

Puzzle



7	1	8					2	
		4		9	7			
3			1				6	
	8				3	9	1	
9	6					8	3	
	5		8					6
			9	4	1		8	
		9			8	6		
8		1	5	7	6	2		



PrimroseRetirement.com 

May 2019 1701 3rd Ave SE, Aberdeen, SD 57401 (605) 225-7626

A Note from the Executive Director, Michelle Hagan

Make a List of Unexpected Benefits

It's no surprise that eating healthy and engaging in some form of exercise every day is likely to have a role in how well we age. But these are far from the only things involved, and they may not even be the most important ones. People who have exceeded the projected life expectancy for the year they were born, *that's you*, hold the secrets to living longer. You know which habits matter the most. You also know that healthy habits need to be maintained. Did you know that these same habits have unexpected benefits? Daily exercise and healthy eating contribute to better sleep. Better sleep contributes to better brain health. Better brain health contributes to a higher level of overall satisfaction with life. When you make your list of things to do today be sure to include: fitness, healthy eating, cognitive engagement, and social interaction. You'll be amazed at the list of unexpected benefits you'll experience!



Primrose Staff

Michelle Hagan
Executive Director

Leslie Reszler
Administrative
Assistant

Jessica Rehder
Sales Director

Amanda Lynch
Director of Nursing

Tara Bossly
Memory Care
Director of Nursing

Nicole Gillen
Director of Dining

Kelsey Hunt
Amy Johnson
Erin Paulson
Life Enrichment

Scott Gilbertson
Property Maintenance

"I do the very best I can to look upon life with optimism and hope and looking forward to a better day." - Rosa Parks

Resident Spotlight

Please join us in welcoming Mary to our Primrose family. Mary is such a kind and outgoing addition to our family at the Cottages. She tries to make it to every activity and is always up for trying something new.



Mary has always loved music. Mary is from Aberdeen where she was married for 67 years and together she and her husband raised 6 children. Before marrying, Mary started out working as a beautician then went on to teach. Once she married she stayed home to raise her children. Welcome to our family Mary! We are so glad you chose us!



Employee Spotlight



Meet Jolson! Born and raised in South Dakota (Gregory to be exact!) Jolson has been cooking since the young age of 12. Throughout the years, he's had opportunities to cook for some pretty noteworthy names such as Nicholas Cage, Hulk Hogan, John Voight, Ozzy Osbourne and Harvey Keitel. When Jolson's not in the kitchen, you can find him

collecting basketball cards and Star Wars figurines, or playing the guitar. Jolson also has one son by the name of Taylor.

We feel so fortunate that Jolson has joined our Primrose family. He enjoys cooking for the residents and states, "It's all about presentation and the flavor!" Thank you Jolson, for joining us—welcome!

Event Highlight

No matter, how many experiences we've had, places we've gone, books we've read, or degrees attained, we are NEVER too old to learn more! For the last 2 years, we have been fortunate to have NSU present their monthly lecture series. Covering topics from Russian life to demonstrating beautiful piano music. This year we have developed a relationship with Presentation College as well. PC professors brought us "History's Mysteries", an expert on Lewis & Clark and "This day in SD History". Coming up May 15th, the PC Nursing Students will be presenting on various topics. Our education doesn't stop there. The Primrose Lifelong Learning program has taught us more about the inventions of the 1950's, Captains of Industry, the viewpoints of the American Revolution through the eyes of our Country's early leaders wives, and so much more. So much to learn, so little time!



Coming Events

Primrose Lifelong Learning Theme:
Storytelling

May 8, 1:00pm - Caregiver's Support

May 12 - Mother's Day

**May 15 - PC Nursing Student
Presentations**

Memorial Day Program

Primrose Apartments

Monday, May 27 at 1:00pm

Feel Free to Invite Family & Friends!

Celebrations

BIRTHDAYS

1st - Ella H.
4th - Ray G.
5th - Lila W.
12th - Irene N.
17th - Dalles Z.
24th - Lois B.
31st - Ellen F.
31st - Esther S.

New Staff

Jolson B.
Sarah M.
Lisa R.
Debra B.

