

# 4TH OF JULY WORD SEARCH

T M N W Q J E T A R B E L E C D Y  
 I M T Q H H Y M Q R Q U D U E I A  
 O Q T A W Q M Z Y E X U C C N T D  
 I N D E P E N D E N C E L C J A I  
 A S I O U O R H A M U A A T U Q L  
 N K S A M E R I C A R P P S O S O  
 U R P U F U B E E A Y S T R U B H  
 P O A Y D L D W T O E C I N C I P  
 K W R W E A A I L P O E A U E O N  
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 Y R L I I N T R B E M D T N A T L  
 L I E T N P T Z E U R A E T R S C  
 U F R E U S L Q R R R U I U A A E  
 J V S O D L K V T S L R O K P J B  
 W I T O E O M O Y B B F I U P J L  
 I A S V Y E M R E D R E M M U S E

- |             |           |              |           |        |
|-------------|-----------|--------------|-----------|--------|
| America     | Fireworks | Independence | Red       | United |
| Blue        | Flag      | July         | Sparklers | White  |
| Britain     | Fourth    | Liberty      | Stars     |        |
| Celebrate   | Freedom   | Parade       | Stripes   |        |
| Declaration | Holiday   | Picnic       | Summer    |        |

## Hiawatha Care Center

### Newsletter

# July 2020



**HIAWATHA CARE CENTER**  
405 N 15TH AVENUE, HIAWATHA, IA 52233  
319-378-8583

hccinfo@hiawathacarecenter.com  
kwalton@hiawathacarecenter.com

**DEPARTMENT HEADS**

ADMINISTRATOR	Kent Walton
ACCOUNTANT	Karen Chadwick
DIRECTOR OF NURSING	Nancy Young
ASSISTANT DIRECTOR OF NURSING	Amanda Lauterwasser
ASSISTANT DIRECTOR OF NURSING	Karmin Boote
CERTIFIED DIETARY MANAGER, CFPP	Laurie Fish
ACTIVITIES DIRECTOR	Hannah Waters
DIETARY CONSULTANT	Linda Green
SOCIAL SERVICES DIRECTOR	Becky Stebral
ENVIROMENTAL SERVICES SUPERVISOR	Donna Radeke
RESTORATIVE THERAPY DIRECTOR	Tammy Ronnebaum
CARE PLAN COORDINATOR	Kelly VanGinkel
HUMAN RESOURCE DIRECTOR	Amanda Kennedy

**2020 RESIDENT COUNCIL BOARD MEMBERS**

Ron Jorgensen—President  
Vonnie Higginbotham—Vice President  
Eileen Baird—Secretary

If you have any questions or concerns, please report them to your Resident Council Officers.

You may also want to contact a staff member to resolve the issue immediately.  
Hiawatha Care Center’s admissions, room assignment, and resident services are provided without regard to race, creed, color, national origin, religion, or disability.



**July Birthdays**



Ann Negro 7-1-1927	Carol DeBrower 7-8-1937
Doris Simon 7-23-1929	Pamela Durchenwald 7-19-1944
Vilma NejdI 7-27-1928	Brenda Goff 7-23-1949
Sharon Long 7-3-1932	



**Welcome to HCC**



James Vick	Delsie Beasley	James Kazimour
Sharyl Hohnecker	Charles Daw	Jean Hoppenrath
Alice Handshew	Eva Kisling	Lela Hadrava
John Peet	Carol Clark	Eldred Svoboda
Joan Gerber	Dolores Jarboe	William Jacobson



