

Winterberry Heights

Assisted Living & Memory Care

932 Ohio Street • Bangor, Maine 04401 • Phone (207) 942-6002 • www.seniorlivinginstyle.com

NOVEMBER 2020

WINTERBERRY HEIGHTS

STAFF

Administrator.....PENNY PAULIKS
Assistant Administrator.....CANDICE WHITE
Director of Health Services.....RANDY DAY, RN
Resident Services Coordinator... MARCIE MOELLENTIN
Executive Chef..... TODD FULLERTON
Community SalesLISA SPAULDING
Activity CoordinatorHEATHER LAPLANTE
Administrative Assistant CORY GILLISPIE
MaintenanceGREG CARON
Transportation ROBERT RIVERS

TRANSPORTATION

Monday, 10:30 a.m.: Shopping — Walmart
Tuesday, 8 a.m.-5 p.m.: Medical Appointments
Wednesday, 9 a.m.: Shopping — Hannaford
Thursday, 8 a.m.-5 p.m.: Medical Appointments
Sunday, 8 a.m.-Noon: Local Church Services

HAWTHORN
SENIOR LIVING

November Activities, Culinary and Themes: Cranberries

It's no secret that berries are good for us. Strawberries, blueberries, raspberries — they're all packed with antioxidants, fiber, and many other all-star nutrients. However, there's one often-overlooked berry that's also oozing with health benefits — cranberries. And no, they're not just great for delicious Thanksgiving sauce. Below are just a few great cranberry benefits!

1. Cranberries may help prevent urinary tract infections

When you think of cranberry juice, the first thing that comes to mind is that it's said to help with urinary tract infections. That's because cranberries are loaded with an antioxidant called proanthocyanidins, or PACs for short. PACs reduce the ability for bacteria to stick to the wall of the urinary tract and thus reduce chances of developing urinary tract infections.

Note: Before you sip unsweetened cranberry juice for this explicit purpose, however, you should know that research on the subject is mixed. However, some experts still recommend drinking cranberry juice as a preventative measure, but talking to your doctor and trying a better, science-backed natural

remedy is a better bet until more research can be done.

2. They can improve your digestion

Fiber is great for overall gut health, and cranberries are packed with it — one cup has about 5.3 grams of fiber. "This is important because we need fiber for a healthy digestive system and to maintain regular bowel movements," Dr. Agarwal adds. Plus, fiber keeps you fuller longer, which means you're less likely to reach for a not-so-healthy snack.

3. They can help prevent gum disease

Remember those PACs? The urinary tract isn't the only place these anti-microbial, anti-inflammatory antioxidants work their magic. Preliminary studies show that cranberries can help reduce bacteria's ability to stick and grow in the oral cavity and limit gum disease, in the same way as they do with UTIs.





Fire Safety This Holiday Season

As we celebrate the joys of the holiday seasons, please try to keep in mind we must also think about safety. At Winterberry Heights, live Christmas trees are not allowed due to the risk of fire. This also includes wreaths, swags or any other decorations made from real branches or leaves. Candles or open flames of any kind are not allowed. All decorations hung from resident doors must be made of flame retardant material and tested and tagged by our Maintenance Director. Please see Management if you have any questions. Thank you for your cooperation.



Welcome New Residents!

Ella G.

Richard C.

Pearl G.



Happy Thanksgiving!



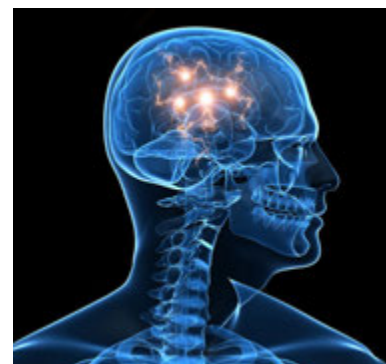
Five Facts About Pie

Pie has been around since the ancient Egyptians. The first pies were made by early Romans who may have learned about it through the Greeks. These pies were sometimes made in “reeds” which were used for the sole purpose of holding the filling and not for eating with the filling.

The Romans must have spread the word about pies around Europe, as the Oxford English Dictionary notes that the word pie was a popular word in the 14th century. The first pie recipe was published by the Romans and was for a rye crusted goat cheese and honey pie.

Brain Fitness

We all know we need to exercise to improve our physical fitness, yet rarely do we think of the need to perform fitness training for our brain. Here are a few ways you can help maximize your cognitive stimulation.



