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COLORADO SPRINGS

MAY 2019 • BLOSSOM AND BLOOM



Teaching Etiquette Essentials

In years past, many young women learned lessons in etiquette and social graces by attending charm school.

The classes taught skills that were considered necessary for ladies to act and look their best, such as correct posture; sitting, standing and walking gracefully; and planning wardrobes for various occasions. Beauty tips were covered, including hair care, using cosmetics, and healthy diets.

Manners were heavily emphasized, and students practiced the art of conversation, making introductions, and how to use a pleasant voice when speaking. Handwritten letters and thank-you notes were encouraged, and proper table manners rehearsed. Dating advice and dance lessons were usually part of the curriculum as well.

Some department stores offered charm school courses in the 1960s and '70s, with graduates demonstrating what they learned in fashion show finales. In the South, cotillion classes taught gracious behavior. On the East Coast and abroad, private finishing schools prepared young women for their entry into society.

Etiquette classes adapted to the social skills needed for modern times are still offered today for both youngsters and adults.



Extraordinary Orchids

Prized for their exotic beauty and elegant blooms, orchids are one of the best-selling potted flowers in the U.S.

Fossils show that orchids have grown wild for millions of years. Throughout much of human history, the flowers were an expensive luxury enjoyed by the wealthy. During the Victorian era, many orchid collectors hired professional hunters to track down rare varieties only found in the jungles of South America and Asia. Over the decades, advances in transportation and greenhouse technology made the plants easier to cultivate and more affordable.

With more than 25,000 species worldwide, orchids grow in nearly every color of the rainbow, including rare blue hues and two-toned combinations. They range in height from a few inches to over 40 feet tall. A single orchid seedpod contains up to 3 million microscopic seeds, but the plants are slow-growing, with some varieties taking several years to produce their first flowers.



The Blue Zones of Longevity

There are a few places around the world where people tend to live longer, healthier lives.

After analyzing data, scientists identified specific regions that have the highest concentration of centenarians and residents who are largely free of chronic disease. In 2004, author Dan Buettner, working with the National Geographic Society and the National Institute on Aging, dubbed these areas Blue Zones, after the blue circles researchers drew around the locations on a map. The five Blue Zones are Okinawa, Japan; Sardinia, Italy; Ikaria, Greece; Nicoya, Costa Rica; and Loma Linda, Calif.

Research shows that people who live in the Blue Zones have several lifestyle traits in common that contribute to their longevity. Their diet is primarily plant-based, with an emphasis on vegetables, beans, nuts and whole grains. Natural movement is part of their daily routine, in activities such as gardening, chores and walking to the store. They also have close bonds with family and friends, possess a sense of purpose, belong to a spiritual-based community, and spend time relaxing each day.

Outdoor Safety Tips

Sunshine and warm temperatures lure many of us outdoors this time of year. Keep these safety tips in mind when you head outside:

Stay out of the sun — If possible, avoid the sun when it's at its hottest, from 10 a.m. to 4 p.m. Instead, plan outdoor activities for the early morning or evening, when it's cooler. If you do go out during the heat of the day, try to stay in shaded areas.

Use sunscreen — Protect your skin by slathering on sunscreen with a sun protection factor of 30 or higher every two hours. Reapply it more often if you are swimming or perspiring.

Dress appropriately — To help stay cool, wear lightweight, loose-fitting clothing in light colors. A wide-brimmed hat and sunglasses will provide added sun protection.

Stay hydrated — Drink plenty of water and decaffeinated beverages throughout the day, and don't wait until you are thirsty to reach for a glass. Fruits and vegetables are also good sources of fluids.

Dip Into Guacamole

Paired with tortilla chips, guacamole is often dished up at restaurants and parties. Though its popularity has risen in recent decades, the history of the dip can be traced back hundreds of years.

The Aztecs, who lived in central Mexico beginning in the 14th century, were the first to combine mashed avocados, tomatoes, chili peppers, onions and salt, naming the concoction *ahuacamolli*, which means "avocado sauce." After avocado trees were brought to California in the late 1800s, guacamole eventually made its way to diners' tables across the U.S.

