

## Shining Star



**Lashone Young**  
Dining Room Server  
3 Months

If you are looking for an upbeat and happy go lucky personality, then Lashone is it! Lashone always treats the residents with respect and in a timely fashion. There is always a smile on her face and you can always find her in a great mood!

## AUGUST BIRTHDAYS

- 8/6 Minta B.
- 8/12 Gloria C.
- 8/15 Lynn L.
- 8/16 Terry E.
- 8/18 Doretha A.
- 8/27 Sheila C.
- 8/31 Audrey C.
- 8/31 Maria B.



What's Going On In

# August

2021

## wellnesschallenge

get informed • get fit • get restored • give back

This is Sunshine's 8th annual August Wellness Month. For this year's Wellness Month we want to offer our residents the *Sunshine Wellness Experience*. Throughout the month there will be opportunities to learn information from local wellness professionals about wellness practices for you to live a healthier life. We have upcoming exercise challenges, informative wellness seminars, instructional workshops, exciting new activities and prizes for everyone!

Every resident will receive a special Wellness Calendar and a Wellness Stamp Card. When you attend any of the Wellness events highlighted on the Wellness Calendar, you will be rewarded with a stamp on your Wellness Stamp Card. At the end of the month be sure to turn in your completed Stamp Card to you Life Enrichment Director and you will be recognized and awarded at our Wellness Awards Ceremony.

## Team Members

- Executive Director..... Jared Roussell
- Business Office Manager...Angela Winchester
- Community Development Director.....
- .....Jared Roussell
- Life Enrichment Director.....Kelly Woolledge
- Executive Chef.....Eric Watson Jr.
- Concierge Team.....
- .....Diedre, Tamira, Ciara, Leslie, Kenyatta
- Maintenance Director.....
- Dining Room Coordinator/Housekeeping.....
- .....Ruby Washington
- Bus Driver.....Anthony Garrison

### Meal Times

- Breakfast.....7:00 a.m. - 9:30 a.m.
- Lunch.....11:30 a.m. - 1:30 p.m.
- Dinner.....5:00 p.m. - 6:30 p.m.

### Movie Showings

- Everyday 11:00 & 6:45 in Activity Room
- Mondays.....Christmas
- Tuesdays.....Animal Planet
- Wednesdays.....Drama
- Thursdays.....Thrillers
- Fridays.....Action
- Saturdays..... Satire
- Sundays.....TV series

### Reoccurring Activities

- Nickel Bingo | Mondays & Fridays | 1:30 -AR
- Pool Tournament | Every Thursday | 1:30 GR

### Transportation Schedule

- Mondays / Wednesdays**
- Medical Appointments.....8:00am - 1:00pm
- Tuesdays**
- East Bank
- Medical Appointments.....8:00am-1:00pm
- Wednesdays**
- Medical Appointments.....8:00am-1:00pm
- Thursdays**
- Walmart – Outings .....9:30am
- Resident Outings.....Times Vary
- Fridays**
- Errands.....8:00am-12:00
- Sign up 24 hours in advance for transportation-

## Special Events

- 8/3 Wellness Month Kick Off Party | 1:30
- 8/4 Ice Cream Party with Lincoln Heritage Funeral Advantage | 1:30
- 8/06 Fit Friday with Anthony | 10:00
- 8/10 Bean Bag Baseball | 1:30
- 8/13 Fit Friday with Anthony | 10:00
- 8/13 Birthday Celebration | 12:00
- 8/18 Bingo 10 | 1:30
- 8/20 Fit Friday with Anthony | 10:00
- 8/24 Diabetic Doctor Talk | 1:30
- 8/25 Blood Pressure Checks with Sally | 1:30

- Get Informed**
- Blood Pressure Checks
- with Sally
- Get Restored**
- Diabetic Doctor Talk

- Get Fit**
- Fit Fridays with
- Anthony
- Give Back**
- School Supply Giveaway

# AUGUST

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

9:00 Friendly Social Gathering (AR)  
10:00 Landing Walking Club  
11:00 Movie Time  
3:00 Bible Study with Patrick (AR)  
4:00 Afternoon Stretch  
6:45 Movie Time