- Do word searches
- Write a letter
- Visit with friends
- Read
- Play cards
- Complete jigsaw puzzles
- Cook new recipes
- Join a chorus
- Garden
- Draw, paint or do a fun craft
- Play Sudoku
- Dance
- Sew
- Study a foreign language
- Travel or go sight-seeing
- Scrapbook
- Listen to the radio

Maybe you do some of these activities already. These activities help stimulate your brain and strengthen the attention centers. These are great ways to keep your brain healthy and have fun at the same time!



The early pies were predominately meat pies. Pyes (pies) originally appeared in England as early as the 12th century. The crust of the pie was referred to as “coffyn.” There was actually more crust than filling. Often these pies were made using fowl, and the legs were left to hang over the side of the dish and used as handles. Fruit pies or tarts (pasties) were probably first made in the 1500s. English tradition credits the making of the first cherry pie to Queen Elizabeth I.

Pie came to America with the first English settlers. The early colonists cooked their pies in long narrow pans calling them “coffyns” like the

crust in England. As in the Roman times, the early American pie crusts often were not eaten, but simply designed to hold the filling during baking. It was during the American Revolution that the term crust was used instead of coffyn.

Over the years, pie has evolved to become what it is today, “the most traditional American dessert.” Pie has become so much a part of American culture throughout the years that we now commonly use the term “as American as apple pie.”



Election Time: Presidential Trivia

Election Day is November 3rd! To help you get ready, brush up on your presidential trivia. Below are 10 trivia facts about U.S. Presidents of the past.

1. George Washington was the only President to ever be unanimously elected.
2. Franklin Pierce was the first President to have a Christmas tree in the White House.
3. The Presidential Election of 1800 between John Adams and Thomas Jefferson was one of only two elections that resulted in the House of Representatives deciding who would be President of the United States. It was also the only time where there was a tie for President in the Electoral College.
4. Franklin D. Roosevelt is the only American President to be elected four times. After his service, the 22nd Amendment ratified in 1952, limited the presidential office to two terms.
5. William Taft, who weighed 332 pounds, got stuck in the White House bathtub the first time he used it. A larger one was ordered.
6. The term “OK” is credited to Martin Van Buren who was raised in Kinderhook, New York. After he went into politics, Van Buren became known as “Old Kinderhook.” Soon people were using the term OK referring to Van Buren and the word okay was derived.
7. Ulysses S. Grant established Yellowstone as the nation’s first national park on March 1, 1872.
8. Calvin Coolidge lighted the first national Christmas tree in 1923 on the White House lawn.
9. George W. Bush was a pilot in the Texas Air National Guard from 1968 until 1973.
10. William Taft’s wife was responsible for the planting of the Japanese cherry trees in Washington, D.C.



11. Harry S. Truman was the first President to give a speech on television.
12. James Buchanan was the only President who never married.
13. Gerald Ford once worked as a fashion model for Cosmopolitan and Look magazines in the 1940s.
14. Ronald Reagan was the first actor elected President. He acted in 53 films before becoming President.
15. The name “Teddy” bears for stuffed animals was coined in 1903 when a stuffed toy bear was given to the noted outdoorsman Theodore Roosevelt.



Celebrating Our Veterans

Residents who have served:



Dan Gill, US Navy



Dale Richmond, US Navy



David Cole, US Army



Roland Nadeau, US Army



Charles Hill, US Air Force



Joe Quill, US Navy



Don Sanborn, US Navy



Arthur Libby, US Army





*Phil Newbury, US Navy
and US Maine Air Guard*



*Camille Franck,
US National Guard
and US Army*



*Richard Hammons,
US Army*



Bill Handville, US Army



Joseph Walsh, US Army



Henry Sainio, US Army



*John Eisentrager,
US Air Force*



Richard Cook, US Air Force



Albert Specyal, US Army



Robert Boyd, US Navy

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Our caring staff is here for you any time, day or night, and all utilities except phone are included in one reasonable monthly rent. We offer local, comfortable transportation for shopping, appointments and other scheduled activities. We also take care of the cooking, weekly housekeeping and maintenance, so you can spend more time with new friends and family.

