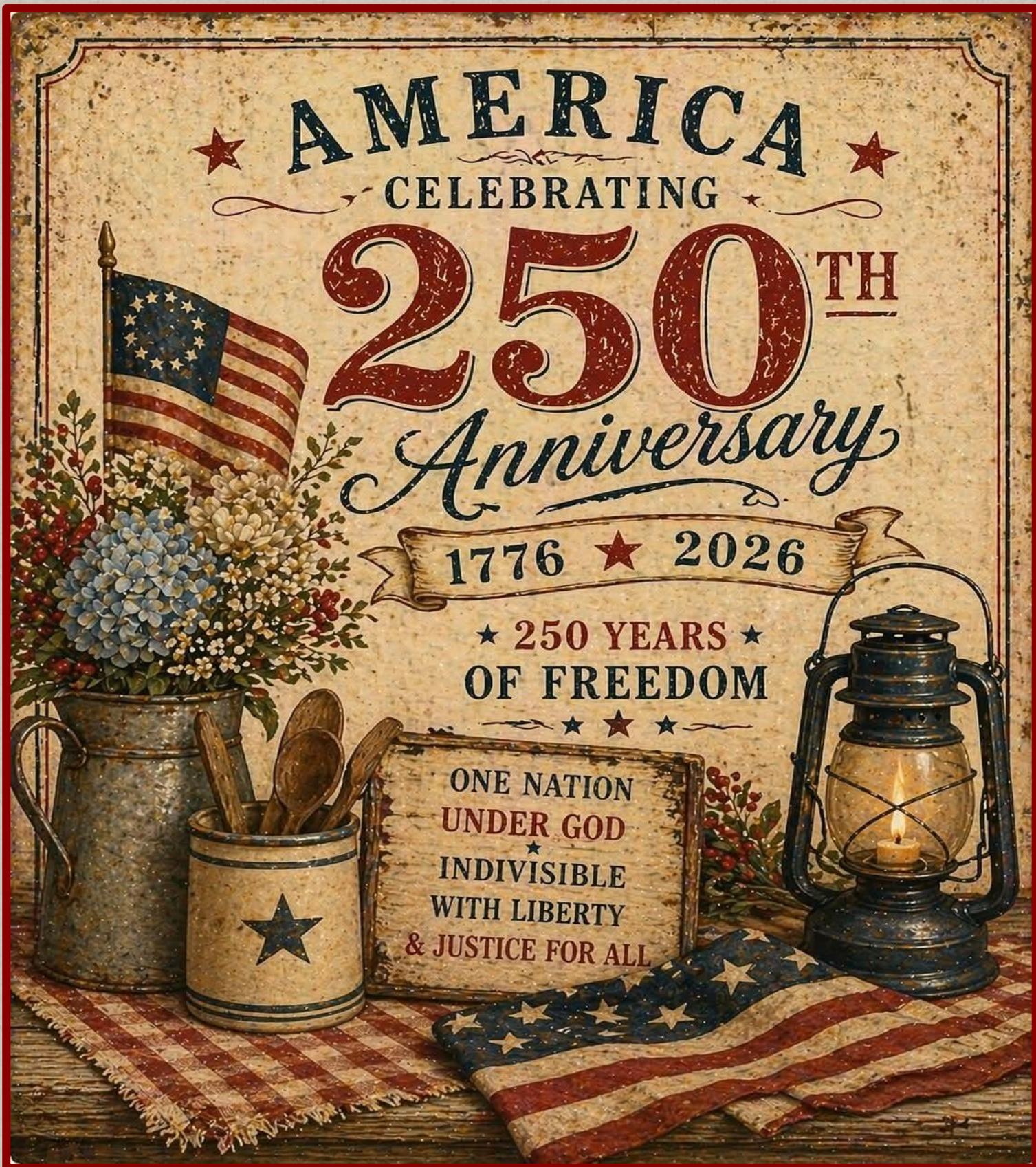


★ Sunshine News ★

Cedarbrook Allentown Senior Care & Rehab



July 2026



Sunshine News

July 2026

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

Jason Cumello, MBA, NHA
Director/Administrator

Michelle Julian, RN, BSN, MS, NHA
Assistant Administrator

Dr. Gruer, MD
Medical Director

Teresa Samuels, RN, BSN, CNDLTC
Director of Nursing Services

Donna Pendrak, RN, CNDLTC
Assistant Director of Nursing Services

Adam Boandl
Financial Services Director

Eduardo Fernandes
Director of Facilities

Wilfredo Aguila
Building Superintendent

Ricardo Cintado
Director of Environmental Services

Jessica Brokate, SHRM- CP
Director of Human Resources

Kristen Morstatt, RN
Resident Assessment Coordinator

Katie McArdle
Admissions Coordinator

Lisa Lasko
Health Information Coordinator

Tim Picerno
Director of Rehab Services

Torie Yackanicz
Clinical Nutrition Manager for Dining Services

Amber Surman
Assistant Director of Social Services

**Heather Jaeger, Maria Monzon,
Rhett Palushock, Debbie Smitreski,
Mouna Zaghtiti**
Social Services Department

John Garner, ADC/ MC
Director of Life Enrichment

Adrian Bachman
Coordinator of Volunteer Services

Chaplain Stephanie Jones, Chaplain Ivan Velez
Faith Services

Life Enrichment Department Staff

Caroline Bailey, Marnie Distasio, Sherry Geiger, Lea Hayes, Lunna Irizarry, Marisol Irizarry,
Aimee Schmidt, Becky Soler, Gabriela Sotamba, Jen Sparling,
Sharon Starling-Phillips, Emily Strohl, Mayra Velez

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 a

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



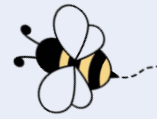
Visit us on our
Facebook page and website for
