

livfun

The Landing
OF LAKE WORTH

MAY 2019 • BLOSSOM AND BLOOM

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.



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.

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.



The History of Memorial Day

Observed with ceremonies and parades, Memorial Day honors the men and women who gave their lives while serving in the U.S. military.

After the Civil War ended in 1865, people in various cities began decorating the graves of fallen soldiers with flowers, flags and wreaths. This inspired Maj. Gen. John A.

Logan, the head of a veterans organization, to designate May 30, 1868, as Decoration Day, a national day of remembrance. It's believed that date was chosen because it didn't fall on the anniversary of any battle, and spring flowers would be in bloom all over the country.

On that first Decoration Day, a large ceremony was held at Arlington National Cemetery in Washington, D.C. Officials gave speeches, and more than 5,000 people placed small American flags on the graves of 20,000 Civil War soldiers.

After World War I, Decoration Day was expanded to honor fallen soldiers from all wars. An act of Congress officially renamed it Memorial Day in 1967, and one year later, a public law made it a federal holiday to be celebrated on the last Monday in May.



The World Series of Birding

Avid birders from across the country and the world will flock to New Jersey this month for the World Series of Birding.

The competition, sponsored by the New Jersey Audubon Society, has taken place annually since 1984 on a Saturday in May. Called the Big Day, it coincides with the peak of spring migration. The state, with its diverse habitats, is a popular pit stop for many bird species.

Armed with binoculars and telescopes, teams in adult and youth categories have 24 hours to identify as many species as they can by sight and sound. They can choose to travel the entire state, scour a single county, or stay in a 17-foot circle and let the birds come to them. They can also bird by bike or boat. Along with strict rules, team counts rely on the honor system. Organizers say "a birder's word is his bond."

At day's end, teams gather at Cape May, N.J., the series' headquarters. Results are tallied, and the winners earn a trophy – and bragging rights to crow about. The average team total is 165 species, and the event record is 232 species.

Along with celebrating birding and contributing to scientific research, the series raises money for wildlife conservation. About \$9 million in team pledges has been donated since the competition began.

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.