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207-942-6002

NOV 2020

Birthdays

Lillian Meagher, 5th
Frances Bos, 18th
Bernice Ireland, 25th
Josephine Bartley, 26th
Robert Boyd, 28th

“Thanksgiving
just gets me all
warm and tingly
and all kinds
of wonderful
inside.”
—Willard Scott

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>DAYLIGHT SAVING TIME ENDS</div> <div>1</div> <div>9:00 Catholic Mass in the Chapel</div> <div>10:00 Strength and Balance</div> <div>11:00 Bible Word Search</div> <div>2:00 National Authors Day Match</div> <div>3:00 Hymn Singalong</div> <div>6:45 Word Mining</div>	<div>2</div> <div>9:00 News Hour/Daily Chronicles</div> <div>10:00 Strength and Balance</div> <div>11:00 Sudoku Puzzles</div> <div>2:00 Heather’s General Store</div> <div>3:00 Walker Wash!</div> <div>6:45 Monday Night Movie</div>	<div>ELECTION DAY</div> <div>3</div> <div>9:00 News Hour/Daily Chronicles</div> <div>10:00 Strength and Balance</div> <div>11:00 Cranberry Wreath Ornaments</div> <div>2:00 Mandala Art Coloring</div> <div>3:00 Wizard of Oz Anniversary Celebration</div> <div>6:45 Puzzles</div>	<div>4</div> <div>9:00 News Hour/Daily Chronicles</div> <div>10:00 Strength and Balance</div> <div>11:00 Bingo: 1st Floor Residents</div> <div>2:00 Bingo: 2nd Floor Residents</div> <div>3:30 Afternoon Social</div> <div>6:45 Mixed Up Words</div>	<div>5</div> <div>9:00 News Hour/Daily Chronicles</div> <div>10:00 Strength and Balance</div> <div>11:00 Chair Dancing Through the Decades</div> <div>2:00 Movie Matinee</div> <div>6:45 Word Scrambles</div> <div></div>	<div>6</div> <div>9:00 News Hour/Daily Chronicles</div> <div>10:00 Strength and Balance</div> <div>11:00 Welcome Committee Meeting</div> <div>2:00 Jeopardy</div> <div>3:00 Beachball Volleyball</div> <div>6:45 Knitting with Friends</div>	<div>7</div> <div>9:00 News Hour/Daily Chronicles</div> <div>10:00 Strength and Balance</div> <div>11:00 Bingo: 1st Floor Residents</div> <div>2:00 Bingo: 2nd Floor Residents</div> <div>6:45 Relax and Chat with Friends</div>
<div>8</div> <div>9:00 Catholic Mass in the Chapel</div> <div>10:00 Strength and Balance</div> <div>11:00 Puzzles</div> <div>2:00 Scenic Bus Ride</div> <div>3:00 Scenic Bus Ride</div> <div>6:45 Old-Time TV Shows</div>	<div>9</div> <div>9:00 News Hour/Daily Chronicles</div> <div>10:00 Strength and Balance</div> <div>11:00 Crosswords</div> <div>2:00 Heather’s General Store</div> <div>3:00 Singalong</div> <div>6:45 Monday Night Movie</div>	<div>10</div> <div>9:00 News Hour/Daily Chronicles</div> <div>10:00 Strength and Balance</div> <div>11:00 Armchair Travels</div> <div>2:00 Mandala Art Coloring</div> <div>3:00 Manicures</div> <div>6:45 Puzzles</div>	<div>VETERANS DAY</div> <div>11</div> <div>9:00 News Hour/Daily Chronicles</div> <div>10:00 Strength and Balance</div> <div>11:00 Bingo: 1st Floor Residents</div> <div>2:00 Bingo: 2nd Floor Residents</div> <div>3:30 Afternoon Social</div> <div>6:45 Famous November Birthdays Word Search</div>	<div>12</div> <div>9:00 News Hour/Daily Chronicles</div> <div>10:00 Strength and Balance</div> <div>11:00 Cooking: Chicken Soup</div> <div>2:00 Painting</div> <div>3:00 Mocktail Happy Hour</div> <div>6:45 Word Mining</div>	<div>13</div> <div>9:00 News Hour/Daily Chronicles</div> <div>10:00 Strength and Balance</div> <div>11:00 Friday the 13th Superstitions</div> <div>2:00 Brain Drain Game</div> <div>3:00 Ring Toss</div> <div>6:45 Knitting with Friends</div>	<div>14</div> <div>9:00 News Hour/Daily Chronicles</div> <div>10:00 Strength and Balance</div> <div>11:00 Bingo: 1st Floor Residents</div> <div>2:00 Bingo: 2nd Floor Residents</div> <div>6:45 Relax and Chat with Friends</div>