**In Loving Memory**



Rose Weininger	Bob Burns
Beverly Kriegel	Dean Daniels

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# July 2020 Menu



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>July 2020 Menu</h1>			<p>1 <b>Breakfast:</b> Malt-O-Meal, Sausage Gravy, Biscuit <b>Lunch:</b> Chicken Enchilada Casserole, Mexican Rice, Sides: Country Trio Vegetables, French Silk Dessert, <b>Supper:</b> Supreme Pizza, Tossed Salad/Dressing, Mixed Vegetable, Sides: Lemon Fruit Cup</p>	<p>2 <b>Breakfast:</b> Oatmeal, Cheese Omelet, Blueberry Muffin <b>Lunch:</b> Baked Ham, Baked Potato/Marg &amp; Sour Cream, Green Beans, , Sides: Bread/Marg, Very Berry Gelatin, <b>Supper:</b> Herb Roasted Chicken, Mashed Potatoes, Chicken Gravy, Sides: Capri Blend Veggies, Bread/Marg. Heath Bar Blondie</p>	<p>3 <b>Breakfast:</b> Cream of Wheat, Sausage Link, Pancakes/Syrup <b>Lunch:</b> ,Spaghetti/Meat sauce, Mini Chef Salad, Garlic Toast, Sides: Lemon Cheesecake, <b>Supper:</b> Salami &amp; Swiss Sandwich, Tomato Slices, 3 Bean Salad, Sides: Apricots</p>	<p>4 <b>Breakfast:</b> Malt-O-Meal, Bacon, Toast, Margarine/Jelly <b>Lunch:</b> Pork Tenderloin on Bun, Lettuce, Tomato, Pickle, Onion, Potato Salad, Melon cup <b>Supper:</b> Sloppy Joe on Bun, Ranch Tater Tots, Cucumber &amp; Onion Salad, Sides: Ranger Cookies</p>
<p>5 <b>Breakfast:</b> Oatmeal, Scrambled Egg, Glazed Donut <b>Lunch:</b> Roast Turkey, Parsley Butter Red Potatoes, Sides: Creamed Peas, Dinner Roll, Pie, <b>Supper:</b> , Ham &amp; Cheese Quiche, Mixed Vegetables, Muffin/Marg, Sides: Banana &amp; Mandarin Oranges</p>	<p>6 <b>Breakfast:</b> Cream of Wheat, Skillet Breakfast, Toast <b>Lunch:</b> Lasagna, Garlic Toast, Sides: Cascade Blend Vegetables, Toss Salad/Drg, Root Beef Float Cake, <b>Supper:</b> Italian Croissant with Lettuce/Tomato, Potato Chips, Sides: Pineapple Tidbits</p>	<p>7 <b>Breakfast:</b> Malt-O-Meal, Hard Boiled Egg, Raisin Toast <b>Lunch:</b> Hot Dog on Bun, Summer Fresh Pasta Salad, Green Beans, , Sides: Fresh Grapes, <b>Supper:</b> ,Goulash, Garlic Toast, Sides: Tossed Salad/Dressing, Applesauce</p>	<p>8 <b>Breakfast:</b> Oatmeal, Sausage Gravy, Biscuit <b>Lunch:</b> Scalloped Potatoes, &amp; Ham, Sides: Capri Blend Vegetables, Garlic Breadstick, Banana Bread Blondie, <b>Supper:</b> Cheeseburger Deluxe, Sides: Lettuce/Tomato/Onion, Potato Salad, Mandarin Oranges</p>	<p>9 <b>Breakfast:</b> Cream of Wheat, Scrambled Egg with Cheese, Toast, <b>Lunch:</b> Roast Beef, Beef Gravy, Asparagus, , Sides: Mashed Potatoes, Bread/Marg, Cherry Cheesecake, <b>Supper:</b> Pasta Primavera w/Chicken, Mixed Vegetables, Fresh Baked Bread, Sides: Oregon Berry Cup</p>	<p>10 <b>Breakfast:</b> Malt-O-Meal, Poached Egg, Blueberry Toast <b>Lunch:</b> Tavern Battered Cod, Tartar Sauce, Parmesan Rice, , Sides: Country Trio Vegetables, Bread/Marg. Candy Bar Cake, <b>Supper:</b> Salisbury Steak w/Mushroom Gravy, Baked Potato, Sour Cream/Margarine, Broccoli Cuts, Bread/Marg. Sides: Pears</p>	<p>11 <b>Breakfast:</b> Oatmeal, Breakfast Sandwich <b>Lunch:</b> Ham Ball, Baked Sweet Potato, Corn, Bread/MargSides: Watermelon, <b>Supper:</b> Cheeseburger Casserole, Green Beans, Sides: Dark Sweet Cherries, Ice Cream Cup</p>
