

# The PALMS at La Quinta

ASSISTED LIVING & MEMORY CARE

45160 Seeley Drive • La Quinta, CA 92253 • Phone (760) 345-5353 • [www.seniorlivinginstyle.com](http://www.seniorlivinginstyle.com)

JANUARY 2021

## THE PALMS AT LA QUINTA STAFF

Assistant Administrator.....RUTH FROMME  
Resident Services Coordinator..... REBECCA GILL  
Memory Care Coordinator .....ROBERT HOPFER  
Executive Chef .....SERGIO ALVAREZ  
Community Sales ..... CAROL BALDWIN  
Activity Coordinator .....SELENE AGUILAR  
Activity Assistant ..... AMANDA BROOKS  
Administrative Assistant..... MARITZA GARCIA  
Maintenance Coordinator..CHRISTOPHER JONES

## TRANSPORTATION

**Monday, Tuesday, Thursday & Friday,**  
**9 a.m.-3 p.m.:** Medical Appointments

**Wednesday:** Excursion Day

**HAWTHORN**  
SENIOR LIVING

## Island Hopping 2021 Hawthorn Adventure

Swaying palms,  
powder-fine  
beaches, and  
clear blue  
waters — get  
ready Palms  
at La Quinta,  
enter for a  
tropical getaway  
you won't  
soon forget!  
Beginning  
the week of  
January 18th  
through



February 5th, The Palms at La Quinta will be embarking on an Island-Hopping Adventure through the Pacific Islands! You'll enjoy three weeks of sun, sand, rest and relaxation as we explore these amazing destinations:

- Hawaii
- Fiji
- New Zealand

As we make our scheduled stops, we will be experiencing the food, history and culture of each of these beautiful destinations. Be sure to attend the Island-Hopping Kickoff on January 11th to get all of your travel information. If you have any additional questions like what to pack or weather conditions, be sure to check in with your Travel Guides Selene and Maritza for all the details!



## Winter Wonders

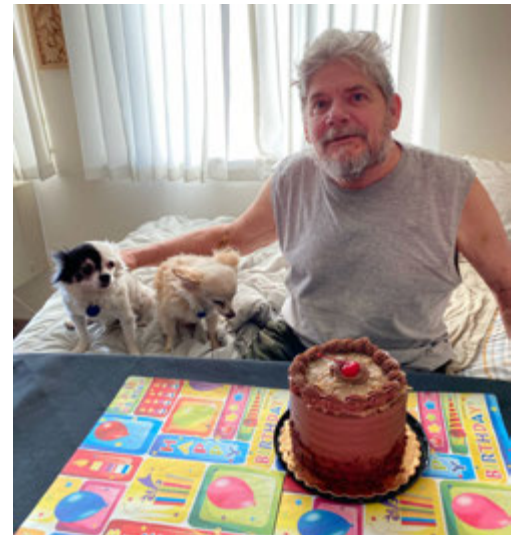
It's winter here in the Northern Hemisphere, bringing cooler temperatures. Keep warm with this bundle of cold-weather facts:

- While it may not snow in every city, about 1,200 cubic miles of the fluffy stuff falls on North America every year.
- The Great Lakes region is known as the snow belt of the U.S.
- Fairbanks, Alaska, gets the title of America's coldest city in winter. Its average low temperature is a frosty 16 below zero.
- Residents of Bethel, Maine, built a record-breaking snowperson in 2008. Named Olympia, she stood 122 feet high—almost as tall as the Statue of Liberty—and was made of 13 million pounds of snow!
- You don't have to wait for spring to see beautiful blossoms. Pansies, snowdrops and English primroses are some common flowers that bloom during the chilly months.



## New Resident

George Warren was born in Chicago, Illinois. He moved to the desert to be closer to his four children. He loves wood carving. He is also a Pastor who loves Bible studies. He will be volunteering his time by leading Church Services here in our Chapel two times a week. Let's welcome Mr. Warren! When you see him, please do not hesitate to say hello!



