

March 2011 Chapel Hill Retirement Community Events

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



Sun

Mon

Tue

Wed

Thu

Fri

Sat

<p>Quality of Life Staff Brenda Zahn Kathi Wirt Pat Tallman Danaeale 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>1 Scientists say the higher your I.Q. the more you dream 9:15 Ceramics - CR 9:30 Small Group's 2nd floor 11:00 Bell Choir practice - Chapel 12:00 Luncheon chats - MDR 1:00 Personal visits - AL 1:30 BINGO - AR 3:00 Bragging Time - AR 4:30 Easy Listening - MDR 5:15 Movie Night - AR</p>	<p>2 The average woman is 5 inches shorter than the average male 9:00 Devotions - Chapel 9:15 Manicures - AR 10:00 Reminiscing - Fulton 12:00 Luncheon chats - MDR 1:00 1:1 visits - 2nd floor 2:00 Rosary - Chapel 2:30 Reminiscing - AR 4:30 Easy Listening - MDR 6:45 Church Service - Chapel</p>	<p>3 The average human dream lasts 2-3 seconds Cocoa Puff visits 9:15 Movin with Music - AR 10:00 Sing-a-long - FAR 11:00 Chapel Bells practice - GL 12:30 Lunch & Conversation - MDR 1:30 Joggin your Noggin - MR 2:30 Fitness Focus - Therapy 3:00 "The Price Is Right" - AR 4:30 Easy Listening - MDR</p>	<p>4 A full bladder is roughly the size of a softball 9:00 Devotions - Chapel 9:30 Baking & Chats - FAR 9:30 Menu Committee - AR 10:30 Men's Group - AR 12:00 Lunch & Conversation - MDR 1:30 Fun & Games - AR 3:00 Old Radio Shows - Milan 4:30 Easy Listening - MDR</p>	<p>5 The largest cell in the human body is the female egg 9:30 Crossword Fun - MR 11:00 Story Time - FAR 12:00 Luncheon chats - MDR 1:30 BINGO - AR 3:00 Snacks & visits - LDR 4:30 Easy Listening - MDR</p>
<p>6 The smallest cell in a human body is the male sperm 8:15 Activities of daily living - 2nd floor 9:30 Service in the Chapel - (TV channel 21) Chapel Bells perform 10:30 Social Time - AR 12:00 Luncheon chats - MDR 1:30 Bible Trivia - MR 2:45 Ball toss - Milan 4:00 Easy Listening - MDR</p>	<p>7 You use 200 muscles to take one step 8:00 Barber visits 9:00 Devotions - Chapel 9:30 Movin with Music - AR 11:00 Bible Study - AR 12:00 Luncheon chats - MDR 1:30 Jill Jordan Burke - GL 2:30 Fitness Focus - Therapy 3:00 Resident Support Group - PDR 4:00 Mr Zellers on guitar - 2nd FL 4:30 Easy Listening - MDR</p>	<p>8 The acid in your stomach is strong enough to dissolve razor blades 9:15 Ceramics - CR 9:30 Small Group - Milan 11:00 Bell Choir practice - Chapel 12:00 Luncheon chats - MDR 1:30 BINGO - AR 3:00 French Fries - JJ 4:30 Easy Listening - MDR 5:15 Movie Night - AR</p>	<p>9 Your thumb is the same length as your nose 9:00 Devotions - Chapel 9:15 Manicures - AR 10:00 Judy plays piano - Sensory 10:30 Ash Wednesday Service - Chapel 12:00 Luncheon chats - MDR 1:00 1:1 visits - AL 2:00 Rosary - Chapel 2:30 Word Games - AR 4:30 Easy Listening - MDR 6:45 Church Service - Chapel</p>	<p>10 Your teeth start developing 6 months before you're born Cocoa Puff visits 9:15 Movin with Music - AR 10:00 Sing-a-long with Evie - Chapel 11:00 Chapel Bells practice - GL 12:30 Lunch & Conversation - MDR 1:30 Joggin your Noggin - MR 2:30 Fitness Focus - Therapy 3:00 