

# SUNSHINE NEWS

*February 2024 Cedarbrook Allentown Senior Care & Rehab*



# SUNSHINE NEWS

FEBRUARY 2024



PUBLISHED MONTHLY (FUNDED BY LEHIGH COUNTY TAXPAYERS DOLLARS.)  
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FAITH SERVICES



## LIFE ENRICHMENT DEPARTMENT STAFF

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AIMEE SCHMIDT, BECKY SCHRADEN, JEN SPARLING, SHARON STARLING-PHILLIPS, EMILY STROHL, BECKY SZILLI

## 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](https://www.facebook.com/cedarbrookseniorcareandrehab)  
website: <https://www.cedarbrookseniorcare.com>





# THE BUZZ...



## Around Cedarbrook



### ATTENTION RESIDENTS:



**For February we are directing our travels with a trip to Louisiana.**

There will be on unit activities including armchair travels, crafts, trivia, history, food/snacks, movies/documentaries and an end of the month theme party with the dietary team.



Please join in welcoming Chaplain Stephanie Jones to our Faith Services Department. She will be out and about getting to know our Cedarbrook residents. So if you see her, don't be afraid to say "Hi" and introduce yourself. We would also like everyone to know our Faith Services Department is available, not only to residents of CBA, but also to staff and Brookview residents.

If you have a religious need or just need some personal guidance, please call Pastor Anthony or Chaplain Stephanie at their office number 610-336-5622 or cell number 484-747-2104.

*faith* →



### NEW RESIDENTS

RITA FONTAINE  
ROSITA NEFF  
SANDRA MENGLE  
PEARL GAVEL  
LOUANN VLAHOVIC  
DOROTHY WILLENBECHER  
RICHARD MILLAN  
MARILYN SNYDER  
FLORENCE HEYDT  
MARK POLINCHOCK

**UPDATE:**  
Due to a later postponement date, the Resident Council meeting minutes for January will appear in the March edition of the Sunshine News along with February's meeting minutes.

CAN YOU SPY...  
WITH YOUR LITTLE EYE,  
**"LOVE LETTER"**



COUNT HOW MANY  
YOU SPY.

(Answer on page 15)





**Happy birthday!**

**Happy birthday! Happy birthday! Happy birthday!**



**FRANCIS CASTELLUCCI**  
**FRANK VEGA**  
**ROSA ORTIZ DEJESUS**  
**JACOB HAMMOND**  
**JOAN MAMMELE**  
**DONNA HAAS**  
**SHIRLEY HENION**  
**KAREN ROTH**  
**RICHARD MILLAN**  
**ANNA BROWN**  
**RICHARD BARLIP**  
**NANCY BAHR**  
**ELEANOR RINGER**  
**MICHAEL TACKACK**  
**FRANK NEMETH**  
**SUSAN LEWIS**  
**MARGARET DOTTER**  
**BERTHA BUSS**  
**SHIRLEY LANDSMAN**  
**CAROLYN SIMCOE**  
**DENNIS WOLF**  
**ANNA RICHMOND**



**3<sup>RD</sup>**

**3<sup>RD</sup>**

**6<sup>TH</sup>**

**8<sup>TH</sup>**

**9<sup>TH</sup>**

**13<sup>TH</sup>**

**14<sup>TH</sup>**

**16<sup>TH</sup>**

**16<sup>TH</sup>**

**18<sup>TH</sup>**

**20<sup>TH</sup>**

**20<sup>TH</sup>**

**21<sup>ST</sup>**

**22<sup>ND</sup>**

**22<sup>ND</sup>**

**22<sup>ND</sup>**

**25<sup>TH</sup>**

**25<sup>TH</sup>**

**25<sup>TH</sup>**

**25<sup>TH</sup>**

**27<sup>TH</sup>**

**28<sup>TH</sup>**



**Happy birthday! Happy birthday! Happy birthday!**



**Happy birthday!**

**Happy birthday!**

# **CEDARBROOK VOLUNTEERS ARE VERY IMPORTANT PEOPE**

**"THE GREATEST MOMENTS IN LIFE ARE NOT CONCERNED WITH SELFISH ACHIEVEMENTS, BUT RATHER WITH THE THINGS WE DO FOR THE PEOPLE WE LOVE."**

**WALT DISNEY, FILM MAKER, CARTOONIST, ENTREPRENEUR**

It is ideas like this that keep us moving ever forward in our quest to live a great life. The rewards you will receive from doing something kind for others is limitless. It never ceases to amaze me when we see all the love our volunteers show Cedarbrook's residents and staff. A kind word, touch, soft voice, and sweet smile truly means so much to those around us. If you haven't begun to volunteer, there are so many types of opportunities available. We welcome retirees, family members and students who are over 13 years old.