## Kick-Start Your Day

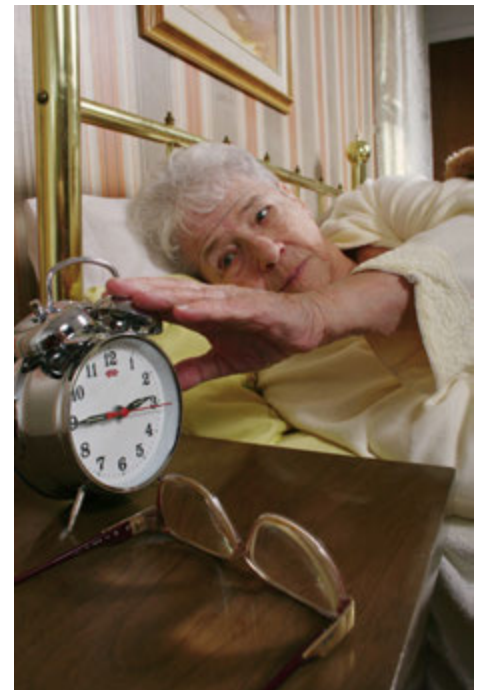
How you start your day affects how you feel and act the rest of the day. These simple habits can get you ready to take on whatever comes your way.

### **Wake up to music:**

Groggy when you first get up? Using an upbeat song instead of a harsh beeping sound as your alarm can help you feel more awake and alert. Scientists say a melody eases the brain into waking up, while alarms seem to confuse it.

**Stay offline:** If you use your phone as an alarm, resist the urge to stay on your device and scroll through your social media, check your email or read the news. Use the time to make a plan for the day ahead, journal or just think.

**Make your bed:** This small task can have a big impact on the rest of your day. High achievers agree that completing small actions, such as straightening your bed, will give you a sense of pride and provide momentum to accomplish other tasks.







## Sunday Football

Sunday Football can bring families, friends, and community together. Here at The Palms, we look forward to such a fun event every Sunday. There is so much hype in football — team colors, tailgate parties, and especially the food. We love the edge-of-your-seat anticipation of wondering if our team will win and cheering (sometimes a little too loud and wild) if they do.

Did you know that the NFL was founded in 1920 and its traditions keep going?

Did you also know that football has many benefits when it comes to one's health? It not only brings enjoyment, but it is also relaxing. It is also a great distraction from life — especially now with the COVID Epidemic. Despite the fact that we have to social distance, people get to have social interaction. Another great benefit is emotional release.

Football is more than just a game. It is a way of life. No matter who wins, it brings everyone together. Wear your colors with pride and cheer loud and wild!



## What Are the Benefits of Pineapple?

### What's a pineapple?

Pineapple is a large, tropical fruit with spiky, tough skin and sweet insides. When European explorers came across it in South America in the 17th century, they called it a pineapple because of its pinecone appearance. The scaly bumps on the outside are called “eyes.” Slice it open, and you'll find bright yellow flesh that's both sweet and tart.

The vitamins and minerals in pineapple could help shorten viral and bacterial infections and strengthen your bones. There's also a little evidence that pineapple may help prevent cancer and even help fertility by improving the quality of sperm.

- digest protein more easily
- reduces inflammation and swelling
- alleviates sinusitis, sore throat, arthritis and gout;
- prevent nausea, constipation, and high blood pressure;

While we are in Hawaii, we will be visiting the beautiful Dole Plantation where we will learn more about this delicious fruit. Join us on January 21st for a Dole Whip tasting at 3 p.m., and be sure to check your calendar for more Hawaiian activities to attend.



## The Words of MLK

In honor of Martin Luther King Jr. Day on January 18th, here are some of his most enduring speeches.

**Montgomery bus boycott speech** — One of King's first public speeches took place on December 5th, 1955, in Alabama, just a few days after Rosa Parks was arrested for refusing to give up her bus seat. His inspiring words about peaceful protests launched his role as a leader of the civil rights movement.

