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Our mission is to create and sustain comfortable, caring environments for those who depend on us.

Emerald Gardens News

November 2023 Newsletter



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Ways to Honor Our Veterans

Veterans Day takes place on November 11, honoring veterans of the United States' armed forces. On that day and beyond, here are some ways to honor the veterans in your life and community.

Visit a VA Hospital. Call ahead to find out their guidelines for visiting and/or volunteering and see how you can make a difference for the veterans there.

Visit a War Memorial. Take the time to observe and remind yourself and others about our veterans sacrifices.

Send thank you mail to veterans. There are various organizations that you can seek out for reaching veterans. A few links to do so include:

- amillionthanks.org/letter/
- supportourtroops.org/cards-letters
- www.operationgratitude.com/volunteer/anywhere/letters/

Strike up a conversation with a veteran. It is not only a great feeling to connect with another person, but it is special to a veteran when you take the time to hear what they want to share from their story.

Support charities that bring support to veterans. A few include:

- K9s For Veterans: k9sforwarriors.org
- Vehicles For Veterans: www.vehiclesforveterans.org
- Disabled American Veterans: dav.org
- Wounded Warriors Family Support: wwfs.org



Do you know all of the branches of U.S. Armed Forces? There are six: the Air Force, Army, Coast Guard, Marine Corps, Navy, and Space Force.

Display and use your American flag properly. Rules of thumb include not hanging the flag upside down or backwards and if you hang it vertically, have the stars on the viewer's left. Also, don't let the flag touch the ground. On Memorial Day, have the flag at half-mast from sunrise to noon then at full-mast the rest of the day.

Know the difference between Veterans Day and Memorial Day. Memorial Day is the last Monday in May, honoring those who have passed serving in the military. Veterans Day honors all who have served in the Armed Forces.

Buy a veteran a cup of coffee or help them with a task. If you see a veteran out in your community, try to brighten their day by offering your assistance to them.

We would love to hear additional ideas from you about the ways you support veterans on our Facebook post for this month's newsletter on the first of November.

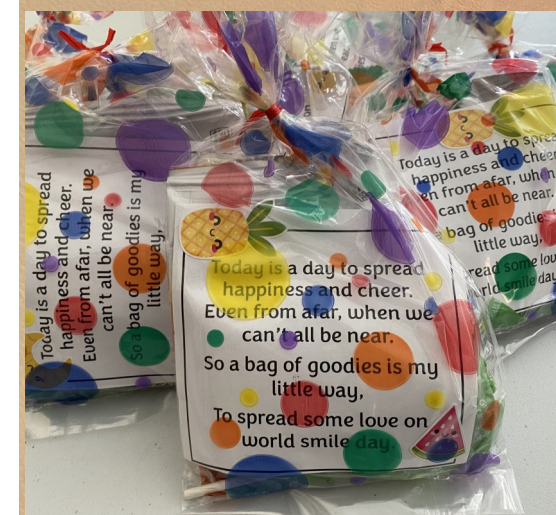
Radiant Moments

Our community offers a daily game hour! Yahtzee, Uno, Scrabble, Boggle... we play 'em all! (Pictured Left).

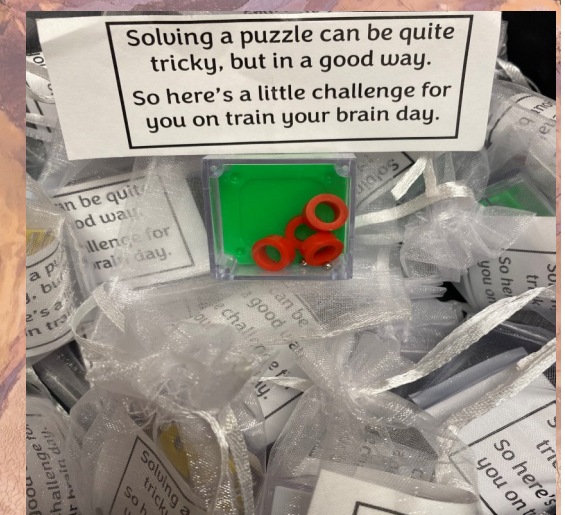
We also have an in-house salon that features hair by Yolanda! Residents (men & women alike) enjoy having the option to get VIP treatment right in their own community! (Bottom left, middle and right pictures)



