



Events & Activities

Potomac Place Assisted Living * 2133 Montgomery Avenue, Woodbridge, VA 22191 * 703.494.3817

Celebrating July



Family Reunion Month

Roots and Branches Month
(Study your genealogy!)

Sandwich Generation Month

Ice Cream Month

Hot Dog Month

Canada Day
July 1

TV Premiere - Lawrence Welk Show
July 2, 1955

Quebec Founded, 400th Anniversary
July 3, 1608

Independence Day
July 4

TV Premiere - Family Feud
July 12, 1976

Bastille Day
July 14

Make Someone Smile Week
July 20-26

Parents Day
July 27



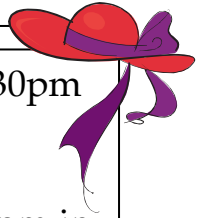
HEALTHY LIVING AT POTOMAC PLACE

We continue our year long Healthy Living Series with a free seminar: "Dispelling the Myths of Hospice" and a Long Term Care Insurance Workshop. Please join us for both events! Dates & times are on page 3. More free seminars will be given in the months ahead! We will see you there!

**ATTENTION: CRAFTERS,
SHOPPERS AND FUN-SEEKERS!
COME ONE, COME ALL TO THE
HOLIDAY CRAFT SHOW!**

**SATURDAY, JULY 12, 2008
10AM - 3PM**

**FANTASTIC SEASONAL CRAFTS
GOURMET TREATS
FROSTY BEVERAGES
PRIZES GALORE**



JULY 2008

RESIDENT ACTIVITIES

Activities are open to all residents.

July 1.....The Cameo Jewels perform; come and enjoy a wonderful show by these talented "senior" beauties, 2:00pm in the dining room.

July 3.....Food Committee meeting, 1:30pm in the library.

July 3.....Decorate your wheelchair or walker for the 4th of July parade, 2:30pm in the library.

July 4.....Dale City Parade. 8:30am-12:30pm, box lunch provided. Sign up if you would like to ride the van.



July 4.....Invite the family and celebrate the 4th of July with an old fashioned picnic and parade, 11:30am in the dining room.

June 11.....Birthday Social featuring the Kena Band, 2:00pm in the dining room.

July 12.....Holiday Craft Show, 10am-3pm in the dining room.

July 15.....Special Speaker, 2:00pm in the Library, "Dispelling the Myths of Hospice."

July 17.....Red Hat Meeting, 2:30pm in the library.

July 18.....Resident Social, 2:30pm in the dining room.

July 19.....Tom Stringer performs, 2:00pm in the dining room.

July 21-25 ..Hit the Road to New England and Canada!

July 21.....Travelogue through New England and Canada, 1:30pm in the library. Refreshments will be served.

July 22.....Train travel through Canada Part 1, 2:00pm in the library.

July 23.....Train travel through Canada Part 2, 3:00pm in the library.

July 23.....Enjoy the taste of New England at the Captain's Dinner starting at 4:30pm in the dining room.

July 24.....Lunch Bunch goes to Red Lobster, 11:30am.

July 24.....Movie: "The Ghost and Mrs. Muir," 2:00pm in the library.

July 25.....Newcomer's Social w/ Sabin, 2:00pm in the dining room.

July 31.....Trip to Cold Stone Creamery for ice cream, 1:00pm



JULY 2008 SPECIAL EVENTS

Friday, July 4,, 2008

Dale City Parade, 8:30am-12:30pm, Potomac Place is participating in the Independence Day parade on Dale Boulevard.

Tuesday, July 8, 2008

Long Term Care Insurance Workshop, 6:30pm, Activity room. Learn to protect your assets from the potential costs of needing long-term care.

Wednesday, July 9, 2008

Bereavement Support Group, 6:30pm, Join us for bereavement education and support. Facilitated by Evercare Hospice.

Saturday July 12, 2008

Holiday Craft Show, 10am-3pm, Dining Room. Admission is Free!

Tuesday, July 15, 2008

Seminar: Dispelling the Myths of Hospice, 2:00pm, Library. Presented by Capital Hospice.

