

Shining Star



Tim Cox
Maintenance
Coordinator

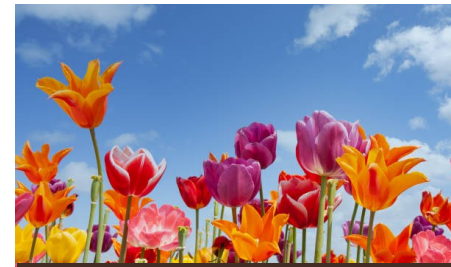
Tim has been with the Verandah for 3 months. He has worked in maintenance for 30 years. He is well versed on air conditioners, plumbing and electrical. This makes him a great asset to the Verandah.

Tim has been married to his wife, Shawndra for 30 years. He has 2 sons. His hobbies are coaching sports, hunting with his boys and spending time with his wife.

Tim enjoys working at the Verandah where he gets to meet and talk with the residents.

APRIL BIRTHDAYS

Geri B. 4/6
Debbie P. 4/7
Dave M. 4/7
Bill K. 4/9
Barbara H. 4/14
Barbara L. 4/22
Benita C. 4/24
Heide C. 4/28
Anniversaries
Tom & Marilyn O. 4/28/1956



What's Going On In

April

2024

This April, Sunshine celebrates its 10th Annual Go Green Give Back month. We encourage everyone to embrace more sustainable lifestyles for the well-being of both ourselves and future generations. Stay tuned for informative content throughout the month, providing activities to explore the principles of Reduce, Reuse, and Recycle and for opportunities to Give Back. **Join us in taking the pledge to rethink your routine today!**



Team Members

Executive Director.....Tammy Friesen
 Community Manager.....Erin Allen
 Business Office Manager.....Brittany Cron
 Community Development Director.....
Ginger Patton
 Executive Chef.....Miriam Broussard
 Life Enrichment Director.....
Merry Beth Grant
 Concierge Team.....
 Debbie, Donna, Keshia and Gabby
 Maintenance Director.....Mark Broussard

Important Phone Numbers

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

Hair Dresser

Cindy-337-513-5701

Nails

Troy 337-349-6133



Reoccurring Activities

St Michael's | 1st and 3rd Friday | 11:00 C
 Hand and Foot | Wednesdays | 1:00 GR
 Library To Go | 2nd Thursday | Drop off items @ front
 desk by 9:00am
 2nd Thursday | Cajun Band | 2:00 M
 Jesus Series "The Chosen" | Monday 10:15 | W
 Group Rosary/Communion Mass | Thursdays | 10:15 C
 Movies | Saturdays | 2:00 | W
 Sale Street Baptist Church | 4th Sunday 1:30 C
 Cajun French Lessons | Tuesdays | 2:00 | M
 Verandah Entertainers Practice | Saturday | 10:00 W
 Yoga | Monday & Wednesday | 8:30 W
 Non-Denominational Bible Study | Wednesdays
 6:30 M
 Pool Time (Grab a Friend & Hit the Pool) | M-Th
 3:30 W
 Book Club | Last Wednesday of Month | 1:00 PDR

Breakfast.....8:00- 9:00 a.m.
 Lunch.....12:00-1:00p.m.
 Dinner.....5:00p.m. - 6:00p.m.

Sunday Brunch 10:30-1:00p.m.