Traditional recipes have not changed much since the Aztecs' invention. Regional variations and personal preferences result in nearly endless flavor combinations, with bacon, corn and mango just a few of the ingredients that can add a taste twist. Guacamole is most often eaten as a dip for chips and vegetables, but it's also used as a condiment on tacos, burritos, burgers, sandwiches and salads.

80 Years of Batman

In May 1939, DC Comics introduced a new superhero. Celebrate 80 years of Batman with these facts about the Caped Crusader:

- Created by artist Bob Kane and writer Bill Finger, the crime fighter disguised as a bat debuted in "Detective Comics" No. 27.
- Batman's alter ego is Bruce Wayne, a billionaire philanthropist whose parents were killed by a thief when he was a child. He vowed to avenge their deaths by spending the rest of his life fighting criminals in Gotham City.
- Unlike many superheroes, Batman does not have any superpowers. He uses physical strength, intelligence, detective skills and technology to defeat villains.
- The winged design of his cape was inspired by Leonardo da Vinci's "flying machine" sketches.
- His original sidekick, Robin, the Boy Wonder, was introduced in 1940 as orphaned circus acrobat Dick Grayson. Batman took him under his wing, and the Dynamic Duo was born.
- Batman's many foes include the Joker, the Riddler, Penguin, Poison Ivy and Mr. Freeze.
- The Batmobile wheeled into action in 1941. Before that, Batman drove a red sedan.
- Campy and comical, the "Batman" TV series, premiering in 1966, starred Adam West and attracted a new generation of fans.