**1**

**Sunshine News**  
9:00 Koffee Klatch  
10:00 Chair Exercises (AR)  
11:00 Showtime  
1:30 Bingo  
3:00 Card Games  
4:00 Afternoon Stretch  
6:45 Movie Time

**2**



9:00 Koffee Klatch  
10:00 Chair Exercises (AR)  
11:00 Showtime  
1:30 Wellness Month Kickoff Party  
3:00 Afternoon Stretch  
4:00 Puzzle Time  
6:45 Movie Time

**3**

9:00 Morning Social  
10:00 Chair Exercises (AR)  
11:00 Showtime  
1:30 Ice Cream Party with Lincoln Heritage Funeral Advantage  
3:00 Afternoon Stretch  
4:00 Puzzle Time  
6:45 Movie Time

**4**

9:00 Morning Social  
10:00 Chair Exercises (AR)  
11:00 Showtime  
1:30 Pool Tournament  
3:00 Afternoon Stretch  
4:00 Puzzle Time  
6:45 Movie Time

**5**

**Pet Therapy Starts at 8AM**  
9:00 Morning Social  
10:00 Fit Friday with Anthony  
11:00 Showtime  
1:30 Bingo  
3:00 Afternoon Stretch  
4:00 Ping Pong Game  
6:45 Movie Time

**6**



9:00 Friend Talks  
10:00 Landing Walking Club  
11:00 Movie Time  
3:00 Prayer Meeting (AR)  
4:00 Afternoon Stretch  
6:45 Movie Time

**7**

**Minta B.**  
9:00 Morning Social (AR)  
10:00 Landing Walking Club  
11:00 Movie Time  
3:00 Bible Study with Patrick (AR)  
4:00 Afternoon Stretch  
6:45 Movie Time

**8**

**Sunshine News**  
9:00 Morning Social  
10:00 Chair Exercises (AR)  
11:00 Showtime  
1:30 Bingo  
3:00 Card Games  
4:00 Afternoon Stretch  
6:45 Movie Time

**9**



9:00 Morning Social  
10:00 Chair Exercises (AR)  
11:00 Showtime  
1:30 Bean Bag Baseball  
3:00 Afternoon Stretch  
4:00 Puzzle Time  
6:45 Movie Time

**10**

9:00 Koffee Klatch  
10:00 Chair Exercises (AR)  
11:00 Showtime  
1:30 Blood Pressure Checks with Sally  
3:00 Afternoon Stretch  
4:00 Puzzle Time  
6:45 Movie Time

**11**

**Gloria C.**  
9:00 Koffee Klatch  
10:00 Chair Exercises (AR)  
11:00 Showtime  
1:30 Pool Tournament  
3:00 Afternoon Stretch  
4:00 Puzzle Time Showtime  
6:45 Movie Time

**12**

**Pet Therapy Starts at 8AM**  
9:00 Koffee Klatch  
10:00 Fit Friday with Anthony  
11:00 Showtime  
12:00 Birthday Celebration (DR)  
1:30 Bingo  
3:00 Ping Pong Game  
4:00 Afternoon Stretch  
6:45 Movie Time

**13**



9:00 Friendly Social Gathering (AR)  
10:00 Landing Walking Club  
11:00 Movie Time  
3:00 Prayer Meeting (AR)  
4:00 Afternoon Stretch  
6:45 Movie Time

**14**

**Lynn L.**  
9:00 Friendly Social Gathering  
10:00 Landing Walking Club  
11:00 Movie Time  
3:00 Bible Study with Patrick (AR)  
4:00 Afternoon Stretch  
6:45 Movie Time

**15**

**Sunshine News**  
**Terry E.**  
9:00 Koffee Klatch  
10:00 Chair Exercises (AR)  
11:00 Showtime  
1:30 Bingo  
3:00 Card Games  
4:00 Afternoon Stretch  
6:45 Movie Time

**16**



9:00 Koffee Klatch  
10:00 Chair Exercises (AR)  
11:00 Showtime  
1:30 School Supplies Giveaway  
3:00 Afternoon Stretch  
4:00 Puzzle Time  
6:45 Movie Time

