

THE CARRINGTON
AT LINCOLNWOOD



Dear Residents, Families and Friends,

Happy May, Spring has sprung!

If you have been outside to enjoy the sunshine you know that temperatures are on the rise as well. The warmer weather has residents visiting in the courtyard, listening to music and soaking up the warm sun. When enjoying time outside please take a moment to ensure you have a hat to protect yourself from the sun and that you are hydrating.

This month we are reintroducing our Happy Social Hour! We will be serving snacks and drinks outside in the courtyard (weather permitting). Also, we will be enjoying some wonderful entertainment/music while boosting your vitamin D!

If you are planning on joining your love one for a meal please note that the dining rooms are just for residents currently but you may enjoy a meal with your love one in our libraries located on each floor at the end of the the hall or in their apartments.

We have celebrate good times thus far! We have celebrated Cinco De Mayo and Mother's Day this month! Remember to mask up when out and about the community. Thank you for making the community special!

This time of year brings thoughts of longer days and warmer nights. I can't wait for the warm weather to be here every day and every night. Hopefully Adrian and his team can plan some wonderful activities in our beautiful courtyards with some live entertainment and lots of outings.

I would like to share that we have new visiting hours for Assisted Living and Memory Care. These hours are from 9am until 8pm. The Independent Living main door (3501 address) is still the check in point. Please continue to get checked in there.

At night when I leave, I love to see residents, families and guests sitting outside enjoying the weather and each other. Let's welcome spring with open arms and looking forward to a better summer.

Thank you all for making this community special!



~ Dash~

Memory Care Corner

Check out our Aromatherapy!



While visiting Memory Care you will notice all of the aromas. The Aromatherapy therapy is available through out the day in the common areas. Listed below are some benefits of aromatherapy. We hope you enjoy!

BENEFITS OF AROMATHERAPY

People have been enjoying the health benefits of aromatherapy since the 11th century. This therapy uses essential oils to speed up the healing process, boost energy levels, reduce anxiety, and provide a multitude of other benefits. From France to England, China to the United States, aromatherapy is a viable solution to cure common daily ailments. Whether you need to reduce your stress levels or increase your digestive capacities, here are some common health conditions that can be treated with the help of aromatherapy.

Stress Relief One of the most popular uses of aromatherapy is to help relieve stress. The aromatic compounds of many plants will soothe your mind and body. Some of the most common stress-relieving essential oils are lemon, lavender, ylang ylang, bergamot and peppermint.

Boost Energy Levels In a world driven by movement, we could all use an energy boost. While adopting a healthy balance of eating right and exercising, many people also use an essential oil diffuser to help put a little more pep in their step. Black pepper, clove, jasmine, rosemary and tea tree are the most common oils to help increase energy levels and increase circulation without the dangerous side effects of artificial stimulants.

Alleviate Headaches Whether it's a debilitating migraine or a hangover, aromatherapy is a good homeopathic solution that will contain your headache and reduce the stress or anxiety that accompanies a headache. The most common oils used to cure headaches are sesame oils, avocado, coconut peppermint, rosemary, eucalyptus and sandalwood.

Pain Relief Whether you have a pain in your foot or a pain in your head, aromatherapy provides relief for many ailments. Pain relief is one of the most common benefits of essential oil treatments. With the help of lavender, clary sage, rosemary, juniper or peppermint, you can alleviate many aches and pains.

A couple updates from Tom Whitaker - ED

5/14/2021

NO New Positive Results

Today our lab partner confirmed all 260 test kits from this week have been processed and there are no additional positive results. Per IDPH guidance, we will conduct a new round of tests on Assisted Living, Bridge, and Memory Care residents as well as staff within three days of yesterday's positive results.

To summarize the week, we had two AL residents test positive on May 11th and May 13th. Both are asymptomatic and isolating in their apartments. Designated staff are providing direct care in full PPE including gowns, face shields, n95 masks, and gloves. The therapist provider from our Home Health partner also tested positive May 13th. They are also asymptomatic and will isolate until cleared to return to work. Our AL CNA who tested positive May 6th will return to work when cleared by IDPH requirements. All four of these individuals (and over 99% of our residents) are fully vaccinated.

CMS Phase 1: Assisted Living, Bridge, and Memory Care

CMS Phase 3: Independent Living

What's Changed and What Stays the Same?

Activities- As a precaution we are keeping group activities separate for IL and our other levels of care until we receive results from our next round of testing. Group activities with masks and social distancing will continue in all respective areas.

Dining- Dining Room service continues in all areas of the community. Residents will dine in separate Dining Rooms (IL, AL, Bridge, or MC) until we receive the next round of test results. At this time only residents are permitted to eat in our Dining Rooms.

Visitation- IDPH guidance states visitations continue in all CMS Phases. The Carrington permits visitors into the community and in residents' apartments with proof of completed COVID vaccination that is more than fourteen days old, or with negative COVID test results less than seven days old. Visits can also take place in our outdoor areas. Visitors who bring food can eat with residents outdoors, in residents' apartments, or in the Library rooms of our Assisted Living area.

Trips outside the community- Residents are able to leave the community for both medical appointments and non-medical trips. As an additional precaution, we require the person taking residents out from our AL, Bridge, and Memory Care areas to provide proof of completed COVID vaccination.

