

Shining Star



Heidi Leisinger
Nurse

Heidi was chosen by her peers as the Shining Star for August. Since starting in June, Heidi has been an absolute delight to work with. Heidi's passion and attention to detail in caring for her residents is a beautiful site. Heidi always has a positive attitude and steps in where ever needed. Thank you, Heidi, for all that you do.

AUGUST BIRTHDAYS

Residents

Hank F.—8/16
Genevieve F.—8/22
Pat A.—8/24
Elsa M.— 8/27
Esther S. - 8/31

Team Members

Shannon M.—8/13
Kim F.—8/26

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

Team Members

Executive Director.....Kim Wilfong
Health Services Director.....Scott Kovach
Health Services Coordinator Kim Fears
Business Office Manager.....Penni Dunlap
Community Development Director.....
.....Holly Soresso
Executive Chef.....Francine Hlavacek
Life Enrichment Director.....
.....Samantha Manzuk
Maintenance Director.....Jason Salvo
Concierge Team.....
.....Barb Lattner & Allison Ginka

Important Phone Numbers

Office.....440-268-9180
Fax.....440-268-9181
Resident Phone Calls 440-238-5291

Meal Times

Breakfast.....8:15 & 9:00 a.m.
Lunch.....12:15 & 1:00 p.m.
Dinner.....4:15 & 5:00 p.m.
Hydration & Snacktivity.....11:00 a.m. & 3:00 p.m.

Reoccurring Activities

Monday Pet Therapy—Serena & Peroni | 2:00
Wednesday Pet Therapy—Zodiac & Murphy | 10:45
Wednesday (1st & 3rd) Music with Marlynda | 11:00
Thursday Prayer & Communion Service | 10:30
Thursday (2nd & 4th) Seated Rhythm | 11:30

Wellness Month

Get Informed

Family Education and Support
Group
Jungle Island Mini Zoo

Get Restored

No-Sew Sleeping Masks
Walker/Wheelchair Makeovers

Get Fit

Walking on Sunshine Club
Laughter Yoga

Give Back

Homemade Dog Treats
No-Sew Animal Beds

Special Events

8/2 Wellness Month & Walking on Sunshine Kick Off | 10:00
8/3 Music with Marlynda | 11:00
8/5 Jungle Island Zoo | 1:00
8/9 Lolita Jones | 2:00
8/11 Seated Rhythm | 11:30
8/17 Music with Marlynda | 11:00
8/17 Ilya Shteynder | 3:15
8/25 Seated Rhythm | 11:30
8/25 August Birthday Party | 3:00
8/26 Men's Group: Cornhole Boards | 1:00
8/30 Cooking Demo with Chef Fran | 2:30
8/31 Wellness Awards Ceremony | 3:00



AUGUST

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



18719 Drake Rd.
Strongsville, OH 44136
(440)268-9180

9:00 Coffee Klatch AR **1**
10:30 Wake-up & Stretch AR
11:00 Creative Coloring AR
1:00 How It's Made AR
2:00 Pet Therapy
2:30 Movie Monday AR
5:00 Golden Girls CL



9:00 Coffee Klatch AR **2**
10:00 Walking on Sunshine: Wellness Kick-Off
10:30 Tuesday Trivia AR
11:30 Morning Meditation AR
1:00 Karaoke AR
2:30 Kitchen Creations AR
5:00 Carol Burnett Show CL

9:00 Coffee Klatch AR **3**
10:30 Laughter Yoga AR
10:45 Pet Therapy
11:00 Music w/ Marlynda AR
1:00 Game Time! AR
2:00 Rosary w/ Michelle AR
2:30 Gardening Club CY
3:00 Manicures & Nail Care AR
5:00 Wednesday Westerns CL

9:00 Coffee Klatch AR **4**
10:00 Hymns & Prayer AR
10:30 Communion Service AR
11:00 Drumming Aerobics AR
1:00 Thursday Travel AR
2:00 Card & Board Games AR
2:30 No-Sew Sleeping Mask AR
5:00 Throwback Thursday CL

9:00 Coffee Klatch AR **5**
10:30 Music & Movement AR
11:30 VR in the AR
1:00 Jungle Island Zoo CY
3:00 Bingo! AR
3:30 Montessori Moments
5:00 Animal Planet CL

9:00 Coffee Klatch AR **6**
10:30 Stretch & Strengthen AR
11:30 Physical Games AR
1:00 Sunshine Bunch CY
2:00 Zen Doodles AR
3:00 Discussion Group AR
5:00 Therapeutic Sounds SS

