

livfun

The Linden at Dedham

SEPTEMBER 2020 · BELIEVE

Staying Healthy and Happy for Summer

As The Linden continues to open its doors, our main priority remains the safety and health of our residents. With the dining room now open for three meals a day, it is important to remember daily health practices that keep yourself and others around us happy and healthy. Remember to always wear your mask outside of your apartment; only take it off once seated at your dining table and put it back on anytime you get up from the table. Social distance at all times; ride the elevator no more than two at a time and keep extra distance when sitting around others. Remember to sign up for activities you are interested in, as there is limited availability.

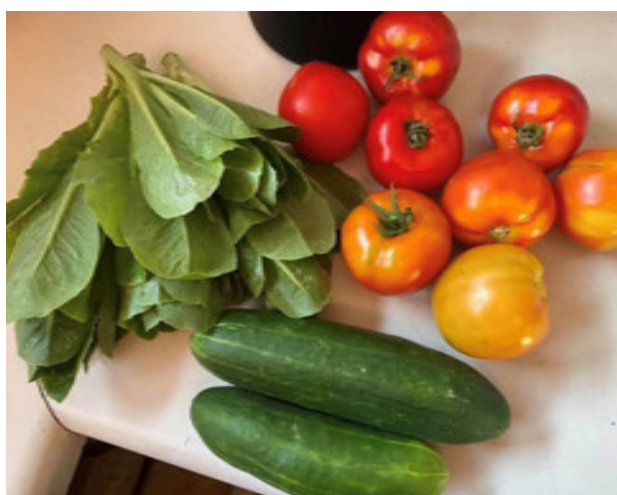


Resident Spotlight

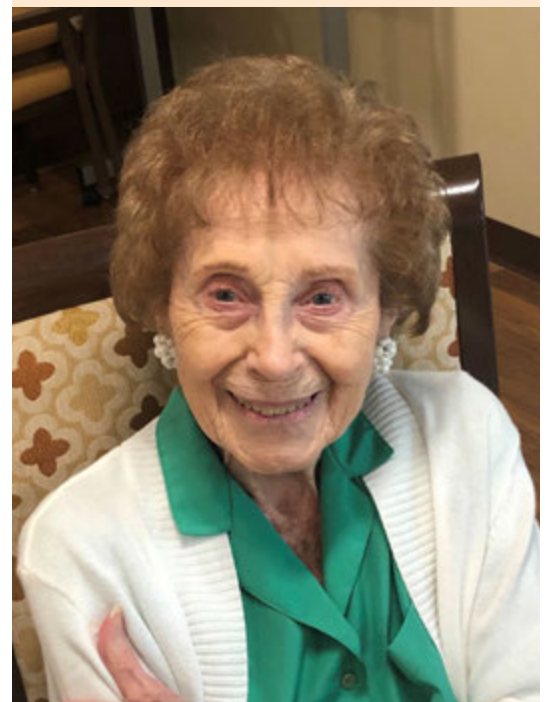
This month's resident spotlight is on Millie Roberson. Millie was born and raised in East Boston, Mass. Millie spent her career working in Boston for John Hancock as a lithograph specialist. Millie loves to tell stories of her younger days, including when she was a dancer for the USO! Ms. Roberson enjoys playing bingo every day, as well as catching up with friends with a good conversation and cup of coffee. If you see Millie, say hello! She will be sure to put a smile on your face!

Bountiful Garden Harvest

We sure had a lot growing this season at the Linden! From flowers to cucumbers, there was always something to be watered morning, noon and night. When the summer was beginning to come to a close, it was time to reap what we had sown. Residents took a few hours to pick the beautiful vegetables and herbs we have grown over the past few months, as well as some flowers for a very special garden party! It brought such joy for everyone to see their hard work pay off in such a vibrant and delicious way!



Vegetable Harvest



Closed Captioned Telephones at The Linden!