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Locations Arbours Lobby, AL Arbours Loft, L Arbours Piano Lounge, PL Arbours Theatre, AT Ballroom, BLM Bistro, B Creative Arts Room, CR Game Room, GR Library, LB Living Room, LR Nancy Lewis Park, NLP Outing, O Outing \$, O-\$ Palmer's Dining Room, PDR Prepaid Outing \$, PPO-\$ PrimeFit, PF PrimeFit Pool, PFPL Stratton's Dining Room, SDR Terrace Driveway, TD Theatre, TH	Birthdays LaRene Good, 1st Randall Rush, 3rd Bonnie Paulson-Peterson, 6th Richard Barker, 6th Willie Armstrong, 13th Gundel White, 14th Pamela Valleni, 14th Mary Wolpert, 16th	Roy Heimburger, 17th Martha De Ulibarri, 21st Vic Thacker, 23rd Mary Ann Cary, 24th Barbara DeVoll, 24th Ted Neher, 26th Janice Gilroy, 27th Elizabeth Moore, 30th Margaret McElhane, 31st	MAY DAY 1 9:00 Catholic Communion Service, AT 9:15 Head to Toe 60, PF 9:30 Seamstress, PF 10:00 Ask An Attorney, LB 10:30 Aqua Fit Water Aerobics, PFPL 11:00 TOWN HALL MEETING, BLM 11:00 Supervised Swim & Water Walking, PFPL 2:00 Rummikub, LB 3:00 Balance Beginners, PF 3:00 Music with Starlighters, PL	2 9:00 Cripple Creek, O 9:15 Head to Toe 30, PF 10:00 Arbours Head to Toe 30, L 10:30 Uno, L 10:45 Balance Principles, PF 1:00 Tiddly Wink Dominoes!, L 2:00 Poker, B 3:00 Afternoon Movie, TH 3:00 Head to Toe 30, PF	3 9:15 Head to Toe 60, PF 9:30 Hand & Foot Card Game, B 10:00 Wii Bowling, TH 10:00 Bunco, L 10:00 Mexican Dancing Fiesta, LR 10:15 Positively Living with Daniel, CR 1:00 Chair Yoga, PF 2:30 Happy Hour with the Christians, B 3:00 Balance Beginners, PF 6:30 New Release Movie Night, TH	4 9:15 Head to Toe 30, PF 9:30 Hand & Foot Card Game, B 10:30 Aqua Fit Water Aerobics, PFPL 2:00 Blood Pressure Check, PF 2:15 Poker, B 2:15 Walking Club with Rebecca, PF 3:00 Afternoon Movie, TH 3:00 Tai Chi Flow, PF 3:45 Seated Tai Chi, PF
9:15 Head to Toe 30, PF 10:30 Nondenominational Services, BLM 11:00 Sunday Brunch Buffet, B 11:00 Aqua Motion, PFPL 1:00 Tiddly Wink Dominoes, L 2:00 Sunday Afternoon Movie, TH 2:00 Poker, B 3:15 Bunco!, B 4:00 Hymns of Faith Singalong with Gordon Johnson, AL 5:30 Bingo Night!, BLM	5 9:15 Head to Toe 60, PF 9:30 Prayer Group, BLM 10:00 Bible Study, BLM 10:00 Mexican Train Dominoes, B 10:30 Uno, L 10:30 Aqua Fit Water Aerobics, PF 1:00 Resident-Led Bridge, CR 2:00 Ping Pong, PF 2:15 Poker, B 6:30 Life Tree Cafe Discussion Group, BLM	6 1:45 Balance Principles, PF 9:15 Head to Toe 30, PF 10:00 Arbours Head to Toe, L 1:30 Poker, B 3:00 Afternoon Movie, TH 3:00 Head to Toe 30, PF 3:00 Bingo!, BLM	7 9:00 Catholic Communion Service, AT 9:15 Head to Toe 60, PF 10:00 MACKENZIE PLACE 101, TH 10:30 Aqua Fit Water Aerobics, PFPL 10:30 Jewelry Making with Rita, CR 11:00 Supervised Swim & Water Walking, PFPL 1:00 Tiddly Wink Dominoes, L 2:00 Rummikub, LB 3:00 Dessert & Piano with Bud, PL 3:00 Balance Beginners, PF	8 9:15 Head to Toe 30, PF 10:00 Pikes Peak Library, B 10:00 Arbours Head to Toe 30, L 10:45 Balance Principles, PF 1:00 Tiddly Wink Dominoes!, L 2:00 Poker, B 3:00 Afternoon Movie, TH 3:00 Head to Toe 30, PF 3:00 Josh & John Ice Cream + Scenic