

Winterberry Heights

Assisted Living & Memory Care

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

JANUARY 2021

WINTERBERRY HEIGHTS STAFF

Administrator.....PENNY PAULIKS
Assistant Administrator.....CANDICE WHITE
Director of Health Services..... TAMMY PATTERSON
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

2021 Hawthorn Adventure- Island Hopping!

Swaying palms, powder-fine beaches, and clear blue waters — get ready Winterberry Heights, for a virtual tropical getaway you won't soon forget! Beginning the week of January 17th through February 6th, Winterberry Heights 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 Thursday, January 14th, to get all of the information. If you have any additional questions, be sure to check in with your Travel Guide Heather LaPlante for all the details!





January Is National Soup Month

When the weather is cold, what better way to warm up than with a nice, warm bowl of soup? Where did soup come from and how was it created? Historical evidence of the existence of soup dates all the way back to about 20,000 B.C. Boiling was not a common cooking technique until the invention of a waterproofed container, which started out as clay vessels. Animal hides and watertight baskets were used along with heated rocks. The word soup itself derives from the French word “soupe” which means soup or broth. How do we love thee? Let us count the ways — chunky, clear, creamy, low-fat, with a dash of spice, served hot, sometimes cold. Oh, there are a million ways to enjoy soup! And now there is another reason to do so. January is National Soup Month. So, go ahead indulge and get souped-up on soup this month.



More About the Hawthorn Adventure

This year we are taking residents on an Island Hopping virtual tour of Hawaii, Fiji and New Zealand! Basically we will be learning about these tropical places right from our home, here in Bangor, Maine! Our “modes of transportation” will be by plane, helicopter and boat, and participants will be our passengers. Passengers participating in the virtual Island Hopping Adventure will experience sounds, sights, crafts, physical activity, relaxation and food that these exciting destinations offer.

January 17th-23rd:

Aloha Hawaii!

This first exciting week of Island Hopping will take place in Hawaii! Participants will be immersed in the island culture as they travel through four of the beautiful islands of Hawaii: The Big Island, Maui, Oahu and Kauai.

January 24th-30th: Bula Bula! Welcome to Fiji!

Next stop on our whirlwind tour of the Pacific is Fiji! Participants will enjoy some much needed rest and relaxation as they explore the tranquil islands of Fiji.

January 31st-February 6th: Kia Ora New Zealand!

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

Each activity relating to the Hawthorn Island Hopping Adventure will be marked on the weekly schedule to be easily identified. Each resident will be given an itinerary and points will be awarded for participation and attendance for each adventure activity.


There is an award ceremony to recognize passengers at the end of the Adventure. This three-week program is a great way to be involved and keep active during the cold winter months, learn something new and have fun with friends!





Health Benefits of Pineapple

A sweet and delicious treat for people of all ages, pineapple is a tropical fruit that offers many health benefits for seniors. It is rich in Vitamin A, Vitamin C, manganese, and a protein-digesting enzyme called bromelain, all of which can help:

- digest protein more easily;
 - reduce inflammation and swelling;
 - alleviate sinusitis, sore throat, arthritis and gout;
 - protect your body from the damaging effects of free radicals, which can lead to atherosclerosis, diabetic heart disease, asthma and certain cancers;
 - maintain good eye health and protect against eye diseases such as macular degeneration;
 - enhance immune system functioning;
 - protect against flu and colds;
- 
- prevent nausea, constipation, and high blood pressure;
 - discourage blood clot development.

Staying Hydrated While Traveling

It can be hard to maintain healthy habits while traveling, and staying hydrated is certainly one of them. Whether hopping on a flight for a business trip or going on a two-week vacation, any change in your routine will likely affect your water intake. Dehydration can also worsen the effects of jet lag, making it harder for you to adjust to a time change. Below are some tried and true methods to help you stay hydrated as you are Island Hopping!

1. Start and End Your Day with Water

Regardless of your water consumption during the day, it's easy to hydrate first thing in the morning and when you're winding down for the night, provided the water is safe to drink where you are. Try to drink two cups of water right when you wake up and two cups before bed.

