



ACTIVITIES

August 2012



• NOTE •
All Activities are subject to change.
Changes will be posted.
All Activities are held in the Activity Room.

Activity Director: Maria Isabel Zarzuela • Activity Assistant: Sona Paltadzhayyan

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

<p>Check out the 2011 Survey Results! Posted by the Public Phone outside front office.</p> <p>Attend Residents' Council Meetings. Know Your Rights & Win the Raffle</p>	<p>BIRTH STONE <i>Peridot</i></p>  <p>FLOWER <i>Gladiolus</i></p> 	<p>1</p> <p>8:00 News Watch 9:00 Flash Cards/Numbers and Alphabet 9:30 Morning Social w/ refreshments 10:00 The Price is Right 11:00 News/Adult Education - Hx Channel 1:30 Movie with Popcorn/Scrabble Game</p> <p>Room Visits 8:00 a.m.</p>	<p>RESIDENT'S COUNCIL MEETING 2</p> <p>8:00 News Watch 9:00 Reality Orientation 9:30 Morning Social w/ Refreshments 10:00 The Price is Right 10:30 Group Conversation with Dr. Linda Yertzley 11:30 Sr. Fitness 2:00 Resident's Council Meeting with snack</p>  <p>Room Visits 8:00 a.m.</p>	<p>3</p> <p>8:00 News Watch 9:00 Sensory Stimulation - Smell 9:30 Morning Social w/ Refreshments 10:00 The Price is Right 11:00 Communion Service from St. Dominic's w/ Praise Songs 11:30 Ring Toss and Ball Games 1:30 Movie with Popcorn/Scrabble Game</p>  <p>Room Visits 8:00 a.m.</p>	<p>4</p> <p>9:00 Relaxing Music 9:30 Morning Social w/ refreshments 11:30 Senior Fitness 12:00 Flash Cards/Reality Orientation 1:30 Bingo Social 2:30 Tea Time & Conversation 3:00 Residents Family Hour</p>  <p>Room Visits 8:00 a.m.</p>	
<p>5</p> <p>9:00 Church Service w/Praise songs 9:30 Morning Social w/ refreshments 11:00 Senior Fitness 11:30 History Channel 1:30 Bingo Social 2:30 Tea Time & Conversation 3:00 Residents Family Hour</p> <p>Room Visits 8:00 a.m.</p>	<p>6</p> <p>8:00 News Watch 9:00 Relaxing Music 9:30 Morning Social w/ refreshments 10:00 The Price is Right 11:30 News/Senior Fitness/Wii Games 1:30 Bingo Social 2:30 Ice Cream Social</p>  <p>Room Visits 8:00 a.m.</p>	<p>COUNTRY BREAKFAST 7</p> <p>7:00 Country Breakfast 8:00 News Watch 9:00 Identify the Object 9:30 Morning Social w/refreshments 10:00 The Price is Right 10:30 Comm. Service w/ Praise Songs 11:30 News/Senior Fitness/Dance 1:30 Bingo Social 2:30 Tea Time & Conversation 2:45 Manicure & Grooming</p>  <p>Room Visits 8:00 a.m.</p>	<p>8</p> <p>8:00 News Watch 9:00 Flash Cards/Numbers and Alphabet 9:30 Morning Social w/ refreshments 10:00 The Price is Right 11:00 News/Adult Education - Hx Channel 1:30 Movie with Popcorn/Scrabble Game</p>  <p>Room Visits 8:00 a.m.</p>	<p>9</p> <p>8:00 News Watch 9:00 Reality Orientation 9:30 Morning Social w/ Refreshments 10:00 The Price is Right 10:30 Group Conversation with Dr. Linda Yertzley 11:30 Sr. Fitness 1:30 Bingo Social 2:30 Tea Time & Conversation 2:45 Arts & Crafts</p>  <p>Room Visits 8:00 a.m.</p>	<p>10</p> <p>8:00 News Watch 9:00 Sensory Stimulation - Smell 9:30 Morning Social w/ Refreshments 10:00 The Price is Right 11:00 Communion Service from St. Dominic's w/ Praise Songs 11:30 Ring Toss and Ball Games 1:30 Movie with Popcorn/Scrabble Game</p>  <p>Room Visits 8:00 a.m.</p>	<p>11</p> <p>9:00 Relaxing Music 9:30 Morning Social w/ refreshments 11:30 Senior Fitness 12:00 Flash Cards/Reality Orientation 1:30 Bingo Social 2:30 Tea Time & Conversation 3:00 Residents Family Hour</p>  <p>Room Visits 8:00 a.m.</p>
