

AUTUMN 2025

SENIOR Living

Kathy's Chronicles
From the Medical Director
What's Cookin'

What & Where
Spotlights
Activities

Recognition & Appreciation
News & FYIs
Activities Calendars

Kathy's Chronicles

The Black Sheep Is Still a Sheep

In every family, team, or community, there's often someone who stands out—the one who thinks differently, acts differently, or simply doesn't fit the mold. They're sometimes labeled the "black sheep," as if being different is something negative or undesirable. But let's be clear: the black sheep is still a sheep. Still part of the flock. Still deserving of love, respect, and a place to belong.

Being different is not a flaw—it's a strength. It means you see the world through a unique lens. It might mean asking questions others are afraid to ask, or living by values that don't match the majority. Different doesn't mean wrong—it means original, thoughtful, independent, and sometimes brave.

It's also important to remember: being **different** is not the same as being **difficult**. Having a different opinion, a different rhythm, or a different style doesn't make someone hard to work with or be around. Too often, people who challenge the norm are labeled as "difficult" simply because they don't conform. But there's a big difference between someone who disrupts progress for the sake of ego, and someone who challenges because of differing experiences or curiosity.

Different brings creativity, innovation, successful change, and resilience. **Difficult** creates unnecessary discouragement, blocks collaboration, and undermines progress.

Different can feel uncomfortable at first—but it often leads to something better. When we dismiss people for being different, we lose perspective. But when we lean in with curiosity and respect, we create space for growth—not just for the individual, but for the whole group.

Let's not forget: creating a welcoming and accepting environment doesn't mean everyone must be the same. It means people are embraced as they are—not after they've changed to fit in.

So whether you are the black sheep, know one, or lead a space where someone feels that way, remember:

- The black sheep is still a sheep.
- Different is not deficient.
- Being different is not the same as being difficult.

We don't grow stronger by blending in—we grow stronger by allowing space for each person to bring their full, authentic self.

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

The summer months have given us a very active weather pattern with 14 different weather warnings taking place. Our weather warnings included tornado warnings and severe weather warnings which prompt staff to take safety measures to protect residents, visitors and staff. Elopement drills were also done at our care center and assisted living facilities.

Assisted living staff participated in an evacuation exercise and training on June 25th. Strengths and opportunities for improvement were identified by holding a debriefing at the conclusion of the exercise. One opportunity identified was moving tenants down stairs when elevators are not functioning. Training has been scheduled and will be completed with all assisted living staff this fall.

Emergency response training was also completed with care center staff with regards to choking and CPR. Staff were given a scenario and responded based on American Heart Association (AHA) training and education which was provided by AHA instructors here at Lakewood Health System.

Care Center Resident Council – Structure Update

Exciting changes are happening with our Care Center Resident Council! In June, our administrator, Kathy Dobson, met with the council to explore how to make meetings more effective and impactful for our residents. After thoughtful discussion, the residents themselves decided to adopt a new format aimed at improving communication and enhancing the overall resident experience.

Under this new structure, a smaller, volunteer-based Resident Council group will meet twice per quarter with the administrator and/or quality coordinator. These meetings will focus on updates, concerns, and action planning.

In addition, an open forum Resident Council meeting will be held once per quarter, open to all residents. During these forums, department managers will be invited to share updates from their areas and engage in meaningful dialogue with residents.

This resident-driven format encourages more focused discussions while still providing opportunities for all voices to be heard. We're excited to see how these changes help shape a more connected and responsive care environment!

The purpose of a resident council in our care center and tenant councils in our assisted living facilities is to give residents and tenants a structured and empowered voice in the care and services they receive. It serves as a platform for them to:

1. Express concerns and suggestions about daily life, care, and facility operations.
2. Promote communication between residents and facility staff or administration.
3. Advocate for residents' rights and quality of life.
4. Participate in decision-making about activities, menus, and other aspects of living in the facility.
5. Foster community among residents through regular meetings and shared goals.

When is Hospice Right for Me?

