

livfun

Mackenzie Place
COLORADO SPRINGS

SEPTEMBER 2019 • FALL INTO FUN

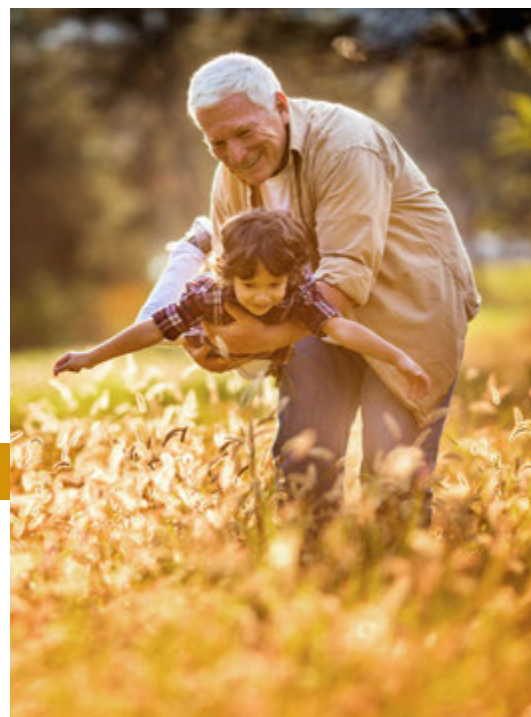
Connecting With Grandkids

Grandparents Day, the first Sunday after Labor Day, celebrates the relationship between generations. Whether your loved ones live near or far, there are a variety of ways to connect with them and create lasting memories.

Maintaining regular contact is the key to developing enduring bonds. This could mean making weekly visits or phone calls, or sending "just because" cards by mail. With technology such as email, text messaging, video calls and social media websites, it's even easier to stay in touch.

People of all ages enjoy hearing stories from their older relatives. Retailers offer grandparent journals, which contain prompts to help you write about your life experiences. Your loved ones will treasure reading about those memories now and for years to come. Creating these keepsakes can be a fun hobby and help you feel closer to your family, even when you're apart.

You've probably heard the saying "They may forget what you said, but they will never forget how you made them feel." What grandchildren will value most from you is love and support. Showing interest in their lives, offering a listening ear, and saying "I love you" are all simple yet shining ways of being a great grandparent.



Reasons To Read

Getting lost in a good book is an enjoyment for many people. More than just entertainment, reading has been shown to be good for your health.

Boosts brain power – Much like exercise for the body, reading a book is a workout for the brain. Critical thinking is required to process the text, make connections between chapters and retain information. This forges new pathways in the brain, which can help protect against cognitive decline.

Increases empathy – When immersed in reading, especially a fiction story, we are likely to identify with the characters and their emotions. This may help us better relate to people in real life, strengthening bonds and prompting positive interactions.

Promotes sleep – A bedtime routine that includes reading with dimmed lights sends a signal to the body that it's time to wind down. Physical books work best at night since the glare from digital devices can disrupt sleep.

Reduces stress – A page-turner often transports the reader to another world, providing a break from worries. Participants in one study began to relax after just six minutes of reading.

The Queen of Fall Flowers

Chrysanthemums provide a splash of color in fall flowerbeds and centerpieces. Celebrate this seasonal favorite with a bouquet of floral facts:

- Native to China, the flower was grown as early as 1400 B.C. and used as an herbal remedy.
- The first chrysanthemums had small yellow blooms, inspiring their name, which comes from the Greek words meaning "gold flower."
- Today, mums are available in nearly any color. Common hues include yellow, orange, red, purple and white.
- There are 40 wild species of chrysanthemum, with thousands of cultivated varieties.
- The flower is a symbol of joy, love, loyalty and longevity.
- Chrysanthemums are treasured in Chinese and Japanese culture. Both countries hold annual festivals honoring the flower, and feature it in their artwork and literature.
- The chrysanthemum is one of the top-selling potted plants in the U.S., and is often called the "queen of fall flowers."
- Mums are air-purifying houseplants. The blooms also contain a substance that can repel certain insects.
- The chrysanthemum is the traditional flower for a 13th wedding anniversary, as well as the birth flower for November.