<div>15</div> <div>9:00 Catholic Mass in the Chapel</div> <div>10:00 Strength and Balance</div> <div>11:00 Sudoku Puzzles</div> <div>2:00 I Love Lucy Comedy</div> <div>3:00 Sunday Sundaes</div> <div>6:45 Word Scrambles</div>	<div>16</div> <div>9:00 News Hour/Daily Chronicles</div> <div>10:00 Strength and Balance</div> <div>11:00 Puzzles</div> <div>2:00 Heather’s General Store</div> <div>3:00 Drumming Exercise</div> <div>6:45 Monday Night Movie</div>	<div>17</div> <div>9:00 News Hour/Daily Chronicles</div> <div>10:00 Strength and Balance</div> <div>11:00 Cooking: Make Bread</div> <div>2:00 Mandala Art Coloring</div> <div>3:00 Brain Fitness</div> <div>6:45 Puzzles</div>	<div>18</div> <div>9:00 News Hour/Daily Chronicles</div> <div>10:00 Strength and Balance</div> <div>11:00 Bingo: 1st Floor Residents</div> <div>2:00 Bingo: 2nd Floor Residents</div> <div>3:30 Afternoon Social</div> <div>6:45 Word Search</div> <div></div>	<div>19</div> <div>9:00 News Hour/Daily Chronicles</div> <div>10:00 Strength and Balance</div> <div>11:00 Turkey Craft</div> <div>2:00 Dance by Design</div> <div>3:00 Armchair Travels</div> <div>6:45 Sudoku Puzzles</div>	<div>20</div> <div>9:00 News Hour/Daily Chronicles</div> <div>10:00 Strength and Balance</div> <div>11:00 Word Scrambles</div> <div>2:00 Name 10</div> <div>3:00 Swatterball</div> <div>6:45 Knitting with Friends</div>	<div>21</div> <div>9:00 News Hour/Daily Chronicles</div> <div>10:00 Strength and Balance</div> <div>11:00 Bingo: 1st Floor Residents</div> <div>2:00 Bingo: 2nd Floor Residents</div> <div>6:45 Relax and Chat with Friends</div>
<div>22</div> <div>9:00 Catholic Mass in the Chapel</div> <div>10:00 Strength and Balance</div> <div>11:00 Crosswords</div> <div>2:00 Scenic Bus Ride</div> <div>3:00 Scenic Bus Ride</div> <div>6:45 Old-Time TV Shows</div>	<div>23</div> <div>9:00 News Hour/Daily Chronicles</div> <div>10:00 Strength and Balance</div> <div>11:00 Word Search</div> <div>2:00 Heather’s General Store</div> <div>3:00 Wheel of Fortune</div> <div>6:45 Monday Night Movie</div>	<div>24</div> <div>9:00 News Hour/Daily Chronicles</div> <div>10:00 Strength and Balance</div> <div>11:00 Hokey Pokey with Teddy the Bear</div> <div>2:00 Mandala Art Coloring</div> <div>3:00 Manicures</div> <div>6:45 Puzzles</div>	<div>25</div> <div>9:00 News Hour/Daily Chronicles</div> <div>10:00 Strength and Balance</div> <div>11:00 Bingo: 1st Floor Residents</div> <div>2:00 Bingo: 2nd Floor Residents</div> <div>3:30 International Hat Day Social</div> <div>6:45 Thanksgiving Word Search</div> <div></div>	<div>THANKSGIVING</div> <div>26</div> <div>9:00 News Hour/Daily Chronicles</div> <div>9:00 Watch Macy’s Thanksgiving Parade</div> <div>10:00 Strength and Balance</div> <div>12:30 Thanksgiving Dinner</div> <div>2:30 Pie Social</div> <div>4:30 Football: Redskins vs Cowboys</div> <div>8:30 Football: Ravens vs Steelers</div> <div></div>	<div>27</div> <div>9:00 News Hour/Daily Chronicles</div> <div>10:00 Strength and Balance</div> <div>11:00 Pictionary</div> <div>2:00 Mad Lib Stories</div> <div>3:00 Dice Fitness</div> <div>6:45 Knitting with Friends</div>	<div>28</div> <div>9:00 News Hour/Daily Chronicles</div> <div>10:00 Strength and Balance</div> <div>11:00 Bingo: 1st Floor Residents</div> <div>2:00 Bingo: 2nd Floor Residents</div> <div>6:45 Relax and Chat with Friends</div> <div></div>
<div>29</div> <div>9:00 Catholic Mass in the Chapel</div> <div>10:00 Strength and Balance</div> <div>11:00 Craft Hour</div> <div>2:00 Puzzles</div> <div>3:00 Hymn Singalong</div> <div>6:45 Word Search</div>	<div>30</div> <div>9:00 News Hour/Daily Chronicles</div> <div>10:00 Strength and Balance</div> <div>11:00 Word Mining</div> <div>2:00 Heather’s General Store</div> <div>3:00 November Birthday Celebration</div> <div>6:45 Monday Night Movie</div>					