9:00 Coffee Klatch AR **7**
10:00 St. Joseph Mass—Live AR
11:30 Gentle Flow to Music AR
1:00 Midday Music AR
2:00 Mad Lib Stories AR
2:30 Bowling League AR
3:30 Helping Hands Club AR
5:00 Sensory Oasis SS

9:00 Coffee Klatch AR **8**
10:30 Wake-up & Stretch AR
11:00 Creative Coloring AR
1:00 How It's Made AR
2:00 Pet Therapy
2:30 Movie Monday AR
5:00 Golden Girls CL

9:00 Coffee Klatch AR **9**
10:00 Walking on Sunshine
10:30 Tuesday Trivia AR
11:00 Morning Meditation AR
2:00 Lolita Jones AR
3:00 Kitchen Creations: Homemade Dog Treats AR
5:00 Carol Burnett Show CL

9:00 Coffee Klatch AR **10**
10:30 Laughter Yoga AR
10:45 Pet Therapy
11:00 Cardinal Choir AR
1:00 Game Time! AR
2:00 Rosary w/ Michelle AR
2:30 Gardening Club CY
3:00 Manicures & Nail Care
5:00 Wednesday Westerns CL

9:00 Coffee Klatch **11**
10:00 Hymns & Prayer AR
10:30 Communion Service AR
11:30 Seated Rhythm AR
1:00 Thursday Travel AR
2:00 Card & Board Games AR
2:30 No-Sew Animal Beds AR
5:00 Throwback Thursday CL

9:00 Coffee Klatch AR **12**
10:30 Music & Movement AR
11:30 VR in the AR
1:00 League of Extraordinary Gentlemen LL
2:00 Bingo! AR
3:30 Montessori Moments
5:00 Animal Planet CL

9:00 Coffee Klatch AR **13**
10:30 Stretch & Strengthen AR
11:30 Physical Games AR
1:00 Sunshine Bunch CY
2:00 Zen Doodles AR
3:00 Discussion Group AR
5:00 Therapeutic Sounds SS

9:00 Coffee Klatch AR **14**
10:00 St. Joseph Mass—Live AR
11:30 Gentle Flow to Music AR
1:00 Midday Music AR
2:00 Short Stories AR
2:30 Bowling League AR
3:30 Helping Hands Club AR
5:00 Sensory Oasis SS

9:00 Coffee Klatch AR **15**
10:30 Wake-up & Stretch AR
11:00 Creative Coloring AR
1:00 How It's Made AR
2:00 Pet Therapy
2:30 Movie Monday AR
5:00 Golden Girls CL

9:00 Coffee Klatch AR **16**
10:00 Walking on Sunshine
10:30 Tuesday Trivia AR
11:30 Morning Meditation AR
1:00 Karaoke AR
2:30 Kitchen Creations AR
5:00 Carol Burnett Show CL

9:00 Coffee Klatch **17**
10:30 Laughter Yoga AR
10:45 Pet Therapy
11:00 Music w/Marlynda AR
1:00 Game Time! AR
2:00 Rosary w/ Michelle AR
3:15 Ilya Shteynder AR
5:00 Wednesday Westerns CL

9:00 Coffee Klatch **18**
10:00 Hymns & Prayer AR
10:30 Communion Service AR
11:00 Drumming Aerobics AR
1:00 Thursday Travel AR
2:00 Card & Board Games AR
2:30 Walker/Wheelchair Makeovers AR
5:00 Throwback Thursday CL

9:00 Coffee Klatch AR **19**
10:30 Music & Movement AR
11:30 VR in the AR
1:00 League of Extraordinary Gentlemen LL
2:00 Bingo! AR
3:30 Montessori Moments
5:00 Animal Planet CL

9:00 Coffee Klatch AR **20**
10:30 Stretch & Strengthen AR
11:30 Physical Games AR
1:00 Sunshine Bunch CY
2:00 Zen Doodles AR
3:00 Discussion Group AR
5:00 Therapeutic Sounds SS

9:00 Coffee Klatch AR **21**
10:00 St. Joseph Mass—Live AR
11:30 Gentle Flow to Music AR
1:00 Midday Music AR
2:00 Mad Lib Stories AR
2:30 Bowling League AR
3:30 Helping Hands Club AR
5:00 Sensory Oasis SS

9:00 Coffee Klatch AR **22**
10:30 Wake-up & Stretch AR
11:00 Creative Coloring AR
1:00 How It's Made AR
2:00 Pet Therapy
2:30 Movie Monday AR
5:00 Golden Girls CL

