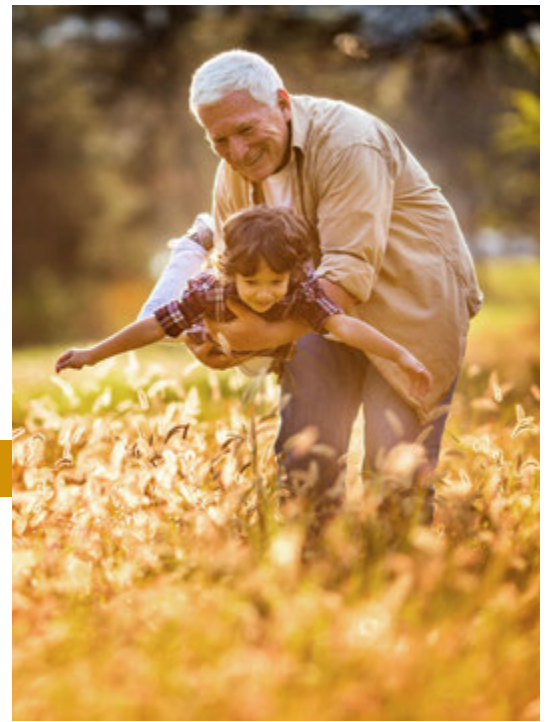


# livfun

The Cottages at  
DARTMOUTH VILLAGE

SEPTEMBER 2019 • FALL INTO FUN



## Look What's Happening!



*Tina is enjoying the fresh basil from our garden.*



*Fred watering his tomato plants!*

### **National Assisted Living Week, Sept. 8-14**

**Sunday, Sept. 8:** Celebrating Grandparents Day. Fun for the whole family!

- 1 p.m., Petting Zoo
- 2:30 p.m., Entertainment by Billy Couto

**Wednesday, Sept. 11:** Third Annual "Dancing With the Staff" Contest



### **Thursday, Sept. 12:**

- Resident Art Show
- Wine and Cheese Reception and Entertainment

**Tuesday, Sept. 24:** Fall Harvest Dinner and Entertainment by Jordan Paiva

**Thursday, Sept. 26 :** Pachet Brook Farm Hayride



*We had a great time at the Car Show!*

## 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.



*George Regis, proud grandfather of 13 grandchildren and 17 great-grandchildren*

# Message From Jake

I've been a volunteer here for one year now and it has been a rewarding experience. As a volunteer, I help with activities, spend one-on-one time with residents, and I create presentations with topics of interest.

This volunteering opportunity has opened my eyes to new and interesting experiences and accounts from the residents. This has been a privilege for me because many people my age do not have the opportunity to connect and learn valuable wisdom.

I am grateful for the time I have spent here getting to know the wonderful staff members and residents. Although I am going to school in the fall, I will still be visiting the community for my monthly commitments.

I am currently entering my senior year at UMASS Dartmouth, where I am studying Medical Laboratory Science and Pre-Medicine. I plan on applying to medical schools all over the country to fulfill my dream of becoming a kidney doctor. My life goal is to make a difference in as many lives as possible, and my time here has provided me with an excellent foundation for accomplishing my dreams.



There is always good conversation with Jake at Happy Hour.

## THE COTTAGES AT DARTMOUTH VILLAGE

A LEISURE CARE ASSISTED LIVING & MEMORY CARE COMMUNITY

274 Slocum Road  
North Dartmouth, MA 02747  
508.999.0404

### Staff

**General Manager**  
Jodi Joubert

**Assistant General Manager**  
Ann LaMere

**Community Sales Manager**  
Ashley Leite

**Chef**  
Angela Pina

**Health and Wellness Director**  
Sonya Costa

**Memory Care  
Program Manager**  
Margaret Szala

**Office Manager**  
Kathy Squatrito

**Program Supervisor**  
Claudia Parascandolo

**Plant Operations Supervisor**  
Robert Wardwell

## Living Passionately No Matter What Your Age

**By Isabel Allende**

Your spirit never ages

Positive Attitude

Let go of grudges

Live mindful, live in the moment

Meditate daily

Accept dependency

Engage every day

Say "yes" to life; it's time to celebrate



Good friends!