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Birthdays

Frances Bos, 18th
Robert Boyd, 28th

“Thanksgiving
just gets me all
warm and tingly
and all kinds
of wonderful
inside.”
—Willard Scott

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>DAYLIGHT SAVING TIME ENDS</div> <div>1</div> <div>10:00 Move to the Music</div> <div>11:00 Hymn Singalong</div> <div>2:00 Magazine Scavenger Hunt</div> <div>3:00 Snack Social</div> <div>3:30 Puzzles</div> <div>6:00 Movie</div>	<div>2</div> <div>10:00 Fun with Fitness</div> <div>11:00 Books and Author Match</div> <div>2:00 Trivia</div> <div>3:00 Snack Social</div> <div>3:30 Current Events</div> <div>6:00 Movie</div>	<div>ELECTION DAY</div> <div>3</div> <div>10:00 Beach Ball Fitness</div> <div>11:00 Mandala Art Coloring</div> <div>2:00 A-Z</div> <div>3:00 Snack Social</div> <div>3:30 Afternoon Walks</div> <div>6:00 Movie</div>	<div>4</div> <div>10:00 Drumming Exercise</div> <div>11:00 Word Games</div> <div>2:00 Painting</div> <div>3:00 Snack Social</div> <div>3:30 Balloon Volleyball</div> <div>6:00 Movie</div>	<div>5</div> <div>10:00 Weights and Stretches</div> <div>11:00 Make Bread</div> <div>2:00 Hand and Nail Care</div> <div>3:00 Snack Social</div> <div>3:30 Foot Soaks</div> <div>6:00 Movie</div>	<div>6</div> <div>10:00 Chair Fitness</div> <div>11:00 Morning Walks</div> <div>2:00 Arts and Crafts</div> <div>3:00 Snack Social</div> <div>3:30 Name 10</div> <div>6:00 Movie</div>	<div>7</div> <div>10:00 Fun with Fitness</div> <div>11:00 Bingo!</div> <div>2:00 Finish the Phrase</div> <div>3:00 Snack Social</div> <div>3:30 Afternoon Walks</div> <div>6:00 Movie</div>
<div>8</div> <div>10:00 Move to the Music</div> <div>11:00 Hymn Singalong</div> <div>2:00 Puzzles</div> <div>3:00 Snack Social</div> <div>3:30 Word Search Puzzles</div> <div>6:00 Movie</div>	<div>9</div> <div>10:00 Fun with Fitness</div> <div>11:00 Tongue Twisters</div> <div>2:00 Putt-Putt Golf</div> <div>3:00 Snack Social</div> <div>3:30 Current Events</div> <div>6:00 Movie</div>	<div>10</div> <div>10:00 Beach Ball Fitness</div> <div>11:00 Mandala Art Coloring</div> <div>2:00 Vacation List</div> <div>3:00 Snack Social</div> <div>3:30 Afternoon Walks</div> <div>6:00 Movie</div>	<div>VETERANS DAY</div> <div>11</div> <div>10:00 Drumming Exercise</div> <div>11:00 Word Games</div> <div>2:00 Painting</div> <div>3:00 Snack Social</div> <div>3:30 Patriotic Memories</div> <div>6:00 Movie</div>	<div>12</div> <div>10:00 Weights and Stretches</div> <div>11:00 Make Ice Cream</div> <div>2:00 Hand and Nail Care</div> <div>3:00 Snack Social</div> <div>3:30 Short Stories</div> <div>6:00 Movie</div>	<div>13</div> <div>10:00 Chair Fitness</div> <div>11:00 Morning Walks</div> <div>2:00 Arts and Crafts</div> <div>3:00 Snack Social</div> <div>3:30 Popular Superstitions</div> <div>6:00 Movie</div>	<div>14</div> <div>10:00 Fun with Fitness</div> <div>11:00 Bingo!</div> <div>2:00 Odd News Stories</div> <div>3:00 Snack Social</div> <div>3:30 Afternoon Walks</div> <div>6:00 Movie</div>