updates and pictures of recent events!
www.facebook.com/cedarbrookseniorcareandrehab
website: <https://www.cedarbrookseniorcare.com>



THE



BUZZ...



AROUND CEDARBROOK

RESIDENTS...



**Have a Concern
or
Comment?**

PLEASE REMEMBER TO
JOIN US FOR THE
RESIDENTS' COUNCIL MEETING,
EVERY 2ND MONDAY OF THE MONTH
IN THE AUDITORIUM.



LET US KNOW IF WE CAN HELP!
WE ARE HERE JUST FOR YOU!



New Residents

Jerel Imp
Ruth Muffley
Judith Wisser
Hector Gerena
Virginia Briggs
Barbara Kohut
Victoria Rodriguez
Anthony Galiszanski



**WHOOO...THERE IT IS!
CAN YOU SNOOP...
WHERE IT IS?
FIND ALL THE
"GOD BLESS AMERICA
SIGNS"**



(Answer on page 16)

NEED AN AFTERNOON SNACK?



Please come visit our
Cedarbrook Allentown Gift Shop!

Located on the 2nd Floor.

The Gift Shop is open

Monday, Wednesday, and Friday.

Hours are 1PM- 4PM.

(Days and times are subject to change)



Stop On In!





Happy Birthday

Yolanda Honsel	2nd
Barbara Piha	3rd
Marilyn Bybee	4th
Robert Christman	4th
Paula Visnar	5th
Shirley Binkley	6th
Linda Lambert	8th
Robert Watson	8th
Barbara Reid	9th
Ronald Hacker	9th
George Borschel	9th
Harry Kolumber	11th
Richard Klinesmith	13th
Michael Warden	13th
Diane Dorman	14th
Ruth Plantholt	14th
Jeffrey Pugliese	15th
Joan Bartholomew	15th
Frances Charles	16th
Wendy Amato	17th
Lenore Scanlon	18th
Peter Zosky	18th
Linda Dewalt	19th
Patricia Heckman	21st
Nancy Kline	24th
Cecile Gardner	26th
Betsy Frank	26th
Alverna Erney	29th
Thomas Kaetzel	30th
Cindy Chernay	31st

CEDARBROOK ALLENTOWN AUXILIARY AND WISHES FOR SENIORS



If you are a resident who has a wish or a dream to do something special or have something special, please reach out to your LE staff member to make your wish come true!