**"I Have a Dream"** — King delivered these iconic words from the steps of the Lincoln Memorial in Washington, D.C., on August 28th, 1963. Over 250,000 people gathered there and heard King describe his vision of the future, where his children "will not be judged by the color of their skin, but by the content of their character."

**Nobel Peace Prize speech** — In 1964, King was 35 and at the time, was the youngest person to win the Nobel Peace Prize. Accepting the honor on December 10th, 1964, he described the beauty of brotherhood and peace as "more precious than diamonds or silver or gold."

**"How Long, Not Long"** — On March 25th, 1965, after marching with 25,000 protesters from Selma to the Alabama Capitol in Montgomery, King encouraged the crowd, saying, "The road ahead is not altogether a smooth one. ... But we must keep going."

**"I've Been to the Mountaintop"** — King gave his final address in Memphis, Tennessee, on April 3rd, 1968, the night before he was assassinated. Speaking to a group of striking city workers, King emphasized the importance of unity in the fight for justice.



## App Adventures

From phone calls and video chats to text messaging and social media, smartphones and tablets help us keep in touch with family and friends. And with apps available for nearly every interest, they can also keep you busy! Explore your device's app store by searching some of these topics:

**Games and puzzles:** Brainteasers, crosswords, jigsaw puzzles, hidden objects ... Today's mobile games provide a variety of engaging options. You can also play with loved ones, helping you stay connected.

**Nature hobbies:** Are you a bird-watcher? You can download apps with bird guides and a spot to log your sightings. Love to take outdoor walks? Find out the name of a shrub or flower by using a nature identification app.

**Books:** Literary apps let you manage your to-read list, browse and write reviews, and find new titles. If you want to read on your device, you'll find apps with e-books you can buy, rent or download for free. There are also apps for audiobooks.

**Foreign languages:** Multiple apps make learning a language fun with daily challenges and interactive games. Developing this new skill can benefit your brain.

**Mindfulness:** Apps aimed at relaxing are popular. Featuring guided meditations and soothing sounds, these programs can help you rest physically and mentally.





## Island Hopping 2021: Our Beautiful Destinations

**January 18th-22nd:** Aloha, Hawaii!

This first exciting week of Island Hopping will take place in Hawaii! We will be immersed in the Island culture as we travel through five of the beautiful Hawaiian islands.

**January 25th-29th:** Bula Bula! Welcome to Fiji!

The next stop on our whirlwind tour of the Pacific is Fiji! We will enjoy some much-needed rest and relaxation as we explore the tranquil islands of Fiji.

**February 1st-5th:** Kia Ora New Zealand!

The final leg of this Island-Hopping Adventure will be New Zealand! Here, we will explore beautiful landscapes and learn all about the rich history of the Maori people.



### Giving Back to Our Community

Coronavirus: How to help and give back.

It's easy to feel powerless in the face of COVID-19, but we can make a huge difference. Here at The Palms At La Quinta Assisted Living, we are in the process of giving back to our community by doing a canned food donation box, which we will be donating to Coachella Valley Rescue Mission. Thank you to all who donated.

### Employee of the Month

This month's Employee of the Month is Edgar Herrera. He has been working here at The Palms for over a year. He is responsible for the transportation of our residents to their appointments and errands. He is also responsible for the transportation during social outings and other local activities. Thank you, Edgar, for all that you do for us!



The  
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ASSISTED LIVING & MEMORY CARE

45160 Seeley Drive  
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*It's always Warm at*

The  
**PALMS** at La Quinta  
ASSISTED LIVING & MEMORY CARE

We invite you to experience the warmth of our community. Our caring staff is here for you any time, day or night. We take care of the cooking, cleaning, and maintenance, leaving you more time to enjoy your lifestyle. We'll even drive you to appointments, shopping and other outings.