Our activities team has come up with a little way to spread some happiness and celebrate small holidays (like World Smile Day and Train Your Brain Day). By putting together themed goodie bags and handing them out to residents, they have been bringing some cheer throughout our building.



Left Photo: Goodie bags handed out on World Smile Day. Containing smile fruit snacks, gold-fish and some candy.



Right Photo: Mini brain puzzles handed out for Train Your Brain Day.

November 2023 Highlights

Observes: National Alzheimer's Awareness, COPD, Diabetes, Epilepsy, Hospice & Palliative Care, Long-term Care, and Lung Cancer

Celebrates: Aviation History, Career Development, Family Caregivers, Family Stories, Fondue, Gratitude, Life Writing, Movember, Military Families, Native American Heritage, Novels, Peanut Butter, Pomegranates, Raisin Bread, Spinach, and Squash

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| 01: Authors' Day; Calzone Day; Cinnamon Day | 17: Butter Day; Homemade Bread Day; Hike Day |
| 02: Deviled Egg Day; Ohio Day | 18: Mickey Mouse's Birthday; Princess Day |
| 03: Housewife's Day; Sandwich Day; Jersey Friday | 19: Play Monopoly Day |
| 04: Candy Day; Bison Day | 20: Child's Day; Peanut Butter Fudge Day |
| 05: Daylight Saving Time Ends; Donut Day | 21: Gingerbread Cookie Day; Stuffing Day |
| 06: Nachos Day; Saxophone Day | 22: Cranberry Relish Day; Jukebox Day |
| 07: Bittersweet Chocolate with Almonds Day | 23: Thanksgiving; Cashew Day; Espresso Day |
| 08: Cappuccino Day; STEM/STEAM Day | 24: Native American Heritage Day; Sardines Day |
| 09: Louisiana Day; Scrapple Day | 25: Parfait Day; Small Business Saturday |
| 10: Veterans Day Observed; Vanilla Cupcake Day | 26: Cake Day |
| 11: Veterans Day; Sundae Day | 27: Bavarian Cream Pie Day; Craft Jerky Day |
| 12: Chicken Soup For The Soul Day; French Dip Day | 28: French Toast Day; Giving Day |
| 13: World Kindness Day; Indian Pudding Day | 29: Electronic Greetings Day |
| 14: Family PJ Day; Pickle Day; Spicy Guacamole Day | 30: Mason Jar Day; Mousse Day, Floral Design Day |
| 15: Bundt Day; Philanthropy Day; Raisin Bran Day | |
| 16: Fast Food Day; Great American Smokeout | |



HAPPY BIRTHDAY

To Our Residents & Staff:

Carol: Nov. 9

Liliana: Nov. 11

Maria: Nov. 13

Veronica: Nov. 13

Nina: Nov. 17

Phyllis: Nov. 20

Yessica: Nov. 21



Staff Spotlight:
Becky

Introducing one of our kitchen aides, Becky! She has been working in our community since May of this year. Her favorite part of her job is being able to serve our residents. She has built some great relationships during her time here.

Residents enjoy talking with Becky and are often giving her shoutouts (and radiant stars) for the extra care she gives during her service.

A few of her hobbies include sewing, baking, crocheting and counted cross-stitch. Her favorite place to visit is Wallowa Lake where she enjoys fishing.



Resident Spotlight:
George

Say hello to one of our WWII Veterans, George! He was born in Kansas and just recently celebrated his 99th birthday. Enrolling in the Army at just 18 years old, he is a very well decorated veteran. George has a tank and street named after him abroad!