Cape Cod cruise!



Enjoying family at the fire pit!

Make your  
"someday"  
today.

Get on board with  
**TRAVEL BY LEISURE CARE**



**Bermuda Cruise**

October 20-27, 2019

**West Caribbean Cruise**

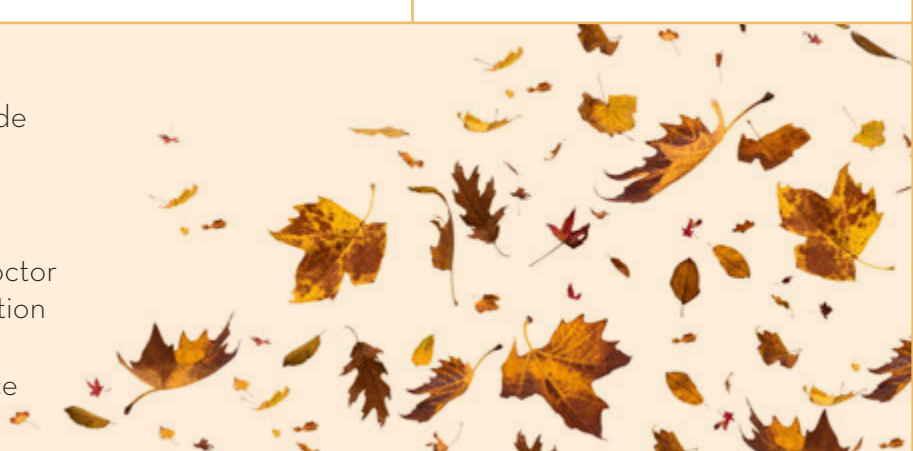
February 22-27, 2020

For more information,  
or to book your getaway, contact:  
Carol Dennis at 1-888-468-2010