This year, everyone has learned how to love from a distance. Whether it's phone calls, video chats or instant messaging, we are relying on technology more and more for communication. For people who are hard of hearing, communicating during this time can be even harder. Luckily, The Linden's close friends at CapTel have a simple solution to this problem, closed captioning telephones! Here at the Linden, we are helping to provide these phones to our residents, all free of charge to ensure everyone can speak to their loved ones during this time and always. If you are interested in receiving this phone, please see Dean and he will assist you in receiving and setting up the new phone!



CapTel's closed captioned telephone

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.

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 LINDEN AT DEDHAM

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Dedham, MA 02026
781.407.7711

Staff

General Manager
Danielle Wasnewsky

Sales Manager
Donna Jordan

Chef
Eric Malone

Health and Wellness Director
Elaine Healy

**Memory Care Program
Manager**
Heather Payne


Office Manager
John Zarrella

Program Supervisor
Dean Tricarico

Plant Operations
Derek Zemaitis

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Birthdays LaDawna Douangsovath, 9th (Employee) Martha Behrans, 16th Weslande Brignol Morose, 20th (Employee) Joanne Steeves, 24th Brian Roche, 27th (Employee) Marie Bouquet, 28th (Employee)	10:00 iPad Training 1 10:15 Morning Walkers Club 10:15 Forever Fit Class, LR 11:00 Category Game, AR 11:00 Paint Along Class, AR 2:00 Book Club, LR 2:45 Ice Cream Cart 3:00 Taste-Testing & Conversation, AR 3:30 Bingo, AR 6:30 Puzzlin' Puzzles, LR	10:15 Monthly Gazette & Long & Strong, LR 2 10:15 Morning Walkers Club 10:45 Long Word Short Word, AR 11:00 Rolling Pin Club, AR 11:30 Rosetta Stone, MR 2:00 Menu Chat with Eric, LR 2:45 Popcorn, Appetizers, & Beer Cart 3:00 Happy Hour Social with Trivia, LR 3:30 Candy Bar Bingo, AR 6:30 Night at the Movies, MR	10:15 Easy Weights, LR 3 10:15 Morning Walkers Club 11:00 Singalong with Ash, LR 11:30 Penny Poker, LR 2:30 Knit & Stitch, MR 3:00 Bible Study, MR 3:30 Bingo, AR 6:30 Card Game with Friends, LR	10:15 Sit & Twist, LR 4 11:00 Communion & Prayer, MR 11:30 Rosary, MR 11:30 Manicures, AR 1:45 Spring Fling Walkers 2:00 Dynamic Discussions, AR 2:45 Malt Milkshake Cart 3:00 Giant Crosswords, AR 3:30 Bingo, AR 6:30 Friday at the Movies, MR	10:15 Televised Exercise Video, MR 5 11:00 Wii Games, MR 1:30 Table Top Bowling, LR 2:45 Summer Snack Cart 3:00 Word Games, AR 3:30 Bingo, AR 3:30 Movie Matinee, MR 6:30 Neighborhood Chat, LR