CDC and IDPH mask guidance

The CDC and IDPH recently released guidance that vaccinated individuals do not need to wear masks indoors. The Carrington is exceeding this guidance as a safety precaution to keep our community as safe as possible from contracting and spreading COVID. Residents, staff and visitors will continue to be required to wear masks in common areas.

I will provide another community update when we receive the results of our new round of testing. I am available at 773-503-6852 or tom@thecarrington.com.

5/13/2021

Two New Positive Results

Today our lab partner reported two new positive results. The third party therapy provider who works with our Home Health partner tested positive. The therapist is fully vaccinated and asymptomatic. She provided care to our AL resident on May 6th who later tested positive on May 11th. Contact tracing indicated the therapist provided care to five residents in AL and MC between May 6th and today. Our nursing staff conducted rapid tests on the residents and all five results were negative.

Since the therapist provided care to Memory Care residents, we are reverting Memory Care to CMS Phase 1. No residents are under isolation at this time. Communal dining, small group activities, and visitation will continue.

The second positive result reported was a second floor AL resident who returned to the community May 12th. The resident had left the community April 24th for medical treatment and just returned from a rehab facility. At this time we have two AL residents in isolation- the fourth floor resident who tested positive May 11th and the second floor resident who tested positive today. Nursing staff have n95 masks, gowns, gloves, and face shields to provide care.

Assisted Living, Bridge, and Memory Care are in CMS Phase One.

Independent Living is in CMS Phase Three.

I am available at 773-503-6852 or tom@thecarrington.com.

5/11/2021

Positive Assisted Living Resident

A total of 70 test kits were processed for our AL residents, Bridge residents and AL staff. This new round of testing was conducted over the weekend due to an AL CNA testing positive 5/6. One fully vaccinated AL resident from our fourth floor had positive test results. The CNA who tested positive is not assigned to the care team who provides care to the AL resident. The resident is currently in isolation and staff have been supplied with n95 masks, gowns, gloves, and face shields to provide care.

The positive AL resident had negative test results last week. Contact tracing confirmed the resident has not attended group activities recently. As an additional precaution we conducted rapid tests for a therapist, CNA, and direct neighbor who recently had contact with the resident. All three results were negative.

Assisted Living and Bridge remain in CMS Phase One.

Independent Living and Memory Care are in CMS Phase Three.

Scheduled Testing

We conducted our regularly scheduled lab testing today and will continue tomorrow as well. This includes all residents in AL, Bridge, and Memory Care. It also applies to staff and caregivers for all levels of care, including those who are fully vaccinated. We will continue weekly testing until no positive results are reported for a period of 14 days.

Wear Your Mask

The fact that the recent positive cases have been individuals who were fully vaccinated highlights the importance of wearing a mask to protect yourself from potential exposure. Cover your nose and mouth. **We must all do our part to keep our community safe.**

5/7/2021

No New Positive Results

A total of 267 kits were processed this week. There was one positive result reported yesterday. The Assisted Living CNA is fully vaccinated but reported symptoms on 5/2.

Assisted Living and Bridge are in CMS Phase One. *Communal dining, group activities, and visitation may continue with masking and social distancing per IDPH guidance.* No residents are under isolation.

Independent Living and Memory Care are in CMS Phase Three. I incorrectly reported Phase One in the 5/6 update. (Our editor was gone for the evening.)

Scheduled Testing

Lab testing for AL & Bridge residents and staff will be conducted over the weekend. We will continue with weekly testing until no positive results are reported for a period of 14 days. At that time, testing frequency will be according to IDPH guidance based on current Cook County metrics.

Please note all caregivers (including those who are fully vaccinated) must provide negative test results (or participate in our testing) on a weekly basis. We will require caregivers to test at the same frequency as our staff for community safety.

Recognition and Appreciation

National Nurses Week started 5/6. I want to personally thank our nursing staff for the dedicated care they provide to our residents. I also want to recognize

our residents who worked in the nursing profession.

On behalf of The Carrington, I want to wish a very *Happy Mother's Day* to our residents, staff, and families.

I will issue another community update when we receive results from lab testing this weekend. I am available at 773-503-6852 or tom@thecarrington.com.

Sincerely,
Tom



TAKING YOUR BODY WHERE YOUR MIND WANTS TO GO





May is Older Americans Month

Every year for over 50 years, May has been a month to appreciate and celebrate the vitality, dreams and contributions of older American adults. The Administration for Community Living (ACL) theme for 2021 is Communities of Strength. Older adults have built resilience and strength throughout their lives through successes, failures, joys and difficulties. Their stories and contributions help to support and inspire others. This Older Americans Month, we celebrate the strength of older adults with a special emphasis on the power of connection and engagement in building strong communities.

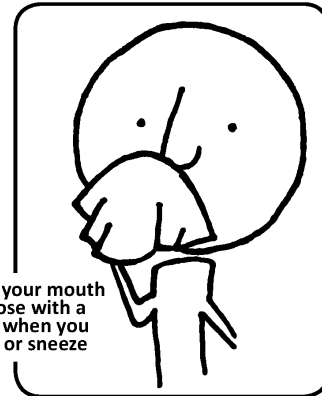
There are many things we can do to nurture ourselves, reinforce our strength, and continue to thrive. Connecting with others is one of the most important things—it plays a vital role in our health and well-being, and in that of our community. That is why our fitness program with our instructor, Arthur King, is an excellent way to connect with others while improving physical strength and overall wellness. Arthur is committed in helping seniors remain strong and healthy as individuals and as a community.