2. Avoid Dehydrating Foods and Drinks

Processed foods full of salt and added sugars can actively dehydrate you and should be avoided while traveling. Naturally, the biggest culprits are convenience foods marketed especially toward travelers — fried food, salty packaged snacks, and sugary drinks. An ice-cold Coke may seem like the most refreshing beverage to enjoy while traveling on a hot day, however, the relief will be short-lived.

3. Eat Water-Rich Foods

Just like some foods can dehydrate you, other foods can help you stay hydrated while traveling. Bananas and coconut water are both full of potassium, which helps your body retain water. Eating water-rich foods can also help you stay hydrated, so seek out fruits and vegetables like watermelon, pineapple, cucumber, kiwi and berries.





New Zealand at a Glance

1. There are three official languages of New Zealand: English, Maori, and sign language.
2. Only 5% of New Zealand's population is human, the rest are animals.
3. With more than 400, New Zealand has more golf courses per capita than anywhere else in the world.
4. New Zealand is famous for its adrenaline adventures, especially bungee jumping! The first commercial bungee jump was made by AJ Hackett in Queenstown in 1988.
5. New Zealand was the first country to give women the right to vote in 1893.
6. No matter where you are in New Zealand, you are never more than about 79 miles away from the seaside.
7. There are no snakes in New Zealand.
8. New Zealand's name in Maori is Aotearoa which means 'land of the long white cloud.'
9. New Zealand is rich in unusual wildlife not seen anywhere else in the world. Nearly all the land animals are birds and many of these species have lost the ability to fly.
10. New Zealand is home to the world's longest place: nametaumatawhakatangiHangakoauau

otamateapokaiwhenuakitanatahu. Try saying that three times fast!

11. Rugby is one of the most popular sports to watch in New Zealand.
12. New Zealand is home to more different species of penguin than anywhere else in the world.
13. The highest mountain in New Zealand is Aoraki Mount Cook standing at 12,316 feet high.
14. A huge 220 pounds of butter and 143 pounds of cheese are produced for each person who lives in New Zealand each year.
15. In New Zealand, national parks and protected lands make up about 1/3 of the country.



Fiji Fast Facts

1. Fiji consists of 333 islands, 110 of which are inhabited.
2. Fiji is home to over 4,000 square miles of coral reef, including the Great Astrolabe Reef.
3. Fiji's waters are home to over 1,500 species of sea life.
4. English is Fiji's official language (though Fijian is also spoken).
5. Fiji was a British colony from 1874 to 1970. Fiji became independent on October 10, 1970 and is a member of the British Commonwealth of Nations.
6. Fiji's highest point is Mount Tomanivi at 4,344 feet.
7. Fiji is located on the International Date Line which is the imaginary line in the Pacific Ocean that splits consecutive calendar days and where one day begins and another ends. There is a marker in the island of Taveuni where visitors can have one foot, arm, etc. on today and the other half on yesterday.
8. Rugby is the national sport in Fiji.

9. The average water temperature in Fiji is a warm 78 degrees.
10. The cuisine of Fiji is a cultural blend of both the Fijian and Indian population as well as hints of European, Australian and New Zealand flavors. Seafood is abundant as well as many local fresh fruits and vegetables.





Amazing Benefits of Coconuts

An important part of self-care is including healthy foods into your diet. Coconuts are in abundance in Fiji, and as it happens, they are a superfood! Below are just a few reasons to enjoy a coconut while visiting Fiji.

Keeps You Hydrated

By consuming water found in young coconuts, you will get all the electrolytes you will ever need. It is the highest-rated source of electrolytes, which is primarily responsible for keeping your body hydrated. It will also keep your nerves and muscles functioning optimally as well as offer a boost of quick energy along with recovery benefits after physical activity.

Improves Skin Health

To keep your skin healthy and young, you need not look further than coconut oil. It contains antioxidants that slow down the aging process and protects your skin from harmful radiation from the sun. All you need to do is to apply a few drops of coconut oil on your skin. Use it before showering, so that it will be easier for the oil to be absorbed through your skin once your pores have opened.

