

SUNSHINE NEWS

FEBRUARY 2023 CEDARBROOK ALLENTOWN SENIOR CARE & REHAB



HELLO
february



DRAWING BY ELMA MAE UHLE



SUNSHINE NEWS

February 2023

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CEDARBROOK SENIOR CARE AND REHAB
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THE MEANING OF C.H.O.I.C.E.S.

Adopted by Cedarbrook employees in 2006, Cedarbrook's mission proudly states a commitment to residents and relatives who need senior care.

When Lehigh County families choose Cedarbrook, they are selecting

"Community with Heart Offering Individualized Care and Excellent Service."

Visit us on our Facebook page and website for updates and pictures of recent events!

www.facebook.com/cedarbrookseniorcareandrehab
website: <https://www.cedarbrookseniorcare.com>



THE BUZZ...

Around Cedarbrook



CAN YOU SPY...
WITH YOUR LITTLE EYE..

"The Love Bear"

Count how many you SPY...
(Answer on page 13)



FUNNY LOVE QUOTES

"There are only 3 things women need in life- food,
water and compliments."

By comedian Chris Rock

"People who throw kisses are hopelessly lazy."

By the late comedian Bob Hope

"A guy knows he is in love when he loses interest in
his car for a couple of days."

By comedian/actor Tim Allen

"As a man in a relationship you have two choices-
you can be right or you can be happy!"

By late comedian Ralphie May

"Love is a fire, but whether it is going to warm your
hearth or burn down your house you can never
tell."

By the late actress Joan Crawford

"My wife was afraid of the dark -then she saw me
naked. Now she's afraid of the light!"

By the late comedian Rodney Dangerfield

"The secret to a long marriage is to stay gone."

By country singer Dolly Parton

"Love is a lot like a toothache. It doesn't show up
on X-rays but you know it's there."

By the late comedian George Burns

Submitted by Lori Skaggs

FEBRUARY 14TH



February 14th is the day for lovers
It is called Valentine's Day
People give flowers, cards, stuffed
animals even diamond rings
Cupid shoots his arrow in the sky
Where it falls, love is there
So be aware, February 14th that
arrow can strike anywhere.



Written & submitted by,
Matt Post

SUPERBOWL SUNDAY

FEBRUARY 12, 2023

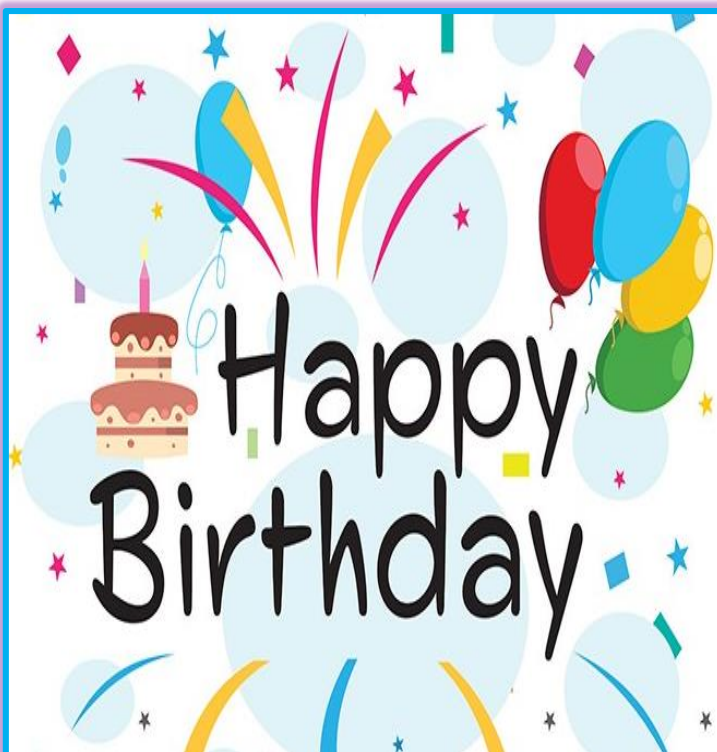
6:30 PM on FOX



FRANK VEGA	3 RD
ERNESTINE JOHNSON	5 TH
ROSA ORTIZ DEJESUS	6 TH
THOMAS SZCZEPANSKI	8 TH
JACOB HAMMOND	8 TH
THOMAS TRACY	9 TH
JOAN MAMMELE	9 TH
DONNA HAAS	13 TH
KAREN ROTH	16 TH
FLORENCE HARTZELL	17 TH
MELIZANE BLANC	17 TH
ANNA BROWN	18 TH
LORI SKAGGS	19 TH