New Residents

Della K.
Claudette C.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 May Day! 10:00am Baking Club 10:30am News 2:00pm Craft (May Day basket) 3:00pm Coffee Social 4:00pm Dice/Coloring 7:00pm Penny Ante	2 10:00am Exercise 10:30am News 2:00pm Music Friendship Singers 3:00pm Coffee Social 4:00pm Card Club 7:00pm Slapzi	3 10:00am Exercise 10:30am News 2:00pm Craft (Paint Birdhouse) 3:00pm Coffee Social 4:00pm BINGO 7:00pm Short Film/Hand Massages	4 10:00am Exercise 10:30am News 2:00pm Puzzles 3:00pm Coffee Social 4:00pm Staff Choice 7:00pm BINGO
5	6	7	8	9	10	11
10:00am Mass By the Fireplace 10:30am News 2:00pm Ring Toss 3:00pm Coffee 4:00pm Game/Dice 7:00pm Short Film	10:00am Baking Club 10:30am News 2:00pm Lifelong Learning 3:00pm Coffee Social 4:00pm BINGO 7:00pm Cards	10:00am Exercise 10:00am News 2:00pm Devotions w/Brad 3:00pm Coffee Social 4:00pm Dice 7:00pm Game	10:00am Baking Club 10:30am News 2:00pm Music Hannah Jepsen 3:00pm Coffee Social 3:30pm Card Club 7:00pm BINGO	10:00am Exercise 10:30am News 2:00pm Paraffin Bath/Hand Massages 3:00pm Coffee Social 4:00pm Card Club 7:00pm Short Film/Hand Massages	10:00am Exercise 10:30am News 2:00pm Craft 3:00pm Coffee Social 4:00pm BINGO 7:00pm Cards	10:00am Exercise 10:30am News 2:00pm Cards 3:00pm Coffee Social 4:00pm Staff Choice 7:00pm Puzzles
12 Mother's Day	13	14	15	16	17	18
10:00am Mass By the Fireplace 10:30am News 2:00pm Bean Bags 3:00pm Coffee 4:00pm Game/Slapzi 7:00pm Short Film	10:00am Baking 10:30am News 2:00pm Trivia 3:00pm Coffee Social 4:00pm BINGO 7:00pm Yoga video	10:00am Exercise/Mall Walk 10:30am News 2:00pm Devotions w/Alton 3:00pm Coffee Social 4:00pm Chaos 7:00pm Game/Coloring	10:00am Baking 10:30am News 2:00pm Parachute 3:00pm Coffee Social 3:30pm Card Club 7:00pm BINGO	10:00am Exercise 10:30am News 2:00pm Crafting (Dandelion) 3:00pm Social Hour/B-day 4:00pm Game 7:00pm Short Film/Hand Massages	10:00am Baking 10:30am News 2:00pm Music Ron Parker (Place) 3:00pm Coffee Social 4:00pm BINGO 7:00pm Cards	10:00am Exercise 10:30am News 2:00pm Puzzles 3:00pm Coffee Social 4:00pm Staff Choice 7:00pm BINGO

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
19 10:00am Mass By the Fireplace 10:30am News 2:00pm Parachute 3:00pm Coffee 4:00pm Game/Dice 7:00pm Short Film	20 10:00am Baking club 10:30am News 2:00pm Lifelong Learning 3:00pm Coffee Social 4:00pm BINGO 7:00pm Yoga	21 10:00am Exercise 10:30am News 2:00pm <i>Mary Locken</i> 3:00pm Coffee Social 4:00pm Card Club 7:00pm Game	22 10:00am Baking Club 10:30am News 2:00pm Craft 3:00pm Coffee Social 3:30pm Game 7:00pm BINGO	23 10:00am Exercise 10:30am News 2:00pm Music <i>Dorothy Gathright</i> 3:00pm Social Hour 4:00pm Card Club 7:00pm Short Film/Hand Massages	24 10:00am Exercise 10:30am News 1:30pm <i>Bowling</i> 3:00pm Social Hour 4:00pm BINGO 7:00pm Cards *Lois's Birthday	25 10:00am Exercise 10:30am News 2:00pm Puzzles/Boggle 3:00pm Coffee Social 4:00pm Staff Choice 7:00pm BINGO
26 10:00am Mass By the Fireplace 10:30am News 2:00pm Ring Toss 3:00pm Coffee 4:00pm Game/Slapzi 7:00pm Short Film	27 Memorial Day 10:00am Exercise 10:30am News 2:00pm Game/Coloring 3:00pm Coffee Social 4:00pm BINGO 7:00pm Game	28 10:00am Exercise/Mall Walk 10:30am Reminisce 2:00pm <i>Devotions w/Alton</i> 3:00pm Coffee Social 4:00pm Card Club 7:00pm Coloring	29 10:00am Baking 10:30am News 2:00pm Sing A-long 3:00pm Coffee Social 3:30pm Card Club 7:00pm BINGO	30 10:00am Exercise 10:30am News 2:00pm Lifelong Learning 3:00pm Social Hour 4:00pm Dice 7:00pm Short Film/Hand Massages	31 10:00am Baking 10:30am News 2:00pm <i>Music: Total Strangers</i> 3:00pm Coffee with Friends 4:00pm Cards 7:00pm Slapzi	

