

livfun

The Landing
OF LAKE WORTH

JUNE 2019 • SOAK UP THE SUNSHINE

Welcome to The Landing

Glenn Carlin, Physical Therapist

Glenn is a graduate of SUNY Health Science Center at Syracuse with a degree in Physical Therapy, May 1990. Upon graduation, Glenn went to work in Long Island, N.Y., as a staff Physical Therapist at Winthrop University Hospital. After gaining some valuable experience, Glenn decided to go into business for himself, opening Garden City Physical Therapy in January 1991. His business specialized in outpatient orthopedic physical therapy, treating patients of all ages suffering from general orthopedic injuries. Glenn owned and operated Garden City Physical Therapy until May 2016 when he relocated to Florida. Upon arriving in Florida, Glenn decided to continue his Physical Therapy career working for Real Solutions Home Health Care. Glenn resides in Boynton Beach with his wife and has two grown children.



Honoring the US Flag

We celebrate Flag Day on June 14, the anniversary of Old Glory's adoption as America's flag in 1777. The U.S. Flag Code outlines how this national symbol should be honored.

American flags are displayed outside public institutions, including government offices, police stations and schools, as well as private businesses and homes. The Stars and Stripes always flies at the peak of a staff, higher than any other flag when on the same pole. When multiple flags are flown on separate poles, the U.S. flag is hoisted first and placed to the observer's far left.

The flag should not touch anything beneath it, such as the ground or floor. Unless properly lit, the flag is lowered – slowly and ceremoniously – and brought indoors at sundown.

When an American flag is worn or faded, it should be retired in a flag-burning ceremony. The American Legion, Veterans of Foreign Wars, Boy Scout and Girl Scout troops, and other organizations perform these ceremonies as a community service.

'Berry' Healthy Fruits

Juicy berries are a refreshing summer treat. Their water content and nutrients make them a healthy snack, and their sweet taste adds a burst of flavor to salads, smoothies and desserts. Enjoy these berries that are ripe for the eating:

Strawberries – This summer staple often tops surveys as America's favorite berry and is one of the most-consumed fruits in the U.S. Packed with vitamin C and a good source of fiber, the red, heart-shaped fruit may help protect the heart by lowering blood pressure and reducing cholesterol.

Blueberries – Plump, round blueberries have a high concentration of antioxidants, earning their status as a super food. Research suggests compounds in these berries can boost brain health and help prevent heart disease and diabetes.

Raspberries – At 8 grams per cup, raspberries are one of the fruits highest in fiber. Red varieties are the most popular and have a slightly tart taste. There are also varieties in black, purple and yellow.

Blackberries – Their deep, glossy color is a good indicator of their nutritional content. Blackberries are loaded with disease-fighting antioxidants, manganese and vitamins C and K.



A Lot of Hoopla

In the late 1950s, a circular piece of plastic became the object of a fad that captivated the country. What was it? The Hula-Hoop!

The idea for it was not new. Since ancient times, people have used dried grapevines and reeds to construct hoops, which they twirled around their waists, rolled along the ground with sticks, and tossed to each other in games of catch. Native Americans used hoops to practice hunting skills and to perform storytelling dances.

Skip ahead to the 20th century, when gym classes in Australia had schoolchildren spinning bamboo hoops around their waists for exercise. That caught the attention of American toy company Wham-O, which then designed a brightly colored plastic version, priced at \$1.98. It called the toy the Hula-Hoop, using a name that had been around because of hooping's resemblance to the Hawaiian hula dance.

Wham-O passed out free hoops and gave playground demonstrations, sparking a Hula-Hoop craze in 1958. Kids and adults swiveled the hoops on their hips, necks and limbs. In just four months, 25 million Hula-Hoops were sold.

Many people still hula-hoop for fun and exercise, and classes and competitions are held all over the world.

Foods That Help Protect Your Skin

Along with using sunscreen, research suggests that what you eat can also play a role in preventing sun damage. Include these foods in your diet for a dose of added protection.

Watermelon and tomatoes – The red color of these fruits comes from lycopene, an antioxidant that promotes healthy skin and can shield against the sun's harmful ultraviolet rays. Cooked tomatoes offer the most lycopene.

Cantaloupe and carrots – These orange fruits and vegetables have high levels of beta carotene, which may help boost the skin's ability to defend against sunburn.