RICHARD BARLIP	20 TH
NANCY BAHR	20 TH
ELEANOR RINGER	21 ST
MICHAEL TACKACK	22 ND
ROBERT PINA	24 TH
BERTHA BUSS	25 TH
SHIRLEY LANDSMAN	25 TH
MARGARET DOTTER	25 TH
CAROLYN SIMCOE	25 TH
DENNIS WOLF	27 TH
GERALD BUSS	27 TH
FREDERICK AUNGST	29 TH



VALENTINE'S DAY WORD SEARCH



D	F	X	G	W	T	D	C	N	G	O	D	I	P	U	C	X	L
X	E	Z	O	F	S	N	R	J	B	H	R	K	P	K	U	O	D
A	F	R	M	B	T	D	U	O	P	T	L	I	D	G	D	S	G
C	R	E	N	O	E	C	R	A	K	W	E	S	R	A	D	O	U
A	F	P	Q	U	R	E	H	E	A	R	T	S	A	N	L	D	H
N	F	U	E	Q	W	C	B	O	N	K	L	I	W	U	E	I	Y
D	Y	G	R	U	E	F	Q	A	C	E	I	Y	R	E	T	U	O
Y	E	P	T	E	E	F	V	N	L	O	F	S	R	W	S	C	U
Y	N	D	G	T	I	L	Y	E	F	S	L	I	Y	T	R	E	A
I	I	J	G	F	D	O	R	Y	T	E	W	A	G	B	M	R	Y
T	T	A	S	F	H	W	K	R	Y	E	W	Q	T	S	B	O	L
R	N	B	H	J	L	E	G	D	R	S	E	S	V	E	N	M	P
F	E	B	R	U	A	R	Y	I	Q	W	D	G	T	S	Y	A	I
T	L	J	R	D	H	S	R	D	S	G	T	V	W	O	B	N	P
E	A	I	J	E	W	X	Y	E	Z	G	X	M	D	R	A	C	F
E	V	O	L	E	T	W	S	N	F	T	N	E	I	V	O	E	U
F	R	T	E	U	J	R	Q	I	W	K	M	R	P	E	Y	B	N
X	I	T	S	H	G	J	E	M	J	D	N	E	I	R	F	K	L
T	P	E	R	B	X	R	H	E	M	E	X	A	N	E	R	M	R
Y	F	S	F	J	E	S	C	B	B	X	E	C	K	N	T	J	L

Arrow
Be mine
Bouquet
Candy
Card
Chocolate
Cuddle

Cupid
February
Flowers
Friend
Hearts
Hug
Kiss

Love
Pink
Red
Romance
Roses
Sweet
Valentine



FIND THE WORDS IN THE PUZZLE



February 2 Groundhog Day What's with that Phil?

Groundhog Day is a fun holiday! Will the groundhog see his shadow? If we were in the middle of El Nino, he might just see it. Behind the rodent folklore is an odd bit of science trivia.

Look at the legend that has had folks trekking to Punxsutawney, Pennsylvania, since 1887. According to the folklore, if Phil the groundhog comes out of his hole and sees his shadow on February 2, it means there will be six more weeks of really crummy weather. If not, the rest of winter will melt away.

According to the National Climate Data Center (NCDC), the tradition became publicized in 1887 when a newspaperman wrote about local hunters who celebrated February 2 by going on a groundhog hunt, followed by a jolly groundhog barbecue. He embellished the story with tales of the forecasting skills of Punxsutawney Phil. The rest is history.