Friday, July 18, 2008

Social Hour, 2:00pm, Dining Room. Enjoy tasty goodies as you chat with friends!

July 21-25, 2008

Hit the Road to New England and Canada Week!

Tuesday, July 29, 2008

Taste & Tour, 6:00pm. Join us for light hors d'oeuvres and a tour of our community!

PLEASE JOIN US FOR THESE UPCOMING EVENTS!



Senior Top Model Contest

Saturday, August 9, 2008

Potomac Place hosts this fun event once again. Competition is stiff this year with new residents and participants from previous years. Come out and show your support!

Team Captain Kickoff for Diabetes Walk

Friday, August 15, 2008, 7-9pm

Create a team, join our team (The Potomac Place Pavement Pounders!), or sponsor a walker. Visit www.diabetes.org for more information.



China Week - Resident Olympics

August 18-22, 2008

Residents will compete for the Gold!



WE ALL SCREAM FOR ICE CREAM

July marks Ice Cream Month and Ice Cream Day, which is also called "Sundae Sunday" (annually the third Sunday in July). Who doesn't love the frosty, sweet taste of that wonderful confectionary treat called ice cream?

Ice cream has existed for thousands of years, with evolution to its current form popping up in Italy, England, and France in the 16th century. Today, even those who can't eat dairy can enjoy some fantastic soy-based alternatives.

The U.S. leads the world in annual production of ice cream and frozen desserts at about 1.6 billion gallons. Favorite ice cream flavors are:

vanilla (30%)	strawberry (3.7%)
chocolate (10%)	mint chocolate chip (3.2%)
butter pecan (4%)	

Better eat it fast before it melts!

MEDICAL CORNER

Rehab Tip Time

To make moving from one chair to another easier and safer we suggest:

1. Lean forward so that your nose is directly over your toes.
2. Place both arms on armrests and push up to stand.

When sitting:

1. Turn completely around so you are directly in front of the chair, you should feel the chair on the back of your legs.
2. Reach back for the chair's armrests before sitting down.

Try to choose chairs with armrests. It will be easier to sit down and get up.

If you are using a wheelchair be sure to lock your brakes before standing up or sitting down.

Genesis Health Care at Potomac Place is available at 703-490-6517.

Lori Sealy LPTA/PM



FUNNY CENSUS NAMES

A genealogy guru found these interesting names in U.S. census records – no kidding!

Comfort Castle (New York, 1830)
Constant Chase (Boston, 1830)
Noble Crapper (Maryland, 1790)
Orange Field (Georgia, 1930)
Tiny Little (Georgia, 1930)
Joy Rider (Ohio, 1930)
Cotton Tufts (Mass., 1830)
Page Turner (Georgia, 1880)
Frost Snow (Virginia, 1920)

Sorry if you are related. It's all in good fun!



Potomac Place

A Gracious Assisted Living Community
2133 Montgomery Avenue
Woodbridge, VA 22191



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Professional Management of Retirement Communities Since 1981.