Vitamin C-rich foods – Peppers, papaya, kiwifruit, broccoli, strawberries and oranges are packed with vitamin C, good for fighting free radicals. Exposure to the sun's radiation can cause these molecules to form and damage cells in the body.

Salmon and tuna – Fish rich in omega-3 fatty acids have been shown to guard against sunburn and skin changes that can lead to cancer. Mackerel and sardines are also good sources of omega-3s.

The Anniversary of D-Day

On June 6, 1944, more than 150,000 Allied troops stormed the beaches of Normandy, France, in the largest amphibious military operation in history. This year marks the 75th anniversary of the historic World War II invasion known as D-Day.

Under the command of U.S. Army General Dwight D. Eisenhower, the Allied attack came after two years of planning and preparation to overtake German forces and liberate Western Europe. A 50-mile stretch of coastline in northern France was chosen as the landing site and divided into five beaches, code-named Utah, Omaha, Gold, Juno and Sword.

More than 13,000 airplanes and 5,000 ships and landing craft carrying American, British and Canadian soldiers departed England, crossed the English Channel and invaded Normandy by sea and air in the early hours of June 6. By day's end, it's estimated that 10,000 Allied troops were killed or wounded.

After gaining a foothold along the coast, the Allies advanced into France and eastward to Germany. D-Day is often considered the beginning of the end of the war.

