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The Landing of Towamencin

JULY 2020 · STORIES OF OLD GLORY



Sharks: Friend or Foe?

July is Shark Month at the Landing of Towamencin!

There are more than 440 known species of this amazing creature that dates back more than 420 million years. Sharks are the top predator in the marine ecosystem helping to keep fish populations in balance with other marine life and sea grass in the ocean. Are you afraid of a shark bite? As much as movies like "Jaws" would like us to believe a shark with a vengeance is just waiting for us to wander into his ocean at snack time, you're actually more likely to get struck by lightning than to get bit by a shark!

Want to see why sharks don't sink?

Have you ever held a real shark tooth?

Want to taste a shark bite jello shot? Yum!

We'll do all these things and more!



Patriotic Movie Picks

It's true, we love our movies here at The Landing of Towamencin!

Thankfully, there are some great movies that celebrate the red, white and blue. Let's see how many of these we can see this month!

"Yankee Doodle Dandy" (1942) – This biographical musical stars James Cagney as Broadway entertainer George M. Cohan, who composed the celebrated tunes "You're a Grand Old Flag" and the World War I anthem "Over There."

"The Longest Day" (1962) – With an all-star international cast that includes John Wayne, Richard Burton and Sean Connery, this drama follows the 1944 D-Day invasion from multiple points of view.

"Glory" (1989) – Denzel Washington and Morgan Freeman star in this Civil War drama about one of the first African American regiments in the Union Army.

"Independence Day" (1996) – An invasion by space aliens, a Fourth of July mission, and a rousing speech about saving mankind make this action movie a favorite decades after it premiered.

"Miracle" (2004) – This feel-good film is the inspiring true story of the U.S. men's hockey team win over the Soviet Union at the 1980 Winter Olympics. Kurt Russell plays U.S. coach Herb Brooks.

"Captain America: The First Avenger" (2011) – With a superhero sporting red, white and blue and a World War II setting, this Marvel Comics adventure radiates American pride.

"Hidden Figures" (2016) – Based on true events, this film follows the lives of three female African American mathematicians who work at NASA during the 1960s space race. The trio overcomes obstacles and helps in the mission to make John Glenn the first American to orbit the Earth.



In the Swim

When the summertime temperatures rise, one way to cool off is to put on your bathing suit and go for a swim. Soak up some facts about this wardrobe staple.

- Early styles of swimwear were extremely modest. Women wore ankle-length, long-sleeved bathing gowns. Men's suits covered their chests and legs.
- The term "swimming suit" was first used in 1921 in magazine ads created by Jantzen, an Oregon swimsuit manufacturer.
- In the 1930s, Olympic champion swimmer Johnny Weissmuller, who went on to acting fame as Tarzan, modeled one of the first brands of swim trunks.
- On July 5, 1946, the bikini made quite a splash when it debuted in France. The two-piece design was very daring at the time.
- Movie actresses Rita Hayworth, Ava Gardner and Brigitte Bardot helped popularize the bikini.
- The invention of nylon and spandex made swimsuits more flexible and formfitting.
- Surfing culture and the beach party films of the 1950s and '60s sparked new and colorful swimsuit fashions for both women and men.
- Designers have dived into high-tech swimwear, or tech suits, with fabric blends that help competitive swimmers glide through the water faster.
- Some people now opt to wear swim shirts with a UPF rating, indicating a fabric's ultraviolet protection factor, indicating how much of the sun's UV rays it blocks.



Simple Stretching Moves

Stretching on a regular basis helps to strengthen your muscles and increase your range of motion, which can make everyday physical activities easier. The following stretches are simple ones that can even be done from bed. Check with your health care provider before beginning a new routine.

Hands – Spread out your fingers and extend them until you feel a stretching sensation at the base of each finger. Then touch each finger, one at a time, to your thumb. Repeat with your other hand.

Wrists and arms – With your palm facing down, rest your forearm on a flat surface, such as a table or a bed. Rotate your wrist toward your pinky finger so that your palm is facing inward and hold for 10 seconds. Next, rotate your wrist in the other direction with your palm facing outward and hold for 10 seconds. Be sure to keep your forearm on the flat surface throughout the exercise.