9:00 Coffee Klatch AR **23**
10:00 Walking on Sunshine
10:30 Tuesday Trivia AR
11:30 Morning Meditation AR
1:00 Karaoke AR
2:30 Kitchen Creations AR
5:00 Carol Burnett Show CL



9:00 Coffee Klatch **24**
10:30 Laughter Yoga AR
10:45 Pet Therapy
11:00 Cardinal Choir AR
1:00 Game Time! AR
2:00 Rosary w/Michelle AR
2:30 Gardening Club CY
3:00 Manicures & Nail Care
5:00 Wednesday Westerns CL

9:00 Coffee Klatch **25**
10:00 Hymns & Prayer AR
10:30 Communion Service AR
11:30 Seated Rhythm AR
1:00 Thursday Travel AR
2:0 Card & Board Games AR
3:00 August Birthday Party
5:00 Throwback Thursday CL

9:00 Coffee Klatch AR **26**
10:30 Music & Movement AR
11:30 VR in the AR
1:00 Gentlemen's League: Cornhole Boards AR
2:00 Bingo! AR
3:30 Montessori Moments
5:00 Animal Planet CL

9:00 Coffee Klatch AR **27**
10:30 Stretch & Strengthen AR
11:30 Physical Games AR
1:00 Sunshine Bunch CY
2:00 Zen Doodles AR
3:00 Discussion Group AR
5:00 Therapeutic Sounds SS

9:00 Coffee Klatch AR **28**
10:00 St. Joseph Mass—Live AR
11:30 Gentle Flow to Music AR
1:00 Midday Music AR
2:00 Sunday Readers AR
2:30 Bowling League AR
3:30 Helping Hands Club AR
5:00 Sensory Oasis SS

9:00 Coffee Klatch AR **29**
10:30 Wake-up & Stretch AR
11:00 Creative Coloring AR
1:00 How It's Made AR
2:00 Pet Therapy
2:30 Movie Monday AR
5:00 Golden Girls CL

9:00 Coffee Klatch AR **30**
10:00 Walking on Sunshine
10:30 Tuesday Trivia AR
11:30 Morning Meditation AR
1:00 Karaoke AR
2:30 Cooking with Chef Fran AR
5:0 Carol Burnett Show CL

9:00 Coffee Klatch **31**
10:30 Laughter Yoga AR
10:45 Pet Therapy
1:00 Game Time! AR
2:00 Rosary w/ Michelle AR
2:30 Gardening Club CY
3:00 Wellness Awards
Ceremony AR
5:00 Wednesday Westerns CL

Life Enrichment Director:
Samantha Manzuk
Samantha.Manzuk@Sunshineret.com

Activity Assistants
Sammy Scott
Shannon Mizanin
Allison Ginka

Room Key
AR -Activity Room
LL Lakeside Living Room
CL Cardinal Living Room
SS Sensory Spa
CY Courtyard