<p>12 <b>Breakfast:</b> Oatmeal, Scrambled Egg/Cheese, Cinnamon Roll/Frosting, <b>Lunch:</b> Chicken Breast Tenders, Mashed Potatoes, Chicken Gravy, Creamy Coleslaw, Sides: Dinner Roll/Marg, Pie, <b>Supper:</b> Hot Dog/Bun, Potato Salad, Sides: Carrots, Mandarin Oranges</p>	<p>13 <b>Breakfast:</b> Cream of Wheat, Scrambled Egg Patty, Bacon, Toast, <b>Lunch:</b> Spaghetti/Meatsauce, toss Salad/Dressing, Sides: Garlic Toast, Triple Fudge Brownie, <b>Supper:</b> Turkey Burger on Bun, Sides: Lettuce/Tomato/Onion, Scalloped corn, Fresh Grapes</p>	<p>14 <b>Breakfast:</b> Malt-O-Meal, Sausage Link, Pancakes/Syrup, Banana Half, <b>Lunch:</b> Caribbean Pork chop, Mixed Vegetables, Sides: Baked Sweet Potato, Bread/Marg. Lime Crunch, <b>Supper:</b> Chicken Caesar Salad, Tomato Wedges, Assorted Crackers, Cucumber Slices, Sides: Jell-O Cake</p>	<p>15 <b>Breakfast:</b> Oatmeal, Fried Egg, Toast, <b>Lunch:</b> Hot Beef Sandwich, Mashed Potatoes, Beef Gravy, Sides: Lemon Glazed Carrots, Peach Cobbler Cake, <b>Supper:</b> Homemade Vegetable Beef Soup, Salami &amp; Swiss on Focaccia Square/Lettuce &amp; Tomato, Sides: Apricots</p>	<p>16 <b>Breakfast:</b> Cream of Wheat, Fruit &amp; Yogurt Parfait, Donut, <b>Lunch:</b> Smothered Chicken, Garden Blend Rice, Sides: Broccoli, Toss Salad/Dressing, Cherry Chocolate Crisp, <b>Supper:</b> Meatball Sub Sandwich, Sides: Pasta Salad, Dilly Green Bean Salad, Scotcheroos</p>	<p>17 <b>Breakfast:</b> Malt-O-Meal, Sausage Gravy, Biscuit, <b>Lunch:</b> Tavern Battered Cod, Tartar Sauce, Fried Potatoes, Country Fried Steak, Country Trio Vegetables, Bread/Butter, , Sides: Lemon Angel Dessert, <b>Supper:</b> Chicken &amp; Noodles, Cascade Blend Vegetables, Sides: Fruit Cocktail, Snickerdoodle Cookie</p>	<p>18 <b>Breakfast:</b> Oatmeal, Hard Boiled Egg, Toast/Jelly, <b>Lunch:</b> Hamburger on Bun, Potato Salad, Lettuce, Tomato, Onion, Sides: Watermelon, <b>Supper:</b> Turkey Provolone Croissant, Potato Chips, Toss Salad/Dressing, Sides: Berry Cup</p>
<p>19 <b>Breakfast:</b> Cream of Wheat, Poached Egg, Danish, <b>Lunch:</b> Baked Ham, Dilled Carrots, Sides: Party Potatoes, Dinner Roll/Marg., Pie, <b>Supper:</b> Denver Hashbrown Casserole, Cinnamon Roll, Sides: Capri Blend Veggies, Sunrise Fruit Blend</p>	<p>20 <b>Breakfast:</b> Malt-o-Meal, Scrambled Egg, Toast, <b>Lunch:</b> Beef &amp; Noodles, . Sides: Asparagus w/Bacon, Bread/Marg, Angle Food Cake, w/ Strawberries, Whipped Topping, <b>Supper:</b> Country Fried Steak, Mashed Potatoes, Country Gravy, Riviera Vegetables, , Sides: Tapioca Pudding</p>	<p>21 <b>Breakfast:</b> Oatmeal, Blueberry Toast, Sausage Link, <b>Lunch:</b> BLT Sandwich, Cottage