**760-345-5353**



JAN 2021

Birthdays





Theresa Gignon, 10th  
Gerald Starin, 13th

Locations

- Activity Room, AR
- Bistro, BIS
- Chapel, CH
- Court Yard, CY
- Dining Room, DR
- Front Patio, FP
- Gymnasium, GYM
- Large Activity Room, LAR
- Lobby, LB
- Theater, TH
- TV Room, TV

“It’s a wonderful thing to be optimistic. It keeps you healthy and it keeps you resilient.”

—Daniel Kahneman

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<div>NEW YEAR'S DAY1</div> <div>9:30 Exercising to Tropical Music, BIS</div> <div>2:00 Bingo Bonanza, LAR</div> <div>3:00 Tropical Cocktail for Social Hour, BIS</div> <div>3:40 Pretty Nails, AR</div> <div>6:00 Night at the Movies, TH</div>	<div>2</div> <div>9:30 Exercising to Tropical Music, BIS</div> <div>1:00 Service with George, CH</div> <div>2:00 Bingo Bonanza, LAR</div> <div>6:00 Night at the Movies, TH</div>
<div>3</div> <div>Sunday Football, BIS</div> <div>11:00 Hymns From the Heart, TH</div> <div>1:00 FaceTime Family Calls</div>	<div>4</div> <div>9:30 Exercising to Tropical Music, BIS</div> <div>10:30 Noodle Ball, DR</div> <div>2:00 Bingo Bonanza, LAR</div> <div>6:00 Night at the Movies, TH</div>	<div>5</div> <div>9:00 Resident Council, AR</div> <div>9:30 Exercising to Tropical Music, BIS</div> <div>2:00 Bingo Bonanza, LAR</div> <div>3:00 Tropical Cocktail for Social Hour, BIS</div> <div>3:40 Pretty Nails, AR</div> <div>6:00 Night at the Movies, TH</div>	<div>6</div> <div>9:30 Exercising to Tropical Music, BIS</div> <div>1:00 Service with George, CH</div> <div>3:00 Tropical Cocktail for Social Hour, BIS</div> <div>4:00 Namaste one on one</div> <div>6:00 Night at the Movies, TH</div>	<div>7</div> <div>9:30 Exercising to Tropical Music, BIS</div> <div>2:00 Bingo Bonanza, LAR</div> <div>3:00 Tropical Cocktail for Social Hour, BIS</div> <div>6:00 Night at the Movies, TH</div>	<div>8</div> <div>9:30 Exercising to Tropical Music, BIS</div> <div>2:00 Bingo Bonanza, LAR</div> <div>3:00 Tropical Cocktail for Social Hour, BIS</div> <div>3:40 Pretty Nails, AR</div> <div>6:00 Night at the Movies, TH</div>	<div>9</div> <div>9:30 Exercising to Tropical Music, BIS</div> <div>1:00 Service with George, CH</div> <div>2:00 Bingo Bonanza, LAR</div> <div>6:00 Night at the Movies, TH</div>
<div>10</div> <div>Sunday Football, BIS</div> <div>11:00 Hymns From the Heart, TH</div> <div>1:00 FaceTime Family Calls</div> <div></div>	<div>11</div> <div>9:30 Exercising to Tropical Music, BIS</div> <div>10:30 Noodle Ball, DR</div> <div>2:00 Bingo Bonanza, LAR</div> <div>3:00 Kickoff Party, BIS</div> <div>6:00 Night at the Movies, TH</div>	<div>12</div> <div>9:30 Exercising to Tropical Music, BIS</div> <div>2:00 Bingo Bonanza, LAR</div> <div>3:00 Tropical Cocktail for Social Hour, BIS</div> <div>3:40 Pretty Nails, AR</div> <div>6:00 Night at the Movies, TH</div>	<div>13</div> <div>9:30 Exercising to Tropical Music, BIS</div> <div>1:00 Service with George, CH</div> <div>3:00 Tropical Cocktail for Social Hour, BIS</div> <div>4:00 Namaste one on one</div> <div>6:00 Night at the Movies, TH</div> <div></div>	<div>14</div> <div>9:30 Exercising to Tropical Music, BIS</div> <div>2:00 Bingo Bonanza, LAR</div> <div>3:00 Tropical Cocktail for Social Hour, BIS</div> <div>6:00 Night at the Movies, TH</div>	<div>15</div> <div>9:30 Exercising to Tropical Music, BIS</div> <div>2:00 Bingo Bonanza, LAR</div> <div>3:00 Tropical Cocktail for Social Hour, BIS</div> <div>3:40 Pretty Nails, AR</div> <div>6:00 Night at the Movies, TH</div>	<div>16</div> <div>9:30 Exercising to Tropical Music, BIS</div> <div>1:00 Service with George, CH</div> <div>2:00 Bingo Bonanza, LAR</div> <div>4:00 Walking Challenge, DR</div> <div>4:00 Maunakea Walking Challenge, BIS</div> <div>6:00 Night at the Movies, TH</div>