## **Current Volunteer Needs:**

- We need a few volunteers to help with in-house transport and distributing light snacks during our CBA pre-game Super Bowl party on Friday February 9<sup>th</sup> from 1:45 PM - 4:00 PM.
- Shopping help needed for occasional outings to Walmart, Boscov's or Dollar Tree. This is generally an afternoon activity and takes about 2 hours. Volunteer would meet us at the outing location.
- Cedarbrook Fountain Hill needs a shopping volunteer to grab a few personal items for some of our residents and for some BINGO prizes. This generally takes about 2 or 3 hours once a week. The volunteer would stop by our office for a list of items needed and funds for making the purchases. Head out and do the shopping usually at Walmart, Giant, or the Dollar Tree. When you're done return with items, receipts, and change. We will see that our residents get their personal requested items. This is a greatly needed and very appreciated volunteer duty. AND you can set your own shopping day and hours.



Our staff and residents love having volunteers to brighten their days. Please feel free to check out our monthly newsletter at [Cedarbrookseniorcare.com](http://Cedarbrookseniorcare.com) to see the list of current needs. Check out our Facebook Page to see some of our amazing and on coming activities.

**CONTACT THE VOLUNTEER COORDINATOR TO DISCUSS ANY QUESTIONS OR TO SIGN UP.  
610-336-5684 OR [KERRYMAGLIANE@LEHIGHCOUNTY.ORG](mailto:KERRYMAGLIANE@LEHIGHCOUNTY.ORG)**





# In The Spotlight



## Our Cedarbrook Resident

Almost 102 years ago in Minersville, Pennsylvania on July 24, 1922, Ann Prudente was born on a hot summer day. Her mom was from Lithuania. Her parents started out in the farming business and soon expanded their family by having three children. Ann has a brother and a sister.

Ann grew up in PA and went on to graduate high school. After graduation, she went on a train trip to visit Washington, DC. While riding on the train, she met a man named Anthony who was coming home from his military service in the Air Force. As fate had it, they ended up falling in love and eventually getting married. During their marriage, Ann and Anthony added two sons to their family. She also went on to become a typist and learned stenography while working for a company that was involved with the military. After some years, her and her husband went on to retirement. They decided to move to Florida where they resided for 26 years. Ann was an avid animal lover and enjoyed spending time with their Schnauzer's and many cats throughout their years.

Since her husbands passing, Ann moved back to Pennsylvania to be closer to her family. Being a grandmother of four and a great-grandmother of three, Ann is filled with wisdom and wit she intends to pass on. She is still able to speak fluent Lithuanian that she learned at a young age from her mother. With her 102<sup>nd</sup> birthday coming around soon, she has seen a lot in her 100+ years and continues to enjoy the simple things in life. She is happy listening to her favorite music, eating the foods she loves and giving into her sweet tooth. She always makes time to enjoy her extra favorite snack, chocolate.



## EMPLOYEE ANNIVERSARIES

EMPLOYEE	DEPARTMENT	YEARS
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 Mack	Environmental	8
Diane Berger	Nursing	8
Jennifer Wright	Resident Assessment	7
Maria Rivas	Nursing	6
Lucille Campbell	Nursing	5
Lynette Haynes	Laundry	5
Jennifer Drofich	Nursing	1
Leeann Herbst	Nursing	1
Georgette Knight	Nursing	1

THANKS  
FOR ALL  
YOU DO

# New Orleans Word Search

Search for the words going up, down, left & right.