We are still looking for recipe submissions for our cookbook. If you have a favorite family recipe, please send it to:
emilystrohl@lehighcounty.org



July 23rd we will be hosting a PIZZA sale! Keep an eye out for flyers so you can make a pre-order to ensure you get pizza!



\$ \$ \$ \$ \$
Wishes for Seniors is currently looking for monetary donations to help make our residents wishes come true!
\$ Please contact Emily in Life Enrichment for more details. \$ \$ \$

GOD BLESS
AMERICA

HAPPY BIRTHDAY AMERICA



July fourth always brings a big bang celebration.

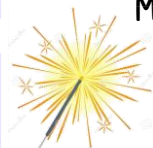
In 2026 we have a milestone birthday for our nation.

Our country gained her independence from Britain 250 years ago.

America is a great place to live, that we all know.

Many things have changed, some sad, others good.

Needless to say, that's understood.



The firework shows we see in the night,

You can thank our Veterans that we still enjoy that beautiful sight.

Because they were brave and fought for you and me,

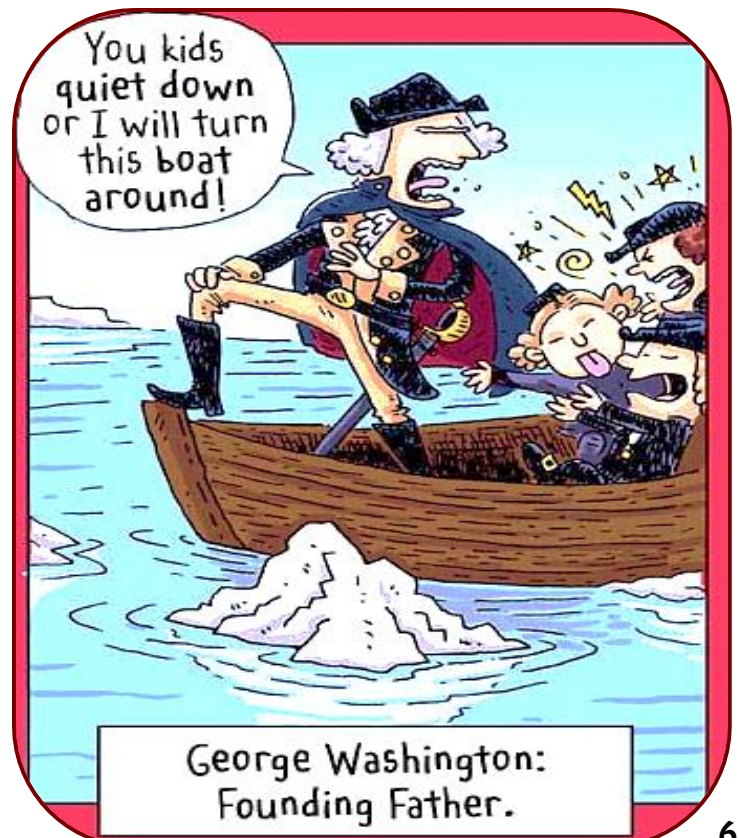
America remains the home of the free.

So go with your loved ones to a fireworks display,

And as the last sparks and big booms come to end that day,

You know for sure; Independence Day is here to stay!

Written & submitted by Jean Larison



George Washington:
Founding Father.

Residents' Council Meeting Minutes – June 8th, 2026

- Jean Larison, President, called the meeting to order.
- Eleanor Snyder, Secretary, read the highlights from the May meeting.
- Karen Snyder, Vice-President, read the Resident Rights for June.
- Jean Larison, President, welcomes new residents admitted in May.



ACCESS AND VISITATION RIGHTS – Sec. 1919(c)(3)

You have the right to say who may or may not have access to your nursing facility for the purpose of visiting with you. This includes your family, relatives, or others. Also, you have the right to immediate access by your attending physician or any representative of the federal Department of Health and Human Services, the state Departments of Public Welfare and Health, and the Department of Aging Ombudsman Program. Organizations or individuals providing health, social, legal, or other services may, with your consent, have reasonable visits with you.