10:00 Televised Mass, MR 6 10:30 Posture Perfect, LR 10:30 Donut Sunday, LR 1:00 Corn Hole, LR 2:00 Brain HQ, LR 2:00 Left Center Right 3:00 Wine & Cheese Social, LR 6:30 "Dean Martin Show," MR	LABOR DAY 7 10:15 Easy Aerobics, LR 10:30 Table Top Bowling, LR 10:45 Left Right Center, LR 11:00 Draw Along Class, AR 1:45 Spring Fling Walkers 2:45 Wine & Cheese Happy Hour Cart 3:30 Prize Bingo, AR 6:30 Movie & Popcorn, MR	10:00 iPad Training 8 10:15 Morning Walkers Club 11:00 You Be the Judge, AR 11:00 Paint Along Class, AR 2:00 Book Club, LR 2:45 Ice Cream Cart 3:00 Taste-Testing & Conversation, AR 3:30 Bingo, AR 6:30 Puzzlin' Puzzles, LR	10:15 Monthly Gazette & Long & Strong, LR 9 10:15 Morning Walkers Club 10:45 Long Word Short Word, AR 11:00 Rolling Pin Club, AR 11:30 Rosetta Stone, MR 2:45 Popcorn, Appetizers, & Beer Cart 3:00 Happy Hour Social with Trivia, LR 3:30 Candy Bar Bingo, AR 6:30 Night at the Movies, MR	10:15 Easy Weights, LR 10 10:15 Morning Walkers Club 11:00 Singalong with Ash, LR 11:30 Poetry Workshop, AR 2:30 Knit & Stitch, MR 3:00 Bible Study, MR 3:30 Bingo, AR 6:30 Card Game with Friends, LR	PATRIOT DAY 11 10:15 Sit & Twist, LR 11:00 Communion & Prayer, MR 11:30 Rosary, MR 11:30 Manicures, AR 1:45 Spring Fling Walkers 2:00 Dynamic Discussions, AR 2:45 Smoothie Cart 3:00 Giant Crosswords, AR 3:30 Bingo, AR 6:30 Friday at the Movies, MR	10:15 Televised Exercise Video, MR 12 11:00 Wii Games, MR 2:45 Summer Snack Cart 3:00 Word Games, AR 3:30 Bingo, AR 3:30 Movie Matinee, MR 6:30 Neighborhood Chat, LR
10:00 Televised Mass, MR 13 10:30 Posture Perfect, LR 10:30 Donut Sunday, LR 1:00 Corn Hole, LR 2:00 Live Music by Lou Couto 2:00 Left Center Right 2:00 Brain HQ, LR 3:00 Wine & Cheese Social, LR 3:00 Ice Cream Truck 6:30 "Dean Martin Show," MR	10:15 Easy Aerobics, LR 14 10:30 Jewelry Making, LR 10:30 NALW Kick Off Party with Mike Dardis 11:00 Draw Along Class, AR 12:00 Face Mask Decorating!, AR 1:45 Spring Fling Walkers 2:00 Apple Picking! 2:45 Wine & Cheese Happy Hour Cart 3:30 Prize Bingo, AR 6:30 Movie & Popcorn, MR	10:15 Morning Walkers Club 15 10:15 Forever Fit Class, LR 11:00 Category Game, AR 11:00 Paint Along Class, AR 11:00 Resident & Staff Card Making, AR 1:00 Coffee Filter Flowers, AR 2:00 Face Mask Decorating Contest Winner Announced, LR 2:00 Book Club, LR 2:45 Ice Cream Cart 3:00 Taste-Testing & Conversation, AR 3:30 Bingo, AR 6:30 Puzzlin' Puzzles, LR	10:15 Monthly Gazette & Long & Strong, LR 16 10:45 Long Word Short Word, AR 11:00 Rolling Pin Club, AR 11:30 Dawn & Doff Contest, LR 2:00 Chaboom Dance Class! 2:00 Pie a Manager! 2:45 Popcorn, Appetizers, & Beer Cart 3:00 Happy Hour Social with Trivia, LR 3:00 Community Tree, LR 3:30 Candy Bar Bingo, AR 6:30 Night at the Movies, MR	10:15 Easy Weights, LR 17 10:15 Morning Walkers Club 11:00 Singalong with Ash, LR 11:30 Penny Poker, LR 2:00 Birthday Bash with Gine O'Donohue 2:30 Knit & Stitch, MR 3:00 Bible Study, MR 3:30 Bingo, AR 6:30 Card Game with Friends, LR	ROSH HASHANAH BEGINS AT SUNSET 18 10:15 Sit & Twist, LR 11:00 Communion & Prayer, MR 11:30 Rosary, MR 11:30 Manicures, AR 1:45 Spring Fling Walkers 2:00 NALW Final Sendoff Party! 2:00 Dynamic Discussions, AR 2:45 Malt Milkshake Cart 3:00 Giant Crosswords, AR 3:30 Bingo, AR 6:30 Friday at the Movies, MR	10:15 Televised Exercise Video, MR 19 11:00 Wii Games, MR 1:30 Table Top Bowling, LR 2:45 Summer Snack Cart 3:00 Word Games, AR 3:30 Bingo, AR 3:30 Movie Matinee, MR 6:30 Neighborhood Chat, LR