Health Fitness Gym is located on the first floor by the Community pool. Schedule and hours are Tuesday - Saturdays from 8:30AM-4:30PM.

“Community events create strong communities, and a strong community is a healthy community. A healthy community is a happy community”

Stop the spread of germs that make you and others sick!

Cover your Cough



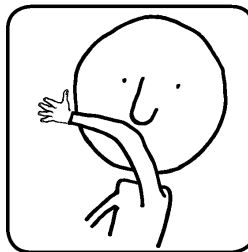
Cover your mouth and nose with a tissue when you cough or sneeze

Why you should cover your cough:

- Serious respiratory illnesses like influenza, respiratory syncytial virus (RSV), whooping cough and Severe Acute Respiratory Syndrome (SARS) are spread by:
 - Coughing or sneezing
 - Unclean hands
- These illnesses spread easily in crowded places where people are in close contact.

How to stop the spread of germs when you are sick:

- Cover your nose and mouth with a tissue every time you cough or sneeze. Throw the used tissue in a waste basket.
- If you don't have a tissue, sneeze or cough into your sleeve (at the elbow).
- After coughing or sneezing, always clean your hands with soap & water or an alcohol-based hand cleaner.
- Stay home when you are sick.
- Do not share eating utensils, drinking glasses, towels or other personal items.



Additional steps to stay healthy

- Avoid smoking and keep your homesmoke free.
 - Avoid crowded places where germs can be passed among people through the air.
 - Get vaccinated against influenza.
- ### and prevent the spread of respiratory infections
- Get extra rest - viral infections take 10 to 14 days to resolve.
 - Drink extra fluids - especially water.
 - Stay home when you're ill.

When you are at a hospital or clinic

- You may be asked to wear a mask to protect others.
- Don't worry if you see staff and other people wearing masks. They are preventing the spread of germs.

Stay healthy:

- Clean your hands often with soap and water or an alcohol-based hand cleaner.
- Avoid touching your eyes, nose or mouth.
- Avoid close contact with people who are sick, if possible.
- Get vaccinated! Influenza (flu) and pneumococcal (pneumonia) vaccines can prevent some serious respiratory illnesses.

m DEPARTMENT OF HEALTH

Infectious Disease Epidemiology, Prevention and Control
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APIC
ASSOCIATION FOR PROFESSIONALS IN
INFECTION CONTROL AND EPIDEMIOLOGY, INC.

The Carrington Honors Memorial Day: Remembering Those Who Gave All!!!



The Soldier

by Rupert Brooke. Rupert Brooke, a brilliant, impassioned young Englishman, was one of the first to take arms when Great Britain went to war. He died in the Dardanelles expedition, dition April 23, 1915. A few days before, he had sent from the Aegean Sea to the English-speaking peoples the poem by which he is best known:

If I should die, think only this of me:
That there's some corner of a foreign field
That is for ever England. There shall be
In that rich earth a richer dust concealed;
A dust whom England bore, shaped, made aware,
Gave, once, her flowers to love, her ways to roam,
A body of England's, breathing English air,
Washed by the rivers, blest by suns of home.

And think, this heart, all evil shed away,
A pulse in the eternal mind, no less
Gives somewhere back the thoughts by England given;
Her sights and sounds; dreams happy as her day;
And laughter, learnt of friends; and gentleness,
In hearts at peace, under an English heaven.

