

The Willows at Citation
Life Enrichment Calender/PERSONAL CARE

July 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>A - Artisans CC - Community Connections CC - Creative Cooking GF - Gathering of Friends GC - Group Games I - Inspirations K - Keeping it Sharp/Reminisce L - Lifelong Learning M - Music to My Ears O - Out & About S - Signature Events</p>	<p>1 V 10:00 Trilogy-Fit CC 10:30 PC Puzzle Party!-PCAR/IR O 1:30 Orange Leaf (Pay own way) GC 3:30 Games/Resident's Choice (HCAR) M 6:15 Musical Inspirations (PCLR)</p>	<p>2 V 10:30 Walking Club CC 11:00 PC Daily Chronicles Party(IR) K 1:30 Bingo (HCAR) GF 2:30 Birthday Celebration with Gary Bertram CC 3:00 HC-Chef's Circle (HCAR) K 3:30 Puzzles and Popcom (PC)</p>	<p>3 V 10:00 Gardening K 11:00 Coffee and Conversation PCLR) O 11:30 Men's Club Lunch Outing K 6:15 Twilight BINGO (HCAR)</p>	<p>4 Independence Day CC 10:30 Patriotic Pastry Party! (HCAR) V 11:30 Walking Club A 1:30 Gary Bertram Art Class (PCAR) GF 3:00 Red, White, and Boom Party! (HCAR)</p>	<p>5 V 9:30 Trilogy-Fit V 10:30 Chair Dancing (HCAR) K 11:00 IN2L Games (HCAR) CC 11:00 PC Individual Social Hour (IR) S 1:00 PC Calendar Planning/Resident Council (PCAR) S 3:00 Happy Hour Cocktails</p>	<p>6 GF 10:30 Coffee & Current News K 11:00 Morning BINGO (HCAR) L 2:00 Destination Exploration-HCAR A 3:30 Coloring to the Classics- PCAR</p>
<p>7 K 10:00 Puzzle Party M 11:00 Glee Club (HCAR) I 1:00 Keith's Bible Study (PCLR) GF 2:00 Sunday Afternoon Movie (PCLR)</p>	<p>8 V 10:00 Trilogy-Fit CC 10:30 PC Puzzle Party!-PCAR/IR O 1:30 Walmart CC 3:00 HC-Chef's Circle (HCAR) GC 3:30 Games/Resident's Choice (HCAR) M 6:15 Musical Inspirations w/Larry (PCLR)</p>	<p>9 V 10:30 Walking Club CC 11:00 PC Daily Chronicles Party(IR) K 1:30 Bingo (HCAR) CC 3:00 HC-Chef's Circle (HCAR) K 3:30 Puzzles and Popcom (PC)</p>	<p>10 O 10:00 Summer Field Trip: Boonesboro V 10:00 Gardening K 11:00 Coffee and Conversation PCLR) K 6:15 Twilight BINGO (HCAR)</p>	<p>11 V 11:30 Walking Club GF 1:30 Backporch Party! GC 3:00 LCR (HCAR) A 4:00 Coloring for Relaxation- (HCAR/PC)</p>	<p>12 V 9:30 Trilogy-Fit V 10:30 Chair Dancing (HCAR) CC 11:00 PC Individual Social Hour (IR) K 11:00 IN2L Games (HCAR) S 2:00 Happy Hour Cocktails With Gary Bertram (CC)</p>	<p>13 GF 10:30 Coffee & Current News K 11:00 Morning BINGO (HCAR) L 2:00 Destination Exploration-HCAR A 3:30 Coloring to the Classics- PCAR</p>
<p>14 K 10:00 Puzzle Party M 11:00 Glee Club (HCAR) S 12:00 SUNDAY BRUNCH I 1:00 Keith's Bible Study (PCLR) GF 2:00 Sunday Afternoon Movie (PCLR)</p>	<p>15 V 10:00 Trilogy-Fit CC 10:30 PC Puzzle Party!