THE LANDING OF LAKE WORTH

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

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY												
																		
				<p>Birthdays Bob Benson, 17th John Sullivan, 17th Frieda Chervin, 19th</p>	<p>Transportation Tuesday & Thursday, 9 a.m.-3 p.m.: Scheduled Doctor Appointments Only</p>													
<p>8:45 Depart for Saint Therese De Lisieux Church 2</p> <p>9:00 Let's Go Walking!, OP 11:15 Sit & Stretch, FC</p> <p>2:00 Afternoon Movie & Popcorn, TH 6:30 Movie & Popcorn, TH</p>	<p>9:00 Let's Go Walking!, OP 3 11:00 Tai Chi with Susan, TH</p> <p>2:00 Afternoon Movie & Popcorn, TH 3:00 Hooray for Hollywood Trivia, JB</p> <p>4:00 Music with Lori Adams, CA 6:30 Movie & Popcorn, TH</p>	<p>9:00 Let's Go Walking!, OP 4 11:00 Chair Zumba with Elaine, FC</p> <p>2:00 Afternoon Movie & Popcorn, TH 2:30 Getting to Know Your Neighbor, JB</p> <p>3:00 Jingo Bingo, JB 4:00 Happy Hour with Mara Joyce, CA</p> <p>6:30 Movie & Popcorn, TH</p>	<p>9:00 Let's Go Walking!, OP 5 10:00 Publix/CVS</p> <p>11:00 PrimeFit Workout, FC 1:30 Let's Go to the Library, O</p> <p>2:00 Afternoon Movie & Popcorn, TH 3:00 Just Dance with Judy!, JB</p> <p>6:30 Movie & Popcorn, TH</p>	<p>9:00 Let's Go Walking!, OP 6 10:00 Holy Communion, TH</p> <p>11:00 Word Search, JB 11:15 Chair Zumba with Elaine, FC</p> <p>2:00 Bananagrams, RP 2:00 Afternoon Movie & Popcorn, TH</p> <p>3:00 BINGO, CA 6:30 Movie & Popcorn, TH</p>	<p>9:00 Let's Go Walking!, OP 7 10:00 Walmart/Walgreens</p> <p>11:00 PrimeFit with Steve, FC 2:00 Shabbat Service, TH</p> <p>2:00 Pokeno, JB 2:00 Afternoon Movie & Popcorn, TH</p> <p>4:00 Happy Hour with Giovanni, CA 6:30 Movie & Popcorn, TH</p>	<p>9:00 Let's Go Walking!, OP 8 10:30 Fit for Life, FC</p> <p>2:00 Laugh Out Loud Bingo, RP 2:00 Afternoon Movie & Popcorn, TH</p> <p>3:00 State Nicknames, BP 4:00 Rat Pack Classics, JB</p> <p>6:30 Movie & Popcorn, TH</p>												
<p>8:45 Depart for Saint Therese De Lisieux Church 9</p> <p>9:00 Let's Go Walking!, OP 11:15 Sit & Stretch, FC</p> <p>2:00 Afternoon Movie & Popcorn, TH 6:30 Movie & Popcorn, TH</p>	<p>9:00 Let's Go Walking!, OP 10 10:00 News & Review, COR</p> <p>11:00 Tai Chi with Susan, TH 1:30 BINGO, JB</p> <p>2:00 Afternoon Movie & Popcorn, TH 4:00 Happy Hour with Silk Stone, CA</p> <p>6:30 Movie & Popcorn, TH</p>	<p>9:00 Let's Go Walking!, OP 11 11:00 Chair Zumba with Elaine, FC</p> <p>12:00 Let's Go Out to Lunch, O 2:00 Afternoon Movie & Popcorn, TH</p> <p>4:00 Happy Hour, CA 6:30 Movie & Popcorn, TH</p>	<p>9:00 Let's Go Walking!, OP 12 10:00 News & Views, JB</p> <p>10:00 Publix/CVS 11:00 PrimeFit: Body with Steve, FC</p> <p>2:00 Afternoon Movie & Popcorn, TH 3:00 BINGO, JB</p> <p>4:00 Happy Hour with Christina 6:30 Movie & Popcorn, TH</p>	<p>9:00 Let's Go Walking!, OP 13 9:30 Name Your Valentine, OP</p> <p>10:00 Holy Communion, TH 11:00 Wheel of Fortune, COR</p> <p>2:00 Afternoon Movie & Popcorn, TH 2:00 Singalong with Tino, JB</p> <p>6:30 Movie & Popcorn, TH</p>	<p>FLAG DAY 14</p> <p>9:00 Let's Go Walking!, OP 10:00 Walmart/Walgreens</p> <p>11:00 PrimeFit with Steve, FC 2:00 Shabbat Service, TH</p> <p>2:00 Afternoon Movie & Popcorn, TH 3:00 BINGO, JB</p> <p>4:00 Happy Hour with Mario Ricardo, CA 6:30 Movie & Popcorn, TH</p>	<p>9:00 Let's Go Walking!, OP 15 10:30 Move & Groove, FC</p> <p>2:00 Saturday Matinee, TH 2:00 Afternoon Movie & Popcorn, TH</p> <p>4:00 Let's Get Happy, CA 6:30 Movie & Popcorn, TH</p>												