**TRAVEL BY LEISURE CARE**  
POWERED BY TWIST TRAVEL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>1 LABOR DAY</b></p> <p>10:00 Morning Stretch, CC 10:30 Coffee &amp; News 2:00 Penny Ante, CC 3:30 Popular TV Classics, CC 6:30 4 Kings in a Corner, BC</p>	<p><b>2</b></p> <p>10:00 Strength Training, BC 10:30 Word Game, BC 11:00 Hello Neighbor, CdC 2:00 Art Studio, CdC 3:30 Patio Gathering, CC 6:00 Local Sightseeing, RR</p>	<p><b>3</b></p> <p>10:00 PrimeFit, AC 10:30 Word in a Word, AC 11:00 Hello Neighbor <b>2:30 Resident Council Meeting, CC</b> 3:30 Happy Hour, CC 6:30 Rummicub</p>	<p><b>4</b></p> <p>10:00 Strength Training, CdC 10:30 Brain Fit, CdC 12:00 Birthday Luncheon, CC <b>2:30 Catholic Mass, CdC</b> 3:00 Bocce, C 6:30 4 Kings in a Corner</p>	<p><b>5</b></p> <p>10:00 PrimeFit, BC 10:30 Rosary &amp; Communion, BC <b>11:30 Out to Lunch, RR</b> 2:00 4 Kings in the Corner, AC 3:30 Patio Gathering, C 6:30 Movie Night, CC</p>	<p><b>6</b></p> <p>10:00 Strength Training, CdC 10:30 Brain Fit, CdC 10:30 Visit with Mazie 1:30 Nail Polishing 2:20 Card Game 3:30 Happy Hour, CC</p>	<p><b>7</b></p> <p>10:00 Stretch &amp; Flex, AC 10:30 Word in a Word, AC 2:00 Bingo, CC 3:30 Cornhole, C 6:30 Rummikub, BC</p>
<p><b>8</b></p> <p>10:00 Morning Stretch, CC 10:30 Coffee &amp; News <b>1:30 4 P.M. FAMILY DAY WITH PETTING ZOO, C</b> <b>2:30 Entertainment by Billy Couto's Band, C</b> 6:30 4 Kings in a Corner, BC</p>	<p><b>9</b></p> <p>10:00 Strength Training, BC 10:30 Word Game, BC 11:00 Hello Neighbor, CdC 2:00 Art Studio 3:30 Patio Gathering, CC 6:00 Local Sightseeing, RR</p>	<p><b>10</b></p> <p>10:00 PrimeFit, AC 10:30 Word in a Word, AC 11:00 Hello Neighbor <b>2:30 Wellness Talk with Sonya, CC</b> 3:30 Happy Hour, CC 6:30 Rummicub</p>	<p><b>11 PATRIOT DAY</b></p> <p>10:00 Strength Training, CdC 10:30 Brain Fit, CdC <b>2:00 4th Annual "Dancing with the Staff" Contest, CC</b> 3:30 Refreshments Served, CC 6:30 4 Kings in a Corner</p>	<p><b>12</b></p> <p>10:00 PrimeFit, BC 10:30 Rosary &amp; Communion, BC 2:00 4 Kings in the Corner, AC <b>3:30 Resident Art Exhibit with Wine &amp; Cheese Reception, AC</b> 6:30 Movie Night, CC</p>	<p><b>13</b></p> <p>10:00 Strength Training, CdC 10:30 Brain Fit, CdC 10:30 Visit with Mazie 1:30 Nail Polishing 2:30 Musical Connections, CC 3:30 Card Game</p>	<p><b>14</b></p> <p>10:00 Stretch &amp; Flex, AC 10:30 Word in a Word, AC 2:00 Bingo, CC 3:30 Bocce, C 6:30 Rummicub</p>