<p>12</p> <p>9:00 Church Service w/Praise songs 9:30 Morning Social w/ refreshments 11:00 Senior Fitness 11:30 History Channel 1:30 Bingo Social 2:30 Tea Time & Conversation 3:00 Residents Family Hour</p> <p>Room Visits 8:00 a.m.</p>	<p>COOK N' EAT 13</p> <p>8:00 News Watch 9:00 Relaxing Music 9:30 Morning Social w/ refreshments 10:00 Cooking Time 11:30 News/Senior Fitness/Wii Games 1:30 Bingo Social 2:30 Ice Cream Social</p>  <p>Room Visits 8:00 a.m.</p>	<p>14</p> <p>8:00 News Watch 9:00 Identify the Object 9:30 Morning Social w/refreshments 10:00 The Price is Right 10:30 Comm. Service w/ Praise Songs 11:30 News/Senior Fitness/Dance 1:30 Bingo Social 2:30 Tea Time & Conversation 2:45 Manicure & Grooming</p>  <p>Room Visits 8:00 a.m.</p>	<p>15</p> <p>8:00 News Watch 9:00 Flash Cards/Numbers and Alphabet 9:30 Morning Social w/ refreshments 10:00 The Price is Right 11:00 News/Adult Education - Hx Channel 1:30 Movie with Popcorn/Scrabble Game</p>  <p>Room Visits 8:00 a.m.</p>	<p>16</p> <p>8:00 News Watch 9:00 Reality Orientation 9:30 Morning Social w/ Refreshments 10:00 The Price is Right 10:30 Group Conversation with Dr. Linda Yertzley 11:30 Sr. Fitness 1:30 Bingo Social 2:30 Tea Time & Conversation 2:45 Arts & Crafts</p>  <p>Room Visits 8:00 a.m.</p>	<p>TRIP TO THE PARK 17</p> <p>8:00 News Watch 9:00 Sensory Stimulation - Smell 9:30 Morning Social w/ Refreshments 10:00 The Price is Right 11:00 Trip to the Park 11:00 Communion Service from St. Dominic's w/ Praise Songs 11:30 Ring Toss and Ball Games 1:30 Movie with Popcorn/Scrabble Game</p>  <p>Room Visits 8:00 a.m.</p>	<p>18</p> <p>9:00 Relaxing Music 9:30 Morning Social w/ refreshments 11:30 Senior Fitness 12:00 Flash Cards/Reality Orientation 1:30 Bingo Social 2:30 Tea Time & Conversation 3:00 Residents Family Hour</p>  <p>Room Visits 8:00 a.m.</p>
<p>19</p> <p>9:00 Church Service w/Praise songs 9:30 Morning Social w/ refreshments 11:00 Senior Fitness 11:30 History Channel 1:30 Bingo Social 2:30 Tea Time & Conversation 3:00 Residents Family Hour</p> <p>Room Visits 8:00 a.m.</p>	<p>20</p> <p>8:00 News Watch 9:00 Relaxing Music 9:30 Morning Social w/ refreshments 10:00 The Price is Right 11:30 News/Senior Fitness/Wii Games 1:30 Bingo Social 2:30 Ice Cream Social</p>  <p>Room Visits 8:00 a.m.</p>	<p>Holy Family Church Service 21</p> <p>8:00 News Watch 9:00 Identify the Object 9:30 Morning Social w/refreshments 10:00 The Price is Right 10:30 Church Service w/Praise Songs 11:30 News/Senior Fitness/Dance 1:30 Bingo Social 2:30 Tea Time & Conversation 2:45 Manicure & Grooming</p>  <p>Room Visits 8:00 a.m.