- Jean welcomed new residents that were admitted in April



Old Business:

- There was no old business that needed to be discussed at this meeting.

New Business:

- Jason Cumello (Administrator)
 - Although the E-wing project is going well, the completion is being moved to the 2027 year.
- Teresa Samuels (DON)
 - Wanted to remind everyone that if you are choosing to go outside on the hot days to ask for sun screen and to stay well hydrated.
- John Garner (LE Director)
 - Discussed the rest of the Life Enrichment events for June.

Resident Concerns / Comments:

- The dietary meeting is held after this meeting. Please ask questions concerning dietary at that time.
- D2 concern
 - Front wheels of Rollator need to be looked at/ fixed.



Announcements:

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



CEDARBROOK-ALLENTOWN

VOLUNTEERS

JULY
2026

New Opportunities

CHOIR CLUB!

Our Choir Club meets every 2nd & 4th Thursday of the Month and we are looking to add a Pianist & more Instrumentalists! Please reach out to learn more. We'd love to have your talent shared with us!

FUN-DAY SUNDAY!

Our LE Team is looking for extra help on Sundays for our Spiritual Services. Come hang out with Chaplains' Stephanie & Ivan and gather our residents for an afternoon of communing together.

Mid Week Mornings

Looking to share your mornings with Cedarbrook? Come and join us on Tuesdays & Wednesdays for Talking Book & Devotions at 10:30am. This is a great way to connect with our residents and learn more about our morning programs.

BURSTING WITH FUN!

Our Tuesday and Friday afternoons are always filled with sparke & fun! Be a part of our Bingo Team on Tuesday's at 2pm and try your hand at Mahjongg at 3:30pm. Friday's offer Dominoes, House Games, Card Club & More!



"Spark the Night, Shine your inner Light - Let your Colors Burst!"



Reach out and Join our Volunteer Team Today!

Have them Reach out to Adrian Bachman today!
610-336-5684

adrianbachman@lehighcounty.org



Upcoming Events

Splash of Color!

Wed. July 11th at 2:30pm

Dominoes & Happy Hour

Fri. July 10th at 2:15pm

Aimee's Art Adventures

Mon. July 20th at 2:15pm

Spice Girls

Thurs. July 30th at 2:15pm

Birthday Bash with Veronica

Mon. July 27th at 2:15pm

Chaplain's Corner

The month of July is traditionally dedicated to the **Most Precious Blood of Jesus**, a devotion honoring the sacrifice Christ made for the forgiveness of sins and the redemption of humanity. This reflective practice focuses on the saving power of His sacrifice and the infinite mercy it represents. The feast of the Precious Blood of our Lord was instituted in 1849 by Pius IX, but the devotion is as old as Christianity. The early Fathers say that the Church was born from the pierced side of Christ, and that the sacraments were brought forth through His Blood. Many state that one drop of his precious blood, could cure the world.

- **The Price of Redemption:** Meditating on the scriptural promises that through His blood, believers are washed clean.
- **A Call to Holiness:** A time for spiritual reflection, self-examination, and renewing one's faith.
- **Freedom and Love:** Especially fitting around Independence Day, this ties the earthly freedom we enjoy with the spiritual freedom bought by Christ's sacrifice.

Ways to Practice this Devotion

1. **Read Scripture Daily:** Focus on New Testament verses that highlight the Precious Blood (e.g., *Ephesians 1:7*, *1 Peter 1:18-19*, or *Romans 5:9*).
2. **Spend Time in Adoration:** Many Christians use this month to sit quietly and reflect on the graces and mercy poured out on the cross.
3. **Perform Acts of Service:** Use the gift of your freedom and time to serve those around you in your local community.