<p>FATHER'S DAY 16</p> <p>8:45 Depart for Saint Therese De Lisieux Church</p> <p>9:00 Let's Go Walking!, OP 11:15 Sit & Stretch, FC</p> <p>2:00 Classic Board Games, JB 2:00 Afternoon Movie & Popcorn, TH</p> <p>3:00 Test Your Trivia Knowledge, JB 6:30 Movie & Popcorn, TH</p>	<p>9:00 Let's Go Walking!, OP 17 9:30 Famous Sayings, OP</p> <p>11:00 Tai Chi with Susan, TH 1:30 Residents' Programming Meeting, TH</p> <p>2:00 Bingo Jingo, JB 2:00 Afternoon Movie & Popcorn, TH</p> <p>4:00 Music with Still Jammin', CA 6:30 Movie & Popcorn, TH</p>	<p>9:00 Let's Go Walking!, OP 18 11:00 Chair Zumba with Elaine</p> <p>2:00 Card Challenge, CA 2:00 Afternoon Movie & Popcorn, TH</p> <p>3:00 "Wheel of Fortune", JB 6:30 Movie & Popcorn, TH</p>	<p>9:00 Let's Go Walking!, OP 19 10:00 Publix/CVS</p> <p>11:00 PrimeFit with Steve, RP 11:30 Let's Gossip About Hollywood, JB</p> <p>2:00 Afternoon Movie & Popcorn, TH 3:00 BINGO, JB</p> <p>4:00 Kenny B. on Saxophone, CA 6:30 Movie & Popcorn, TH</p>	<p>9:00 Let's Go Walking!, OP 20 10:00 Holy Communion, TH</p> <p>11:00 Team Mural, RP 2:00 Afternoon Movie & Popcorn, TH</p> <p>2:30 Trivia with Jacky, COR 4:00 Swing-along with Ivy, CA</p> <p>6:30 Movie & Popcorn, TH</p>	<p>SUMMER BEGINS 21</p> <p>9:00 Let's Go Walking!, OP 10:00 Middle Name History, JB</p> <p>10:00 Walmart/Walgreens 11:00 PrimeFit with Steve, FC</p> <p>2:00 Shabbat Service, TH 2:00 Afternoon Movie & Popcorn, TH</p> <p>4:00 Happy Hour with Nanci Suzanne, CA 6:30 Movie & Popcorn, TH</p>	<p>9:00 Let's Go Walking!, OP 22 10:30 Stretch It Out Workout, FC</p> <p>2:00 Afternoon Movie & Popcorn, TH 3:00 Bingo is Fun!, JB</p> <p>4:00 Getting to Know You, CA 6:30 Movie & Popcorn, TH</p>												
<p>8:45 Depart for Saint Therese De Lisieux Church 23</p> <p>9:00 Let's Go Walking!, OP 11:15 Sit & Stretch, FC</p> <p>1:30 Laughter Is the Best Medicine, BP 2:00 Afternoon Movie & Popcorn, TH</p> <p>3:00 Bingo Hour 4:00 Time to Get Happy, CA</p> <p>6:30 Movie & Popcorn, TH</p>	<p>9:00 Let's Go Walking!, OP 24 9:30 News & Review, L</p> <p>11:00 Tai Chi with Susan, TH 2:00 Residents' Auction: Going Once, Going Twice, Sold!, JB</p> <p>2:00 Afternoon Movie & Popcorn, TH 4:00 Happy Hour with Phil Adams, CA</p> <p>6:30 Movie & Popcorn, TH</p>	<p>9:00 Let's Go Walking!, OP 25 10:00 The Art of Penmanship, FC</p> <p>10:00 Dominoes Challenge, JB 11:00 Chair Zumba with Elaine, FC</p> <p>11:15 Wheel of Fortune, JB 2:00 Afternoon Movie & Popcorn, TH</p> <p>3:00 Residents' Auction Going Once, Going Twice, SOLD!, JB 4:00 Happy Hour with Lou Liano, CA</p> <p>6:30 Movie & Popcorn, TH</p>	<p>9:00 Let's Go Walking!, OP 26 10:00 Classic & New Board Games, JB</p> <p>10:00 Publix/CVS 11:00 PrimeFit with Steve, FC</p> <p>1:30 Blackjack for Beginners, JB 1:30 Let's Go to the Dollar Store, O</p> <p>2:00 Afternoon Movie & Popcorn, TH 3:00 Flowing Words Competition, JB</p> <p>6:30 Movie & Popcorn, TH</p>	<p>9:00 Let's Go Walking!, OP 27 10:00 Holy Communion, TH</p> <p>11:00 Wellness & Smoothies Seminar with Elissa, CA 2:00 Afternoon Movie & Popcorn, TH</p> <p>3:00 BINGO, JB 6:30 Movie & Popcorn, TH</p>	<p>9:00 Let's Go Walking!, OP 28 10:00 Unscramble These Words, FC</p> <p>10:00 Walmart/Walgreens 11:00 PrimeFit with Steve, FC</p> <p>2:00 Shabbat Service, TH 2:00 Afternoon Movie & Popcorn, TH</p> <p>3:00 Pokeno, JB 6:30 Movie & Popcorn, TH</p>	<p>9:00 Let's Go Walking!, OP 29 11:00 Exercise with Susan, FC</p> <p>2:00 Saturday Matinee, TH 2:00 Afternoon Movie & Popcorn, TH</p> <p>3:00 Bingo Fever, JB 4:00 Jukebox Live, JB</p> <p>6:30 Movie & Popcorn, TH</p>												
<p>8:45 Depart for Saint Therese De Lisieux Church 30</p> <p>9:00 Let's Go Walking!, OP 11:15 Sit & Stretch, FC</p> <p>2:00 Sunday Matinee, JB 3:00 Bingo Challenge, JB</p> <p>4:00 Tortilla Chip & Dip Social/Trivia, CA 6:30 Movie & Popcorn, TH</p>	<p>Locations</p> <table border="0"> <tr> <td>Back Patio, BP</td> <td>Lobby, L</td> </tr> <tr> <td>Cafe, CA</td> <td>Outing, O</td> </tr> <tr> <td>Computer Room, COR</td> <td>Outside Patio, OP</td> </tr> <tr> <td>Fitness Center, FC</td> <td>Private Dining Room, PDR</td> </tr> <tr> <td>Jukebox Room, JB</td> <td>Resident Program Room, RP</td> </tr> <tr> <td>Library, LB</td> <td>Theatre, TH</td> </tr> </table>						Back Patio, BP	Lobby, L	Cafe, CA	Outing, O	Computer Room, COR	Outside Patio, OP	Fitness Center, FC	Private Dining Room, PDR	Jukebox Room, JB	Resident Program Room, RP	Library, LB	Theatre, TH
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Library, LB	Theatre, TH																	