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



LOUISIANA  
PARISH  
BEIGNET  
GUMBO  
MARRAINE



CAJUN  
CARNIVAL  
CRAWFISH  
PARADE



JAMBALAYA  
BANQUETTE  
CREOLE  
PARRAINE





# DIETICIAN CORNER



## "FOOD FOR THOUGHT"



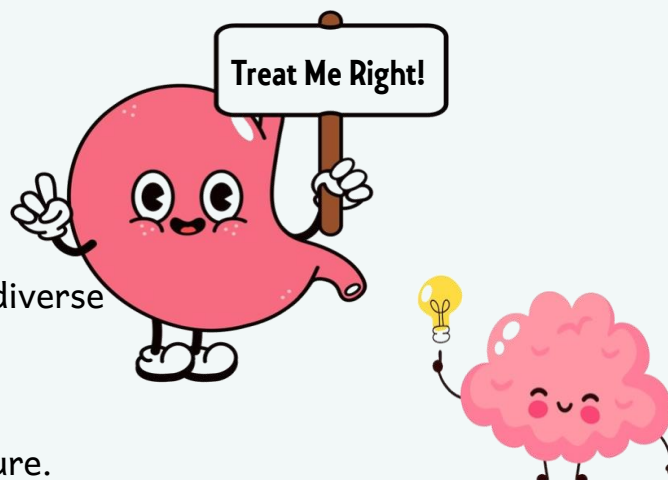
Nearly 19% of U.S. adults experience some form of mental illness. Efforts have been made to link food with mood. Extensive research has connected the gut and the brain, known as the gut-brain axis (GBA).

The GBA is a 2-way biochemical signaling between the GI tract and the brain's central nervous system.

There is a popular expression, "You are what you eat." We may not appreciate hearing it, but it is true. Eating poorly can damage and change the gut microbiome, which can result in the inability of nutrients to breakdown. Without a healthy and diverse microbiome, the body cannot produce important neurotransmitters that support mental health.

These neuro-transmitters include:

- **Dopamine**, which activates a sense of pleasure.
- **Serotonin**, that manages sleep and appetite, balances mood and decreases anxiety and pain.
- **Endorphins**, that promote calmness and relieves anxiety and depression.
- **Oxytocin**, which promotes relaxation and connection with people.



When it comes to diet, foods that hinder the production of such beneficial neurotransmitters include sugary soft drinks, refined grains, red meat, fatty foods and highly processed foods.

Research clearly shows increased antioxidant (found in foods such as chicken, fish, eggs, vegetables, beans, and fruits) intake decreases inflammation and protects the brain from neuronal damage. This can reduce depression and anxiety disorders. People who suffer from irritable bowel syndrome and other problems such as constipation, diarrhea, bloating, pain, and upset stomach may be at greater risk for depression and anxiety. Evidence suggests irritation in the gastrointestinal system sends signals to the central nervous system that trigger mood changes. Food sources rich in antioxidants also include spices and herbs, coffee, red wine, and chocolate.

