

News from Home



Gibson Family Health Care Newsletter — *Our family caring for your family*

MARCH 2024

*"Dream your life, live your dreams."
- French proverb*

New BINGO caller

Have you seen our new automated bingo caller that projects onto a screen? What a fun addition to our home.

Marching into spring

You know spring is around the corner when Spring Break arrives (March 11-15). Make sure you mark the calendar for the first official day of spring on Tuesday, March 19. Spring ends on Thursday, June 20.

Outbreaks over

Thanks for your patience as we dealt with gastrointestinal outbreaks in both long-term care and our retirement lodge. We were glad to see them come to a safe end last month.

Staff SPOTLIGHT

Congratulations Carrie Davey, our Staff Spotlight for March. See details on Page 3.



HAPPY ST. PATRICK'S DAY

from Gibson Family
Health Care



MARCH 17

HELEN
HENDERSON Carveth
Care Centre Care Centre

Learn to enjoy every minute of your life. Be happy now. Don't wait for something outside of yourself to make you happy in the future.

Think how precious the time is you have to spend, whether it is at work or with your family. Every minute should be enjoyed and savoured.



We're proud of our fun squad

Our recreation professionals host a lot of great programs and services. As such, it's a pleasure to celebrate their good work March 4 to 8. Thank you Shannon and team for your time and talent. We know the power of recreation is inspiring, engaging and enriching.

Daylight Savings Time

It's that time of year again when the days get longer. Remember to turn your clock ahead one-hour at 2 am on Sunday, March 10. Daylight Savings Time ends on Sunday, Nov. 3.

March is
National
Nutrition
Month



Bite into a Healthy Lifestyle!

"It is one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light and winter in the shade."

—Charles Dickens

Tell us what you think

Do you have a story idea or feedback?
Contact Catherine Reynolds at 613-382-4752 ext. 114
or catherinereynolds@gibsonfamilyhealthcare.com



Who was St. Patrick

St. Patrick is the beloved patron saint of Ireland. The Irish are famous for spinning exaggerated tales, so despite the infamous stories traditionally attributed to St. Patrick, quite little is actually known about his life.

We do know that St. Patrick was born in Britain and at the age of 16 was captured by Irish raiders who attacked his family's estate. He was then transported to Ireland where he was held captive for six years, living a solitary, lonely life as a shepherd. It was then that he became a devout Christian, embracing his religion for solace. From his writing, we know that a voice, which he believed to be that of God, spoke to him in a dream, urging him to leave Ireland. He did. Walking nearly 200 miles, Patrick escaped to Britain and undertook serious religious training. After 15 years of study, Patrick was ordained as a priest and sent back to Ireland. His mission was to minister to Christians and to convert the Irish, then pre-dominantly pagans, to Christianity. Because Patrick was familiar with the Irish language and culture from his years of captivity, he chose to incorporate Irish ritual and symbols into his teachings rather than to eradicate Irish beliefs. Thus, was born the Celtic cross. Patrick superimposed the sun, a powerful Irish symbol, onto the traditional Christian cross so that the result would seem more natural to the Irish. St. Patrick's Day is celebrated annually on March 17th, the traditional religious feast day of St. Patrick and the day he is believed to have died in 460 A.D. The Irish have observed this religious holiday for thousands of years.

Staff SPOTLIGHT

Carrie Davey is enjoying her job as a Dietary Aide at Carveth Care Centre, a popular long-term care home in Gananoque.

Speaking from the home in February 2024, the friendly woman smiles when talking about her job serving food, cleaning dining rooms and preparing meals for 104 residents in long-term care.

"I love my job," says the 44-year-old in mid-January 2024. "I enjoy talking with the residents, they make me smile."

Prior to joining the home two years ago, Carrie was a cleaner for 14 years at the local casino. She has been doing such a good job in the kitchen at Carveth, she was named Employee of the Month for March 2024.

"Carrie cares about her job and it shows in her detailed work which is leaving a lasting impression on residents and staff," says Theresa Running, Food Service Nutrition Manager. "Her progress and advancement these past few months have been significant, making her essential to our team."

Pleased with the feedback, Carrie admits this is her first workplace award. "It feels a little strange, to be honest," she says with a laugh.