POTOMAC PLACE ASSISTED LIVING

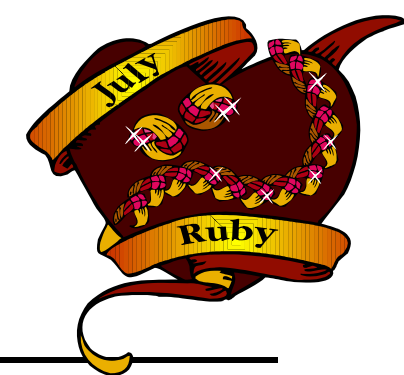
July 2008 CALENDAR



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Abbreviation Key: C/Cognitive S/Sensory PR/Productive P/Physical SO/Social R/Reflective O/Outing N/Nature</p> <p>DR/Dining Room FL/Front Lobby AR/Activity Room L/Library</p>	<p>DATES TO REMEMBER July 3—Birthday Social July 4—Independence Day Picnic July 12—Holiday Craft Show</p> <p>Hit the Road to New England & Canada July 21—25</p>	<p>1 9:30 Tour of the New Wegman's (O) 10:00 Exercise (DR) P 11:30 Fast Food Lunch Out (O) 1:00 Bible Study (L) R 2:00 Cameo Jewels Performance (DR) SO 4:00 Parlor Games (DR) SO 7:00 Bingo (L) SO/C</p>	<p>2 9:30 Safeway/Bank/PO (O) 10:00 Exercise (DR) P 10:30 Bocce (Patio) P 1:30 Wii Bowling (L) P 3:00 Famous Performances (L) SO 4:00 Parlor Games (FL) 7:00 Bingo (L) SO/C</p>	<p>3 9:30 Dollar Tree (O) 10:00 Exercise (DR) P 11:00 First Friday Service on Thursday (L) R 1:30 Food Committee (L) PR 2:30 Decorate "Floats" for 4th of July (AR) 4:00 Parlor Games (FL) SO 7:00 Bingo (L) SO/C</p>	<p>4 9:00 Doctor Appts. 10:00 Exercise (DR) P 10:30 Manicures (AR) 11:30 4th of July Parade/Picnic (DR) 2:00 Movie (L) SO 4:00 Parlor Games (FL) SO 7:00 Bingo (L) SO/C</p>	<p>5 10:00 Exercise (DR) P 10:30 Walk About (FL) P 11:00 Game Time (FL) SO 1:15 All Faith's Service (L) R 2:15 Afternoon Bingo (L) SO/C 4:00 Parlor Games (FL) SO 7:00 Bingo (L) SO/C</p>
<p>6 9:30 Bus to OLA 10:00 Exercise (DR) P 11:00 Catholic Service (L) R 1:00 Afternoon Stroll (FL) P 2:00 Wii Bowling (L) P 4:00 Parlor Games (FL) 7:00 Bingo (L) SO/C</p>	<p>7 9:00 Doctor Appts. (O) 10:00 Exercise (DR) P 10:30 Use It or Lose It (AR) C 1:00 Wal Mart (O) 3:00 Family Feud (L) SO/C 4:00 Parlor Games (FL) SO 7:00 Bingo (L) SO/C</p>	<p>8 10:00 Exercise (DR) P 10:30 Mind/Body/Soul (L) R/S/P 1:00 Bible Study (L) R 2:00 Special Speaker: Long Term Care Ins. (L) 2:00 Needleworkers/Arts & Crafts (AR) PR 4:00 Parlor Games (FL) SO/C 7:00 Bingo (L) SO/C</p>	<p>9 9:30 Safeway/Bank/PO (O) 10:00 Exercise (DR) P 10:30 Horseshoes (Patio) P 1:30 Wii Bowling (L) P 3:00 Items of Interest (L) SO 4:00 Parlor Games (FL) 7:00 Bingo (L) SO/C</p>	<p>10 9:30 Dollar Tree (O) 10:00 Exercise (DR) P 10:30 Bible Study (L) R 10:30 Rummikube (AR) C/SO 1:00 Potomac Mills Shopping (O) 2:00 Movie (L) SO 4:00 Parlor Games (FL) SO 7:00 Bingo (L) SO/C</p>	<p>11 9:00 Doctor Appts. 