Legs – Lie on your back and bend your knees so that your feet are flat on the bed. Lift one leg, supporting your thigh with your hands if needed. Rotate your lifted ankle in a clockwise motion, then counterclockwise. Repeat the exercise with your other leg.

Body stretch – Lie on your side with your legs together and knees bent. Extend both arms in front of your chest, palms pressed together. Imagine your arms are the covers of a book, then "open the book" by lifting the top arm and stretching toward the other side of your body as far as you comfortably can. Slowly return your arm to the closed position. Repeat three to five times.



THE LANDING OF TOWAMENCIN

• A LEISURE CARE PERSONAL CARE & MEMORY CARE COMMUNITY

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Plant Operations
Bill Delany

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>Locations</div> <div>Back Patio, BP</div> <div>Bistro, B</div> <div>Dining Room, DR</div> <div>Game Room, GR</div> <div>Lobby, L</div> <div>Movie Theater, THR</div> <div>PrimeFit, PF</div>	<div>Birthdays</div> <div>Ann Browne, 21st</div> <div>Transportation</div> <div>Monday, Wednesday & Friday, Daytime:</div> <div>First Come, First Served Appointments</div>		10:00 Kat's Art Studio, GR 1	10:00 Building Balance Exercise, PF 2	10:00 Find Your Center Exercise, PF 3	INDEPENDENCE DAY 4
			11:00 Wednesday Walkin' Club, PF	11:00 Lucky Lotto Bingo!, GR	11:00 Weird Science: Traveling Water, B	4th of July Outdoor Entertainment Weather Permitting, BP
			1:15 Wii Games, GR	1:15 This Week in History: America's Independence, B	1:15 Players' Choice Table Games, GR	11:30 Cranium Crunches & Puzzles
			2:00 Movie Matinee, THR	2:00 Movie Matinee, THR	2:00 Movie Matinee, THR	1:30 Card Sharks, GR
			3:45 Movie Review Club, THR	3:30 Kites & Gliders, BP	4:00 Happy Hour: Stars & Stripes Forever, B	2:00 Movie Matinee, THR
			4:30 Gardening Club: Water, Prune, Plant, PF	4:30 Gardening Club: Water, Prune, Plant, PF	5:15 Gardening Club: Water, Prune, Plant	4:30 Gardening Club: Water, Prune, Plant, PF
			6:30 Silver Screen Feature Presentation, THR	6:30 Silver Screen Feature Presentation, THR	6:30 Silver Screen Feature Presentation, THR	6:30 Silver Screen Feature Presentation, THR
Raindate 4th of July Outdoor Entertainment Weather Permitting, BP 5	10:00 Dance Fitness, PF 6	10:00 Stretch Bands Exercise, PF 7	10:00 Kat's Art Studio, GR 8	10:00 Building Balance Exercise, PF 9	10:00 Find Your Center Exercise, PF 10	11:30 Cranium Crunches & Puzzles 11
11:00 Outside In: Games & Competitions, PF	11:00 Monday Mix: This Week at a Glance, Trivia, Current Events, GR	11:00 Jammin' With Jean, BP	11:00 Wednesday Walkin' Club, PF	11:00 Lucky Lotto Bingo!, GR	11:00 Mindful Meetup: Transcendental Meditation, THR	1:30 Card Sharks, GR
1:15 Card Sharks, GR	1:15 Table Games: Rummikub, GR	1:15 Card Sharks, GR	1:15 Wii Games, GR	1:15 Tech Tips: The iPad, GR	1:15 Players' Choice Table Games, GR	2:00 Movie Matinee, THR
2:00 Sunday Matinee, THR	2:00 Movie Matinee, THR	2:00 Movie Matinee, THR	2:00 Movie Matinee, THR	2:00 Movie Matinee, THR	2:00 Movie Matinee, THR	4:30 Gardening Club: Water, Prune, Plant, PF