Enhances Weight Loss

If you are having trouble losing weight, then you should look into consuming coconuts. Even with saturated fat, it is not as dangerous as saturated fat soaked in high calories and cholesterol. Coconut contains a medium-chain fatty acid that not only aids

in weight loss but boosts metabolism at the same time. The fat burns off as energy rather than sticking to your belly. If that is not enough, it maintains a balance in your digestive tract and detoxifies your body.

Provides Good Fats

Even though coconut has healing capabilities, a lot of people are still not sure whether or not coconut oil is suitable for their health since it contains saturated fats. You are better off with unrefined and unprocessed virgin coconut oil. Hydrogenated coconut oil should not be mistaken for extra virgin coconut oil, as the two are entirely different.

Immune System

Boosts the immune system since coconuts are anti-parasite, antibacterial, antiviral and antifungal. Coconuts have been known to protect against bladder infection and kidney disease, and considerably reduce the risk of heart disease.



Hawaiian Fun Facts

1. Hawaii grows by roughly 42 acres each year — Hawaii's Big Island grows this much each year because of the Kilauea Volcano which has been erupting for around 30 years now!
2. Hawaii is the only state that grows coffee commercially.
3. It is considered rude to refuse to wear a lei flower if someone offers it.
4. The Dole Plantation has the largest pineapple maze in the world — The Dole Plantation in Oahu has a pineapple maze that consists of 14,000 carefully crafted colorful Hawaiian plants and it is definitely a big attraction for tourists.
5. Hawaii was the first state to ban plastic bags.
6. Snakes are outlawed in Hawaii due to their negative effect on the island's delicate ecosystem. The only snakes allowed on the island are the ones in zoos.
7. Hawaii is the only U.S. state made up entirely of islands.
8. Hawaii has its own time zone and is only one of two U.S. states that



do not follow standard Daylight Saving Time.

9. Hawaii became the 50th state in the U.S. in 1959.
10. The biggest city in Hawaii is Honolulu. Honolulu is also the state capital.
11. In 1810, Kamehameha became Hawaii's first king. The islands continued to have royal rulers into the 1880s.
12. Hawaii is nicknamed the Aloha state and it is no wonder why. Aloha is Hawaiian for both hello and goodbye!
13. Only seven of Hawaii's 132 islands are inhabited by people: Hawaii, Maui, Molokai, Lanai, Oahu, Kauai, and Niihau.
14. Hawaii is known for its beautiful beaches — some of them with unusual colors. Many beaches are filled with white sand, but other Hawaiian shores are covered with green, red, pink, and even black sand.
15. The sport of surfing may have originated in what is now Hawaii. Today, professional surfers ride waves over 50 feet high!

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Bangor, ME 04401



It's always Warm at

Winterberry Heights
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.