Transportation Schedule

Monday-Friday
 9:00-2:00

Please sign up 72 hours in advance

Special Events

4/1 Kick off Go Green Month 9:30 M 🌱
 4/2 Ice Cream Sundae Social 2:00 T
 4/4 Go Green Craft 1:00 CR 🌱
 4/5 Karaoke Happy Hour 4:00 T
 4/6 Saturday Movie "The Simple Life of Noah Dearborn" 2:00 W
 4/9 Calcasieu Sheriff Bingo 2:00 M
 4/10 Disposal of Expired Medicine Talk w/ Nurse Elaine 10:00 M 🌱
 4/11 Library to Go 9:00 (Front Desk)
 4/11 Cajun Band 2:00 M
 4/13 Jumpin' Jehosephat Christian Band 2:00 M
 4/16 Lunch out Logan's Steakhouse 10:45
 4/17 Staff vs. Resident Beanbag Baseball Tournament 2:00 M
 4/18 GO Green Craft 1:00 CR
 4/18 Cooking w/ Chef 2:00 T 🌱
 4/19 Crawfish Boil w/ Cajun Band \$30.00/5 pounds 4:30 M
 4/20 Saturday Movie "Finding Grace" 2:00 W
 4/23 Volunteer Lunch @ Noon PDR 🌱
 4/24 Cooking w/ Chef 2:00 T
 4/25 Bingo Store 2:00 M
 4/27 Talent Show 2:00 M
 4/30 Ladies Spring Tea @ Noon M

APRIL

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
10:30-1:00 Sunday Brunch DR
1:00 Rummikub M
3:30 Discussion Group
"Find Ways To Serve God"
6:00 Movie Time W

14
10:30-1:00 Sunday Brunch
1:00 Rumikub CR
3:30 Discussion Group
"Find Ways To Serve God" M
6:00 Movie Time W

21
10:30-1:00 Sunday Brunch
1:00 Rumikub CR
3:30 Discussion Group
"Find Ways To Serve God" M
6:00 Movie Time W


28
10:30 Sunday Brunch
1:00 Rumikub CR
1:30 Sale Street Baptist Church C
3:30 Discussion Group
"Find Ways To Serve God" M

9:30 Go Green Kickoff M 
9:30 Exercise/Weights M
10:00 First Methodist Church C
11:00 Sunshine News Hour L
1:30 Blood Pressure Checks M
2:00 Bingo w/ Southern M
3:00 Exercise w/ Cyndee W
6:00 Uno GR

8
8:30 Yoga W
9:30 Exercise/Weights M
10:00 **SCRABBLE** M
10:15 Jesus Series "The Chosen" W
11:00 Sunshine News Hour
2:00 Bingo M
3:00 Exercise w/ Cyndee W
6:00 Uno GR

15
8:30 Yoga W
9:30 Exercise/Weights M
10:00 **SCRABBLE** M
10:15 Jesus Series "The Chosen" W
11:00 Sunshine News Hour
2:00 Bingo M
3:00 Exercise w/ Cyndee W
6:00 Uno GR

22
8:30 Yoga W
9:30 Exercise/Weights M
10:00 **SCRABBLE** M
10:15 Jesus Series "The Chosen" W
11:00 Sunshine News Hour
2:00 Bingo M
3:00 Exercise w/ Cyndee W
6:00 Uno GR


29
8:30 Yoga W
9:30 Exercise / Weights M
10:15 Jesus Series "The Chosen" W
11:00 Sunshine News Hour
2:00 White Elephant Birthday
 M
3:00 Exercise w/ Cyndee W
6:00 Uno GR

1
9:30 Exercise w/ Bands M
10:15 Brain Teasers M
1:00 Meditation W
1:15 LCR GR (Bring Your Nickels)
2:00 Cajun French Lessons M
2:00 Ice Cream Sundae Social T
3:30 Pool Time 
6:00 Rummikub GR

9
9:30 Exercise w/ Bands M
1:00 Meditation W
1:15 LCR GR (Bring Your Nickels)
2:00 Cajun French Lessons PDR
2:00 Calcasieu Sheriff Bingo M


3:30 Pool Time
6:00 Rummikub GR

16
9:30 Exercise w/ Bands
10:45 Lunch Out Logan's
Steakhouse (Meet In Lobby)
1:15 LCR (Bring Your Nickels) GR
2:00 Cajun French Lesson PDR
3:30 Pool Time
6:00 Rummikub GR


23
9:30 Exercise/Bands M
10:15 Brain Teasers M
Noon Volunteer Lunch PDR 
1:00 Mediation W
1:15 LCR (Bring Your Nickels) GR
2:00 Cajun French Lessons M
3:30 Pool Time
6:00 Rummikub GR