Community Act

Please

ALMCquestions@thecarrington.com email a

Assisted Living

SUN	MON	TUE	WED
<p>9:30 Morning Greeting 10:00 Morning Workout (AL2LIV) 10:30 Cranium Crunch! (AL4THTR)</p> <p>10:30 Swimming (Fitness Center - Pool) 1:15 Tai Chi (Fitness Center) 1:30 Afternoon Stretch (AL4THTR) 2:00 Game Time! (AL3DIN) 2:00 Social Hour!! (TBD) 3:00 Crossword! (AL3DIN) 4:00 Relaxation (AL3DIN)</p> <p style="text-align: right;">30</p>	<p>Memorial Day</p> <p>9:30 Morning Greeting 10:00 Morning Workout (AL2LIV) 10:30 Puzzle Huddle! (AL2LE)</p> <p>2:00 Movie Matinee (POPCORNI) (AL4THTR)</p> <p>3:30 Riddle me this! (AL4THTR) 6:30 Wheel Of Fortune (Local Channel)</p> <p style="text-align: right;">31</p>		
<p>Orthodox Easter</p> <p>9:30 Morning Greeting 10:00 Morning Workout (AL2LIV) 10:30 Cranium Crunch! (AL4THTR)</p> <p>10:30 Swimming (Fitness Center - Pool) 1:15 Tai Chi (Fitness Center) 1:30 Afternoon Stretch (AL4THTR) 2:00 Game Time! (AL3DIN) 2:00 Social Hour!! (TBD) 3:00 Crossword! (AL3DIN) 4:00 Relaxation (AL3DIN)</p> <p style="text-align: right;">2</p>	<p>9:30 Morning Greeting 10:00 Morning Workout (AL2LIV) 10:30 Puzzle Huddle! (AL2LE)</p> <p>2:00 Movie Matinee (POPCORNI) (AL4THTR)</p> <p>3:30 Riddle me this! (AL4THTR) 6:30 Wheel Of Fortune (Local Channel)</p> <p style="text-align: right;">3</p>	<p>9:30 Morning Greeting 10:00 Get Fit With The King (AL2LE) 10:45 Daily Chronicle (AL2LE) 10:45 News and Views (AL2LE) 11:00 Trivia (AL2LE) 1:00 Afternoon Greeting 1:30 Resident Committee Meeting (AL4THTR) 2:30 Documentary (AL4THTR) 3:30 Karaoke (AL4THTR) 6:30 Wheel Of Fortune (Local Channel)</p> <p style="text-align: right;">4</p>	<p>Cinco de Mayo</p> <p>9:30 Morning Greeting 10:00 Cardio (AL2LE) 10:30 Daily Chronicle (AL2LE) 10:45 Arm Chair Travel (AL2LE) 2:00 Cinco De Mayo Social (AL2LE) 2:00 Social Hour!! (TBD) 3:00 Cardio Class (Fitness Center) 3:30 Karaoke (AL2LE) 6:30 Wheel Of Fortune (Local Channel)</p> <p style="text-align: right;">5</p>
<p>Mother's Day</p> <p>9:30 Morning Greeting 10:00 Morning Workout (AL2LIV) 10:30 Cranium Crunch! (AL4THTR)</p> <p>10:30 Swimming (Fitness Center - Pool) 1:15 Tai Chi (Fitness Center) 1:30 Afternoon Stretch (AL4THTR) 2:00 Game Time! (AL3DIN) 2:00 Social Hour!! (TBD) 3:00 Crossword! (AL3DIN) 4:00 Relaxation (AL3DIN)</p> <p style="text-align: right;">9</p>	<p>9:30 Morning Greeting 10:00 Morning Workout (AL2LIV) 10:30 Puzzle Huddle! (AL2LE)</p> <p>2:00 Movie Matinee (POPCORNI) (AL4THTR)</p> <p>3:30 Riddle me this! (AL4THTR) 6:30 Wheel Of Fortune (Local Channel)</p> <p style="text-align: right;">10</p>	<p>9:30 Morning Greeting 10:00 Get Fit With The King (AL2LE) 10:30 Daily Chronicle (AL2LE) 10:45 News and Views (AL2LE) 11:00 Trivia (AL2LE) 1:00 Afternoon Greeting 2:30 Documentary (AL4THTR) 3:30 Karaoke (AL4THTR) 6:30 Wheel Of Fortune (Local Channel)</p> <p style="text-align: right;">11</p>	<p>Eid al-Fitr</p> <p>3:30 Current Events (AL2LE) 9:30 Morning Greeting 10:00 TAI CHI (AL2LE) 10:30 Daily Chronicle (AL2LE) 10:45 New Resident Coffee Social (AL2LE) 1:30 Baskin's Boisterous Balladeers (AL Lobby) 2:00 Social Hour!! (TBD) 2:30 Games Games and More Games (AL2LE) 3:00 Cardio Class (Fitness Center) 6:30 Wheel Of Fortune (Local Channel)</p> <p style="text-align: right;">12</p>