</p>	<p>22</p> <p>8:00 News Watch 9:00 Flash Cards/Numbers and Alphabet 9:30 Morning Social w/ refreshments 10:00 The Price is Right 11:00 News/Adult Education - Hx Channel 1:30 Movie with Popcorn/Scrabble Game</p>  <p>Room Visits 8:00 a.m.</p>	<p>23</p> <p>8:00 News Watch 9:00 Reality Orientation 9:30 Morning Social w/ Refreshments 10:00 The Price is Right 10:30 Group Conversation with Dr. Linda Yertzley 11:30 Sr. Fitness 1:30 Bingo Social 2:30 Tea Time & Conversation 2:45 Arts & Crafts</p>  <p>Room Visits 8:00 a.m.</p>	<p>24</p> <p>8:00 News Watch 9:00 Sensory Stimulation - Smell 9:30 Morning Social w/ Refreshments 10:00 The Price is Right 11:00 Communion Service from St. Dominic's w/ Praise Songs 11:30 Ring Toss and Ball Games 1:30 Movie with Popcorn/Scrabble Game</p>  <p>Room Visits 8:00 a.m.</p>	<p>25</p> <p>9:00 Relaxing Music 9:30 Morning Social w/ refreshments 11:30 Senior Fitness 12:00 Flash Cards/Reality Orientation 1:30 Bingo Social 2:30 Tea Time & Conversation 3:00 Residents Family Hour</p>  <p>Room Visits 8:00 a.m.</p>
<p>26</p> <p>9:00 Church Service w/Praise songs 9:30 Morning Social w/ refreshments 11:00 Senior Fitness 11:30 History Channel 1:30 Bingo Social 2:30 Tea Time & Conversation 3:00 Residents Family Hour</p>  <p>Room Visits 8:00 a.m.</p>	<p>RESIDENTS' BIRTHDAY PARTY with ENTERTAINMENT 27</p> <p>8:00 News Watch 9:00 Relaxing Music 9:30 Morning Social w/ refreshments 10:00 The Price is Right 10:30 Party Time 1:30 Bingo Social 2:30 Ice Cream Social</p>  <p>Room Visits 8:00 a.m.</p>	<p>28</p> <p>8:00 News Watch 9:00 Identify the Object 9:30 Morning Social w/refreshments 10:00 The Price is Right 10:30 Comm. Service w/Praise Songs 11:30 News/Senior Fitness/Dance 1:30 Bingo Social 2:30 Tea Time & Conversation 2:45 Manicure & Grooming</p>  <p>Room Visits 8:00 a.m.</p>	<p>29</p> <p>8:00 News Watch 9:00 Flash Cards/Numbers and Alphabet 9:30 Morning Social w/ refreshments 10:00 The Price is Right 11:00 News/Adult Education - Hx Channel 1:30 Movie with Popcorn/Scrabble Game</p>  <p>Room Visits 8:00 a.m.</p>	<p>30</p> <p>8:00 News Watch 9:00 Reality Orientation 9:30 Morning Social w/ Refreshments 10:00 The Price is Right 10:30 Group Conversation with Dr. Linda Yertzley 11:30 Sr. Fitness 1:30 Bingo Social 2:30 Tea Time & Conversation 2:45 Arts & Crafts</p>  <p>Room Visits 8:00 a.m.</p>	<p>LUAU DAU with Hawaiian Dancers 31</p> <p>8:00 News Watch 9:00 Sensory Stimulation - Smell 9:30 Morning Social w/ Refreshments 10:00 The Price is Right 11:00 Communion Service from St. Dominic's w/ Praise Songs 11:30 Ring Toss and Ball Games 2:00 LUAU PARTY</p>  <p>Room Visits 8:00 a.m.</p>	<p>31</p> <p>8:00 News Watch 9:00 Sensory Stimulation - Smell 9:30 Morning Social w/ Refreshments 10:00 The Price is Right 11:00 Communion Service from St. Dominic's w/ Praise Songs 11:30 Ring Toss and Ball Games 2:00 LUAU PARTY</p>  <p>Room Visits 8:00 a.m.</p>

