

SENIOR Living

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Kathy's Chronicles

The Gift of Giving

"No one has ever become poor by giving." – Anne Frank

As we begin a new year and reflect on the generosity of the recent giving season, one theme shines across Lakewood Health System—the power of giving. Whether through donations, volunteering, or simple acts of kindness, every contribution strengthens our mission of providing high-quality, compassionate care.

Giving to the Lakewood Health System Foundation

The Foundation supports our mission and enhances the care experience for patients, residents, and families. Recent donor support to senior care has provided:

- Resident and family suites, including caregiver support baskets
- Outdoor living area enhancements
- Food, gas, and medication assistance for hospice and palliative care patients

Every gift—large or small—invests in the future of Lakewood and the health of the communities we serve.

- Learn more: <https://bit.ly/4qGKZTE>
- Make a gift: <https://bit.ly/4blfeLg>
- Foundation Development Officer: *David Jeremiason at 218-894-8711*

Giving Time: The Heart of Service

Volunteers are essential to extending Lakewood's mission—offering comfort, companionship, and connection. From assisting with activities to visiting patients or helping at events, their efforts reflect our values in action.

Families and friends also give the priceless gift of presence. A shared conversation, gentle touch, or moment of laughter reminds residents and patients they are valued and loved.

To learn more about how you can volunteer, email humanresources@lakewoodhealthsystem.com

A Culture of Generosity

At Lakewood, giving is part of who we are. Every kind word, hour of service, and donation builds a culture of compassion and excellence.

As we move into the new year, we celebrate the ongoing spirit of giving that defines Lakewood Health System. Thank you for your generosity, service, and commitment to care.

With respect and appreciation,
Kathy Dobson, LNHA, LALD, LSW



OUR MISSION:

to provide quality, personalized healthcare for a lifetime.

OUR VISION:

to empower health and well-being together.

WE VALUE:

integrity, compassion, accountability, high quality, innovation

Here & There

Emergency Preparedness

Winter storms can bring extreme cold, freezing rain, sleet, heavy snowfall, ice, and high winds. These storms can cause transportation, heat, power, and communication disruptions. Below is a checklist to help you feel better prepared.

Plan to Stay Warm

- Stay warm indoors to prevent frostbite and hypothermia.
- Before the winter season begins, make sure you can heat your home safely.
- Plan to check on loved ones and neighbors to make sure they are staying warm. This is especially important for older adults and babies.

Plan to Stay Connected

- Sign up for free emergency alerts from your local government.
- Plan to monitor local weather and news.
- Have a backup battery or a way to charge your cell phone.
- Understand the alerts you may receive.
 - A WATCH means Be Prepared!
 - A WARNING means Take Action!

Gather Emergency Supplies

- Gather food, water and medicine before a winter storm. Stores might be closed and may be unsafe to travel.
- Organize supplies into a Go Kit and Stay at Home Kit.
 - Go-Kit: at least three days of supplies you can carry with you if you need to go somewhere else to stay warm. Include critical backup batteries and chargers for your devices (cell phone, CPAP, wheelchair, etc.)
 - Stay-at-Home Kit: at least two weeks of supplies.

Maintenance FYIs

- The Maintenance department would like to remind families it is against the fire marshal's recommendations to have extension cords in resident rooms. When decorating, we CANNOT have anything on the doors. This includes lights and decorations. This is due to each resident door being a fire protection door and items on the door would compromise the integrity of the door creating a safety issue. Questions on what can and cannot be in resident rooms can be directed to Amy or Barbara in Resident Services.
- It is difficult to control the temperature in the building as weather changes frequently. The Maintenance staff does their best to make the stay of our residents and their families comfortable. Thank you for your understanding!
- Snow and ice: Please be cautious when walking in the parking lots and on sidewalks. Walk with caution in the winter and wear appropriate footwear.
- Snow removal: Snow plowing starts in the early hours of the morning (two inches or more). Vehicles in the parking lots should be aware and ready to move. Sidewalks are continuously monitored for needs.