Through his service, he became an auto mechanic and learned how to fly planes. He will tell you that he can fix anything!

He has four kids and a plethora of grandkids with whom he enjoys spending time. Some of his favorite things are "bingo, women and beer." Some life advice from George: "Go full on, but save some reserves."

SUN	MON	TUE	WED	THU	FRI	SAT
 <p>All activities subject to change per mandated health guidelines.</p>		<p><u>Activity Locations:</u></p> <p>MR = Upstairs Movie Room DR = Dining Room FL = Fireside Lounge BP = Back Patio</p> 	<p>1 National Cinnamon Day 8:15 Daily Newsletter 8:45 Morning Movie 10:15 Bingo (DR) 12:45 Walk & Talk 1:15 Country Drive 3:15 D.I.Y. Potpourri Bags (FL) 4:00 Game Hour (MR) 4:45 Coffee & Chat (DR)</p>	<p>2 Natl. Deviled Egg Day 8:15 Daily Newsletter 8:45 Sit & Be Fit (MR) 10:15 Scrabble (MR) 1:15 Afternoon Movie (MR) 3:00 D.I.Y. Deviled Eggs (DR) 4:30 Coffee & Chat (DR) 5:15 Thursday Night Football (MR)</p>	<p>3 World Sandwich Day 8:15 Daily Newsletter 9:30 Walk & Talk 10:00 Bingo (DR) 1:00 Manicures 2:30 Game Hour (MR) 4:00 Takeout Friday - Subway Sandwiches 4:45 Coffee & Chat (DR) 5:25 Friday Night Movie (MR)</p>	<p>4 National Candy Day 9:00 Daily Newsletter 9:30 Walk & Talk 10:00 Bingo (DR) 11:45 Coffee & Chat (DR) 1:00 Country Drive 2:45 Candy Tasting (FL) 3:30 Painting Club (MR) 5:25 Evening Show: Animals Up Close (S1:E1) (MR)</p>
<p>5 American Football Day 9:00 Daily Newsletter 9:15 Christian Church Service Stream (MR) 10:15 Bingo (DR) 1:00 Manicures 2:15 Popcorn & Movie: "Gridiron Gang" (MR) 4:15 Board Games (MR) 5:25 Sunday Night Football (MR)</p>	<p>6 Natl. Saxophone Day 8:15 Daily Newsletter 9:15 Music & Stretching (MR) 10:00 Bingo (DR) 1:00 Walk & Talk 2:30 Musical Trivia (MR) 4:00 Card Games (MR) 5:25 Show: "History Of The Saxophone" (MR)</p>	<p>7 Election Day 8:15 Daily Newsletter 9:15 Walk & Talk 10:00 10,000 Dice (MR) 1:15 Manicures 2:30 Afternoon Movie (MR) 4:00 Takeout Tuesday "Carl's Jr" 5:25 Documentary on The Life of J.F.K. (MR)</p>	<p>8 National S.T.E.A.M. Day 8:15 Daily Newsletter 8:45 Morning Movie 10:15 Bingo (DR) 1:00 Walk & Talk 2:00 Ice Cream & Chat (DR) 3:15 Science Magic (DR) 4:00 Game Hour (MR) 4:45 Coffee & Chat (DR)</p>	<p>9 Natl. Louisiana Day 8:15 Daily Newsletter 