<p><b>15</b></p> <p>10:00 Morning Stretch, CC 10:30 Coffee &amp; News 2:00 Penny Ante, CC 3:30 Popular TV Classics, CC 6:30 4 Kings in a Corner, BC</p>	<p><b>16</b></p> <p>10:00 Strength Training, BC 10:30 Word Game, BC 11:00 Hello Neighbor, CdC 2:00 Art Studio 3:30 Patio Gathering, CC 6:00 Local Sightseeing, RR</p>	<p><b>17</b></p> <p>10:00 PrimeFit, AC 10:30 Word in a Word, AC 11:00 Hello Neighbor <b>2:00 Cuisine Demonstration with Chef Angela, CC</b> 3:30 Happy Hour, CC 6:30 Rummicub</p>	<p><b>18</b></p> <p>10:00 Strength Training, CdC 10:30 Brain Fit, CdC 11:00 Hello Neighbor 2:00 In the Spotlight 3:00 "Wheel of Fortune" 6:30 4 Kings in a Corner</p>	<p><b>19</b></p> <p>10:00 PrimeFit, BC 10:30 Rosary &amp; Communion, BC <b>1:30 Sunrise Bakery, RR</b> 2:00 4 Kings in the Corner, AC 6:30 Movie Night, CC</p>	<p><b>20</b></p> <p>10:00 Strength Training, CdC 10:30 Brain Fit, CdC 10:30 Visit with Mazie 1:30 Nail Polishing 2:30 4 Letter Scrabble, BC 3:30 Happy Hour, CC</p>	<p><b>21</b></p> <p>10:00 Stretch &amp; Flex, AC 10:30 Word in a Word, AC 2:00 Bingo, CC 3:30 Corn Hole, C 6:30 Rummikub</p>
<p><b>22</b></p> <p>10:00 Morning Stretch, CC 10:30 Coffee &amp; News 2:00 Penny Ante, CC 3:30 Popular TV Classics, CC 6:30 4 Kings in a Corner, BC</p>	<p><b>23 AUTUMN BEGINS</b></p> <p>10:00 Strength Training, BC 10:30 Word Game, BC 11:00 Hello Neighbor, CdC 2:00 Art Studio 3:30 Patio Gathering, CC 6:00 Local Sightseeing, RR</p>	<p><b>24</b></p> <p>10:00 PrimeFit, AC 10:30 Word in a Word, AC 11:00 Hello Neighbor 2:00 Resident Program Meeting, CC 3:30 Happy Hour, CC <b>5:00 Harvest Dinner with Jordan Paiva, CC</b> 6:30 Rummicub</p>	<p><b>25</b></p> <p>10:00 Strength Training, CdC 10:30 Brain Fit, CdC 6:30 4 Kings in a Corner</p>	<p><b>26</b></p> <p>10:00 PrimeFit, BC 10:30 Rosary &amp; Communion, BC <b>1:30 Pachet Brook Farm Hayride, RR</b> 2:00 4 Kings in the Corner, AC 3:30 Happy Hour, CC 6:30 Movie Night, CC</p>	<p><b>27</b></p> <p>10:00 Strength Training, CdC 10:30 Brain Fit, CdC 10:30 Visit with Mazie 1:30 Nail Polishing 2:30 Musical Connections, CC 3:30 Patio Refreshments</p>	<p><b>28</b></p> <p>10:00 Stretch &amp; Flex, AC 10:30 Word in a Word, AC 2:00 Bingo, CC 3:30 Bocce, C 6:30 Rummikub</p>
<p><b>29 ROSH HASHANAH BEGINS AT SUNSET</b></p> <p>10:00 Morning Stretch, CC 10:30 Coffee &amp; News 2:00 Penny Ante, CC 3:30 Popular TV Classics, CC 6:30 4 Kings in a Corner, BC</p>	<p><b>30</b></p> <p>10:00 Strength Training, BC 10:30 Word Game, BC 11:00 Hello Neighbor, CdC 2:00 Art Studio 3:30 Patio Gathering, CC 6:00 Local Sightseeing, RR</p>	<p><b>Birthdays</b> Cletus Lawson, 8th Eileen Rozario, 18th Judy Patten, 25th</p> <p><b>Locations</b> All Cottages, ALC Aspen Cottage, AC Birch Cottage, BC Cedar Cottage, CdC Community Center, CC Courtyard, C Front Patio, FP Refer To "Daily Program Schedule" For Location, DPS Reservations Required, RR</p> <p><b>Transportation</b> <b>Monday, 6 p.m.:</b> Scenic Ride After Dinner <b>Monday, 2-4 p.m.:</b> Local Shopping/ Errands <b>Tuesday, 9 a.m.-5 p.m.:</b> Doctor Appointment Transportation <b>Sunday, 8:30 a.m.-12 p.m.:</b> St. Julie's Church &amp; Grace Episcopal Church</p>				