Resident & Tenant Councils and Satisfaction Survey

Each month, the Care Center, Manor, and Pines host resident/tenant council meetings. These gatherings provide residents and tenants a dedicated space to celebrate achievements and share feedback on opportunities for improvement. The meetings are interactive, with participation from our leadership team, fostering collaboration and open communication.

We are proud that our resident satisfaction surveys—conducted annually by Vital Research in partnership with the Minnesota Department of Health—continue to exceed state benchmarks. Surveys are completed in person with residents and tenants and by mail for family members or representatives. This year's surveys took place throughout the fall, and results are expected this spring.

The strong survey results reflect the engagement of our council members and our staff's openness to new ideas and positive change. Findings will be shared at council meetings and are available to all residents, tenants, and families upon request.

Here & There, con't

30th Annual Season of Lights

On December 5, 2025, we gathered for our annual Season of Lights Ceremony to honor and remember the 95 hospice and palliative care patients who passed away over the past year. This meaningful event provided families, caregivers, and staff an opportunity to reflect, celebrate lives lived, and find comfort in shared remembrance.

Through the moments of reflection, we paid tribute to each individual's unique journey and the love they brought into the world. The ceremony served as a reminder of the compassion and support that define our mission, offering solace and connection during this season of reflection.

Food for Thought Update

Our Food for Thought gatherings have been full of energy, ideas, and great conversation. What started as a regular meeting at the care center has expanded into our assisted living buildings, giving tenants the chance to share their voices and shape the meals they enjoy every day.

These sessions have become a wonderful space for residents and tenants to talk through menu items, offer feedback, and dream up new possibilities. One of the most popular parts of the program has been our recipe sharing. Residents and tenants are encouraged to bring in their favorite dishes – family recipes, comfort foods, or something they've always wanted to see on the menu. Our team tests these recipes, and if they're a hit, we explore adding them to future menus.

Food for Thought has also become a planning hub for special meals and themed dining events. With resident and tenant input, we're able to create experiences that feel personal, meaningful, and fun.

Expanding this program has strengthened connections across our communities and has brought a sense of creativity and collaboration to our dining services. We're excited to keep building on this momentum and look forward to many more delicious ideas ahead.

CHEERS!

The CHEERS team has hosted several events in an effort to support inclusivity and connections within Senior Services.

- In September, CHEERS hosted an outdoor movie (that ended up inside due to weather) for staff and families. Families enjoyed treats while watching "Monster House".
- In October, the team put together a sip and color event for staff. Hot chocolate, apple cider and caramel corn was available, and a coloring contest was organized and prizes awarded to three winners.
 - o 1st place: Zach Hruza
 - o 2nd place: Danielle Hruza
 - o 3rd place: Becca Conn

If staff are interested in being a part of the team, please reach out to your manager.

Timber!

In October, the Maintenance team was forced to remove a beloved tree outside of Door A at the care center, due to issues with the roots damaging the sidewalk and concerns of damage to the roof. We are sad to see it go, but we are already looking at alternative ways to utilize the space.



From the Medical Director

Chasing Away the Cold Weather Blues

Winter can be a difficult time for many people. The days become shorter, the weather gets colder, and people spend more time indoors. These changes can sometimes lead to the “winter blues.” The winter blues are feelings of sadness, low energy, and lack of motivation that happen during the colder darker months. Though common, there are many ways seniors can chase those blues away.

Get Sunlight: One reason seniors may feel the winter blues is because they get less sunlight. Sunlight helps our bodies make vitamin D and helps control our sleep and mood. During winter, there is often less sunshine, and people go outside less often. This can make them feel tired or down. To help with this, seniors should try to get natural sunlight every day. Sitting near a sunny window, taking a short walk outside, or using a light therapy lamp can help improve mood and energy.

Get Connected: Another cause of winter blues is loneliness. In cold weather, seniors may not go out as much or see friends and family often. Feeling alone for long periods of time can increase sadness and stress. Staying connected is very important. Seniors can make regular phone calls, video chat with loved ones, or join community programs for seniors. Our local senior centers and many churches offer winter activities like community meals, exercise classes or volunteering opportunities. These events help people stay social and feel part of a group.

