

Resident Wellness Newsletter

Tips to Stay Fit with Arthritis

When your body hurts, getting up off the sofa and exercising may seem like an insurmountable task. Studies show, however, that staying fit and focused on your health and wellness, is one of the most important tools you have for managing your arthritis.

Pace yourself

It's especially important if you're just starting to work out. Ramping up slowly not only helps to avoid injury and exhaustion, but it also increases your chances of sticking with your routine. If you start doing one type of exercise and find that, after a few weeks, you are dreading doing it - skip the temptation to just do nothing, and instead, find a different activity. Sometimes it's just boredom with the routine itself, rather than disliking the physical movement.

What works to keep your friend motivated may not work for you. Keep trying new activities until you find a balance that works for you. At the same time, realize that exercise, like everything else in life, will have its up times and its down times. Maybe it's the weather, maybe there's something bothering you. Be prepared to continue some form of physical activity, knowing that, if you stick with it, you will soon find yourself re-motivated again in a few days.

Buddy up

Working out with a friend can help keep you on track with your fitness goals. Studies show that, in addition to the social benefits, exercising with others can provide motivation and help keep you accountable.



Shop for shoes late in the day

Our feet swell as we walk and work out, so it's best to shop for fitness footwear after we've been on the go for a while. Choose shoes with solid ankle support and shoes should be comfortable immediately and require zero "break-in" time.

Respect your pain

Some discomfort is normal when exercising, but it should be minimal - about a 2 on a scale of 1 to 10. If you experience more discomfort or a sharp feeling, stop. You may need to decrease your time and intensity and slowly build it up. You can get much of the same benefits from three 10-minute walks as you can from one 30-minute walk.

Make any necessary modifications

Modify moves, and if possible, equipment to meet your specific needs. For example, many exercises can be done while seated as opposed to

standing, which can prove helpful on days when you have more pain and/or less energy. Equipment modifications could include using a slightly deflated exercise ball to make it more stable to lie on, or wrapping jump ropes, dumbbells or other handles in foam tape, like tennis grip tape, to make them easier and more comfortable to grip. Your Live 2 B Healthy® Trainer will be able to help you out with suggestions on modifications. Be sure to let him/her know if you have arthritis so they can guide you towards the most beneficial exercises.

Live 2 B Healthy® is Proud to Partner with:



THE
VIEW

from

Clover Ridge
Place



April, 2021

Assisted Living & Memory Care | 205 Ehlers Lane, Maquoketa, IA 52060 | 563-652-2125 | CloverRidgePlace.net



Helen K. 2nd

Jack Ma. 3rd

Gloria K. 20th

Joyce D. 21st

Karen S. 23rd

Archie M. 28th

*Help spread the word
and receive
\$1,500 off your rent!*

*At Clover Ridge Place
We offer a \$1,500 rent credit
for any current
Clover Ridge Place
resident, if that resident
refers a friend, resulting in
a move-in.*

*For details contact
Amanda Widel, Manager
or, Sally Davies,
Community Relations
Coordinator
At 563-652-2125*

THANK YOU VOLUNTEERS We appreciate you!

National Volunteer week is the third week of April. This is a world wide annual celebration of those who selflessly benefit the lives of others, by providing a helping hand to those in need. Together we are working towards making the world a better place.

This past year, they were not able to enter our physical buildings, yet we were still able to witness people supporting family, friends, neighbors, and strangers and work toward that goal of making the world a better place. Every one of us has benefited from the work of a volunteer. Volunteer Recognition week acknowledges the beauty of this phenomenon. Every direction we turn, we can recognize someone doing something above and beyond the call of duty.

Historically at Clover Ridge Place we have recognized volunteers at an event held in the Great Room. Although we cannot recognize our many volunteers at our traditional luncheon, please know the appreciation in our hearts. We recognize our everyday volunteers as well as all others who have helped during the Pandemic. We salute each of you for giving your time and talents selflessly to benefit the lives of others.

Amanda Widel, Manager



As the weather warms up, the bus is on the move! We are truly grateful for the opportunity to get on the bus and see what's happening on the roads around us and are looking forward to the dryer days, when we can travel on gravel again.



Joyce D. left, John E. below, sitting in a favorite place in the community to greet visitors and friends as they come and go.



www.HappyGram.org

- 1.) Write your message.
- 2.) Upload a photo...
- 3.) Leave the rest to us to print and deliver!

We Love to Hear from YOU!