Drive, O 4:00 Student Musical, PL	9 9:15 Head to Toe 60, PF 9:30 Hand & Foot Card Game, B 10:00 Wii Bowling, TH 10:00 Candy Bingo, L 10:15 Positively Living with Daniel, CR 11:00 MP Discussion Group (Socrates), BLM 1:00 Chair Yoga, PF 2:30 MAY BIRTHDAY BASH WITH GEORGE SISNEROS, B 3:00 Balance Beginners, PF 6:30 New Release Movie Night, TH	10 9:00 Golf Acres Mobile Optical, B 9:15 Head to Toe 30, PF 9:30 Hand & Foot Card Game, B 10:30 Aqua Fit Water Aerobics, PFPL 1:00 Tiddly Wink Dominoes, L 2:00 Blood Pressure Check, PF 2:15 Poker, B 2:15 Walking Club with Rebecca, PF 3:00 Afternoon Movie, TH 3:00 Tai Chi Flow, PF 3:45 Seated Tai Chi, PF
MOTHER'S DAY 12 9:15 Head to Toe 30, PF 10:30 Nondenominational Services, BLM 11:00 Sunday Brunch Buffet, B 11:00 Music by Dale Miller, PDR 11:00 Aqua Motion, PFPL 2:00 Sunday Afternoon Movie, TH 2:00 Poker, B 3:15 Bunco!, B 4:00 Hymns with Gordon Johnson, AL 5:30 Bingo Night!, BLM	13 9:15 Head to Toe 60, PF 9:30 Prayer Group, BLM 10:00 Bible Study, BLM 10:00 Wii Bowling, TH 10:00 Mexican Train Dominoes, B 10:30 Uno, L 10:30 Aqua Fit Water Aerobics, PF 1:00 Resident-Led Bridge, CR 2:00 Ping Pong, PF 2:15 Poker, B 4:30 Texas T-Bone Dinner Outing, O 6:30 Life Tree Cafe Discussion Group, BLM	14 1:45 Balance Principles, PF 9:15 Head to Toe 30, PF 10:00 Arbours Head to Toe, L 10:30 Low Vision Support Group, CR 11:30 Lunch & Learn, BLM 1:30 Poker, B 3:00 Afternoon Movie, TH 3:00 Head to Toe 30, PF 3:00 Bingo!, BLM	15 9:00 Catholic Communion Service, AT 9:15 Head to Toe 60, PF 10:30 Aqua Fit Water Aerobics, PFPL 11:00 Supervised Swim & Water Walking, PFPL 2:00 Rummikub, LB 3:00 Balance Beginners, PF 3:00 Music with Dan Garipey, PL	16 9:15 Head to Toe 30, PF 10:00 Arbours Head to Toe 30, L 10:30 Uno, L 10:45 Balance Principles, PF 11:00 Lunch & Movie, O 1:00 Tiddly Wink Dominoes!, L 2:00 Poker, B 3:00 Afternoon Movie, TH 3:00 Head to Toe 30, PF	17 9:15 Head to Toe 60, PF 9:30 Hand & Foot Card Game, B 10:00 Wii Bowling, TH 10:00 Bunco, L 10:15 Positively Living with Daniel, CR 1:00 Chair Yoga, PF 3:00 Happy Hour with Brian Usher, B 3:00 Balance Beginners, PF 6:30 New Release Movie Night, TH	18 9:15 Head to Toe 30, PF 9:30 Hand & Foot Card Game, B 10:30 Aqua Fit Water Aerobics, PFPL 2:00 Blood Pressure Check, PF 2:15 Poker, B 2:15 Walking Club with Rebecca, PF 3:00 Afternoon Movie, TH 3:00 Tai Chi Flow, PF 3:45 Seated Tai Chi, PF
9:15 Head to Toe 30, PF 10:30 Nondenominational Services, BLM 11:00 Sunday Brunch Buffet, B 11:00 Aqua Motion, PFPL 1:00 Tiddly Wink Dominoes, L 2:00 Sunday Afternoon Movie, TH 2:00 Poker, B 3:15 Bunco!, B 4:00 Hymns of Faith Singalong with Gordon Johnson, AL 5:30 Bingo Night!, BLM	19 9:15 Head to Toe 60, PF 9:30 Prayer Group, BLM 10:00 Bible Study, BLM 10:00 Wii Bowling, TH 10:00 Mexican Train Dominoes, B 10:30 Uno, L 10:30 Aqua Fit Water Aerobics, PF 1:00 Resident-Led Bridge, CR 2:00 Ping Pong, PF 2:15 Poker, B 6:30 Life Tree Cafe Discussion Group, BLM	20 1:45 Balance Principles, PF 9:15 Head to Toe 30, PF 10:00 Vitals Clinic with Optimal, LB 10:00 Poker Dice, B 10:00 Arbours Head to Toe, L 