THE LANDING OF LAKE WORTH

9948 Woodwind Lane
Lake Worth, Florida 33467
561-433-6002

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2019 Destinations

Alaska Cruise | July 27–August 3

Las Vegas | September 30–October 4

Bermuda Cruise | October 20–27

For more information,
or to book your getaway, contact:
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
 <p>Transportation Tuesday & Thursday, 9 a.m.-3 p.m.: Scheduled Doctor Appointments Only</p> <p>Locations Back Patio, BP Cafe, CA Computer Room, COR Fitness Center, FC Jukebox Room, JB Library, LB Lobby, L Outing, O Outside Patio, OP Private Dining Room, PDR Resident Program Room, RP Theatre, TH</p>		<p>MAY DAY</p> <p>9:30 Let's Go Walking!, OP 10:00 Shopping at Walmart/Walgreens 11:00 PrimeFit Workout, FC 2:00 Clock Words, JB 2:00 Afternoon Movie, TH 3:00 Just Dance with Judy!, JB 4:00 Happy Hour, CA 6:30 Movie & Popcorn, TH</p>		<p>9:30 Let's Go Walking!, OP 10:00 Holy Communion, TH 11:00 Chair Zumba with Elaine, FC 2:00 Afternoon Movie, TH 3:00 BINGO, CA 4:00 Happy Hour, CA 6:30 Movie & Popcorn, TH</p>		<p>9:30 Let's Go Walking!, OP 10:00 Board Games, JB 11:00 PrimeFit with Steve, FC 2:00 Shabbat Service, TH 2:00 Pokeno, JB 2:00 Afternoon Movie, TH 4:00 Happy Hour, CA 6:30 Movie & Popcorn, TH</p>	
<p>8:45 Depart for Saint Therese De Lisieux Church 5 9:30 Let's Go Walking!, OP 11:15 Sit & Stretch, FC 2:00 Afternoon Movie, TH 2:30 Family Ice Cream Social, CA 2:30 Hangman Game, CA 4:00 Happy Hour, CA 6:30 Movie & Popcorn, TH</p>	<p>9:30 Let's Go Walking!, OP 6 10:00 Shopping at Publix/CVS, O 11:00 Tai Chi with Susan, TH 1:30 Walmart Shopping Spree, O 2:00 Afternoon Movie, TH 3:00 Hooray for Hollywood Trivia, JB 4:00 Happy Hour, CA 4:00 Music with Lori Adams, CA 6:30 Movie & Popcorn, TH</p>	<p>9:30 Let's Go Walking!, OP 7 11:00 Chair Zumba with Elaine, FC 2:00 Afternoon Movie, TH 2:30 Getting to Know Your Neighbor, JB 4:00 Happy Hour, CA 4:00 Music with Peter Vincent, CA 6:30 Movie & Popcorn, TH</p>	<p>9:30 Let's Go Walking!, OP 8 10:00 News & Views, JB 10:00 Shopping at Walmart/Walgreens 11:00 PrimeFit: Body with Steve, FC 2:00 Afternoon Movie, TH 3:00 BINGO, JB 4:00 Happy Hour, CA 6:30 Movie & Popcorn, TH</p>	<p>9:30 Let's Go Walking!, OP 9 10:00 Holy Communion, TH 11:00 Chair Zumba with Elaine, FC 2:00 Afternoon Movie, TH 2:00 Singalong with Tino, JB 4:00 Happy Hour, CA 6:30 Movie & Popcorn, TH</p>	<p>9:30 Let's Go Walking!, OP 10 11:00 PrimeFit with Steve, FC 11:30 LET'S GO OUT TO LUNCH!, O 2:00 Shabbat Service, TH 2:00 Afternoon Movie, TH 3:00 BINGO, JB 4:00 Getting to Know You, CA 4:00 Happy Hour, CA 6:30 Evening Movie Classic, TH 6:30 Movie & Popcorn, TH</p>	<p>9:30 Let's Go Walking!, OP 11 10:30 Fit for Life, FC 2:00 Laugh Out Loud Bingo, RP 2:00 Afternoon Movie, TH 3:00 State Nicknames, BP 4:00 Rat Pack Classics, JB 4:00 Happy Hour, CA 6:30 Movie & Popcorn, TH</p>	
<p>MOTHER'S DAY 12 8:45 Depart for Saint Therese De Lisieux Church 9:30 Let's Go Walking!, OP 11:15 Sit & Stretch, FC 2:00 Afternoon Movie, TH 3:00 You Scream Ice Cream Social, CA 4:00 Happy Hour, CA 6:30 Evening Movie, TH 6:30 Movie & Popcorn, TH</p>	<p>9:30 Let's Go Walking!, OP 13 10:00 News & Review, COR 10:00 Shopping at Publix/CVS, O 11:00 Tai Chi with Susan, TH 1:30 BINGO, JB 2:00 Picasso Pottery Class, RP 2:00 Afternoon Movie, TH 4:00 Happy Hour, CA 4:00 Kenny B. on Saxophone, CA 6:30 Movie & Popcorn, TH</p>	<p>9:30 Let's Go Walking!, OP 14 11:00 Chair Zumba with Elaine, FC 12:00 Let's Go Out to Lunch, O 2:00 Afternoon Movie, TH 3:00 Relaxation Thru Art, RP 4:00 Happy Hour, CA 4:00 Music with Silk Stone, CA 6:30 Movie & Popcorn, TH</p>	<p>9:30 Let's Go Walking!, OP 15 10:00 Shopping at Walmart/Walgreens 11:00 PrimeFit with Steve, RP 11:30 Let's Gossip About Hollywood, JB 1:30 Let's Go to the Library, O 2:00 Afternoon Movie, TH 3:00 BINGO, JB 4:00 Happy