An Abundance of Apples

Eaten as a snack or in a homemade dessert, apples are a favorite fruit, especially in autumn. You're sure to fall for one of these common varieties:

Gala – Small and sweet, Gala apples are ideal for snacking, and that makes them the top pick among consumers and the most-grown apple in America. Galas can be creamy yellow to red, and are often striped.

Red Delicious – Until recent years, the Red Delicious was the country's most popular apple. This variety is known for its crimson skin and mild flavor.

Granny Smith – Bright green and tart, Granny Smith apples are prized for their versatility. They're often featured in pies and baked goods.

Fuji – Developed in Japan and named after Mount Fuji, this very sweet apple is firm and crisp. Its skin is similar to the Gala.

Honeycrisp – The name of this apple says it all – it's sweet, juicy and crispy, perfect for eating raw. Honeycrisps are also good baked or cooked in both sweet and savory recipes.

Braeburn – Bite into a Braeburn, and you'll taste the subtle spices of cinnamon and nutmeg in addition to the classic apple flavor. This variety's colors range from yellow to orange to deep red.

Honey and Health

Honey, the sweet, golden nectar produced by bees, has been treasured for thousands of years not only for its taste, but also its healing properties.

Antioxidants: Honey is full of these powerful compounds that help protect the body's cells from damage and have been linked to a reduced risk of heart attack, stroke and some types of cancer. Dark varieties of honey, such as the kind made from buckwheat flowers, have the highest antioxidant levels.

Antibacterial properties: Ancient Egyptians used honey's antibacterial power to heal wounds and burns, and modern-day health professionals sometimes use medical-grade honey as a wound treatment. Honey's antiseptic qualities and ability to promote healing make it a popular ingredient in skin care products. Honey is also used in hair care products to soothe various scalp conditions.

Anti-inflammatory effects: There's a reason why honey is often touted as a remedy for a sore throat or a cough. Multiple studies have shown honey to be a better cough suppressant than several over-the-counter medicines because of its anti-inflammatory properties. Honey's soothing effect may also provide relief from acid reflux symptoms.

It's important to remember that honey is still sugar and can affect blood sugar levels. Talk to your health care provider about consuming honey.

Painting With Bob Ross

With his soothing voice and ability to turn a blank canvas into a beautiful painting in just 30 minutes, Bob Ross mesmerized millions of fans who tuned in to his TV show, "The Joy of Painting."

Ross took up oil painting while serving in the U.S. Air Force. The Florida native was stationed in Alaska when he saw snow and mountains for the first time, and both served as inspiration for his paintings. He practiced the "wet-on-wet" technique, in which oil paints are applied on top of one another without waiting for each layer to dry.

After 20 years in the military, Ross returned to civilian life and held painting workshops in shopping malls, then launched his show on public television in 1983. Wearing jeans and a button-down shirt and sporting his signature curly hairstyle, Ross guided viewers through his quick process of painting a landscape, making it look effortless. Audiences were drawn to his soft-spoken voice and words of encouragement, which included gems such as, "We don't make mistakes. We just have happy accidents."

Ross hosted "The Joy of Painting" for 11 years. He also taught classes and created a line of art supplies and how-to videos. Today, certified Bob Ross instructors carry on his legacy by teaching classes to budding artists.