-PCAR/IR O 1:30 Kroger CC 3:00 HC-Chef's Circle (HCAR) GC 3:30 Games/Resident's Choice (HCAR) M 6:15 Musical Inspirations (PCLR)</p>	<p>16 V 10:30 Walking Club CC 11:00 PC Daily Chronicles Party(IR) K 1:30 Bingo (HCAR) A 3:00 Flower Arrangements (PCAR) S 3:00 Chef's Circle (HCAR) K 3:30 Puzzles and Popcom (PC)</p>	<p>17 V 10:00 Gardening K 11:00 Coffee and Conversation PCLR) S 12:00 Taste of Town A 1:30 Gary Bertram Art Class (PCAR) O 3:00 Scenic Drive K 6:15 Twilight BINGO (HCAR)</p>	<p>18 K 10:00 Rise n Shine Puzzles! V 11:30 Walking Club V 3:30 Balloon Tennis (HCAR) K 4:15 Jazz-n-Puzzles (PC)</p>	<p>19 V 9:30 Trilogy-Fit V 10:30 Chair Dancing (HCAR) CC 11:00 PC Individual Social Hour (IR) K 11:00 IN2L Games (HCAR) S 3:00 Happy Hour Cocktails with Franklin (CC)</p>	<p>20 GF 10:30 Coffee & Current News K 11:00 Morning BINGO (HCAR) L 2:00 Destination Exploration-HCAR A 3:30 Coloring to the Classics- PCAR</p>
<p>21 K 10:00 Puzzle Party M 11:00 Glee Club (HCAR) I 1:00 Inspirational Music (PCLR) GF 2:00 Sunday Afternoon Movie (PCLR)</p>	<p>22 V 10:00 Trilogy-Fit CC 10:30 PC Puzzle Party!-PCAR/IR O 11:00 Picnic in the Park GC 3:30 Games/Resident's Choice (HCAR) M 6:15 Musical Inspirations w/Larry (PCLR)</p>	<p>23 V 10:30 Walking Club CC 11:00 PC Daily Chronicles Party(IR) K 1:30 Bingo (HCAR) K 3:30 Puzzles and Popcom (PC)</p>	<p>24 V 10:00 Gardening K 11:00 Coffee and Conversation PCLR) K 2:30 BINGO AUCTION (HCAR) A 4:00 Summer Collage- HCAR K 6:15 Twilight BINGO (HCAR)</p>	<p>25 I 9:30 Morning Meditation (PC Garden) V 11:30 Walking Club CC 3:00 Garden Party Social GC 4:00 Resident Games</p>	<p>26 V 9:30 Trilogy-Fit O 10:30 Scenic Drive CC 11:00 PC Individual Social Hour (IR) K 11:00 IN2L Games (HCAR) S 3:00 Happy Hour Cocktails (CC)</p>	<p>27 GF 10:30 Coffee & Current News K 11:00 Morning BINGO (HCAR) L 2:00 Destination Exploration-HCAR A 3:30 Coloring to the Classics- PCAR</p>
<p>28 K 10:00 Puzzle Party M 11:00 Glee Club (HCAR) I 1:00 Keith's Bible Study (PCLR) GF 2:00 Sunday Afternoon Movie (PCLR)</p>	<p>29 O 10:00 Krispy Kreme V 10:00 Trilogy-Fit CC 10:30 PC Puzzle Party!-PCAR/IR GC 3:30 Games/Resident's Choice (HCAR) M 6:15 Musical Inspirations (PCLR)</p>	<p>30 V 10:30 Walking Club CC 11:00 PC Daily Chronicles Party(IR) K 1:30 Bingo (HCAR) A 3:00 Paint Your Masterpiece!- HCAR K 3:30 Puzzles and Popcom (PC)</p>	<p>31 O 1:30 Scenic Drive V 10:00 Gardening K 11:00 Coffee and Conversation PCLR) GC 4:00 LCR + PRIZES! (HCAR) K 6:15 Twilight BINGO (HCAR)</p>	<p>The Beauty Salon is open on Tuesdays from 8:30-1:30</p> <p>Watch out for the Life Enrichment Handouts every Monday. It will contain fun games, information about the weeks activities, adult coloring sheet's and more.</p>	<p>Follow us on Facebook and Twitter!</p> <p>Ask a Life Enrichment Associate about Lifeshare!</p> <p>"All activities subject to change, you will be informed via Lifeshare"</p>	<p>Activity Locations: HCAR=Health Care Activity Room PCAR=Personal Care Activity Room HCDR=Health Care Dining Room CC=Charismatic Café IR=In Residents Room PCLR=Personal Care Living Room</p>