"I'm happy here now," says Carrie when asked about her career plans. "If I go home at night happy, which I often do, I know I've had a good day. This is a good place to work and it's a good place to be. They have lots of fun activities for the residents which keeps things interesting."

A proud mother of two children, the Gananoque woman loves to cook and spend time outdoors.

"I like to hunt, fish, four wheel and read books," she replies when asked to describe herself. "I can be sarcastic. Overall, I'm easygoing."

Questions for Carrie

If you could rule the world, what would you do on day-one?

"I would try to make sure no one goes to bed hungry."

If you weren't at your current job, what would you be doing?

"I would like to do something outside like gardening."

If you could have any superpower, what would it be?

"I'd like to read people's minds."

Carveth Care Centre is grateful for the good work of Carrie Davey.

To learn more about living or working in our home, please visit www.gibsonfamilyhealthcare.com



Carrie Davey

See someone doing a **GREAT** job?
Please inform your manager...
and nominate them for Employee of the Month



An employee appreciation program by
Gibson Family Health Care

March is Music Therapy Month in Canada

At Find Your Voice Music Therapy, we could not be more humbled and blessed to be doing this work, giving a voice to those who find it difficult to communicate with words alone.

Music is charged emotionally and it elicits unique feelings and memories for each individual. Music therapy becomes a meaningful and validating experience because through music we are able to connect, acknowledge, and support seniors as they share their memories and stories.

When working with seniors we have seen the value and effective change that music therapy can have on a person's life.

- Addresses positive changes in emotional states and connection to identity
- Connects to self expression through creativity
- Provides validation of ideas, thoughts, beliefs and values
- Provides connection to memory, language, sensory processing centres of the brain
- Improves fine / gross motor skills, mobility and balance
- Promotes community and social interaction



We offer a variety of services and programs to support diverse communities with different needs. For the community: In Person: Mobile and Online Sessions | Individual and Group Music Therapy Sessions | Individual Counselling and Music Psychotherapy Sessions | 2SLGBTQIA+ Individual and Group Voice Therapy Sessions | Presentations and Workshops. [Visit our website](#) to learn more about Find Your Voice Music Therapy's services and how they could support your loved one. Or schedule a [complimentary consultation](#) with Mackenzie or Alexa.



We think this picture says so much... These six residents of Carveth Care Centre represent more than 600 years of knowledge and wisdom. This year, each person is 100 years old or older. Seen front to back, left to right: Phyllis (102), Irene (101) and Kathleen (104). Back row: Ernest (100), Myrla (100) and Jim (101). Interestingly, Phyllis and Irene are sisters. We hope these six residents enjoyed an extra special Valentine's Day last month for all of the love they have shared over their lifetimes...

Home welcomes new Care Coordinator

At 47-years old, Lisa Smith is enjoying significant changes in her career as a nurse.



Working as a front-line health care worker for the past 14 years at Carveth Care Centre, a long-term care home in Gananoque, Lisa just transitioned from floor nurse to management.

"I love working here," says the popular Registered Practical Nurse (RPN). "I enjoy the residents, families, and the staff. I like helping people and my new position as Care Coordinator will allow me to continue to do that. I'm excited about this endeavour; It's been a while since I've done anything new."

As the home's new Care Coordinator, Lisa's duties include acting as a liaison with families, supervising and assisting floor staff, supporting quality assurance and safety, and helping coordinate staff development. She is also the lead for the home's wound care and pain management.

"I'm grateful that I get to still help out on the floor and listen to staff's concerns," Lisa says with a smile.

Speaking on behalf of the home, Administrator Brett Gibson notes, "Lisa is the perfect person to be the new Care Coordinator at Carveth. She knows the residents, families, and staff on a personal level. She will be an advocate for the residents and will work directly with families to make sure the needs of the residents are met."

To reach Lisa, call 613-382-4752 ext. 123.



Gibson Family Health Care supports



The Caregiver

Celebrating Family Council at Carveth Care Centre

As friends, relatives, or visitors, our concern is always the safety, security and health of the residents at Carveth Care Centre. Personal Protective Equipment (PPE), plays a big role in helping to achieve this goal.