get fit | get informed | get restored | give back

AUGUST

SENSORY SPA

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



18719 Drake Rd.
Strongsville, OH 44136
(440)268-9180

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 10:30 Wake Up & Stretch AR 11:30 Color Therapy AR 2:00 4-Legged Friend Visits 2:30 Sensory Cinema AR 6:00 Tantalizing Tactiles SS	2 10:00 Cruisin' on Sunshine 10:30 Train of Thought AR 2:00 Music and Memories AR 2:30 Kitchen Creations AR 6:00 Evening Meditation SS	3 10:45 4-Legged Friend Visits 11:00 Songs of Our Youth AR 2:00 Spiritual Healing AR 3:00 Manicures & Nail Care AR 6:00 Lovely Lights SS	4 10:30 Communion Service AR 11:30 Rhythm & Beats AR 2:00 Mini Vacations LL 2:30 Art Therapy AR 6:00 Moonlight Serenade SS	5 10:30 Music & Movement AR 11:30 Sights to See AR 2:00 Game Group AR 3:00 Personal Sensations AR 6:00 Animal Antics SS	6 10:30 Morning Movement AR 11:30 Pumped Up Games AR 2:00 Pretty Patterns AR 3:00 Reminiscing AR 6:00 The 5 Senses SS
7 10:30 Hymns & Prayer AR 11:30 Musical Stretches AR 2:00 Silly Stories AR 3:30 Helping Hands AR 6:00 Nature Sights & Sounds SS	8 10:30 Wake Up & Stretch AR 11:30 Color Therapy AR 2:00 4-Legged Friend Visits 2:30 Sensory Cinema AR 6:00 Tantalizing Tactiles SS	9 10:00 Cruisin' on Sunshine 10:30 Train of Thought AR 2:00 Music and Memories AR 2:30 Kitchen Creations AR 6:00 Evening Meditation SS	10 10:45 4-Legged Friend Visits 11:00 Songs of Our Youth AR 2:00 Spiritual Healing AR 3:00 Manicures & Nail Care AR 6:00 Lovely Lights SS	11 10:30 Communion Service AR 11:30 Rhythm & Beats AR 2:00 Mini Vacations LL 2:30 Art Therapy AR 6:00 Moonlight Serenade SS	12 10:30 Music & Movement AR 11:30 Sights to See AR 2:00 Game Group AR 3:00 Personal Sensations AR 6:00 Animal Antics SS	13 10:30 Morning Movement AR 11:30 Pumped Up Games AR 2:00 Pretty Patterns AR 3:00 Reminiscing AR 6:00 The 5 Senses SS
14 10:30 Hymns & Prayer AR 11:30 Musical Stretches AR 2:00 Silly Stories AR 3:30 Helping Hands AR 6:00 Nature Sights & Sounds SS	15 10:30 Wake Up & Stretch AR 11:30 Color Therapy AR 2:00 4-Legged Friend Visits 2:30 Sensory Cinema AR 6:00 Tantalizing Tactiles SS	16 10:00 Cruisin' on Sunshine 10:30 Train of Thought AR 2:00 Music and Memories AR 2:30 Kitchen Creations AR 6:00 Evening Meditation SS	17 10:45 4-Legged Friend Visits 11:00 Songs of Our Youth AR 2:00 Spiritual Healing AR 3:00 Manicures & Nail Care AR 6:00 Lovely Lights SS	18 10:30 Communion Service AR 11:30 Rhythm & Beats AR 2:00 Mini Vacations LL 2:30 Art Therapy AR 6:00 Moonlight Serenade SS	19 10:30 Music & Movement AR 11:30 Sights to See AR 2:00 Game Group AR 3:00 Personal Sensations AR 6:00 Animal Antics SS	20 10:30 Morning Movement AR 11:30 Pumped Up Games AR 2:00 Pretty Patterns AR 3:00 Reminiscing AR 6:00 The 5 Senses SS
21 10:30 Hymns & Prayer AR 11:30 Musical Stretches AR 2:00 Silly Stories AR 3:30 Helping Hands AR 6:00 Nature Sights & Sounds SS	22 10:30 Wake Up & Stretch AR 11:30 Color Therapy AR 2:00 4-Legged Friend Visits 2:30 Sensory Cinema AR 6:00 Tantalizing Tactiles SS	23 10:00 Cruisin' on Sunshine 10:30 Train of Thought AR 2:00 Music and Memories AR 2:30 Kitchen Creations AR 6:00 Evening Meditation SS	24 10:45 4-Legged Friend Visits 11:00 Songs of Our Youth AR 2:00 Spiritual Healing AR 3:00 Manicures & Nail Care AR 6:00 Lovely Lights SS	25 10:30 Communion Service AR 11:30 Rhythm & Beats AR 2:00 Mini Vacations LL 2:30 Art Therapy AR 6:00 Moonlight Serenade SS	26 10:30 Music & Movement AR 11:30 Sights to See AR 2:00 Game Group AR 3:00 Personal Sensations AR 6:00 Animal Antics SS	27 10:30 Morning Movement AR 11:30 Pumped Up Games AR 2:00 Pretty Patterns AR 3:00 Reminiscing AR 6:00 The 5 Senses SS
28 10:30 Hymns & Prayer AR 11:30 Musical Stretches AR 2:00 Silly Stories AR 3:30 Helping Hands AR 6:00 Nature Sights & Sounds SS	29 10:30 Wake Up & Stretch AR 11:30 Color Therapy AR 2:00 4-Legged Friend Visits 2:30 Sensory Cinema AR 6:00 Tantalizing Tactiles SS	30 10:00 Cruisin' on Sunshine 10:30 Train of Thought AR 2:00 Music and Memories AR 2:30 Kitchen Creations AR 6:00 Evening Meditation SS	31 10:45 4-Legged Friend Visits 11:00 Songs of Our Youth AR 2:00 Spiritual Healing AR 3:00 Manicures & Nail Care AR 6:00 Lovely Lights SS	Life Enrichment Director: Samantha Manzuk Samantha.Manzuk@Sunshineret.com Activity Assistants Sammy Scott Shannon Mizanin Allison Ginka	Room Key AR -Activity Room LL Lakeside Living Room CL Cardinal Living Room SS Sensory Spa CY Courtyard	 AUGUST 2022 wellness challenge SUNSHINERET'S 10TH ANNUAL get fit get informed get restored give back

Activities Subject to Change