As temperatures rise and fall outside for the next few months, remember if you set your thermostat at one temperature it will maintain that temperature in your apartment. For example, if you set the thermometer at 72 degrees on heat at this time of year your heat will not run unless the apartment goes below that. Also, if your apartment window is open this affects the temperature in your apartment as the air comes in and adjusts the temperature you have previously set – likely your furnace will run. If you are having trouble setting your thermostat to a comfortable setting, please let Jim or I know, and we will help adjust to your desire. Please remember if your window is open, we ask that your apartment door remain shut. This will help maintain a consistent temperature in our hallways and common spaces.

Let me know if you have any questions.
John Coakley, Maintenance

It's important to us!

We sure have enjoyed seeing everyone as you come and visit.

Please remember to
call 24 hours in advance
to schedule visits here at
Clover Ridge Place.

We do not want to turn anyone away, we need to have the staff available to assist in screening, testing and the departure process.

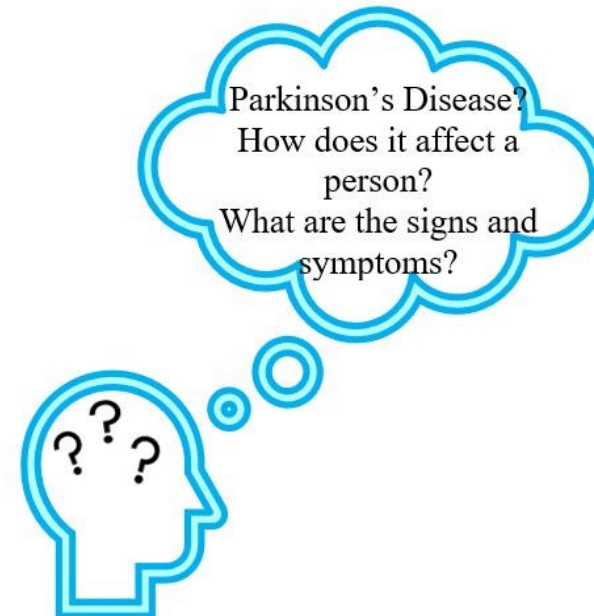
Call

563-652-2125, or 563-581-0661,
or emailing,

director@cloverridgeplace.net
or assistantmanager@cloverridgeplace.net,

to schedule your in person or virtual visits

Join us Virtually for these virtual programs



Join us

Thursday, April 8, 2021
12:30 P.M.

As **Allison Niedermann**,
Physical Therapist Assistant and
Volunteer Support Group Facilitator from
American Parkinson Disease Association
presents

What is Parkinson's Disease?

Allison will share motor and non-motor symptoms of Parkinson's Disease.

What Parkinson's Disease is and how it affects those who have been diagnosed.

Registration is required.

To receive the link to this program
email welcome@cloverridgeplace.net
or call 563-581-2967.



Are your medications putting you at risk?

Do you see multiple doctors or fill prescriptions at multiple pharmacies?
Do you take over-the-counter drugs or supplements?

Have recently experienced a fall, dizziness, or unusual confusion?
Have recently been to the ER or hospital?
Do you take blood thinners or diabetes medications?

If you answer YES to some or all of these questions, you may benefit from a **HOMEMEDS** Review.

Join us

Thursday, April 29, 2021
12:30 P.M.

Staci Speirs, *Aging Specialist, North East Iowa Area on Aging*

will be giving an overview and how to sign up for this

HOMEMEDS Medication Management review program,
join us to find out more.

Registration is required.

To receive the link to this program and copy of the **HOMEMEDS** pamphlet,
email welcome@cloverridgeplace.net
or call 563-581-2967.

April Showers Bring May flowers!

By Lynn Bleau

*April Showers bring May flowers,
So don't fret about the rain.*

*Before you know,
They'll be a glow,
Of sun once again.*

*April showers bring May flowers,
So snuggle in your bed.
And know that today,
May be full of gray,
But sun is shortly ahead.*

*April showers bring May flowers,
But April's once a year.
So watch the rain,
On your window pane,
And wipe that silly tear.*

*Because April showers may bring
May flowers,
But don't waste the day.
So dance around,
On the muddy wet ground,
And get outside and play!*

The snow pile melted and was completely gone the afternoon of March 9.

Congratulations to John and Mary Melvold, winners of the Fun in the Sun Basket.

Thank you to everyone who played along.



alzheimer's association®

Alzheimer's and Dementia Caregiver Support Group

2nd Wed. of the Month at 1:30 P.M.

April 14, 2021

Support groups create a safe, confidential, supportive environment or community and a chance for participants to develop informal mutual support and social relationships. They also educate and inform participants about dementia and help participants develop methods and skills to solve problems.