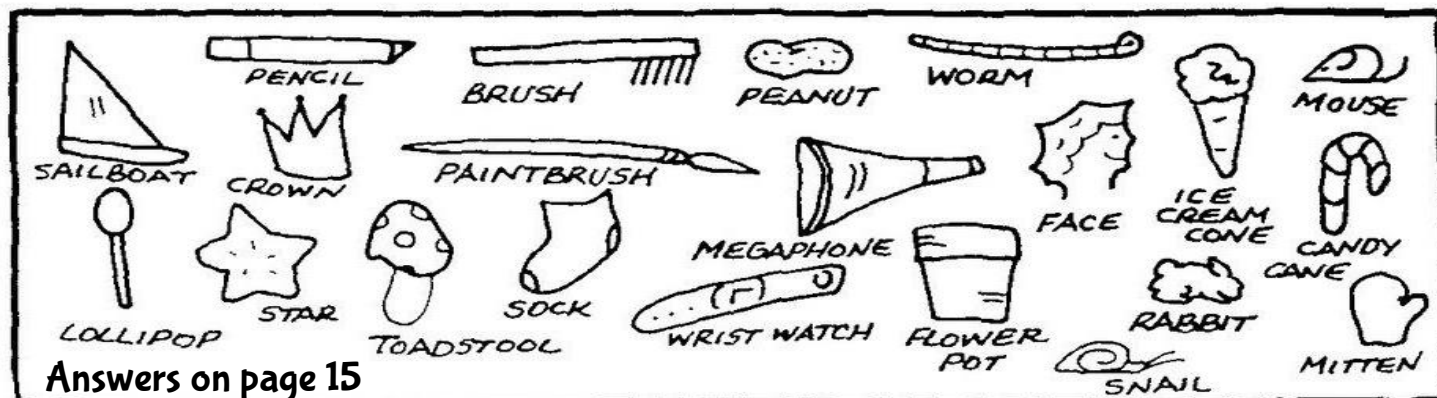
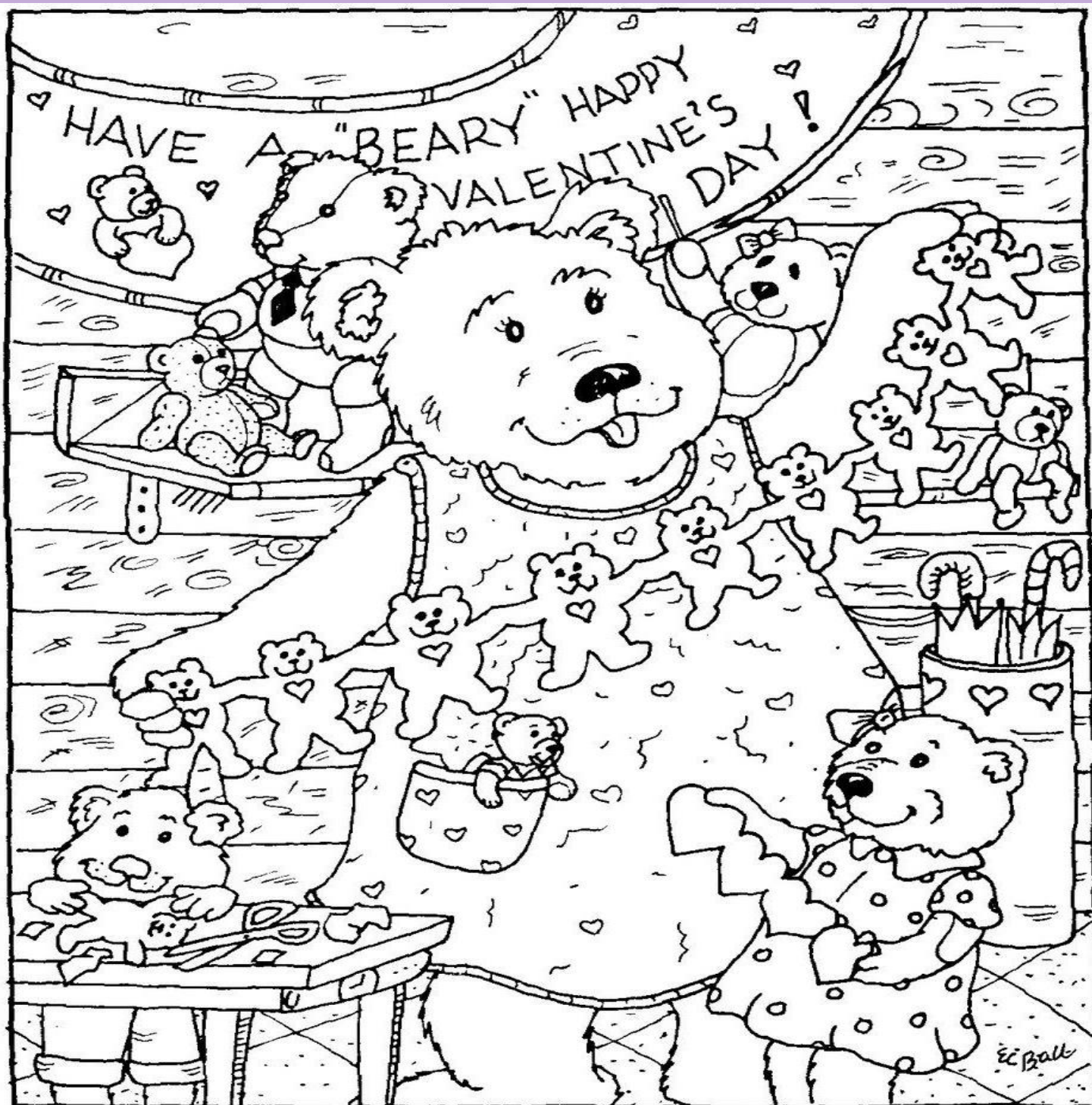
Therefore, there is good reason to focus on your diet in hope of protecting your mental health.



*Morrison*  
LIVING



# HIDDEN PICTURE PUZZLE— Find all the objects listed below.



Answers on page 15



# EMPLOYEE PET OF THE MONTH

## **Name of employee and department...**

Jolene- D5 Unit Clerk

## **Type of animal/ breed...**

English Bulldog.



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

Nayla, my kids picked it.

## **How old is your pet?**

She is a senior lady, Nayla will be 13 in July.