Cheese, Potato Chips, Sides: Fresh Melon Cup, <b>Supper:</b> Fiesta Potato Platter, Shredded Lettuce/Tomato, Sour Cream, Sides: Cascade Blend Veggies, Chocolate Chip Cookie</p>	<p>22 <b>Breakfast:</b> Cream of Wheat, hard Boiled Egg, Toast, Banana Half, <b>Lunch:</b> Baked Pork Chop, Mashed Potatoes, Pork Gravy, Sides: Garlic Breadstick, Cherry Fluff, <b>Supper:</b> Philly Steak Sandwich, Roasted peppers &amp; Onions, Sides: Potato Salad, Fresh Grapes</p>	<p>23 <b>Breakfast:</b> Malt-O-Meal, Breakfast Sandwich, <b>Lunch:</b> Meatloaf, , Sides: Baked Sweet Potato, Capri Blend Veg, Bread/Marg, Cream Puff Dessert, <b>Supper:</b> Turkey Swiss Sandwich, Lettuce/Tomato, Potato Chips, #Sides: Pears</p>	<p>24 <b>Breakfast:</b> Oatmeal, Fried Egg, Toast, Margarine/Jelly, <b>Lunch:</b> Hamburger Steak w/ Gravy, Sides: Fried Potatoes, Green Beans, Bread/Butter, Frosted Brownie, <b>Supper:</b> Ham Pasta Salad, Tomato Wedges, Deviled Egg Halves, Sides: Fresh Baked Bread, Tropical Fruit</p>	<p>25 <b>Breakfast:</b> Cream of Wheat, Fruit &amp; Yogurt Parfait, Wheat Toast, <b>Lunch:</b> Chicken Fajita Pasta Bake, Riviera Vegetables, Bread/Marg. <b>Supper:</b> Scalloped Potatoes &amp; Ham, Mixed Vegetables, , Sides: Mandarin Oranges, Sherbet Cup</p>
<p>26 <b>Breakfast:</b> Malt-O-Meal, Sausage Patty, Glazed Long John, <b>Lunch:</b> Herbed pork Loin, Peas, Sides: Baked Sweet Potato/Marg. Dinner Roll/Marg, Pie, <b>Supper:</b> Sweet &amp; Sour Meatballs, Bread/Butter, Sweet Macaroni Salad, Sides: Cascade Blend Vegetables, Blushing Pears</p>	<p>27 <b>Breakfast:</b> Oatmeal, Fried Egg, Toast, <b>Lunch:</b> Lemon Pepper Tilapia, Tartar Sauce, Sides: Fried Potatoes, Parslied Carrots, Triple Berry Buckle, <b>Supper:</b> Chicken Breast/Bun Italian Tomato Salad, Cheddar Munchers, Sides: Fruit Cup</p>	<p>28 <b>Breakfast:</b> Cream of Wheat, Little Smokies, Toast, <b>Lunch:</b> Swiss Steak w/ Tomatoes, Beef Gravy, Sides: Mashed Potatoes, Asparagus, Fresh Baked Bread, Strawberries, <b>Supper:</b> Taco Salad, Shredded Lettuce/Tomato, Salsa, Sour Cream, Sides: Mandarin Oranges, Ice Cream Cup</p>	<p>29 <b>Breakfast:</b> Malt-O-Meal, Sausage Gravy, Biscuit, <b>Lunch:</b> , Chicken Enchilada Casserole, Mexican Rice, Sides: Country Trio Vegetables, French Silk Dessert, <b>Supper:</b> Supreme Pizza, Tossed Salad/Dressing, Mixed Vegetable, Sides: Lemon Fruit Cup</p>	<p>30 <b>Breakfast:</b> Oatmeal, Cheese Omelet, Blueberry Muffin, <b>Lunch:</b> Baked Ham, Baked Potato/Marg &amp; Sour Cream, Green Beans, , Sides: Bread/Marg, Very Berry Gelatin, <b>Supper:</b> , Herb Roasted Chicken, Mashed Potatoes, Chicken Gravy, Sides: Capri Blend Veggies, Bread/Marg. Heath Bar Blondie</p>	<p>31 <b>Breakfast:</b> Cream of Wheat, Sausage Link, Pancakes/Syrup, <b>Lunch:</b> ,Spaghetti/Meat sauce, Mini Chef Salad, Garlic Toast, Sides: Lemon Cheesecake, <b>Supper:</b> , Salami &amp; Swiss Sandwich, Tomato Slices, 3 Bean Salad, Sides: Apricots</p>	

