SUNSHINE NEWS

August 2024 Cedarbrook Allentown Senior Care & Rehab



SUNSHINE NEWS

A u g u s t 2024 Published monthly. Funded by Lehigh County taxpayers dollars. CEDARBROOK SENIOR CARE AND REHAB 350 S. CEDARBROOK ROAD ALLENTOWN, PA 18104 (610) 395-3727 Fax: (610) 395-0412 Hotline: (610) 336-9604

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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: <u>https://www.cedarbrookseniorcare.com</u>







For August we are Directing our Monthly Travels with a trip to Australia. There will be on-unit activities including crafts, trivia, history, food/snacks, movies/documentaries and an end-of-the-month theme party with the dietary team. Our Down Under Celebration is Monday, August 26, 2024 at 2:15 PM





RISBANE

AYERS ROCK

SYDNEY

KOALAS NEXT

CLEANING OUT YOUR JUNK FOR YARD SALES?

If you happen to come across old cordless phones or children's mega-blocks, we could use them for some of our residents leisure time activities. We are looking for just the phone receiver, not the base with the plugs. Also any type of children's large blocks; they don't have to be in perfect shape but gently used would be best. Please consider donating them to our Life Enrichment Team. Please call to inquire about drops offs, 610 - 336 -5681.

Our deadline for these donations will be August 30, 2024. NANCY BREZNER **ROBIN KOTSCH** WILLIAM GOSSMAN TERRY BERRYMAN FRANK BELLUCCI NANCY SALTER GERALDINE GALANTI CAROL BEEHRLE ELIZABETH WEST STUART SHORE SANDRA MORGAN LORNA OGILVIE DEBRA GILBERT MARILYN BARKER SANDRA KIRCHNER MARJORIE RYAN ROBERT SMITH **JOHN ONGARO**

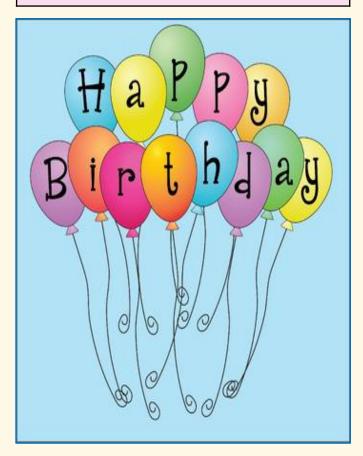
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1ST

1ST

1ST

2ND





JAMES QUINN	15 ™
SANDRA MENGLE	15 ™
MARY LYNN	16 ™
ROSITA NEFF	17 ™
	18 ™
ELEANOR DANIELS	18 TH
JOHN GUARINI	18 ™
FLORENCE HEYDT	18 TH
AUGUSTA SCHAEFER	19 TH
THOMAS SHELLHAMMER	20 TH
RONALD LONG	22 ND
ROBERT KOCH	22 ND
MICHAEL GIARDINELLI	23 RD
CONSTANCE BEAM	25 [™]
	27 ^{⊤н}
JANE CHRISTY	27 ^{⊤н}
FRANCISCO VAZQUEZ	28 TH
DOLORES HOFFERT	28 TH
JAMES HEIL	31 ST





Then Jesus told them a parable about their need to pray always and not to lose heart. ² He said, "In a certain city there was a judge who neither feared God nor had respect for people. ³ In that city there was a widow who kept coming to him and saying, 'Grant me justice against my opponent.'⁴ For a while he refused; but later he said to himself, 'Though I have no fear of God and no respect for anyone, ⁵ yet because this widow keeps bothering me, I will grant her justice, so that she may not wear me out by continually coming.'"⁶ And the Lord said, "Listen to what the unjust judge says. ⁷ And will not God grant justice to his chosen ones who cry to him day and night? Will he delay long in helping them?⁸ I tell you, he will quickly grant justice to them. And yet, when the Son of Man comes, will he find faith on earth?" (Luke 18:1-8)

Jesus uses this parable to show us the power of continual prayer, how it teaches us to trust God. Praying continually means giving the problem to God. Prayer increases courage, and it takes courage to give our problems to God, to release our grip on them and cling to God instead, to show the tenacity of the widow towards the judge, and believe that our Father will do so much more. God is tenacious in his love for us, and relationship to us, even if we do not respond. We can learn, with God's help, to become tenacious in prayer.