<div>15</div> <div>10:00 Move to the Music</div> <div>11:00 Hymn Singalong</div> <div>2:00 Word Games</div> <div>3:00 Snack Social</div> <div>3:30 Puzzles</div> <div>6:00 Movie</div>	<div>16</div> <div>10:00 Fun with Fitness</div> <div>11:00 Kindness Counts Cards</div> <div>2:00 Big Pin Bowling</div> <div>3:00 Snack Social</div> <div>3:30 Current Events</div> <div>6:00 Movie</div>	<div>17</div> <div>10:00 Beach Ball Fitness</div> <div>11:00 Mandala Art Coloring</div> <div>2:00 Turkey Talk</div> <div>3:00 Snack Social</div> <div>3:30 Afternoon Walks</div> <div>6:00 Movie</div>	<div>18</div> <div>10:00 Drumming Exercise</div> <div>11:00 Word Games</div> <div>2:00 Painting</div> <div>3:00 Snack Social</div> <div>3:30 Beanbag Toss</div> <div>6:00 Movie</div>	<div>19</div> <div>10:00 Weights and Stretches</div> <div>11:00 Make Lemonade</div> <div>2:00 Hand and Nail Care</div> <div>3:00 Snack Social</div> <div>3:30 Photo Reminisce</div> <div>6:00 Movie</div>	<div>20</div> <div>10:00 Chair Fitness</div> <div>11:00 Morning Walks</div> <div>2:00 Arts and Crafts</div> <div>3:00 Snack Social</div> <div>3:30 Mad Lib Stories</div> <div>6:00 Movie</div>	<div>21</div> <div>10:00 Fun with Fitness</div> <div>11:00 Bingo!</div> <div>2:00 Card Games</div> <div>3:00 Snack Social</div> <div>3:30 Afternoon Walks</div> <div>6:00 Movie</div>
<div>22</div> <div>10:00 Move to the Music</div> <div>11:00 Hymn Singalong</div> <div>2:00 Drawing</div> <div>3:00 Snack Social</div> <div>3:30 Word Search Puzzles</div> <div>6:00 Movie</div>	<div>23</div> <div>10:00 Fun with Fitness</div> <div>11:00 Art by Monet</div> <div>2:00 Turkey Craft</div> <div>3:00 Snack Social</div> <div>3:30 Current Events</div> <div>6:00 Movie</div>	<div>24</div> <div>10:00 Beach Ball Fitness</div> <div>11:00 Mandala Art Coloring</div> <div>2:00 Thanksgiving Reminisce</div> <div>3:00 Snack Social</div> <div>3:30 Afternoon Walks</div> <div>6:00 Movie</div>	<div>25</div> <div>10:00 Drumming Exercise</div> <div>11:00 Word Games</div> <div>2:00 Painting</div> <div>3:00 Snack Social</div> <div>3:30 Swatterball</div> <div>6:00 Movie</div>	<div>THANKSGIVING</div> <div>26</div> <div>10:00 Weights and Stretches</div> <div>11:00 Make Pie</div> <div>12:00 Thanksgiving Dinner</div> <div>2:00 Hand and Nail Care</div> <div>3:00 Snack Social</div> <div>3:30 Identify This</div> <div>6:00 Movie</div>	<div>27</div> <div>10:00 Chair Fitness</div> <div>11:00 Morning Walks</div> <div>2:00 Arts and Crafts</div> <div>3:00 Snack Social</div> <div>3:30 Matching and Sorting</div> <div>6:00 Movie</div>	<div>28</div> <div>10:00 Fun with Fitness</div> <div>11:00 Bingo!</div> <div>2:00 Have You Ever?</div> <div>3:00 Snack Social</div> <div>3:30 Afternoon Walks</div> <div>6:00 Movie</div>
<div>29</div> <div>10:00 Move to the Music</div> <div>11:00 Hymn Singalong</div> <div>2:00 Mandala Coloring</div> <div>3:00 Snack Social</div> <div>3:30 Puzzles</div> <div>6:00 Movie</div>	<div>30</div> <div>10:00 Fun with Fitness</div> <div>11:00 Famous Icons</div> <div>2:00 Ring Toss</div> <div>3:00 Snack Social</div> <div>3:30 Current Events</div> <div>6:00 Movie</div>					