1:30 Poker, B 3:00 Afternoon Movie, TH 3:00 Head to Toe 30, PF 3:00 Bingo!, BLM	21 9:00 Catholic Communion Service, AT 9:15 Head to Toe 60, PF 10:30 Aqua Fit Water Aerobics, PFPL 11:00 Supervised Swim & Water Walking, PFPL 12:00 Kim Clark Pop Up Boutique, BLM 2:00 Rummikub, LB 3:00 Dessert & Keyboard with Bobby Jackson, PL 3:00 Balance Beginners, PF	22 9:00 Wolf & Wildlife Center + Lunch, O 9:15 Head to Toe 30, PF 10:00 Pikes Peak Library, B 10:00 Arbours Head to Toe 30, L 10:45 Balance Principles, PF 1:00 Tiddly Wink Dominoes!, L 2:00 Poker, B 3:00 Afternoon Movie, TH 3:00 Head to Toe 30, PF	23 9:15 Head to Toe 60, PF 9:30 Hand & Foot Card Game, B 10:00 Wii Bowling, TH 10:00 Candy Bingo, L 10:15 Positively Living with Daniel, CR 11:00 MP Discussion Group (Socrates), BLM 1:00 Chair Yoga, PF 2:30 Friday Entertainment with Gus Meza, B 3:00 Balance Beginners, PF 6:30 New Release Movie Night, TH	24 9:15 Head to Toe 30, PF 9:30 Hand & Foot Card Game, B 10:30 Aqua Fit Water Aerobics, PFPL 1:00 Tiddly Wink Dominoes, L 2:00 Blood Pressure Check, PF 2:15 Walking Club with Rebecca, PF 2:15 Poker, B 3:00 Afternoon Movie, TH 3:00 Tai Chi Flow, PF 3:45 Seated Tai Chi, PF
9:15 Head to Toe 30, PF 10:30 Nondenominational Services, BLM 11:00 Sunday Brunch Buffet, B 11:00 Aqua Motion, PFPL 2:00 Poker, B 2:00 Sunday Afternoon Movie, TH 3:15 Bunco!, B 4:00 Hymns with Gordon Johnson, AL 5:30 Bingo Night!, BLM	25 9:15 Head to Toe 60, PF 9:30 Prayer Group, BLM 10:00 Bible Study, BLM 10:00 Wii Bowling, TH 10:00 Mexican Train Dominoes, B 10:30 Uno, L 10:30 Aqua Fit Water Aerobics, PF 1:00 Resident-Led Bridge, CR 2:00 Ping Pong, PF 2:15 Poker, B 4:30 Senior Manuel Dinner Outing, O 6:30 Life Tree Cafe Discussion Group, BLM	26 1:45 Balance Principles, PF 9:15 Head to Toe 30, PF 10:00 Arbours Head to Toe, L 10:00 Music with Skip Moore, PL 1:30 Poker, B 3:00 Afternoon Movie, TH 3:00 DOUBLE JACKPOT BINGO PRESENTED BY AMADA, BLM 3:00 Head to Toe 30, PF	27 9:00 Catholic Communion Service, AT 9:15 Head to Toe 60, PF 10:30 Aqua Fit Water Aerobics, PFPL 11:00 Supervised Swim & Water Walking, PFPL 2:00 Rummikub, LB 3:00 Balance Beginners, PF	28 9:00 Norman Rockwell Exhibit at Denver Art Museum + Lunch, O 9:15 Head to Toe 30, PF 10:00 Arbours Head to Toe 30, L 10:45 Balance Principles, PF 1:00 Tiddly Wink Dominoes!, L 2:00 Poker, B 3:00 Afternoon Movie, TH 3:00 Head to Toe 30, PF 3:30 BOOK CLUB, CR	29 9:15 Head to Toe 60, PF 9:30 Hand & Foot Card Game, B 10:00 Wii Bowling, TH 10:15 Positively Living with Daniel, CR 1:00 Chair Yoga, PF 2:30 Happy Hour with Gus Meza, B 3:00 Balance Beginners, PF 6:30 New Release Movie Night, TH	30 9:15 Head to Toe 30, PF 9:30 Hand & Foot Card Game, B 10:00 Aqua Fit Water Aerobics, PFPL 1:00 Tiddly Wink Dominoes, L 2:00 Blood Pressure Check, PF 2:15 Walking Club with Rebecca, PF 2:15 Poker, B 3:00 Afternoon Movie, TH 3:00 Tai Chi Flow, PF 3:45 Seated Tai Chi, PF
