

# March 2011 Chapel Hill Retirement Community Events

Lakeside "I praise you for I am fearfully and wonderfully made" Psalm 139 Willow



Sun

Mon

Tue

Wed

Thu

Fri

Sat

<p>Quality of Life Staff Brenda Zahn Kathi Wirt Pat Tallman Daneale Sweet Sue Stefan Kathy Staaf Jennifer Pry Katie Millar Michelle Knick Judy DeHoff</p>	<p>ALL ACTIVITIES ARE SUBJECT TO CHANGE CHANGES WILL BE ADDRESSED AT PRE-MEAL ANNOUNCEMENTS</p>	<p><b>1 Scientists say the higher your I.Q. the more you dream</b> Beauty Shop 8:15 Activities of daily living 9:30 Montessori Group - W 10:15 Story time - QR 11:30 Luncheon chats - Sensory 1:00 In room visits - W 2:00 Bible Story Group - L 3:00 Word Games - L 4:30 Easy Listening - W</p>	<p><b>2 The average woman is 5 inches shorter than the average male</b> 8:15 Activities of daily living 9:15 Montessori group - L 10:00 Creative pursuits - L 12:00 Luncheon chats - MDR 1:15 In room visits - W/L 2:00 Rosary - Chapel 2:30 Beautiful hands - Sensory 3:00 Snacks &amp; chats - L 4:30 Easy Listening - W 5:00 Small Groups - L/W</p>	<p><b>3 The average human dream lasts 2-3 seconds</b> Cocoa Puff visits 8:15 Activities of daily living 9:15 Men's Group - Sensory 10:30 Movin with Music - L 11:00 Church Lakeside 1:15 Namaste 1:30 Sing-a-long - L 2:30 Snacks &amp; chats - L 3:00 Montessori group - W/L 4:30 Easy Listening - W</p>	<p><b>4 A full bladder is roughly the size of a softball</b> 8:15 Activities of daily living 9:30 Old Radio Shows - L 10:30 Steve Savre - L 11:30 Luncheon chats - Sensory 1:30 Movin with Music - L 3:00 BINGO - L 4:30 Easy Listening - W 5:00 Small Groups - L/W</p>	<p><b>5 The largest cell in the human body is the female egg</b> 9:15 Trivia - QR 10:30 Sing-a-long - L 11:30 Luncheon chats - Sensory 1:30 Story Time - QR 3:00 Physical games - L 4:30 Easy Listening - W</p>
<p><b>6 The smallest cell in a human body is the male sperm</b> 8:15 Activities of daily living - 2nd floor 9:30 Service in the Chapel - (TV channel 21) Chapel Bells perform 10:00 Social Time - L 11:30 Luncheon chats - Sensory 1:00 Rhyming fun - QR 2:45 Bean bag toss - L 4:00 Easy Listening - W</p>	<p><b>7 You use 200 muscles to take one step</b> 8:00 Barber visits 9:15 Creative time - L 10:30 Movin with Music - L 11:30 Luncheon chats - Sensory 1:00 Montessori Group - W 1:30 Jill Jordan Burke - GL 2:30 Sensory Group - Sensory 4:00 In room visits - W 4:30 Easy Listening - W 5:00 Small Groups - L/W</p>	<p><b>8 The acid in your stomach is strong enough to dissolve razor blades</b> Beauty Shop 8:15 Activities of daily living 9:00 Word Games - L 9:30 Montessori Group - W 10:30 Small Group - L 11:30 Luncheon chats - Sensory 1:30 Bean Bag toss 2:00 Bible Story Group - L 3:00 Baking fun - L 4:30 Easy Listening - W</p>	<p><b>9 Your thumb is the same length as your nose</b> 8:15 Activities of daily living 9:15 Small Group - L 10:00 Montessori Group - W 10:30 Ash Wednesday Service - Chapel 12:00 Luncheon chats - Sensory 1:00 Sensory - W 2:00 Rosary - Chapel 2:00 Imagination Vacation - QR 4:30 Easy Listening - W 5:00 Small Groups - L/W</p>	<p><b>10 Your teeth start developing 6 months before you're born</b> Cocoa Puff visits 8:15 Activities of daily living 9:15 Men's Group - Sensory 10:30 Movin with Music - L 11:00 Church Lakeside 1:30 Beautiful Bells - L 2:30 Montessori Group - W 3:00 Baking &amp; chats - L 4:30 Easy Listening - W</p>	<p><b>11 Blondes have more