## **Does your pet do any special tricks?**

Nayla may be a lady, but she is stubborn. Her only trick is to sit.



## **How and when did you choose your pet?**

A friend of ours had the bulldog puppies. We went to just look at them and low and behold we came home with her.

## **Funniest memory of your pet...**

When she lays upside down, her floppy lips just hang.

## **Does your pet have a favorite toy or treat?**

She eats anything. Any treats will do.



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

If any clothes are left on the floor, she will chew a hole in them.

## **Are there any other nicknames you have for your pet?**

We call her smelly belly!



## **Fun facts about your pet or the breed...**

Nayla loves to run in the snow and eat it!



- If you put a Bulldog in the water without a doggie life jacket, they will be in some trouble. Their short legs and small hindquarters aren't equipped to keep their dense body afloat and their large head above the water. You need to be the lifeguard during a swim!

(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](mailto:MarnieDistasio@lehighcounty.org).)





# New Orleans-Style Beignets



In the 17th century, French settlers brought beignets with them as they migrated to the eastern coast of Canada, to a region called Acadia. When the British took control of the region a hundred years later, thousands of Acadians endured a forced migration, with many Acadians settled in Louisiana where their descendants became known as Cajuns. Acadians brought their cuisine and their language with them as they migrated south. In their journey to New Orleans, Acadian culture collided with the cultures of Native Americans, African-Americans, Spanish, French, and Caribbean influences already present in the city. Though their roots have traveled long and far, today, beignets are most associated with the French Quarter of New Orleans, Louisiana.

## Ingredients

- 1 and 1/2 cups warm water
- 2/3 cup granulated sugar
- 2 and 1/4 teaspoons active dry yeast
- 2 large eggs, room temperature
- 1 cup evaporated milk
- 2 and 1/2 teaspoons pure vanilla extract
- 7 cups bread flour
- 1 and 1/2 teaspoons salt
- 5 Tablespoons unsalted butter, room temperature
- 4 cups peanut oil, for deep frying
- 2 cups confectioners' sugar



## Instructions

- In a medium-size bowl, add the warm water, sugar, and yeast and whisk well to combine. Sit aside for about 10 minutes, or until the mixture has bubbled up and become foamy.
- In the bowl of a stand mixer fitted with the paddle attachment, beat the eggs until smooth. Beat in the vanilla and evaporated milk. Beat in 3 and 1/2 cups of the flour until smooth. Turn the mixer to low speed and slowly pour in the yeast mixture (careful here - this mixture can splash up if added too quickly!); beat until smooth. Add in the butter and beat until incorporated. Finally, beat in the remaining 3 and 1/2 cups of flour and salt. Beat until dough is smooth and cohesive; about 2 minutes.
- Cover the bowl tightly with plastic wrap and refrigerate the dough for at least 2 hours, or up to 24 hours.
- Line a large rimmed baking sheet with three layers of paper towels, set aside.
- In a large enameled cast-iron pan, heat 4-inches of oil to 360 degrees (F). Remove the dough from the refrigerator. On a lightly floured surface, roll the dough out into a 1/4-inch thick rectangle. Cut the dough into 2 and 1/2-inch squares.
- In batches, fry the dough until they puff up and are golden brown in color, about 1 minute. Using a slotted spoon, transfer the beignets to the prepared baking sheet and repeat with remaining dough.
- Dust with powdered sugar and serve at once!





**At Rest**  
**December 2023**

*Monica Hite*  
*Caroline Groegler*  
*Shirley Amann*  
*Peter Innerbickler*  
*Richard Moyer Sr.*  
*Linda Seyfried*  
*Yolanda Ortega - Moral*

# In Our Hearts

We thought of you today.  
But that is nothing new.  
We thought about you yesterday.  
And days before that too.  
We think of you in silence.  
We often speak your name.  
Now all we have are memories.  
And your picture in a frame.  
Your memory is our keepsake.  
With which we'll never part.  
God has you in his keeping.  
We have you in our heart.