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>8:00 ● Sunday Mass Live Stream EWTN Ch. 370</p> <p>8:30 ● 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>8:30 ● Meet & Greet</p> <p>10:00 ● Carly From Eldergrow Plant Club</p> <p>11:00 ● Tai Chi</p> <p>2:00 ● Movie Matinee</p> <p>4:00 ● Music with Lori Adams</p> <p>7:00 ● Reminisce</p>	<p>8:30 ● Meet & Greet</p> <p>11:00 ● Zumba</p> <p>12:00 ● Sal's Pizza</p> <p>2:00 ● Movie Matinee</p> <p>4:00 ● Happy Hour with Mara Joyce</p> <p>6:00 ● Name That Tune!</p> <p>7:00 ● Meditation for Sleep</p>	<p>8:30 ● 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>4:00 ● Bean Bag Toss Challenge</p> <p>6:00 ● Relaxation Melodies</p>	<p>8:30 ● Meet & Greet</p> <p>10:00 ● Holy Communion</p> <p>11:30 ● PrimeFit</p> <p>2:00 ● Movie Matinee</p> <p>4:00 ● Ice Cream Social</p> <p>7:00 ● Relaxing & Breathing Movements</p>	<p>8:30 ● Meet & Greet</p> <p>10:00 ● BINGO</p> <p>11:30 ● PrimeFit Workout</p> <p>2:00 ● Shabbat Service</p> <p>2:00 ● Movie Matinee</p> <p>4:00 ● Puzzle Challenge</p> <p>6:00 ● Relaxation Melodies</p>	<p>8:30 ● Meet & Greet</p> <p>9:45 ● Morning Singalong</p> <p>10:00 ● Balloon Toss</p> <p>11:30 ● Sit & Stretch</p> <p>1:00 ● Puzzle Challenge</p> <p>2:00 ● Movie Matinee</p> <p>4:00 ● Let's Bowl</p> <p>7:00 ● Soothing Sounds</p>
<p>8:00 ● Sunday Mass Live Stream EWTN Ch. 370</p> <p>8:30 ● 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>8:30 ● Meet & Greet</p> <p>10:00 ● Trivia</p> <p>11:00 ● Tai Chi</p> <p>2:00 ● Movie Matinee</p> <p>4:00 ● Music with Silk Stone</p> <p>7:00 ● Reminisce</p>	<p>8:30 ● Meet & Greet</p> <p>9:30 ● Travel the Planets</p> <p>11:00 ● Zumba</p> <p>2:00 ● Movie Matinee</p> <p>4:00 ● Entertainment Lou Liano</p> <p>7:00 ● Meditation for Sleep</p>	<p>8:30 ● Meet & Greet</p> <p>10:00 ● Pampered Nails</p> <p>11:30 ● PrimeFit Workout</p> <p>2:00 ● Movie Matinee</p> <p>4:00 ● Entertainment with Christina</p> <p>6:00 ● Trivia</p>	<p>8:30 ● Meet & Greet</p> <p>10:00 ● Holy Communion</p> <p>11:30 ● PrimeFit</p> <p>2:00 ● Music Memories with Tino</p> <p>2:00 ● Movie Matinee</p> <p>3:00 ● Puzzle Hour</p> <p>4:00 ● Happy Hour Social</p> <p>7:00 ● Relaxing & Breathing Movements</p>	<p>FLAG DAY</p> <p>8:30 ● Meet & Greet</p> <p>10:00 ● BINGO</p> <p>11:30 ● PrimeFit Workout</p> <p>1:00 ● Middle Name Pride</p> <p>2:00 ● Shabbat Service</p> <p>2:00 ● Movie Matinee</p> <p>4:00 ● Puzzle Challenge</p> <p>6:00 ● Relaxation Melodies</p>	<p>8:30 ● Meet & Greet</p> <p>9:45 ● Morning Singalong</p> <p>10:00 ● 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>4:00 ● Let's Bowl</p> <p>7:00 ● Soothing Sounds</p>