July 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>A - Artisans CC - Community Connections CC - Creative Cooking GF - Gathering of Friends GC - Group Games I - Inspirations K - Keeping it Sharp/Reminisce L - Lifelong Learning MM - Mindful Moments M - Music to My Ears O - Out & About</p>	<p>1 MM 9:30 (MM) Theme Sensations-Baby Care (IR) CC 10:30 HC Book Club - Discussion (HCAR) O 1:30 Orange Leaf (Pay own way) GC 3:30 Games/Resident's Choice (HCAR)</p>	<p>2 MM 10:00 (MM) Theme Sensations- Cooking Walking Club V 10:30 Gardening Hacks DIY(HCAR) L 11:15 Gardening Hacks DIY(HCAR) K 1:30 Bingo (HCAR) GF 2:30 Birthday Celebration with Gary Bertram CC 3:00 HC-Chef's Circle (HCAR)</p>	<p>3 MM 9:30 (MM) Theme Sensations- Laundry (IR) V 10:00 Gardening K 11:00 Coffee and Conversation PCLR) O 11:30 Men's Club Lunch Outing K 6:15 Twilight BINGO (HCAR)</p>	<p>4 Independence Day MM 9:30 (MM) Theme Sensations-Baby Care (IR) CC 10:30 Patriotic Pastry Party! (HCAR) A 1:30 Gary Bertram Art Class (PCAR) GF 3:00 Red, White, and Boom Party! (HCAR)</p>	<p>5 MM 10:00 (MM) Theme Sensations- Beach (IR) V 10:30 Chair Dancing (HCAR) K 11:00 IN2L Games (HCAR) S 3:00 Happy Hour Cocktails (CC)</p>	<p>6 MM 10:00 (MM) Theme Sensations- Cooking GF 10:30 Coffee & Current News K 11:00 Morning BINGO (HCAR) L 2:00 Destination Exploration-HCAR A 3:30 Coloring to the Classics- PCAR</p>
<p>7 MM 10:00 (MM) Theme Sensations- Beach (IR) M 11:00 Glee Club (HCAR) I 1:00 Keith's Bible Study (PCLR) GF 2:00 Sunday Afternoon Movie (PCLR)</p>	<p>8 MM 9:30 (MM) Theme Sensations-Baby Care (IR) CC 10:30 HC Book Club - Discussion (HCAR) O 1:30 Walmart CC 3:00 HC-Chef's Circle (HCAR) GC 3:30 Games/Resident's Choice (HCAR)</p>	<p>9 MM 10:00 (MM) Theme Sensations- Cooking Walking Club V 10:30 Gardening Hacks DIY(HCAR) L 11:15 Gardening Hacks DIY(HCAR) K 1:30 Bingo (HCAR) CC 3:00 HC-Chef's Circle (HCAR)</p>	<p>10 MM 9:30 (MM) Theme Sensations- Laundry (IR) O 10:00 Summer Field Trip: Boonesboro V 10:00 Gardening K 11:00 Coffee and Conversation PCLR) K 6:15 Twilight BINGO (HCAR)</p>	<p>11 MM 9:30 (MM) Theme Sensations-Baby Care (IR) CC 10:30 HC Book Club - Discussion (HCAR) GF 1:30 Backporch Party! GC 3:00 LCR (HCAR) A 4:00 Coloring for Relaxation- (HCAR/PC)</p>	<p>12 MM 10:00 (MM) Theme Sensations- Beach (IR) V 10:30 Chair Dancing (HCAR) K 11:00 IN2L Games (HCAR) S 2:00 Happy Hour Cocktails With Gary Bertram (CC)</p>	<p>13 MM 10:00 (MM) Theme Sensations- Cooking GF 10:30 Coffee & Current News K 11:00 Morning BINGO (HCAR) L 2:00 Destination Exploration-HCAR A 3:30 Coloring to the Classics- PCAR</p>
<p>14 MM 10:00 (MM) Theme Sensations- Beach (IR) M 11:00 Glee Club (HCAR) S 12:00 SUNDAY BRUNCH I 1:00 Keith's Bible Study (PCLR) GF 2:00 Sunday Afternoon Movie (PCLR)</p>	<p>15 MM 9:30 (MM) Theme Sensations-Baby Care (IR) CC 10:30 HC Book Club - Discussion (HCAR) O 1:30 Kroger CC 3:00 HC-Chef's Circle (HCAR) GC 3:30 Games/Resident's Choice (HCAR)</p>	<p>16 MM 10:00 (MM) Theme Sensations- Cooking Walking Club V 10:30 Gardening Hacks DIY(HCAR) L 11:15 Gardening Hacks DIY(HCAR) K 1:30 Bingo (HCAR) S 3:00 Chef's Circle (HCAR)</p>	<p>17 MM 9:30 (MM) Theme Sensations- Laundry (IR) V 10:00 Gardening K 11:00 Coffee and Conversation PCLR) S 12:00 Taste of Town A 1:30 Gary Bertram Art Class (PCAR)</p>	<p>18 MM 9:30 (MM) Theme Sensations-Baby Care (IR) CC 10:30 HC Book Club - Discussion (HCAR) V 3:30 Balloon Tennis (HCAR) K 4:15 Jazz-n-Puzzles (PC)</p>	<p>19 MM 10:00 (MM) Theme Sensations- Beach (IR) V 10:30 Chair Dancing (HCAR) K 11:00 IN2L Games (HCAR) S 3:00 Happy Hour Cocktails with Franklin (CC)</p>	<p>20 MM 10:00 (MM) Theme Sensations- Cooking GF 10:30 Coffee & Current News K 11:00 Morning BINGO (HCAR) L 2:00 Destination Exploration-HCAR A 3:30 Coloring to the Classics- PCAR</p>