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <div style="border: 1px solid black; padding: 5px; margin: 10px auto; width: fit-content;"> <p>Daily Programs are subject to change. Afternoon Snack served daily at 2:30 p.m.</p> </div>		 <ul style="list-style-type: none"> ● Physical ● Social ● Experiential ● Emotional & Spiritual ● Creative & Artistic ● Therapeutic ● Sensory 	<p>MAY DAY 1</p> <ul style="list-style-type: none"> 9:20 ● Reach & Stretch 10:00 ● Scenic Drive 10:00 ● Concert on Qello 11:00 ● Indoor Gardening 11:15 ● Tana & Dalmatian Pet Visit 2:00 ● Movie Magic & Popcorn! 3:00 ● Music Social in the Piano Lounge! 4:00 ● Ball Play! 6:00 ● Documentary Dabble Night 6:30 ● Hand Massage 	<p>2</p> <ul style="list-style-type: none"> 9:20 ● Reach & Stretch 10:00 ● Traveling the World 10:00 ● We Bake It, You Take It! 1:30 ● Short Story Reading 2:00 ● Cornhole! 3:00 ● Big Band Thursday 3:30 ● What's That Smell? or Name That Tune 4:00 ● Exercise with PrimeFit 6:30 ● Thursday Throwback Classic TV 	<p>3</p> <ul style="list-style-type: none"> 9:20 ● Reach & Stretch 10:00 ● Elder Grow! 11:15 ● Indoor Gardening 1:30 ● Friday Book Club! 2:30 ● Entertainment in the Bistro 2:30 ● Happy Hour & Concert on Quello! 3:00 ● Hand Massage 4:00 ● Exercise with PrimeFit * 6:00 ● Comedy TV Night PF 	<p>4</p> <ul style="list-style-type: none"> 9:20 ● Reach & Stretch 10:00 ● Kentucky Derby Picks! 11:00 ● Indoor Gardening 1:30 ● Short Story Reading 2:00 ● Walking Club 2:30 ● Short Documentary & Reflection 4:00 ● Hand Therapy 4:25 ● Kentucky Derby Live on TV! 6:00 ● Saturday Night Movie
<p>5</p> <ul style="list-style-type: none"> 9:20 ● Reach & Stretch 10:00 ● Reminiscing Ball 10:30 ● Nondenominational Church Service 10:30 ● Jigsaws, Coffee & Conversation 1:30 ● Good News & Views 2:15 ● Coloring Arts to Music 3:00 ● Walking Club 3:45 ● Hymn Sing 6:00 ● Hand Therapy 	<p>6</p> <ul style="list-style-type: none"> 9:20 ● Reach & Stretch 10:30 ● Short Story Reading 11:00 ● Conversation Cards 11:00 ● Indoor Gardening 1:30 ● Uno! 2:15 ● Movie Matinee 4:00 ● Sketching the Outdoors 6:00 ● Hand Massage 	<p>7</p> <ul style="list-style-type: none"> 9:20 ● Reach & Stretch 9:50 ● Bingo for Candy 11:00 ● Conversation Cards 2:15 ● Traversing the World 3:00 ● Spiritual Sparkle & Devotional 3:30 ● Trivia & Weekly Crossword 4:00 ● Exercise with PrimeFit 6:00 ● Tuesday Night Concert Series 	<p>8</p> <ul style="list-style-type: none"> 9:20 ● Reach & Stretch 10:00 ● Scenic Drive 10:00 ● Concert on Qello 11:00 ● Indoor Gardening 11:15 ● Tana & Dalmatian Pet Visit 2:00 ● Movie Magic & Popcorn! 3:00 ● Music Social in the Piano Lounge! 4:00 ● Ball Play! 6:00 ● Documentary Dabble Night 6:30 ● Hand Massage 	<p>9</p> <ul style="list-style-type: none"> 9:20 ● Reach & Stretch 10:00 ● Traveling the World 10:00 ● We Bake It, You Take It! 1:30 ● Short Story Reading 2:00 ● Bowling League! 3:00 ● Big Band Thursday 3:30 ● Name That Tune! 4:00 ● Exercise with PrimeFit 4:00 ● Piano Recital with Students 6:30 ● Thursday Throwback Classic TV 	<p>10</p> <ul style="list-style-type: none"> 9:20 ● Reach & Stretch 10:00 ● Memories in the Making 11:00 ● Activities with Jordanna 11:15 ● Indoor Gardening 1:30 ● Friday Book Club! 2:30 ● Happy Hour & Concert on Quello! 2:30 ● Entertainment in the Bistro 3:00 ● Hand Massage 4:00 ● Exercise with PrimeFit * 6:00 ● Comedy TV Night PF 	<p>11</p> <ul style="list-style-type: none"> 9:20 ● Reach & Stretch 11:00 ● Indoor Gardening 1:30 ● Short Story Reading 2:00 ● Walking Club 2:00 ● Arts & Crafts – Painting 2:30 ● Short Documentary & Reflection 4:00 ● Hand Therapy 6:00 ● Saturday Night Movie