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
<p>10:00 ● PrimeFit, All</p> <p>10:30 ● News &amp; Views, DC</p> <p>11:00 ● Catholic Mass, All</p> <p>1:30 ● Patio Reminiscing, All</p> <p>2:00 ● Spa Day with Krystina, FC</p> <p>3:15 ● Bakers Choice, FC</p> <p>4:30 ● Hand Massages, All</p> <p>6:15 ● Comedy Classics, All</p>	<p><b>LABOR DAY</b></p> <p>10:00 ● PrimeFit, All</p> <p>10:30 ● September Gazette, All</p> <p>11:00 ● Paper Crafts, DC</p> <p>2:00 ● Bingo, FC</p> <p>4:00 ● Hand Massages, All</p> <p>6:15 ● Evening on the Porches, All</p>	<p>10:30 ● Brain Games, FC</p> <p>11:00 ● Kitchen Creations, FC</p> <p>1:30 ● Walking Club, All</p> <p><b>2:30 ● Catholic Mass, ComCen</b></p> <p>3:15 ● Circle of Friends Singalong, All</p> <p>4:15 ● Sparkling Wine &amp; Cheese, All</p> <p>6:15 ● Patio Pals, C/P</p>	<p>10:00 ● Sit &amp; Get Fit, All</p> <p><b>10:15 ● Silver Beach Stroll</b></p> <p>11:00 ● Word Games, All</p> <p><b>2:30 ● Catholic Mass with Fr. Roy, CC</b></p> <p>3:30 ● Hand Massages with Scented Oils, All</p> <p>6:15 ● Classic Movie with Popcorn, All</p>	<p>9:30 ● Hair Salon Today, DC</p> <p>10:00 ● PrimeFit, All</p> <p>10:30 ● Communion &amp; Rosary, BC</p> <p>11:00 ● Feathered Friends, All</p> <p>2:00 ● Floral Arrangements, All</p> <p>3:15 ● Ukulele Singalong with Judy, EC</p> <p>4:30 ● Hand Massages, All</p> <p>6:15 ● Courtyard Stroll, DC</p>	<p>10:00 ● PrimeFit, All</p> <p>10:30 ● Finish the Line, DC</p> <p>11:00 ● Colorful Creations, All</p> <p>1:30 ● Walking Groups, C/P</p> <p>2:30 ● Leisure Games, All</p> <p>4:00 ● Lemonade &amp; Cookies, All</p> <p>6:15 ● Patio Singalong</p>	<p>10:00 ● PrimeFit, All</p> <p>10:30 ● Red Sox Nation, FC</p> <p>11:00 ● Reminisce with Karen, DC</p> <p>1:30 ● Courtyard Strolls, All</p> <p>3:15 ● Sparkling Wine &amp; Cheese, All</p> <p>4:00 ● Circle of Friends Singalong, All</p> <p>6:15 ● Relax &amp; Reminiscing, All</p>		
<p>10:00 ● Sit &amp; Get Fit, All</p> <p>11:00 ● Catholic Mass, All</p> <p><b>1:30 ● Courtyard Petting Zoo, C/P</b></p> <p><b>2:30 ● Entertainment, C/P</b></p> <p>3:15 ● Brain Games, DC</p> <p>4:00 ● Afternoon Stroll, All</p> <p>6:15 ● Classic Movie &amp; Popcorn</p>	<p>10:00 ● PrimeFit, All</p> <p>10:30 ● Name Ten, All</p> <p>11:00 ● Water Flowers &amp; Plants, All</p> <p>1:30 ● Courtyard Stroll, All</p> <p>2:00 ● Bingo, FC</p> <p>3:15 ● Around the World, DC</p> <p>4:00 ● Life Stories, Sentimental Journey, DC</p> <p>6:15 ● Soothing Music, All</p>	<p>10:00 ● PrimeFit, All</p> <p><b>10:30 ● Resident Council, FC</b></p> <p>11:00 ● Massage &amp; Manicure, DC</p> <p>1:30 ● Walking Club, All</p> <p>2:00 ● One-On-One with Christine, DC</p> <p>4:00 ● You Be the Judge, All</p> <p><b>5:00 ● Family Council Dinner, ComCen</b></p> <p>6:15 ● Patio Pals, All</p>	<p><b>PATRIOT DAY</b></p> <p>10:00 ● Sit &amp; Get Fit, All</p> <p>11:00 ● Rhyme Time, FC</p> <p><b>11:15 ● Ying's Dynasty</b></p> <p>2:15 ● Courtyard