<div>17</div> <div>Sunday Football, BIS</div> <div>11:00 Hymns From the Heart, TH</div> <div>1:00 FaceTime Family Calls</div>	<div>MARTIN LUTHER KING JR. DAY18</div> <div>9:30 Exercising to Tropical Music, BIS</div> <div>10:30 Noodle Ball, DR</div> <div>2:00 Bingo Bonanza, LAR</div> <div>6:00 Night at the Movies, TH</div>	<div>Welcome to Hawaii!19</div> <div>9:10 Kona Coffee Tasting, BIS</div> <div>9:30 Exercising to Tropical Music, BIS</div> <div>2:00 Bingo Bonanza, LAR</div> <div>3:00 Tropical Cocktail for Social Hour, BIS</div> <div>3:40 Pretty Nails, AR</div> <div>6:00 Night at the Movies, TH</div>	<div>20</div> <div>9:30 Exercising to Tropical Music, BIS</div> <div>11:00 Beach Reminiscing, AR</div> <div>1:00 Service with George, CH</div> <div>3:00 Tropical Cocktail for Social Hour, BIS</div> <div>4:00 Namaste one on one</div> <div>6:00 Night at the Movies, TH</div>	<div>21</div> <div>9:30 Exercising to Tropical Music, BIS</div> <div>2:00 Bingo Bonanza, LAR</div> <div>3:00 Tropical Cocktail for Social Hour, BIS</div> <div>3:20 Join us for some Dole Whip, BIS</div> <div>6:00 Night at the Movies, TH</div>	<div>22</div> <div>9:30 Exercising to Tropical Music, BIS</div> <div>11:00 Pack in Time, AR</div> <div>2:00 Bingo Bonanza, LAR</div> <div>3:00 Tropical Cocktail for Social Hour, BIS</div> <div>3:40 Pretty Nails, AR</div> <div>6:00 Night at the Movies, TH</div>	<div>23</div> <div>9:30 Exercising to Tropical Music, BIS</div> <div>1:00 Service with George, CH</div> <div>2:00 Bingo Bonanza, LAR</div> <div>6:00 Night at the Movies, TH</div>
<div>24</div> <div>Sunday Football, BIS</div> <div>11:00 Hymns From the Heart, TH</div> <div>1:00 FaceTime Family Calls</div>	<div>25</div> <div>9:30 Exercising to Tropical Music, BIS</div> <div>10:30 Noodle Ball, DR</div> <div>2:00 Bingo Bonanza, LAR</div> <div>6:00 Night at the Movies, TH</div>	<div>Welcome to Fiji!26</div> <div>9:30 Exercising to Tropical Music, BIS</div> <div>2:00 Bingo Bonanza, LAR</div> <div>3:00 Tropical Cocktail for Social Hour, BIS</div> <div>3:10 Fun Facts Fiji, BIS</div> <div>3:40 Pretty Nails, AR</div> <div>4:00 Coconut Lotion Bars DIY, AR</div> <div>6:00 Night at the Movies, TH</div>	<div>27</div> <div>9:30 Exercising to Tropical Music, BIS</div> <div>1:00 Service with George, CH</div> <div>3:00 Tropical Cocktail for Social Hour, BIS</div> <div>4:00 Namaste one on one</div> <div>4:00 Fiji Facts Trivia, BIS</div> <div>6:00 Night at the Movies, TH</div>	<div>28</div> <div>9:30 Exercising to Tropical Music, BIS</div> <div>2:00 Bingo Bonanza, LAR</div> <div>3:00 Tropical Cocktail for Social Hour, BIS</div> <div>4:00 Deep Breaths!</div> <div>6:00 Night at the Movies, TH</div>	<div>29</div> <div>9:30 Exercising to Tropical Music, BIS</div> <div>11:00 Coconut Water Testing, BIS</div> <div>2:00 Bingo Bonanza, LAR</div> <div>3:00 Tropical Cocktail for Social Hour, BIS</div> <div>3:40 Pretty Nails, AR</div> <div>6:00 Night at the Movies, TH</div>	<div>30</div> <div>9:30 Exercising to Tropical Music, BIS</div> <div>11:00 Bula Tea Tray Memory Game!, BIS</div> <div>1:00 Service with George, CH</div> <div>2:00 Bingo Bonanza, LAR</div> <div>6:00 Night at the Movies, TH</div>
<div>31</div> <div>Sunday Football, BIS</div> <div>11:00 Hymns From the Heart, TH</div> <div>1:00 FaceTime Family Calls</div> <div>4:00 Relaxing Hand Massage, BIS</div>						