Get Moving: Staying active also helps prevent the winter blues. When it is cold outside, it is tempting to stay inside and sit for long periods. But movement helps the body and brain feel better. Seniors can try simple activities like stretching, chair exercises, indoor walking, or light yoga. Even using soup cans as weights while watching game shows for 15 to 20 minutes a day can make a big difference in mood and energy. Check out your local community center for other options. Regular aquacise classes at the community pool are offered and you don't need to be able to swim – just stand in the shallow end. And this may be free for many seniors through SilverSneakers program. The Nest at the Staples-Motley High School is open for walking every day. Lakewood providers offer Walk With a Doc every Thursday at 5:15 p.m. at Lakewood's Main Campus.

Get Fresh Food: Eating healthy is another important step. During winter, people often choose comfort foods. While these can be nice sometimes, too much sugar and unhealthy food can affect mood. Seniors should try to eat balanced meals with fruits, vegetables, whole grains, and protein. Drinking enough water is also important, even when you do not feel thirsty.

Get into a Routine: Having a daily routine can also help. In winter, when days feel long and dull, time can seem slow. A routine gives structure to the day and something to look forward to. Seniors can plan simple daily goals like reading a chapter of a book, doing a puzzle, calling a friend, or taking a short walk.

Too Blue?: It is important to talk to your medical provider if the winter blues last too long. Sometimes seasonal sadness can turn into depression, which needs medical attention. Medical providers can suggest treatments such as counseling, medication, or light therapy.

The winter blues do not have to take over the season for senior citizens. By getting sunlight, staying connected, moving their bodies, eating healthy foods, keeping a routine, and asking for help when needed, seniors can stay happy, healthy, and positive all winter long.



Dr. Julie Benson
Senior Services Medical Director

Spotlights

Staff Spotlights

Tyler Davidson, RN: Assisted Living Director in Residence/Clinical Nurse Supervisor

I am the Assisted Living Director in Residence/Clinical Nurse Supervisor at Lakewood Manor. I recently came back to Lakewood in September to accept this position, and I previously worked at the care center as a CNA and LPN for 7 to 8 years before I moved to Brainerd. My role oversees clinical/nursing and operations at Lakewood Manor. I support the nursing staff as a resource, perform assessments, assist with policy and procedure updates, and help to determine staffing needs. I enjoy working with the residents and learning more about them. In my free time, I enjoy spending my summers camping with my family and dogs. During the colder months, I enjoy sitting in the porch with the fireplace on and watching the snow fall. Some of my hobbies include reading, biking, and going for walks during the nicer weather. I have a large assortment of animals including 3 dogs, 4 cats, 1 parakeet, 2 bearded dragons, 1 leopard gecko, 1 chameleon, 2 ducks, and 24 chickens.



Andrew Sullivan, RN: Care Center Memory Care RN Supervisor

I am the RN supervisor of the Memory Care unit at the Lakewood Care Center. I have been with Lakewood for over 12 years and during that time, I started as a CNA and have worked my way through school to become an RN. In this role, I support our residents and staff by overseeing daily clinical care, guiding our caregivers, and ensuring each resident receives compassionate, individualized care. What I enjoy most about my job is meeting all the different people and hearing all sorts of stories that they tell. I have worked in long-term care my whole career in the medical field, and I don't feel that there is any other place that I would rather be than here. I have an extremely loving and supportive wife, Jennifer, and we have three daughters: Kaydence, 11; Elena, 10; and Lilah, 7. My hobbies are hunting, fishing, four-wheeling, golfing and taking my wife and kids on vacations.



CNA Team Council

The CNA Team Council was created in fall of 2025 and consists of 10 CNAs (pictured) and Kendra Petersen, RN. The Council's goal is to maintain the high standard of care and caregiving within the care center. The team works with supervisors and other disciplines to share ideas, feedback, and identify areas for opportunity. Topics addressed include resident care, scheduling, work flows, engagement, and on-boarding. We're excited about the positive changes the Council has made and will continue to make in the future!

Tenant Reflections

What was your favorite winter activity as a child?