When people continue a weather tradition, it is usually because it contains at least a grain of truth. Historically, the grain of truth for Groundhog Day in America is related to the El Nino. The El Nino, an abnormally warm tropical pacific current, warps global wind and weather patterns. In North America, it usually produces a warm winter starting along the west coast and expanding eastward.

In large parts of the east, this means that El Nino frequently produces a cool early winter, warm midwinter and cool late winter. If a large rodent was wandering around in the relatively mild midwinter, there might be enough sunshine to see his shadow. Then the El Nino would weaken and winter would literally come storming back.

It should be remembered that the groundhog tradition persisted in America during the 1700s and 1800s, during the last stages of the "Little Ice Age." What occasionally worked during those chilly times may not work now. The NCDC claims that since 1988, groundhogs only has a 39% accuracy rate.

Accurate or not- it's a great holiday and a good excuse for a party. Is the weather mild enough that a groundhog would see his shadow in your area? Do you think the rest of winter will be harsh or finally ease up? Whichever you believe it's something fun to look forward to when it's cold and there is not much else going on. Plus there is the groundhog, that Phil is just too cute to ignore!



Residents' Council Meeting Minutes Monday – January 9, 2023



- Jean Larison, President, called the meeting to order.
- Karen Snyder, Secretary, read the highlights from the December meeting.
- Marilyn Barker, Vice-President, read the Resident Right for January.

BED HOLD POLICIES – MEDICAL ASSISTANCE RESIDENTS – The Medical Assistance Program will make payment to your nursing facility to hold (reserve) the bed for you when you are away from the nursing facility for a continuous 24 hour period because you are in the hospital or on therapeutic leave. A bed must be available for you when you return to the nursing facility. Pennsylvania's limits on Medical Assistance Program payments for reserved bed days are as follows:

1. Hospitalizations – A maximum of 15 consecutive days per hospitalization. During the 15 day period, the same bed shall be available to you upon your return to the nursing facility.
 2. Therapeutic leave – A maximum of 30 days per calendar year (leave days must be included in your Plan of Care and must be ordered by your attending physician).
- Jean welcomed new residents for December.

Old Business:

- D-2 resident had a concern about missing clothing. Social Worker discussed with the resident.

New Business:

Jason Cumello: Administrator:

Project Updates-

- Visitor parking lot is now on the D-wing side of building.
- Front stairwell has been removed and that is where the new E-wing will connect via a two-story connector building. It is also where the new entrance will eventually be located.
- Soon, we will lose access to the ambulance entrance at the D-wing for approximately 4-6 weeks. They will begin building the pillars that will hold up a connecting bridge between the D-2 solarium and the new building.

Jennifer Szakacs Strohl: Life Enrichment

Activities-

- There will be an Elvis show this coming Saturday.
- January 20th there will be a hot chocolate bar special with Dining Services (by invitation only).
- February 9th there will be a chocolate covered strawberries special with Dining Services (by invitation only).

Results of Election:

-President: Jean Larison Vice President: Marilyn Barker Secretary: Karen Snyder

Congratulations to all!

Resident Concerns / Comments:

- Resident on D-2 stated hot water faucet is leaking in female bathroom.
- Work order was sent by ADON. A referral will be sent to Facilities.
- Council President reminded everyone to please wear their masks to help reduce unit restrictions.

Announcements:

- The next meeting will be held Monday, February 13th at 2:15 pm in the Auditorium.
- Residents invited to attend Food Committee meeting immediately following Residents' Council.
- The meeting was adjourned.



CHAPLAIN'S CORNER

He Rides By Lily Kubala

The heart is a window
Sealed on all sides
A mere glimpse of heaven
Perspective provides



We gaze at God's dwelling
But, not through the eye
We long for our Father
On whom we rely

Alas, though the heart is
Unbreakable glass
Both lonely may glance
Though neither may pass



So, that's why a Savior
Was born unto you
And, coming this Easter
You know what he'll do

The Dearly Beloved
If true on both sides
God's Only Begotten
Between them,
He Rides



Dear Friends,

The Easter season begins on Ash Wednesday, February 22.

