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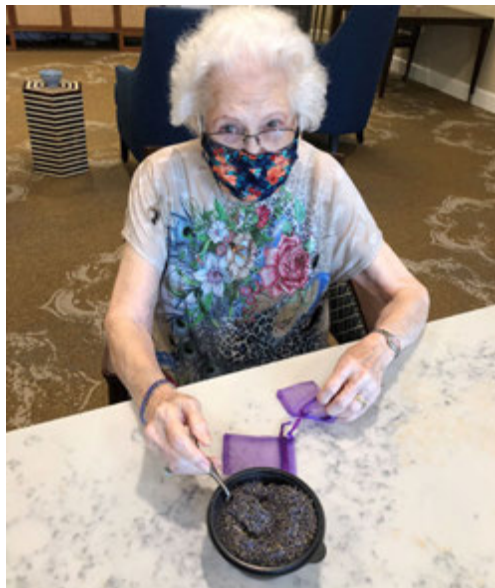
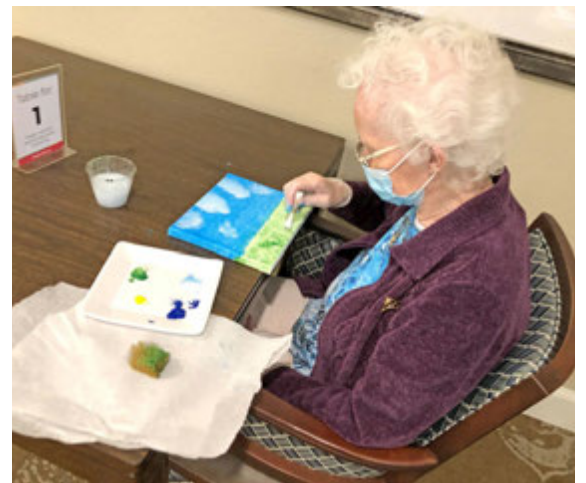
Van Mall

SEPTEMBER 2020 • BELIEVE



Summer Fades Into Fall

Van Mall had an amazing summer with concerts, barbecues and a wedding. It has been fun in the sun all summer long. Please enjoy a few photos to help us reminisce about what we did and get excited about what we are about to do.



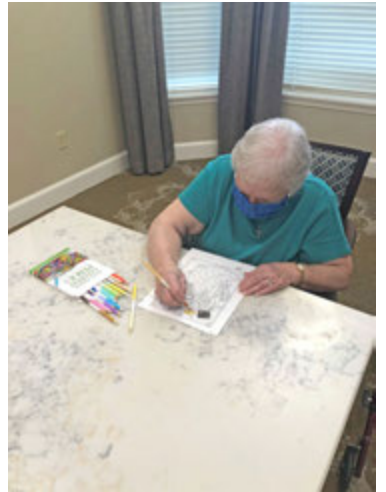
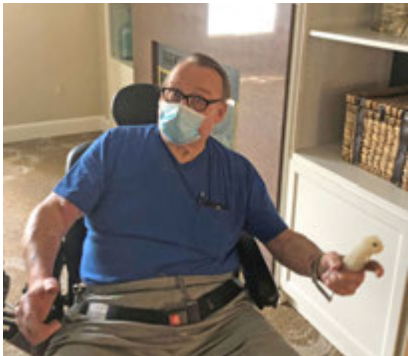
(Photos continued on back.)

WEEKLY SCHEDULE

EVERY SUNDAY	EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY	EVERY SATURDAY
10:30 Wii Bowling, Sign Up 1:00 Coloring Hour, Sign Up 5:00 Puzzle Time, Sign Up	10:30 Wii Bowling, Sign Up 1:00 Coloring Hour, Sign Up 5:00 Puzzle Time, Sign Up	10:30 Wii Bowling, Sign Up 1:00 Coloring Hour, Sign Up 5:00 Puzzle Time, Sign Up	10:30 Wii Bowling, Sign Up 1:00 Coloring Hour, Sign Up 5:00 Puzzle Time, Sign Up	10:30 Brain HQ Class, Sign Up 10:30 Wii Bowling, Sign Up 1:00 Coloring Hour, Sign Up 5:00 Puzzle Time, Sign Up	10:30 Wii Bowling, Sign Up 1:00 Coloring Hour, Sign Up 5:00 Puzzle Time, Sign Up	10:30 Wii Bowling, Sign Up 1:00 Bingo, Sign Up 1:00 Coloring Hour, Sign Up 5:00 Puzzle Time, Sign Up