4:30 Gardening Club: Water, Prune, Plant, PF	3:30 Water Balloon Battle, BP	2:15 Words on Wheels: Book Mobile, L	3:30 Helping Hands: Bagging Rice for Manna on Main, B	3:00 Delightful Bites: National Sugar Cookie Day Shark Edition, B	4:00 Happy Hour: Summer Time Tunes Karaoke & Shark Attack Margaritas, B	6:30 Silver Screen Feature Presentation, THR
	4:30 Gardening Club: Water, Prune, Plant, PF	3:30 Use It or Lose It!, GR	4:30 Gardening Club: Water, Prune, Plant, PF	4:30 Gardening Club: Water, Prune, Plant, PF	5:15 Gardening Club: Water, Prune, Plant	
	6:30 Silver Screen Feature Presentation, THR	4:30 Gardening Club: Water, Prune, Plant, PF	6:30 Silver Screen Feature Presentation, THR	6:30 Silver Screen Feature Presentation, THR	6:30 Silver Screen Feature Presentation, THR	
9:00 Religious Broadcasts, GR 12	10:00 Dance Fitness, PF 13	10:00 Stretch Bands Exercise, PF 14	10:00 Kat's Art Studio, GR 15	10:00 Building Balance Exercise, PF 16	Take a Walk or Exercise: See the Front Desk for a Buddy, L 17	11:00 Upcycled Artistry: Shark Cup-n-Ball, GR 18
11:00 Outside In: Games & Competitions, PF	11:00 Monday Mix: This Week at a Glance, Trivia, Current Events, GR	11:00 Jammin' With Jean, BP	11:00 Wednesday Walkin' Club, PF	11:00 Lucky Lotto Bingo!, GR	11:00 Shark Man Videos: Adventures of a Shark Scientist, B	11:00 Writers Anonymous: Telling Your Story, GR
1:15 Card Sharks, GR	1:15 Table Games: Mexican Train Dominoes, GR	1:15 Card Sharks, GR	1:15 Flower Arranging, GR	1:15 This Week in History: Alexander Hamilton, B	1:15 Wii Games with Andrew, GR	1:15 Veterans Club: Thank You Cards for the VA Hospital, GR
2:00 Sunday Matinee, THR	2:00 Movie Matinee, THR	2:00 Movie Matinee, THR	2:00 Movie Matinee, THR	2:00 Movie Matinee, THR	2:00 Movie Matinee, THR	2:00 Movie Matinee, THR
4:30 Gardening Club: Water, Prune, Plant, PF	3:30 All About Sharks National Geographic & More, B	3:30 Scent 'N Stretch, GR	3:30 Poetry Partners: Paper Bag Poems, GR	3:30 Delightful Bites: Making Shark Bite Jello Shots, B	4:00 Happy Hour: Shark Bite Jello Shot, B	3:00 The Art of Collage: Surreal Landscapes, GR
	4:30 Gardening Club: Water, Prune, Plant, PF	4:30 Gardening Club: Water, Prune, Plant, PF	4:30 Gardening Club: Water, Prune, Plant, PF	4:30 Gardening Club: Water, Prune, Plant, PF	5:15 Gardening Club: Water, Prune, Plant	4:30 Gardening Club: Water, Prune, Plant, PF
	6:30 Silver Screen Feature Presentation, THR	6:30 Silver Screen Feature Presentation, THR	6:30 Silver Screen Feature Presentation, THR	6:30 Silver Screen Feature Presentation, THR	6:30 Silver Screen Feature Presentation, THR	6:30 Silver Screen Feature Presentation, THR
9:00 Religious Broadcasts, GR 19	Take a Walk or Exercise: See the Front Desk for a Buddy, L 20	10:00 Stretch Bands Exercise, PF 21	10:00 Kat's Art Studio, GR 22	10:00 Building Balance Exercise, PF 23	10:00 Find Your Center Exercise, PF 24	Take a Walk or Exercise: See the Front Desk for a Buddy, L 25