Hospice is not about giving up – it is about choosing comfort, dignity and quality of life with serious illness. Hospice might be right for you or a loved one if there is a serious illness diagnosis in which treatment is no longer helping, or if focus has now shifted to comfort, symptom management and emotional support. Hospice offers a dedicated team of nurses, social workers, chaplains and volunteers to assist in 24/7 support with regular home visits, offering pain and symptom management tailored to your needs and offered in your own home. Together, we will create a plan that honors your journey and rings peace to your path. If you'd like to learn more, please reach out to our Home-Based Services team at 218-894-8080.

Volunteers

We're always looking for volunteers to help out in various Senior Services departments, including the Care Center, Memory Care, Home Care, Hospice and others. Some areas in which we need assistance are hospice, taking residents fishing and for rides, CNA test out days and more. If you're interested or would like to learn how you can help brighten the day of a resident or tenant, visit: www.lakewoodhealthsystem.com/patients-visitors/volunteering or email: humanresources@lakewoodhealthsystem.com

What's Cookin'

Generations Café Weekly Specials

We're spicing things up at Generations Café with our rotating monthly specials. Join us for Burger Bash Monday on the first Monday of each month, featuring juicy burgers with all your favorite fixings.

On the second Tuesday, it's Taco Tuesday, serving up flavorful tacos with a variety of toppings. Midweek cravings are covered with Wing It Wednesday on the third Wednesday where you can enjoy a selection of saucy wings.

And don't miss Noodle It Up Pasta Bar on the fourth Thursday, where you can build your own pasta bowl with delicious sauces and add-ins. These themed days are a fun way to enjoy something new and tasty. Don't miss out on the fun and flavor!

Take & Bake Calzones

Busy weekend? No time to cook? We've got you covered! Our delicious take & bake calzones are the perfect solution. Just pop one in the oven and enjoy a hot hearty meal with zero hassle.

- Perfect for busy nights or lazy weekends.
- Freshly made; ready when you are.
- Grab one (or a few) to keep on hand.

Place your pre-order by the Wednesday of payday week. (Oct. 22, Nov. 5 & 19, Dec. 3, 17 & 31.) by emailing scdietaryordering@lakewoodhealthsystem.com. Didn't preorder? We'll have a limited number available Friday while supplies last.

Recipe: Lemon cookies

Ingredients:

- 15.25 ounce box lemon cake mix
- ½ cup vegetable oil
- 2 large eggs
- 1 lemon
- ¼ cup powdered sugar

Instructions:

1. Preheat oven to 350°F. Line a baking sheet with parchment paper and set aside. Combine the cake mix, oil and eggs in a large bowl. Add in 1 tbsp. of fresh lemon juice and 1 tbsp. of lemon zest.
2. Stir together just until combined. If you have the time, refrigerate the dough for 15-20 minutes (it will make it a little easier to work with, since it is sticky).
3. Then use a medium scoop or spoon to scoop the dough onto the prepared baking mat. Then roll dough balls into the powdered sugar.
4. Bake for 9-11 minutes, or until the cookies are set. You don't want them to brown. Allow to cool on the pan for a couple minutes and then transfer to a cooling rack.

PRE-ORDER TODAY

CHICKEN ALFREDO \$8

chicken, sauteed fajita peppers, mozzarella cheese, and alfredo sauce

BBQ CHICKEN \$8

chicken, sauteed fajita peppers, mozzarella cheese, and BBQ sauce

PEPPERONI \$8

pepperoni, mozzarella cheese, and pizza sauce

SAUSAGE \$8

Italian sausage, mozzarella cheese, and pizza sauce

SPINACH SUPREME \$8

sauteed fajita peppers and garlic, wilted spinach, mozzarella, cottage cheese, and pizza sauce

BACON MAC & CHEESE \$8

bacon, mozzarella cheese, and mac and cheese on garlic butter crust

CHICKEN BACON RANCH \$8

bacon, sauteed fajita chicken, fajita peppers and onions, mozzarella cheese, and ranch

PEPPERONI & SAUSAGE \$8

pepperoni, Italian sausage, mozzarella cheese, and pizza sauce

BREAKFAST \$8

breakfast sausage, bacon, scrambled eggs, cheddar cheese, on garlic butter crust

Payment: cash, credit card or badge

From the Medical Director

Fall Into Good Health: Vaccines Seniors Need This Season

With the arrival of fall, it's time to think about how to protect yourself from the illnesses that come with winter. People over the age of 65 are more likely to get seriously sick from viruses like the flu, COVID-19, and RSV (respiratory syncytial virus). One of the best ways to stay safe is by getting vaccinated.