Pleading the Blood of Jesus

“Father in heaven, may we all be cleansed by the saving Blood of Jesus; may our consciences be purged of dead works. Scripture says that evil is defeated by the Blood of the Lamb, so we ask that the Blood of Jesus cover all who are in need of protection (all civil, religious and lay leaders, our families, friends, enemies, all those for whom we have promised to pray, and ourselves). We mark the borders of our nation and the doorposts of our churches, homes, schools and places of employment with the Precious Blood of Jesus. Also, we cover our vehicles that no one may ever be injured through them. Thank You, Lord, for shedding Your Blood for us. May the Water and Blood that came from the side of Jesus create a protecting fountain of grace, one which flows directly from the throne of God to us. Come, Lord, and fill us with Your Holy Spirit.”

Prayer of St. Faustina

“O Blood and Water, which gushed forth from the Heart of Jesus as a Fount of Mercy for us, I trust in You.”

Chaplain Stephanie Jones



EMPLOYEE PET OF THE MONTH

NAME OF EMPLOYEE AND DEPARTMENT...

Lillian Pintos, Nursing Administration Assistant.

TYPE OF ANIMAL/ BREED...

Corgi/Yorkie Terrier mix.

HOW OLD IS YOUR PET?

4 years old.

PET'S NAME, HOW DID YOU COME UP WITH IT?

Noodles; We rescued him and kept his unique name. Best decision we made, he was meant for us! We recently lost our beloved fur baby over a year ago. Pebbles was a Morkie mix breed. She was 12 yrs old.

HOW AND WHEN DID YOU CHOOSE YOUR PET?

We rescued/rehomed Noodles from a co-workers relative on October 18, 2025.

ARE THERE ANY OTHER NICKNAMES FOR YOUR PET?

Hershey, Buddy, Hefty, Baby boy, Chicken Noodles.

DOES YOUR PET DO ANY SPECIAL TRICKS?

Leap charges in a run position from a stationary area.
High five. Looks at me to get approval "You can go now."

FUNNIEST MEMORY OF YOUR PET...

With only being his official fur baby parents for 8 months; the funniest memory is playing hide and seek with him.

DOES YOUR PET HAVE A FAVORITE TOY OR TREAT?

Any squeaky toy or rope toy. Treats, he loves fresh apples/bananas, especially dehydrated banana chips or liver hearts from "The Dining Dog & Friends."

DOES YOUR PET HAVE ANY BAD/ NAUGHTY HABITS THAT DRIVE YOU CRAZY?

Noodles was upset with us when we went on a recent vacation; he peed in the kitchen area.

FUN FACTS ABOUT YOUR PET OR THE BREED...

- We have birthday parties for Noodles. He has his own cake and gets all decked out for his pictures.
- Corgis are famous for the "sploot"—a signature yoga-like stretch where they lay completely flat on their stomachs with their back legs splayed out behind them. Corgi means dwarf dog measuring 10 to 13 inches in height. They have a double coat of hair; great for winter. They also have a very loud bark, great for herding cattle and scaring off intruders.
- Yorkies are known for their BIG watch energy; despite their small breed; they are confident, loyal and alert to strangers.

(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)



Fourth of July Trivia Quiz



1. When were fireworks first used in an official Fourth of July celebration?

- a. 1777 b. 1877 c. 1907

2. What historical event do Americans celebrate on the Fourth of July?

- a. Official signing of the Declaration of Independence
b. George Washington's birthday
c. Formal adoption of the Declaration of Independence



3. Which newspaper first printed the Declaration of Independence?

- a. The New York Times
b. The Pennsylvania Evening Post
c. The National Enquirer