# IMPORTANT MESSAGE

## ! New Window Visits Guidelines !

We are asking **EVERYONE** if you would like to window visit with your loved one to call and give the staff at **least 1 hour notice**. This notice allows the staff enough time to get your loved one to the window. Any staff member can set this up for you but, please be sure to give your name and who you are wanting to visit. Also, please pass this on to other family members and friends who enjoy visiting.

We want to thank you for your understanding during these times and appreciate your patience. The staff is working hard to provide the best care for all of the residents.

## Homemade Pizza Day





## Video chats used at Hiawatha Care Center

### Facetime

Facetime is an app used for video & audio calls.  
This is only compatible with apple devices.

### Google Duo

Google Duo is an app used for video & audio calls.  
It's works with smartphones, iPads, and on the web. Just  
download the app and follow its simple instructions.

### Zoom Meeting

Zoom is a web-based video & audio chat. This can be  
used with a laptop, desktop, or mobile device. An ID  
number & password is needed to join this. The host can  
send a link via email or give you the information to type in.

If you have any questions please contact  
Hannah Waters Activity Director  
[hwaters@hiawathacarecenter.com](mailto:hwaters@hiawathacarecenter.com)



# ATTENTION

**Starting Wednesday, July 1st**, we will be using an online signup sheet for you to reserve a time to video chat with your loved one. An email will be sent to those on our current email list. If you are not on the current email list and wish to be, please email [hwaters@hiawathacarecenter.com](mailto:hwaters@hiawathacarecenter.com)

The examples below will show you how the online sign up works.

## Step 1

Click the link next to the day of the week to request a video chat.

Monday's Signup Link: <https://volunteersignup.org/EDMX3>  
 Tuesday's Signup Link: <https://volunteersignup.org/7XD8C>  
 Wednesday's Signup Link: <https://volunteersignup.org/YMBME>  
 Thursday's Signup Link: <https://volunteersignup.org/JH3RY>  
 Friday's Signup Link: <https://volunteersignup.org/F3HDD>

What and when	Open
9:00 A.M. Zoom ⌚ 30 Minutes long	1 >
9:00 A.M. Facetime ⌚ 30 Minutes long	1 >
9:00 A.M Duo ⌚ 30 Minutes long	1 >
9:30 A.M Zoom ⌚ 30 Minutes long	1 >
9:30 A.M Facetime ⌚ 30 Minutes long	1 >
9:30 A.M. Duo ⌚ 30 Minutes long	1 >
10:00 A.M Zoom ⌚ 30 Minutes long	1 >
10:00 A.M Facetime ⌚ 30 Minutes long	1 >
10:00 A.M Duo ⌚ 30 Minutes long	1 >

## Step 2

Pick a time and preferred video chat!

### Note:

The signup sheet will indicate if the time is unavailable.

# Summer Closet Cleaning

The closets are starting to look a little over crowded, so we are going to be tidying them up.

Staff who work closely with the residents will be boxing up the items that he/she no longer uses or clothing that does not fit anymore.

We will then call you to come get the boxed items within the next 5 days or have you schedule a pickup date.

We will also let you know of any items that they may need.

If you have any questions please email Hannah Waters Activity Director. [hwaters@hiawathacarecenter.com](mailto:hwaters@hiawathacarecenter.com)



# JULY RESIDENT OF THE MONTH

## Jody Anderson



Jody was born on September 1, 1969 in Jacksonville, Florida. He and his mother moved to Cedar Rapids when he was just a baby. When Jody was just 13 years old, he got his very first job detasseling. Throughout High School, Jody enjoyed playing football, baseball, video games, and Dungeons & Dragons. After graduating from Jefferson High School in 1986, he attended Kirkwood for a year. After working at a few jobs, he ended up at Midwest Metal Products (MMP) for about 12 years. Jody enjoys watching the Cubs and Packers play, going to sporting events, kayaking, and fishing. He has enjoyed going to many concerts such as, Kiss, Iron Maiden, Alice Cooper, Ween, Nirvana, Red Hot Chili Peppers, Pearl Jam, and many more! Jody enjoys talking about the times he went to Wisconsin with his friends to the Dells, and his family reunion to White Pines National Park. Jody can be seen at happy hour, bingo, and enjoying the nice weather.

1) Monday  
30 Minutes long

Example  
Sheet

Please see below to volunteer.