Facilitated by an Alzheimer's Association volunteer. Support group suitable for family and friend caregivers.

Registration is required. For more information contact Sally Davies at 563-581-2967 or email welcome@cloverridgeplace.net



Clover Ridge Place has received the

2021 PINNACLE CUSTOMER EXPERIENCE AWARD!

Over the course of the last twelve months, Pinnacle Quality Insight, a nationally recognized customer satisfaction firm, has interviewed the customers of Clover Ridge Place regarding their satisfaction levels.

Customers were asked to evaluate several aspects of their received services. From the results of these interviews, Pinnacle has determined that Clover Ridge Place has qualified for a Pinnacle Customer Experience Award in the following service areas:

Overall Customer Experience

Activities

Transportation Needs

Dining Service

Quality of Food

Variety of Food/Menu Choices

The Customer Experience Award is awarded to care providers who have achieved the best-in-class customer satisfaction standards within their peer group.

Pinnacle congratulates the staff of Clover Ridge Place for achieving this honor.

The team at Clover Ridge Place says Thank you to all of our residents and families for answering these surveys and believing in our service.

Happy Easter!

This little note below is directed at each and every person that I encounter every day. I know there have been several times over the course of my life I have given and also received this advice. This past year, being separated from those we hold dear has truly opened my eyes just a bit wider and helped me focus on what is most important to me.

My wish for you today is as you read these words, know YOU are important.

As they say "to the world you may be someone, but to someone you are the world."

Your impact on other people is bigger than you think.

Someone still giggles when they think of that funny thing you said.

Someone still smiles when they think of the compliment you gave them.

Someone silently admires you. The advice you give has made a difference for people.

The support and love you've offered others has made someone's day.

Your input and opinion have made someone think twice.

You're not insignificant and forgotten. Your existence makes a positive difference, whether you see it or not.

Kay, Compassionate Reminders.

Enjoy life's little blessings!