<p>21 MM 10:00 (MM) Theme Sensations- Beach (IR) M 11:00 Glee Club (HCAR) I 1:00 Inspirational Music (PCLR) GF 2:00 Sunday Afternoon Movie (PCLR)</p>	<p>22 MM 9:30 (MM) Theme Sensations-Baby Care (IR) CC 10:30 HC Book Club - Discussion (HCAR) O 11:00 Picnic in the Park GC 3:30 Games/Resident's Choice (HCAR) M 6:15 Musical Inspirations</p>	<p>23 MM 10:00 (MM) Theme Sensations- Cooking Walking Club V 10:30 Gardening Hacks DIY(HCAR) L 11:15 Gardening Hacks DIY(HCAR) K 1:30 Bingo (HCAR)</p>	<p>24 MM 9:30 (MM) Theme Sensations- Laundry (IR) V 10:00 Gardening K 11:00 Coffee and Conversation PCLR) K 2:30 BINGO AUCTION (HCAR) A 4:00 Summer Collage- HCAR K 6:15 Twilight BINGO (HCAR)</p>	<p>25 MM 9:30 (MM) Theme Sensations-Baby Care (IR) CC 10:30 HC Book Club - Discussion (HCAR) CC 3:00 Garden Party Social GC 4:00 Resident Games</p>	<p>26 MM 10:00 (MM) Theme Sensations- Beach (IR) O 10:30 Scenic Drive K 11:00 IN2L Games (HCAR) S 3:00 Happy Hour Cocktails (CC)</p>	<p>27 MM 10:00 (MM) Theme Sensations- Cooking GF 10:30 Coffee & Current News K 11:00 Morning BINGO (HCAR) L 2:00 Destination Exploration-HCAR A 3:30 Coloring to the Classics- PCAR</p>
<p>28 MM 10:00 (MM) Theme Sensations- Beach (IR) M 11:00 Glee Club (HCAR) I 1:00 Keith's Bible Study (PCLR) GF 2:00 Sunday Afternoon Movie (PCLR)</p>	<p>29 MM 9:30 (MM) Theme Sensations-Baby Care (IR) O 10:00 Krispy Kreme CC 10:30 HC Book Club - Discussion (HCAR) GC 3:30 Games/Resident's Choice (HCAR) M 6:15 Musical Inspirations</p>	<p>30 MM 10:00 (MM) Theme Sensations- Cooking Walking Club V 10:30 Gardening Hacks DIY(HCAR) L 11:15 Gardening Hacks DIY(HCAR) K 1:30 Bingo (HCAR) A 3:00 Paint Your Masterpiece!- HCAR</p>	<p>31 O 1:30 Scenic Drive MM 9:30 (MM) Theme Sensations- Laundry (IR) V 10:00 Gardening K 11:00 Coffee and Conversation PCLR) GC 4:00 LCR + PRIZES! (HCAR) K 6:15 Twilight BINGO (HCAR)</p>	<p>The Beauty Salon is open on Tuesdays from 8:30-1:30 Watch out for the Life Enrichment Handouts every Monday. It will contain fun games, information about the weeks activities, adult coloring sheet's and more.</p>	<p>Follow us on Facebook and Twitter! Ask a Life Enrichment Associate about Lifeshare! "All activities subject to change, you will be informed via Lifeshare"</p>	<p>Activity Locations: HCAR = Health Care Activity Room PCAR = Personal Care Activity Room HCDR = Health Care Dining Room CC = Charismatic Cafe IR = In Resident Rooms PCLR = Personal Care Living Room</p>