RETIREMENT
IN FULL BLOOM

1605 Elm Creek View
Colorado Springs, CO 80907
719.633.8181

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:15 Head to Toe 30, PF 10:00 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	LABOR DAY 9:15 Head to Toe 60, PF 10:00 Bible Study, BLM 10:00 Wii Bowling, TH 10:00 Mexican Train Dominoes, B 10:30 Aqua Fit Water Aerobics, PF 10:30 Uno, L 1:00 Resident-Led Bridge, CR 2:00 Ping Pong, PF 2:15 Poker, B	9:15 Head to Toe 30, PF 10:00 Arbours Head to Toe, L 1:30 Poker, B 1:45 Balance Principles, PF 3:00 Afternoon Movie, TH 3:00 Head to Toe 30, PF 3:00 Bingo!, BLM 4:30 Mason Jar Dinner Outing, O	9:00 Catholic Communion Service, AT 9:15 Head to Toe 60, PF 9:30 Seamstress, PF 10:30 Aqua Fit Water Aerobics, PFPL 11:00 Supervised Swim & Water Walking, PFPL 11:00 TOWN HALL MEETING, BLM 2:00 Rummikub, LB 3:00 Balance Beginners, PF 3:00 Music with Starlighters, PL	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	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 2:30 Happy Hour with George Whitesell, B 3:00 Balance Beginners, PF 6:30 Movie Night, TH	9:15 Head to Toe 30, PF 9:30 Hand & Foot Card Game, B 10:30 Aqua Fit Water Aerobics, PFPL 1:45 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 4:00 Music with Nate Stuart, PL
9:15 Head to Toe 30, PF 10:00 Nondenominational Services, BLM 10:00 Grandparents Day!, TD 11:00 Sunday Brunch Buffet, B 11:00 Aqua Motion, PFPL 4:00 Hymns with Gordon Johnson, AL	9:15 Head to Toe 60, PF 10:00 Bible Study, BLM 10:00 Wii Bowling, TH 10:00 Mexican Train Dominoes, B 10:30 Aqua Fit Water Aerobics, PF 10:30 Uno, L 1:00 Resident-Led Bridge, CR 2:00 Ping Pong, PF 2:15 Poker, B	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 1:45 Balance Principles, PF 3:00 Afternoon Movie, TH 3:00 Head to Toe 30, PF 3:00 Bingo!, BLM	PATRIOT DAY 9:00 Catholic Communion Service, AT 9:15 Head to Toe 60, PF 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	9:15 Head to Toe 30, PF 10:00 Pikes Peak Library, B 10:00 Arbours Head to Toe 30, L 10:00 Ask An Attorney, LB 10:00 Lunch + May Natural History Museum, O 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	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 1:00 Chair Yoga, PF 2:30 SEPTEMBER BIRTHDAY BASH WITH GEORGE SISNEROS, B 3:00 Balance Beginners, PF 6:30 Movie Night, TH	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 1:45 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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ROSH HASHANAH BEGINS AT SUNSET 9:15 Head to Toe 30, PF 10:00 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 5:30 Bingo Night!, BLM	9:15 Head to Toe 60, PF 10:00 Bible Study, BLM 10:00 Wii Bowling, TH 10:30 Aqua Fit Water Aerobics, PF 10:30 Uno, L 1:00 Resident-Led Bridge, CR 2:00 Ping Pong, PF 2:15 Poker, B 4:30 Paravicini's Italian Bistro, O	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 Wanda Stockwell, 1st Cornelia Pond, 2nd Bud Martin, 2nd Richard Margeson, 2nd Margaret Armstrong, 4th John Megow, 5th Evelyn Luddeke, 6th John Wittry, 6th Ilse Snyder, 6th Nan Bates, 9th Roger Rhodes, 12th Mary Schoenecker, 12th Ann Price, 13th Nancy Loveall, 13th William Johnson, 14th Robert Pietsch, 19th Jon Wroblewski, 19th Petie Leggett, 20th Esfandiar Safayan, 21st Patricia Giffen, 25th Helen Zeimet, 26th Carolyn Ogren, 28th Barbara Adkisson, 29th Millie Sturgis, 29th Paul Barton, 30th	Transportation Monday, 8:30 a.m. & 1 p.m.: Austin Bluffs, Academy, N. Union, N. Nevada Tuesday, 8:30 a.m. & 1 p.m.: Powers, Austin Bluffs, Academy & Union Wednesday, 1 p.m.: Uintah Gardens, Downtown, Manitou, Bon Shopping Thursday, Outing Days: Sign Up In The Book Friday, 8:30 a.m. & 1 p.m.: Academy & Platte, N. Circle, Uintah, Union		

