

### Shining Star



Verandah is interacting with the residents and finding a way to make their day better. Crystal's hobbies are reading, listening to music and gardening. She enjoys her off days meditating and enjoying life. Crystal is a great asset to the Verandah!

Crystal has worked for the Verandah for 3 months as a CNA in Assisted Living. Her favorite part of working at the

### AUGUST BIRTHDAYS

- Charlie R. 8/6
- Ellie R. 8/9
- Everett S. 8/12
- Betty C. 8/13
- Allen B. 8/13
- Charles D. 8/14
- Georgene G. 8/15
- Charles K. 8/16
- Nell L. 8/16
- Linda D. 8/19
- Marcia D. 8/23
- Linda G. 8/26

### Reoccurring Activities

- Canasta | Tuesdays | 1:00-GR
- Mexican Train | Wednesdays | 1:00 GR
- Circle of Friends/Circle of Faith | Tuesdays 10:00 M
- Trinkets & Treasures | 3rd Wednesday | 1:00 M
- Library To Go | 2nd Thursday | Drop off items @ front desk before 9 a.m.
- Christian Ministries | 1st Monday | 10:15 C
- Jesus Series "The Chosen" | 2nd, 3rd & 4th Monday 10:15 | W
- Group Rosary/Communion Mass | Thursdays | 10:15 C
- COPE | 2nd Wednesday | 10:30 | M
- Movies | Saturdays | 2:00 | W
- Sale Street Baptist Church | 2nd & 4th Sunday 1:30 | C
- Cajun French Lessons | Tuesdays | 2:00 | M
- Entertainment w/ Steve, Virgil & Ellie | 2nd Saturday | 2:00
- Verandah Entertainers | Saturday | 10:30 M

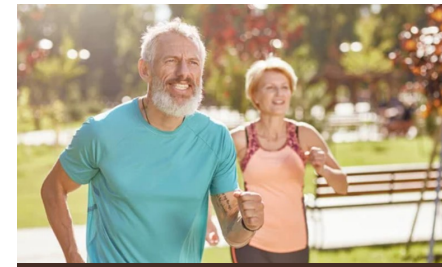
### Meal Times

- Breakfast.....8a.m.. - 9 a.m.
- Lunch.....11:30. - 1p.m.
- Dinner.....5p.m.. - 6p.m.
- Sunday Brunch 10:00—1:00p

### Transportation Schedule

Monday—Friday  
9:00—2:00

Please sign up 72hours in advance



What's Going On In

# August

2022



This is Sunshine's 10th 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. A \$50 gift card will be awarded to the Wellness Month Champion!

### Special Events

- August 1 Wellness Month Kick Off 9:15 M
- August 2 Men's Pool Tournament 2:00 W
- August 9 Food Meeting 1:00
- August 13 Entertainment w/ Steve, Virgil and Ellie 2:00 M
- August 15 White Elephant Bingo 2:00 M
- August 16 Country Music Entertainment w/ Michael Ryan 2:00
- August 17 Trinkets and Treasures 1:00 M
- August 19 Resident Bingo Store 2:00 M
- August 22 Bingo Birthday Celebration 2:00 M
- August 24 Wellness Fair w/ Vendors 10-Noon M
- Wellness Winner Announced
- August 26 Margarita Happy Hour 4:00 T
- August 30 Ladies Tea 2:00 PDR

### Team Members

- Executive Director.....Natalie Young
- Community Manager.....Heather Guidry
- Business Office Manager.....
- .....Lori LeBleu
- Community Development Director.....
- .....Ginger Patton
- Executive Chef.....Eric Johnson
- Life Enrichment Director.....
- .....Merry Beth Grant
- Concierge Team.....
- .....Vivian, Candace, Tremaine
- Maintenance Director.....Keith LaPoint

### Important Phone Numbers

- Office.....337-478-9150
- Sunshine Guest Password "TheVerandah"