Tenacious like a good boxer. Growing up, my father and I loved to watch the weekly boxing matches on TV. We both preferred the lightweight fighters because they fought to win points, not to knock out the opponent. They were real boxers, using strategy and defense, and could go all twelve rounds. Our favorite was Wayne McCullough, an Irish featherweight (125 pounds), an "old-school" boxer. He won by wearing his opponent down. You could always depend on him going twelve rounds, tenacious to the end.

In studying this passage, I was delighted to learn that Luke, writing in Greek, retells Jesus' parable using a phrase drawn from the boxing arena of that time. In verse 5, the judge says that the widow is so tenacious in asking for justice that he fears she will, as the Greek says, "hit me under the eye" or in our translation, "wear me out." In so many words, the old widow is beating him up.

Jesus' disciples understood that the widow in the parable has justice on her side, and that the judge, as Jesus describes him, is contemptible. For her part, the widow is struggling against a legal system which, regardless of what God has commanded, put her at a great disadvantage. As a widow she was vulnerable because she did not have the protection of a male relative, either husband or son.

But in Jesus' parable she is tenacious, pressing the judge for the justice he does not want to give her. So, Jesus says, if the widow can get satisfaction from a corrupt judge, how much more will God hear us, his beloved children? Jesus tells us to be tenacious in our relationship with God, to pray ceaselessly and fearlessly. As we pray, our relationship with God grows and strengthens and, knowing God more, the less we have to fear whatever happens, because we become more and more convinced that it is God who makes good of what happens, not us.

In verse 8, Jesus asks if when He returns, will He find faith on earth? Will we have truly understood that Jesus has reconciled us to God through the cross, and that prayer is simply speaking to God, trusting in His love for us? Do not hear Jesus' words as a demand for prayer, as if God the Father is like a judge who needs to be bribed. Jesus' parable is an invitation to us to pray each day like the persistent widow, praising God and pouring out our concerns, trusting in God's tenacious love for us in Jesus Christ.

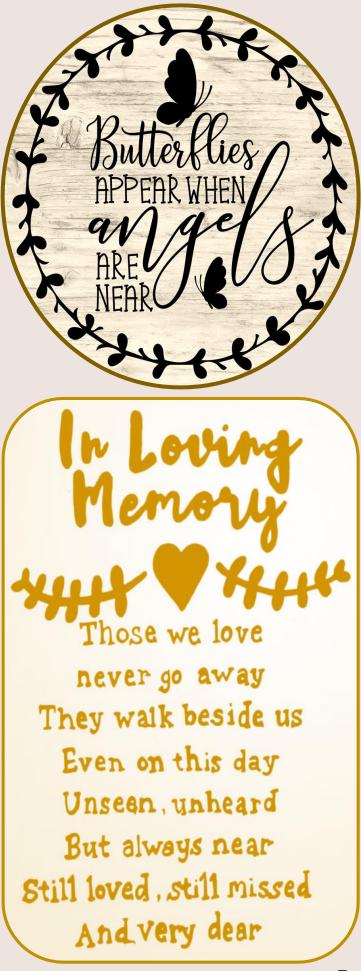
Chaplain Laura Stone, Cedarbrook Fountain Hill



<u>At Rest</u> June 2024

Carol Hersh John Chisnell Mary Leseberg Eleanor Ringer Margaret Jyrrell Jhomas Lazur Jr. Benedetto Fisichella





Residents' Council Meeting Minutes Monday — July 8, 2024

Jean Larison, President, called the meeting to order. Karen Snyder, Secretary, read the highlights from the June meeting.

Marilyn Barker, Vice-President, read the Resident Right for July.

RIGHTS OF INCAPACITATED RESIDENTS -

If you are judged incapacitated under the laws of the state, a person will be appointed under state law to act on your behalf.

> Jean welcomed new residents for June.

<u>Old Business</u>:

Resident on D-7 asked if there could be an AA meeting. The resident survey on the subject did not result in a heightened amount of interest. Social Services reached out to AA and we are waiting to hear back.

<u>New Business:</u>

Jason Cumello: Administrator

Facility Assessment Questionnaire - CMS now requires all nursing homes to include residents in the facility assessment. To get as much resident input as possible, Social Services will distribute a questionnaire to many of our residents with four basic questions. We are looking for suggestions of improvement of our traditional long-term care, short-term rehabilitation, dementia care, and behavioral health services.