Strolls, All</p> <p>4:00 ● Life Stories, Sentimental Journey, All</p> <p>4:15 ● Fruit Smoothies, All</p> <p>6:15 ● Relax &amp; Reminiscing, All</p>	<p>9:30 ● Hair Salon Today, DC</p> <p>10:00 ● PrimeFit, All</p> <p>10:30 ● Communion &amp; Rosary, BC</p> <p>2:00 ● Garden Helpers, C/P</p> <p>2:15 ● Crafts with Robbie, EC</p> <p><b>3:15 ● Judy's Ukulele Singalong, EC</b></p> <p>4:15 ● Singalong, All</p> <p>6:15 ● Evening Stroll, All</p>	<p>10:00 ● PrimeFit, All</p> <p>10:30 ● Outburst, DC</p> <p>11:00 ● Creative Writing, DC</p> <p>1:30 ● Garden Helpers, C/P</p> <p><b>2:30 ● Musical Connections, ComCen</b></p> <p>4:00 ● Ice Cream Social, All</p> <p>6:15 ● Relax &amp; Reminiscing, All</p>	<p>10:00 ● PrimeFit, All</p> <p>10:45 ● Lucy the Lab Visits</p> <p>11:30 ● Rhymes with ..., All</p> <p>1:30 ● Helping Hands, All</p> <p><b>2:00 ● Let's Make a Deal, FC</b></p> <p>4:00 ● Bakers Dozen, DC</p> <p>6:15 ● Patio Singalong, All</p>		
<p>10:00 ● PrimeFit, All</p> <p>10:30 ● News &amp; Views, DC</p> <p>11:00 ● Catholic Mass, All</p> <p>1:30 ● Helping Hands, All</p> <p>2:00 ● Spa Day with Krystina, FC</p> <p>3:15 ● Penny Ante, DC</p> <p>4:00 ● Leisure Games, All</p> <p>6:15 ● Comedy Classics, All</p>	<p>10:00 ● PrimeFit, All</p> <p>10:30 ● Categories, All</p> <p>11:00 ● Herb Gardens, C/P</p> <p>11:00 ● Feathered Friends, All</p> <p>1:30 ● Walking Club, All</p> <p>2:00 ● Bingo, FC</p> <p>3:15 ● What's in a Word, All</p> <p>4:00 ● Refreshment Social, All</p> <p>6:15 ● Soothing Music, All</p>	<p>10:00 ● PrimeFit, All</p> <p>10:30 ● Brain Games, FC</p> <p>11:00 ● Kitchen Creations, FC</p> <p>1:30 ● Walking Club, All</p> <p>2:00 ● One-On-One with Christine, DC</p> <p>4:00 ● Hand Massages, All</p> <p>6:15 ● Classic Movie &amp; Popcorn</p>	<p>10:00 ● Be Fit, All</p> <p><b>10:15 ● Round Hill Scenic Ride, All</b></p> <p>11:00 ● Ways with Words, All</p> <p><b>2:15 ● September Birthday Party, FC</b></p> <p><b>3:15 ● Tony Martin Entertains, EC</b></p> <p>4:00 ● Iced Tea Social, DC</p> <p>6:15 ● Relax &amp; Reminiscing, All</p>	<p>9:30 ● Hair Salon Today, DC</p> <p>10:00 ● PrimeFit, All</p> <p>10:30 ● Communion &amp; Rosary, BC</p> <p>2:00 ● Green Thumbs, C/P</p> <p>2:15 ● Crafts with Robbie, EC</p> <p>4:00 ● Ciao Bella, All</p> <p>6:15 ● Relax &amp; Reminiscing, All</p>	<p>10:00 ● PrimeFit, All</p> <p>10:30 ● Finish the Line, DC</p> <p>11:00 ● Colorful Creations, All</p> <p>11:15 ● What's in a Word, All</p> <p>1:30 ● Walking Groups, C/P</p> <p>2:30 ● Alexa's Playlist, All</p> <p>3:30 ● Mix &amp; Mingle, All</p> <p>4:15 ● Massage &amp; Manicure, All</p> <p>6:15 ● Patio Pals, C/P</p>	<p>10:00 ● PrimeFit, All</p> <p>10:30 ● Red Sox Nation, FC</p> <p>11:00 ● Reminisce with Karen, DC</p> <p>1:30 ● Helping Hands, All</p> <p>2:15 ● Afternoon Stroll, C/P</p> <p>3:15 ● Fruit Smoothies, DC</p> <p>4:00 ● Evening Singalong, All</p>		