8:45 Sit & Be Fit (MR) 10:15 Scrabble (MR) 1:15 Afternoon Movie (MR) 3:00 Virtual New Orleans Tour (MR) 4:30 Coffee & Chat (DR) 5:15 Thursday Night Football (MR)</p>	<p>10 Vanilla Cupcake Day 8:15 Daily Newsletter 9:30 Walk & Talk 10:00 Bingo (DR) 1:00 Manicures 2:00 Game Hour (MR) 3:15 Cupcake Decorating (DR) 4:45 Coffee & Chat (DR) 5:25 Friday Night Movie (MR)</p>	<p>11 Veteran's Day 9:00 Daily Newsletter 9:30 Walk & Talk 10:30 Veteran's Day Celebration (DR) 11:45 Coffee & Chat (DR) 1:30 Country Drive 3:00 Painting Club (MR) 4:30 Card Games (MR) 5:25 Evening Show: Animals Up Close (S1:E2)</p>
<p>12 Natl. Happy Hour Day 9:00 Daily Newsletter 9:15 Christian Church Service Stream (MR) 10:15 Bingo (DR) 1:00 Manicures 3:00 Happy Hour (DR) 4:15 Board Games (MR) 5:25 Sunday Night Football (MR)</p>	<p>13 World Kindness Day 8:15 Daily Newsletter 9:15 Music & Stretching (MR) 10:00 Bingo (DR) 1:00 Walk & Talk 2:30 Coloring & Chat (MR) 4:00 Card Games (MR) 5:25 Evening Movie (MR)</p>	<p>14 National Pickle Day 8:15 Daily Newsletter 9:15 Walk & Talk 10:00 Uno (MR) 11:30 Bauman's Lunch Trip 1:15 Manicures 3:00 Pickle Tasting (DR) 4:00 Cards For Loved Ones (FL) 5:25 Evening Movie</p>	<p>15 Steve Irwin Day 8:15 Daily Newsletter 8:45 Morning Movie 10:15 Bingo (DR) 1:30 Chef Chat (DR) 2:30 Ice Cream & Chat (DR) 3:15 Steve Irwin Documentary (MR) 4:00 Game Hour (MR) 4:45 Coffee & Chat (DR)</p>	<p>16 Natl. Button Day 8:15 Daily Newsletter 8:45 Sit & Be Fit (MR) 10:15 Scrabble (MR) 1:15 Afternoon Movie (MR) 3:00 Button Themed Craft (FL) 4:30 Coffee & Chat (DR) 5:15 Thursday Night Football (MR)</p>	<p>17 Natl. Take A Hike Day 8:15 Daily Newsletter 9:30 Walk & Talk 10:00 Bingo (DR) 1:00 Safeway Trip 2:00 Game Hour (MR) 3:15 Virtual Grand Canyon Hike (MR) 4:45 Coffee & Chat (DR) 5:25 Friday Night Movie (MR)</p>	<p>18 Mickey Mouse Day 9:00 Daily Newsletter 9:30 Virtual Disney Tour (MR) 10:15 Bingo (DR) 11:45 Coffee & Chat (DR) 1:00 Country Drive 3:00 Painting Club (MR) 4:30 Card Games (MR) 5:25 Evening Show: Animals Up Close (S1:E3)</p>