***Sally Davies,
Community Relations Coordinator***

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



April 2021
ASSISTED LIVING

<p>09:00 KMAQ - Lutheran Church</p> <p>10:15 KMAQ- Methodist Church</p> <p>11:30 Easter Dinner</p> <p>01:30 Movie Day</p> <p>02:30 Beverage/Snack Cart</p> <p>06:00 Evening Walk</p> <p><i>Easter Sunday</i></p>	<p>4 Morning Walk</p> <p>09:45 Live 2B Healthy</p> <p>10:30 Methodist Communion</p> <p>01:30 Happy Hour</p> <p>02:30 Beverage Card/Snacks</p> <p>03:00 Coffee and Conversation</p> <p>03:30 Radio Bingo</p> <p>06:00 Evening Walk</p>	<p>5 Morning Walk</p> <p>09:30 Bird Bath</p> <p>10:00 Independent Exercise</p> <p>01:30 Noodle Ball</p> <p>02:00 Reading with Tammy</p> <p>02:30 Beverage Card/Snacks</p> <p>03:00 Coffee and Conversation</p> <p>03:30 Radio Bingo</p> <p>06:00 Evening Walk</p>	<p>6 Morning Walk</p> <p>09:30 Morning Devotions/ Great Room</p> <p>09:45 Live 2B Healthy</p> <p>01:30 Wheel of Fortune</p> <p>02:30 Beverage/Snack Cart</p> <p>03:00 Coffee and Conversation</p> <p>03:30 Radio Bingo</p> <p>06:00 Evening Walk</p>	<p>7 Morning Walk</p> <p>09:30 Church</p> <p>10:00 Independent Exercise</p> <p>01:30 Bus Ride</p> <p>02:30 Beverage/Snack Cart</p> <p>03:00 Coffee and Conversation</p> <p>03:30 Radio Bingo</p> <p>06:00 Evening Walk</p> <p><i>All Food Day</i></p>	<p>8 Morning Walk</p> <p>09:45 Live 2B Healthy</p> <p>01:30 Archie speaking on Honor</p> <p>02:30 Beverage Card/Snacks</p> <p>03:00 Coffee and Conversation</p> <p>03:30 Radio Bingo</p> <p>06:00 Evening Walk</p> <p><i>Good Friday</i></p>	<p>9 Morning Walk</p> <p>09:45 Live 2B Healthy</p> <p>01:30 Shopping</p> <p>02:30 Beverage Card/Snacks</p> <p>03:00 Coffee and Conversation</p> <p>03:30 Radio Bingo</p> <p>06:00 Evening Walk</p>	<p>10 Morning Walk</p> <p>10:00 Independent Exercise</p> <p>09:30 Coffee Hour</p> <p>01:30 Bunker Bingo</p> <p>02:30 Beverage Card/Snacks</p> <p>06:00 Evening Walk</p> <p>Lawrence Welk</p>	<p>3 Morning Walk</p> <p>10:00 Independent Exercise</p> <p>09:30 Coffee Hour</p> <p>01:30 Bunker Bingo</p> <p>02:30 Beverage Card/Snacks</p> <p>06:00 Evening Walk</p> <p>Lawrence Welk</p>
<p>09:00 KMAQ - Lutheran Church</p> <p>10:15 KMAQ- Methodist Church</p> <p>01:30 Movie Day</p> <p>02:30 Beverage/Snack Cart</p> <p>06:00 Evening Walk</p>	<p>11 Morning Walk</p> <p>09:45 Live 2B Healthy</p> <p>01:30 Happy Hour</p> <p>02:30 Beverage Card/Snacks</p> <p>03:00 Coffee and Conversation</p> <p>03:30 Radio Bingo</p> <p>06:00 Evening Walk</p>	<p>12 Morning Walk</p> <p>09:30 Bird Bath</p> <p>10:00 Independent Exercise</p> <p>01:30 Balloon Volley</p> <p>02:00 Reading with Tammy</p> <p>02:30 Beverage Card/Snacks</p> <p>03:00 Coffee and Conversation</p> <p>03:30 Radio Bingo</p> <p>06:00 Evening Walk</p>	<p>13 Morning Walk</p> <p>09:30 Morning Devotions/ Great Room</p> <p>09:45 Live 2B Healthy</p> <p>01:00 Wheel of Fortune</p> <p>02:30 Beverage/Snack Cart</p> <p>03:00 Coffee and Conversation</p> <p>03:30 Radio Bingo</p> <p>06:00 Evening Walk</p>	<p>14 Morning Walk</p> <p>09:30 Church</p> <p>10:00 Independent Exercise</p> <p>01:30 Bus Ride</p> <p>02:30 Beverage Card/Snacks</p> <p>03:00 Coffee and Conversation</p> <p>03:30 Radio Bingo</p> <p>06:00 Evening Walk</p>	<p>15 Morning Walk</p> <p>09:30 Church</p> <p>10:00 Independent Exercise</p> <p>01:30 Bus Ride</p> <p>02:30 Beverage Card/Snacks</p> <p>03:00 Coffee and Conversation</p> <p>03:30 Radio Bingo</p> <p>06:00 Evening Walk</p>	<p>16 Morning Walk</p> <p>09:45 Live 2B Healthy</p> <p>01:30 Shopping</p> <p>02:30 Beverage Card/Snacks</p> <p>03:00 Coffee and Conversation</p> <p>03:30 Radio Bingo</p> <p>06:00 Evening Walk</p>	<p>17 Morning Walk</p> <p>10:00 Independent Exercise</p> <p>09:30 Coffee Hour</p> <p>01:30 Bunker Bingo</p> <p>02:30 Beverage Card/Snacks</p> <p>06:00 Evening Walk</p> <p>Lawrence Welk</p>	<p>24 Morning Walk</p> <p>10:00 Independent Exercise</p> <p>09:30 Coffee Hour</p> <p>01:30 Bunker Bingo</p> <p>02:30 Beverage Card/Snacks</p> <p>06:00 Evening Walk</p> <p>Lawrence Welk</p>
<p>09:00 KMAQ - Lutheran Church</p> <p>10:15 KMAQ- Methodist Church</p> <p>01:30 Movie Day</p> <p>02:30 Beverage/Snack Cart</p> <p>06:00 Evening Walk</p>	<p>18 Morning Walk</p> <p>09:45 Live 2B Healthy</p> <p>01:30 Happy Hour</p> <p>02:30 Beverage Card/Snacks</p> <p>03:00 Coffee and Conversation</p> <p>03:30 Radio Bingo</p> <p>06:00 Evening Walk</p>	<p>19 Morning Walk</p> <p>09:30 Bird Bath</p> <p>10:00 Independent Exercise</p> <p>01:30 Noodle Ball</p> <p>02:00 Reading with Tammy</p> <p>02:30 Beverage Card/Snacks</p> <p>03:00 Coffee and Conversation</p> <p>03:30 Radio Bingo</p> <p>06:00 Evening Walk</p>	<p>20 Morning Walk</p> <p>09:30 Morning Devotions/ Great Room</p> <p>09:45 Live 2B Healthy</p> <p>01:00 Mystery Activity</p> <p>02:30 Beverage/Snack Cart</p> <p>03:00 Coffee and Conversation</p> <p>03:30 Radio Bingo</p> <p>06:00 Evening Walk</p>	<p>21 Morning Walk</p> <p>09:30 Church</p> <p>10:00 Independent Exercise</p> <p>01:30 Bus Ride</p> <p>02:30 Beverage Card/Snacks</p> <p>03:00 Coffee and Conversation</p> <p>03:30 Radio Bingo</p> <p>06:00 Evening Walk</p>	<p>22 Morning Walk</p> <p>09:30 Church</p> <p>10:00 Independent Exercise</p> <p>01:30 Bus Ride</p> <p>02:30 Beverage Card/Snacks</p> <p>03:00 Coffee and Conversation</p> <p>03:30 Radio Bingo</p> <p>06:00 Evening Walk</p>	<p>23 Morning Walk</p> <p>09:45 Live 2B Healthy</p> <p>01:30 Shopping</p> <p>02:30 Beverage Card/Snacks</p> <p>03:00 Coffee and Conversation</p> <p>03:30 Radio Bingo</p> <p>06:00 Evening Walk</p>	<p>30 Happy Birthday</p> <p>Helen K- 2nd</p> <p>Jack M- 3rd</p> <p>Gloria K- 20th</p> <p>Joyce D- 21st</p> <p>Karen S- 23rd</p> <p>Archie- 28th</p>	<p>24 Morning Walk</p> <p>10:00 Independent Exercise</p> <p>09:30 Coffee Hour</p> <p>01:30 Bunker Bingo</p> <p>02:30 Beverage Card/Snacks</p> <p>06:00 Evening Walk</p> <p>Lawrence Welk</p>