<p>MOTHER'S DAY 12</p> <ul style="list-style-type: none"> 9:20 ● Reach & Stretch 10:00 ● Reminiscing Ball 10:00 ● Mother's Day Craft! 10:30 ● Nondenominational Church Service 10:30 ● Jigsaws, Coffee & Conversation 1:30 ● Good News & Views 2:15 ● Coloring Arts to Music 3:00 ● Walking Club 3:45 ● Hymn Sing 6:00 ● Hand Therapy 	<p>13</p> <ul style="list-style-type: none"> 9:20 ● Reach & Stretch 10:30 ● Short Story Reading 11:00 ● Conversation Cards 11:00 ● Indoor Gardening 1:30 ● Uno! 2:15 ● Movie Matinee 4:00 ● Sketching the Outdoors 6:00 ● Hand Massage 	<p>14</p> <ul style="list-style-type: none"> 9:20 ● Reach & Stretch 9:50 ● Bingo for Candy 11:00 ● Conversation Cards 2:00 ● Coffee Social! 2:15 ● Traversing the World 3:00 ● Spiritual Sparkle & Devotional 3:30 ● Trivia & Weekly Crossword 4:00 ● Exercise with PrimeFit 6:00 ● Tuesday Night Concert Series 	<p>15</p> <ul style="list-style-type: none"> 9:20 ● Reach & Stretch 10:00 ● Scenic Drive 10:00 ● Concert on Qello 11:00 ● Indoor Gardening 11:15 ● Tana & Dalmatian Pet Visit 2:00 ● Movie Magic & Popcorn! 3:00 ● Music Social in the Piano Lounge! 4:00 ● Ball Play! 6:00 ● Documentary Dabble Night 6:30 ● Hand Massage 	<p>16</p> <ul style="list-style-type: none"> 9:20 ● Reach & Stretch 10:00 ● Traveling the World 10:00 ● We Bake It, You Take It! 1:30 ● Short Story Reading 2:00 ● Social on the Patio! 3:00 ● Big Band Thursday 3:30 ● What's That Smell? or Name That Tune 4:00 ● Exercise with PrimeFit 6:30 ● Thursday Throwback Classic TV 	<p>17</p> <ul style="list-style-type: none"> 9:20 ● Reach & Stretch 10:00 ● Grateful Friday 11:15 ● Indoor Gardening 1:30 ● Friday Book Club! 2:30 ● Entertainment in the Bistro 2:30 ● Happy Hour & Concert on Quello! 3:00 ● Hand Massage 4:00 ● Exercise with PrimeFit * 6:00 ● Comedy TV Night PF 	<p>18</p> <ul style="list-style-type: none"> 9:20 ● Reach & Stretch 9:50 ● Bingo! 10:00 ● Memories in the Making 11:00 ● Indoor Gardening 1:30 ● Short Story Reading 2:00 ● Walking Club 2:30 ● Short Documentary & Reflection 4:00 ● Hand Therapy 6:00 ● Saturday Night Movie
<p>19</p> <ul style="list-style-type: none"> 9:20 ● Reach & Stretch 10:00 ● Reminiscing Ball 10:30 ● Nondenominational Church Service 10:30 ● Jigsaws, Coffee & Conversation 1:30 ● Good News & Views 2:15 ● Coloring Arts to Music 3:00 ● Walking Club 3:45 ● Hymn Sing 6:00 ● Hand Therapy 	<p>20</p> <ul style="list-style-type: none"> 9:20 ● Reach & Stretch 10:30 ● Short Story Reading 11:00 ● Conversation Cards 11:00 ● Indoor Gardening 1:30 ● Uno! 2:15 ● Movie Matinee 4:00 ● Sketching the Outdoors 6:00 ● Hand Massage 	<p>21</p> <ul style="list-style-type: none"> 9:20 ● Reach & Stretch 9:50 ● Bingo for Candy 11:00 ● Conversation Cards 2:15 ● Traversing the World 3:00 ● Spiritual Sparkle & Devotional 3:30 ● Trivia & Weekly Crossword 4:00 ● Exercise with PrimeFit 6:00 ● Tuesday Night Concert Series 	<p>22</p> <ul style="list-style-type: none"> 9:20 ● Reach & Stretch 10:00 ● Scenic Drive 10:00 ● Concert on Qello 11:00 ● Indoor Gardening 11:15 ● Tana & Dalmatian Pet Visit 2:00 ● Movie Magic & Popcorn! 