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Birthdays Rose Silber, 1st Joseph Mello, 16th Harold McCarty, 19th Beverly Cox, 21st	Robert Finzer, 21st Lorraine Bohren, 21st Lora Stoudt, 22nd Bonnie Campbell, 26th Gary Hankinson, 26th Norma Schaefer, 28th	1 Library Day, LIB 2:00 Walking Club, Sign Up 3:00 Crochet & Knitting Club, Sign Up 4:00 Trivia, Sign Up 6:00 Write a Letter 6:40 Mariners on TV, LB	2 9:30 Scenic Drive, Sign Up 10:30 Walking Group & Lunch Bunch, Sign Up 3:00 Numbers Game, Sign Up 6:00 Evening Jokes, FD 6:40 Mariners on TV, LB 7:30 Timbers on TV, AL	3 1:10 Mariners on TV, LB 2:00 Classical Music Hour, Sign Up 3:00 Farmers Market, LB 4:00 Trivia, Sign Up	4 9:00 Donate to our Food Bank Day, FD 3:00 Finding your joy with Destiny, Sign Up 4:00 Travel Document, Sign Up 6:00 Fun Fact Friday, FD 6:10 Mariners on TV, LB	5 9:30 Scenic Drive, Sign Up 2:00 Art with Margi, Sign Up 6:00 Evening Movie, Sign Up 6:10 Mariners on TV, LB
6 Shred Day, MA 1:10 Mariners on TV, LB 2:00 Bible Study, Sign Up 2:15 Craft Corner: Jewelry Making, Sign Up 3:00 Afternoon Movie, Sign Up 4:00 Recliner Radio, Sign Up 7:00 Timbers on TV, LB	7 LABOR DAY 9:00 Good News Club, Sign Up 1:10 Mariners on TV, LB 2:00 Cookie Social, LB 3:00 Monday Musical Movie, Sign Up 6:00 Word Games, Sign Up	8 Library Day, LIB Foot Care with Linda, Sign Up 2:00 Walking Club, Sign Up 3:00 Crochet & Knitting Club, Sign Up 4:00 Trivia, Sign Up 6:45 Mariners on TV, LB	9 9:30 Scenic Drive, Sign Up 3:00 Numbers Game, Sign Up 6:00 Evening Jokes, Sign Up 6:45 Mariners on TV, LB	10 11:00 End of Summer BBQ, Sign Up 2:00 Classical Music Hour, Sign Up 4:00 Trivia, Sign Up	11 PATRIOT DAY 9:15 September 911 Remembrance Documentary, Sign Up 2:00 Popcorn Social, LB 3:00 Finding your joy with Destiny, Sign Up 6:00 Fun Fact Friday, Sign Up 6:40 Mariners on TV, LB	12 9:30 Scenic Drive, Sign Up 2:00 Art with Margi, Sign Up 2:00 Encouragement Concert with Nehemiah Brown, Sign Up 3:30 Encouragement Concert with Nehemiah Brown, Sign Up 5:10 Mariners on TV, LB 6:00 Evening Movie, Sign Up
13 Shred Day, MA 9:00 Grandparents Day Celebration, FD 10:00 Seahawks on TV, LB 1:10 Mariners on TV, LB 2:00 Bible Study, Sign Up 3:00 Afternoon Movie, Sign Up 4:00 Recliner Radio, Sign Up 8:00 Timbers on TV, LB	14 National Assisted Living Week 9:00 Good News Club, Sign Up 2:00 Dice Connect Four, Sign Up 3:00 Monday Musical Movie, Sign Up 6:00 Word Games, Sign Up	15 National Assisted Living Week Library Day, LIB 2:00 Walking Club, Sign Up 3:00 Crochet & Knitting Club, Sign Up 4:00 Trivia, Sign Up 6:40 Mariners on TV, LB	16 National Assisted Living Week 9:30 Scenic Drive, Sign Up 3:00 Numbers Game, Sign Up 6:00 Evening Jokes, FD 6:40 Mariners on TV, LB	17 National Assisted Living Week 2:00 Classical Music Hour, Sign Up 3:00 Farmers Market, LB 4:00 Trivia, Sign Up	18 ROSH HASHANAH BEGINS AT SUNSET National Assisted Living Week 2:00 Wine Tasting, Sign Up 3:00 Finding your joy with Destiny, Sign Up 4:00 Travel Document, Sign Up 6:00 Fun Fact Friday, FD 6:40 Mariners on TV, LB	19 9:30 Scenic Drive, Sign Up 2:00 Art with Margi, Sign Up 3:00 Arts & Crafts: Autumn Leaf Art, Sign Up 6:00 Evening Movie, Sign Up 6:10 Mariners on TV, LB