As we age, our immune systems become weaker. This makes it harder for seniors to fight off infections. When they do get sick, the illness can be more serious and lead to problems like pneumonia, hospitalization, or even death. Cold weather also brings people indoors, where viruses can spread more easily – especially in places like nursing homes or crowded gatherings.

Vaccines help by training your immune system to recognize and fight viruses. Even if you do get sick after being vaccinated, your symptoms are usually much milder. Vaccines may not completely prevent illness, but they reduce the chances of severe illness, hospital stays, and death. Study after study shows that vaccines save lives.

Important Vaccines for Seniors This Fall

Here are three key vaccines that are especially important for older adults this season:

- 1. Flu vaccine:** The flu virus changes every year, so it's important to get a flu shot every fall. Seniors are often given a high-dose version that offers stronger protection.
- 2. COVID-19 vaccine:** COVID-19 is still a serious risk, especially for seniors and people with health conditions like diabetes, heart disease, or lung problems. Updated COVID vaccines are available each year to protect against new variants. Like the flu shot, it's best to get a COVID booster every year. In some cases, high-risk individuals may need more than one dose a year.
- 3. RSV vaccine:** RSV is a virus that can cause lung infections. While it may be mild for younger people, it can be dangerous for seniors. As of 2023, new RSV vaccines are available for adults 75 and older. People aged 50–74 with certain health risks may also benefit from getting this vaccine.

More Reasons to Get Vaccinated

Vaccines not only protect you – they also help protect those around you. When more people are vaccinated, viruses have a harder time spreading. This is important for people who can't get vaccinated due to medical reasons. Staying healthy also means staying independent. Serious illnesses can lead to long recovery times and loss of strength. Vaccines can help seniors stay active and continue enjoying their daily lives.

Talk to Your Medical Provider

Before getting any vaccines, talk to your medical provider or pharmacist. They can help decide which shots are right for you based on your age, health conditions, and any allergies. Most vaccines are covered by Medicare or insurance, so they are often free or low-cost.

Stay Safe This Winter

This fall, as you prepare for winter, make sure getting vaccinated is part of your plan. Winter can bring joy – with holidays, family, and fun – but it also brings germs. Vaccines are a simple and powerful way to stay protected. By getting your shots, you can enjoy the season with peace of mind and better health.



Dr. Julie Benson
Senior Services Medical Director

Spotlights

Certified CNAs

Congratulations to all those who recently completed their CNA certification! We are proud to offer certification training at Lakewood, and are continually honored by those who choose to work and provide care to our residents, tenants and patients. If you or someone you know is interested in becoming a certified CNA, visit the Careers page of our website to learn more and apply: www.lakewoodhealthsystem.com/patients-visitors/careers



Home-Based Services RNs



Carly Janssen

Carly comes to the Lakewood Hospice team with 11 years of nursing experience, 5 of which have been devoted specifically to hospice cares. Her hobbies include spending time with her husband, Brad, and two children, Cameron and Maya, and their two dogs. Carly's favorite thing about nursing is getting to know different families and their history.



Brooke Luginbill

Brooke comes to the Lakewood Home Care/Hospice team with 13 years of nursing experience, 6 of which have been devoted to providing cares for individuals in their home. She and her husband, Ben, have four children: Adilyn, Braxton, Olivia and Walker. They keep busy with sports, spending time together at the cabin, camping, hunting, fishing and cheering on their favorite sports teams. Brooke's favorite part of being a nurse is the relationships that she is able to build with her patients while connecting with them in their own homes.

Kevin Grondahl: Activities Volunteer



Volunteering has always been deeply rewarding for Kevin. After retiring from Activities in November 2024, he never really stopped coming back. Through his work with Care Van and Activities, he built lasting connections with the residents and feels grateful to be part of their lives. He sees volunteering as a way to give back to those who have given so much over the years. Blessed with the ability to connect with others, he finds it humbling to bring joy, laughter, and comfort through bingo, games, conversations, golf cart rides, Walk with a Doc, and sharing God's love.