The History of Hawaii

Hawaii became the fiftieth state of the United States on August 21, 1959. It's capital is Honolulu and the familiar name is "The Aloha States". Hawaii has a chain of 8 major and more than 100 minor islands in the central pacific ocean, about 2,100 miles from the U.S. mainland.

Hawaii's Islands are of volcanic origin, although all but the 8 major islands at the southeastern end of the chain have been reduced to coral atoll and small rock outcropping. The largest island, Hawaii which has given it's name to the entire chain has 5 volcanos, including the extinct mauna Kea and the active Mauna Loa. Habakala one of the worlds largest extinct volcanic craters is located on Maui.

The History of Luau

In old Hawaii a Luau meant a lavish food extravaganza to feed royalty, foreign dignitaries, powerful chieftains or hundreds of guests at important weddings, christenings or birthdays. Luau's often lasted for days and required an incredible amount of preparation. Guest's sat on mats on the ground with food piled high in calabash bowls in front of them. They ate a bit, danced a bit, drank a little and sang a lot. This was a feast of Aloha. Today the Luau is a major visitor attraction and dozens are held daily throughout the islands. Needless to say, some preparations have been streamlined, although the traditional roast pig and other authentic delectables are still served.

The Hawaiian Luau

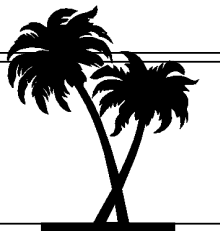
In early Hawaii, it was the custom of its people to celebrate auspicious with a feast. Whether it was the birth of a child, a victorious war, a successful harvest or the completion of a new home or canoe. The Hawaiians took time to honor their main gods and to share their bounty with friends and family called Aha-Ina (gathering for a meal) in ancient times. The term Luau came into favor much later, and refers to the edible Taro leaves that traditionally were used to wrap the food prior to being placed in the underground oven (imu).

When the Kafu system was abolished in 1819, women and men were able to not only eat together, but to share the same food. Until that time, pork, banana, coconut and several species of fish were forbidden to women. Hence, the ancient feast that was so much a part of the Hawaiian culture became a treasured family custom to play a significant part of island life.

Today's Luaus are still a celebration of life. A time to share traditional foods, enjoy songs and dances of early Hawaii and to give thanks to our family, friends and guests from other cultures.



AUGUST 2012



AUGUST ACTIVITIES AT A GLANCE

Mondays, Tuesdays, Wednesdays and Fridays at 10:00 AM to 11:00 AM, join us in watching "The Price is Right"!

- **RESIDENT'S COUNCIL MEETING** – Will be held on Thursday, August 2nd at 2:00 p.m. in the activity room. Know your rights, make your concerns, problems and suggestions known and win the raffle.
- **CHURCH SERVICE** - Held every Sunday in the Activity Room and starts at 9:00 a.m.
- **SENIOR FITNESS** - Come on everybody! Let's exercise every Sunday, Monday, Tuesday, Thursday & Saturday at 11:30 a.m. in the activity room.
- **BINGO SOCIAL** - Come on all Bingo lovers! Let's have fun and play bingo every Sunday, Monday, Tuesday, Thursday, and Saturday at 1:30 p.m. in the activity room.
- **HOLY FAMILY CHURCH SERVICE** There will be church service every 3rd Tuesday of the month. This month will be on August 21st, 2012.
- **RESIDENT'S BIRTHDAY PARTY** - It's party time! We're throwing a party plus entertainment for all our birthday celebrants this month and it will be on August 27th at 10:30 a.m. in the activity room.
- **MOVIE WITH POPCORN** - Every Wednesday and Friday at 1:30 p.m. in the Activity Room, we'll be showing a movie with popcorn and juice.
- **ADULT EDUCATION** - The activities staff will feature shows which include History, Biography of famous people, National Geographic and Concert of famous celebrities. Everybody is welcome to attend.
- **Wii GAMES** - Hello Everyone! Come, play and enjoy your favorite sports with Wii Games like tennis, bowling, boxing and more in the Activity Room every Monday.
- **ICE CREAM SOCIAL** - Every Monday at 2:30 p.m. after Bingo Social, we will serve ice cream.
- **GROUP CONVERSATION** - Every Thursday in the activity room, there is a group conversation at 10:30 a.m. headed by Dr. Linda Yertzley a Clinical Psychologist that process feelings and emotions. Everybody is welcome to attend.
- **COOK N' EAT** - Everyone is invited and help us cook your favorite dish in the activity room on August 13th and will start at 10:00 a.m.
- **TRIP TO THE PARK** - Come and join our outdoor activities at the park on August 17th for a fun field day of picnic, games, stroll and relaxation.
- **LUAU HAWAIIAN FESTIVAL** - Aloha... It's time to celebrate with a Hawaiian Island Luau. The party will be on August 31st at 2:00 p.m. in the activity room. We'll have fun and great food afterwards. The Hula dancers will dance for us and we can join the dancing.
- **ALOHA**- Aloha is the friendliest word known because it can mean a warm hello or a fond farewell depending upon the context in which it is used.
- **COUNTRY BREAKFAST**- On Tuesday, August 7th at 7:00 a.m., we're going to serve Country Breakfast. Please join us in the dining room.