10:00 Televised Mass, MR 20 10:30 Posture Perfect, LR 10:30 Donut Sunday, LR 1:00 Corn Hole, LR 2:00 Brain HQ, LR 2:00 Left Center Right 3:00 Wine & Cheese Social, LR 6:30 "Dean Martin Show," MR	10:15 Easy Aerobics, LR 21 10:45 Left Right Center, LR 11:00 Draw Along Class, AR 1:45 Spring Fling Walkers 2:00 Travel Log, MR 2:45 Wine & Cheese Happy Hour Cart 3:00 Taste of Russia, MR 3:30 Prize Bingo, AR 6:30 Movie & Popcorn, MR	AUTUMN BEGINS 22 10:00 iPad Training 10:15 Morning Walkers Club 11:00 You Be the Judge, AR 11:00 Paint Along Class, AR 2:00 Book Club, LR 2:45 Ice Cream Cart 3:00 Taste-Testing & Conversation, AR 3:30 Bingo, AR 6:30 Puzzlin' Puzzles, LR	10:15 Monthly Gazette & Long & Strong, LR 23 10:15 Morning Walkers Club 10:45 Long Word Short Word, AR 11:00 Rolling Pin Club, AR 11:30 Rosetta Stone, MR 2:45 Popcorn, Appetizers, & Beer Cart 3:00 Happy Hour Social with Trivia, LR 3:30 Candy Bar Bingo, AR 6:30 Night at the Movies, MR	10:15 Easy Weights, LR 24 10:15 Morning Walkers Club 11:00 Singalong with Ash, LR 11:30 Poetry Workshop, AR 2:30 Knit & Stitch, MR 3:00 Bible Study, MR 3:30 Bingo, AR 6:30 Card Game with Friends, LR	10:15 Sit & Twist, LR 25 11:00 Communion & Prayer, MR 11:30 Rosary, MR 11:30 Manicures, AR 1:45 Spring Fling Walkers 2:00 Dynamic Discussions, AR 2:45 Smoothie Cart 3:00 Giant Crosswords, AR 3:30 Bingo, AR 6:30 Friday at the Movies, MR	10:15 Televised Exercise Video, MR 26 11:00 Wii Games, MR 2:45 Summer Snack Cart 3:00 Word Games, AR 3:30 Bingo, AR 3:30 Movie Matinee, MR 6:30 Neighborhood Chat, LR
YOM KIPPUR BEGINS AT SUNSET 27 10:00 Televised Mass, MR 10:30 Posture Perfect, LR 10:30 Donut Sunday, LR 1:00 Corn Hole, LR 2:00 Brain HQ, LR 2:00 Left Center Right 3:00 Wine & Cheese Social, LR 6:30 "Dean Martin Show," MR	28 10:15 Easy Aerobics, LR 11:00 Draw Along Class, AR 1:45 Spring Fling Walkers 2:45 Wine & Cheese Happy Hour Cart 3:30 Prize Bingo, AR 6:30 Movie & Popcorn, MR	29 10:00 iPad Training 10:15 Morning Walkers Club 10:15 Forever Fit Class, LR 11:00 Category Game, AR 11:00 Paint Along Class, AR 2:00 Book Club, LR 2:45 Ice Cream Cart 3:00 Taste-Testing & Conversation, AR 3:30 Bingo, AR 6:30 Puzzlin' Puzzles, LR	30 10:15 Monthly Gazette & Long & Strong, LR 10:15 Morning Walkers Club 10:45 Long Word Short Word, AR 11:00 Rolling Pin Club, AR 11:30 Rosetta Stone, MR 2:45 Popcorn, Appetizers, & Beer Cart 3:00 Happy Hour Social with Trivia, LR 3:30 Candy Bar Bingo, AR 6:30 Night at the Movies, MR	Locations Media Room, MR Memory Care, MC Patio, PAT Private Dining Room, PDR Sun Room, SR Activities Room, AR Country Kitchen, CK Dining Room, DR Living Room, LR		Service Anniversaries Cherilyn Dowd, 9/7/2018 Ivana Luc, 9/8/2015