Kendra Petersen, BSN: Certified Nursing Program Instructor & On-Boarding Coordinator

Kendra has worked at Lakewood for 11 years in a variety of capacities: NOC/PM/AM charge nurse, CNA instructor, and most recently as the RN supervisor of memory care. As a CNA instructor, Kendra teaches four to six classes a year to assist employees in earning certification as a nursing assistant through the Minnesota Department of Health (MDH). She is able to teach, provide hands-on training, and test for this certification right here at Lakewood. As an on-boarding coordinator, she helps guide new employees into the healthcare world and adjust processes to make this transition as educational and efficient as possible. Kendra loves the balance of resident care, developing creative interventions, and teaching; she gets to do a little of everything she enjoys! She said it is incredibly rewarding to play a part in “shaping” the people who take care of the residents she adores. Outside of work, Kendra and her spouse have three kids: Aubrey (13), Ethan (8), and Josie (6). They love spending time outdoors and camp frequently spring through fall. In her free time, Kendra enjoys listening to podcasts, pretending she knows how to garden, reading, conjuring up our next home project, and playing board or card games.



Taylor Senden, Quality Coordinator

Taylor has worked as the quality coordinator for Lakewood’s Senior Services since June 2025. As the quality coordinator, she monitors data trends related to residents’ quality of life, safety, and other key measures. She gets the opportunity to listen to residents, staff, and leadership and investigate concerns to understand their root causes and identify ways they can make meaningful improvements within Senior Services. Her favorite part of the job is getting to interact with the residents and learning more about them. She and her husband, Adam, recently relocated back to the area from Fargo to be closer to family as they welcomed their first child, a baby girl named Presley. Together, Taylor and her husband enjoy being active – going to the lake to paddle board or kayak, going for walks with their dog or playing pickleball and tennis.



Pink Out

In honor of Breast Cancer Awareness Month and the opening of the new Lakewood Cancer Center, Senior Services staff showed off their pink apparel.



CC Activities

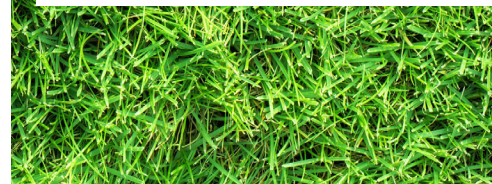
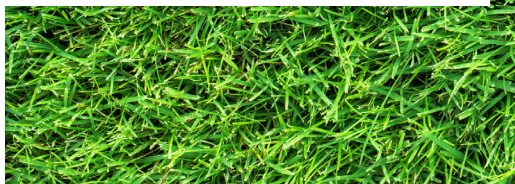
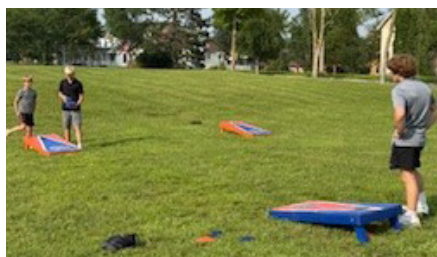
2025 Graduates

The Staples-Motley class of 2025 did a walk-through the care center as part of their commencement activities.



CHEERS!

So far this year, there have been two CHEERS events for all Senior Services staff as a way to celebrate and show our appreciation for everything our teams do! The events featured grilled hotdogs, root beer floats and cornhole at the care center, and a taco bar, mocktails, piñatas, and cornhole at the Manor.



Music to Our Ears

Care center residents enjoyed musical performances by Tony Pitcka and Brad Hanson. A good time was had by all!



Strike!

Residents and staff alike took part in some tabletop bowling at the care center.



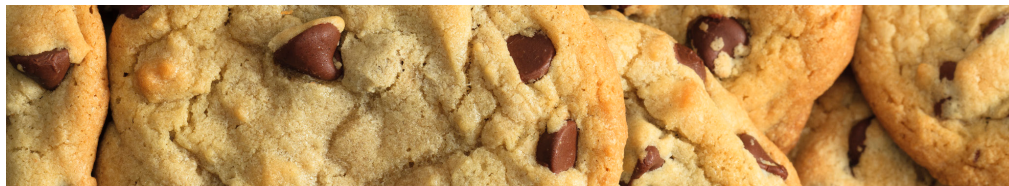
Cover-All

The daily cover-all games are always a hit with care center residents.