JAN 2021



Memory Care

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Birthdays




Theresa Gignon, 10th  
Alfred Beliveau, 12th

Locations

Activities Room  
MC, ARMC  
Bistro MC, BRMC  
Chapel, CH  
Dining Room MC, DRMC  
Theater, TH

"Beauty isn't  
seen by eyes.  
It's felt by  
hearts,  
recognized by  
souls,  
in the presence  
of love."

—Darren C.  
Swartland

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<div>NEW YEAR'S DAY 1</div> <div>9:30 Let's Get Movin', ARMC</div> <div>10:00 Healthy Cooking, ARMC</div> <div>3:00 Peter's Walking Club, ARMC</div> <div>4:00 Chair Aerobics, ARMC</div> <div>6:30 Movie and Popcorn</div>	<div>9:30 Let's Get Movin', ARMC 2</div> <div>10:00 Bean Bag Baseball, DRMC</div> <div>11:00 Pretty Nails, ARMC</div> <div>4:00 Healthy Cooking, DRMC</div> <div>6:30 Movie and Popcorn</div>
<div>9:30 Reverend Gil's YouTube Sermon, ARMC 3</div> <div>10:30 Match Game, DRMC</div> <div>11:00 Bean Bag Toss, ARMC</div> <div>2:30 Ice Cream Social, DRMC</div> <div>3:00 Chapter 1 Book Club, ARMC</div> <div>4:00 Bingo, DRMC</div> <div>6:30 Movie and Popcorn</div>	<div>9:30 Let's Get Movin', ARMC 4</div> <div>10:00 Culinary Creations, DRMC</div> <div>2:00 Match Game, ARMC</div> <div>3:00 Peter's Walking Club, ARMC</div> <div>4:00 Ring Toss, DRMC</div> <div>6:30 Movie and Popcorn</div>	<div>9:30 Let's Get Movin', ARMC 5</div> <div>11:00 Balloon Volleyball, ARMC</div> <div>2:30 Chronicles, BRMC</div> <div>3:00 Bean Bag Baseball, ARMC</div> <div>4:00 Bingo, DRMC</div> <div>6:30 Movie and Popcorn</div>	<div>9:30 Let's Get Movin', ARMC 6</div> <div>2:30 Music Memories, DRMC</div> <div>3:00 Peter's Walking Club, ARMC</div> <div>6:30 Movie and Popcorn</div>	<div>9:30 Let's Get Movin', ARMC 7</div> <div>10:00 Chronicles, ARMC</div> <div>2:30 Picture Me Perfect, Art, ARMC</div> <div>3:00 Bean Bag Baseball, ARMC</div> <div>4:00 Bingo, DRMC</div> <div>6:30 Movie and Popcorn</div>	<div>9:30 Let's Get Movin', ARMC 8</div> <div>10:00 Healthy Cooking, ARMC</div> <div>3:00 Peter's Walking Club, ARMC</div> <div>4:00 Chair Aerobics, ARMC</div> <div>6:30 Movie and Popcorn</div>	<div>9:30 Let's Get Movin', ARMC 9</div> <div>10:00 Bean Bag Baseball, DRMC</div> <div>11:00 Pretty Nails, ARMC</div> <div>4:00 Healthy Cooking, DRMC</div> <div>6:30 Movie and Popcorn</div>