July 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>A - Artisans CC - Creative Cooking GF - Gathering of Friends GG - Group Games K - Keeping it Sharp/Reminisce M - Music to My Ears S - Signature Events V - Vitality</p>	<p>1</p> <p>V Drum Circle K Inspired Tales CC Broccoli Salad Supreme Relax & Recharge A Cut Up Art M Dancing Monday GG Water Balloon Bucket Toss Healthy Hands GF LifeShare Games</p>	<p>2</p> <p>V Walk On The Beach K Roll to 20! CC Raspberry Peach Delight Relax & Recharge A Patriotic Wind Catcher GF Birthday Celebration M Summer Singin' GG Fair Midway Games Healthy Hands</p>	<p>3</p> <p>V Soccer K Yard Sale CC Buttons and Bows Relax & Recharge A Fireworks Sponge Art M Gone Fishin' GG Velcro Catch Healthy Hands GF Shake Loose A Memory</p>	<p>4 Independence Day</p> <p>V Let's Take A Trip K American Landmarks CC Independence Day Red Velvet Cupcakes Relax & Recharge A Creative Storytelling M Yankee Doodle Dandy GG Aim for the Stars Healthy Hands</p>	<p>5</p> <p>V Pump It Up K Summer Vacation CC Chocolate Strawberry Trifle Relax & Recharge A Marble Painting M Margaritaville Happy Hour GG Sorting Fair Winners Healthy Hands GF LifeShare Games</p>	<p>6</p> <p>V Dance Party K Summer Colors GF Coffee & Current News CC Banana Nut Bread Relax & Recharge A Clothespin Trivet M Campfire Songs GG Name 3 Toss & Catch Healthy Hands</p>
<p>7</p> <p>V Mindful Movements K Categories CC Roast Beef Pinwheels Relax & Recharge A Flower Pounding M Listen to the Wind GG Word Works Healthy Hands GF A Time For Tea!</p>	<p>8</p> <p>V Drum Circle K Inspired Tales CC Peanut Butter Cookies Relax & Recharge A Sandpaper Art M Dancing Monday GG Water Balloon Bucket Toss Healthy Hands GF LifeShare Games</p>	<p>9</p> <p>V Walk On The Beach K Roll to 20! CC Strawberry Cheesecake Pie Relax & Recharge A Watermelon Painting M Summer Singin' GG Fair Midway Games Healthy Hands GF Reminiscing Through Photos</p>	<p>10</p> <p>V Soccer K Yard Sale CC Key Lime Pie Relax & Recharge A Poetry Writing M Gone Fishin' GG Velcro Catch Healthy Hands GF Shake Loose A Memory</p>	<p>11</p> <p>V Let's Take A Trip K American Landmarks CC Spiced Cocoa Cupcakes Relax & Recharge A Coffee Filter Butterflies M Hats Off to You GG Aim for the Stars Healthy Hands GF Hangman</p>	<p>12</p> <p>V Pump It Up K Summer Vacation CC Chocolate Toffee Biscuits Relax & Recharge A Clay Pinch Pots-Day1 M Margaritaville Happy Hour GG Sorting Fair Winners Healthy Hands GF LifeShare Games</p>	<p>13</p> <p>V Dance Party K Summer Colors GF Coffee & Current News CC Apple Zucchini Bread Relax & Recharge A Clay Pinch Pots-Day2 M Campfire Songs GG Name 3 Toss & Catch Healthy Hands</p>
<p>14</p> <p>V Mindful Movements K Categories CC Pineapple Cheddar Spread Relax & Recharge A Monet Water Lillies M Listen to the Wind GG Word Works Healthy Hands GF A Time For Tea!</p>	<p>15</p> <p>V Drum Circle K Inspired Tales CC Loaded Pretzel Cookies Relax & Recharge A Pineapple Prints M Dancing Monday GG Water Balloon Bucket Toss Healthy Hands GF LifeShare Games</p>	<p>16</p> <p>V Walk On The Beach K Roll to 20! CC Creamy Peanut Butter Pie Relax & Recharge A Cling Wrap Painting M Summer Singin' GG Fair Midway Games Healthy Hands GF Reminiscing Through Photos</p>	<p>17</p> <p>V Soccer K Yard Sale CC Banana Wheat Bread S Taste of Town