207-942-6002

JAN 2021

Birthdays

Margaret Krogman, 6th
Frances Sodano, 6th
Pearl Gray, 21st

“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>9:00 News Hour/Daily Chronicles</div> <div>10:00 Strength and Balance</div> <div>11:00 Welcome Committee Meeting</div> <div>2:00 Painting</div> <div>3:00 New Year's Day Social</div> <div>6:45 Knitting with Friends</div>	<div>2</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 Have You Ever?</div> <div>6:45 Relax and Chat with Friends</div>
<div>3</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 Singalong</div> <div>3:00 Chocolate Covered Cherry Day</div> <div>6:45 Word Mining</div>	<div>4</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>5</div> <div>9:00 News Hour/Daily Chronicles</div> <div>10:00 Strength and Balance</div> <div>11:00 Brain Fitness</div> <div>2:00 Mandala Art Coloring</div> <div>3:00 Manicures</div> <div>6:45 Puzzles</div>	<div>6</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 Sudoku Puzzles</div> <div></div>	<div>7</div> <div>9:00 News Hour/Daily Chronicles</div> <div>10:00 Strength and Balance</div> <div>11:00 Name 10</div> <div>2:00 Movie Matinee</div> <div>6:45 Famous January Birthdays Word Search</div>	<div>8</div> <div>9:00 News Hour/Daily Chronicles</div> <div>10:00 Strength and Balance</div> <div>11:00 The Name Game</div> <div>2:00 Magazine Scavenger Hunt</div> <div>3:00 Dice Fitness</div> <div>6:45 Knitting with Friends</div>	<div>9</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 Mad Lib Stories</div> <div>6:45 Relax and Chat with Friends</div>
<div>10</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 Heather's Soda Shop</div> <div>6:45 Old-Time TV Shows</div>	<div>11</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 Craft Hour</div> <div>6:45 Monday Night Movie</div>	<div>12</div> <div>9:00 News Hour/Daily Chronicles</div> <div>10:00 Strength and Balance</div> <div>11:00 Make Dog Treats for the Humane Society</div> <div>2:00 Mandala Art Coloring</div> <div>3:00 Afternoon Tea</div> <div>6:45 Puzzles</div>	<div>13</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 Puzzles</div>	<div>14</div> <div>9:00 News Hour/Daily Chronicles</div> <div>10:00 Strength and Balance</div> <div>11:00 Singalong</div> <div>2:00 Mad Lib Stories</div> <div>3:00 Hawthorn Adventure Kickoff</div> <div>6:45 Wacky Words</div>	<div>15</div> <div>9:00 News Hour/Daily Chronicles</div> <div>10:00 Strength and Balance</div> <div>11:00 Jeopardy</div> <div>2:00 Swatterball</div> <div>3:00 Finish the Phrase</div> <div>6:45 Knitting with Friends</div>	<div>16</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 The Name Game</div> <div>6:45 Relax and Chat with Friends</div>