10:00 Exercise (DR) P 10:30 Manicures (AR) 2:00 Birthday Social w/ Kena Band (DR)SO 4:00 Parlor Games (FL) SO 7:00 Bingo (L) SO/C</p>	<p>12 CRAFT SHOW (DR) 10AM—3 PM 10:00 Exercise (L) P 10:30 Walk About (FL) P 11:00 Game Time (AR) SO 1:15 All Faith's Service (L) R 2:15 Movie (L) SO/C 4:00 Parlor Games (FL) SO 7:00 Bingo (L) SO/C</p>
<p>13 9:30 Bus to OLA 10:00 Exercise (DR) P 11:00 Catholic Service (L) R 1:00 Afternoon Stroll (FL) P 2:00 Wii Bowling (L) P 4:00 Parlor Games (FL) 7:00 Bingo (L) SO/C</p>	<p>14 9:00 Doctor Appts. (O) 10:00 Exercise (DR) P 10:30 Use It or Lose It (AR) C 12:45 Movie (L) SO 1:00 Wal Mart (O) 3:00 Price Is Right (L) SO/C 4:00 Parlor Games (FL) SO 7:00 Bingo (L) SO/C</p>	<p>15 9:30 Wal-Mart (O) 10:00 Exercise (DR) P 11:00 Catholic Service (L) R 1:00 Bible Study (L) R 2:00 Dispelling the Myths of Hospice (L) 2:00 Needleworkers/Arts & Crafts (AR) PR 3:30 General Store (FL) PR 7:00 Bingo (L) SO/C</p>	<p>16 9:30 Safeway/Bank/PO (O) 10:00 Exercise (DR) P 11:00 Picnic in the Park (O) 1:30 Wii Bowling (L) P 3:00 Famous Performances (L) SO 4:00 Parlor Games (FL) 7:00 Bingo (L) SO/C</p>	<p>17 9:30 Dollar Tree (O) 10:00 Exercise (DR) P 10:30 Bible Study (L) R 10:30 Rummikube (AR) C/SO 1:30 Resident Council (L) PR 2:30 Red Hat Meeting (L) SO 4:00 Parlor Games (FL) SO 7:00 Bingo (L) SO/C</p>	<p>18 9:00 Doctor Appts. 10:00 Exercise (DR) P 10:30 Manicures (AR) 2:00 Resident Social (DR) SO 4:00 Parlor Games (FL) SO 7:00 Bingo (L) SO/C</p>	<p>19 10:00 Exercise (DR) P 10:30 Walk About (FL) P 11:00 Game Time (FL) SO 1:15 All Faith's Service (L) R 2:00 Tom Stringer Music (DR) SO 4:00 Parlor Games (FL) SO 7:00 Bingo (L) SO/C</p>