### Hair Dresser

Cindy—337-513-5701

### Nails

Troy





# AUGUST

INDEPENDENT LIVING

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



**THE VERANDAH**  
RETIREMENT COMMUNITY

5851 Gray Market Drive  
Lake Charles, La 70605  
337-478-9150

**7**

Activity Packets  
Puzzles GR

10:00—1:00 Sunday Brunch  
No Evening Meal  
Sandwiches available upon request

**14**

Activity Packets  
Puzzles GR

10:00—1:00 Sunday Brunch  
No Evening Meal  
Sandwiches available upon request

1:30 Sale Street Baptist Church C

**21**

10:00—1:00 Sunday Brunch  
No Evening Meal  
Sandwiches available upon request

**28**

Activity Packets  
Puzzles GR

10:00—1:00 Sunday Brunch  
No Evening Meal  
Sandwiches available upon request

1:30 Sale Street Baptist Church

**1**

**wellness month**

9:00 Yoga W  
9:30 Exercise/Weights M  
10:15 Christian Ministries C  
11:00 Sunshine News Hour L  
2:00 Bingo w/ St Joe Hospice M

**BINGO**

3:15 Exercise w/ Cyndee W  
6:00 Movie Time W

**8**

9:00 Yoga W  
9:30 Exercise/Weights M  
10:15 Jesus Series "The Chosen" W  
11:00 Sunshine News Hour L  
1:30 Blood Pressure Checks M  
2:00 Bingo w/ Southern M

**BINGO**

3:15 Exercise w/ Cyndee W  
6:00 Movie Time W

**15**

9:00 Yoga W  
9:30 Exercise / Weights M  
10:15 Jesus Series "The Chosen" W  
11:00 Sunshine News Hour L  
2:00 White Elephant Bingo M

**BINGO**

3:15 Exercise w/ Cyndee W  
6:00 Movie Time

**22**

9:00 Yoga W  
9:30 Exercise/Weights M  
10:15 Jesus Series "The Chosen" W  
11:00 Sunshine News Hour L  
2:00 Bingo Birthday M

**BINGO**

3:15 Exercise w/ Cyndee W  
6:00 Movie Time W

**29**

9:00 Yoga W  
9:30 Exercise / Weights M  
10:15 Jesus Series "The Chosen" W  
11:00 Sunshine News Hour L  
2:00 Bingo M

**BINGO**

3:15 Exercise w/ Cyndee W  
6:00 Movie Time

**2**

9:30 Exercise / Bands M  
10:00 Circle of Faith M  
1:00 Canasta GR  
1:30 Meditation W  
2:00 Cajun French Lessons M  
2:00 Men's Pool Tournament W  
2:00 Roll on Essential Oil CR  
6:00 Movie Time W

**9**

9:30 Exercise / Bands M  
10:00 Circle of Friends M  
1:00 Canasta GR  
1:00 Food Meeting DR  
1:30 Meditation W  
2:00 Cajun French Lessons M  
2:00 DIY Hand Soap w/ Essential Oils CR  
6:00 Movie Time W

**16**

9:30 Exercise/Bands M  
10:00 Circle of Faith M  
1:00 Resident Meeting DR  
1:00 Canasta GR  
2:00 Country Music Entertainment w/ Michael Ryan M  
6:00 Movie Time W

**23**

9:30 Exercise/Bands M  
10:00 Circle of Friends M  
Set up for Wellness Fair  
1:00 Canasta GR  
2:00 Cajun French Lessons M  
6:00 Movie Time W

**30**

9:30 Exercise/Bands M  
10:00 Circle of Faith M  
1:00 Canasta GR  
1:30 Meditation W  
2:00 Cajun French Lessons M  
2:00 Diamond Art CR  
6:00 Movie Time W

**3**

9:30 Exercise M  
10:15 Smoothies T  
10:30 Stress Management w/ Evangeline M  
11:00 Noon Nurse in House BC  
10:30 Pet Therapy  
1:00 Mexican Train GR  
2:00 Beanbag Baseball M  
3:15 Exercise w/ Cyndee W