11:00 Outside In: Games & Competitions, PF	11:00 Surfers Video Marathon, B	11:00 Craft Corner: Raffia Baskets, GR	11:00 Wednesday Walkin' Club, PF	11:00 Lucky Lotto Bingo!, GR	11:00 Raffia Basket Making, GR	11:30 Cranium Crunches & Puzzles
1:15 Table Games: Rummikub, GR	1:15 Games with Andrew: Player's Choice, GR	11:00 Jammin' With Jean, BP	1:15 Wii Games, GR	1:15 This Week in History: The Moon Landing, B	1:15 Card Sharks: Skip-Bo, GR	1:30 Card Sharks, GR
2:00 Sunday Matinee, THR	2:00 Movie Matinee, THR	1:15 Happy Birthday Ann!, B	2:00 Movie Matinee, THR	2:00 Movie Matinee, THR	2:00 Movie Matinee: "National Lampoon's Christmas Vacation," THR	2:00 Movie Matinee: "Miracle on 34th Street," THR
2:30 World Ice Cream Day: Ice Cream Sundae Cart	4:30 Gardening Club: Water, Prune, Plant, PF	2:00 Movie Matinee, THR	3:30 Beach Day Cool Off, BP	3:30 Craft Corner: Summer Wreath, GR	3:30 Happy Hour: Christmas in July, B	4:30 Gardening Club: Water, Prune, Plant, PF
3:30 Weird Science: Why Don't Sharks Sink?, B	6:30 Silver Screen Feature Presentation, THR	2:15 Words on Wheels: Book Mobile, L	4:30 Gardening Club: Water, Prune, Plant, PF	4:30 Gardening Club: Water, Prune, Plant, PF	5:15 Gardening Club: Water, Prune, Plant	6:30 Silver Screen Feature Presentation, THR
4:30 Gardening Club: Water, Prune, Plant, PF		4:00 Ladies' Night, B	6:30 Silver Screen Feature Presentation, THR	6:30 Silver Screen Feature Presentation, THR	6:30 Silver Screen Feature Presentation, THR	
		4:30 Gardening Club: Water, Prune, Plant, PF				
		6:30 Silver Screen Feature Presentation, THR				
Take a Walk or Exercise: See the Front Desk for a Buddy, L 26	Take a Walk or Exercise: See the Front Desk for a Buddy, L 27	Take a Walk or Exercise: See the Front Desk for a Buddy, L 28	Take a Walk or Exercise: See the Front Desk for a Buddy, L 29	11:00 Mimosas & Manicures with Johnna, B 30	11:15 Hallway Bowling with Kim, PF 31	
9:00 Religious Broadcasts, GR	11:00 Quizzo & Quips with Tracy, GR	11:00 Jammin' With Jean, BP	10:00 Kat's Art Studio, GR	1:15 Wii Games with Annette, GR	1:15 Players' Choice Table Games, GR	
11:00 Outside In: Games & Competitions, PF	1:15 Games with Andrew: Player's Choice, GR	1:15 Yard Games with Mimi, GR	11:00 Bill's Sports Buzz, GR	2:00 Outdoor Entertainment Weather Permitting, BP	2:00 Movie Matinee, THR	
1:15 Card Sharks, GR	2:00 Movie Matinee, THR	2:00 Movie Matinee, THR	1:15 Games with Andrew, GR	2:30 Birthday Baking with Jordan, B	2:00 Rain Date Outdoor Entertainment Weather Permitting, BP	
2:00 Sunday Matinee, THR	4:30 Gardening Club: Water, Prune, Plant, PF	4:30 Gardening Club: Water, Prune, Plant, PF	2:00 Movie Matinee, THR	2:30 Movie Matinee, THR	4:00 July Birthday Happy Hour, B	
2:00 Movie Matinee: "It's a Wonderful Life," THR	6:30 Silver Screen Feature Presentation, THR	6:30 Silver Screen Feature Presentation, THR	4:30 Gardening Club: Water, Prune, Plant, PF	4:30 Gardening Club: Water, Prune, Plant, PF	5:15 Gardening Club: Water, Prune, Plant	
4:30 Gardening Club: Water, Prune, Plant, PF			6:30 Silver Screen Feature Presentation, THR	6:30 Silver Screen Feature Presentation, THR	6:30 Silver Screen Feature Presentation, THR	