'Something Good' This Way Comes

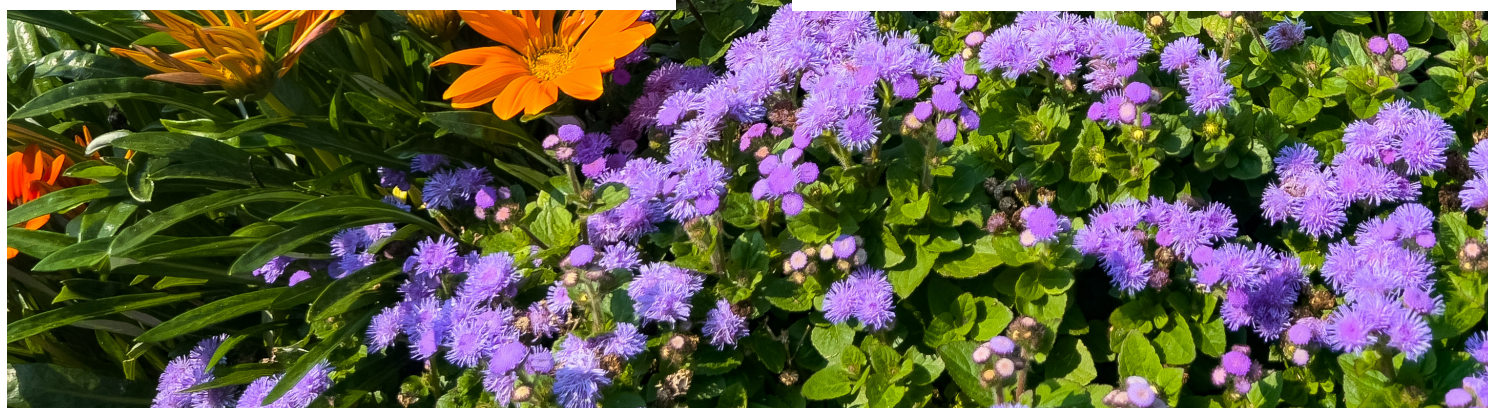
Our wonderful friends with the Something Good coffee truck were at it again, and thanks to them and the generosity of their customers, all care center residents received some delicious cookies.



Assisted Living **Activities**

The Great Outdoors

Tenants from Lakewood Pines and Manor spent some time in the great outdoors this summer, and loved every minute of it! They walked through Living Legacy Gardens near the Staples campus of Central Lakes College, they rode the golf cart across the railroad tracks to Deb's Plants to get some flowers for raised flower beds, they enjoyed Music in the Park, and sat down for Sip 'n Share with Dr. Julie Benson.



Jumpin' and Jivin'

Pines and Manor tenants have had the opportunity to hear the musical stylings of Brad Hanson and The Jumpin' Jehosafats, both of which were music to everyone's ears.



Fit to be Tie(D)yed)

Tie-dye was on their minds as tenants used both the traditional rubber band method, as well as the icing method, to make their one-of-a-kind tie-dyed t-shirt creations.



Recognition & Appreciation

Thank You

Thank you to all staff members from all departments for your amazing care, empathy and support. Making the transition to hospice care quickly became evident that we chose the right facility, because of each of you. Please know that every department plays a major role in the patient and family experience/care.

-Resident family

Thank you to everyone for the great care! Everyone here is so nice and I have not one bad thing to say about my stay. Thanks for all you do!

-Short-term stay patient

- Thank you for the fantastic care my sister received while staying in your facility. I appreciate everything you have done.
- Thank you from the bottom of my heart for the care you gave our loved one. You all went above and beyond and it was all so appreciated!
- Thank you all so much for taking such great care of our sister. You all truly made her last several months much more pleasant.
- Thank you all for caring for our sister. We knew she was safe and cared for. We appreciate all you did - from making her Crystal Lite to making sure certain clothes did not get dried in the dryer. You guys are awesome!

-Resident loved ones.