First name **This Box: Your full name**

Last name **This Box: Resident full name**

Your Email (Please include your phone number) **This Box: Your email**

Your Phone Number (Please include area code) **This Box: Video Chat Phone Number**

What kind of fruit is shown below? **Apple**



**Click green button when all filled out**

By clicking the button below, you agree to our [Terms and Conditions of Use](#).

Agree and sign up

## **Step 3**

Fill in the boxes as shown.  
This helps the staff know  
who is who.

### **Zoom Meeting Setup Note:**

If you sign up for Zoom, you will be emailed the ID number and password. If you wish to set up the Zoom yourself, please be sure to email Hannah Waters the ID and password as soon as possible. Thank you.

hwaters@hiawathacarecenter.com

# July 2020

**Sunday**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**

			1 10:00 Nail Care & More 2:00 JW Bible Stories (On TV) 2:30 Games/Cards with Activities 4:00 Select Music Therapy Group	2 10:00 Brunch Bunch 2:30 Fourth of July Happy Hour 4:00 Farkle & Games	3 10:00 Room to Room Visits 11:00 Bible Study Group With Cathy 2:30 Bingo	4 Happy Fourth of July  10:00 Creations with Activities 2:00 Fourth of July Fun
5 9:30 Methodist Church Service On TV Activity Room 2:30 Bingo with Activities	6 10:00 Exercise Fun 2:30 Movies & Snacks 4:00 Select Music Therapy Group	7 9:30 Catholic Church Service 2:30 Birthday Party Fun 4:00 Bible Study Group on TV	8 10:00 Room to Room Visits 2:00 JW Bible Stories (On TV) 2:30 Games/Cards with Activities 4:00 Select Music Therapy Group	9 10:15 Brunch Bunch 2:30 Outdoor Happy Hour with Dave Wirtz 4:00 Farkle & Games	10 10:00 Nail Care & More 11:00 Rosary Prayer with Marty 2:30 Bingo 4:00 Farkle & Games	11 Weekend Manager & Popcorn  *Afternoon Resident Lead Farkle in Activity room
12 9:30 Lutheran Church Service On TV Activity Room All day Independent Activities	13 10:00 Exercise Fun 2:30 Reminiscing & Snacks 4:00 Select Music Therapy Group	14 9:30 Catholic Church Service 2:30 Outdoor Ice Cream Social 4:00 Bible Study Group on TV	15 10:00 Room to Room Visits 2:00 JW Bible Stories (On TV) 2:30 Games/Cards with Activities 4:00 Select Music Therapy Group	16 10:15 Brunch Bunch 2:30 Happy Hour & Entertainment 4:00 Farkle & Games	17 10:00 Exercise Fun 11:00 Bible Study Group With Cathy 2:30 Bingo 4:00 Farkle & Games	18 10:00 Creations with Activities  2:00 Activities & Snacks with Activities
19 9:30 Baptist Church Service On TV Activity Room 2:30 Bingo with Activities	20 10:00 Exercise Fun 2:30 Activity Council Meeting 4:00 Select Music Therapy Group	21 9:30 Catholic Church Service 2:30 Virtual Vacation 4:00 Bible Study Group on TV 6:30 Outdoor Campfire Social	22 10:00 Room to Room Visits 2:00 JW Bible Stories (On TV) 2:30 Games/Cards with Activities 4:00 Select Music Therapy Group	23 10:15 Brunch Bunch 2:30 Happy Hour & Entertainment 4:00 Farkle & Games	24 10:00 Nail Care & More 11:00 Rosary Prayer with Marty 2:30 Bingo 4:00 Farkle & Games	25 Weekend Manager & Popcorn  Afternoon Resident Lead Farkle in Activity room
26 9:30 Lutheran Church Service On TV Activity Room All day Independent Activities	27 10:00 Exercise Fun 2:30 Baking with Activities 4:00 Select Music Therapy Group	28 9:30 Catholic Church Service 10:00 Devotional with Becky & Marty 2:30 Crafts with Activities 4:00 Bible Study Group on TV	29 10:00 Room to Room Visits 2:00 JW Bible Stories (On TV) 2:30 Games/Cards with Activities 4:00 Select Music Therapy Group	30 10:15 Brunch Bunch 2:30 Happy Hour & Entertainment 4:00 Farkle & Games	31 10:00 Exercise Fun 2:30 Bingo 4:00 Farkle & Games	<b>All Activities are Subject to change!</b>