<p>20 9:30 Bus to OLA 10:00 Exercise (DR) P 11:00 Catholic Service (L) R 1:00 Afternoon Stroll (FL) P 2:00 Wii Bowling (L) P 4:00 Parlor Games (FL) 7:00 Bingo (L) SO/C</p>	<p>21 Hit the Road to New England & Canada 9:00 Doctor Appts. (O) 10:00 Exercise (DR) P 10:30 Use It or Lose It (AR) C 12:45 Travelogue of New England and Canada (L) P/SO 1:00 Wal Mart (O) 4:00 Parlor Games (FL) SO 7:00 Bingo (L) SO/C</p>	<p>22 10:00 Exercise (DR) P 10:30 Mind/Body/Soul (L) R/S/P 1:00 Bible Study (L) R 2:00 Train Travelogue Part 1 (L) SO 2:00 Needleworkers/Arts & Crafts (AR) PR 4:00 Parlor Games (FL) SO/C 7:00 Bingo (L) SO/C</p>	<p>23 9:30 Safeway/Bank/PO (O) 10:00 Exercise (DR) P 10:30 Bocce (Patio) P 1:30 Wii Bowling (L) P 3:00 Train Travelogue Part 2 (L) SO 4:00 Parlor Games (FL) 4:30 Captain's Dinner (DR) 7:00 Bingo (L) SO/C</p>	<p>24 9:30 Dollar Tree (O) 10:00 Exercise (DR) P 10:30 Bible Study (L) R 10:30 Rummikube (AR) C/SO 11:30 Lunch Bunch/Madigan's (O) 2:00 Movie: Ghost & Mrs. Muir (L) (SO) 4:00 Parlor Games (FL) SO 7:00 Bingo (L) SO/C</p>	<p>25 9:00 Doctor Appts. 10:00 Exercise (DR) P 10:30 Manicures (AR) 2:00 Newcomer's Social w/ Sabin (DR) SO 4:00 Parlor Games (FL) SO 7:00 Bingo (L) SO/C</p>	<p>26 10:00 Exercise (DR) P 10:30 Walk About (FL) P 11:00 Game Time (FL) SO 1:15 All Faith's Service (L) R 2:15 Afternoon Bingo (L) SO/C 4:00 Parlor Games (FL) SO 7:00 Bingo (L) SO/C</p>
<p>27 9:30 Bus to OLA 10:00 Exercise (DR) P 11:00 Catholic Service (L) R 1:00 Afternoon Stroll (FL) P 2:00 Wii Bowling (L) P 4:00 Parlor Games (FL) 7:00 Bingo (L) SO/C</p>	<p>28 9:00 Doctor Appts. (O) 10:00 Exercise (DR) P 10:30 Use It or Lose It (AR) C 12:45 Movie (L) SO 1:00 Wal Mart (O) 3:00 Family Feud (L) SO/C 4:00 Parlor Games (FL) SO 7:00 Bingo (L) SO/C</p>	<p>29 10:00 Exercise (DR) P 10:30 Mind/Body/Soul (L) R/S/P 1:00 Bible Study (L) R 2:00 Needleworkers/Arts & Crafts (AR) PR 4:00 Parlor Games (FL) SO/C 7:00 Bingo (L) SO/C</p>	<p>30 9:30 Safeway/Bank/PO (O) 10:00 Exercise (DR) P 10:30 Bocce (Patio) P 1:30 Wii Bowling (L) P 3:00 Famous Performances (L) SO 4:00 Parlor Games (FL) 7:00 Bingo (L) SO/C</p>	<p>31 9:30 Dollar Tree (O) 10:00 Exercise (DR) P 10:30 Bible Study (L) R 10:30 Rummikube (AR) C/SO 1:00 Trip to Cold Stone Creamery (O) 2:00 Movie (L) SO 4:00 Parlor Games (FL) SO 7:00 Bingo (L) SO/C</p>		