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 *Ella Birthday Lunch Waffles w/Strawberry Topping Scrambled Eggs Sausage Links Orange Wedges	2 One Pot Ham and Penne Pasta w/Peas Garlic Bread Fruit Crisp w/Whip Topping	3 *Cinco De Mayo Lunch Chicken Fajita Naked Burrito w/Toppings Cilantro Lime Rice Black Beans Tortilla Chips & Queso Cinnamon Ice Cream w/Churro	4 *Ray Birthday Lunch Hamburger Lettuce, Tomato, Onion, and Pickle Macaroni Salad Potato Chips Ice Cream
5	6	7	8	9	10	11
Bacon Wrapped Pork Tenderloin Au Gratin Potatoes Cauliflower Fresh Bread Chocolate Pie Fresh Veggies w/Dip	Lasagna Lettuce Salad Garlic Bread Peaches	Hamburger Potato Casserole Peas Biscuit w/Homemade Strawberry Rhubarb Jam Butterscotch Cookie	Ham Salad on a Croissant Cheese Puffs Fresh Vegetable Salad Relish Plate Zucchini Bread	BBQ Chicken Legs Cheddar Mashed Potatoes Green Beans Bread Ice Cream	Sausage and Egg Casserole Fresh Fruit Raspberry Cream Cheese Coffee Cake	All Beef Hot Dog w/Fixings Cheesy Party Potatoes 3 Bean Salad Orange Pineapple Cake
12	13	14	15	16	17	18
Meatloaf Mashed Potatoes Corn Fresh Bread Dutch Apple Pie Deviled Eggs	*Irene Birthday Lunch Goulash Broccoli Wheat Bread Angel Food Cake w/Strawberries	Oven Roasted Ring Sausage w/Potatoes, Onions, Peppers, and Carrots Garlic Bread Rhubarb Custard Bar	BBQ Chicken Stuffed Sweet Potatoes Green Beans Marble Rye Bread Fruit Cocktail	Blueberry Cream Cheese French Toast Bake Scrambled Eggs Sausage Patties Fresh Grapes	*Dalles Birthday Lunch Sloppy Joes Pickle Spear Potato Salad Pea Salad w/Cheese Whopper Cake	Coca-Cola Pork Loin Au Gratin Potatoes Broccoli Slaw Biscuit w/Homemade Strawberry Rhubarb Jam Pineapple

May Westin Court Menu

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
19 Herb Roasted Chicken Breast w/Gravy Baked Potato Key West Vegetable Fresh Bread Banana Cream Pie Spinach Dip w/Crackers	20 Stuffed Pepper Pasta Casserole Lettuce Salad Garlic Bread Mandarin Oranges	21 Loaded Omelet Egg Bake Caramel Roll Fresh Fruit Salad	22 Marinated Chicken Breast w/Bacon, Cheese, Lettuce, and Tomato on a Ciabatta Bun Strawberry Slaw Vanilla Pudding Parfait	23 Beef Tips Rice Carrots Fresh Bread Oatmeal Crush Bar	24 Pizza Lettuce Salad Jello Cake	25 Creamy Potato and Green Bean Soup Crackers Egg Salad Sandwich Pickle Spear Ice Cream Sandwich
26 Turkey Mashed Potatoes Gravy Carrots Cranberry Sauce Cherry Pie Ham and Pickle Roll-ups	27 *Memorial Day Fried Chicken Potato Salad Baked Beans Biscuit w/Homemade Strawberry Rhubarb Jam Watermelon	28 Taco Salad w/Sour Cream and Salsa Mexican Street Corn Mexican Cornbread Muffins Kuchen Bars	29 Shredded Roast Beef on a Hoagie w/Swiss Creamy Macaroni Marinated Cucumbers, Tomatoes, and Onion Ice Cream	30 Chef Salad w/Marinated Chicken Breast Breadstick Oatmeal Cookie	31 *Ellen Birthday Lunch BBQ Country Ribs Baked Potato w/Sour Cream Buttered Corn Fresh Bread Lemon Bar	
		MENU IS SUBJECT TO CHANGE				