To reduce the risk of illnesses, various types of PPE are used by the nursing teams. This includes gloves, face shields (goggles), gowns and masks which act as barriers to block the transmission of infectious materials in blood, body fluids or respiratory secretions to skin, mouth, nose and eyes.

What role do we as caregivers have in applying PPE to protect our loved ones? Wearing masks as requested, and needed, use of hand sanitizers at every opportunity, and respecting visitor limitations while nursing staff are busying working.

If a resident is unwell and needs some level of protection, it will be important to follow the signs and indicators, and to ask staff of any special requirements. As visitors and caregivers, we are constantly being exposed to many types of cold viruses and other contaminants. As such, we need to work hard to keep our residents from becoming ill from our unintended exposures. While it is not directly PPE related, our diligent sign-in procedure is a form of the personal protective activity. We all have a key role to play in protecting our loved ones.

Music by Cowboy Mark

Birthday party at Carveth Care Centre



**March
28
2 pm**



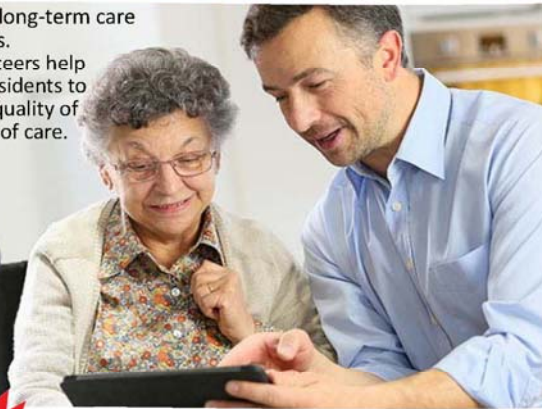
www.gibsonfamilyhealthcare.com

Join the Carveth Care Centre

FAMILY Council

For families of long-term care home residents. Member volunteers help advocate for residents to enhance their quality of life and quality of care.

2 pm
Fireplace Room
(virtual link available upon request)



March 17

Contact Shannon Buell to learn more:
613-382-4752 ext. 107
www.gibsonfamilyhealthcare.com



Gibson Family Health Care

Person-Centred Care

2024

"I live in a home where everyone enjoys meaning and purpose. I have a voice in my health care which makes me feel valued and empowered."



A better approach to retirement living and long-term care



Happy Easter



from Gibson Family Health Care



March 31

www.gibsonfamilyhealthcare.com



Presented by Carveth Auxiliary

Carveth Fish Fry Spring 2024

at Carveth Care Centre



COMING SOON

Family welcome to purchase lunch



Details to be announced

Happy Easter

Happy birthday staff

Joann A, March 3
Ruth S, March 5
Shannon B, March 6
Susana B, March 14
Melissa J, March 18
Patricia H, March 20
Hollie B, March 23
Myra P, March 23
Nancy R, March 24
Phyllis L, March 24
Melissa L, March 28
Angela B, March 29
Kelsey S, March 29

Welcome staff

Mary Akomeah
Stephanie Hawkins
Sheri Quenneville, RPN
Anna Szczepaniak, PSW

Happy birthday volunteers

Tom H, March 10



Three steps to get the spring back in your step

As the days grow more green and bright, we have three tips to help you feel your best this season.



1. Get outside

As spring approaches, we'll see more daylight and more sunshine. Vitamin-D, which comes from the sun, can boost your mood and energy levels. This spring, take advantage of the warmer weather and catch some rays. You can also increase your Vitamin-D intake by using light therapy or taking supplements.

2. Get active

Exercising relieves stress and increases energy. While working out and staying active may be easier said than done some days, start off by setting small goals. Go for a ten-minute walk or work your muscles anyway possible. These small initiatives will contribute to your physical and mental well-being.

3. Eat a balanced diet

It's easy to turn to comfort foods when you're feeling under the weather. While it's okay to treat yourself, it's also important to ensure your diet is filled with foods that make you feel good. Make sure to include a lot of fruits and veggies in your diet to keep your spirits up. Some research suggests that foods rich in omega-3 fatty acids, such as fish and eggs, may also help to boost your mood.