<p>19 Play Monopoly Day 9:00 Daily Newsletter 9:15 Christian Church Service Stream (MR) 10:15 Bingo (DR) 1:00 Manicures 2:15 Board Game Trivia (MR) 3:30 Monopoly (MR) 5:25 Sunday Night Football (MR)</p>	<p>20 Beauty Day 8:15 Daily Newsletter 9:15 Walk & Talk 10:00 Bingo (DR) 11:45 Coffee & Chat (DR) 1:00 D.I.Y. Thanksgiving Center Pieces (FL) 2:30 Facial Masks (FL) 4:00 Card Games (MR) 5:25 Movie: "Beauty & The Beast" (MR)</p>	<p>21 Little Mermaid Day 8:15 Daily Newsletter 9:15 Walk & Talk 10:00 Dollar Tree Trip 1:15 Manicures 2:30 10,000 Dice (MR) 4:00 Takeout Tuesday "Burger King" 5:25 Movie: "The Little Mermaid" (MR)</p>	<p>22 National Jukebox Day 8:15 Daily Newsletter 8:45 Morning Movie 10:15 Scrabble (MR) 1:00 Walk & Talk 2:00 Resident Council (DR) 3:15 Jukebox Hits Trivia (MR) 4:00 Game Hour (MR) 4:45 Coffee & Chat (DR)</p>	<p>23 Thanksgiving 9:00 Daily Newsletter 9:30 Walk & Talk 10:15 Bingo (DR) 1:00 Happy Hour 1:45 Movie: "A Charlie Brown Thanksgiving" (MR) 4:30 Coffee & Chat (DR) 5:15 Thursday Night Football (MR)</p>	<p>24 Maize Day 8:15 Daily Newsletter 9:30 Walk & Talk 10:00 Bingo (DR) 1:00 Manicures 2:00 Documentary: "How Corn Fuels America" (MR) 3:30 Game Hour (MR) 4:45 Coffee & Chat (DR) 5:25 Friday Night Movie (MR)</p>	<p>25 Natl. Parfait Day 9:00 Daily Newsletter 9:30 Walk & Talk 10:00 Bingo (DR) 11:45 Coffee & Chat (DR) 1:15 Painting Club (MR) 2:45 Parfait Buffet (DR) 4:30 Card Games (MR) 5:25 Evening Show: Animals Up Close (S1:E4) (MR)</p>
<p>26 National Cake Day 9:00 Daily Newsletter 9:15 Christian Church Service Stream (MR) 10:15 Bingo (DR) 1:00 Manicures 2:15 Baking Show: "Is It Cake Too?" (MR) 3:30 Monopoly (MR) 5:25 Sunday Night Football (MR)</p>	<p>27 Ntl. Electric Guitar Day 8:15 Daily Newsletter 9:15 Music & Stretching (MR) 10:00 Bingo (DR) 1:00 Walk & Talk 3:00 Live Music w/ David Minton (DR) 4:00 Card Games (MR) 5:25 Documentary on Electric Guitar (MR)</p>	<p>28 French Toast Day 8:15 Daily Newsletter 9:15 Walk & Talk 10:00 Goodwill Trip 1:15 Manicures 2:30 Uno (MR) 4:00 Takeout Tuesday "McDonalds" 5:25 Evening Movie (MR)</p>	<p>29 Natl. Chocolates Day 8:15 Daily Newsletter 8:45 Morning Movie 10:15 Bingo (DR) 1:00 Walk & Talk 2:00 Trivia & Chat (MR) 3:15 Ice Cream & Chat (DR) 4:00 Game Hour (MR) 4:45 Coffee & Chat (DR)</p>	<p>30 Natl. Mason Jar Day 8:15 Daily Newsletter 8:45 Sit & Be Fit (MR) 10:15 Scrabble (MR) 1:15 Afternoon Movie (MR) 3:00 Mason Jar Craft (MR) 4:30 Coffee & Chat (DR) 5:15 Thursday Night Football (MR)</p>		