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<p>9:20 ● Reach & Stretch</p> <p>9:45 ● Nondenominational Church Service</p> <p>10:00 ● Morning Movie Matinee</p> <p>1:30 ● Good News & Views</p> <p>2:00 ● Cornhole or Toss the Ball</p> <p>2:30 ● Snack & Chat!</p> <p>3:00 ● Travel with Rick Steves!</p> <p>3:45 ● Hymn Sing</p> <p>4:00 ● Classic TV</p> <p>6:00 ● Hand Therapy</p>	<p>LABOR DAY</p> <p>9:20 ● Reach & Stretch</p> <p>9:35 ● Indoor Gardening</p> <p>10:00 ● Creative Arts</p> <p>11:00 ● Trivia Time</p> <p>1:30 ● Walking Club</p> <p>2:00 ● Cornhole or Toss the Ball</p> <p>2:30 ● Snack & Chat!</p> <p>3:00 ● Music Memories</p> <p>3:30 ● Reminiscing & Discussion</p> <p>4:15 ● Word Puzzles</p> <p>6:00 ● Hand Massage</p>	<p>9:20 ● Reach & Stretch</p> <p>9:50 ● Bingo</p> <p>11:00 ● Conversation Cards</p> <p>11:30 ● Outdoor Gardening</p> <p>1:30 ● Short Story Reading</p> <p>2:00 ● Memories in the Making</p> <p>2:30 ● Snack & Chat!</p> <p>3:15 ● Spiritual Sparkle & Devotional</p> <p>4:00 ● Exercise with PrimeFit</p> <p>6:00 ● Tuesday Night Concert Series</p>	<p>9:20 ● Reach & Stretch</p> <p>10:00 ● Concert on Qello</p> <p>10:00 ● Scenic Drive</p> <p>11:00 ● Indoor Gardening</p> <p>11:15 ● Tana & Dalmatian Pet Visit</p> <p>1:45 ● Movie Magic & Popcorn!</p> <p>2:30 ● Snack & Chat!</p> <p>3:00 ● Music Social in the Piano Lounge!</p> <p>4:00 ● Let's Play Ball!</p> <p>6:00 ● Documentary Dabble Night</p> <p>6:30 ● Hand Massage</p>	<p>9:20 ● Reach & Stretch</p> <p>10:00 ● Baking Soda Paint</p> <p>11:00 ● Karaoke Thursday!</p> <p>11:30 ● Outdoor Gardening</p> <p>1:30 ● Short Story Reading</p> <p>2:00 ● National Cheese Pizza Day</p> <p>2:30 ● Snack & Chat!</p> <p>3:00 ● Trivia & Crossword</p> <p>3:30 ● Name That Tune!</p> <p>4:00 ● Exercise with PrimeFit</p> <p>6:30 ● Thursday Throwback Classic TV</p>	<p>9:20 ● Reach & Stretch</p> <p>10:15 ● Indoor Gardening</p> <p>11:00 ● ElderGrow!</p> <p>1:30 ● Friday Book Club!</p> <p>2:30 ● Snack & Chat!</p> <p>2:30 ● Happy Hour & Concert on Quello!</p> <p>2:30 ● Entertainment in the Bistro</p> <p>3:00 ● Hand Massage</p> <p>4:00 ● Exercise with PrimeFit *</p> <p>6:00 ● Comedy TV Night PF</p>	<p>9:20 ● Reach & Stretch</p> <p>9:50 ● Bingo!</p> <p>11:00 ● Indoor Gardening</p> <p>1:30 ● Short Story Reading</p> <p>2:00 ● Jigsaw Puzzles!</p> <p>2:30 ● Snack & Chat!</p> <p>3:00 ● Walking Club</p> <p>4:00 ● Hand Therapy</p> <p>6:00 ● Saturday Night Movie</p>	