<div>9:30 Reverend Gil's YouTube Sermon, ARMC 10</div> <div>10:30 Match Game, DRMC</div> <div>11:00 Bean Bag Toss, ARMC</div> <div>2:30 Ice Cream Social, DRMC</div> <div>3:00 Chapter 1 Book Club, ARMC</div> <div>6:30 Movie and Popcorn </div>	<div>9:30 Let's Get Movin', ARMC 11</div> <div>10:00 Culinary Creations, DRMC</div> <div>2:00 Match Game, ARMC</div> <div>3:00 Peter's Walking Club, ARMC</div> <div>4:00 Ring Toss, DRMC</div> <div>6:30 Movie and Popcorn</div>	<div>9:30 Let's Get Movin', ARMC 12</div> <div>11:00 Balloon Volleyball, ARMC</div> <div>2:30 Chronicles, BRMC</div> <div>3:00 Bean Bag Baseball, ARMC</div> <div>6:30 Movie and Popcorn </div>	<div>9:30 Let's Get Movin', ARMC 13</div> <div>2:30 Music Memories, DRMC</div> <div>3:00 Peter's Walking Club, ARMC</div> <div>6:30 Movie and Popcorn</div>	<div>9:30 Let's Get Movin', ARMC 14</div> <div>10:00 Hole-in-One, ARMC</div> <div>2:30 Picture Me Perfect, Art, ARMC</div> <div>3:00 Bean Bag Baseball, ARMC</div> <div>4:00 Putting Golf Challenge, ARMC</div> <div>6:30 Movie and Popcorn</div>	<div>9:30 Let's Get Movin', ARMC 15</div> <div>10:00 Healthy Cooking, ARMC</div> <div>3:00 Peter's Walking Club, ARMC</div> <div>4:00 Chair Aerobics, ARMC</div> <div>6:30 Movie and Popcorn</div>	<div>9:30 Let's Get Movin', ARMC 16</div> <div>10:00 Bean Bag Baseball, DRMC</div> <div>11:00 Pretty Nails, ARMC</div> <div>4:00 Healthy Cooking, DRMC</div> <div>6:30 Movie and Popcorn</div>
<div>9:30 Reverend Gil's YouTube Sermon, ARMC 17</div> <div>10:30 Match Game, DRMC</div> <div>11:00 Bean Bag Toss, ARMC</div> <div>2:30 Ice Cream Social, DRMC</div> <div>3:00 Chapter 1 Book Club, ARMC</div> <div>4:00 Bingo, DRMC</div> <div>6:30 Movie and Popcorn</div>	<div>MARTIN LUTHER KING JR. DAY 18</div> <div>9:30 Let's Get Movin', ARMC</div> <div>10:00 Culinary Creations, DRMC</div> <div>2:00 Match Game, ARMC</div> <div>3:00 Peter's Walking Club, ARMC</div> <div>4:00 Ring Toss, DRMC</div> <div>6:30 Movie and Popcorn</div>	<div>9:30 Let's Get Movin', ARMC 19</div> <div>11:00 Balloon Volleyball, ARMC</div> <div>2:30 Chronicles, BRMC</div> <div>3:00 Bean Bag Baseball, ARMC</div> <div>4:00 Bingo, DRMC</div> <div>6:30 Movie and Popcorn</div>	<div>9:30 Let's Get Movin', ARMC 20</div> <div>2:30 Music Memories, DRMC</div> <div>3:00 Peter's Walking Club, ARMC</div> <div>6:30 Movie and Popcorn</div>	