Teresa Samuels: Director of Nursing

- Summer Heat Reminders
 - Stay inside when it is this hot. Grab a freeze pop!
 - Wear loose fitting clothing.
 - If you must go outside for a moment, please seek shade.
 - Always let your unit know you are going out so they can provide sunscreen.
 - Remember more water... more water...more water...less sodas!
- Nursing supervisors' changes
 - Michelle Hengeveld has moved from day shift to night shift supervisor.
 - Karen Stambaugh has moved from night shift to day shift supervisor.
 - Nicole Lewis, a unit manager from D2, is now a day shift supervisor.

<u>Jennifer Szakacs Strohl</u>: Director of Life Enrichment

Monthly Destination

This month we are traveling to Washington, DC because we are patriotic in July! We will have different crafts, trivia, and education. A patriotic party will be held on Monday the 29Th with Kris Phipany as the entertainer.

<u>Activities/Events</u>

- Splash of Color will be on Thursday the 11th in the family room. A painting craft will take place in the Family Room with a DJ.
- Dominoes Challenge Monday July 15th we will hold a dominoes challenge in the Family Room at 2:15 PM.
- Movies We continue to have House Movies on Friday afternoons.
- > <u>Outings</u> We are being cautious in this heat. We are looking into indoor activities and dining out for lunch or dinner.
- Faith Catholic Mass is every third Thursday.

<u>Entertainers</u>- There will be entertainers every Saturday at 2:15 pm.

<u>Gift shop</u>– The pricing for the 85 cent candy bars and other items has gone up to \$1.05. This is what we are charged for the items and are not making any money on them.

A resident thanked the LE staff for all they do saying she appreciates all of the different programs that are offered.

Resident Concerns / Comments:

- Resident on D3 asks if we are having any problems with the laundry company. She lost a nightgown a few months ago. Pictures of nightgown with holes in them have been presented then replaced. She is hearing many problems with clothing being damaged, particularly bras. Bras are difficult to launder due to the clips. Please ask to speak with the social worker when you have issues. If it continues to be a concern, we will escalate the issue to environmental services.
- > A dietary meeting is held after this meeting. Please ask questions concerning dietary at that time.

<u>Announcements</u>:

- The next meeting will be held Monday, August 12th at 2:15 pm in the Auditorium.
- Residents are invited to attend Food Committee meeting immediately following Residents' Council.
- The meeting was adjourned.



EMPLOYEE ANNIVERSARIES

<u>EMPLOYEE</u>	DEPARTMENT	<u>YEARS</u>	EMPLOYEE	DEPARTMENT	<u>YEARS</u>
Brenda Anthony	Nursing Office	31	Brooke Best	Nursing	8
Lori Biegly	Environmental	30	Aaron Felker	Nursing	8
Elsa Contreras	Nursing	25	Kathryn Mcardle	Admissions &	7
Patrick Leun	Nursing	25	Ratinyii Mcaruic	Marketing	,
James Leibensperger	Environmental	22	Viviana Villanueva	Financial Services	3
Lisa Heintzelman	Nursing	21	Melisa Johnson	Nursing	3
Karen Biggs	Resident Assessment	21	Sarah Rickard	Nursing	3
Michelle Hengeveld	Nursing Office	20	Lois Williams-	Nursing	3
Emmanuela Turnier	Environmental	17	Soriano		
Lindsey Ruff	Nursing	17	Janeice Green	Nursing	3
Bernadine Johnson	Nursing	17	Sara Gaspar	Nursing	3
Irina Diaz	Nursing	13	Ashley Donner	Administration	3
Amy Huber	Educational Services	12	Geoffrey Larimer	Environmental	2
Nicole Azar	Nursing	11	Glenn Stuckley	Facilities	2
Katheryn Betancourt	Nursing	9	Oswaldo Cancel	Facilities	2
Samantha Skumpija	Nursing	9	Melinda Dotts	Administration	1
Jessica Rotz	Human	8	Maria Colon	Financial Services	1
Jessica Rolz	Resources		Jean Charles	Nursing	1
Jennifer Sparling	Life Enrichment	8	Nicholas Mclean	Facilities	1



THANKS FOR ALL YOUR HARD WORK!



HOMEMADE CARAMEL CORN

SINCE IT'S THE DOG DAYS OF SUMMER WITH FAIRS AND CARNIVALS IN FULL SWING, WE HAD SOME REQUESTS FOR A FAVORITE PASTIME SNACK. IF YOU CANNOT MAKE IT TO THE POPCORN STAND, YOU CAN MAKE IT UP IN YOUR OWN HOME.