hair than dark-haired people</b> 8:15 Activities of daily living 9:00 Beautiful hands - W 9:30 Baking &amp; Chats - L 10:30 Movin with Music 11:30 Luncheon chats - Sensory 1:15 Sensory Group - Sensory 1:30 In room visits - L/W 3:00 BINGO - L 4:30 Easy Listening - W 5:00 Small Groups - L/W</p>	<p><b>12 The acid in your stomach is strong enough to dissolve razor blades</b> 9:30 Ball toss - L 10:30 Puzzles &amp; Games - L 11:30 Luncheon chats - Sensory 1:30 Story time - QR 3:00 Connections - W 4:30 Easy Listening - W</p>
<p><b>13 Your big toes have two bones each while the rest have three</b> Daylight Saving Time Begins 8:15 Activities of daily living - 2nd floor 9:30 Service in the Chapel - (TV channel 21) Chapel Bells perform 10:00 Social Time - L 11:30 Luncheon chats - Sensory 1:00 Moving with Music - L 2:30 Matt Schaffer - GL 4:00 Easy Listening - W</p>	<p><b>14 Our feet contain 250,000 sweat glands</b> 9:15 Sorting &amp; Folding - W 10:30 Movin with Music - L 11:30 Luncheon chats - Sensory 1:00 Montessori Group - W 1:30 Finish the Story - QR 2:30 Sensory Group - Sensory 4:00 In room visits - W 4:30 Easy Listening - W 5:00 Small Groups - L/W</p>	<p><b>15 We have one trillion bacteria on each of our feet</b> Beauty Shop 8:15 Activities of daily living 9:15 Ball Toss - L 9:30 Treasure Hunt - W 10:30 Small Group - L 10:30 Mass - Chapel 1:30 Montessori Group - W 2:00 Bible Story Group - L 3:00 Bell Choir performs - L 4:30 Easy Listening - W 5:00 Small Groups - L/W</p>	<p><b>16 The enamel in our teeth is the hardest substance in our body</b> 8:15 Activities of daily living 9:15 Beautiful hands - L 9:15 Story time - QR 10:00 Montessori Group - L 12:00 Luncheon chats - MDR 1:00 In-room visits - 2nd floor 2:00 Bob Hill's Orchestra - GL 4:30 Easy Listening - L 5:00 Montessori Groups - L/W</p>	<p><b>17 It takes food 7 seconds to get from our mouth to our stomach</b> St. Patrick's Day Cocoa Puff visits 8:15 Activities of daily living 9:15 Men's Group - Sensory 10:30 Movin with Music - L 11:00 Church Lakeside 1:30 Sing-a-long - L 3:00 Mark Lothrop - GL 4:30 Easy Listening - W 6:30 St.Paddy's Day Dance - GL</p>	<p><b>18 One human brain cell can hold 5 times as much information as an Encyclopedia Britannica</b> 9:30 Beautiful Hands - L 10:00 Baking &amp; conversation - L 10:30 Reminiscing - W/L 11:30 Luncheon chats - Sensory 1:30 Movin with Music - L 3:00 BINGO - L 4:30 Easy Listening - W 5:00 Montessori Groups - L/W</p>	<p><b>19 Your body gives off enough heat in 30 minutes to boil a 1/2 gallon of water</b> 9:15 "Survivor" trivia - QR 10:30 Sing-a-long - L 11:30 Luncheon chats - Sensory 1:30 Story Time - QR 3:00 Word Games - L 4:30 Easy Listening - W</p>
<p><b>20 The brain doesn't feel pain</b> 8:15 Activities of daily living - 2nd floor 9:30 Service in the Chapel - (TV channel 21) 10:00 Social Time - L 11:30 Luncheon chats - Sensory 1:00 Tell Me Your Story - QR 2:45 In room visits - W 4:00 Easy Listening - W</p>	<p><b>21 Your hearing decreases when you overeat</b> 8:15 Activities of daily living 9:15 Montessori group - L 10:00 Tim Darnell - GL 11:30 Luncheon chats - Sensory 1:00 Conversation Ball toss - L 2:30 Sensory Group - Sensory 3:00 Rich Gradjian - GL 4:00 In room visits - W 4:30 Easy Listening - W 5:00 Small Groups - L/W</p>	<p><b>22 For their size, babies are stronger than oxen</b> Beauty Shop 8:15 Activities of daily living 9:15 Fun with Hats 