3:00 ● Music Social in the Piano Lounge! 4:00 ● Ball Play! 6:00 ● Documentary Dabble Night 6:30 ● Hand Massage 	<p>23</p> <ul style="list-style-type: none"> 9:20 ● Reach & Stretch 10:00 ● Traveling the World 10:00 ● We Bake It, You Take It! 1:30 ● Short Story Reading 2:00 ● Bowling League! 3:00 ● Big Band Thursday 3:30 ● Name That Tune! 4:00 ● Exercise with PrimeFit 6:30 ● Thursday Throwback Classic TV 	<p>24</p> <ul style="list-style-type: none"> 9:20 ● Reach & Stretch 10:00 ● Elder Grow! 11:15 ● Indoor Gardening 1:30 ● Friday Book Club! 2:30 ● Entertainment in the Bistro 2:30 ● Happy Hour & Concert on Quello! 3:00 ● Hand Massage 4:00 ● Exercise with PrimeFit * 6:00 ● Comedy TV Night PF 	<p>25</p> <ul style="list-style-type: none"> 9:20 ● Reach & Stretch 9:50 ● Bingo! 11:00 ● Indoor Gardening 1:30 ● Short Story Reading 2:00 ● Walking Club 2:00 ● Arts & Crafts – Painting 2:30 ● Short Documentary & Reflection 4:00 ● Hand Therapy 6:00 ● Saturday Night Movie
<p>26</p> <ul style="list-style-type: none"> 9:20 ● Reach & Stretch 10:00 ● Reminiscing Ball 10:30 ● Nondenominational Church Service 10:30 ● Jigsaws, Coffee & Conversation 1:30 ● Good News & Views 2:15 ● Coloring Arts to Music 3:00 ● Walking Club 3:45 ● Hymn Sing 6:00 ● Hand Therapy 	<p>MEMORIAL DAY 27</p> <ul style="list-style-type: none"> 9:20 ● Reach & Stretch 10:30 ● Short Story Reading 11:00 ● Conversation Cards 11:00 ● Indoor Gardening 1:30 ● Uno! 2:15 ● Movie Matinee 4:00 ● Sketching the Outdoors 6:00 ● Hand Massage 	<p>28</p> <ul style="list-style-type: none"> 9:20 ● Reach & Stretch 9:50 ● Bingo for Candy 10:00 ● Music in the Piano Lounge 11:00 ● Conversation Cards 2:00 ● Coffee Social! 2:15 ● Traversing the World 3:00 ● Spiritual Sparkle & Devotional 3:00 ● Music with George! 3:30 ● Trivia & Weekly Crossword 4:00 ● Exercise with PrimeFit 6:00 ● Tuesday Night Concert Series 	<p>29</p> <ul style="list-style-type: none"> 9:20 ● Reach & Stretch 10:00 ● Scenic Drive 10:00 ● Concert on Qello 11:00 ● Indoor Gardening 11:15 ● Tana & Dalmatian Pet Visit 2:00 ● Senior Fitness Day 6:00 ● Documentary Dabble Night 6:30 ● Hand Massage 	<p>30</p> <ul style="list-style-type: none"> 9:20 ● Reach & Stretch 10:00 ● Traveling the World 10:00 ● We Bake It, You Take It! 1:30 ● Short Story Reading 2:00 ● Birthday Party! 3:00 ● Big Band Thursday 4:00 ● Exercise with PrimeFit 6:30 ● Thursday Throwback Classic TV 	<p>31</p> <ul style="list-style-type: none"> 9:20 ● Reach & Stretch 10:00 ● Bingo! 11:00 ● Activities with Jordanna 11:15 ● Indoor Gardening 1:30 ● Friday Book Club! 2:30 ● Happy Hour & Concert on Quello! 2:30 ● Entertainment in the Bistro 3:00 ● Hand Massage 4:00 ● Exercise with PrimeFit * 6:00 ● Comedy TV Night PF 	<p>Birthdays Roy Heimburger, 17th Elizabeth Moore, 30th</p> 