ENJOYI

Ingredients

Mazola Pure Cooking Spray 4 quarts popped popcorn 1 cup brown sugar 1/2 cup Karo Light or Dark Corn Syrup 1/2 cup butter 1/2 teaspoon salt 1 teaspoon Pure Vanilla Extract 1/2 teaspoon baking soda



Directions

- 1. Preheat the oven to 250 degrees F. Spray a large shallow roasting pan with cooking spray, then fill with popcorn.
- 2. Place in the preheated oven while preparing caramel.
- 3. Mix brown sugar, corn syrup, butter, and salt together in a heavy 2-quart saucepan over medium heat; stir constantly until mixture comes to a boil.
- 4. Stop stirring, and boil mixture for 5 minutes.
- 5. Remove from the heat and stir in baking soda and vanilla until well combined.
- 6. Pour syrup over warmed popcorn and stir until evenly coated.
- 7. Return to the oven and bake for 45 minutes, stirring occasionally.
- 8. Remove from the oven. Spread onto a large foil sheet greased with cooking spray.
- 9. Cool, then break apart and store in a tightly covered container.





EUCALYPTUS QUEENSLAND BARRIER REEF JAMES COOK SYDNEY BOOMERANG KANGAROO TASMANIA VICTORIA KOALA CANBERRA OUTBACK WALKABOUT COMMONWEALTH PACIFIC RIM WALLABY CONTINENT WILLIAM DAMPIER DINGO PERTH DOWN UNDER PLATYPUS WOMBAT

EMPLOYEE PET OF THE MONTH

Name of employee and department... Kelly Varney, Dietary.

Type of animal/ breed... Male, Bernese Mountain Dog.

How old is your pet? He is 3 years old.

Pet's name, how did you come up with it? His name is Murphy. Just used Google to search pet names and found it.

Are there any other nicknames you have for your pet? Murpher, Murph.

How and when did you choose your pet? My husband surprised me for my birthday. Murphy was only 8 weeks old.



Does your pet do any special tricks? He gives hugs. He is pretty good at running to sit between your legs.



Funniest memory of your pet.

Watching him run and jump through a huge pile of fall leaves, loving every moment.

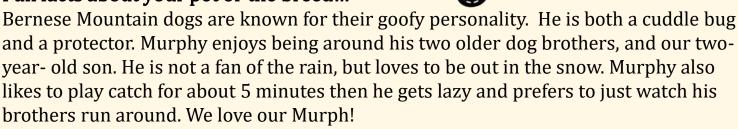
Does your pet have a favorite toy or treat? Unfortunately he thinks his bed is a toy. Murphy likes to rip it apart.



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

Other than chewing his bed, he also steals our socks and chews them up too! Plus he's always jumping on the couch!

Fun facts about your pet or the breed...



(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.)



DIETICIAN NUTRITION

Most everyone knows that eating vegetables is an important part of a healthy diet. In fact, the federal dietary recommendation for vegetables is two-to-three cups each day. After learning of the multiple benefits of cruciferous vegetables, it will be much easier to follow this recommendation. They provide:

- > Vitamins, minerals, healthy fats, carbohydrates, proteins, and fiber.
- Omega-3 fatty acids that help to lower blood pressure and the risk of cardiovascular disease.

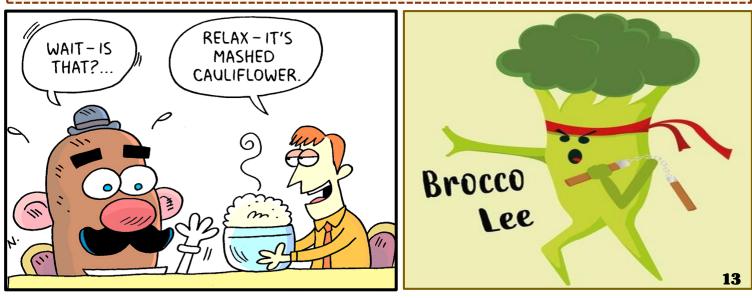
And, cruciferous vegetables have the power to:

- > Reduce cholesterol and inflammation
- > Regulate blood sugar
- > Aid digestion
- > Help with weight loss
- Increase immunity
- Reduce cancer risk
- Do you know what vegetable is considered cruciferous?
- > Broccoli, cauliflower, cabbage, brussels sprouts, bok choy, kale, horseradish, and wasabi.
- > They combine a variety of nutrients including beta-carotene, fiber, vitamin C, calcium, iron, and folate.
- > They contain a group of substances known as glucosinolates, which are responsible for the pungent aroma and bitter flavor of cruciferous vegetables.
- > Get their name from the four-petal flowers, which look like a crucifer or cross.
- Cauliflower is an unassuming cruciferous vegetable that provides an entire day's vitamin C in just one cup!
- Cabbage is one of the oldest vegetables. There are at least 100 types, but green, red, and savoy varieties are the most popular in the United States.