- Unknown

## GIVING THANKS

Carol Beehrle from unit C-3 would like to thank the Life Enrichment Department for organizing the Angel Tree secret gift giving. She is sure that all the residents here were very appreciative of the public's overwhelming generosity. Carol wants to let her secret Santa friend know how grateful she was to receive her special gifts. She loves the musk fragrance, the moisturizer cream, which makes her skin so smooth, and her new comfy sweater. Carol says "God bless" and "thank you" to her special person for being so generous and caring and for being a friend. ❤️



**OR**







# CHAPLAIN'S CORNER

*"I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing." (John 15:5)*

I am not quite old enough to remember the times of racial segregation in our country, but I recently read about Ruby Bridges, an African-American girl who was six years old in 1960 when the federal government desegregated public schools in New Orleans.

Ruby had to be escorted to and from school by federal marshals. Hateful mobs gathered every day to intimidate her and to vent their hatred. Ruby walked the gauntlet every day, and never seemed to be bothered by the racial epithets hurled her way. When it became clear that she intended to stay, the parents of the white students pulled their children out of the school, so Ruby ended up as the only student in that school that year. It was just Ruby, the federal marshals, a teacher, and the ugly mobs.

Dr. Robert Coles was a Harvard psychiatrist at the time. He went to New Orleans to talk to Ruby and write a scholarly paper about her experience. Coles expected Ruby to be deeply disturbed by this experience, but when he first interviewed Ruby and her mother, both kept saying they were fine. But Coles assumed that they must have been feeling great turmoil, so he persisted in looking for a way to get them to talk about it. Then Ruby's teacher told Coles that the child is happy and cheerful in school, and that as she walks with the marshals through the ugly crowds, she seems to be talking to herself.

Coles asked Ruby about what her teacher had said, and the little girl explained that she wasn't talking to the people in the street, but rather that she was just saying a prayer for them. Coles asked why, and Ruby said, "Because they need praying for." Then Coles asked her why she thinks she needs to pray for them, and Ruby said, "Because I should." Her mother explained that Ruby has always been taught that it is important that she pray for people, so each day she asks forgiveness for her tormentors.

Ruby's parents taught her about Jesus, encouraging her faith, so that God could prepare her—to prune her—to bear abundant fruit. She changed the world more in that year than most of us could in a lifetime. Her faith kept fear at bay. She remained in Jesus—*she abided in him*. Jesus was a part of her life—as real to her as her father and mother.

Jesus said: "If you remain in me, and my words remain in you, you will ask whatever you desire, and it will be done for you" (John 15:7).

That happened for Ruby. Her prayers for the ugly mob had their effect. The mob didn't go away in a day—or a week—or even a month. The mob came every day to shout at her—to try to intimidate her—and she kept praying for them. And eventually the mob went away—and the schools were integrated—and people learned to live in peace.

Let us remember Ruby when we are facing life's challenges, especially now. Remember her faith—her patience—her prayers. Remember that God was helping her. God is helping us too. It might not seem like it at the moment, but God is answering our prayers—if we are abiding in Jesus. And about this, Jesus said, "In this is my Father glorified, that you bear much fruit, and so you will be my disciples" (John 15:8). Indeed, as we abide in Jesus—and bear much fruit—and become his disciples—we glorify the Father. And through us the Father blesses our lives and the lives of others we meet, and all who know us will in turn bless others. In these fearful times, let us pray for others, "because," as Ruby said, "they need praying for."

**Chaplain Laura Stone Cedarbrook Senior Care, Fountain Hill**



**FOOTBALL FANS...JOIN US FOR AN  
INVITE ONLY PRE - GAME SUPER  
BOWL PARTY ON FRIDAY  
FEBRUARY 9<sup>TH</sup>!  
THEN TUNE IN TO THE SUPER BOWL  
ON SUNDAY FEBRUARY 11 AT  
6:30 PM ON CBS**



**LOOKING TO SPEND TIME WITH A NEW FRIEND WITHOUT  
LEAVING THE COMFORT OF YOUR HOME?**

Sign up with SENIOR CHAT to receive a weekly call!

You will connect with a friendly volunteer through weekly phone calls. Share your stories. Reminisce. Laugh together. Make a new friend. You can talk about your interests and life experiences. Stay "connected". Enjoying conversations can lift your spirits.

Life is so much better when it is shared!

Senior Chat is a safe and secure no-cost program that matches screened Volunteer Callers with older adults who live in Lehigh, Northampton, or Carbon Counties.

If you want to receive a weekly call and make a new friend OR if you would like to become a Friendly Caller Volunteer visit: [RSVPofLNC.org/SeniorCHAT](http://RSVPofLNC.org/SeniorCHAT)

EMAIL: [SeniorCHATglv@hotmail.com](mailto:SeniorCHATglv@hotmail.com)

OR Call: 610-880-3095 to inquire.