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>Birthdays Agnes Carburrey, 4th LaDawna Douangsovath, 9th (Employee) Judy Hindley, 13th Weslande Brignol Morose, 20th (Employee) Brian Roche, 27th (Employee) Marie Bouquet, 28th (Employee)</p>	<p>Birthdays Agnes Carburrey, 4th LaDawna Douangsovath, 9th (Employee) Judy Hindley, 13th Weslande Brignol Morose, 20th (Employee) Brian Roche, 27th (Employee) Marie Bouquet, 28th (Employee)</p>	<p>10:45 ● PrimeFit Easy Aerobics, AR 1 11:00 ● Healthy Smoothies & Dear Abby, AL 11:30 ● Sun Strutters Walking Club 1:30 ● Sort & Separate, AR 2:00 ● Armchair Travel: Italy, AR 3:00 ● Taste Testing, AR 3:30 ● One on One Visits 3:30 ● Rosetta Stone: Italy, AR 4:30 ● Alphabet Word Game, AR 6:30 ● Tuesday Night Bingo, AR</p>	<p>10:45 ● PrimeFit Easy Weights, LR* 2 11:00 ● Long Word Short Word 11:00 ● Dog Bones Pet Therapy, LR 11:30 ● Sun Strutters Walking Club 1:30 ● Household Tasks, AR 2:00 ● Deli Meat Taste Testing, AR 3:00 ● Spiro 100, AR 3:30 ● Opalescence: Aromatherapy, AR 4:30 ● Alphabet Word Game, AR 6:30 ● Hand Massages & Music, LR</p>	<p>10:45 ● Posture Perfect, LR 3 11:00 ● Singalong with Sue, AL 11:30 ● Sun Strutters Walking Club 1:30 ● Sort & Separate, AR 2:00 ● Guess the Scent, AR 3:00 ● You Be the Judge, AR 3:30 ● One on One Visits 4:30 ● Alphabet Word Game, AR 6:30 ● Movie Night & Popcorn, LR</p>	<p>10:45 ● PrimeFit Posture Perfect, LR* 4 11:00 ● Rosary/Prayer Communion, LR 11:30 ● Sun Strutters Walking Club 1:30 ● Household Tasks, AR 2:00 ● Bingo, AR 3:00 ● Manicures & a Movie, AR 3:30 ● Opalescence: Aromatherapy, AR 4:30 ● Alphabet Word Game, AR 6:30 ● Bake with Me, DR</p>	<p>10:45 ● PrimeFit Sit & Twist, LR* 5 11:30 ● Brain HQ, LR 11:30 ● Sun Strutters Walking Club 2:00 ● Rolling Pin Club, DR 3:00 ● Taste Testing, AR 3:00 ● Finishing Lines & Lyrics, AR 3:30 ● Magazine Scavenger Hunt, AR 4:00 ● Finish the Lines & Lyrics, AR 4:30 ● Alphabet Word Game, AR 6:30 ● In the Moment, AR</p>
<p>10:00 ● Televised Mass, LR 6 10:45 ● PrimeFit Posture Perfect, LR* 11:30 ● Do You Know Your American Rivers?, AR 11:30 ● Sun Strutters Walking Club 1:30 ● Sort & Separate, AR 2:00 ● Table Top Bowling, AR 3:00 ● Tea, Talk, & Trivia, AR 3:30 ● Jewelry Making, AR 4:30 ● Alphabet Word Game, AR 6:30 ● Let's Explore the World, LR</p>	<p>LABOR DAY 7 10:45 ● PrimeFit Easy Aerobics, LR* 11:30 ● Sun Strutters Walking Club 1:30 ● Household Tasks, AR 2:00 ● Brain HQ, AR 3:00 ● Shake Loose a Memory & Taste Testing, AR 3:00 ● Penny