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<p>9:20 ● Reach & Stretch</p> <p>9:45 ● Nondenominational Church Service</p> <p>10:00 ● Morning Movie Matinee</p> <p>1:30 ● Good News & Views</p> <p>2:00 ● Cornhole or Toss the Ball</p> <p>2:30 ● Snack & Chat!</p> <p>3:00 ● Travel with Rick Steves!</p> <p>3:45 ● Hymn Sing</p> <p>4:00 ● Classic TV</p> <p>6:00 ● Hand Therapy</p>	<p>9:20 ● Reach & Stretch</p> <p>9:35 ● Indoor Gardening</p> <p>10:00 ● Creative Arts</p> <p>11:00 ● Trivia Time</p> <p>1:30 ● Walking Club</p> <p>2:00 ● Cornhole or Toss the Ball</p> <p>2:30 ● Snack & Chat!</p> <p>3:00 ● Music Memories</p> <p>3:30 ● Reminiscing & Discussion</p> <p>4:15 ● Word Puzzles</p> <p>6:00 ● Hand Massage</p>	<p>9:20 ● Reach & Stretch</p> <p>9:50 ● Bingo</p> <p>11:00 ● Conversation Cards</p> <p>11:30 ● Outdoor Gardening</p> <p>1:30 ● Short Story Reading</p> <p>2:00 ● Memories in the Making</p> <p>2:30 ● Snack & Chat!</p> <p>3:15 ● Spiritual Sparkle & Devotional</p> <p>4:00 ● Exercise with PrimeFit</p> <p>6:00 ● Tuesday Night Concert Series</p>	<p>9:20 ● Reach & Stretch</p> <p>10:00 ● Concert on Qello</p> <p>10:00 ● Scenic Drive</p> <p>11:00 ● Indoor Gardening</p> <p>11:15 ● Tana & Dalmatian Pet Visit</p> <p>1:45 ● Movie Magic & Popcorn!</p> <p>2:30 ● Rice Krispie Treat Day!</p> <p>2:30 ● Snack & Chat!</p> <p>3:00 ● Music Social in the Piano Lounge!</p> <p>4:00 ● Let's Play Ball!</p> <p>6:00 ● Documentary Dabble Night</p> <p>6:30 ● Hand Massage</p>	<p>9:20 ● Reach & Stretch</p> <p>10:00 ● Salt Painting</p> <p>11:00 ● Karaoke Thursday!</p> <p>11:30 ● Outdoor Gardening</p> <p>1:30 ● Short Story Reading</p> <p>2:00 ● Mini Golf</p> <p>2:30 ● Snack & Chat!</p> <p>3:00 ● Trivia & Crossword</p> <p>4:00 ● Exercise with PrimeFit</p> <p>6:30 ● Thursday Throwback Classic TV</p>	<p>9:20 ● Reach & Stretch</p> <p>10:15 ● Indoor Gardening</p> <p>11:00 ● ElderGrow!</p> <p>1:30 ● Friday Book Club!</p> <p>2:30 ● Snack & Chat!</p> <p>2:30 ● Happy Hour & Concert on Quello!</p> <p>2:30 ● Entertainment in the Bistro</p> <p>3:00 ● Hand Massage</p> <p>4:00 ● Exercise with PrimeFit *</p> <p>6:00 ● Comedy TV Night PF</p>	<p>9:20 ● Reach & Stretch</p> <p>9:50 ● Bingo!</p> <p>10:00 ● National Mini Golf Day!</p> <p>11:00 ● Indoor Gardening</p> <p>1:30 ● Short Story Reading</p> <p>2:00 ● Jigsaw Puzzles!</p> <p>2:30 ● Snack & Chat!</p> <p>3:00 ● Walking Club</p> <p>4:00 ● Hand Therapy</p> <p>6:00 ● Saturday Night Movie</p>	
<p>9:20 ● Reach & Stretch</p> <p>9:45 ● Nondenominational Church Service</p> <p>10:00 ● Morning Movie Matinee</p> <p>1:30 ● Good News & Views</p> <p>2:00 ● Cornhole or Toss the Ball</p> <p>2:30 ● Snack & Chat!</p> <p>3:00 ● Travel with Rick Steves!</p> <p>3:45 ● Hymn Sing</p> <p>4:00 ● Classic TV</p> <p>6:00 ● Hand Therapy</p>	<p>AUTUMN BEGINS</p> <p>9:20 ● Reach & Stretch</p> <p>9:35 ● Indoor Gardening</p> <p>10:00 ● Cooking with Rhonda</p> <p>11:00 ● Trivia Time</p> <p>1:30 ● Walking Club</p> <p>2:00 ● Cornhole or Toss the Ball</p> <p>2:30 ● Snack & Chat!