JULY 2008
ROSE WING CALENDAR
POTOMAC PLACE ASSISTED LIVING AND SPECIALIZED ALZHEIMER'S CARE
WOODBIDGE, VIRGINIA 22191



Sun	Mon	Tue	Wed	Thu	Fri	Sat
ABBREVIATION KEY: C/COGNITIVE S/SENIOR PR/PRODUCTIVE P/PHYSICAL SO/SOCIAL R/REFLECTIVE O/OUTING N/NATURE		1 10:00 EXERCISE (C/P) 10:30 AM CHAT (C/SO) 11:00 MUSIC CLUB (C/SO) 1:00 WALK ABOUT (P) 2:00 CAMEO JEWELS PERFORMANCE (C/SO) 3:30 RELAXING MUSIC (S)	2 10:00 EXERCISE (P/C) 10:30 AM CHAT (C/SO) 11:00 MANICURES HAND MASSAGE (C/SO/S) 1:00 WALK ABOUT (P) 2:00 CARD CLUB (C/SO) 3:30 RELAXING MUSIC (S)	3 10:00 EXERCISE (C/P) 10:30 AM CHAT (C/S) 11:00 CATHOLIC SERVICE (R) (L) 11:00 HORSESHOES OUTSIDE (C/SO/P) 1:00 WALK ABOUT (P) 2:00 MOVIE (C/SO) 3:30 RELAXING MUSIC (S)	4 10:00 EXERCISE (C/P) 10:30 AM CHAT (C/SO) 11:00 CROSSWORD PUZZLE (C/SO) 11:30 4TH OF JULY PICNIC OUTSIDE(SO) 1:00 WALK ABOUT (P) 2:30 MOVIE (C/SO) 3:30 RELAXING MUSIC (S)	5 10:00 EXERCISE (C/P) 10:30 AM CHAT (C/SO) 11:00 SENSORY GAMETIME (S) 1:00 WALK ABOUT (P) 1:15 ALL FAITH'S SERVICE (R) (L) 2:30 MOVIE & POPCORN (C/SO) 3:30 REALAXING MUSIC (S)
6 9:00 SPIRITUAL MUSIC (S) 10:00 LIGHT EXERCISE (C/P) 10:30 AM CHAT (C/S) 11:00 AD BROWSING/COFFEE BREAK(C/S) 1:00 WALK ABOUT (P) 2:30 MOVIE & POPCORN (C/SO) 3:30 RELAXING MUSIC (S)	7 10:00 EXERCISE (C/P) 10:30 AM CHAT (C/SO) 11:00 READ A STORY (C/SO) 1:00 WALK ABOUT (P) 2:00 PAINT A PICTURE (PR/C) 3:30 RELAXING MUSIC (S)	8 10:00 EXERCISE (C/P) 10:30 AM CHAT (C/SO) 11:00 WORD GAMES (C/SO) 1:00 WALK ABOUT (P) 2:00 YOU GOT MAIL (C/SO) 3:30 RELAXING MUSIC (S)	9 10:00 EXERCISE (P/C) 10:30 AM CHAT (C/S) 11:00 BOWLING (C/P/S) 1:00 WALK ABOUT (P) 2:00 IN THE GARDEN (C/SO/P) 3:30 RELAXING MUSIC (S)	10 10:00 EXERCISE (C/PH) 10:30 AM CHAT (C/SO) 11:00 ARTS & CRAFT (C/SO/PR) 1:00 WALK ABOUT (P) 2:00 SENSORY GAMETIME (S) 3:00 MANICURES HAND MASSAGE (C/SO/S) 3:30 RELAXING MUSIC (S)	11 10:00 EXERCISE (C/P) 10:30 AM CHAT (C/SO) 11:00 POETRY READING (C/SO) 1:00 WALK ABOUT (P) 2:00 BIRTHDAY SOCIAL (SO) DR 3:30 RELAXING MUSIC (S)	12 10:00 EXERCISE (C/PH) 10:30 AM CHAT (C/SO) 11:00 PARLOR GAMES (C/SO) 1:00 WALK ABOUT (P) 1:15 ALL FAITH'S SERVICE (R) (L) 2:30 MOVIE & POPCORN (C/SO) 3:30 REALAXING MUSIC (S)
13 9:00 SPIRITUAL MUSIC (S) 10:00 LIGHT EXERCISE (C/P) 10:30 AM CHAT (C/SO) 11:00 AD BROWSING/COFFEE BREAK(C/SO) 1:00 WALK ABOUT (P) 2:30 MOVIE & POPCORN (C/S) 3:30 RELAXING MUSIC (S)	14 10:00 EXERCISE (C/P) 10:30 AM CHAT (C/SO) 11:00 IN THE KITCHEN(C/PR) 1:00 WALK ABOUT (P) 2:00 YOU GOT MAIL (C/SO) 3:30 RELAXING MUSIC (S)	15 10:00 EXERCISE (C/P) 10:30 AM CHAT (C/SO) 11:00 IN THE KITCHEN (C/PR) 1:00 WALK ABOUT (P) 