<p>9:30 Morning Greeting 10:00 Morning Workout (AL2LIV) 10:30 Cranium Crunch! (AL4THTR)</p> <p>10:30 Swimming (Fitness Center - Pool) 1:15 Tai Chi (Fitness Center) 1:30 Afternoon Stretch (AL4THTR) 2:00 Game Time! (AL3DIN) 2:00 Social Hour!! (TBD) 3:00 Crossword! (AL3DIN) 4:00 Relaxation (AL3DIN)</p> <p style="text-align: right;">16</p>	<p>9:30 Morning Greeting 10:00 Morning Workout (AL2LIV) 10:30 Puzzle Huddle! (AL2LE)</p> <p>2:00 Movie Matinee (POPCORNI) (AL4THTR)</p> <p>3:30 Riddle me this! (AL4THTR) 6:30 Wheel Of Fortune (Local Channel)</p> <p style="text-align: right;">17</p>	<p>9:30 Morning Greeting 10:00 Get Fit With The King (AL2LE) 10:30 Daily Chronicle (AL2LE) 10:45 News and Views (AL2LE) 11:00 Trivia (AL2LE) 1:00 Afternoon Greeting 1:30 Survival Mode with Adrian (AL4THTR) 3:30 Karaoke (AL4THTR) 6:30 Wheel Of Fortune (Local Channel)</p> <p style="text-align: right;">18</p>	<p>9:30 Morning Greeting 10:00 Cardio (AL2LE) 10:30 Daily Chronicle (AL2LE) 10:45 Arm Chair Travel (AL2LE) 1:30 Baskin's Boisterous Balladeers (AL Lobby) 2:00 Social Hour!! (TBD) 2:30 Games Games and More Games (AL2LE) 3:00 Cardio Class (Fitness Center) 3:30 Current Events (AL2LE) 6:30 Wheel Of Fortune (Local Channel)</p> <p style="text-align: right;">19</p>
<p>9:30 Morning Greeting 10:00 Morning Workout (AL2LIV) 10:30 Cranium Crunch! (AL4THTR)</p> <p>10:30 Swimming (Fitness Center - Pool) 1:15 Tai Chi (Fitness Center) 1:30 Afternoon Stretch (AL4THTR) 2:00 Game Time! (AL3DIN) 2:00 Social Hour!! (TBD) 3:00 Crossword! (AL3DIN) 4:00 Relaxation (AL3DIN)</p> <p style="text-align: right;">23</p>	<p>9:30 Morning Greeting 10:00 Morning Workout (AL2LIV) 10:30 Puzzle Huddle! (AL2LE)</p> <p>2:00 Movie Matinee (POPCORNI) (AL4THTR)</p> <p>3:30 Riddle me this! (AL4THTR) 6:30 Wheel Of Fortune (Local Channel)</p> <p style="text-align: right;">24</p>	<p>9:30 Morning Greeting 10:00 Get Fit With The King (AL2LE) 10:30 Daily Chronicle (AL2LE) 10:45 News and Views (AL2LE) 11:00 Trivia (AL2LE) 1:00 Afternoon Greeting 2:30 Documentary (AL4THTR) 3:30 Karaoke (AL4THTR) 6:30 Wheel Of Fortune (Local Channel)</p> <p style="text-align: right;">25</p>	<p>9:30 Morning Greeting 10:00 TAI CHI (AL2LE) 10:30 Daily Chronicle (AL2LE) 1:30 Craft Corner (AL2LE) 2:00 Social Hour!! (TBD) 2:30 Karaoke (AL2LE) 3:00 Cardio Class (Fitness Center) 3:30 New Resident Social & Wine Tasting (AL2LE) 6:30 Wheel Of Fortune (Local Channel)</p> <p style="text-align: right;">26</p>