4. Which U.S. president was born on Independence Day?

- a. Calvin Coolidge b. James Buchanan c. George W. Bush

5. When did the Fourth of July become a federal holiday?

- a. 1880 b. 1870 c. It's a state holiday, not a federal holiday

6. How many signers of the original Declaration of Independence died on July 4th?

- a. 0 b. 1 c. 2

7. What percentage of retail fireworks sales occur during the Fourth of July holiday?

- a. 90% b. 75% c. 48%

8. What actor in "Born on the Fourth of July" was actually born on July 3rd?

- a. Tom Cruise b. Oliver Stone c. Kyra Sedgwick

9. What was Uncle Sam's occupation?

- a. Builder b. Soldier c. Meat Packer



10. Which colony was the first to declare itself independent of Great Britain?

- a. Rhode Island b. Vermont c. Connecticut

11. Who has the largest signature on the Declaration of Independence?

- a. Benjamin Franklin b. John Hancock c. Thomas Jefferson

12. The Declaration of Independence had how many signers?

- a. 42 b. 56 c. 31

12. 1
11. 4
10. 5
9. 6
8. 8
7. 2
6. 6
5. 5
4. 4
3. 3
2. 2
1. 1



At Rest

Gene Smith
Jodi Oberto
Hilda Seifert
Allan Kerson
William Schlener
Gloria Mcnamara
Daniel Treichler
Doris Marsteller
Juliana Aldinger
Frederick Aldinger
Warren Henritzzy
Harold Roberts
Dale Schaefer



Those we love
can never be more
than a
thought away...
for as long as there's
a memory
they live in our
hearts to stay.

Some people shine
too brightly to
ever be forgotten.

EMPLOYEE ANNIVERSARIES

EMPLOYEE	DEPARTMENT	YEARS
Sherry Geiger	Life Enrichment	36
Martha Rhim	Nursing	35
Carol Johnson	Nursing	26
Lillian Pintos	Nursing Office	26
Corinia Crable	Nursing	25
Josh Yost	Environmental	21
Tammy Beidler	Facilities	10
Zachary Cutlip	Environmental	9
Melissa Lebeduik	Education	8
Catherine Devatt	Resident Assessment	5
Denise Biegly	Nursing	5
Mary Vandemark	Nursing	5
Racheal Johnston	Nursing	4
Taylor Gicking	Nursing	3
Ronaisha Rich	Nursing	3
Brenda Anthony	Restorative	2
Marlange Lafalaise Dauphin	Nursing	2
Anna Sanchez	Financial	2
Lisa Lasko	Health Information	2
Stacy Kiernan	Resident Assessment	2
Jayden Manning	Laundry	1
Nicholas Awa	Nursing	1



Dietitian's Dish

Hydration: Why It Matters

Drinking enough fluids is one of the easiest ways to help your body stay healthy. Water helps your body in many important ways every day. Adequate fluid intake helps maintain a comfortable body temperature and supports joint mobility. Fluids also serve as a transport system for vitamins, minerals, and nutrients, ensuring organs can effectively do their jobs.

For many people, getting enough to drink can be hard— and it can be more challenging as we get older. That's why paying attention to hydration is so important. Staying well hydrated can be harder as we get older for several reasons:

- We naturally lose some muscle as we age. Muscles help hold water in the body, so having less means the body does not store as much fluid.
- Many people don't feel as thirsty as they used to, so they may forget to drink even when their body needs fluids.
- Some medications can cause the body to lose more fluid.
- Some people may need help holding a cup, remembering to drink, or getting beverages during the day.

How Much Water?

For most people, the recommendation is about 1oz of water for every 2 pounds of body weight, or a minimum of 6 cups (48 ounces) a day.

120 pounds → 6.5 cups

180 pounds → 10 cups

You may need more fluids if you are exercising, taking certain medications, or are sick with symptoms of fever, diarrhea, or vomiting. Foods with high water content count toward your daily total – think fruits, vegetables, soups, popsicles, and gelatin. You may also need to restrict fluids, depending on your medical history and physician recommendations.

Dehydration: Signs & Symptoms

- ▲ Dry mouth
- ▲ Headache
- ▲ Dizziness
- ▲ Fatigue
- ▲ Irritability
- ▲ Confusion
- ▲ Constipation
- ▲ Decreased urination
- ▲ Dark or cloudy urine
- ▲ Rapid heart rate
- ▲ Reduced skin turgor

Intentionally plan fluid intake throughout the day to help prevent dehydration. Carry a water bottle with you, set an alarm to remind yourself to drink, or track intake until you're successfully meeting your fluid needs. Do what works best for you!



