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## OUR MISSION

*Caring deeply.  
 Connecting daily.  
 Leading boldly.  
 Serving faithfully.*

## SUNRISE RETIREMENT FOUNDATION BOARD

**Hallie Salmen**  
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## It seems that Spring has finally decided to arrive!

**After what feels like the longest winter known to man.** I am just overjoyed at the smallest signs of life...noticing the slightest bit of greening grass or the buds starting to open on the trees has given me childlike enthusiasm.

**I recently came across** an article about a program called the "Aging Mastery Program". My curiosity

was piqued and I wondered what this meant. I continued to read and was very interested to learn that the National Council on Aging has developed this program to encourage older adults to "make the most of the gift of longevity." I love this language! It emphasizes that living a long time is positive, not something to be afraid of or worried about, and that these bonus years should be spent in a way that is good for ourselves and others. The statistic given indicates the average retired person is spending nearly 49 hours a week watching TV... imagine if you took just one or two of those hours and devoted them to something that was good (or better) for yourself or someone around you.

**There is no better time** than the month of May, as it is designated as Older Americans Month. The theme this year is **ENGAGE AT EVERY AGE**. The best part is you don't have to go any farther than the Sunrise campus to participate. Try volunteering – reading to a resident or visiting an old friend who isn't able to get out anymore. Focus on your health - participate in one of the EnerG wellness classes with Brooke. Spend some time on your spiritual health – attend a worship service or Bible study with Chaplain Scott.

**With the change** for the better in the weather, I hope you may be inspired to try something new or even check out this interesting Aging Mastery Program ([www.ncoa.org](http://www.ncoa.org)).

**Have fun and Happy May!**

*Hallie Salmen, CEO / EXECUTIVE DIRECTOR*

## Welcome Residents to Sunrise

**Donna Belknap**  
**Virginia Carnes**  
**Dean Dunn**  
**Dorothy Dunn**  
**Kathleen Hansen**  
**Barbara Kelsey**  
**Carl Klingborg**  
**Charlotte Klingborg**  
**Elizabeth Martin**  
**Marlene "Molly" Martin**  
**Delores Smith**  
**Sophie Williams**  
**Mardella Wilson**

**Sunrise Retirement Community**  
 5501 Gordon Drive East, Sioux City, Iowa 51106

Administrative FAX: (712) 202-0410 ~ Medical FAX: (712) 279-1158 ~ Phone: (712) 276-3821  
 WEB-SITE ADDRESS: [www.sunriseretirement.com](http://www.sunriseretirement.com) ~  
 E-MAIL ADDRESS: [info@sunriseretirement.com](mailto:info@sunriseretirement.com)

**New Medicare Cards Protect your Personal Information—**



**Beginning in April 2018**

through April 2019, Medicare is mailing new Medicare cards to all people with Medicare, to help protect you from identity fraud. Fraudsters are always looking for ways to get your Social Security Number so the Social Security Numbers from all Medicare cards are being removed to make everyone safer.

Your new card will have a new Medicare Number that is unique to you. The new card will help protect your identity and keep your personal information more secure. Your Medicare coverage and benefits stay the same.

**And there's more good news—** Medicare will automatically mail your new card at no cost to the address you have on file with Social Security. There's nothing you need to do! If you need to update your official mailing address, contact Social Security.

**Once you get your new Medicare card,** take these three steps to make it harder for someone to steal your information and identity:

1. Destroy your old Medicare card right away.
2. Use your new card. Doctors, other health care providers, and plans approved by Medicare know that Medicare is replacing the old cards. They are ready to accept your new card when you need care.
3. **Beware of people contacting you** about your new Medicare card and asking you for your Medicare Number, personal information, or to pay a fee for your new card. Treat your Medicare Number like you treat your Social Security or credit card numbers. Remember, Medicare will never contact you to ask for your personal information.

**Contact Iowa Senior Medicare Patrol and request a Medicare Card Holder for your new Medicare Card. Call 1-800-423-2449.**



*“Hugs”*

It's wonderous what a hug can do. A hug can cheer you when you're blue. A hug can say, "I love you so," or, "Gee! I hate to see you go."