<div>Hawaii17</div> <div>9:00 Catholic Mass in the Chapel</div> <div>10:00 Strength and Balance</div> <div>11:00 Make Hawaiian Leis</div> <div>2:00 Test Your Hawaiian Knowledge</div> <div>3:00 Kona Coffee Social</div> <div>6:45 Hawaiian Word Search</div>	<div>MARTIN LUTHER KING JR. DAY18</div> <div>9:00 News Hour/Daily Chronicles</div> <div>10:00 Strength and Balance</div> <div>11:00 Name That Fish</div> <div>2:00 Heather's General Store</div> <div>3:00 Hawaiian Watercolors</div> <div>6:45 Monday Night Movie</div>	<div>19</div> <div>9:00 News Hour/Daily Chronicles</div> <div>10:00 Strength and Balance</div> <div>11:00 Beachball Volleyball</div> <div>2:00 Mandala Art Coloring</div> <div>3:00 Popcorn Day Social</div> <div>6:45 Puzzles</div>	<div>20</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 Blue Hawaiian Social</div> <div>6:45 Tropical Word Scrambles</div>	<div>21</div> <div>9:00 News Hour/Daily Chronicles</div> <div>10:00 Strength and Balance</div> <div>11:00 Hula with Teddy the Bear</div> <div>2:00 Drumming Exercise</div> <div>3:00 About the Dole Plantation</div> <div>6:45 Word Search</div> <div></div>	<div>22</div> <div>9:00 News Hour/Daily Chronicles</div> <div>10:00 Strength and Balance</div> <div>11:00 Elvis Presley Movie Quiz</div> <div>2:00 Brain Drain Game</div> <div>3:00 Pictionary</div> <div>6:45 Knitting with Friends</div>	<div>23</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 Hawaii Documentary</div> <div>6:45 Relax and Chat with Friends</div>
<div>Fiji24</div> <div>9:00 Catholic Mass in the Chapel</div> <div>10:00 Strength and Balance</div> <div>11:00 Beach Reminiscing</div> <div>2:00 Under the Sea Word Search</div> <div>3:00 Coconut Social</div> <div>6:45 Old-Time TV Shows</div>	<div>25</div> <div>9:00 News Hour/Daily Chronicles</div> <div>10:00 Strength and Balance</div> <div>11:00 Vacation List</div> <div>2:00 Heather's General Store</div> <div>3:00 Fiji Glass Painting</div> <div>6:45 Monday Night Movie</div>	<div>26</div> <div>9:00 News Hour/Daily Chronicles</div> <div>10:00 Strength and Balance</div> <div>11:00 Foot Soaks and Mud Facials</div> <div>2:00 Mandala Art Coloring</div> <div>3:00 Tea and Trivia Game</div> <div>6:45 Puzzles</div>	<div>27</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 Mocktail Social</div> <div>6:45 Word Mining</div>	<div>28</div> <div>9:00 News Hour/Daily Chronicles</div> <div>10:00 Strength and Balance</div> <div>11:00 Kazoo Day Name That Tune</div> <div>2:00 Fiji Craft</div> <div>3:00 Armchair Travels</div> <div>6:45 Crosswords</div>	<div>29</div> <div>9:00 News Hour/Daily Chronicles</div> <div>10:00 Strength and Balance</div> <div>11:00 Identify This</div> <div>2:00 Seashell Zen Gardens</div> <div>3:00 Beachball Volleyball</div> <div>6:45 Knitting with Friends</div>	<div>30</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 Ring Toss</div> <div>6:45 Relax and Chat with Friends</div>
<div>New Zealand31</div> <div>9:00 Catholic Mass in the Chapel</div> <div>10:00 Strength and Balance</div> <div>11:00 The Longest Name Challenge</div> <div>2:00 Name the Musical Instrument</div> <div>3:00 January Birthday Celebration</div> <div>6:45 Word Scrambles</div>						