30
9:30 Exercise/Bands M
Noon Spring Ladies Tea w/
Guest Speaker Charlotte Palmer M
1:15 LCR (Bring Your Nickels) GR
2:00 Cajun French Lessons M
3:30 Pool Time
6:00 Rummikub GR



2
8:30 Yoga W
9:30 Exercise M
10:00 Bible Study w/ Becky W
10:00 Loom Weaving GR
10:30 Pet Therapy 
1:00 Hand And Foot GR
3:00 Exercise w/ Cyndee W
6:30 Evening Bible Study M


10
8:30 Yoga W
9:30 Exercise M
10:00 Bible Study w/ Becky W
10:00 Disposal Of Medicine Talk M
10:30 Pet Therapy 
1:00 Hand And Foot GR
3:00 Exercise w/ Cyndee W
6:30 Evening Bible Study M


17
8:30 Yoga W
9:30 Exercise M
10:00 Bible Study w/ Becky M
10:30 Pet Therapy 
1:00 Hand And Foot M
2:00 Staff vs. Resident Beanbag
Baseball M
3:00 Exercise w/ Cyndee W
6:30 Evening Bible Study M

24
8:30 Yoga W
9:00 Exercise M
10:00 Bible Study w/ Becky W
10:30 Pet Therapy
1:00 Hand And Foot GR
2:00 Cooking w/ Chef T 
3:00 Exercise w/ Cyndee W
6:30 Evening Bible Study M

Room Key
M –Multi Purpose Room
BC –Business Center
CR– Crafts Room
GR–Game Room
W–Wellness Center
T–Tavern
PDR– Private Dining Room
C–Courtyard

3
9:30 Exercise/Ball
10:15 Group Rosary /Communion
1:00 Rummikub
1:00 Go Green Craft CR 
2:30 Phase 10 PR 
3:30 Pool Time
6:00 Puzzle Time PR

11
9:00 Library To Go
9:30 Exercise/Ball
10:15 Group Rosary /Communion
1:00 Rummikub
1:00 Craft CR
2:00 Cajun Band M 
2:30 Phase 10 GR
6:00 Puzzle Time PR

18
9:30 Exercise/Balls
10:15 Group Rosary C
1:00 Rummikub GR
1:00 Go Green Craft CR 
2:00 Cooking w/ Chef T
2:30 Phase 10 GR
3:30 Pool Time
6:00 Puzzle Time PR

25
9:30 Exercise/Balls
10:15 Group Rosary / Communion
1:00 Rummikub GR
2:00 \$\$ BINGO STORE \$\$ M


3:30 Pool Time
6:00 Puzzle Time PR


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Facebook.com/TheVerandahRet




Find us on facebook.

Life Enrichment Director:
Merry Beth Grant
301LED@sunshineret.com

4
9:30 Exercise M
10:00 Pokeno M
11:00 St. Michael's C
2:00 Bunco M
4:00 Karaoke Happy Hour
w/ Guest Singer T 
6:00 Bourré GR

12
9:00-noon Hearing Center PR
9:30 Exercise M
10:00 Pokeno M
2:00 Bunco M

4:00 Happy Hour T
6:00 Bourré GR


19
9:30 Exercise M
10:00 Pokeno M
11:00 St Michael's C
4:30 Crawfish Boil w/ Cajun Music
\$30.00 / 5 pounds M
Must Sign Up & Pay In
Advance 
6:00 Bourré GR

26
9:30 Exercise M
10:00 Pokeno M
2:00 Bunco M


4:00 Happy Hour T
6:00 Bourré GR




5
9:30 Exercise M
10:00 Verandah Entertainers
Practice M
2:00 Movie "The Simple Life Of
Noah Dearborn" W
6:00 Movie /Resident Choice W

13
9:30 Exercise M
10:00 Verandah Entertainers
Practice M
2:00 Jumpin' Jehosephat
Christian Band" M


20
9:30 Exercise M
10:00 Verandah Entertainers
Practice M
2:00 Movie "Finding Grace" W
6:00 Movie /Resident Choice W

27
9:30 Exercise M
10:00 Verandah Entertainers
Practice M
2:00 Talent Show M

6:00 Movie Time Resident
Choice



SCAN ME