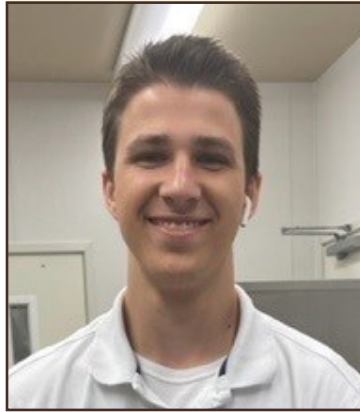


## Shining Star



**Ian**  
Dietary Aide  
1 year

months shining star because he is a hard worker and always has a smile on his face. The residents love him. When Ian isn't at work he can be found lifting weights, fishing or playing video games. When asked why he likes working here he said, "Being a member of the dietitian team is very rewarding. Helping put smiles on the residents faces never fails to improve my day."

Ian was chosen for this

## OUR EXECUTIVE CHEF YIANNI GOT MARRIED!!! CONGRATULATIONS!!!!



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!

### Team Members

Executive Director..... Tara Stage  
Health Services Director..... Audrey Brooks  
Community Development Director..... Tammy Smith  
Business Office Manager..... Dana DeLano  
Executive Chef..... Ioannis Athans  
Maintenance Director..... Kent Kelley  
Life Enrichment Director..... Jenn Grosclaude

### Phone Number

Office.....(412)884-3033  
Fax .....(412)884-3111  
Beautician Leanne.....(412)398-5477

### Meal Times

Breakfast.....8:00 a.m. - 10:00 a.m.  
Lunch.....12:00 p.m. - 1:30 p.m.  
Dinner.....5:00 p.m. - 6:30 p.m.  
Hydration & Snackivity.....10:30, 2:30, 6:30  
Leisure Dining.....9:00 a.m. - 11:30 a.m.

### Movie Showings

Everyday 6:00pm in Theater

Mondays.....Musicals  
Tuesdays.....Residents Choice  
Wednesdays.....Classic  
Thursdays.....Thrillers  
Fridays.....Western  
Saturdays.....Saturday Night Movie  
Sundays.....Documentary Day

### Special Events

1<sup>st</sup> wellness Kick off party  
2<sup>nd</sup> ice cream sandwich  
3<sup>rd</sup> give back- Flower arrangement  
5<sup>th</sup>- International Beer day  
8<sup>th</sup>- International cat day  
10<sup>th</sup>- Give back- Cookie decorating  
15<sup>th</sup>- get Restored- Sensory Spa Day  
16<sup>th</sup>- tell a Joke day  
17<sup>th</sup>- Get Fit- Water Gun Art  
25<sup>th</sup>- Red Hat Club- England garden party  
25<sup>th</sup> National Whiskey Sour Day  
25<sup>th</sup>- Get Informed- What is Hospice educational seminar  
26<sup>th</sup>- National Dog Day  
30<sup>th</sup> Beach Party  
31<sup>st</sup>- Wellness Award Ceremony

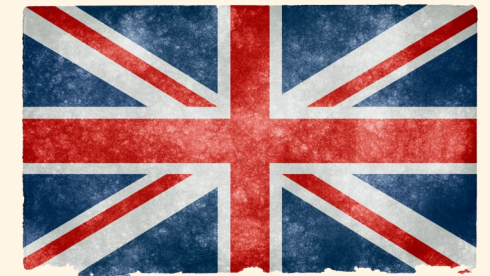
## Wellness Month

Get Informed  
Wellness Kickoff  
What is Hospice?

Get Fit  
Boxing  
Water Gun Art

Get Restored  
Sensory Spa Day  
Meditation

Give back  
Flower arrangement  
Cookie decorating



### Red Hat Club





# AUGUST

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



**WHITETAIL SPRINGS**  
MEMORY CARE COMMUNITY  
3401 Provost Rd  
Pittsburgh, PA 15227  
412-884-3033

10:00 Morning Poems **1**  
10:30 Monday Morning  
Worship with Maria  
2:00 **Wellness Kick-off Party**  
4:00 **Walking on Sunshine**  
6:00 Musical Monday 

10:00 Morning Devotion **2**  
10:30 **Get Fit- Boxing**  
11:30 **Resident Council**  
2:00 Try Something New  
3:00 Trivia  
6:00 Movie Night   
National Ice Cream Sandwich

10:00 Rosary **3**  
10:30 Gilding the Lily  
11:00 Meditation  
2:00 **Give Back- Flower Arrangements**  
3:00 Crosswords  
4:00 Bubble Buster  
6:00 Classic Movie Night

10:00 Morning Devotion **4**  
10:30 Yoga in the Garden  
11:30 Meditation  
3:00 **BINGO**  
6:00 Thriller Thursday  
National Chocolate Cookie

10:00 Morning Devotion **5**  
10:30 Outside Dance Party  
11:30 Relaxation  
2:00 Lets Laugh  
3:00 What's in the Box  
6:00 Western Movie

10am-12pm **6**  
Beauty Spa  
11:00 Gospel Music  
2:00 Puzzles  
3:00 Sensory Spa   
4:00 **Walking on Sunshine**  
6:00 Saturday Night Movie