As a child, I grew up in Indiana so we didn't get much snow. Just enough to make snow angels and snowmen. I loved vacationing to Minnesota to see all my cousins in the winter. I got to go skiing and ice skating!

-Renee S., Lakewood Manor



From left: Duane Hagenson, Sam Killian, Maggie Berscheit, Maddy Reed, Lacey McDonald, Taylor Henry, Addy Olander, Darlys Horn, and Becky Ostrowski.

Spotlight on Hospice

Sherry Frisk, Hospice Volunteer

After moving back to Motley in 2011, Sherry Frisk began volunteering with Lakewood's hospice program simply to get involved—but what started as uncertainty about being present at the end of life became an 11-year calling centered on compassion and human connection. As a hospice volunteer, Sherry offers something deeply meaningful: her presence. Whether sitting quietly with a patient, holding a hand, listening without correcting, or adding small comforts like music or holiday decorations, she helps patients feel seen, dignified, and not alone. She also provides a supportive ear to family members, who often open up in ways they can't with loved ones. Sherry emphasizes that hospice volunteering isn't about medical skills or facing death head-on—it's about caring, listening, and meeting people where they are. Supported by a close-knit, dedicated Lakewood hospice team and fellow volunteers, she finds the work profoundly rewarding and hopes others will discover that simply showing up can make a powerful difference. According to Sherry: "You don't need special skills; you just need to care. And to be there."



Anyone interested in learning more about becoming a Hospice volunteer can contact Madeline Revering at 218-894-8288 or madelinerevering@lakewoodhealthsystem.com.

Choosing Quality of Life

After Dr. John Gorton was diagnosed with stage 4 glioblastoma in November 2024, he and his family, guided by conversations with his physicians and palliative care team, chose a path centered on comfort and quality of life. Following a seizure and biopsy, John returned home, where palliative care focused on symptom management, cognition and preserving meaningful daily moments. This stage allowed the family to share treasured time together through the holidays, surrounded by children and grandchildren, enjoying ordinary joys like card games, laughter and even one final visit to a golf simulator. Palliative care supported both John's physical comfort and the family's ability to remain present during this season of togetherness, even as the disease progressed.

As John's needs increased and daily tasks became more difficult, his care transitioned to hospice in mid-January. With guidance from his care team, John moved first to Lakewood Care Center and then to the hospice suite, where care shifted fully to comfort, dignity and family support. Hospice provided pain management, emotional and spiritual care, and a space where loved ones – including the family dog – could remain at his side day and night. In his final hours, nurses and staff offered quiet, compassionate presence as John died peacefully on January 26, 2025. For the Gorton family, hospice was not an end to care, but a continuation of it – honoring comfort, togetherness and love through every stage.

"Hospice isn't giving up," said Sally Gorton, John's wife of 62 years. "It's choosing comfort, dignity and togetherness when time is short. Lakewood gave that to us. And I hope other families will let that care in sooner rather than later."



Care Center Activities

Fall Recap

- October marked our final Walk with the Doc event of the year.
- We also launched a new sports recap group called The Replay Room, created for our sports enthusiasts – and it's already been a big hit!
- Residents enjoyed several seasonal events, including our Taste of October celebration, featuring delicious fall-inspired snacks like hush puppies with honey. Our wine and beer tasting event was another crowd favorite, drawing lots of participation and great feedback.
- We continue to enjoy monthly performances by Tim and Friends, who join us on the fourth Sunday of each month to share a variety of songs and great energy.
- Halloween was a huge success as well, with nearly 300 visitors joining us for trick-or-treating – so many creative costumes and smiling faces!
- We are incredibly grateful to the generosity shown with this year's Giving Tree. Thank you to everyone who grabbed a tag (or two) and purchased gifts to help ensure our residents and tenants had a great holiday season!
- December was full of holiday cheer, with special performances by Brad Hanson – Senior Singing Entertainment, the Pillager High School Chamber Choir, and the Motley Free Methodist Boys Choir. Thank you all for sharing your talents!

Spooky Staff

The care center team had their share of frights and laughs with their fun Halloween costumes!



Beautiful Arrangements

Members of the Williams Floral team stopped by to help residents with some fun floral arranging.