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

<p>09:30 Listen to Songs of Faith</p> <p>10:00 Beverage Cart</p> <p>10:15 KMAQ-Methodist Church</p> <p>12:00 Easter Dinner</p> <p>02:15 Activity of Choice</p> <p>03:00 Beverage Card/Snacks</p> <p>05:15 Aroma Therapy</p> <p>07:00 Snacks</p>	<p>4</p> <p>10:00 Music Speaks with Laura</p> <p>10:00 Beverage Cart</p> <p>02:15 Bingo</p> <p>03:00 Beverage Card/Snacks</p> <p>04:30 TV Jeopardy</p> <p>05:15 Aroma Therapy</p> <p>07:00 Snacks</p>	<p>5</p> <p>10:00 Beverage Cart</p> <p>10:30 Bird Bath</p> <p>02:15 Bingo</p> <p>03:00 Beverage Card/Snacks</p> <p>03:30 Movie</p> <p>05:15 Aroma Therapy</p> <p>07:00 Snacks</p>	<p>6</p> <p>10:00 Beverage Cart</p> <p>10:30 Live 2B Healthy</p> <p>11:00 Church</p> <p>02:15 Bingo</p> <p>03:00 Beverage Card/Snacks</p> <p>04:30 TV Jeopardy</p> <p>05:15 Aroma Therapy</p> <p>07:00 Snacks</p>	<p>7</p> <p>10:00 Beverage Cart</p> <p>10:30 Live 2B Healthy</p> <p>11:00 Church</p> <p>02:15 Bingo</p> <p>03:00 Beverage Card/Snacks</p> <p>05:15 Aroma Therapy</p> <p>07:00 Snacks</p>	<p>8</p> <p>10:00 Beverage Cart</p> <p>10:30 Bowling</p> <p>02:15 Bingo</p> <p>03:00 Beverage Card/Snacks</p> <p>05:15 Aroma Therapy</p> <p>07:00 Snacks</p>	<p>1</p> <p>10:00 Beverage Cart</p> <p>10:30 Bowling</p> <p>02:15 Bingo</p> <p>03:00 Beverage Card/Snacks</p> <p>05:15 Aroma Therapy</p> <p>07:00 Snacks</p>	<p>2</p> <p>10:00 Beverage Cart</p> <p>10:30 Sit and Stretch</p> <p>02:00 Popcorn</p> <p>02:15 Bingo</p> <p>03:00 Beverage Card/Popcorn</p> <p>04:30 TV Jeopardy</p> <p>05:15 Aroma Therapy</p> <p>07:00 Snacks</p>	<p>3</p> <p>09:30 Adult Coloring</p> <p>10:00 Beverage Cart</p> <p>02:15 Activity of Choice</p> <p>03:00 Beverage Card/Snacks</p> <p>03:30 Movie</p> <p>05:15 Aroma Therapy</p> <p>07:00 Snacks</p>
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