Ante & Taste Testing, LR 3:00 ● Shake Loose a Memory & Taste Testing, AR 3:30 ● Opalescence: Aromatherapy, AR 4:30 ● Alphabet Word Game, AR 6:30 ● Singalong, LR</p>	<p>10:45 ● PrimeFit Easy Aerobics, AR 8 11:00 ● Healthy Smoothies & Dear Abby, AL 11:30 ● Sun Strutters Walking Club 1:30 ● Sort & Separate, AR 2:00 ● Armchair Travel: China, AR 3:00 ● Taste Testing, AR 3:30 ● One on One Visits 3:30 ● Rosetta Stone: China, AR 4:30 ● Alphabet Word Game, AR 6:30 ● Tuesday Night Bingo, AR</p>	<p>10:45 ● PrimeFit Easy Weights, LR* 9 11:00 ● Long Word Short Word 11:00 ● Dog Bones Pet Therapy, LR 11:30 ● Sun Strutters Walking Club 1:30 ● Household Tasks, AR 2:00 ● Can You Guess This Place?, AR 3:00 ● Spiro 100, AR 3:30 ● Opalescence: Aromatherapy, AR 4:30 ● Alphabet Word Game, AR 6:30 ● Hand Massages & Music, LR</p>	<p>10:45 ● Posture Perfect, LR 10 11:00 ● Singalong with Sue, AL 11:30 ● Sun Strutters Walking Club 1:30 ● Sort & Separate, AR 2:00 ● Name That Flower, AR 3:00 ● You Be the Judge, AR 3:30 ● One on One Visits 4:30 ● Alphabet Word Game, AR 6:30 ● Movie Night & Popcorn, LR</p>	<p>PATRIOT DAY 11 10:45 ● PrimeFit Posture Perfect, LR* 11:00 ● Rosary/Prayer Communion, LR 11:30 ● Sun Strutters Walking Club 1:30 ● Household Tasks, AR 2:00 ● Bingo, AR 3:00 ● Manicures & a Movie, AR 3:30 ● Opalescence: Aromatherapy, AR 4:30 ● Alphabet Word Game, AR 6:30 ● Bake with Me, DR</p>	<p>10:45 ● PrimeFit Sit & Twist, LR* 12 11:30 ● Brain HQ, LR 11:30 ● Sun Strutters Walking Club 2:00 ● Rolling Pin Club, DR 3:00 ● Taste Testing, AR 3:00 ● Finishing Lines & Lyrics, AR 3:30 ● Magazine Scavenger Hunt, AR 4:00 ● Finish the Lines & Lyrics, AR 4:30 ● Alphabet Word Game, AR 6:30 ● In the Moment, AR</p>
<p>10:00 ● Televised Mass, LR 13 10:45 ● PrimeFit Posture Perfect, LR* 11:30 ● Sun Strutters Walking Club 1:30 ● Sort & Separate, AR 2:00 ● Cornhole Toss, AR 3:00 ● Tea, Talk, & Trivia, AR 3:30 ● Favorite Foods of All Time, AR 4:30 ● Alphabet Word Game, AR 6:30 ● Let's Explore the World, LR</p>	<p>NATIONAL ASSISTED LIVING 14 10:45 ● PrimeFit Easy Aerobics, LR* 11:30 ● Sun Strutters Walking Club 1:30 ● Household Tasks, AR 2:00 ● Brain HQ, AR 3:00 ● Penny Ante & Taste Testing, AR 3:30 ● Opalescence: Aromatherapy, AR 4:30 ● Alphabet Word Game, AR 6:30 ● Singalong, LR</p>	<p>ASSISTED LIVING 15 10:45 ● PrimeFit Easy Aerobics, AR 11:00 ● Healthy Smoothies & Dear Abby, AL 11:30 ● Sun Strutters Walking Club 1:30 ● Sort & Separate, AR 2:00 ● Armchair Travel: Brazil, AR 3:00 ● Taste