Even when we have great mental health, we can still experience hard days. It's important to remember to recognize how we are feeling and ask for help when it's needed. - The Canadian Mental Health Association

Dates to Remember

Upcoming
Events

March is National Nutrition Month

March 8... International Women's Day

March 14... Paddy's Pub with Jumpin' Jimmy at 2 pm

March 17... St. Patrick's Day

March 17... Family Council at 2 pm

March 20... Residents' Council

March 21... Happy Hour with Vicki Spurrell at 2 pm

March 26... Rolling Shaker Mobile Bar at 2 pm

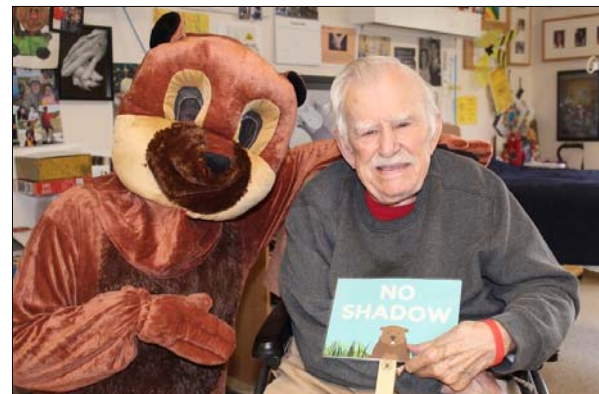
March 28... Birthday party with Cowboy Mark at 2 pm

March 29... Easter Bingo at 2 pm

March 31... Easter Sunday



Snapped around Carveth



**MARDI
GRAS**



Crossword Puzzle (Answers on Page 14)

ACROSS

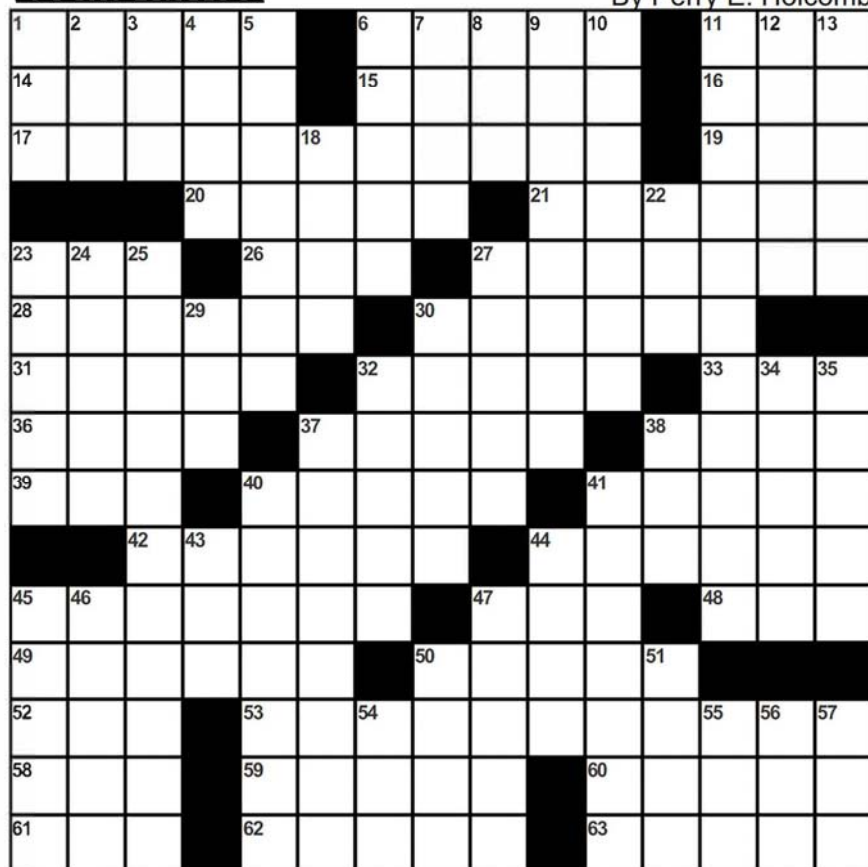
- 1) Pub order
- 6) Certain relative
- 11) Conditional word
- 14) Severe
- 15) Country bordering Tibet
- 16) Ending for "mod" or "nod"
- 17) Roughhouse
- 19) Auction offering
- 20) Late comic Williams
- 21) Mocha resident
- 23) "What, me worry?" magazine
- 26) Kind of gas (Abbr.)
- 27) Celebratory events
- 28) Chipped away at
- 30) Tattoo place
- 31) Jeans fabric
- 32) "Rawhide" role for Clint
- 33) "This tape will self-destruct ..." org.
- 36) Marker fillers
- 37) Items in a rack
- 38) "___ the Rainbow"
- 39) Consumed
- 40) Shocked?
- 41) Summary of beliefs
- 42) Emitted long, loud cries
- 44) Mother-of-pearl sources
- 45) Word before "lies the rub"
- 47) Costa del ___
- 48) Calendar abbr.
- 49) Reduce the strength of
- 50) Blast from the past
- 52) Anvil's site
- 53) Jumping arachnid
- 58) Adam's mate
- 59) Blue book filler
- 60) Sister of Urania
- 61) Beatty of "Deliverance"
- 62) Rods' partners
- 63) Back-to-health program