<div>9:30 Let's Get Movin', ARMC 21</div> <div>10:30 Hole-N-One, ARMC</div> <div>2:30 Picture Me Perfect, Art, ARMC</div> <div>3:00 Bean Bag Baseball, ARMC</div> <div>4:00 Bingo, DRMC</div> <div>6:30 Movie and Popcorn</div>	<div>9:30 Let's Get Movin', ARMC 22</div> <div>10:00 Healthy Cooking, ARMC</div> <div>3:00 Peter's Walking Club, ARMC</div> <div>4:00 Chair Aerobics, ARMC</div> <div>6:30 Movie and Popcorn</div>	<div>9:30 Let's Get Movin', ARMC 23</div> <div>10:00 Bean Bag Baseball, DRMC</div> <div>11:00 Pretty Nails, ARMC</div> <div>3:30 Dancing to the Oldies, ARMC</div> <div>4:00 Healthy Cooking, DRMC</div> <div>6:30 Movie and Popcorn</div>
<div>9:30 Reverend Gil's YouTube Sermon, ARMC 24</div> <div>10:30 Match Game, DRMC</div> <div>11:00 Bean Bag Toss, ARMC</div> <div>2:30 Ice Cream Social, DRMC</div> <div>3:00 Chapter 1 Book Club, ARMC</div> <div>6:30 Movie and Popcorn</div>	<div>9:30 Let's Get Movin', ARMC 25</div> <div>10:00 Culinary Creations, DRMC</div> <div>2:00 Match Game, ARMC</div> <div>3:00 Peter's Walking Club, ARMC</div> <div>4:00 Ring Toss, DRMC</div> <div>6:30 Movie and Popcorn</div>	<div>9:30 Let's Get Movin', ARMC 26</div> <div>11:00 Balloon Volleyball, ARMC</div> <div>2:30 Chronicles, BRMC</div> <div>3:00 Bean Bag Baseball, ARMC</div> <div>6:30 Movie and Popcorn</div>	<div>9:30 Let's Get Movin', ARMC 27</div> <div>2:30 Music Memories, DRMC</div> <div>3:00 Peter's Walking Club, ARMC</div> <div>6:30 Movie and Popcorn</div>	<div>9:30 Let's Get Movin', ARMC 28</div> <div>10:30 Chronicles, ARMC</div> <div>2:30 Picture Me Perfect, Art, ARMC</div> <div>3:00 Bean Bag Baseball, ARMC</div> <div>4:00 Putting Golf Challenge, ARMC</div> <div>6:30 Movie and Popcorn</div>	<div>9:30 Let's Get Movin', ARMC 29</div> <div>10:00 Healthy Cooking, ARMC</div> <div>3:00 Peter's Walking Club, ARMC</div> <div>4:00 Chair Aerobics, ARMC</div> <div>6:30 Movie and Popcorn</div>	<div>9:30 Let's Get Movin', ARMC 30</div> <div>10:00 Bean Bag Baseball, DRMC</div> <div>11:00 Pretty Nails, ARMC</div> <div>4:00 Healthy Cooking, DRMC</div> <div>6:30 Movie and Popcorn</div>
<div>9:30 Reverend Gil's YouTube Sermon, ARMC 31</div> <div>10:30 Match Game, DRMC</div> <div>11:00 Bean Bag Toss, ARMC</div> <div>2:30 Ice Cream Social, DRMC</div> <div>3:00 Chapter 1 Book Club, ARMC</div> <div>6:30 Movie and Popcorn</div>	