Hour, CA 6:30 Movie & Popcorn, TH</p>	<p>9:30 Let's Go Walking!, OP 16 10:00 Holy Communion, TH 11:00 Chair Zumba with Elaine, FC 2:00 Afternoon Movie, TH 2:30 Trivia with Jacky, COR 3:00 Sing & Dance with Ivy, CA 4:00 Happy Hour, CA 6:30 Movie & Popcorn, TH</p>	<p>9:30 Let's Go Walking!, OP 17 10:00 Middle Name History, JB 11:00 PrimeFit with Steve, FC 2:00 Shabbat Service, TH 2:00 Afternoon Movie, TH 3:00 Bingo, JB 4:00 Happy Hour, CA 6:30 Movie & Popcorn, TH</p>	<p>9:30 Let's Go Walking!, OP 18 10:30 Move & Groove, FC 11:00 Shopping at Target, O 2:00 Afternoon Movie, TH 2:00 Paint-a-Pot with Katie, RP 4:00 Happy Hour, CA 6:30 Movie & Popcorn, TH</p>	
<p>8:45 Depart for Saint Therese De Lisieux Church 19 9:30 Let's Go Walking!, OP 11:15 Sit & Stretch, FC 2:00 Afternoon Movie, TH 2:00 Classic Board Games, JB 3:00 Test Your Trivia Knowledge, JB 4:00 Happy Hour, CA 6:30 Movie & Popcorn, TH</p>	<p>9:30 Let's Go Walking!, OP 20 10:00 News & Views, COR 10:00 Shopping at Publix/CVS, O 11:00 Tai Chi with Susan, TH 1:30 Residents' Programming Meeting, TH 2:00 Afternoon Movie, TH 4:00 Happy Hour, CA 4:00 Music with Still Jammin', CA 6:30 Movie & Popcorn, TH</p>	<p>9:30 Let's Go Walking!, OP 21 11:00 Chair Zumba with Elaine, FC 11:30 Card Games, O 2:00 Afternoon Movie, TH 3:00 "Wheel of Fortune", JB 4:00 Happy Hour, CA 6:30 Movie & Popcorn, TH</p>	<p>9:30 Let's Go Walking!, OP 22 10:00 Shopping at Walmart/Walgreens 11:00 PrimeFit with Steve, FC 1:30 Blackjack for Beginners, JB 2:00 Afternoon Movie, TH 3:00 Flowing Words Competition, JB 4:00 Happy Hour, CA 4:00 Opera with Christina, CA 6:30 Movie & Popcorn, TH</p>	<p>9:30 Let's Go Walking!, OP 23 10:00 Holy Communion, TH 11:00 Chair Zumba with Elaine, FC 2:00 Afternoon Movie, TH 3:00 BINGO, JB 4:00 Happy Hour, CA 4:00 Music with Lou Laino, CA 6:30 Movie & Popcorn, TH</p>	<p>9:30 Let's Go Walking!, OP 24 10:00 Word Games, JB 11:00 PrimeFit with Steve, FC 2:00 Shabbat Service, TH 2:00 Afternoon Movie, TH 3:00 Pokeno, JB 4:00 Happy Hour, CA 6:30 Movie & Popcorn, TH</p>	<p>9:30 Let's Go Walking!, OP 25 10:30 Stretch It Out Workout, FC 11:00 Hooray for Hollywood Trivia, JB 2:00 Afternoon Movie, TH 2:00 Spring Fling Wreaths, RP 4:00 Getting to Know You, CA 4:00 Happy Hour, CA 6:30 Movie & Popcorn, TH</p>	
<p>8:45 Depart for Saint Therese De Lisieux Church 26 9:30 Let's Go Walking!, OP 11:15 Sit & Stretch, FC 1:30 Laughter Is the Best Medicine, BP 2:00 Afternoon Movie, TH 2:30 Sunday Family Ice Cream, CA 3:00 Bingo Challenge, JB 4:00 Tortilla Chip & Dip Social/Trivia, CA 4:00 Happy Hour, CA 6:30 Movie & Popcorn, TH</p>	<p>MEMORIAL DAY 27 9:30 Let's Go Walking!, OP 10:00 Shopping at Publix/CVS, O 10:30 Let's Reminisce, JB 11:00 Tai Chi with Susan, TH 2:00 Afternoon Movie, TH 3:00 Memorial Day Facts & Trivia, OP 4:00 Happy Hour, CA 6:30 Movie & Popcorn, TH</p>	<p>9:30 Let's Go Walking!, OP 28 11:00 Chair Zumba with Elaine, FC 2:00 Afternoon Movie, TH 3:00 Residents' Auction Going Once, Going Twice, SOLD!, JB 4:00 Happy Hour, CA 4:00 Dinner at the Banana Boat, O 6:30 Movie & Popcorn, TH</p>	<p>9:30 Let's Go Walking!, OP 29 10:00 Classic & New Board Games, JB 10:00 Shopping at Walmart/Walgreens 11:00 PrimeFit with Steve, FC 1:30 Let's Go to the Dollar Store, O 2:00 Afternoon Movie, TH 3:00 Clock Words, COR 4:00 Happy Hour, CA 4:00 Phil Adams Entertainment, CA 6:30 Movie & Popcorn, TH</p>	<p>9:30 Let's Go Walking!, OP 30 10:00 Holy Communion, TH 11:00 Chair Zumba with Elaine, FC 2:00 Afternoon Movie, TH 3:00 Bingo, JB 4:00 Happy Hour, CA 4:00 Music with Alphonso, CA 6:30 Movie & Popcorn, TH</p>	<p>9:30 Let's Go Walking!, OP 31 10:00 Unscramble These Words, FC 11:00 PrimeFit with Steve, FC 2:00 Shabbat Service, TH 2:00 Afternoon Movie, TH 4:00 Happy Hour, CA 6:30 Movie & Popcorn, TH</p>	<p>Birthdays Frieda Chervin, 19th George Vasiliou, 29th Penny Dighton, 31st</p> 	