Testing, AR 3:30 ● One on One Visits 3:30 ● Rosetta Stone: Brazil, AR 4:30 ● Alphabet Word Game, AR 6:30 ● Tuesday Night Bingo, AR</p>	<p>LIVING 16 10:45 ● PrimeFit Easy Weights, LR* 11:00 ● Long Word Short Word 11:00 ● Dog Bones Pet Therapy, LR 11:30 ● Sun Strutters Walking Club 1:30 ● Household Tasks, AR 2:00 ● Is It Butterscotch, Toffee or Caramel?, AR 3:00 ● Spiro 100, AR 3:30 ● Opalescence: Aromatherapy, AR 4:30 ● Alphabet Word Game, AR 6:30 ● Hand Massages & Music, LR</p>	<p>WEEK 17 10:45 ● Posture Perfect, LR 11:00 ● Singalong with Sue, AL 11:30 ● Sun Strutters Walking Club 1:30 ● Sort & Separate, AR 2:00 ● Name That Candy, AR 3:00 ● You Be the Judge, AR 3:30 ● One on One Visits 4:30 ● Alphabet Word Game, AR 6:30 ● Movie Night & Popcorn, LR</p>	<p>ROSH HASHANAH BEGINS AT SUNSET 18 10:45 ● PrimeFit Posture Perfect, LR* 11:00 ● Rosary/Prayer Communion, LR 11:30 ● Sun Strutters Walking Club 1:30 ● Household Tasks, AR 2:00 ● Bingo, AR 3:00 ● Manicures & a Movie, AR 3:30 ● Opalescence: Aromatherapy, AR 4:30 ● Alphabet Word Game, AR 6:30 ● Bake with Me, DR</p>	<p>10:45 ● PrimeFit Sit & Twist, LR* 19 11:30 ● Brain HQ, LR 11:30 ● Sun Strutters Walking Club 2:00 ● Rolling Pin Club, DR 3:00 ● Taste Testing, AR 3:00 ● Finishing Lines & Lyrics, AR 3:30 ● Magazine Scavenger Hunt, AR 4:00 ● Finish the Lines & Lyrics, AR 4:30 ● Alphabet Word Game, AR 6:30 ● In the Moment, AR</p>
<p>10:00 ● Televised Mass, LR 20 10:45 ● PrimeFit Posture Perfect, LR* 11:30 ● Sun Strutters Walking Club 1:30 ● Sort & Separate, AR 2:00 ● Table Top Bowling, AR 3:00 ● Tea, Talk, & Trivia, AR 3:30 ● Jewelry Making, AR 4:30 ● Alphabet Word Game, AR 6:30 ● Let's Explore the World, LR</p>	<p>10:45 ● PrimeFit Easy Aerobics, LR* 21 11:30 ● Sun Strutters Walking Club 1:30 ● Household Tasks, AR 2:00 ● Brain HQ, AR 3:00 ● Shake Loose a Memory & Taste Testing, AR 3:00 ● Penny Ante & Taste Testing, LR 3:00 ● Shake Loose a Memory & Taste Testing, AR 3:30 ● Opalescence: Aromatherapy, AR 4:30 ● Alphabet Word Game, AR 6:30 ● Singalong, LR</p>	<p>AUTUMN BEGINS 22 2:00 ● Armchair Travel: Ireland, AR 10:45 ● PrimeFit Easy Aerobics, AR 11:00 ● Healthy Smoothies & Dear Abby, AL 11:30 ● Sun Strutters Walking Club 1:30 ● Sort & Separate, AR 3:00 ● Taste Testing, AR 3:30 ● One on One Visits 3:30 ● Rosetta Stone: Ireland, AR 4:30 ● Alphabet Word Game, AR 6:30 ● Tuesday Night Bingo, AR</p>	<p>10:45 ● PrimeFit Easy Weights, LR* 23 11:00 ● Long Word Short Word 11:00 ● Dog Bones Pet Therapy, LR 11:30 ● Sun Strutters