20 Shred Day, MA 1:10 Mariners on TV, LB 2:00 Bible Study, Sign Up 2:15 Craft Corner: Flower Arranging, Sign Up 3:00 Afternoon Movie, Sign Up 4:00 Recliner Radio, Sign Up 5:20 Seahawks on TV, LB	21 9:00 Good News Club, Sign Up 2:00 Ice Cream Social, LB 3:00 Monday Musical Movie, Sign Up 6:00 Word Games, Sign Up 6:10 Mariners on TV, LB	22 AUTUMN BEGINS Library Day, LIB Foot Care with Linda, Sign Up 9:15 First Day of Autumn Celebration, Sign Up 2:00 Walking Club, Sign Up 3:00 Crochet & Knitting Club, Sign Up 4:00 Trivia, Sign Up 6:10 Mariners on TV, LB	23 9:30 Scenic Drive, Sign Up 3:00 Numbers Game, Sign Up 3:40 Mariners on TV, LB 6:00 Evening Jokes, Sign Up	24 2:00 Classical Music Hour, Sign Up 4:00 Fall Harvest Dinner Party, Sign Up 4:00 Trivia, Sign Up	25 2:00 Birthday Celebration 3:00 Finding your joy with Destiny, Sign Up 6:00 Fun Fact Friday, Sign Up 6:40 Mariners on TV, LB	26 9:30 Scenic Drive, Sign Up 1:10 Mariners on TV, LB 2:00 Art with Margi, Sign Up 6:00 Evening Movie, Sign Up
27 YOM KIPPUR BEGINS AT SUNSET Shred Day, MA 12:10 Mariners on TV, LB 1:15 Wii Bowling Tournament, Sign Up 1:25 Seahawks on TV, LB 2:00 Bible Study, Sign Up 3:00 Afternoon Movie, Sign Up 4:00 Recliner Radio, Sign Up	28 9:00 Good News Club, Sign Up 2:00 Grab & Go Beer, LB 3:00 Monday Musical Movie, Sign Up 6:00 Word Games, Sign Up	29 Library Day, LIB 2:00 Walking Club, Sign Up 3:00 Crochet & Knitting Club, Sign Up 4:00 Trivia, Sign Up	30 9:30 Scenic Drive, Sign Up 2:00 Book Club, Sign Up 3:00 Numbers Game, Sign Up 6:00 Evening Jokes, Sign Up	Locations 1st Floor B-Wing Puzzle Table, PT 2nd Floor B-Wing, B-wing Activity Lounge (B-Wing), AL Activity Room (B-Wing), AR Community Room, CR Courtyard, CY Fireside Restaurant, FR	Front Courtyard, FCY Front Desk, FD Library (First Floor, A-Wing), LIB Lounge & Bistro (A-Wing), LB Mail Alcove (First Floor, A-Wing), MA Multipurpose Room (Second Floor, A-Wing), MPR	PrimeFit Gym (First Floor, A-Wing), PFG Sign-Up Required At The Front Desk, Sign Up Spa Room, SR Theatre Room (Third Floor, A-Wing), TR To Be Announced, TBA

Summer Fades Into Fall (Continued)



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.

VAN MALL
LIVING BETTER THAN EVER

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Lauren Robles

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Samantha Deffenbaugh

Health and Wellness Director
Ginny Hardy

Health and Wellness Coordinator
Annette Ememaker

Office Manager
Crystal Hennessy

Administrative Assistant
Abby Scurlock

Program Supervisor
Destiny Wigner

PrimeFit Instructor
Jeanette Caples

Concierge
Danny Proudfoot

Housekeeping Supervisor
Crystal Denham

Plant Operations Supervisor
Nic Combs