Montessori Group - Milan 4:30 Easy Listening - MDR</p>	<p>11 Blondes have more hair than dark-haired people 9:00 Devotions - Chapel 9:15 Baking & Chats - FAR 9:30 Movin with Music - AR 10:30 Flat Stanley's Grandma - AR 12:00 Restaurant Bus Trip 3:30 Montessori Group - FAR 4:30 Easy Listening - MDR</p>	<p>12 The acid in your stomach is strong enough to dissolve razor blades 9:30 Story Time - 2nd floor 11:00 Puzzles & Games - FAR 12:00 Luncheon chats - MDR 1:30 BINGO - AR 3:00 Nailcart & visits - 2nd floor 4:30 Easy Listening - MDR</p>
<p>13 Your big toes have two bones each while the rest have three Daylight Savings Time Begins 8:15 Activities of daily living - 2nd floor 9:30 Service in the Chapel - (TV channel 21) Chapel Bells perform 10:30 Social Time - AR 12:00 Luncheon chats - MDR 2:30 Matt Schaffer - GL 3:00 In-room visits - 2nd floor 4:00 Easy Listening - MDR</p>	<p>14 Our feet contain 250,000 sweat glands 9:00 Devotions - Chapel 9:30 Movin with Music - AR 11:00 Bible Study - AR 12:00 Luncheon chats - MDR 2:30 Musical Crazy Hats - AR 2:30 Fitness Focus - Therapy 3:00 Resident Support Group - PDR 3:30 Story time - Sensory 4:30 Easy Listening - MDR</p>	<p>15 We have one trillion bacteria on each of our feet 9:15 Ceramics - CR 9:30 Personal visits - 2nd floor 10:30 Mass - Chapel 12:00 Luncheon chats - MDR 1:30 BINGO - AR 3:00 Bell Choir practice - Chapel 4:30 Easy Listening - MDR 5:15 Movie Night - AR</p>	<p>16 The enamel in our teeth is the hardest substance in our body 9:00 Devotions - Chapel 9:15 Manicures - AR 10:00 Montessori Group - Milan 12:00 Luncheon chats - MDR 1:30 BINGO - AR 2:00 In-room visits - 2nd floor 2:00 Bob Hill's Orchestra - GL 4:30 Easy Listening - MDR 6:45 Church Service - Chapel</p>	<p>17 It takes food 7 seconds to get from our mouth to our stomach St. Patrick's Day Cocoa Puff visits 9:15 Movin with Music - AR 9:30 Sing-a-long with Evie - FAR 11:00 Chapel Bells practice - GL 12:30 Lunch & Conversation - MDR 1:30 Joggin your Noggin - MR 2:30 Fitness Focus - Therapy 3:00 Mark Lothrop - GL 4:30 Easy Listening - MDR 6:30 St.Paddy's Day Dance - GL</p>	<p>18 One human brain cell can hold 5 times as much information as an Encyclopedia Britannica 9:00 Devotions - Chapel 9:30 Baking & Chats - AR 10:00 Current Events - MR 12:00 Lunch & Conversation - MDR 1:30 Craft time - CR 2:30 In-room visits - 2nd floor 3:30 Tea Time - SL 4:30 Easy Listening - MDR</p>	<p>19 Your body gives off enough heat in 30 minutes to boil a 1/2 gallon of water 9:30 Nailcart - 2nd fl 10:30 Bean bag toss - FAR 12:00 Luncheon chats - MDR 1:30 BINGO - AR 3:15 Word Games - AR 4:30 Easy Listening - MDR</p>