Lent is the Christian season of spiritual preparation before Easter. Perhaps consider traditional observations of this Holy time such as prayer, repentance, moderation, self-denial and discipline. Easter Day will be so much sweeter if meaningfully prepare. The word 'lent' refers to the 'lengthening' of the days in spring. Let's lengthen our own faith this season, as well.

Perhaps my poem will inspire you to write your own words of faith and share them with others!

*Rejoice greatly, O daughter of Zion!
Shout aloud, O daughter of Jerusalem!
Behold, your king is coming to you;
righteous and having salvation is he,
humble and mounted on a donkey,
on a colt, the foal of a donkey.*



Zechariah: 9:9



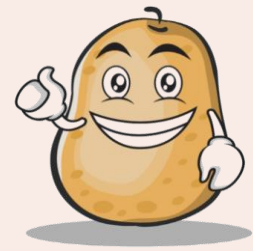
Dietitian's Corner

I hope everyone is enjoying the new menu as we are finishing our 2nd cycle through it. Tater tot casserole featuring regular potatoes is a new menu item included in the cycles and has seemed to be popular and is featured this month! Remember that if you have any suggestions for specials that you want to see, we are happy to do our best to incorporate them so let us know! January had some special features we hope you enjoyed so please provide your feedback so we can include what you'd love to see.

I was listening to the radio the one day and the host had people calling in guessing what America's most popular vegetable was. Can anyone guess what the answer was? It was potato! Being a dietitian, I wanted to call in and asked if I missed the memo as to when potatoes were considered vegetables but that was what America voted for! February is National Potato Lover's Month and National Sweet Potato Month! What are some of your favorite ways to enjoy regular or sweet potatoes? They can be enjoyed roasted, mashed, fried, made in soups, stews and more! I personally prefer sweet potatoes as they are so delicious on their own and do not require many seasonings since they are naturally sweet. Mashed sweet potatoes has been in the new menu cycle a few times. Sweet potatoes are fat-free, sodium free, high in vitamins A and C and a good source of fiber and potassium. A medium sized sweet potato is only about 130 calories. Potatoes may get a bad rap because they are full of carbs, but they are actually good for you. When prepared simply, these spuds are high in much needed nutrients.



Alexa Grubb, MS, RD, LDN



THERE ARE MANY FUN NATIONAL FOOD DAYS IN FEBRUARY, SEE WHAT DAY WETS YOUR APPETITE!



FEBRUARY 2- NATIONAL TATER TOT DAY

FEBRUARY 9- NATIONAL PIZZA DAY

FEBRUARY 11- NATIONAL PEPPERMINT PATTY DAY



FEBRUARY 15- NATIONAL GUMDROP DAY

FEBRUARY 20- NATIONAL CHERRY PIE DAY



FEBRUARY 25- NATIONAL CLAM CHOWDER DAY



FEBRUARY 27- NATIONAL STRAWBERRY DAY



CEDARBROOK VOLUNTEERS ARE VIP's... **VERY IMPORTANT PEOPLE**

VOLUNTEERS ARE MY FAVORITE VALENTINES!

During the month of February, everywhere we look are heart-shaped decorations reminding us of **love** for each other. I know our volunteers always show their **love** to Cedarbrook Residents and staff. That feeling of warmth and caring can be shown through something as simple as a smile. And even though we continue to wear masks for the safety of all of our Residents and staff, a smile can still be seen in the eyes.

For the month of February, I challenge each of you to give away a smile every day. It is a well-known fact that you can help improve someone's mood by just sharing a smile. You can help to shorten a long weary road for someone **smile by smile**. The rewards can be tremendous. Plus, it takes more muscles to frown than to smile!