May 2021

Assisted Living

Memory Care

SUN	MON	TUE	WE
<p>9:30 Morning Greeting 10:00 Sit and be fit 10:30 Daily Chronicle 11:00 Zoo Animal Bingo! 1:30 Afternoon Greeting 2:00 Social Hour!! 2:30 Enjoying Nature 3:00 Sweet Delights 4:00 Relax and Reminisce</p> <p style="text-align: right;">30</p>	<p>Memorial Day 9:30 Morning Greeting 10:00 Sit and be fit 10:30 Daily Chronicle 11:00 Minute to Win it 1:30 Afternoon Greeting 2:00 Tea For Thought 3:00 Nail Spa 4:00 Aroma Therapy 6:30 Wheel Of Fortune (Local Channel)</p> <p style="text-align: right;">31</p>		
<p>Orthodox Easter 9:30 Morning Greeting 10:00 Sit and be fit 10:30 Daily Chronicle 11:00 Musical Bingo! 1:30 Afternoon Greeting 2:00 Social Hour!! 2:30 Enjoying Nature 3:00 Sweet Delights 4:00 Relax and Reminisce</p> <p style="text-align: right;">2</p>	<p>9:30 Morning Greeting 10:00 Sit and be fit 10:30 Daily Chronicle 11:00 Minute to Win it 1:30 Afternoon Greeting 2:00 Tea For Thought 3:00 Self-Care (Nails!) 4:00 Aroma Therapy 6:30 Wheel Of Fortune (Local Channel)</p> <p style="text-align: right;">3</p>	<p>9:30 Morning Greeting 10:00 Sit and be fit 10:30 Daily Chronicle 11:00 Charades 1:30 Afternoon Greeting 2:00 Express Your Creativity...Arts & Crafts! 3:00 Hands On Deck 4:00 Finish The..... 6:30 Wheel Of Fortune (Local Channel)</p> <p style="text-align: right;">4</p>	<p>Cinco de Mayo 9:30 Morning Gre 10:00 Sit and be fi 10:30 Daily Chroni 11:00 Eversound D 1:30 Afternoon G 2:00 Social Hour! 2:30 Cinco De Mi 3:00 Mexico Trav 4:00 Patio Time 6:30 Wheel Of Fo Channel)</p>
<p>Mother's Day 9:30 Morning Greeting 10:00 Sit and be fit 10:30 Daily Chronicle 11:00 Picture Bingo! 1:30 Afternoon Greeting 2:00 Social Hour!! 2:30 Enjoying Nature 3:00 Sweet Delights 4:00 Relax and Reminisce</p> <p style="text-align: right;">9</p>	<p>9:30 Morning Greeting 10:00 Sit and be fit 10:30 Daily Chronicle 11:00 Minute to Win it 1:30 Afternoon Greeting 2:00 Coffee For Thought 3:00 Cooking Club 4:00 Snack And Chat 6:30 Wheel Of Fortune (Local Channel)</p> <p style="text-align: right;">10</p>	<p>9:30 Morning Greeting 10:00 Sit and be fit 10:30 Daily Chronicle 11:00 5 Sense Test 1:30 Afternoon Greeting 2:00 Travel the world with Google Earth...Visiting Rome 3:00 Music from Around the World 4:00 Bust A Move 6:30 Wheel Of Fortune (Local Channel)</p> <p style="text-align: right;">11</p>	<p>Eid al-Fitr 9:30 Morning Gre 10:00 Sit and be fi 10:30 Daily Chroni 11:00 Eversound D 1:30 Afternoon G 2:00 Let's get CH 2:00 Social Hour! 3:00 Family Feud 4:00 5 Second Ru 6:30 Wheel Of Fo Channel)</p>
<p>9:30 Morning Greeting 10:00 Sit and be fit 10:30 Daily Chronicle 11:00 Oscars Bingo! 1:30 Afternoon Greeting 2:00 Social Hour!! 2:30 Enjoying Nature 3:00 Sweet Delights 4:00 Relax and Reminisce</p> <p style="text-align: right;">16</p>	<p>9:30 Morning Greeting 10:00 Sit and be fit 10:30 Daily Chronicle 11:00 Minute to Win it 1:30 Afternoon Greeting 2:00 Tea For Thought 3:00 Self-Care (Nails!) 4:00 Aroma Therapy 6:30 Wheel Of Fortune (Local Channel)</p> <p style="text-align: right;">17</p>	<p>9:30 Morning Greeting 10:00 Sit and be fit 10:30 Daily Chronicle 11:00 Charades 1:30 Afternoon Greeting 2:00 Express Your Creativity...Arts & Crafts! 3:00 Hands On Deck 4:00 Finish The..... 6:30 Wheel Of Fortune (Local Channel)</p> <p style="text-align: right;">18</p>	<p>9:30 Morning Gre 10:00 Sit and be fi 10:30 Daily Chroni 11:00 Eversound D 1:30 Afternoon G 2:00 Social Hour! 3:00 Gardening C 4:00 Patio Time 6:30 Wheel Of Fo Channel)</p>
<p>9:30 Morning Greeting 10:00 Sit and be fit 10:30 Daily Chronicle 11:00 Word Bingo! 1:30 Afternoon Greeting 2:00 Social Hour!! 2:30 Enjoying Nature 3:00 Music from Around the World 3:00 Sweet Delights 4:00 Relax and Reminisce</p> <p style="text-align: right;">23</p>	<p>9:30 Morning Greeting 10:00 Sit and be fit 10:30 Daily Chronicle 11:00 Minute to Win it 1:30 Afternoon Greeting 2:00 Coffee For Thought 3:00 Cooking Club 4:00 Snack And Chat 6:30 Wheel Of Fortune (Local Channel)</p> <p style="text-align: right;">24</p>	<p>9:30 Morning Greeting 10:00 Sit and be fit 10:30 Daily Chronicle 11:00 5 Sense Test 1:30 Afternoon Greeting 2:00 Travel the world with Google Earth....Visiting The Great Barrier Reef 4:00 Bust A Move 6:30 Wheel Of Fortune (Local Channel)</p> <p style="text-align: right;">25</p>	<p>9:30 Morning Gre 10:00 Sit and be fi 10:30 Daily Chroni 11:00 Eversound D 1:30 Afternoon G 2:00 Let's get CH Coin! 2:00 Social Hour! 3:00 Family Feud 4:00 5 Second Ru 6:30 Wheel Of Fo Channel)</p>