</p> <p>3:00 ● Music Memories</p> <p>3:30 ● Reminiscing & Discussion</p> <p>4:15 ● Word Puzzles</p> <p>6:00 ● Hand Massage</p>	<p>9:20 ● Reach & Stretch</p> <p>9:50 ● Bingo</p> <p>11:00 ● Conversation Cards</p> <p>11:30 ● Outdoor Gardening</p> <p>1:30 ● Short Story Reading</p> <p>2:00 ● Memories in the Making</p> <p>2:30 ● Snack & Chat!</p> <p>3:00 ● Music with George!</p> <p>4:00 ● Exercise with PrimeFit</p> <p>6:00 ● Tuesday Night Concert Series</p>	<p>9:20 ● Reach & Stretch</p> <p>10:00 ● Concert on Qello</p> <p>10:00 ● Scenic Drive</p> <p>11:00 ● Indoor Gardening</p> <p>11:15 ● Tana & Dalmatian Pet Visit</p> <p>1:45 ● Movie Magic & Popcorn!</p> <p>2:30 ● Snack & Chat!</p> <p>3:00 ● Music Social in the Piano Lounge!</p> <p>4:00 ● Let's Play Ball!</p> <p>6:00 ● Documentary Dabble Night</p> <p>6:30 ● Hand Massage</p>	<p>9:20 ● Reach & Stretch</p> <p>10:00 ● Dough Making</p> <p>11:00 ● Karaoke Thursday!</p> <p>11:30 ● Outdoor Gardening</p> <p>1:30 ● Short Story Reading</p> <p>2:00 ● Bowling League!</p> <p>2:30 ● Snack & Chat!</p> <p>3:00 ● Trivia & Crossword</p> <p>3:30 ● Name That Tune!</p> <p>4:00 ● Exercise with PrimeFit</p> <p>6:30 ● Thursday Throwback Classic TV</p>	<p>9:20 ● Reach & Stretch</p> <p>10:15 ● Indoor Gardening</p> <p>1:30 ● Friday Book Club!</p> <p>2:30 ● Entertainment in the Bistro</p> <p>2:30 ● Happy Hour & Concert on Quello!</p> <p>2:30 ● Snack & Chat!</p> <p>3:00 ● Hand Massage</p> <p>4:00 ● Exercise with PrimeFit *</p> <p>6:00 ● Comedy TV Night PF</p>	<p>9:20 ● Reach & Stretch</p> <p>9:50 ● Bingo!</p> <p>11:00 ● Indoor Gardening</p> <p>1:30 ● Short Story Reading</p> <p>2:30 ● Snack & Chat!</p> <p>3:00 ● Walking Club</p> <p>4:00 ● Hand Therapy</p> <p>6:00 ● Saturday Night Movie</p>	
<p>ROSH HASHANAH BEGINS AT SUNSET</p> <p>9:20 ● Reach & Stretch</p> <p>9:45 ● Nondenominational Church Service</p> <p>10:00 ● Morning Movie Matinee</p> <p>1:30 ● Good News & Views</p> <p>2:00 ● Cornhole or Toss the Ball</p> <p>2:30 ● Snack & Chat!</p> <p>3:00 ● Travel with Rick Steves!</p> <p>3:45 ● Hymn Sing</p> <p>4:00 ● Classic TV</p> <p>6:00 ● Hand Therapy</p>	<p>9:20 ● Reach & Stretch</p> <p>9:35 ● Indoor Gardening</p> <p>11:00 ● Trivia Time</p> <p>1:30 ● Walking Club</p> <p>2:00 ● Cornhole or Toss the Ball</p> <p>2:30 ● Snack & Chat!</p> <p>3:00 ● Music Memories</p> <p>3:30 ● Reminiscing & Discussion</p> <p>4:15 ● Word Puzzles</p> <p>6:00 ● Hand Massage</p>	<p>Birthdays</p> <p>Patricia Giffen, 25th</p>					<p>opal key</p> <ul style="list-style-type: none"> Physical Social Experiential Emotional & Spiritual Creative & Artistic Therapeutic Sensory

Daily Programs are subject to change.
Afternoon Snack served daily at 2:30 p.m.