**17**

**Doretha A.**  
9:00 Morning Social  
10:00 Chair Exercises (AR)  
11:00 Showtime  
1:30 Bingo 10 (AR)  
3:00 Afternoon Stretch  
4:00 Puzzle Time  
6:45 Movie Time

**18**



9:00 Morning Social  
10:00 Chair Exercises (AR)  
11:00 Showtime  
1:30 Pool Tournament  
3:00 Afternoon Stretch  
4:00 Puzzle Time  
6:45 Movie Time

**19**

**Pet Therapy Starts at 8AM**  
9:00 Morning Social  
10:00 Fit Friday with Anthony  
11:00 Showtime  
1:30 Bingo  
3:00 Ping Pong Game  
4:00 Afternoon Stretch  
6:45 Movie Time

**20**



9:00 Friend Talks  
10:00 Landing Walking Club  
11:00 Movie Time  
3:00 Prayer Meeting (AR)  
4:00 Afternoon Stretch  
6:45 Movie Time

**21**

9:00 False Confessions  
10:00 Landing Walking Club  
11:00 Movie Time  
3:00 Bible Study with Patrick (AR)  
4:00 Afternoon Stretch  
6:45 Movie Time

**22**

**Sunshine News**  
9:00 Morning Social  
10:00 Chair Exercises (AR)  
11:00 Showtime  
1:30 Bingo  
3:00 Card Games  
4:00 Afternoon Stretch  
6:45 Movie Time

**23**



9:00 Morning Social  
10:00 Chair Exercises (AR)  
11:00 Showtime  
1:30 Diabetic Doctor Talk  
3:00 Afternoon Stretch  
4:00 Puzzle Time  
6:45 Movie Time

**24**

9:00 Koffee Klatch  
10:00 Chair Exercises (AR)  
11:00 Showtime  
1:30 Blood Pressure Checks with Sally  
3:00 Afternoon Stretch  
4:00 Puzzle Time  
6:45 Movie Time

**25**

9:00 Koffee Klatch  
10:00 Chair Exercises (AR)  
11:00 Showtime  
1:30 Wellness Month Awards Ceremony  
3:00 Afternoon Stretch  
4:00 Puzzle Time  
6:45 Movie Time

**26**

**Pet Therapy Starts at 8AM**  
**Sheila C.**  
9:00 Koffee Klatch  
10:00 Fit Friday with Anthony  
11:00 Showtime  
1:30 Bingo  
3:00 Ping Pong Game  
4:00 Afternoon Stretch  
6:45 Movie Time

**27**



9:00 Friendly Social Gathering (AR)  
10:00 Landing Walking Club  
11:00 Movie Time  
3:00 Prayer Meeting (AR)  
4:00 Afternoon Stretch  
6:45 Movie Time

**28**

9:00 Friendly Social Gathering (AR)  
10:00 Landing Walking Club  
11:00 Movie Time  
3:00 Bible Study with Patrick (AR)  
4:00 Afternoon Stretch  
6:45 Movie Time

**29**

**Sunshine News**  
9:00 Koffee Klatch  
10:00 Chair Exercises (AR)  
11:00 Showtime  
1:30 Bingo  
3:00 Card Games  
4:00 Afternoon Stretch  
6:45 Movie Time

**30**



**Audrey C. Maria B.**  
9:00 Koffee Klatch  
10:00 Chair Exercises (AR)  
11:00 Showtime  
1:30 Bean Bag Baseball  
3:00 Afternoon Stretch  
4:00 Puzzle Time

**31**

**Room Key**  
AR -Activity Room  
DR- Dining Room  
**Reminders:**  
Wednesdays: Red Shirt Day  
Fridays: Wear Pink Day

**SUNSHINE**  
WELLNESS PROGRAM

*wellness challenge*

get informed • get fit • get restored • give back

Life Enrichment Director:  
Kelly.Woolledge@Sunshineret.com

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LANDING AT BEHRMAN PLACE  
RETIREMENT COMMUNITY

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