● Sit & Lift, OAR 11:00 ● Indoor Bowling, OFR 11:30 ● Movie Matinee with Popcorn, TH 12:00 ● SALON DAY 2:00 ● Virtual Travel Tour, OFR 3:00 ● Arts & Crafts 4:00 ● Bingo, OAR	11 PATRIOT DAY 10:30 ● Gentle Chair Yoga, OAR 11:00 ● Balloon Volleyball, OAR 11:30 ● Conversation Cards, OFR 2:00 ● YouTube Concert, OFR 2:30 ● Boggle, OFR 3:00 ● Finish the Phrase, OAR 4:00 ● Classical Music & Snacks Outside, OC
13 GRANDPARENTS DAY 10:30 ● Spiritual Service: TV Broadcast, OFR 11:00 ● Morning Group Walk 11:30 ● Puzzles & Table Games, OAR 2:00 ● Smoothie Making, OCC 2:30 ● Boggle, OFR 3:00 ● Documentary 4:00 ● Bingo, OAR	14 10:30 ● Gentle Chair Yoga, OAR 11:00 ● Balloon Volleyball, OAR 11:30 ● PUPPY THERAPY, OFR 2:00 ● YouTube Concert, OFR 2:30 ● Brain Joggers, OCC 3:00 ● Wii Games, OFR 4:00 ● Popsicles & Music Outside, OFR	15 10:30 ● Sit & Lift, OAR 11:00 ● Indoor Bowling, OFR 11:30 ● Puzzles & Table Games, OAR 2:00 ● Funny Videos, OFR 2:30 ● Arts & Crafts, OAR 4:00 ● Bingo, OAR	16 10:30 ● Gentle Chair Yoga, OAR 11:00 ● Bean Bag Toss, OAR 11:30 ● Opposites Word Game, OAR 2:00 ● Afternoon Walk Outside, OC 2:30 ● Brain Joggers, OCC 3:00 ● Letters to Friends & Family, OAR 4:00 ● Popsicles & Music Outside, OFR	17 10:30 ● Sit & Lift, OAR 11:00 ● SCENIC DRIVE, O 12:00 ● SALON DAY 2:00 ● Virtual Travel Tour, OFR 3:00 ● Arts & Crafts 4:00 ● Bingo, OAR	18 ROSH HASHANAH BEGINS AT SUNSET 10:30 ● Gentle Chair Yoga, OAR 11:00 ● Balloon Volleyball, OAR 11:30 ● Conversation Cards, OFR 2:00 ● YouTube Concert, OFR 2:30 ● Boggle, OFR 3:00 ● Finish the Phrase, OAR 4:00 ● Classical Music & Snacks Outside, OC	19 10:30 ● Theraband Stretches, OAR 11:00 ● Bean Bag Toss, OAR 11:30 ● Opposites Word Game, OAR 2:00 ● Classic TV, OC 2:30 ● Jokes & Riddles, OAR 3:00 ● Wii Games, OFR 4:00 ● Popsicles & Music Outside, OFR
20 10:30 ● Spiritual Service: TV Broadcast, OFR 11:00 ● Morning Group Walk 11:30 ● Puzzles & Table Games, OAR 2:00 ● Smoothie Making, OCC 2:30 ● Boggle, OFR 3:00 ● Documentary 4:00 ● Bingo, OAR	21 NATIONAL CHAI DAY 10:30 ● Gentle Chair Yoga, OAR 11:00 ● Balloon Volleyball, OAR 11:30 ● Hidden Objects, OAR 2:00 ● YouTube Concert, OFR 2:30 ● Brain Joggers, OCC 3:00 ● Wii Games, OFR 4:00 ● Iced Chai Lattes Outside	22 AUTUMN BEGINS 10:30 ● Sit & Lift, OAR 11:00 ● Indoor Bowling, OFR 11:30 ● Puzzles & Table Games, OAR 2:00 ● SHOPPING TRIP, O 4:00 ● Bingo, OAR	23 10:30 ● Gentle Chair Yoga, OAR 11:00 ● Bean Bag Toss, OAR 11:30 ● Opposites Word Game, OAR 2:00 ● Afternoon Walk Outside, OC 2:30 ● MONTHLY BIRTHDAY CELEBRATION! 4:00 ● Popsicles & Music Outside, OFR	24 10:30 ● Sit & Lift, OAR 11:00 ● Indoor Bowling, OFR 11:30 ● Movie Matinee with Popcorn, TH 12:00 ● SALON DAY 2:00 ● Virtual Travel Tour, OFR 3:00 ● Arts & Crafts 4:00 ● Bingo, OAR	25 10:30 ● Gentle Chair Yoga, OAR 11:00 ● Balloon Volleyball, OAR 11:30 ● Conversation Cards, OFR 2:00 ● YouTube Concert, OFR 2:30 ● Boggle 3:00 ● Finish the Phrase, OAR 4:00 ● Classical Music & Snacks Outside, OC	26 10:30 ● Theraband Stretches, OAR 11:00 ● Bean Bag Toss, OAR 11:30 ● Opposites Word Game, OAR 2:00 ● Classic TV, OC 2:30 ● Jokes & Riddles, OAR 3:00 ● Wii Games, OFR 4:00 ● Popsicles & Music Outside, OFR
27 YOM KIPPUR BEGINS AT SUNSET 10:30 ● Spiritual Service: TV Broadcast, OFR 11:00 ● Morning Group Walk 11:30 ● Puzzles & Table Games, OAR 2:00 ● Smoothie Making, OCC 2:30 ● Boggle, OFR 3:00 ● Documentary 4:00 ● Bingo, OAR	28 10:30 ● Gentle Chair Yoga, OAR 11:00 ● Balloon Volleyball, OAR 11:30 ● Hidden Objects, OAR 2:00 ● YouTube Concert, OFR 2:30 ● Brain Joggers, OCC 3:00 ● Wii Games, OFR 4:00 ● Popsicles & Music Outside, OFR	29 NATIONAL STARBUCKS DAY 10:30 ● Sit & Lift, OAR 11:00 ● Indoor Bowling, OFR 11:30 ● Puzzles & Table Games, OAR 2:00 ● Funny Videos, OFR 2:30 ● Arts & Crafts, OAR 4:00 ● Bingo, OAR	30 10:30 ● Gentle Chair Yoga, OAR 11:00 ● Bean Bag Toss, OAR 11:30 ● Opposites Word Game, OAR 2:00 ● Afternoon Walk Outside, OC 2:30 ● Brain Joggers, OCC 3:00 ● Basketball 4:00 ● Popsicles & Music Outside, OFR	Locations Bistro, BI Card Room, CR Game Room, GR Opal Activity Room, OAR Opal Cafe Corner, OCC Opal Courtyard, OC Opal Family Room, OFR Outing, O Theater, TH		

opal key

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