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p>5</p> <p>8:00 ● Sunday Mass Live Stream EWTN Ch. 370</p> <p>8:00 ● Meet & Greet</p> <p>9:45 ● Joel Osteen TV Service</p> <p>11:30 ● Sit & Stretch</p> <p>2:00 ● Movie Matinee</p> <p>3:00 ● Family Ice Cream Social</p> <p>7:00 ● Calming Hands</p>	<p>6</p> <p>8:00 ● Meet & Greet</p> <p>10:00 ● Fun Facts About Names</p> <p>10:00 ● Carly From Eldergrow Plant Club</p> <p>11:30 ● PrimeFit Chair Fitness</p> <p>1:30 ● LET'S GO DAY TRIPPING</p> <p>2:00 ● Movie Matinee</p> <p>4:00 ● Music with Lori Adams</p> <p>7:00 ● Reminisce</p>	<p>7</p> <p>8:00 ● Meet & Greet</p> <p>10:30 ● Chair Zumba with Elaine</p> <p>11:15 ● Painting Class</p> <p>11:30 ● Let's Move & Groove</p> <p>2:00 ● Movie Matinee</p> <p>3:00 ● Let's Bowl!</p> <p>4:00 ● Music with Peter Vincent</p> <p>6:00 ● Name That Tune!</p> <p>7:00 ● Meditation for Sleep</p>	<p>MAY DAY 1</p> <p>8:00 ● Meet & Greet</p> <p>11:30 ● PrimeFit Workout</p> <p>1:30 ● LET'S GO DAY TRIPPING</p> <p>2:00 ● Movie Matinee</p> <p>3:00 ● Just Dance with Judy!</p> <p>4:00 ● Famous Yesteryear Actors</p> <p>6:00 ● Relaxation Melodies</p>	<p>2</p> <p>8:00 ● Meet & Greet</p> <p>10:00 ● Holy Communion</p> <p>10:30 ● Ring Toss Competition</p> <p>11:30 ● Let's Move & Groove</p> <p>2:00 ● Movie Matinee</p> <p>4:00 ● Music with Mario</p> <p>7:00 ● Relaxing & Breathing Movements</p>	<p>3</p> <p>8:00 ● Meet & Greet</p> <p>10:00 ● Puzzle Time</p> <p>11:30 ● PrimeFit Workout</p> <p>2:00 ● Shabbat Service</p> <p>2:00 ● Movie Matinee</p> <p>4:00 ● Art Appreciation Class</p> <p>6:00 ● Relaxation Melodies</p>	<p>4</p> <p>8:00 ● Meet & Greet</p> <p>9:45 ● Morning Singalong</p> <p>11:00 ● Balloon Toss</p> <p>11:30 ● Sit & Stretch</p> <p>1:00 ● Puzzle Challenge</p> <p>2:00 ● Milk & Cookies Social</p> <p>2:00 ● Movie Matinee</p> <p>3:00 ● Let's Bowl!</p> <p>7:00 ● Soothing Sounds</p>
<p>12</p> <p>8:00 ● Sunday Mass Live Stream EWTN Ch. 370</p> <p>8:00 ● Meet & Greet</p> <p>9:45 ● Joel Osteen TV Service</p> <p>11:30 ● Sit & Stretch</p> <p>1:00 ● Words That Start with A, B & C!</p> <p>2:00 ● Movie Matinee</p> <p>3:00 ● Ice Cream Social</p> <p>7:00 ● Calming Hands</p>	<p>13</p> <p>8:00 ● Meet & Greet</p> <p>10:00 ● Team Mural</p> <p>11:30 ● PrimeFit Chair Fitness</p> <p>1:30 ● LET'S GO DAY TRIPPING</p> <p>2:00 ● Movie Matinee</p> <p>2:00 ● Travel Talk</p> <p>4:00 ● Kenny B. on Saxophone</p> <p>7:00 ● Reminisce</p>	<p>14</p> <p>8:00 ● Meet & Greet</p> <p>9:30 ● Travel the Planets</p> <p>11:30 ● Let's Move & Groove</p> <p>2:00 ● Scenic Ride</p> <p>2:00 ● Movie Matinee</p> <p>2:00 ● Piano Sounds with Matthew Woody</p> <p>4:00 ● Happy Hour with Silk Stone</p> <p>7:00 ● Meditation for Sleep</p>	<p>15</p> <p>8:00 ● Meet & Greet</p> <p>10:00 ● What's Your Zodiac Sign?