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Pearl Gray, 21st

“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>10:00 Chair Fitness 11:00 Morning Walks 2:00 Arts and Crafts 3:00 Snack Social 3:30 Beanbag Toss 6:00 Movie</div>	<div>2</div> <div>10:00 Fun with Fitness 11:00 Bingo! 2:00 Familiar Phrases 3:00 Snack Social 3:30 Afternoon Walks 6:00 Movie</div>
<div>3</div> <div>10:00 Move to the Music 11:00 Hymn Singalong 2:00 Beachball Volleyball 3:00 Snack Social 3:30 Puzzles 6:00 Movie</div>	<div>4</div> <div>10:00 Fun with Fitness 11:00 Magazine Scavenger Hunt 2:00 Ring Toss 3:00 Snack Social 3:30 Current Events 6:00 Movie</div>	<div>5</div> <div>10:00 Beach Ball Fitness 11:00 Mandala Art Coloring 2:00 Big Pin Bowling 3:00 Snack Social 3:30 Afternoon Walks 6:00 Movie</div>	<div>6</div> <div>10:00 Drumming Exercise 11:00 Word Games 2:00 Painting 3:00 Snack Social 3:30 Card Games 6:00 Movie</div>	<div>7</div> <div>10:00 Weights and Stretches 11:00 Make Cookies 2:00 Hand and Nail Care 3:00 Snack Social 3:30 Swatterball 6:00 Movie</div>	<div>8</div> <div>10:00 Chair Fitness 11:00 Morning Walks 2:00 Arts and Crafts 3:00 Snack Social 3:30 Fun with Bubbles 6:00 Movie</div>	<div>9</div> <div>10:00 Fun with Fitness 11:00 Bingo! 2:00 Putt-Putt Golf 3:00 Snack Social 3:30 Afternoon Walks 6:00 Movie</div>
<div>10</div> <div>10:00 Move to the Music 11:00 Hymn Singalong 2:00 Beanbag Toss 3:00 Snack Social 3:30 Word Search Puzzles 6:00 Movie</div>	<div>11</div> <div>10:00 Fun with Fitness 11:00 Name 10 2:00 Dice Fitness 3:00 Snack Social 3:30 Current Events 6:00 Movie</div>	<div>12</div> <div>10:00 Beach Ball Fitness 11:00 Mandala Art Coloring 2:00 Have You Ever? 3:00 Snack Social 3:30 Afternoon Walks 6:00 Movie</div>	<div>13</div> <div>10:00 Drumming Exercise 11:00 Word Games 2:00 Painting 3:00 Snack Social 3:30 Matching and Sorting 6:00 Movie</div>	<div>14</div> <div>10:00 Weights and Stretches 11:00 The Name Game 2:00 Hand and Nail Care 3:00 Snack Social 3:30 Identify This 6:00 Movie</div>	<div>15</div> <div>10:00 Chair Fitness 11:00 Morning Walks 2:00 Arts and Crafts 3:00 Snack Social 3:30 Art by Monet 6:00 Movie</div>	<div>16</div> <div>10:00 Fun with Fitness 11:00 Bingo! 2:00 Pictionary 3:00 Snack Social 3:30 Afternoon Walks 6:00 Movie</div>
<div>Hawaii17</div> <div>10:00 Move to the Music 11:00 Hymn Singalong 2:00 Make Hawaiian Leis 3:00 Snack Social 3:30 Puzzles 6:00 Movie</div>	<div>MARTIN LUTHER KING JR. DAY18</div> <div>10:00 Fun with Fitness 11:00 Hawaiian Facts 2:00 Name That Fish 3:00 Snack Social 3:30 Current Events 6:00 Movie</div>	<div>19</div> <div>10:00 Beach Ball Fitness 11:00 Mandala Art Coloring 2:00 Kona Coffee Tasting 3:00 Snack Social 3:30 Afternoon Walks 6:00 Movie</div>	<div>20</div> <div>10:00 Drumming Exercise 11:00 Word Games 2:00 Painting 3:00 Snack Social 3:30 Mad Lib Stories 6:00 Movie</div>	<div>21</div> <div>10:00 Weights and Stretches 11:00 Hawaiian Watercolors 2:00 Hand and Nail Care 3:00 Snack Social 3:30 Under the Sea Word Search 6:00 Movie</div>	<div>22</div> <div>10:00 Chair Fitness 11:00 Morning Walks 2:00 Arts and Crafts 3:00 Snack Social 3:30 Elvis Presley Movie Quiz 6:00 Movie</div>	<div>23</div> <div>10:00 Fun with Fitness 11:00 Bingo! 2:00 Beach Reminiscing 3:00 Snack Social 3:30 Afternoon Walks 6:00 Movie</div>
<div>Fiji24</div> <div>10:00 Move to the Music 11:00 Hymn Singalong 2:00 Fiji Facts 3:00 Snack Social 3:30 Word Search Puzzles 6:00 Movie</div>	<div>25</div> <div>10:00 Fun with Fitness 11:00 Foot Soaks and Mud Facials 2:00 Make Coconut Water Lemonade 3:00 Snack Social 3:30 Current Events 6:00 Movie</div>	<div>26</div> <div>10:00 Beach Ball Fitness 11:00 Mandala Art Coloring 2:00 Relaxing Lotions and Hand Massages 3:00 Snack Social 3:30 Afternoon Walks 6:00 Movie</div>	<div>27</div> <div>10:00 Drumming Exercise 11:00 Word Games 2:00 Painting 3:00 Snack Social 3:30 About Coconuts 6:00 Movie</div>	<div>28</div> <div>10:00 Weights and Stretches 11:00 Tea and Trivia Game 2:00 Hand and Nail Care 3:00 Snack Social 3:30 Beachball Volleyball 6:00 Movie</div>	<div>29</div> <div>10:00 Chair Fitness 11:00 Morning Walks 2:00 Arts and Crafts 3:00 Snack Social 3:30 About Coral and Fiji’s Fish 6:00 Movie</div>	<div>30</div> <div>10:00 Fun with Fitness 11:00 Bingo! 2:00 Seashell Zen Garden 3:00 Snack Social 3:30 Afternoon Walks 6:00 Movie</div>
<div>New Zealand31</div> <div>10:00 Move to the Music 11:00 Hymn Singalong 2:00 Beach List 3:00 Snack Social 3:30 The Longest Name Challenge 6:00 Movie</div>						