We want to pass on our thank you to all those that played a role in our mother's recovery and care. We are beyond grateful and impressed with her care and your facility!

-Resident family

Thanks to everyone for all the wonderful care my son received here at the care center! I believe if it wasn't for the care there, he wouldn't be where he is now.

-Resident family

My mom was at peace at the end and the care she received at the care center and from the hospice team was amazing. I'm glad this was she spent her last days and this difficult time was made easier by the supportive staff who cared for her. Thanks for all you do each and every day- not only for the residents but for their families as well!

-Resident family

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.



Kathy Dobson; Taylor Henry; Bailey Biermaier; Lynn Lindquist; Jordan Lee; Cindy Wiese; Lisa Bjerga
Care Center

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

Jeanette Olson

What's the secret to making the 100 Club, according to Jeanette: I exercised every day. Even during TV time, I was exercising. I did yoga; it's great for your body. I eat carrots almost every day. I also had five children. The last two were twins, and then we said, 'Amen'!



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

Assisted Living

Alexis Close, RN, ALDIR - Director

Tyler Davidson, RN - 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
11am Catholic Mass 2pm Ice Cream Social 7pm Snack	1045am Exercise 2pm Snack 3pm Bingo 7pm Snack	1045am Exercise 11am Daily Chronicle 1pm Brain Games 2pm Snack 3pm Chapel 7pm Snack	1045am Exercise 2pm Snack Activity 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
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	1045am Exercise 2pm Snack Activity 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

monthly activities – the manor

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11am Catholic Mass 2pm Ice Cream Social 7pm Snack	1030am Exercise 11amDaily Chronicle 1pm Bingo 2pm Snack 7pm Snack	1030am Exercise 2pm Snack 230pm Corn Hole 4pm Chapel 7pm Snack	1030am Exercise 2pm Snack 6pm Dirty Bingo 7pm Snack	1030am Exercise 11amDaily Chronicle 1pm Fancy Nails 2pm Snack 7pm Snack	1030am Exercise 2pm Snack 3pm Bingo 7pm Snack	1030am Exercise 2pm Snack 530pm Movie & Popcorn (Tenant's Choice)
11am Catholic Mass 2pm Ice Cream Social 7pm Snack	1030am Exercise 11amDaily Chronicle 1pm Bingo 2pm Snack 7pm Snack	1030am Exercise 2pm Snack 230pm Brain Games 4pm Chapel 7pm Snack	8am Breakfast Club 1030am Exercise 1230pm Council 2pm Snack 6pm Dirty Bingo 7pm Snack	1030am Exercise 11amDaily Chronicle 1pm Fancy Nails 2pm Snack 7pm Snack	1030am Exercise 2pm Snack 3pm Bingo 7pm Snack	1030 Exercise Manor Birthday Party! “Friendsgiving” 1pm-3pm 530pm Movie & Popcorn (Tenant's Choice)
11am Catholic Mass 2pm Ice Cream Social 7pm Snack	1030am Exercise 11amDaily Chronicle 1pm Bingo 2pm Snack 7pm Snack	1030am Exercise 2pm Snack 230pm Corn Hole 4pm Chapel 7pm Snack	1030am Exercise 2pm Snack 6pm Dirty Bingo 7pm Snack	1030am Exercise 11amDaily Chronicle 1pm Fancy Nails 2pm Snack 7pm Snack	1030am Exercise 2pm Snack 3pm Bingo 7pm Snack	1030am Exercise 2pm Snack 530pm Movie & Popcorn (Tenant's Choice)
11am Catholic Mass 2pm Ice Cream Social 7pm Snack	1030am Exercise 11amDaily Chronicle 1pm Bingo 2pm Snack 7pm Snack	1030am Exercise 2pm Snack 230pm Brain Games 4pm Chapel 7pm Snack	1030am Exercise 2pm Snack 6pm Dirty Bingo 7pm Snack	1030am Exercise 11amDaily Chronicle 1pm Fancy Nails 2pm Snack 7pm Snack	1030am Exercise 2pm Snack 3pm Bingo 7pm Snack	1030am Exercise 2pm Snack 530pm Movie & Popcorn (Tenant's Choice)

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
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