DOWN

- 1) "Stop talking!"
- 2) Confucian "way"
- 3) "Bobby Hockey"
- 4) "Back in the ___" (Beatles jam)
- 5) Formula to be proven
- 6) Strip of gear, as a ship
- 7) Gas light
- 8) "Brain" of a PC
- 9) Nautical ropes
- 10) Advanced in years
- 11) Some workers over rough terrain
- 12) "Home ___" (comedy classic)
- 13) Bigfoot relatives
- 18) Under the covers
- 22) Chairman with a "Red Book"
- 23) TV, radio, magazines, etc.
- 24) "___ you ashamed of yourself?"
- 25) With a certain equine feature
- 27) Handled roughly
- 29) Prefix with "approve"
- 30) Used the elbow, in a way
- 32) Above the horizon
- 34) Euripides tragedy
- 35) Winter coating
- 37) Certain Indonesians
- 38) Certain whale
- 40) Buy-one-get-one-free item?
- 41) Brake part
- 43) Noah's craft
- 44) Agrees quietly
- 45) 11-year-old, in ad speak
- 46) "Ho!" preceder
- 47) Kills, as a dragon
- 50) Type of hygiene
- 51) Dublin's isle
- 54) Mad cow disease, for short
- 55) "Zip-A-Dee-Doo-___"
- 56) Airport stat.
- 57) Knock off, as a bank

EQUINE ANTICS

By Perry E. Holcomb





We discovered at our first McBreakfast Club on Feb. 21 that it was the first time Carveth Resident Marguerite, 96, has been to McDonald's Restaurant. She loved it!

Rolling Shaker Mobile Bar **March 26**
2 pm
at Carveth Care Centre

Carveth Care Centre



Eat Right!

Celebrate Healthy Eating
with Gibson Family Health Care

March
is
National Nutrition Month

Carveth Care Centre HELEN HENDERSON Care Centre



Keeping residents engaged and connected
at Carveth Care Centre
www.gibsonfamilyhealthcare.com

Carveth Care Centre

Everyone welcome

Residents' Council MEETING

March 20

2 pm

www.GibsonFamilyHealthCare.com



Valentine's activities



NEVER FORGET YOUR FRIENDS

A newlywed young man was sitting on the porch on a humid day, sipping ice tea with his father. As he talked about adult life, marriage, responsibilities, and obligations, the father thoughtfully stirred the ice cubes in his glass and cast a clear, sober look on his Son.

"Never forget your friends," he advised, "they will become more important as you get older." "Regardless of how much you love your family and the children you happen to have, you will always need friends. Remember to go out with them occasionally (if possible), but keep in contact with them somehow.

"What strange advice!" thought the young man. "I just entered the married world, I am an adult and surely my wife and the family that we will start will be everything I need to make sense of my life." Yet, he obeyed his father; kept in touch with his friends and annually increased their number. Over the years, he became aware that his father knew what he was talking about.

Inasmuch as time and nature carry out their designs and mysteries on a person, friends are the bulwarks of our life. After 60, 70, 80 years of life, here is what he (and you) will have learned:

Time passes. Life goes on. The distance separates. Children grow up. Children cease to be children and become independent. And to the parents, it breaks their heart but the children are separated of the parents.

Jobs come and go. Illusions, desires and attraction weakens. People do not do what they should do. The heart breaks. The parents die. Colleagues forget the favors. The races are over.