10:00 Daily Chronical **7**  
11:00 Hymns  
11:30 Visits with Friends  
2:30 Mani's   
3:30 **Walking on Sunshine**  
6:00 Documentary day

10:00 Morning Poems **8**  
10:30 Mass   
2:00 Card Group  
3:00 VR Sunflower field  
4:00 **Walking on Sunshine**  
6:00 Musical Monday

10:00 Morning Devotion **9**  
10:30 **Get Fit- Boxing**  
11:30 Meditation  
2:00 Sharpie Club   
3:00 Trivia  
6:00 Movie Night

10:00 Rosary **10**  
10:30 Gilding the Lily  
11:00 Meditation  
2:00 **Give Back Cookie baking**   
3:00 Crosswords  
4:00 Bubble Buster  
6:00 Classic Movie Night

10:00 Morning Devotion **11**  
10:30 Yoga in the Garden  
11:30 Meditation  
3:00 **BINGO**  
6:00 Thriller Thursday

10:00 Morning Devotion **12**  
10:30 Outside Dance Party  
11:30 Relaxation  
2:00 Lets Laugh  
3:00 What's in the Box  
6:00 Western Movie

10am-12pm **13**  
Beauty Spa  
11:00 Gospel Music  
2:00 Puzzles   
3:00 Sensory Spa  
4:00 **Walking on Sunshine**  
6:00 Saturday Night Movie

10:00 Daily Chronical **14**  
11:00 Hymns  
11:30 Visits with Friends  
2:30 Mani's   
3:30 **Walking on Sunshine**  
6:00 Documentary day

10:00 Morning Poems **15**  
10:30 Monday Morning  
Worship with Maria  
2:00 **Get Restored Sensory Spa Day**   
4:00 **Walking on Sunshine**  
6:00 Musical Monday

10:00 Morning Devotion **16**  
10:30 **Get Fit- Boxing**  
11:30 **Resident Council**  
2:00 Try Something New  
3:00 Trivia  
2:30 6:00 Movie Night

10:00 Rosary **17**  
10:30 Gilding the Lily  
11:00 Meditation  
2:00 **Get Fit Water Gun Art**  
6:00 Classic Movie Night

10:00 Morning Devotion **18**  
10:30 Yoga in the Garden  
11:30 Meditation  
2:00 **BINGO**  
6:00 Thriller Thursday

10:00 Morning Devotion **19**  
10:30 Outside Dance Party  
11:30 Relaxation  
2:00 Lets Laugh  
3:00 What's in the Box  
6:00 Western Movie

10am-12pm **20**  
Beauty Spa  
11:00 Gospel Music  
2:00 Puzzles   
3:00 Sensory Spa  
4:00 **Walking on Sunshine**  
6:00 Saturday Night Movie

10:00 Daily Chronical **21**  
11:00 Hymns  
11:30 Visits with Friends  
2:30 Mani's   
3:30 **Walking on Sunshine**  
6:00 Documentary day

10:00 Morning Poems **22**  
10:30 Monday Morning  
Worship with Maria  
2:00 Card Group  
3:00 VR Ocean   
4:00 **Walking on Sunshine**  
6:00 Musical Monday

10:00 Morning Devotion **23**  
10:30 **Get Fit- Boxing**  
11:30 Meditation  
2:30 **Red Hat Club Travels to England**   
6:00 Movie Night

10:00 Rosary **24**  
10:30 Gilding the Lily  
11:00 Meditation  
2:00 **Garden Party**   
6:00 Classic Movie Night

10:00 Morning Devotion **25**  
10:30 Yoga in the Garden  
11:30 Meditation  
3:00 **BINGO**  
6:00 Thriller Thursday  
6:00- 7:00 **What is Hospice? Info seminar by Commonwealth Hospice**

10:00 Morning Devotion **26**  
10:30 Outside Dance Party  
11:30 Relaxation  
2:00 **No Girls Allowed Club**  
3:00 What's in the Box  
6:00 Western Movie

10am-12pm **27**  
Beauty Spa  
11:00 Gospel Music  
2:00 Puzzles   
3:00 Sensory Spa  
4:00 **Walking on Sunshine**  
6:00 Saturday Night Movie

10:00 Daily Chronical **28**  
11:00 Hymns  
11:30 Visits with Friends  
2:30 Mani's   
3:30 **Walking on Sunshine**  
6:00 Documentary day

10:00 Morning Poems **29**  
10:30 Monday Morning  
Worship with Maria  
2:00 Card Group  
3:00 VR Airplane Ride   
4:00 **Walking on Sunshine**  
6:00 Musical Monday

10:00 Morning Devotion **30**  
10:30 **Get Fit- Boxing**  
11:30 Meditation  
2:00 **Beach Party**   
6:00 Movie Night  
National Beach Day

10:00 Rosary **31**  
10:30 Gilding the Lily  
11:00 Meditation  
2:00 **Wellness Award Ceremony**  
4:00 Bubble Buster  
6:00 Classic Movie Night

**Life Enrichment Director:**  
Jennifer.grosclaude@Sunshineret.com  
  
**Like us on Facebook:**  
Facebook.com/Whitetailspring



AUGUST 2022



SUNSHINE'S 10TH ANNUAL

get fit | get informed | get restored | give back