May 2021

MEMORY CARE-Please Note:Subject to Change. Life Enrichment Dir.:Adrian D

Bridge

SUN	MON	TUE	WED
<p>2:30 Salsa Chair Dancing (AL3LE) 30</p> <p>9:30 Morning Greeting (AL3LE)</p> <p>10:00 Commit To Be Fit (AL3LE)</p> <p>10:15 Daily Chronicle (AL3LE)</p> <p>10:30 5 Second Rule (AL3LE)</p> <p>10:30 Swimming (Fitness Center - Pool)</p> <p>1:15 Tai Chi (Fitness Center)</p> <p>1:30 Afternoon Greeting (AL3LE)</p> <p>2:00 Social Hour!! (TBD)</p> <p>3:00 Food Pyramid Facts (AL3LE)</p> <p>3:00 Travel Discussion (AL3LE)</p> <p>4:00 Spicy Kitchen Fun (AL3LE)</p>	<p>Memorial Day 31</p> <p>9:30 Morning Greeting (AL3LE)</p> <p>10:00 Commit To Be Fit (AL3LE)</p> <p>10:30 Eversound Documentary (AL4THTR)</p> <p>11:15 Discussions (AL4THTR)</p> <p>1:30 Afternoon Greeting (AL3LE)</p> <p>2:30 Google Earth Adventure (AL3LE)</p> <p>3:00 Travel Discussion (AL3LE)</p> <p>4:00 Relax and Reminisce (AL3LE)</p> <p>6:30 Wheel Of Fortune (Local Channel)</p>		
<p>Orthodox Easter 2</p> <p>9:30 Morning Greeting (AL3LE)</p> <p>10:00 Commit To Be Fit (AL3LE)</p> <p>10:15 Daily Chronicle (AL3LE)</p> <p>10:30 5 Second Rule (AL3LE)</p> <p>10:30 Swimming (Fitness Center - Pool)</p> <p>1:15 Tai Chi (Fitness Center)</p> <p>1:30 Afternoon Greeting (AL3LE)</p> <p>2:00 Social Hour!! (TBD)</p> <p>2:30 Salsa Chair Dancing (AL3LE)</p> <p>3:00 Food Pyramid Facts (AL3LE)</p> <p>4:00 Spicy Kitchen Fun (AL3LE)</p>	<p>9:30 Morning Greeting (AL3LE) 3</p> <p>10:00 Commit To Be Fit (AL3LE)</p> <p>10:30 Eversound Documentary (AL4THTR)</p> <p>11:15 Discussions (AL4THTR)</p> <p>1:30 Afternoon Greeting (AL3LE)</p> <p>2:30 Google Earth Adventure (AL3LE)</p> <p>3:00 Travel Discussion (AL3LE)</p> <p>4:00 Relax and Reminisce (AL3LE)</p> <p>6:30 Wheel Of Fortune (Local Channel)</p>	<p>9:30 Morning Greeting (AL2LE) 4</p> <p>10:00 Get Fit With The King (AL2LE)</p> <p>10:30 Daily Chronicle (AL2LE)</p> <p>10:45 News and Views (AL2LE)</p> <p>11:00 Trivia (AL2LE)</p> <p>1:30 Afternoon Greeting (AL3LE)</p> <p>2:00 Forensic Files (AL3LE)</p> <p>3:00 True Crime (AL3LE)</p> <p>4:00 World Wide News (AL3LE)</p> <p>6:30 Wheel Of Fortune (Local Channel)</p>	<p>Cinco de Mayo 5</p> <p>9:30 Morning Greeting (AL2LE)</p> <p>10:00 Cardio (AL2LE)</p> <p>10:30 Daily Chronicle (AL2LE)</p> <p>10:45 Arm Chair Travel (AL2LE)</p> <p>1:30 Afternoon Greeting (AL3LE)</p> <p>2:00 Cinco De Mayo Social (AL2LE)</p> <p>2:00 Social Hour!! (TBD)</p> <p>3:00 Cardio Class (Fitness Center)</p> <p>3:00 Sing Along (AL3LE)</p> <p>4:00 Pedometer Challenge (AL3LE)</p> <p>6:30 Wheel Of Fortune (Local Channel)</p>
<p>Mother's Day 9</p> <p>9:30 Morning Greeting (AL3LE)</p> <p>10:00 Commit To Be Fit (AL3LE)</p> <p>10:15 Daily Chronicle (AL3LE)</p> <p>10:30 Swimming (Fitness Center - Pool)</p> <p>10:30 Tangram Puzzle (AL3LE)</p> <p>1:15 Tai Chi (Fitness Center)</p> <p>1:30 Afternoon Greeting (AL3LE)</p> <p>1:30 Chair Zumba</p> <p>2:00 Social Hour!! (TBD)</p> <p>2:30 Nutrition Club (AL3LE)</p> <p>3:00 Power UP With Smoothies (AL3LE)</p> <p>4:00 Trivia (AL3LE)</p>	<p>9:30 Morning Greeting (AL3LE) 10</p> <p>10:00 Commit To Be Fit (AL3LE)</p> <p>10:30 Eversound Documentary (AL4THTR)</p> <p>11:15 Discussions (AL4THTR)</p> <p>1:30 Afternoon Greeting (AL3LE)</p> <p>2:00 Let's Get Cheesy (Cheese Tasting) (AL3LE)</p> <p>3:00 Cheese Trivia (AL3LE)</p> <p>4:00 Relax And Recharge (AL3LE)</p> <p>6:30 Wheel Of Fortune (Local Channel)</p>	<p>9:30 Morning Greeting (AL2LE) 11</p> <p>10:00 Get Fit With The King (AL2LE)</p> <p>10:30 Daily Chronicle (AL2LE)</p> <p>10:45 News and Views (AL2LE)</p> <p>11:00 Trivia (AL2LE)</p> <p>1:30 Afternoon Greeting (AL3LE)</p> <p>2:00 Don't Get It Twisted/Tongue Twisters (AL3LE)</p> <p>3:00 Minute to Win It (AL3LE)</p> <p>4:00 Refresh And Recharge (AL3LE)</p> <p>6:30 Wheel Of Fortune (Local Channel)</p>	<p>Eid al-Fitr 12</p> <p>9:30 Morning Greeting (AL2LE)</p> <p>10:00 TAI CHI (AL2LE)</p> <p>10:30 Daily Chronicle (AL2LE)</p> <p>10:45 New Resident Coffee Social (AL2LE)</p> <p>1:30 Afternoon Greeting (AL3LE)</p> <p>2:00 Feeling Fancy (Nail Spa) (AL3LE)</p> <p>2:00 Social Hour!! (TBD)</p> <p>3:00 Aroma Therapy (AL3LE)</p> <p>3:00 Cardio Class (Fitness Center)</p> <p>4:00 Pedometer Challenge (AL3LE)</p> <p>6:30 Wheel Of Fortune (Local Channel)</p>