Walking Club 1:30 ● Household Tasks, AR 2:00 ● Do You Remember These Dogs?, AR 3:00 ● Spiro 100, AR 3:30 ● Opalescence: Aromatherapy, AR 4:30 ● Alphabet Word Game, AR 6:30 ● Hand Massages & Music, LR</p>	<p>10:45 ● Posture Perfect, LR 24 11:00 ● Singalong with Sue, AL 11:30 ● Sun Strutters Walking Club 1:30 ● Sort & Separate, AR 3:00 ● You Be the Judge, AR 3:30 ● One on One Visits 3:30 ● Mosaic Pot Craft, AR 4:30 ● Alphabet Word Game, AR 6:30 ● Movie Night & Popcorn, LR</p>	<p>10:45 ● PrimeFit Posture Perfect, LR* 25 11:00 ● Rosary/Prayer Communion, LR 11:30 ● Sun Strutters Walking Club 1:30 ● Household Tasks, AR 2:00 ● Bingo, AR 3:00 ● Manicures & a Movie, AR 3:30 ● Opalescence: Aromatherapy, AR 4:30 ● Alphabet Word Game, AR 6:30 ● Bake with Me, DR</p>	<p>10:45 ● PrimeFit Sit & Twist, LR* 26 11:30 ● Brain HQ, LR 11:30 ● Sun Strutters Walking Club 2:00 ● Rolling Pin Club, DR 3:00 ● Taste Testing, AR 3:00 ● Finishing Lines & Lyrics, AR 3:30 ● Magazine Scavenger Hunt, AR 4:00 ● Finish the Lines & Lyrics, AR 4:30 ● Alphabet Word Game, AR 6:30 ● In the Moment, AR</p>
<p>YOM KIPPUR BEGINS AT SUNSET 27 10:00 ● Televised Mass, LR 10:45 ● PrimeFit Posture Perfect, LR* 11:30 ● Sun Strutters Walking Club 1:30 ● Sort & Separate, AR 2:00 ● Cornhole Toss, AR 3:00 ● Tea, Talk, & Trivia, AR 3:30 ● Are You Afraid of Ghosts?, AR 4:30 ● Alphabet Word Game, AR 6:30 ● Let's Explore the World, LR</p>	<p>10:45 ● PrimeFit Easy Aerobics, LR* 28 11:30 ● Sun Strutters Walking Club 1:30 ● Household Tasks, AR 2:00 ● Brain HQ, AR 3:00 ● Penny Ante & Taste Testing, AR 3:30 ● Opalescence: Aromatherapy, AR 4:30 ● Alphabet Word Game, AR 6:30 ● Singalong, LR</p>	<p>10:45 ● PrimeFit Easy Aerobics, AR 29 11:00 ● Healthy Smoothies & Dear Abby, AL 11:30 ● Sun Strutters Walking Club 1:30 ● Sort & Separate, AR 2:00 ● Armchair Travel: Greece, AR 3:00 ● Taste Testing, AR 3:30 ● One on One Visits 3:30 ● Rosetta Stone: Greece, AR 4:30 ● Alphabet Word Game, AR 6:30 ● Tuesday Night Bingo, AR</p>	<p>10:45 ● PrimeFit Easy Weights, LR* 30 11:00 ● Long Word Short Word 11:00 ● Dog Bones Pet Therapy, LR 11:30 ● Sun Strutters Walking Club 1:30 ● Household Tasks, AR 2:00 ● Cereal Box Matching Game, AR 3:00 ● Spiro 100, AR 3:30 ● Opalescence: Aromatherapy, AR 4:30 ● Alphabet Word Game, AR 6:30 ● Hand Massages & Music, LR</p>	<p>Locations Activity Room, AR Assisted Living, AL Court Yard, CY Dining Room, DR Living Room, LR</p> <p>Service Anniversaries Cherilyn Dowd, 9/7/2018 Ivana Luc, 9/8/2015</p>		