<p>10:00 ● PrimeFit, All</p> <p>11:00 ● Catholic Mass, All</p> <p>1:30 ● Patio Spruce Up, All</p> <p>2:00 ● Spa Day with Krystina, FC</p> <p>3:15 ● Brain Games, DC</p> <p>4:00 ● Afternoon Stroll, All</p> <p>6:15 ● Soothing Music, All</p>	<p><b>AUTUMN BEGINS</b></p> <p>10:00 ● PrimeFit, All</p> <p>10:30 ● Brain Games, DC</p> <p>11:00 ● Our Feathered Friends, C/P</p> <p>1:30 ● Courtyard Stroll, All</p> <p>2:00 ● Bingo, FC</p> <p>3:15 ● Around the World, DC</p> <p>6:15 ● A Little Bit Country, All</p>	<p>10:00 ● PrimeFit, All</p> <p>10:30 ● Checker Champs, FC</p> <p>11:00 ● Buff &amp; Polish, All</p> <p>11:00 ● Kitchen Creations, FC</p> <p>11:00 ● Bakers Dozen, All</p> <p>1:30 ● Walking Club, All</p> <p>2:00 ● One-On-One with Christine, DC</p> <p>2:15 ● Crafts with Robbie, EC</p> <p>4:00 ● Armchair Travel, FC</p> <p>6:15 ● Relax &amp; Reminiscing, All</p>	<p>10:00 ● Be Fit, All</p> <p>10:15 ● Westport Harbor</p> <p>11:00 ● Rhyme Time, FC</p> <p>2:00 ● Doreen's Craft Corner, DC</p> <p>3:15 ● Life Stories, Sentimental Journey, All</p> <p>4:00 ● Trivial Pursuit, FC</p> <p>6:15 ● Classic Movie &amp; Popcorn, All</p>	<p>9:30 ● Hair Salon Today, DC</p> <p>10:00 ● PrimeFit, All</p> <p>10:30 ● Communion &amp; Rosary, BC</p> <p>11:00 ● Picture This, EC</p> <p>2:00 ● Nature Walk, C/P</p> <p><b>3:15 ● Judy's Ukulele Singalong, EC</b></p> <p>4:15 ● Life Stories, Sentimental Journey, All</p> <p>6:15 ● Soothing Music, All</p>	<p>10:00 ● PrimeFit, All</p> <p>10:30 ● You Be the Judge, DC</p> <p>11:00 ● Creative Writing, DC</p> <p>1:30 ● Garden Helpers, C/P</p> <p><b>2:30 ● Musical Connections, ComCen</b></p> <p>4:00 ● Hand &amp; Nail Spa, All</p> <p>4:15 ● Massage &amp; Manicure, All</p> <p>6:15 ● Patio Pals, All</p>	<p>10:00 ● PrimeFit, All</p> <p>10:45 ● Lucy the Lab Visits</p> <p>11:00 ● Brain Games, DC</p> <p>1:30 ● Helping Hands, All</p> <p><b>4:00 ● Family Support Group, ComCen</b></p> <p>6:15 ● Relax &amp; Reminiscing, All</p>		
<p><b>ROSH HASHANAH BEGINS AT SUNSET</b></p> <p>10:00 ● PrimeFit, All</p> <p>10:30 ● What's in a Word, All</p> <p>11:00 ● Catholic Mass, All</p> <p>1:30 ● Courtyard Stroll, C/P</p> <p>2:00 ● Spa Day with Krystina, FC</p> <p>3:15 ● Assorted Refreshments, All</p> <p>4:15 ● Relaxing Music, All</p> <p>6:15 ● Classic Movie &amp; Popcorn, All</p>	<p>10:00 ● PrimeFit, All</p> <p>11:00 ● Kitchen Creations, All</p> <p>1:30 ● Massage &amp; Manicure, All</p> <p>3:15 ● Around the World, DC</p> <p>6:15 ● Relax and Reminiscing, All</p>	<p><b>Locations</b></p> <p>All Opal Cottages, All</p> <p>Birch Cottage, BC</p> <p>Cedar Cottage, CC</p> <p>Community Center, ComCen</p> <p>Courtyard/Patios, C/P</p> <p>Dogwood Cottage, DC</p> <p>Elm Cottage, EC</p> <p>Fir Cottage, FC</p>					<p><b>Birthdays</b></p> <p>Kathleen Reid, 28th</p>	<p><b>opal key</b></p> <ul style="list-style-type: none"> <li>Physical</li> <li>Social</li> <li>Experiential</li> <li>Emotional &amp; Spiritual</li> <li>Creative &amp; Artistic</li> <li>Therapeutic</li> <li>Sensory</li> </ul>