<p>FATHER'S DAY</p> <p>8:00 ● Sunday Mass Live Stream EWTN Ch. 370</p> <p>8:30 ● 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>7:00 ● Calming Hands</p>	<p>8:30 ● Meet & Greet</p> <p>10:00 ● Carly From Eldergrow Plant Club</p> <p>11:00 ● Tai Chi</p> <p>1:30 ● Creative Artistry</p> <p>2:00 ● Movie Matinee</p> <p>4:00 ● Rock & Roll with Still Jammin'</p> <p>7:00 ● Reminisce</p>	<p>8:30 ● Meet & Greet</p> <p>11:00 ● Zumba</p> <p>12:00 ● Sal's Pizza</p> <p>2:00 ● Movie Matinee</p> <p>4:00 ● Happy Hour Social</p> <p>7:00 ● Meditation for Sleep</p>	<p>8:30 ● 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>4:00 ● Entertainment with Kenny B</p> <p>6:00 ● Evening Trivia</p>	<p>8:30 ● Meet & Greet</p> <p>10:00 ● Holy Communion</p> <p>11:30 ● PrimeFit</p> <p>1:30 ● Trivia with Jacky</p> <p>2:00 ● Movie Matinee</p> <p>4:00 ● Get Moving & Grooving with Ivy</p> <p>7:00 ● Relaxing & Breathing Movements</p>	<p>SUMMER BEGINS</p> <p>8:30 ● Meet & Greet</p> <p>10:00 ● BINGO</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 ● Puzzle Challenge</p> <p>6:00 ● Relaxation Melodies</p>	<p>8:30 ● Meet & Greet</p> <p>9:45 ● Morning Singalong</p> <p>10:00 ● 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>4:00 ● Let's Bowl</p> <p>7:00 ● Soothing Sounds</p>
<p>8:00 ● Sunday Mass Live Stream EWTN Ch. 370</p> <p>8:30 ● Meet & Greet</p> <p>9:45 ● Joel Osteen TV Service</p> <p>11:30 ● Sit & Stretch</p> <p>1:00 ● Art Therapy</p> <p>2:00 ● Movie Matinee</p> <p>3:00 ● Ice Cream Social</p> <p>7:00 ● Calming Hands</p>	<p>8:30 ● Meet & Greet</p> <p>11:00 ● Tai Chi</p> <p>1:00 ● World Famous Landmarks</p> <p>2:00 ● Movie Matinee</p> <p>4:00 ● Entertainment with Phil Adams</p> <p>7:00 ● Reminisce</p>	<p>8:30 ● Meet & Greet</p> <p>9:30 ● Puzzle Time</p> <p>11:00 ● Zumba</p> <p>2:00 ● Movie Matinee</p> <p>4:00 ● Entertainment Lou Liano</p> <p>7:00 ● Meditation for Sleep</p>	<p>8:30 ● 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 Social</p> <p>6:00 ● Meditate with Soothing Sounds</p>	<p>8:30 ● Meet & Greet</p> <p>10:00 ● Holy Communion</p> <p>11:30 ● PrimeFit</p> <p>2:00 ● Movie Matinee</p> <p>2:30 ● Creative Writing</p> <p>4:00 ● Happy Hour Social</p> <p>7:00 ● Relaxing & Breathing Movements</p>	<p>8:30 ● Meet & Greet</p> <p>10:00 ● BINGO</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 ● Puzzle Challenge</p> <p>6:00 ● Relaxation Melodies</p>	<p>8:30 ● Meet & Greet</p> <p>9:45 ● Morning Singalong</p> <p>10:00 ● 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>4:00 ● Let's Bowl</p> <p>7:00 ● Soothing Sounds</p>
<p>8:00 ● Sunday Mass Live Stream EWTN Ch. 370</p> <p>8:30 ● Meet & Greet</p> <p>9:45 ● Joel Osteen TV Service</p> <p>11:30 ● Sit & Stretch</p> <p>1:00 ● Finish the Phrase</p> <p>2:00 ● Movie Matinee</p> <p>7:00 ● Calming Hands</p>	<div style="display: flex; align-items: center;"> <div style="border: 1px solid black; padding: 5px; margin-right: 10px;"> <p>opal key</p> <ul style="list-style-type: none"> ● Physical ● Social ● Experiential ● Emotional & Spiritual ● Creative & Artistic ● Therapeutic ● Sensory </div>  </div>					