Singing for All to Hear

The Pillager High School Chamber Choir came to share their singing talents with residents.



Ring in the Holiday Season

Staples/Motley first grade students put on a Christmas concert to ring in the season.



Spreading Cheer

The Motley Free Methodist youth group did some Christmas caroling to spread some holiday cheer.



Assisted Living Activities

Trick or Treat

Halloween brought out all the tricks and treats as tenants and staff from Lakewood Pines and Manor tenants got into the Halloween spirit. Thank you to all the trick or treaters who stopped by! The tenants love seeing all the kiddos in their Halloween costumes.



AL Activities

Tenants at the Pines enjoyed a visit from the Staples-Motley Homecoming court.



With the start of the new school year, eighth graders from Staples-Motley resumed their weekly visits to the Manor.



Tenants at the Pines enjoyed "friendsgiving" snacks, games, and time together in November.



Tony Pitschke played some music for Manor tenants.



Recognition & Appreciation

Thank You

Thank you to everyone for the amazing care and kindness you showed our loved one when he was rehabbing at Lakewood Care Center.

We are so appreciative of the care our father received at the care center. We are especially thankful for how the team kept him involved in things he enjoyed and the compassionate care they provided. When people would ask us about Dad, we say, "My dad is in the best place ever - he is at Lakewood Care Center in Staples."

I had never heard of Lakewood Care Center before but my mom and I were so happy that she was at a great place. Everyone was wonderful. The stars all aligned for her to come here and pass peacefully. I want everyone to know we are so grateful for the care and Lakewood Care Center definitely made the transition better for all of us.

The care provided at the care center was amazing and everyone was very helpful!

We are very thankful for the wonderful care that our mother/grandmother and our family received while she was here. I wish I could just see everybody that has worked with her. Everyone was wonderful and the hospice suite is a great place to be able to have family all around them. It was nice to not feel like we were invading anyone's space. Thank you all for the wonderful care she received and the comfort that was provided to our family.

Congratulations!

Congratulations to Kendra Petersen, RN, Lakewood Care Center Certified Nursing Instructor and Onboarding Coordinator, who was awarded the "Employee of the Year" by Care Providers of Minnesota. Kendra was honored Nov. 10 at the organization's statewide convention in Prior Lake. Nominated by Kathy Dobson, Vice President of Senior Services, Kendra was recognized for her leadership, compassion and the incredible impact she has made on workforce development and Memory Care at Lakewood.



STAR Awards: Service & Teamwork Award Recognition

The STAR program recognizes Lakewood Health System employees for outstanding performance in the delivery of service to internal and external customers. Employees are nominated by patients or staff members, and voted on by a group of employees who have been designated by their respective department.



STAR award winner Olivia Wagner, RN - Care Center
From left: Lisa Bjerga, Kathy Dobson, Olivia, and Ashley Wallgren

News & FYIs

WELCOME!

We would like to welcome all the new residents and tenants who have joined us at Lakewood Health System Care Center and assisted living! We look forward to getting to know you, and hope to see you participating in our daily activities.

IN MEMORY

We remember your loved ones who have been part of the Lakewood family. Thank you for giving us the opportunity to get to know your loved one. They touched our hearts, and will be remembered.

NEWSLETTER ONLINE

All Senior Living newsletters can be found on our website: lakewoodhealthsystem.com. Under the **Senior Living** tab, click on **View Documents** to download current and past editions of the newsletter.

100 CLUB

Aletha Deyonge

What's the secret to making the 100 Club, according to Aletha: Just luck, I'd say, I am the oldest in my family, so I have been going at a fast past from a young age (my youngest sister is 86). I worked on a farm my whole life and raised six kids. So, you can say I've been pretty busy my whole life. These 100 years went by fast.



our team

Chief Executive Officer

Lisa Bjerga

Vice President of Senior Services

Kathy Dobson

Senior Services Medical Director

Julie Benson, MD

Senior Services Advanced Practice Clinician

Amber Rasinski, FNP

Chief Medical Officer

Christine Albrecht, MD

Chief Finance Officer

Joe Reycraft

Lakewood Manor

Tyler Davidson, RN - Assisted Living Director
in Residence/Clinical Nurse Supervisor