There are so many opportunities to choose from to help. **Volunteers are always needed!**

Here are a few examples of how can you help:

- Transport Residents to and from live entertainment on Mondays or Saturdays 1:45- 3:45 PM
- Assist at on-unit activities (games, cooking, etc.) any week day 10AM -12 PM or 1:45-3:45 PM
- Visit with Residents one on one and help with special tasks (socialize in the family room, read their mail or the newspaper to them, help straighten their room, play cards, help with technology, etc.)
- Become an **Auxiliary Member** at either location and help with 'fun'draisers that provide many different events for our Residents
- Do you have a well-behaved dog or cat who would like to visit our Residents? We are looking for Pet Visitors during the day to bring some much-needed **love** to our residents in a calming environment.

Anyone interested in helping must provide their COVID vaccination card in order to be an active volunteer. If you have a friend or family member who would like to volunteer, please have them contact the volunteer office for more information. We accept volunteers 13 years and older.

Kerry Magliane, Volunteer Coordinator 610-336-5684

kerrymagliane@lehighcounty.org

As a THANK YOU for all you do, 2023 calendars are being mailed out to each volunteer.

We hope they make you smile! 😊



CEDARBROOK EMPLOYEE ANNIVERSARIES

<u>Employee</u>	<u>Department</u>	<u>Years</u>
Ricky Heintzelman	Nursing	29
Jennifer Bortz	Nursing	28
Ned Borger	Facilities	27
Stacey Diehl	Nursing Office	23
April Clauss	Nursing	22
Jessica Torres	Nursing Office	21
Edward Yost	Environmental	13
Clifford Murray	Environmental	11
Diane Berger	Nursing	8



<u>Employee</u>	<u>Department</u>	<u>Years</u>
Rosenide Jean-Pierre	Nursing	8
Diane Mack	Environmental	8
Jennifer Wright	Resident Assessment	7
Maria Rivas	Nursing	6
Shannon Aleman	Life Enrichment	6
Lucille Campbell	Nursing	5
Lynette Haynes	Laundry	5
Jennifer Drofich	Nursing	1
Leeann Herbst	Nursing	1
Georgette Knight	Nursing	1



AT REST
NOVEMBER 2022

KATHRYN MARTIN
EVA KUNKEL
LOIS CZECHOWSKI
VINCENT KRALIK JR.
CAROL LAUER
DENNIS ZERBY
ELISSA FISHER
CORA HUNSICKER
ROBERT WEBSTER III
FRANK BARTMAN
ANNA GIEDL
DONALD BEEHRLE
CONSTANCE TARANTINO



AT REST
DECEMBER 2022

MARGARET KUSTER
DOLORES SOLIMAN
HELEN HECKENBERGER
ELAINE CHARRON
MARY SNYDER
DANIEL CORTAZZO
SARAH MILLER
FRANK RIDER



DID YOU LOSE SOMETHING?



Lost & Found is located at the Security Desk, First Floor. If you think you have lost something, please talk to your Social Worker or stop by the Security Desk to check.

DO YOU HAVE A CONCERN?

Pennsylvania
Department of Aging
Office of the Long-Term Care
Ombudsman

If you have a question or concern, Pennsylvania's Long-term Care Ombudsman Program can help. Your local Ombudsman is trained to advocate for your rights and will work to resolve your problems by:

- ♦ *Listening to your concerns*
- ♦ *Respecting your choices*
- ♦ *Offering ideas and options to help you meet your individual needs*
- ♦ *Services are free and confidential*

Contact your local Ombudsman
(484) 619-3337

SUNSHINE NEWS STAFF

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Shannon Aleman

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Jean Larison
Bev Dawson
Kay Mohr
Matt Post
Lori Skaggs



**FREE
WiFi**



Wireless access to the Internet is now available at Cedarbrook-Allentown and Cedarbrook-Fountain Hill. Residents with wireless devices such as laptops, notebooks, tablets (Kindle, Nook, etc.) may request access through their Social Worker or Life Enrichment staff. Our PC Specialist will assign a unique username and password which must be kept confidential. Visitors may request access at the switchboard. Usernames and passwords for visitors will automatically expire after 3 days.

NEED A REPAIR? SOMETHING FIXED?



Here's how to get it done....

Any resident having difficulties with equipment such as lights, radios, beds, TV's, wheelchairs, ETC. Please contact your unit clerk, nursing staff, or charge nurse on unit for a work order to be sent to Facilities for repairs.