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 May Day 9:30 Current Events 10:00 B-Fit 2:00 Wish Tree 3:00 Coffee Social 4:00 Back Massages 7:00 Cards	2 9:30 Trivia Thursday 10:00 Let's Bake 2:00 Horse Races 3:00 Coffee Social 4:00 Kings Corner 7:00 Bingo	3 9:30 Current Events 10:30 B-Fit 2:00 Lifelong Learning: Greek & Roman Mythology 3:00 Coffee Social 4:00 Hand Massages 7:00 Adult Coloring	4 10:00 Hidden Pictures 2:00 Scavenger Hunt 3:00 Coffee Social 7:00 Staff's Choice
5	6	7	8	9	10	11
<u>CINCO DE MAYO</u> 10:00 TV Mass 1:30 Salvation Army 3:00 Coffee Social & Cocktails 7:00 Movie	9:30 Current Events 10:00 B-Fit 2:00 Wine & Cheese 3:00 Coffee Social 4:00 Hand Massages 7:00 Phase 10	9:30 New Boggle Game 10:00 Horseshoes 2:00 Devotions (North Highland Methodist) 3:00 Coffee Social 4:00 Short Story 7:00 Bingo	9:30 Current Events 10:00 B-Fit 2:00 Music: Dakota Sunshine Singers 3:00 Coffee Social 4:00 Back Massages 7:00 Cards	9:30 Trivia Thursday 10:00 Chaos 2:00 Bean Bag Toss 3:00 Coffee Social 4:00 Kings Corner 7:00 Bingo	9:30 Current Events 10:00 B-Fit 2:00 Chocolate & Chat 3:00 Drink of the Month: "Ginger Peach Fizz" 4:00 Hand Massages 7:00 Adult Coloring	10:00 Dakota Sharp Shooters 2:00 Dice 3:00 Coffee Social 7:00 Wacky Wordies
12 Mother's Day	13	14	15	16	17	18
10:00 TV Mass 2:00 Manicures 3:00 Coffee Social 7:00 Movie	9:30 Current Events 10:00 Bethlehem Lutheran Kids 2:30 Bethlehem Lutheran Kids 3:15 B-Fit (coffee social to follow) 4:00 Hand Massages 7:00 Phase 10	9:30 New Boggle Game 9:45 Mall Walking (Super City Mall) 10:00 Dice 2:00 Devotions (Diane Lehr) 3:00 Coffee Social 4:00 Short Story 7:00 Bingo	9:30 Current Events 10:00 B-Fit 2:00 Resident Meeting 3:00 Coffee Social 4:00 Back Massages 7:00 Cards	9:30 Trivia Thursday 10:00 Lifelong Learning: Folklore & Storytelling 2:00 Target Golf 3:00 Coffee Social 4:00 Kings Corner 7:00 Bingo	9:30 Current Events 10:00 B-Fit 2:00 Music: Ron Parker 3:00 Coffee Social 4:00 Hand Massages 7:00 Adult Coloring	10:00 Hidden Pictures 2:00 Scavenger Hunt 3:00 Coffee Social 7:00 Cocktails & Conversation