<p>20 The brain doesn't feel pain 8:15 Activities of daily living - 2nd floor 9:30 Service in the Chapel - (TV channel 21) 10:30 Social Time - AR 12:00 Luncheon chats - MDR 1:30 Poker-keeno - AR 3:00 In room visits - 2nd floor 4:00 Easy Listening - MDR</p>	<p>21 Your hearing decreases when you overeat 9:00 Devotions - Chapel 10:00 Tim Darnell - GL 11:00 Bible Study - AR 12:00 Luncheon chats - MDR 1:00 Conversation Ball toss - AR 2:30 Fitness Focus - Therapy 3:00 Rich Radian - GL 4:30 Easy Listening - MDR</p>	<p>22 For their size, babies are stronger than oxen 9:15 Ceramics - CR 9:30 Montessori - Milan 11:00 Bell Choir practice - Chapel 12:00 Luncheon chats - MDR 1:30 BINGO - AR 3:00 Ice Cream Social - AR 4:00 Small Group - Sensory 4:30 Easy Listening - MDR</p>	<p>23 A sneeze can exceed 100 mph 9:00 Devotions - Chapel 9:15 Manicures - AR 10:00 Montessori Group - Milan 12:00 Luncheon chats - MDR 1:00 In-room visits - AL 2:00 Rosary - Chapel 2:30 Harry Canary - GL 4:30 Easy Listening - MDR 6:45 Church Service - Chapel</p>	<p>24 You are taller in the morning Cocoa Puff visits 9:15 Movin with Music - AR 10:00 Sing-a-long with Evie - Chapel 11:00 Chapel Bells practice - GL 12:30 Lunch & Conversation - MDR 1:30 Balloon Bingo - AR 2:30 Fitness Focus - Therapy 3:00 Montessori Group - FAR 4:30 Easy Listening - MDR 4:30 Cuisine Night - MDR/AR</p>	<p>25 Only humans can shed emotional tears 9:00 Devotions - Chapel 9:30 Baking & Chats - AR 10:00 Current Events - MR 11:00 In room visits - Lawrence 12:00 Restaurant Bus Trip 3:30 Ball toss - 2nd floor 4:30 Frank Gato - MDR</p>	<p>26 80% of the brain is water; that's why it's important to stay hydrated 9:30 Moving with Music - AR 10:30 Sing-a-long - FAR 12:00 Luncheon chats - MDR 1:30 BINGO - AR 3:00 Nailcart & visits - LDR 4:30 Easy Listening - MDR</p>
<p>27 Babies always have blue eyes when they are born 8:15 Activities of daily living - 2nd floor 9:30 Service in the Chapel - (TV channel 21) Chapel Bells perform 10:30 Social Time - AR 12:00 Luncheon chats - MDR 1:30 Cards & Games - AR 3:00 In room visits - 2nd floor 4:00 Easy Listening - MDR</p>	<p>28 Your feet can produce a pint of sweat a day 9:00 Devotions - Chapel 9:30 Resident Council AL - AR 9:30 Baking & Conversation - FAR 11:00 Bible Study - AR 12:00 Luncheon chats - MDR 1:00 Northwest School Levy - GL 2:30 Fitness Focus - Therapy 3:00 Resident Support Group - PDR 4:30 Easy Listening - MDR</p>	<p>29 You probably pass gas 14 times a day 9:15 Ceramics - CR 9:30 Small Group - Milan 11:00 Bell Choir practice - Chapel 12:00 Luncheon chats - MDR 1:15 Namaste 1:30 BINGO - AR 3:00 Book Lovers Club - PDR 3:30 Current Events - MR 4:30 Easy Listening - MDR 5:15 Movie Night - AR</p>	<p>30 Your tongue is the strongest muscle in your body 9:00 Devotions - Chapel 9:15 Manicures - AR 10:00 Montessori Group - Milan 12:00 Luncheon chats - MDR 1:00 Resident Council 2nd floor - 2:00 Rosary - Chapel 3:00 Reminiscing - AR 4:30 Easy Listening - MDR 6:45 Church Service - Chapel</p>	<p>31 You can't tickle yourself 9:15 Movin with Music - AR 10:00 Sing-a-long with Evie - FAR 11:00 Chapel Bells practice - GL 12:30 Lunch & Conversation - MDR 1:30 Joggin your Noggin - MR 2:30 Fitness Focus - Therapy 3:00 Sensory Group - Sensory 4:30 Easy Listening - MDR 6:30 Russian Nobility and Cossacks - AR</p>	<p>Activity Location Key: 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>"Namaste" "Honoring the Spirit Within" Is a sensory activity provided to scheduled residents at various times throughout the week.</p> 