SUN	MON	TUE	WED	THU	FRI	SAT
			1 National Cinnamon Day 9:00 Walk & Talk 9:45 Coffee & Chat 10:00 Morning Movie 11:30 Daily Newsletter 1:15 Country Drive 2:45 Potpourri Craft 3:00 Snack & Chat 3:30 Brain Games 4:30 80's Music Playlist	2 Cookie Monster Day 9:00 Walk & Talk 9:45 Coffee & Chat 11:30 Daily Newsletter 1:30 Balloon Toss 2:30 Snack & Chat 3:00 Bingo 4:30 Jazz Music Playlist 6:00 Evening Movie 7:30 Aromatherapy	3 Jellyfish Day 9:30 Walk & Talk 9:45 Coffee & Chat 10:15 Jellyfish Craft 11:30 Daily Newsletter 1:15 Afternoon Movie 2:45 Snack & Chat 3:30 Card Games 4:30 50's Music Playlist 7:30 Aromatherapy	4 National Candy Day 9:00 Walk & Talk 9:45 Coffee & Chat 10:00 Manicures 11:30 Daily Newsletter 1:00 Country Drive 2:30 Candy Tasting 3:00 Weekly Short Story 4:30 60's Music Playlist 7:30 Aromatherapy
5 American Football Day 9:00 Church Service Video 10:00 Coffee & Chat 11:00 Walk & Talk 11:30 Daily Newsletter 1:00 Afternoon Movie 2:30 Football Game 3:00 Snack & Chat 4:30 Country Music Playlist	6 Natl. Saxophone Day 9:30 Balloon Toss 10:00 Coffee & Chat 10:30 Saxophone Videos 11:30 Daily Newsletter 1:00 Bingo 2:00 Manicures 3:00 Snack & Chat 4:30 Jazz Music Playlist 7:30 Aromatherapy	7 Election Day 9:30 Walk & Talk 9:45 Coffee & Chat 10:00 Coloring Hour 11:30 Daily Newsletter 1:15 Music & Stretching 2:00 Sensory Activity 3:00 Snack & Chat 4:30 70's Music Playlist 7:30 Aromatherapy	8 National S.T.E.A.M. Day 9:00 Walk & Talk 9:45 Brain Games 10:00 Morning Movie 11:15 Coffee & Chat 11:30 Daily Newsletter 1:15 Bingo 2:45 Snack & Chat 3:15 Science Magic Show 4:30 80's Music Playlist	9 Natl. Louisiana Day 9:00 Walk & Talk 9:45 Coffee & Chat 11:30 Daily Newsletter 1:30 Balloon Toss 2:30 Snack & Chat 3:00 Manicures 4:30 Jazz Music Playlist 6:00 Evening Movie 7:30 Aromatherapy	10 Vanilla Cupcake Day 9:30 Walk & Talk 9:45 Coffee & Chat 10:15 Cupcake Craft 11:30 Daily Newsletter 1:15 Afternoon Movie 2:45 Snack & Chat 3:30 Card Games 4:30 50's Music Playlist 7:30 Aromatherapy	11 Veteran's Day 9:00 Walk & Talk 9:45 Coffee & Chat 10:00 Veterans Day Celebration 1:30 Country Drive 2:30 Snack & Chat 3:00 Weekly Short Story 4:30 60's Music Playlist 7:30 Aromatherapy
12 Tongue Twister Day 9:00 Church Service Video 10:00 Coffee & Chat 11:15 Tongue Twisters 11:30 Daily Newsletter 1:00 Afternoon Movie 2:30 Snack & Chat 3:00 Balloon Toss 4:30 Country Music Playlist	13 World Kindness Day 9:30 Balloon Toss 10:00 Coffee & Chat 10:30 Cards For Friends 11:30 Daily Newsletter 1:00 Bingo 2:00 Manicures 3:00 Snack & Chat 4:30 Jazz Music Playlist 7:30 Aromatherapy	14 National Pickle Day 9:30 Walk & Talk 9:45 Coffee & Chat 10:00 Coloring Hour 11:30 Daily Newsletter 1:15 Music & Stretching 2:00 Sensory Activity 3:00 Snack & Chat 4:30 70's Music Playlist 7:30 Aromatherapy	15 Steve Irwin Day 9:00 Walk & Talk 9:45 Brain Games 10:00 Morning Movie 11:15 Coffee & Chat 11:30 Daily Newsletter 1:15 Bingo 2:45 Snack & Chat 3:00 Reptile Theme Craft 4:30 80's Music Playlist	16 Natl. Button