INDEPENDENCE DAY WORD SEARCH

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

GOD BLESS
AMERICA

GOD BLESS
AMERICA

AMERICA
COLONIES
CONGRESS
DECLARATION
FREEDOM

FOUNDERS
HISTORY
INDEPENDENCE
JULY
LIBERTY

NATION
PATRIOTS
PHILADELPHIA
REVOLUTION
SIGNERS

STATES
THIRTEEN
TREATY
UNION
WASHINGTON

HOW MANY DID YOU SNOOP?

There are **15**
"GOD BLESS AMERICA SIGNS"



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.

Attention Visitors And Staff:

For The Safety Of Our Residents,
Please **DO NOT** Use Push Pins In Resident Rooms.

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.

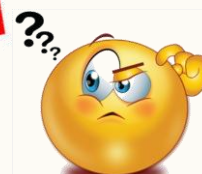
DO YOU HAVE A CONCERN?

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



Did you lose something?

Lost and Found is located at Security on first floor entrance. Many items await to be claimed. Please stop by to see if any items belong to you.

★ July 2026 ★

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
2:15 Church with Chaplain Ivan Aud. & Ch.22 5	2:30 Auxiliary Cash Bingo - Auditorium 3:30 Seeds of Cedarbrook FR 6	10:15 Talking Book FR 2:30 House Bingo Ch.22 3:30 Mahjong Madness FR 7	2:15 Bible Study Aud. & Ch.22 2:15 July Birthday Party *Invite Only* FR 3:30 Walking Club Security 1	11:00 Color and Chat FR 11:30 Sunshine News Meeting FR 2:15 Card Club FR 2:30 Rosary Chapel 3:30 Music Group FR 2	2:15 Card Club FR 2:15 Trading Cards FR 3:30 Crochet and Knit FR 3	10:15 Puzzle Your Mind FR 2:15 Johnny K. Aud. & Ch.22 4
2:15 Church with Chaplain Stephanie Aud. & Ch.22 12	2:15 Resident Council Aud. & Ch.22 3:30 Seeds of Cedarbrook FR 13	10:15 Talking Book FR 2:30 House Bingo Ch.22 3:30 Mahjong Madness FR 14	2:15 Bible Study Aud. & Ch.22 2:30 Splash of Color FR 3:30 Walking Club Security 15	11:00 Color and Chat FR 2:15 Card Club FR 2:30 Catholic Mass Aud. & Ch.22 3:30 Music Group FR 16	2:15 Card Club FR 2:15 House Movie Aud. 3:30 Crochet and Knit FR 17	10:15 Puzzle Your Mind FR 2:15 Scott Erickson Aud. & Ch.22 18
2:15 Church with Chaplain Ivan Aud. & Ch.22 19	2:15 Aimee's Art Adventures FR 3:30 Seeds of Cedarbrook FR 20	10:15 Talking Book FR 2:30 House Bingo Ch.22 3:30 Mahjong Madness FR 21	10:30 Devotions Aud. & Ch.22 2:15 Bible Study Aud. & Ch.22 3:30 Walking Club Security 22	11:00 Color and Chat FR 2:15 Card Club FR 3:30 Choir Club Aud. 23	2:15 Card Club FR 2:15 House Movie Ch.22 2:15 House Games Aud. 3:30 Crochet and Knit FR 24	10:15 Puzzle Your Mind FR 2:15 Chuck Rissmiller Aud. & Ch.22 25
2:15 Church with Chaplain Stephanie Aud. & Ch.22 26	2:15 Birthday Bash with Veronica Aud. 3:30 Seeds of Cedarbrook FR 27	10:15 Talking Book FR 2:30 House Bingo Ch.22 3:30 Mahjong Madness FR 28	10:30 Storybook FR 2:15 Bible Study Aud. & Ch.22 2:30 Sticker Art FR 3:30 Walking Club Security 29	11:00 Color and Chat FR 2:15 Card Club FR 2:15 Spice Girls *Invite Only* FR 3:30 Music Group FR 30	2:15 Card Club FR 3:30 Crochet and Knit FR 31	250



All Programs Subject to Change