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
19 10:00 TV Mass 2:00 Church Trivia 3:00 Coffee Social 7:00 Movie	20 9:30 Current Events 10:00 B-Fit 2:00 Craft: Notepad Holder 3:00 Coffee Social 4:00 Hand Massages 7:00 Phase 10	21 9:30 New Boggle Game 10:00 Toss Across 2:00 Devotions (Judy Witte - St. Mary's) 3:00 Coffee Social 4:00 Short Story 7:00 Bingo	22 9:30 Current Events 10:00 B-Fit 2:00 Lifelong Learning: Cowboy Poetry & Country Western Music 3:00 Coffee Social 4:00 Back Massages 7:00 Cards	23 9:30 Trivia Thursday 10:00 Table Top Hopscotch 2:00 Music: Friendship Singers 3:00 Coffee Social 4:00 Kings Corner 7:00 Bingo	24 9:30 Current Events 10:00 B-Fit 1:30 Bowling (Village Bowl) 3:00 Coffee Social 4:00 Hand Massages 7:00 Adult Coloring	25 10:00 Hidden Pictures 2:00 Dice 3:00 Coffee Social 7:00 Staff's Choice
26 10:00 TV Mass 2:00 Manicures 3:00 Coffee Social 7:00 Movie	27 Memorial Day 9:30 Current Events 2:00 Trivia 3:00 Coffee Social 4:00 Hand Massages 7:00 Phase 10	28 9:30 New Boggle Game 9:45 Mall Walking (Super City Mall) 10:00 Reminiscent Corner 2:00 Devotions (Trinity Lutheran) 3:00 Coffee Social 4:00 Short Story 7:00 Bingo	29 9:30 Current Events 10:00 B-Fit 2:00 Pokeno 3:00 Coffee Social 4:00 Back Massages 7:00 Cards	30 9:30 Trivia Thursday 10:00 Let's Bake 2:00 Paraffin Wax Dip 3:00 Birthday Party 4:00 Bulletin Board 7:00 Bingo	31 9:30 Current Events 10:00 B-Fit 2:00 Coffee & Chat at Primrose Cottages (with Music by Total Strangers) 3:00 Coffee Social 4:00 Hand Massages 7:00 Adult Coloring	
			Happy Birthday! Esther - 31st			

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 May Day 8:30am Coffee 10:00am Exercise 10:30am New Word Board 1:30pm Shopping Van 6:30pm Cards 6:30pm Dominos 6:30pm Word Puzzle	2 8:30am Coffee 10:00am Card Making 11:00am Music Social 11:30am Thursday Thinker 2:00pm Wheel of Fortune 6:30pm Cards 6:30pm Dominos 6:30pm Word Puzzle	3 8:30am Coffee 10:00 Catholic Communion 10:30am Exercise Lunch: Cinco de Mayo Party 6:30pm Cards 6:30pm Dominos 6:30pm Word Puzzles	4 8:30am Coffee 2:00pm Hand & Foot (card game) 3:00pm Pool 6:30pm Cards 6:30pm Dominos 6:30pm Word Puzzles
5 10:00am TV Mass 6:30pm Cards 6:30pm Dominos 6:30pm Word Puzzle	6 8:30 am Coffee 10:00 am Exercise 2:00 pm Bingo *Coffee to Follow 6:30 pm Cards 6:30 pm Dominos 6:30 pm Word Puzzle	7 8:30am Coffee 10:00am Devotions 11:00am Music Social 11:30am Tuesday Trivia 2:00pm Bob Wetenkamp: First Call Alert Systems 6:30pm Cards 6:30pm Dominos 6:30pm Word Puzzle	8 8:30am Coffee 10:00am Exercise 10:30am New Word Board 1:00pm Caregiver's Support Group (Pub) 1:30pm Shopping Van 2:30pm Movie 6:30pm Cards 6:30pm Dominos 6:30pm Word Puzzle	9 8:30am Coffee 10:00am Crafting Club: Note Pad Holders 11:00am Music Social 11:30am Thursday Thinker 1:30pm Chocolate & Chat: "Abandoned South Dakota" 6:30pm Cards 6:30pm Dominos 6:30pm Word Puzzle	10 8:30am Coffee 10:00am Exercise 4:00pm Root Beer Floats 6:30pm Cards 6:30pm Dominos 6:30pm Word Puzzles	11 8:30am Coffee 2:00pm Hand & Foot (card game) 3:00pm Pool 6:30pm Cards 6:30pm Dominos 6:30pm Word Puzzles
12 Mother's Day 10:00am TV Mass 6:30pm Cards 6:30pm Dominos 6:30pm Word Puzzle	13 8:30 am Coffee 10:00 am Exercise 2:00 pm Bingo *Coffee to Follow 6:30 pm Cards 6:30 pm Dominos 6:30 pm Word Puzzle	14 8:30 Coffee 10:00 Devotions 11:00am Music Social 11:30am Tuesday Trivia 1:30pm Lifelong Learning: "Folktales & Storytelling" 6:30pm Cards, Dominos, Word Puzzle	15 8:30am Coffee 10:00am Exercise 10:30am New Word Board 1:00pm PC Nursing Student Presentations 6:30pm Cards 6:30pm Dominoes 6:30pm Word Puzzle	16 8:30am Coffee 10:00am Card Making 11:00am Music Social 11:30am Thursday Thinker 1:30pm Shopping Van 2:00pm Movie 6:30pm Cards 6:30pm Dominos 6:30pm Word Puzzle	17 8:30am Coffee 10:00am Exercise 3:00pm Music: Mark Remily 4:00pm Social Hour: Drink of The Month "Smoothie with a Twist" 6:30pm Cards 6:30pm Dominos 6:30pm Word Puzzles	18 8:30am Coffee 2:00pm Hand & Foot (card game) 3:00pm Pool 6:30pm Cards 6:30pm Dominos 6:30pm Word Puzzles