Day 9:00 Walk & Talk 9:45 Coffee & Chat 11:30 Daily Newsletter 1:30 Button Craft 2:30 Snack & Chat 3:00 Manicures 4:30 Jazz Music Playlist 6:00 Evening Movie 7:30 Aromatherapy	17 Natl. Take A Hike Day 9:30 Walk & Talk 9:45 Coffee & Chat 10:15 Hand Massages 11:30 Daily Newsletter 1:15 Virtual Hike 2:45 Snack & Chat 3:30 Card Games 4:30 50's Music Playlist 7:30 Aromatherapy	18 Mickey Mouse Day 9:00 Walk & Talk 9:45 Coffee & Chat 10:00 Mickey Craft 11:30 Daily Newsletter 1:30 Country Drive 2:30 Snack & Chat 3:00 Weekly Short Story 4:30 Mickey Mouse Shorts 7:30 Aromatherapy
19 National Camp Day 9:00 Church Service Video 10:00 Coffee & Chat 11:00 Walk & Talk 11:30 Daily Newsletter 1:00 Afternoon Movie 2:15 Camp Theme Craft 3:00 Snack & Chat 4:30 Country Music Playlist	20 Beauty Day 9:30 Balloon Toss 10:00 Coffee & Chat 10:30 Hand Massages 11:30 Daily Newsletter 1:00 Bingo 2:00 Manicures 3:00 Snack & Chat 4:30 Jazz Music Playlist 7:30 Aromatherapy	21 Little Mermaid Day 9:30 Walk & Talk 9:45 Coffee & Chat 10:00 Mermaid Craft 11:30 Daily Newsletter 1:15 Music & Stretching 2:00 Sensory Activity 3:00 Snack & Chat 4:30 70's Music Playlist 7:30 Aromatherapy	22 National Jukebox Day 9:00 Walk & Talk 9:45 Brain Games 10:00 Morning Movie 11:15 Coffee & Chat 11:30 Daily Newsletter 1:15 Bingo 2:45 Snack & Chat 3:15 Coloring & Chat 4:30 80's Music Playlist	23 Thanksgiving 9:00 Walk & Talk 9:45 Coffee & Chat 11:30 Daily Newsletter 1:30 Balloon Toss 2:30 Snack & Chat 3:00 Manicures 4:30 Jazz Music Playlist 6:00 Evening Movie 7:30 Aromatherapy	24 Maize Day 9:30 Walk & Talk 9:45 Coffee & Chat 10:15 Corn Themed Craft 11:30 Daily Newsletter 1:15 Afternoon Movie 2:45 Snack & Chat 3:30 Card Games 4:30 50's Music Playlist 7:30 Aromatherapy	25 Natl. Parfait Day 9:00 Walk & Talk 9:45 Coffee & Chat 10:00 Manicures 11:30 Daily Newsletter 1:00 Bingo 2:30 Snack & Chat 3:00 Weekly Short Story 4:30 60's Music Playlist 7:30 Aromatherapy
26 National Cake Day 9:00 Church Service Video 10:00 Coffee & Chat 11:00 Walk & Talk 11:30 Daily Newsletter 1:00 Afternoon Movie 2:30 Snack & Chat 3:00 Balloon Toss 4:30 Country Music Playlist	27 Ntl. Electric Guitar Day 9:30 Balloon Toss 10:00 Coffee & Chat 10:30 Guitar Videos 11:30 Daily Newsletter 1:00 Bingo 2:30 Snack & Chat 3:00 Live Music 4:30 Jazz Music Playlist 7:30 Aromatherapy	28 French Toast Day 9:30 Walk & Talk 9:45 Coffee & Chat 10:00 Coloring Hour 11:30 Daily Newsletter 1:15 Music & Stretching 2:00 Sensory Activity 3:00 Snack & Chat 4:30 70's Music Playlist 7:30 Aromatherapy	29 Natl. Chocolates Day 9:00 Walk & Talk 9:45 Brain Games 10:00 Morning Movie 11:15 Coffee & Chat 11:30 Daily Newsletter 1:15 Bingo 2:45 Snack & Chat 3:15 Chocolate Craft 4:30 80's Music Playlist	30 Natl. Mason Jar Day 9:00 Walk & Talk 9:45 Coffee & Chat 11:30 Daily Newsletter 1:30 Mason Jar Craft 2:30 Snack & Chat 3:00 Manicures 4:30 Jazz Music Playlist 6:00 Evening Movie 7:30 Aromatherapy	 <div> All activities subject to change per mandated health guidelines. </div> 	