**SENIOR CHAT = *C*onnections  
*H*elp  
*A*ddults  
*T*hrive**





### HOW MANY DID YOU SPY?



There are **19**  
"LOVE LETTERS"

### 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.



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 Natalia Villamil, Administrative Assistant. Our PC Specialist will assign a unique username and password which must be kept confidential.

#### Hidden Picture Answers

**Sailboat-** To the left of the spotted teddy bear on the shelf.  
**Lollipop-** To the left of the word "Day", upside down.  
**Pencil-** Front lip of the shelf small dotted bear is on.  
**Crown-** Left umbrella top.  
**Star-** Above the pocket of mama bears dress.  
**Toadstool-** Left sleeve of girl bears dress.  
**Sock-** Leg of bear standing on shelf.  
**Paintbrush-** Under the word "Day", edge of banner.  
**Brush-** Side lip of shelf where small teddy bear is on.  
**Peanut-** Right arm of spotted teddy bear on shelf.  
**Megaphone-** Left of the left umbrella, upside down.  
**Wristwatch-** Right side lip of small table.  
**Flower pot-** Boy bear at table, left pant leg.  
**Snail-** Middle of mama bears right arm below shelf.  
**Rabbit-** Inside mama bears right ear.  
**Face-** Above bear in mamas dress pocket.  
**Worm-** Right arm, trim of mama bears dress.  
**Ice cream cone-** Left ear of boy bear at table.  
**Mouse-** Right corner of page against edge of banner.  
**Candy cane-** Handle of right umbrella.  
**Mitten-** Last right heart in girl bears left hand.