</p> <p>11:30 ● PrimeFit Workout</p> <p>1:30 ● LET'S GO DAY TRIPPING</p> <p>2:00 ● Movie Matinee</p> <p>3:00 ● Bean Bag Toss Challenge</p> <p>4:00 ● Music with Jimmy Chapel</p> <p>6:00 ● Evening Trivia</p>	<p>16</p> <p>8:00 ● Meet & Greet</p> <p>10:00 ● Holy Communion</p> <p>11:30 ● Let's Move & Groove</p> <p>2:00 ● Movie Matinee</p> <p>2:00 ● Trivia with Jacky</p> <p>4:00 ● Get Moving & Grooving with Ivy</p> <p>7:00 ● Relaxing & Breathing Movements</p>	<p>17</p> <p>8:00 ● Meet & Greet</p> <p>10:00 ● Puzzle Time</p> <p>11:30 ● PrimeFit Workout</p> <p>2:00 ● Shabbat Service</p> <p>2:00 ● Movie Matinee</p> <p>3:00 ● Balloon Volleyball</p> <p>4:00 ● Art Appreciation Class</p> <p>6:00 ● Relaxation Melodies</p>	<p>18</p> <p>8:00 ● Meet & Greet</p> <p>9:45 ● Morning Singalong</p> <p>11:00 ● Balloon Toss</p> <p>11:30 ● Sit & Stretch</p> <p>1:00 ● Puzzle Challenge</p> <p>2:00 ● Movie Matinee</p> <p>2:00 ● Milk & Cookies Social</p> <p>3:00 ● Let's Bowl!</p> <p>4:00 ● Bingo Bonanza</p> <p>7:00 ● Soothing Sounds</p>
<p>19</p> <p>8:00 ● Sunday Mass Live Stream EWTN Ch. 370</p> <p>8:00 ● Meet & Greet</p> <p>9:45 ● Joel Osteen TV Service</p> <p>11:30 ● Sit & Stretch</p> <p>1:00 ● Humorous Fun Facts</p> <p>2:00 ● Movie Matinee</p> <p>3:30 ● Let's Stroll Down Memory Lane</p> <p>7:00 ● Calming Hands</p>	<p>20</p> <p>8:00 ● Meet & Greet</p> <p>10:00 ● Carly From Eldergrow Plant Club</p> <p>11:30 ● PrimeFit Chair Fitness</p> <p>1:30 ● Creative Artistry</p> <p>1:30 ● LET'S GO DAY TRIPPING</p> <p>2:00 ● Movie Matinee</p> <p>4:00 ● Rock & Roll with Still Jammin'</p> <p>7:00 ● Reminisce</p>	<p>21</p> <p>8:00 ● Meet & Greet</p> <p>11:00 ● Team Mural</p> <p>11:30 ● Let's Move & Groove</p> <p>2:00 ● Movie Matinee</p> <p>3:00 ● Scrapbooking</p> <p>4:00 ● Pampered Nails</p> <p>7:00 ● Meditation for Sleep</p>	<p>22</p> <p>8:00 ● Meet & Greet</p> <p>10:00 ● Relaxation Thru Art</p> <p>11:30 ● PrimeFit Workout</p> <p>1:30 ● LET'S GO DAY TRIPPING</p> <p>2:00 ● Movie Matinee</p> <p>4:00 ● Opera with Christina</p> <p>6:00 ● Meditate with Soothing Sounds</p>	