Lakewood Pines

Alexis Close, RN, ALDIR - Business
Operations/Clinical Nurse Supervisor

Home-Based Services

Deb Toth, RN - Director

Care Center Nursing

Ashley Wallgren, RN - Director

Quality Improvement

Taylor Senden - Coordinator

Social Services

Lindsay Kirk, MSW
Madeline Revering, LSW

Resident Services

Amy Dumpprope, LPN - RS Coordinator
Barb Trantina, LPN - RS Coordinator

Spiritual Health

Paul Johnson - Chaplain

Activities Supervisor

Robert Laughery

Business Office - Resident Accounts

Tracy Brand Esler
Michelle Lundquist

Nutrition Services

Bobbijo Rinas - Manager

Maintenance

Alan Schmidt - Senior campus manager

Environmental Services

Chris O'Brien - Director

monthly activities - the pines

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11am Catholic Mass 2pm Ice Cream Social 7pm Snack	1045am Exercise 2pm Snack 3pm Bingo 7pm Snack	1045am Exercise 11am Daily Chronicle 1pm Corn Hole 2pm Snack 3pm Chapel 7pm Snack	8am Breakfast Club 1045am Exercise 1pm Tenant Council 2pm Snack 7pm Snack	1045am Exercise 2pm Snack 3pm Fancy Nails 7pm Snack	1045am Exercise 11am Daily Chronicle 1pm Bingo 2pm Snack 7pm Snack	1045am Exercise 2pm Snack 7pm Snack
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monthly activities – the manor

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monthly activities – care center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Exercise @ 9:00 Visiting Church @ 2:00 Games and happy hour @ 3:00 Card or Dice @ 4:00	Exercise @ 9:00 Catholic Communion with Jan @ 9:30 Nail Care @ 10:15 Mail Delivery @ 12:30 Bingo @ 1:30 Cards or Dice @ 4:00	Exercise @ 9:00 Men's Group @ 10:00 Mail Delivery @ 12:30 Church @ 2:00 Cards or Dice @ 4:00 Brain Games @ 6:30 Square dancers @ 7:00	Exercise @ 9:00 Activity @ 10:00 Golf cart rides @ 11:00 Mail Delivery @ 12:30 Patio time @ 2:00 Cards or Dice @ 4:00	Exercise @ 9:00 Bible study @ 10:00 Mail Delivery @ 12:30 Bingo @ 1:30 Cards or Dice @ 4:00 Brain games @ 6:30	Exercise @ 9:00 Story Time @ 10:00 Mail Delivery @ 12:30 Social/music @ 2:00 Cards or Dice @ 4:00	Exercise @ 9:00 Mail Delivery @ 12:30 Trivia @ 1:30 Movie @ 2:00 Cards or Dice @ 4:00
Exercise @ 9:00 Visiting Church @ 2:00 Games and happy hour @ 3:00 Card or Dice @ 4:00	Exercise @ 9:00 Catholic Communion with Jan @ 9:30 Nail Care @ 10:15 Mail Delivery @ 12:30 Bingo @ 1:30 Cards or Dice @ 4:00	Exercise @ 9:00 Men's Group @ 10:00 Mail Delivery @ 12:30 Church @ 2:00 Cards or Dice @ 4:00 Brain Games @ 6:30 Square dancers @ 7:00	Exercise @ 9:00 Activity @ 10:00 Golf cart rides @ 11:00 Mail Delivery @ 12:30 Patio time @ 2:00 Cards or Dice @ 4:00	Exercise @ 9:00 Bible study @ 10:00 Mail Delivery @ 12:30 Bingo @ 1:30 Cards or Dice @ 4:00 Brain games @ 6:30	Exercise @ 9:00 Story Time @ 10:00 Mail Delivery @ 12:30 Social/music @ 2:00 Cards or Dice @ 4:00	Exercise @ 9:00 Mail Delivery @ 12:30 Trivia @ 1:30 Movie @ 2:00 Cards or Dice @ 4:00
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