Basically, eating vegetables every day is important for overall health. They provide essential vitamins, minerals, and other nutrients. Research consistently shows that people who eat at least five servings of vegetables a day have the lowest risk of many diseases, so enjoy a range of vegetables daily to reap as many health benefits as possible.



rrison



Cedarbrook Volunteers are <u>V</u>ery <u>I</u>mportant <u>P</u>eople.

As we go through the dog days of summer, there are still plenty of exciting activities happening at Cedarbrook. We are getting ready for United Way's annual "Day of Caring" volunteers on September 19th. Members of our local community sign up to spend the day helping others. This year they will have the opportunity to help Cedarbrook residents create something special with a tropical theme and have a wonderful time socializing.



Cedarbrook Allentown is still in need for volunteers. Activity Transporters and game assistance – Do you like to play games, make crafts, or listen to live music? Transport our residents to/from activities in our building and assist playing games or making crafts. We are in need of transporters in the afternoons, 2:00PM-4:00PM. There are opportunities seven days a week. We would also love to have extra players to play along while assisting residents.

VOLUNTEERS

Bingo Helpers – Bingo is a big deal for our residents. Some would love to play but need a helping hand. Your assistance would be needed from 2:00PM-4:00PM the first Monday of each month and/or every Tuesday.

Gift Shop Clerk – We are looking for a dedicated volunteer to work in our gift shop, which is open Mondays, Wednesdays, and Fridays 1:00PM-4:00PM. It's very simple to ring up snacks and gifts when our residents stop in to stock up. Get to know our awesome residents who love to shop. Training will be provided. We already have some amazing gift shop volunteers, but we could use a few more.

Pet Visitors - Do you have a well behaved, people friendly furry friend (dog/cat) who would love to visit others and be showered with affection? Bring smiles and joy to our residents who miss their own pets or just the comfort a furry friend brings. This would be at your convenience. Pet health documents will be required. Any Animal and their Pet Parent will need to be interviewed. Please contact Life Enrichment Department for further information. (610-336-5681)

Please contact Kerry 610-336-5684 or <u>kerrymagliane@lehighcounty.org</u> - for more information or to sign up for any of these opportunities. We offer community service hours for school students beginning at 13 years old.

"If you find it in your heart to care for somebody else, you will have succeeded." -Maya Angelou, American Author.

Summer Ends

It's August already so summer is winding down It seems to happen so suddenly, I just sit and frown The squirrels and chipmunks will soon start to gather their winter stash They run back and forth in a great big dash Just as the critters gather food for winter fuel Mom has to take the kids for supplies needed for school Clothes are on the list so Susie is happy, but Jr. could care less so he pays no heed He is still in summer mode with swimming, biking and looking for snakes in the weeds No matter what he thinks, education is a big part of his life Some day he will surely have a wife And learn that the older you get, the faster time flies Another summer will be here and gone before he will realize

> Written & submitted by, Jean Larison

JOKES BY, KAY MOHR

When is a tuba good for your teeth? When it's a tuba toothpaste.

What's a boxers favorite drink? [₹] *> Punch*.

What do you call a nervous hotdog?

Why did the soda-pop bottle go to college? > He wanted to be a fizz ed teacher.

Why did the tomato start to blush? > Because it saw the salad dressing!

What did the left eye say to the right eye?
Between us, something smells.

What do you call a guy with a seagull on his head? > Cliff.



HOW MANY DID YOU SPY? There are <u>12</u> "Dog" days of summer.