10:30 Small Group - L 11:30 Luncheon chats - Sensory 1:30 Montessori Group - W 2:00 Bible Story Group - L 3:00 Root beer floats - L 4:30 Easy Listening - W 5:00 Small Groups - L/W</p>	<p><b>23 A sneeze can exceed 100 mph</b> 8:15 Activities of daily living 9:15 Small Group - L 10:00 Montessori Group - W 12:00 Luncheon chats - Sensory 2:00 Rosary - Chapel 2:30 Harry Canary - GL 3:00 In room visits - W 4:30 Easy Listening - L 5:00 Small Groups - W/L</p>	<p><b>24 You are taller in the morning</b> Cocoa Puff visits 8:15 Activities of daily living 9:15 Men's Group - Sensory 10:30 Movin with Music - L 11:00 Church Lakeside 1:00 Visits with you - W 2:00 Cards - L 3:00 Snacks &amp; chats - L 4:30 Easy Listening - W</p>	<p><b>25 Only humans can shed emotional tears</b> 8:15 Activities of daily living 9:30 Fill-in the blank - L 10:30 In-room visits - W 11:30 Reminiscing - W/L 11:30 Luncheon chats - Sensory 1:30 Baking &amp; chats - L 3:00 BINGO - L 4:30 Easy Listening - W 5:00 Montessori Group - L/W</p>	<p><b>26 80% of the brain is water; that's why it's important to stay hydrated</b> 9:00 In room visits - L/W 10:30 Reminiscing - L 11:30 Luncheon chats - Sensory 1:30 Story time - QR 3:00 Connections - W 4:30 Easy Listening - MDR</p>
<p><b>27 Babies always have blue eyes when they are born</b> 8:15 Activities of daily living - 2nd floor 9:30 Service in the Chapel - (TV channel 21) Chapel Bells perform 10:00 Social Time - L 11:30 Luncheon chats - Sensory 1:00 Story time - QR 2:45 In room visits - W 4:00 Easy Listening - W</p>	<p><b>28 Your feet can produce a pint of sweat a day</b> 8:15 Activities of daily living 9:15 Movin to the music - L 9:30 Baking &amp; Conversation - L 11:30 Luncheon chats - Sensory 1:00 In room visits - L/W 2:00 Corn Hole - L 3:00 Montessori groups 4:30 Easy Listening - W 5:00 Small Groups - L/W</p>	<p><b>29 You probably pass gas 14 times a day</b> Beauty Shop 8:15 Activities of daily living 9:15 Morning stretch - L 10:30 Small Group - L 11:30 Luncheon chats - Sensory 1:30 Montessori Group - L/W 2:00 Bible Story Group - L 3:00 Reminiscing - L 4:30 Easy Listening - W 5:00 Small Groups - L/W</p>	<p><b>30 Your tongue is the strongest muscle in your body</b> 8:15 Activities of daily living 9:15 Montessori group - L 10:00 Musical games - L 12:00 Luncheon chats - MDR 1:15 In room visits - W/L 2:00 Rosary - Chapel 2:30 Beautiful hands - Sensory 3:00 Snacks &amp; chats - L 4:30 Easy Listening - W 5:00 Montessori Groups - L/W</p>	<p><b>31 You can't tickle yourself</b> Cocoa Puff visits 8:15 Activities of daily living 9:15 Men's Group - Sensory 10:30 Movin with Music - L 11:00 Church Lakeside 1:30 Beautiful Bells - L 2:30 Montessori Group - W 3:00 Baking &amp; chats - L 4:30 Easy Listening - W</p>	<p><b>Activity Location Key:</b> AR - Activity Room 1st floor CR - Craft Room 1st floor GL - Grand Lobby 1st floor JJ - Java Junction 1st floor PDR - Private Dining Room 1st floor MR - Movie Room 1st floor LDR - Lawrence Dining Room 2nd floor Fulton - 2nd floor south Lawrence - 2nd floor central Milan - 2nd floor north SL - Assisted Living Lounge/Lakeside ML - Milan Family Lounge SR - Sensory Room - second floor Fulton FAR - Fulton Activity Room - 2nd floor lakeside RR - Recreation Room ground floor</p>	<p><b>*Namaste</b> "Honoring the Spirit Within" Is a sensory activity provided to scheduled residents at various times throughout the week.</p> 