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
19 10:00am TV Mass 6:30pm Cards 6:30pm Dominos 6:30pm Word Puzzle	20 8:30 am Coffee 10:00am Exercise 2:00 pm Bingo *Coffee to Follow 6:30 pm Cards 6:30 pm Dominos 6:30 pm Word Puzzle	21 8:30am Coffee 10:00am Devotions 11:00am Music Social 11:30am Tuesday Trivia 2:00pm Resident Council (Pub) 6:30pm Cards 6:30pm Dominos 6:30pm Word Puzzle	22 8:30am Coffee 10:00am Exercise 10:30am New Word Board 1:30pm Shopping Van 2:00pm Movie 6:30pm Cards 6:30pm Dominos 6:30pm Word Puzzle	23 8:30am Coffee 10:00am Hand Spa 11:00am Music Social 11:30am Thursday Thinker 1:00pm Thrifty Thursday 6:30pm Cards 6:30pm Dominos 6:30pm Word Puzzle	24 8:30am Coffee 10:00am Exercise 1:15pm Bowling 3:00pm Music: Bill Schwan 4:00pm Birthday Party 6:30pm Cards 6:30pm Dominos 6:30pm Word Puzzles	25 8:30am Coffee 2:00pm Hand & Foot (card game) 3:00pm Pool 6:30pm Cards 6:30pm Dominos 6:30pm Word Puzzles
26 10:00am TV Mass 6:30pm Cards 6:30pm Dominos 6:30pm Word Puzzle	27 Memorial Day 8:30 am Coffee 1:00pm Memorial Day Program 1:30pm Coffee Social 6:30pm Cards 6:30pm Dominos 6:30pm Word Puzzle	28 8:30am Coffee 10:00am Devotions 11:00am Music Social 11:30am Tuesday Trivia 1:30pm Lifelong Learning: "Cowboy Poetry & Country Western Music" 6:30pm Cards 6:30pm Dominos 6:30pm Word Puzzle	29 8:30am Coffee 10:00am Exercise 10:30am New Word Board 11:00am BP & BS testing by Prairie Heights 1:30pm Shopping Van 2:00pm Movie 6:30pm Cards 6:30pm Dominos 6:30pm Word Puzzle	30 8:30am Coffee 10:00am Card Making 11:00am Music Social 11:30am Thursday Thinker 6:30pm Cards 6:30pm Dominos 6:30pm Word Puzzle	31 8:30am Coffee 10:00am Exercise 4:00pm Social Hour 6:30pm Cards 6:30pm Dominos 6:30pm Word Puzzles	*calendar subject to change Attend an activity in red and receive an extra auction coin
					Happy Birthday! 1st - Ella H. 4th - Ray G. 12th - Irene N. 17th - Dalles Z. 31st - Ellen F.	