2:00 REMEMBER WHEN (C/SO) 3:30 RELAXING MUSIC (S)	16 10:00 EXERCISE (P/CO) 10:30 AM CHAT (C/SO) 11:00 IN THE KITCHEN (C/PR) 1:00 WALK ABOUT (P) 2:00 MOVIE (C/SO) 3:30 RELAXING MUSIC (S)	17 10:00 EXERCISE (C/PH) 10:30 AM CHAT (C/SO) 11:00 IN THE KITCHEN (C/PR) 1:00 WALK ABOUT (P) 2:00 YOU GOT MAIL (C/SO) 3:00 MANICURES HAND MASSAGE(C/SO/S) 3:30 RELAXING MUSIC (S)	18 10:00 EXERCISE (C/P) 10:30 AM CHAT (C/SO) 11:00 IN THE KITCHEN (C/PR) 1:00 WALK ABOUT (P) 2:00 RESIDENTIAL SOCIAL (SO) DR 3:30 RELAXING MUSIC (S)	19 10:00 EXERCISE (CO/P) 10:30 AM CHAT (CO/SO) 11:00 MUSIC CLUB (CO/SO) 1:00 WALK ABOUT (PH) 1:15 ALL FAITH'S SERVICE (R) (L) 2:00 TOM STRINGER (CO/SO) (DR) 3:30 REALAXING MUSIC (S)
20 9:00 SPIRITUAL MUSIC (S) 10:00 LIGHT EXERCISE (C/P) 10:30 AM CHAT (C/SO) 11:00 AD BROWSING/COFFEE BREAK(C/SO) 1:00 WALK ABOUT (P) 2:30 MOVIE & POPCORN (C/SO) 3:30 RELAXING MUSIC (S)	21 HIT THE ROAD TO NEW ENGLAND & CANADA 10:00 EXERCISE (P/C) 10:30 AM CHAT (C/S) 11:00 SPELLING BEE (C/SO) 1:00 WALK ABOUT (P) 2:00 REMEMBER WHEN (C/SO) 3:30 RELAXING MUSIC (S)	22 10:00 EXERCISE (C/P) 10:30 AM CHAT (C/SO) 11:00 PARACHUTE OUTSIDE (C/SO) 1:00 WALK ABOUT (P) 2:00 ARTS & CRAFT (C/SO/PR) 3:30 RELAXING MUSIC (S)	23 10:00 EXERCISE (P/CO) 10:30 AM CHAT (C/SO) 11:00 MUSIC CLUB (C/SO) 1:00 WALK ABOUT (P) 2:00 ICE CREAM SOCIAL (C/SO) 3:30 RELAXING MUSIC (S)	24 10:00 EXERCISE (C/P) 10:30 AM CHAT (C/SO) 11:00 PARACHUTE OUTSIDE (C/SO/P) 1:00 WALK ABOUT (P) 2:00 MANICURES HAND MASSAGE(C/SO/S) 3:30 RELAXING MUSIC (S)	25 10:00 EXERCISE (C/P) 10:30 AM CHAT (C/SO) 11:00 PAINT A PICTURE (PR/C/SO) 1:00 WALK ABOUT (P) 2:00 RESIDENTIAL SOCIAL (SO) DR 3:30 RELAXING MUSIC (S)	26 10:00 EXERCISE (C/P) 10:30 AM CHAT (C/SO) 11:00 CHICKEN SOUP (C/SO) 1:00 WALK ABOUT (PH) 1:15 ALL FAITH'S SERVICE (SP) (L) 2:00 MOVIE & POPCORN (CO/SO) 3:30 REALAXING MUSIC (S)
27 9:00 SPIRITUAL MUSIC (S) 10:00 LIGHT EXERCISE (C/P) 10:30 AM CHAT (C/S) 11:00 AD BROWSING/COFFEE BREAK(C/S) 1:00 WALK ABOUT (P) 2:30 MOVIE & POPCORN (C/S) 3:30 RELAXING MUSIC (S)	28 10:00 EXERCISE (C/P) 10:30 AM CHAT (C/SO) 11:00 BINGO (C/SO) 1:00 WALK ABOUT (P) 2:00 SENSORY GAMETIME (S) 3:30 RELAXING MUSIC (S)	29 10:00 EXERCISE (C/P) 10:30 AM CHAT (C/SO) 11:00 BINGO (C/SO) 1:00 WALK ABOUT (P) 2:00 PRICE IS RIGHT (C/SO) 3:30 RELAXING MUSIC (S)	30 10:00 EXERCISE (P/CO) 10:30 AM CHAT (C/SO) 11:00 HORSESHOES OUTSIDE (P/C/SO) 1:00 WALK ABOUT (P) 2:00 YOU GOT MAIL (C/SO) 3:30 RELAXING MUSIC (S)	31 10:00 EXERCISE (C/P) 10:30 AM CHAT (C/SO) 11:00 SPELLING BEE (C/SO) 1:00 WALK ABOUT (P) 2:00 MANICURES HAND MASSAGE(C/SO/S) 3:30 RELAXING MUSIC (S)		