But, true friends are always there, no matter how long or how many miles away they are. A friend is never more distant than the reach of a need, intervening in your favor, waiting for you with open arms or in some way blessing your life.

When we started this adventure called LIFE, we did not know of the incredible joys or sorrows that were ahead. We did not know how much we would need from each other. Love your parents, take care of your children, but keep a group of good friends.



Kitchen Items

WORDSEARCH

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

DISHWASHER
 MICROWAVE
 BLENDER
 GLASSES
 STOVE
 COFFEE MAKER
 MOP
 DEEP FRYER
 WAFFLE IRON
 TOASTER
 BRUSH
 PLATES
 SPONGE
 KETTLE
 RADIO
 OVEN
 FRIDGE
 SINK
 CUTLERY

The Thousand Islands...

The *Thousand Islands* actually number 1,865 in a 50 mile span between Kingston and Brockville. Some are not much more than rocky shoals, while others are very large, such as *Wolfe Island*, 27 miles long by 9 miles wide; and *Howe Island*, 9 miles long by 3 miles wide.



Gibson Family Health Care
celebrates on March 8



Carveth Care

a poem by Grace Leakey

I have met so many
wonderful people,
In the last nine years.
Have shared many
memories,
And have shed many tears.
Our lives are filled with many memories to
share,
In this wonderful home, Carveth Care.



Crossword Answers (from Page 10)

EQUINE ANTICS

By Perry E. Holcomb

1	S	T	O	U	T		6	U	N	C	L	E		11	M	A	Y			
14	H	A	R	S	H		15	N	E	P	A	L		16	U	L	E			
17	H	O	R	S	E		18	A	R	O	U	N	D		19	L	O	T		
						20	R	O	B	I	N		21	Y	E	M	E	N	I	
23	M	A	D			26	R	E	G			27	P	A	R	A	D	E	S	
28	E	R	O	D	E	D			30	P	A	R	L	O	R					
31	D	E	N	I	M			32	R	O	W	D	Y		33	I	M	F		
36	I	N	K	S			37	B	I	K	E	S		38	O	V	E	R		
39	A	T	E			40	T	A	S	E	D		41	C	R	E	D	O		
						42	Y	A	W	L	E	D		44	N	A	C	R	E	S
45	T	H	E	R	E	I	N		47	S	O	L		48	S	A	T			
49	W	E	A	K	E	N			50	O	L	D	I	E						
52	E	A	R				53	Z	E	B	R	A	S	P	I	D	E	R		
58	E	V	E				59	E	S	S	A	Y		60	E	R	A	T	O	
61	N	E	D				62	R	E	E	L	S		63	R	E	H	A	B	



Gibson Family Health Care supports

Recreation Therapy Week 2024

**March
4-8**

**IMPROVING WELL-BEING
THROUGH RECREATION**



**RECREATIONAL
THERAPY**

Creativity | Fun | Love
Play | Motivate | Joy
Autonomy | Leisure
Growth | Strength
Educate | Happiness
Therapy | Laughter
Promote mobility
Quality of life | Energy



Carveth Care Centre approved by Accreditation Canada

A rigorous review of health care practices at two family-owned long-term care homes has resulted in approval by Accreditation Canada. After visiting Carveth Care Centre in Gananoque and Helen Henderson Care Centre in Amherstview, two long-term care homes near Kingston, Ontario, Accreditation Canada stamped them with a high rate of approval for their level of care.



“It is a huge accomplishment for a home to be accredited by Accreditation Canada and it speaks volumes about the quality-of-care and services that we provide,” says Angela Gibson, the senior manager who spearheaded the project for the home’s operating body, Gibson Family Health Care.

“The accreditation process requires a lot of time and effort by many people,” she explains. “I am incredibly proud of our staff and management teams for their hard work. We are delighted to achieve this goal.”

This approval means both homes meet or exceed the standard level of health care in Canada and are accredited until 2026.

“The Gibson family is committed to continuous quality improvement for both our residents and team members,” adds Lisa Gibson, Owner and Operator of Helen Henderson Care Centre. “The Accreditation Canada process is just one of the many resources our organization uses to grow and improve the workplace, as well as the level of care and services we provide to our residents. I am proud of our teams’ ability to meet and exceed the standards developed by Accreditation Canada.”