HOW MANY DID
YOU SPY?

There are 14



"LOVE BEARS"



Find the way out of the heart



EMPLOYEE PET OF THE MONTH

Name of employee and department...

Emily Strohl, Life Enrichment

Type of animal/ breed...

Dog, Jack Russell/Shih Tzu Mix

Pet's name, how did you come up with it?

Leah, when we went to look at getting a dog, she was already named. Her full name is Lil' Leah.

Not sure why she's named like that but I think it's because of the Little Lehigh River close by.

Are there any nicknames you have for your pet?

Bubba, Bubby, Princess, Little Girl, Baby Girl.

How old is your pet?

When we adopted her, they said she was 2 years old. We use the day we adopted her for her birthday, thus making her 10 years old. She will be turning 11 in November this year.

How and when did you choose your pet?

We lost our first dog in 2014 and we were all heartbroken. There was a void in our lives. We decided to look at dogs at the Lehigh County Humane Society. We looked at several dogs, however, Leah won us over.



Does your pet do any special tricks?

Leah knows how to sit, lay down, and give kisses. When she goes to lay down, she gets too excited and just plops herself down from a sitting position.

Funniest memory of your pet...

There's honestly too many to remember.

One thing that she always does that I think is funny is that she likes to play with my hair. She will sniff my head and lick me and then then rub her face all over my head and sometimes gets her collar stuck in my hair.



Does your pet have a favorite toy or treat?

She doesn't play with toys surprisingly. Her brother is the one that plays with toys.

Leah loves the gnaw bones from Milkbone brand and she also loves the Greenies dental sticks.

Does your pet have any bad/ naughty habits that drive you crazy?

She barks at every little thing. I could come down the steps too loudly and she will growl and bark at me. She is a little leery about strangers coming in to the house. She will constantly growl at them. She barks throughout the night every time she hears the slightest thing.

Fun facts about your pet or the breed...

A Jack Tzu is a high fashion dog that were developed for designer dogs in the United States.

The dog breed is also tiny but not barky. The breed is known for not barking much and is known for its very social side with dogs and humans.

Jack Tzu's are extremely motivated by food. They can also be very stubborn but are able to be won over by treats.



(If you would like to see your pet in the Sunshine News, please stop by the Life Enrichment Department to pick up a pet questionnaire. Please be prepared to email pictures of your pet to: MarnieDistasio@lehighcounty.org.)



Staff Recognition Spotlight



Jennifer Bortz- Certified Nurses Aide, Nursing Department

How many years have you worked at Cedarbrook? Since February 1995, 28 years.

What advice would you give to prospective candidates looking to join our team at Cedarbrook?

Jennifer believes that residents should be treated as if they were your own family member. CNA's have a very emotional and high paced career. It takes a lot of patience and respect for others that makes you succeed. Her belief is treat residents how you would expect your own parents to be taken care of.

What is your proudest job moment? Her proudest moments are receiving compliments from family members themselves. Hearing them say that she is doing a great job and acknowledgement that they recognize her doing "little things" for their loved ones. Smiles she receives from the residents themselves and calling her by her name, makes all the difference.

What does leadership look like to you? Jennifer feels like leadership is better shown when everyone works as a team.

What have you gained from working at Cedarbrook? Over the years she has met and obtained many friends. She has the feelings of security, stability and most of all love.

We thank Jennifer for her dedication to her long career here at Cedarbrook Allentown and for taking the time to answer our questions. Keep up the great work, we appreciate you!