DAILY ACTIVITIES
ARE SUBJECT TO
CHANGE.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>Locations</div> <div>Bistro, B Dining Room, DR Game Room, GR Movie Theater, THR Opal Activity Room, OAR Opal Dining Room, ODR Opal Living Room, OLR PrimeFit, PF</div>	<div>Birthdays</div> <div>Cynthia Richards, 8th Joanne Hanna, 13th</div> <div>DAILY ACTIVITIES ARE SUBJECT TO CHANGE.</div>		<div>1</div> <div>10:00 ● Exercise & Affirmations, OLR 10:30 ● Kat's Art Studio, OAR 12:00 ● Sweet Spices Aromatherapy, OLR 1:30 ● Happy Feet Walking Club, OLR 2:00 ● Celebrity Guessing Game, OLR 3:00 ● Patriotic Crafting, OAR 4:00 ● Parachute Games, OLR 6:00 ● Tube Time: Movie, Game Show, Or Documentary, OLR</div>	<div>2</div> <div>10:00 ● Exercise & Affirmations, OLR 10:30 ● Eldergrow Gardening, OAR 12:00 ● Sweet Spices Aromatherapy, OLR 1:30 ● Happy Feet Walking Club, OLR 2:00 ● No Bake Cafe, ODR 3:00 ● This Week in History, OLR 4:00 ● Chair Zumba, OLR 6:00 ● Tube Time: Movie, Game Show, Or Documentary, OLR</div>	<div>3</div> <div>10:00 ● Exercise & Affirmations, OLR 10:30 ● Patriotic Singalong, OLR 12:00 ● Sweet Spices Aromatherapy, OLR 1:30 ● Happy Feet Walking Club, OLR 2:00 ● State Plate Game, OLR 3:00 ● Friday Happy Hour, OLR 4:00 ● Parachute Games, OLR 6:00 ● Tube Time: Movie, Game Show, Or Documentary, OLR</div>	<div>4</div> <div>INDEPENDENCE DAY</div> <div>10:00 ● Exercise & Affirmations, OLR 10:30 ● Hangman & Word Games, OLR 12:00 ● Sweet Spices Aromatherapy, OLR 1:30 ● Happy Feet Walking Club, OLR 2:00 ● Numbers Game: Bingo, OAR 3:00 ● Saturday Smoothies, ODR 4:00 ● Balloon Bat, OLR 6:00 ● Tube Time: Movie, Game Show, Or Documentary, OLR</div>
<div>5</div> <div>10:00 ● Exercise & Affirmations, OLR 10:30 ● Sunday Hymns & Devotions, OLR 12:00 ● Sweet Spices Aromatherapy, OLR 1:30 ● Happy Feet Walking Club, OLR 2:00 ● Zen Coloring Therapy, OAR 3:00 ● Tabletop Puzzles & Games, OAR 4:00 ● Parachute Games, OLR 6:00 ● Tube Time: Movie, Game Show, Or Documentary, OLR</div>	<div>6</div> <div>10:00 ● Exercise & Affirmations, OLR 10:30 ● Lawn Games, OLR 12:00 ● Sweet Spices Aromatherapy, OLR 1:30 ● Happy Feet Walking Club, OLR 2:00 ● Spa Day: Manicures, Massages, & Mimosas, OLR 3:00 ● Trivia Quest, OLR 4:00 ● Chair Zumba, OLR 6:00 ● Tube Time: Movie, Game Show, Or Documentary, OLR</div>	<div>7</div> <div>10:00 ● Exercise & Affirmations, OLR 10:30 ● Baking & Remincising, ODR 12:00 ● Sweet Spices Aromatherapy, OLR 1:30 ● Happy Feet Walking Club, OLR 2:00 ● MIMI'S MIXED MEDIA, OAR 3:00 ● Laugh Out Loud: Funny YouTube Videos, OLR 4:00 ● Balloon Bat, OLR 6:00 ● Tube Time: Movie, Game Show, Or Documentary, OLR</div>	<div>8</div> <div>10:00 ● Exercise & Affirmations, OLR 10:30 ● Kat's Art Studio, OAR 12:00 ● Sweet Spices Aromatherapy, OLR 1:30 ● Happy Feet Walking Club, OLR 2:00 ● Bible Study & Discussion, OAR 3:00 ● ANNETTE'S BUSY BEES, OAR 4:00 ● Parachute Games, OLR 6:00 ● Tube Time: Movie, Game Show, Or Documentary, OLR</div>	<div>9</div> <div>10:00 ● Exercise & Affirmations, OLR 10:30 ● Eldergrow Gardening, OAR 12:00 ● Sweet Spices Aromatherapy, OLR 1:30 ● Happy Feet Walking Club, OLR 2:00 ● No Bake Cafe, ODR 3:00 ● July Birthday Social, OLR 4:00 ● Chair Zumba, OLR 6:00 ● Tube Time: Movie, Game Show, Or Documentary, OLR</div>	<div>10</div> <div>10:00 ● Exercise & Affirmations, OLR 10:30 ● Morning at the Opera, OLR 12:00 ● Sweet Spices Aromatherapy, OLR 1:30 ● Happy Feet Walking Club, OLR 2:00 ● Aromatherapy Crafts, OAR 3:00 ● Friday Happy Hour, OLR 4:00 ● Parachute Games, OLR 6:00 ● Tube Time: Movie, Game Show, Or Documentary, OLR</div>	<div>11</div> <div>10:00 ● Exercise & Affirmations, OLR 10:30 ● Hangman & Word Games, OLR 12:00 ● Sweet Spices Aromatherapy, OLR 1:30 ● Happy Feet Walking Club, OLR 2:00 ● Numbers Game: Bingo, OAR 3:00 ● Saturday Smoothies, ODR 4:00 ● Balloon Bat, OLR 6:00 ● Tube Time: Movie, Game Show, Or Documentary, OLR</div>
<div>12</div> <div>10:00 ● Exercise & Affirmations, OLR 10:30 ● Sunday Hymns & Devotions, OLR 12:00 ● Sweet Spices Aromatherapy, OLR 1:30 ● Happy Feet Walking Club, OLR 2:00 ● Zen Coloring Therapy, OAR 3:00 ● Tabletop Puzzles & Games, OAR 4:00 ● Parachute Games, OLR 6:00 ● Tube Time: Movie, Game Show, Or Documentary, OLR</div>	<div>13</div> <div>10:00 ● Exercise & Affirmations, OLR 10:30 ● Lawn Games, OLR 12:00 ● Sweet Spices Aromatherapy, OLR 1:30 ● Happy Feet Walking Club, OLR 2:00 ● Spa Day: Manicures, Massages, & Mimosas, OLR 3:00 ● Poetry Prompts, OAR 4:00 ● Chair Zumba, OLR 6:00 ● Tube Time: Movie, Game Show, Or Documentary, OLR</div>	<div>14</div> <div>10:00 ● Exercise & Affirmations, OLR 10:30 ● Bowling League, OLR 12:00 ● Sweet Spices Aromatherapy, OLR 1:30 ● Happy Feet Walking Club, OLR 2:00 ● Sensory Suitcase: Paris, France, OAR 3:00 ● TRACY'S SENSATIONAL SENSES, OAR 4:00 ● Balloon Bat, OLR 6:00 ● Tube Time: Movie, Game Show, Or Documentary, OLR</div>	<div>15</div> <div>10:00 ● Exercise & Affirmations, OLR 10:30 ● Kat's Art Studio, OAR 12:00 ● Sweet Spices Aromatherapy, OLR 1:30 ● Happy Feet Walking Club, OLR 2:00 ● Know Your Neighbor Social, OLR 3:00 ● JOHNNA'S JOYFUL ART, OAR 4:00 ● Parachute Games, OLR 6:00 ● Tube Time: Movie, Game Show, Or Documentary, OLR</div>	