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

Hidden Picture Answers

Ring-Left corner of sunflowers center Hotdog-Top center tree branch Wristwatch- Dad bears belt and 3rd base line Telescope-Left tree trunk center **Spoon**-Bottom left side of tree trunk **Teacup**-Top center of tree branch **Pear**- Boy bears nose **Fish**-Right top corner in tree leaves **Carrot**-Top right of tree trunk **Goblet**- Boy bears left leg Coin-Left corner sunflower center **Pail**- Dad bears left leg Balloon-Boy bears left shoe tip **Cone**- Right side of tree branch above fence Glasses- Right side tree leaves, upside down Soda-Left center tree trunk, upside down **Paint brush**-Top left corner of tree trunk Pencil- Dad bears right leg pant stripe Magnify glass-Bottom center of Dad bears shoe sole and sunflower center

SUNSHINE NEWS STAFF

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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.

If you have a question, concern, or complaint, which you believe has not been satisfactorily addressed by our staff, feel free to call our **Administrative Hotline**. Our Hotline can also be used to report suspected fraud, waste and abuse in accordance with the federal Deficit Reduction Act of 2005.The Hotline number is posted throughout the facility. An Administrative Assistant will take calls, or you can record a message when no one is available. Please follow the instructions when leaving a recorded message. Your call is confidential, but you do need to provide your name and telephone number, in case we need to contact you for more information, and to inform you of the action taken.

You can report Fraud, Waste and Abuse to the Lehigh County Ethics Hotline at

(610)782-3999.

This information is confidential and caller may remain anonymous.

August 2024

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Programs Subject to Change				1 11:00 AM Color & Chat Family Room 2:15 PM Card Club Family Room 3:30 PM Rosary - Chapel D-5 Bus Trip	2 2:15 PM Card Club Family Room 2:15 PM House Movie Channel 22 3:30 PM SSN Meeting Family Room	3 10:15 AM Puzzle Your Mind Family Room 2:15 PM Music by Northeast Harmony Aud. & Chan.22
4 2:15 PM Church with Pastor Tony Auditorium & Channel 22	5 2:15 PM Auxiliary Money BINGO Auditorium	6 10:15 AM Talking Book Family Room 2:30PM House Bingo Channel 22	7 2:15PM August Birthday Party Family Room 2:15 PM Bible Study with Chaplain Stephanie Aud. & Chan. 22 D-6 Iron Pigs Game	8 11:00 AM Color & Chat Family Room 2:15 PM Card Club Family Room 2:30 PM Splash of Color Family Room	9 2:15 PM Card Club Family Room 2:15 PM House Movie Channel 22	10 10:15 AM Puzzle Your Mind Family Room 2:15 PM Music by Robin & Jim Aud. & Chan.22 D-7 Iron Pigs Game
11 2:15 PM Church with Chaplain Stephanie Auditorium & Channel 22 D-2 Iron Pigs Game	12 2:30 PM Resident Council Aud. & Chan.22	13 10:15 AM Talking Book Family Room 2:30PM House Bingo Channel 22 C-3 Bus Trip	14 2:15 PM Bible Study with Pastor Tony Aud. & Chan.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-2 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 Lorri Woodward Aud. & Chan.22
18 2:15 PM Church with Pastor Tony Auditorium & Channel 22	19 2:15 PM Dominoes Challenge Family Room	20 10:15 AM Talking Book Family Room 2:30PM House Bingo Channel 22 D-3 Iron Pigs Game	21 2:15 PM Bible Study with Chaplain Stephanie Aud. & Chan. 22	22 11:00 AM Color & Chat Family Room 2:15 PM Card Club Family Room 2:15 PM Memorial Service Aud. & Chan. 22	23 2:15 PM Card Club Family Room 2:15 PM House Movie Channel 22 2:15 PM House Games Auditorium D-4 Bus Trip	24 10:15 AM Puzzle Your Mind Family Room 2:15 PM Music by Todd Horn Aud. & Chan.22
25 2:15 PM Church with Chaplain Stephanie Auditorium & Channel 22	26 2:30 PM Australia Outback Party *Invite Only* Auditorium	27 10:15 AM Talking Book Family Room 2:30PM House Bingo Channel 22	28 2:15 PM Bible Study with Pastor Tony Aud. & Chan.22 D-3 Iron Pigs Game	29 11:00 AM Color & Chat Family Room 2:15 PM Card Club Family Room Aud. & Chan. 22	30 2:15 PM Card Club Family Room 2:15 PM House Movie Channel 22 B-3 Iron Pigs Game	31 10:15 AM Puzzle Your Mind Family Room 2:15 PM Music by Damian Walck Aud. & Chan.22