Recipe of The Month

RED VELVET CAKE WITH CREAM CHEESE ICING FROM SCRATCH

Ingredients for cake

1 cup unsalted butter
2 cups granulated sugar
4 large eggs
2 ½ cups all-purpose flour
1 tsp baking soda
¼ tsp salt

¼ cup unsweetened cocoa powder
1 cup buttermilk, room temperature
2 Tbsp sour cream
1 tsp vanilla extract
1 ½ Tbsp white vinegar
1 ½ Tbsp red food coloring (or gel type)



1. Preheat the oven to 350* F, then butter and line two or three (your choice) 8 or 9-inch round cake pans with parchment.
2. In a measuring cup, combine the buttermilk and vinegar. Set aside.
3. Cream together the butter and sugar until light and fully, then add the eggs, one at a time, scraping the bowl after each addition. Stir in the sour cream and vanilla extract.
4. Sift together the flour, baking soda, salt, and cocoa in a separate bowl.
5. Add half the flour mixture to the butter, then half buttermilk. Repeat, and stir until all ingredients are just combined.
6. Stir in the red food coloring. (Or red food coloring gel for a brighter effect)
7. Divide the batter evenly into your prepared cake pans.
8. Bake 18-24 minutes for three pans or 25-30 minutes for two pans, until a tester inserted in the center of the cake comes out clean.
9. Allow the cake to set 10 minutes in the pan before inverting onto a cooling rack to cool completely . Icing once completely cool.

CREAM CHEESE ICING

Ingredients

•1/2 lb. unsalted butter
•1 lb. cream cheese, softened
•5-6 cups confectioner's sugar, powdered
•1 tbsp vanilla extract

Instructions

-Cream together the butter and cream cheese.
-Add the powdered sugar 1 cup at a time, scraping the sides of the bowl after each addition. Once the desired consistency is reached, add the vanilla extract.
-Use immediately on cooled cake.





FOR FUN COLORING PAGE



February 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 2:15PM Bible Study Auditorium & Channel 22	2 10:15AM Color & Chat Family Room 2:15PM Card Club Family Room	3 2:15PM Card Club Family Room 2:15PM House Movie Channel 22	4 10:15AM Puzzle Your Mind Auditorium 2:15PM Magic by Phil Crosson Aud. & Chan. 22
5 2:15PM Church Auditorium & Channel 22	6 2:15PM Music by Rob Ballonoff Auditorium & Channel 22	7 10:15AM Talking Book Family Room 10:30 AM Devotions Aud. & Chan. 22 2:15PM House Bingo Channel 22	8 2:15PM Bible Study Auditorium & Channel 22	9 10:15AM Color & Chat Family Room 2:15PM Card Club Family Room 2:15PM- Chocolate Covered Strawberries *INVITE ONLY* Auditorium	10 2:15PM Card Club Family Room 2:15PM House Movie Channel 22	11 10:15AM Puzzle Your Mind Auditorium 2:15PM Music by Scott Erickson Aud. & Chan. 22
12 2:15PM Church Auditorium & Channel 22	13 2:15PM Resident Council Auditorium & Channel 22	 14 10:15AM Talking Book Family Room 10:30 AM Devotions Aud. & Chan. 22 2:15PM House Bingo Channel 22	15 2:15PM Memorial Service Auditorium & Channel 22	16 10:15AM Color & Chat Family Room 2:15PM Card Club Family Room 2:15PM- MASS Aud. & Channel 22	17 2:15PM Card Club Family Room 2:15PM House Movie Channel 22	18 10:15AM Puzzle Your Mind Auditorium 2:15PM Music by Todd Horn Aud. & Chan. 22
19 2:15PM Church Auditorium & Channel 22	20 2:15PM Music by Steve Walker Auditorium & Channel 22	21 10:15AM Talking Book Family Room 10:30 AM Devotions Aud. & Chan. 22 2:15PM House Bingo	22 2:15PM Bible Study Auditorium & Channel 22	23 10:15AM Color & Chat Family Room 2:15PM Card Club Family Room	24 2:00PM- Shabbat Chapel 2:15PM Card Club Family Room 2:15PM House Movie Channel 22	25 10:15AM Puzzle Your Mind Auditorium 2:15PM Music by Pete Begley Aud. & Chan. 22
26 2:15PM Church Auditorium & Channel 22	27 2:15PM Music by Lorri Woodward Auditorium & Channel 22	28 10:15AM Talking Book Family Room 10:30 AM Devotions Aud. & Chan. 22 2:15PM House Bingo Channel 22				