**10**

9:00 Yoga W  
9:30 Exercise M  
10:30 Low Vision Talk w/ Evangeline M  
10:30 Pet Therapy  
1:00 Mexican Train GR  
1:30 Water Aerobics W  
2:00 Beanbag Baseball M  
3:15 Exercise w/ Cyndee W

**17**

9:00 Yoga W  
9:30 Exercise M  
10:15 Smoothies T  
10:30 Nutrition Talk M  
10:30 Pet Therapy  
10:00 Noon Nurse in House BC  
1:00 Trinkets and Treasures M  
2:00 Mexican Train GR  
3:15 Exercise w/ Cyndee W

**24**

9:00 Yoga W  
10—Noon Wellness Fair w/ Vendors  
Announce Wellness Winner  
Raffles / Refreshments  
1:00 Mexican Train GR  
3:15 Exercise w/ Cyndee W  
6:00 Movie Time W

**31**

9:00 Yoga W  
9:30 Exercise M  
10:30 Pet Therapy  
10-Noon Nurse in House BC  
2:00 Beanbag Baseball M  
1:00 Mexican Train GR  
3:15 Exercise w/ Cyndee W  
6:00 Movie Time W

**4**

9:30 Exercise /Walking DVD  
10:15 Group Rosary & Communion Mass C  
1:00 Rummikub GR  
2:00 Hydration Talk w/ Nurse Heather  
2:30 Phase 10 M  
6:00 Movie Time W

**11**

9:30 Exercise /Walking DVD  
10:00 Library To Go  
10:15 Group Rosary & Communion Mass C  
1:00 Rummikub GR  
2:00 Healthy Cooking w/ Chef T  
2:30 Phase 10 M  
6:00 Movie Time W

**18**

9:30 Exercise/Walking DVD M  
10:15 Group Rosary /Communion Mass  
1:00 Rummikub G  
2:00 DO Terra Essential Oils M  
6:00 Movie Time W

**25**

9:30 Exercise/Walking DVD M  
10:15 Group Rosary /Communion Mass C  
1:00 Rummikub GR  
2:00 Resident BINGO STORE M  
6:00 Movie Time W

**31**

9:30 Exercise/Walking DVD  
10:15 Group Rosary /Communion Mass C  
1:00 Rummikub GR  
1:00 Craft CR  
2:30 Phase 10 M  
6:00 Movie Time W

**5**

9:00-Noon Hearing Center GR  
9:30 Exercise/Balls M  
10:15 Pokeno M  
2:00 Bunco M  
4:00 Happy Hour T  
6:00 Bourré GR

**12**

9:30 Exercise/Balls M  
10:15 Pokeno M  
2:00 Bunco M  
4:00 Happy Hour T  
6:00 Bourré GR

**19**

9:30 Exercise/Balls M  
10:15 Pokeno M  
2:00 Alleviate Joint Pain Talk M  
4:00 Happy Hour T  
6:00 Bourré GR

**26**

9:30 Exercise/Balls M  
10:15 Pokeno M  
2:00 Bunco  
4:00 Margarita Happy Hour T  
6:00 Bourré GR

**Find us on facebook.**

**Life Enrichment Director:**  
**Merry Beth Grant**  
merrybeth.grant@Sunshineret.com

**6**

9:30 Exercise w/ Ellie M  
10:30 Verandah Entertainers M  
2:00 Movie "Dragon Fly" W  
Activity Packets  
Puzzles

**13**

9:30 Exercise w/ Ellie M  
2:00 Entertainment Steve, Virgil and Ellie M  
Activity Packets  
Puzzles

**20**

9:30 Exercise w/ Ellie M  
10:30 Verandah Entertainers M  
2:00 Movie "Same Kind Of Different As Me" W  
Activity Packets  
Puzzles GR

**27**

9:30 Exercise w/ Ellie M  
2:00 Movie "Heaven Is For Real" W  
Activity Packets  
Puzzles GR

**AUGUST 2022**

**wellness challenge**  
SUNSHINE'S 10TH ANNUAL

get fit | get informed | get restored | give back