Accreditation Canada conducted the review in 2023 and rated the homes on patient safety, people-centred care, ethics, risk management, quality improvement and required organizational practices. It took them months to prepare for the review which was conducted by two surveyors who complimented the homes on their welcoming and friendly staff and homey atmospheres.

“We congratulate you on this achievement that demonstrates your organization’s determination and commitment to ongoing quality improvement,” says Julie Langlois, Chair of the Accreditation Decision Committee. “We applaud your leadership, staff and accreditation team members for their efforts and dedication to the provision of safe, quality health services.”

Gibson Family Health Care appreciates the expertise and approval of Accreditation Canada.

To learn more about our homes, please visit www.gibsonfamilyhealthcare.com



ACCREDITATION
CANADA

The Carveth Garden of Love

The rose speaks of love silently in a language known only to the heart



Welcome

Vera Brown
Lucille Desmarais
Joan Trueman
Richard (Dick) Harding
Claude Hachez, Lodge

Birthdays

Stella P (Lodge), March 1
Kathleen G (Lodge), March 3
Joyce C (Lodge), March 4
Shirley M (Lodge), March 5
Pearl S (Lodge), March 8
Phyllis V (Lodge), March 13
Marie "Jean" P (Lodge), March 23
Dorothea P, March 6
Teresa C, March 8
William "Allan" C, March 8
Elizabeth N, March 10
Donald W, March 23
Esther "Jean" M, March 25
Doris L, March 26

In-memory

Patricia Hawke
Don Moulden
Eileen Lambert
June Griffin
Heather Davis

Sun	Mon	Tue	Wed	Thu	Fri	Sat
March 2024						
3 10:30 Virtual RC Service 2:00 Virtual Worship Service	4 10:30 "New" Program 2:00 Bingo	5 10:30 Floral Therapy 11:00 RC Mass 2:00 "New" Program	6 10:30 Bible Study with Betty 2:00 "New" Program	7 10:30 "New" Program 2:00 "New" Program 6:30 <u>Twilight Group</u>	8 International Women's Day 10:30 Manicures 2:00 Bingo	9 10:30 Coffee & Chat 2:00 Movie of the Week
10 10:30 Virtual RC Service 2:00 Virtual Worship Service	11 10:30 SAL with Betty and Anne 2:00 Bingo	12 10:30 Seeley's Bay Holiness 10:30 Culture Club- Ireland 2:00 Teamific Quiz	13 10:30 Easter Craft 11:00 Christ Anglican 2:00 Music & Move- ment	14 10:30 Shut the Box 10:30 Grace United 2:00 Paddy's Pub w/ Jumpin Jimmy 6:30 <u>Twilight Group</u>	15 10:30 Manicures 2:00 Lucky Bingo	16 10:30 Coffee & Chat 2:00 Movie of the Week
17 St. Patrick's Day 10:30 Virtual RC Service 2:00 Virtual Worship Service	18 10:30 March Madness 2:00 Bingo	19 1st Day of Spring 10:30 Floral Therapy 11:00 RC Mass 2:00 Bowling	20 Breakfast Club 10:30 Bible Study with Betty 2:00 Resident's Council	21 World Down Syndrome Day Birthdays Diners 10:30 Drum FIT 2:00 Vicki Spurrell 6:30 <u>Twilight Group</u>	22 Music Therapy 10:30 Manicures 2:00 Bingo	23 10:30 Coffee & Chat 2:00 Movie of the Week
24 10:30 Virtual RC Service 2:00 Virtual Worship Service	25 10:30 SAL with Betty and Anne 2:00 Bingo	26 10:30 Snakes & Ladders 2:00 Rolling Shaker Mobile Bar	27 Local Outing Music Therapy 10:30 Bible Study w/ Jean 2:00 Busy Bodies & Functional Fitness	28 10:30 DrumFIT 2:00 B-Day Party w/Cowboy Mark 6:30 <u>Twilight Group</u>	29 Good Friday 10:30 Manicures 2:00 Easter Bingo	30 10:30 Coffee & Chat 2:00 Movie of the Week
31 Easter Sunday 10:30 Virtual RC Service 2:00 Virtual Worship Service						