Relax & Recharge A Have a Gentle Conversation M Gone Fishin' GG Velcro Catch Healthy Hands</p>	<p>18</p> <p>V Let's Take A Trip K American Landmarks CC Lemon Sparkle Cupcakes Relax & Recharge A Watercolors & Oil M Hats Off to You GG Aim for the Stars Healthy Hands GF Hangman</p>	<p>19</p> <p>V Pump It Up K Summer Vacation CC Giant Chocolate Chip Cookie Relax & Recharge A Multi-Stage Process Art M Margaritaville Happy Hour GG Sorting Fair Winners Healthy Hands GF LifeShare Games</p>	<p>20</p> <p>V Dance Party K Summer Colors GF Coffee & Current News CC Honey Spiced Bread Relax & Recharge A Multi-Stage Process Art M Campfire Songs GG Name 3 Toss & Catch Healthy Hands</p>
<p>21</p> <p>V Mindful Movements K Categories CC Strawberry Salsa Relax & Recharge A Multi-Stage Process Art M Listen to the Wind GG Word Works Healthy Hands GF A Time For Tea!</p>	<p>22</p> <p>V Drum Circle K Inspired Tales CC Tropical Muffins Relax & Recharge A Lavender Wands M Dancing Monday GG Water Balloon Bucket Toss Healthy Hands GF LifeShare Games</p>	<p>23</p> <p>V Walk On The Beach K Roll to 20! CC Cherry Pie Relax & Recharge A Wood and Washer Wind Chimes M Summer Singin' GG Fair Midway Games Healthy Hands GF Reminiscing Through Photos</p>	<p>24</p> <p>V Soccer K Yard Sale CC Orange Banana Nut Bread Relax & Recharge A Zen Doodle Moon Art M Gone Fishin' GG Velcro Catch Healthy Hands GF Shake Loose A Memory</p>	<p>25</p> <p>V Let's Take A Trip K American Landmarks CC Chocolate Zucchini Cupcakes Relax & Recharge A Ask a Beautiful Question M Hats Off to You GG Aim for the Stars Healthy Hands GF Hangman</p>	<p>26</p> <p>V Pump It Up K Summer Vacation CC Oatmeal Butterscotch Cookies Relax & Recharge A Fibonacci Art Project M Margaritaville Happy Hour GG Sorting Fair Winners Healthy Hands GF LifeShare Games</p>	<p>27</p> <p>V Dance Party K Summer Colors GF Coffee & Current News CC Parmesan Italian Loaf Relax & Recharge A Ribbon Dancers M Campfire Songs GG Name 3 Toss & Catch Healthy Hands</p>
<p>28</p> <p>V Mindful Movements K Categories CC Veggie Pizza Squares Relax & Recharge A Wall Art - Textured Mixed Media M Listen to the Wind GG Word Works Healthy Hands GF A Time For Tea!</p>	<p>29</p> <p>V Drum Circle K Inspired Tales CC Pumpkin Bread Relax & Recharge A Wall Art - Textured Mixed Media M Dancing Monday GG Water Balloon Bucket Toss Healthy Hands GF LifeShare Games</p>	<p>30</p> <p>V Walk On The Beach K Roll to 20! CC Peach Delight Pie Relax & Recharge A Bird Nesting Ball M Summer Singin' GG Fair Midway Games Healthy Hands GF Reminiscing Through Photos</p>	<p>31</p> <p>V Soccer K Yard Sale CC Zucchini Cupcakes Relax & Recharge A Bird Nesting Ball M Gone Fishin' GG Velcro Catch Healthy Hands GF Shake Loose A Memory</p>	<p>Every Morning (times are approximate) 9:00 Vitality 9:30 Keeping it sharp 10:00 Morning Refresher 10:30 Housekeeping 11:00 Artisans 11:30 Lunch Preparation</p>	<p>Every Afternoon (times are approximate) Relax and Recharge (following lunch) 2:30 Creative Cooking 3:00 Music to my ears 4:00 Group Games</p>	