<p>2:30 Salsa Chair Dancing (AL3LE) 16</p> <p>9:30 Morning Greeting (AL3LE)</p> <p>10:00 Commit To Be Fit (AL3LE)</p> <p>10:15 Daily Chronicle (AL3LE)</p> <p>10:30 5 Second Rule (AL3LE)</p> <p>10:30 Swimming (Fitness Center - Pool)</p> <p>1:15 Tai Chi (Fitness Center)</p> <p>1:30 Afternoon Greeting (AL3LE)</p> <p>2:00 Social Hour!! (TBD)</p> <p>3:00 Food Pyramid Facts (AL3LE)</p> <p>4:00 Spicy Kitchen Fun (AL3LE)</p>	<p>9:30 Morning Greeting (AL3LE) 17</p> <p>10:00 Commit To Be Fit (AL3LE)</p> <p>10:30 Eversound Documentary (AL4THTR)</p> <p>11:15 Discussions (AL4THTR)</p> <p>1:30 Afternoon Greeting (AL3LE)</p> <p>2:30 Google Earth Adventure (AL3LE)</p> <p>3:00 Travel Discussion (AL3LE)</p> <p>4:00 Relax and Reminisce (AL3LE)</p> <p>6:30 Wheel Of Fortune (Local Channel)</p>	<p>9:30 Morning Greeting (AL2LE) 18</p> <p>10:00 Get Fit With The King (AL2LE)</p> <p>10:30 Daily Chronicle (AL2LE)</p> <p>10:45 News and Views (AL2LE)</p> <p>11:00 Trivia (AL2LE)</p> <p>1:30 Afternoon Greeting (AL3LE)</p> <p>2:00 Forensic Files (AL3LE)</p> <p>3:00 True Crime (AL3LE)</p> <p>4:00 World Wide News (AL3LE)</p> <p>6:30 Wheel Of Fortune (Local Channel)</p>	<p>9:30 Morning Greeting (AL2LE) 19</p> <p>10:00 Cardio (AL2LE)</p> <p>10:30 Daily Chronicle (AL2LE)</p> <p>10:45 Arm Chair Travel (AL2LE)</p> <p>1:30 Afternoon Greeting (AL3LE)</p> <p>2:00 Social Hour!! (TBD)</p> <p>2:30 Cardio Drumming (AL3LIV)</p> <p>3:00 Cardio Class (Fitness Center)</p> <p>3:00 Sing Along (AL3LE)</p> <p>4:00 Guess Who (Celebrity Edition) (AL3LE)</p> <p>4:00 Pedometer Challenge (AL3LE)</p> <p>6:30 Wheel Of Fortune (Local Channel)</p>
<p>9:30 Morning Greeting (AL3LE) 23</p> <p>10:00 Commit To Be Fit (AL3LE)</p> <p>10:15 Daily Chronicle (AL3LE)</p> <p>10:30 Swimming (Fitness Center - Pool)</p> <p>10:30 Tangram Puzzle (AL3LE)</p> <p>1:15 Tai Chi (Fitness Center)</p> <p>1:30 Afternoon Greeting (AL3LE)</p> <p>1:30 Chair Zumba</p> <p>2:00 Social Hour!! (TBD)</p> <p>2:30 Nutrition Club (AL3LE)</p> <p>3:00 Power UP With Smoothies (AL3LE)</p> <p>4:00 Trivia (AL3LE)</p>	<p>9:30 Morning Greeting (AL3LE) 24</p> <p>10:00 Commit To Be Fit (AL3LE)</p> <p>10:30 Eversound Documentary (AL4THTR)</p> <p>11:15 Discussions (AL4THTR)</p> <p>1:30 Afternoon Greeting (AL3LE)</p> <p>2:00 Let's Get Cheesy (Cheese Tasting) (AL3LE)</p> <p>3:00 Cheese Trivia (AL3LE)</p> <p>3:00 Travel Discussion (AL3LE)</p> <p>4:00 Relax And Recharge (AL3LE)</p> <p>6:30 Wheel Of Fortune (Local Channel)</p>	<p>9:30 Morning Greeting (AL2LE) 25</p> <p>10:00 Get Fit With The King (AL2LE)</p> <p>10:30 Daily Chronicle (AL2LE)</p> <p>10:45 News and Views (AL2LE)</p> <p>11:00 Trivia (AL2LE)</p> <p>1:30 Afternoon Greeting (AL3LE)</p> <p>2:00 Don't Get It Twisted/Tongue Twisters (AL3LE)</p> <p>3:00 Minute to Win It (AL3LE)</p> <p>4:00 Refresh And Recharge (AL3LE)</p> <p>6:30 Wheel Of Fortune (Local Channel)</p>	<p>9:30 Morning Greeting (AL3LE) 26</p> <p>10:00 TAI CHI (AL2LE)</p> <p>10:30 Daily Chronicle (AL2LE)</p> <p>1:30 Afternoon Greeting (AL3LE)</p> <p>2:00 Feeling Fancy (Nail Spa) (AL3LE)</p> <p>2:00 Social Hour!! (TBD)</p> <p>3:00 Aroma Therapy (AL3LE)</p> <p>3:00 Cardio Class (Fitness Center)</p> <p>4:00 Pedometer Challenge (AL3LE)</p> <p>6:30 Wheel Of Fortune (Local Channel)</p>

May 2021

Bridge Calendar

PLEASE NOTE: SUBJECT TO CHANGE. LIFE ENRICHMENT DIRECTOR: ADRIAN DALMACIO