<p>23</p> <p>8:00 ● Meet & Greet</p> <p>10:00 ● Holy Communion</p> <p>11:00 ● Hangman</p> <p>11:30 ● Let's Move & Groove</p> <p>2:00 ● Movie Matinee</p> <p>2:30 ● Creative Writing</p> <p>4:00 ● Happy Hour with Lou Laino</p> <p>7:00 ● Relaxing & Breathing Movements</p>	<p>24</p> <p>8:00 ● Meet & Greet</p> <p>10:00 ● Puzzle Time</p> <p>11:30 ● PrimeFit Workout</p> <p>1:00 ● Importance of Water</p> <p>2:00 ● Shabbat Service</p> <p>2:00 ● Movie Matinee</p> <p>4:00 ● Art Appreciation Class</p> <p>6:00 ● Relaxation Melodies</p>	<p>25</p> <p>8:00 ● Meet & Greet</p> <p>9:45 ● Morning Singalong</p> <p>11:00 ● Balloon Toss</p> <p>11:30 ● Sit & Stretch</p> <p>1:00 ● Puzzle Challenge</p> <p>2:00 ● Movie Matinee</p> <p>2:00 ● Milk & Cookies Social</p> <p>3:00 ● Let's Bowl!</p> <p>4:00 ● Bingo Bonanza</p> <p>7:00 ● Soothing Sounds</p>
<p>26</p> <p>8:00 ● Sunday Mass Live Stream EWTN Ch. 370</p> <p>8:00 ● Meet & Greet</p> <p>9:45 ● Joel Osteen TV Service</p> <p>11:30 ● Sit & Stretch</p> <p>1:00 ● Art Therapy</p> <p>1:00 ● Finish the Phrase</p> <p>2:00 ● Movie Matinee</p> <p>3:00 ● Ice Cream Social</p> <p>7:00 ● Calming Hands</p>	<p>MEMORIAL DAY 27</p> <p>8:00 ● Meet & Greet</p> <p>10:30 ● Let's Get Creative</p> <p>11:30 ● PrimeFit Chair Fitness</p> <p>1:00 ● World Famous Landmarks</p> <p>1:30 ● LET'S GO DAY TRIPPING</p> <p>2:00 ● Movie Matinee</p> <p>2:30 ● Ring Toss Competition</p> <p>7:00 ● Reminisce</p>	<p>28</p> <p>8:00 ● Meet & Greet</p> <p>9:30 ● Puzzle Time</p> <p>11:30 ● Let's Move & Groove</p> <p>2:00 ● Movie Matinee</p> <p>2:00 ● Singalong with Woody</p> <p>3:00 ● Scrapbooking</p> <p>4:00 ● Bean Bag Toss Challenge</p> <p>7:00 ● Meditation for Sleep</p>	<p>29</p> <p>8:00 ● Meet & Greet</p> <p>10:00 ● Art Appreciation Class</p> <p>11:30 ● PrimeFit Workout</p> <p>1:30 ● LET'S GO DAY TRIPPING</p> <p>2:00 ● Movie Matinee</p> <p>4:00 ● Happy Hour with Phil Adams</p>	<p>30</p> <p>8:00 ● Meet & Greet</p> <p>10:00 ● Holy Communion</p> <p>10:30 ● Ring Toss Competition</p> <p>11:30 ● Let's Move & Groove</p> <p>2:00 ● Movie Matinee</p> <p>3:00 ● Getting to Know Your Neighbor</p> <p>4:00 ● Let's Get Happy Social with Alphonso</p> <p>7:00 ● Relaxing & Breathing Movements</p>	<p>31</p> <p>8:00 ● Meet & Greet</p> <p>10:00 ● Puzzle Time</p> <p>11:30 ● PrimeFit Workout</p> <p>2:00 ● Shabbat Service</p> <p>2:00 ● Movie Matinee</p> <p>4:00 ● Art Appreciation Class</p> <p>6:00 ● Relaxation Melodies</p>	