## SUNSHINE NEWS STAFF

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Kay Mohr



### DO YOU HAVE A CONCERN?

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

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

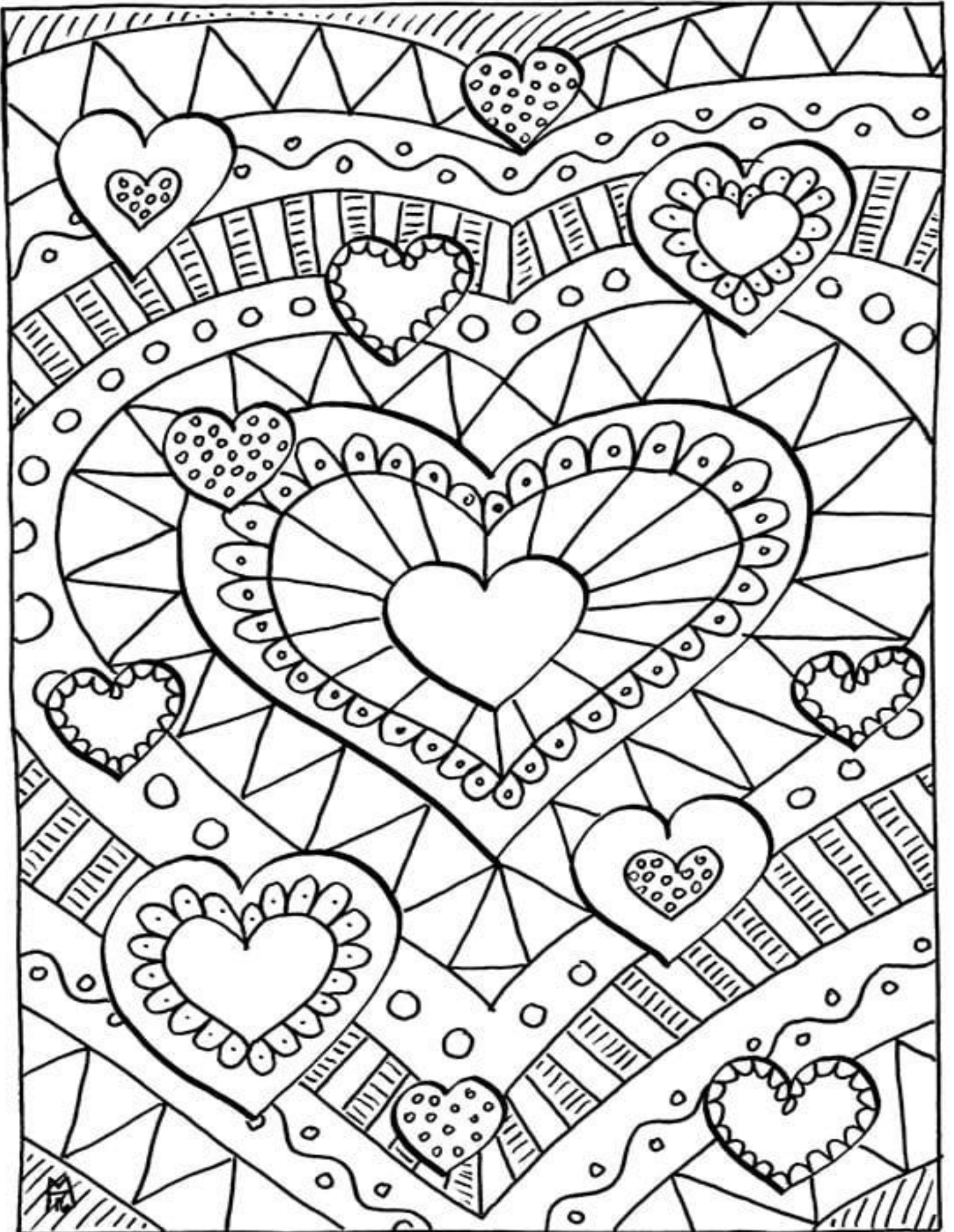
## LOST AND FOUND

### DID YOU LOSE SOMETHING?



Lost and Found is located at security on first floor entrance. Many items await the claim of their rightful owner. Please stop at the Receptionist to see if any items belong to you.

# VALENTINE COLORING PAGE





# FEBRUARY 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 11:00 AM Color & Chat Family Room 2:15 PM Card Club Family Room 3:30 PM Rosary - Chapel	2 2:15 PM Card Club Family Room 2:15 PM House Movie Channel 22	3 10:15 AM Puzzle Your Mind Family Room 2:15 PM Music by Patrice Hawthorne Aud. & Chan.22
4 2:15 PM Church Auditorium & Channel 22	5  ON UNIT ACTIVITIES	6 10:15 AM Paint Pouring *INVITE ONLY* Family Room 2:30PM House Bingo Channel 22	7 2:15 PM Bible Study Auditorium & Channel 22 4:00 PM SSN Meeting Family Room  C-3 Bus Trip	8 10:30 AM “Splash of Color” Painting Family Room 2:15 PM Card Club Family Room	9 2:15 PM  Card Club Family Room 2:15 PM House Movie Channel 22 2:15 PM Super Bowl Party-Aud. *Invite Only* B-3 Bus Trip	10 10:15 AM Puzzle Your Mind Family Room 2:15 PM Music by Kevin Macintire Aud. & Chan.22
11 2:15 PM Church Auditorium & Channel 22	12 2:15 PM Resident Council Auditorium & Channel 22	13 10:15 AM Talking Book Family Room 2:30PM House Bingo Channel 22	14 2:15 PM Bible Study Auditorium & Channel 22 	15 11:00 AM  Color & Chat Family Room 2:15 PM Card Club Family Room 2:15 PM Catholic Mass Aud.& Chan. 22 D-5 D-3 Bus Trip	16 2:15 PM Card Club Family Room 2:15 PM House Movie Channel 22	17 10:15 AM Puzzle Your Mind Family Room 2:15 PM Music by Robin & Jim Aud. & Chan.22
18 2:15 PM Church Auditorium & Channel 22	19  ON UNIT ACTIVITIES	20 10:15 AM Talking Book Family Room 2:30PM House Bingo Channel 22	21 2:15 PM Memorial Service Aud.& Chan. 22  D-4 Bus Trip	22 11:00 AM Color & Chat Family Room 2:15 PM Card Club Family Room  D-6 Bus Trip	23 2:15 PM Card Club Family Room 2:15 PM House Movie Channel 22	24 10:15 AM Puzzle Your Mind Family Room 2:15 PM Music by Bill Frye Aud. & Chan.22
25 2:15 PM Church Auditorium & Channel 22	26 2:15 PM Mardi Gras Party Auditorium	27 10:15 AM Talking Book Family Room 2:30PM House Bingo Channel 22	28 2:15 PM Bible Study Auditorium & Channel 22  D-2 Bus Trip	29 11:00 AM Color & Chat Family Room 2:15 PM Card Club Family Room  D-7 Bus Trip		<div>PROGRAMS SUBJECT TO CHANGE</div>