<div>16</div> <div>10:00 ● Exercise & Affirmations, OLR 10:30 ● Eldergrow Gardening, OAR 12:00 ● Sweet Spices Aromatherapy, OLR 1:30 ● Happy Feet Walking Club, OLR 2:00 ● No Bake Cafe, ODR 3:00 ● This Week in History, OLR 4:00 ● Chair Zumba, OLR 6:00 ● Tube Time: Movie, Game Show, Or Documentary, OLR</div>	<div>17</div> <div>10:00 ● Exercise & Affirmations, OLR 10:30 ● Jingo Games, OAR 12:00 ● Sweet Spices Aromatherapy, OLR 1:30 ● Happy Feet Walking Club, OLR 2:00 ● Short Story Discussion, OLR 3:00 ● Friday Happy Hour, OLR 4:00 ● Parachute Games, OLR 6:00 ● Tube Time: Movie, Game Show, Or Documentary, OLR</div>	<div>18</div> <div>10:00 ● Exercise & Affirmations, OLR 10:30 ● Hangman & Word Games, OLR 12:00 ● Sweet Spices Aromatherapy, OLR 1:30 ● Happy Feet Walking Club, OLR 2:00 ● Numbers Game: Bingo, OAR 3:00 ● Saturday Smoothies, ODR 4:00 ● Balloon Bat, OLR 6:00 ● Tube Time: Movie, Game Show, Or Documentary, OLR</div>
<div>19</div> <div>10:00 ● Exercise & Affirmations, OLR 10:30 ● Sunday Hymns & Devotions, OLR 12:00 ● Sweet Spices Aromatherapy, OLR 1:30 ● Happy Feet Walking Club, OLR 2:00 ● Zen Coloring Therapy, OAR 3:00 ● Tabletop Puzzles & Games, OAR 4:00 ● Parachute Games, OLR 6:00 ● Tube Time: Movie, Game Show, Or Documentary, OLR</div>	<div>20</div> <div>10:00 ● Exercise & Affirmations, OLR 10:30 ● Lawn Games, OLR 12:00 ● Sweet Spices Aromatherapy, OLR 1:30 ● Happy Feet Walking Club, OLR 2:00 ● Spa Day: Manicures, Massages, & Mimosas, OLR 3:00 ● Trivia Quest, OLR 4:00 ● Chair Zumba, OLR 6:00 ● Tube Time: Movie, Game Show, Or Documentary, OLR</div>	<div>21</div> <div>10:00 ● Exercise & Affirmations, OLR 10:30 ● Baking & Remincising, ODR 12:00 ● Sweet Spices Aromatherapy, OLR 1:30 ● Happy Feet Walking Club, OLR 2:00 ● FARM TO TABLE WITH CHEF JORDAN, ODR 3:00 ● Laugh Out Loud: Funny YouTube Videos, OLR 4:00 ● Balloon Bat, OLR 6:00 ● Tube Time: Movie, Game Show, Or Documentary, OLR</div>	<div>22</div> <div>10:00 ● Exercise & Affirmations, OLR 10:30 ● Kat's Art Studio, OAR 12:00 ● Sweet Spices Aromatherapy, OLR 1:30 ● Happy Feet Walking Club, OLR 2:00 ● Bible Study & Discussion, OAR 3:00 ● DIVA DAY WITH NATALIE, OAR 4:00 ● Parachute Games, OLR 6:00 ● Tube Time: Movie, Game Show, Or Documentary, OLR</div>	<div>23</div> <div>10:00 ● Exercise & Affirmations, OLR 10:30 ● Eldergrow Gardening, OAR 12:00 ● Sweet Spices Aromatherapy, OLR 1:30 ● Happy Feet Walking Club, OLR 2:00 ● No Bake Cafe, ODR 3:00 ● This Week in History, OLR 4:00 ● Chair Zumba, OLR 6:00 ● Tube Time: Movie, Game Show, Or Documentary, OLR</div>	<div>24</div> <div>10:00 ● Exercise & Affirmations, OLR 10:30 ● KIM'S GAME TIME, OLR 12:00 ● Sweet Spices Aromatherapy, OLR 1:30 ● Happy Feet Walking Club, OLR 2:00 ● Aromatherapy Crafts, OAR 3:00 ● Friday Happy Hour, OLR 4:00 ● Parachute Games, OLR 6:00 ● Tube Time: Movie, Game Show, Or Documentary, OLR</div>	<div>25</div> <div>10:00 ● Exercise & Affirmations, OLR 10:30 ● Hangman & Word Games, OLR 12:00 ● Sweet Spices Aromatherapy, OLR 1:30 ● Happy Feet Walking Club, OLR 2:00 ● Numbers Game: Bingo, OAR 3:00 ● Saturday Smoothies, ODR 4:00 ● Balloon Bat, OLR 6:00 ● Tube Time: Movie, Game Show, Or Documentary, OLR</div>
<div>26</div> <div>10:00 ● Exercise & Affirmations, OLR 10:30 ● Sunday Hymns & Devotions, OLR 12:00 ● Sweet Spices Aromatherapy, OLR 1:30 ● Happy Feet Walking Club, OLR 2:00 ● Zen Coloring Therapy, OAR 3:00 ● Tabletop Puzzles & Games, OAR 4:00 ● Parachute Games, OLR 6:00 ● Tube Time: Movie, Game Show, Or Documentary, OLR</div>	<div>27</div> <div>10:00 ● Exercise & Affirmations, OLR 10:30 ● Lawn Games, OLR 12:00 ● Sweet Spices Aromatherapy, OLR 1:30 ● Happy Feet Walking Club, OLR 2:00 ● Spa Day: Manicures, Massages, & Mimosas, OLR 3:00 ● Poetry Prompts, OAR 4:00 ● Chair Zumba, OLR 6:00 ● Tube Time: Movie, Game Show, Or Documentary, OLR</div>	<div>28</div> <div>10:00 ● Exercise & Affirmations, OLR 10:30 ● Bowling League, OLR 12:00 ● Sweet Spices Aromatherapy, OLR 1:30 ● Happy Feet Walking Club, OLR 2:00 ● BILL'S SPORTS BUZZ, OAR 3:00 ● Sing or Dare, OLR 4:00 ● Balloon Bat, OLR 6:00 ● Tube Time: Movie, Game Show, Or Documentary, OLR</div>	<div>29</div> <div>10:00 ● Exercise & Affirmations, OLR 10:30 ● Kat's Art Studio, OAR 12:00 ● Sweet Spices Aromatherapy, OLR 1:30 ● Happy Feet Walking Club, OLR 2:00 ● Celebrity Guessing Game, OLR 3:00 ● Shadow Box Updates, OAR 4:00 ● Parachute Games, OLR 6:00 ● Tube Time: Movie, Game Show, Or Documentary, OLR</div>	<div>30</div> <div>10:00 ● Exercise & Affirmations, OLR 10:30 ● Eldergrow Gardening, OAR 12:00 ● Sweet Spices Aromatherapy, OLR 1:30 ● Happy Feet Walking Club, OLR 2:00 ● No Bake Cafe, ODR 3:00 ● This Week in History, OLR 4:00 ● Chair Zumba, OLR 6:00 ● Tube Time: Movie, Game Show, Or Documentary, OLR</div>	<div>31</div> <div>10:00 ● Exercise & Affirmations, OLR 10:30 ● Jingo Games, OAR 12:00 ● Sweet Spices Aromatherapy, OLR 1:30 ● Happy Feet Walking Club, OLR 2:00 ● Creative Coloring & Aquapaint, OAR 3:00 ● Friday Happy Hour, OLR 4:00 ● Parachute Games, OLR 6:00 ● Tube Time: Movie, Game Show, Or Documentary, OLR</div>	<div>Opal Key</div> <div>Physical Social Experiential Emotional & Spiritual Creative & Artistic Therapeutic Sensory</div>