A hug is, "Welcome back again!" And, "Great to see you!" or "Where've you been?" A hug can soothe a small child's pain and bring a rainbow after rain.

The hug! There's just no doubt about it. We scarcely could survive without it. A hug delights and warms and charms. It must be why God gave us arms.

Hugs are great for fathers and mothers, sweet for sisters, swell for brothers, and chances are some favorite aunts love them more than potted plants.

Kittens crave them. Puppies love them. Heads of state are not above them. A hug can break the language barrier, and make the dullest day seem merrier.

No need to fret about the store of 'em. The more you give, the more there are of 'em. So stretch those arms without delay and give someone a hug today.



*Scott Squires*  
CHAPLAIN

—AUTHOR UNKNOWN, CONTRIBUTED BY

*Marie McFleer*, ACCOUNTS PAYABLES

**Sunday Chapel Offerings:**

**When:** Every Sunday.

**Time:** 2:00pm

**Where:** Sunrise Health Center Chapel

**Who:** Everyone is Welcome!

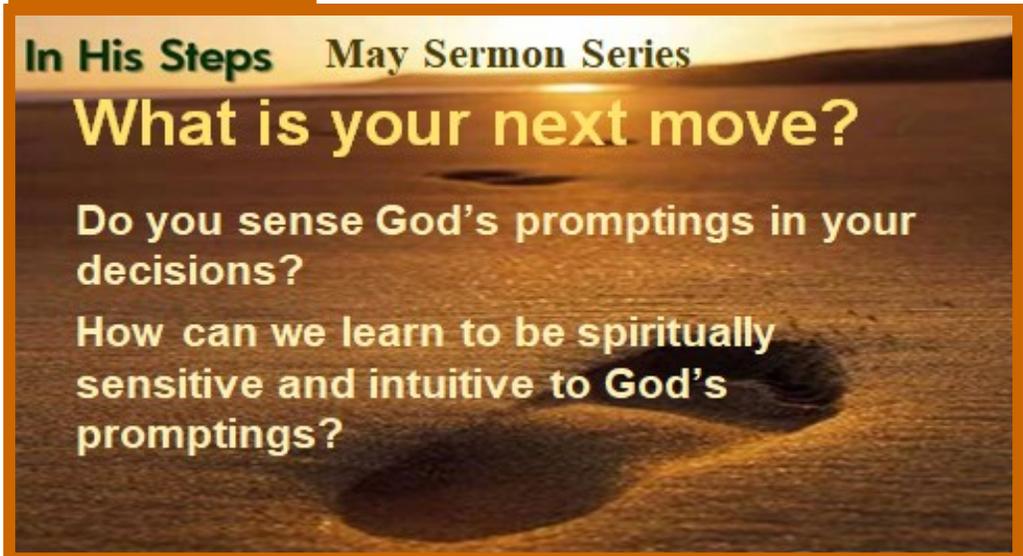
**Presented by:** Chaplain Scott Squires

**In His Steps May Sermon Series**

**What is your next move?**

Do you sense God's promptings in your decisions?

How can we learn to be spiritually sensitive and intuitive to God's promptings?



**Saturday  
May 12th, 2018  
11:00am—12:30pm**

*Join us for  
Mother's  
Day  
Brunch*



## **Sunrise Health Center 5501 Gordon Drive East**

**All residents and their family members are invited to a Light Brunch** hosted in all Sunrise neighborhoods.



**Serving for Sunrise Health Center** will be in Applewood, Evergreen, and also in Sunlight & Bernstein neighborhoods.

**Serving for Fountainview's Assisted Living** will be in the Lemay Grand Dining Room and Bayberry.

**Serving for Sunrise Hills** will be served at Sunrise Health Center's Chapel/Indoor Park.

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*All residents and their guests are invited to enjoy this special time together . . . . . please come!*

# Weekly Wednesday Cook Out's

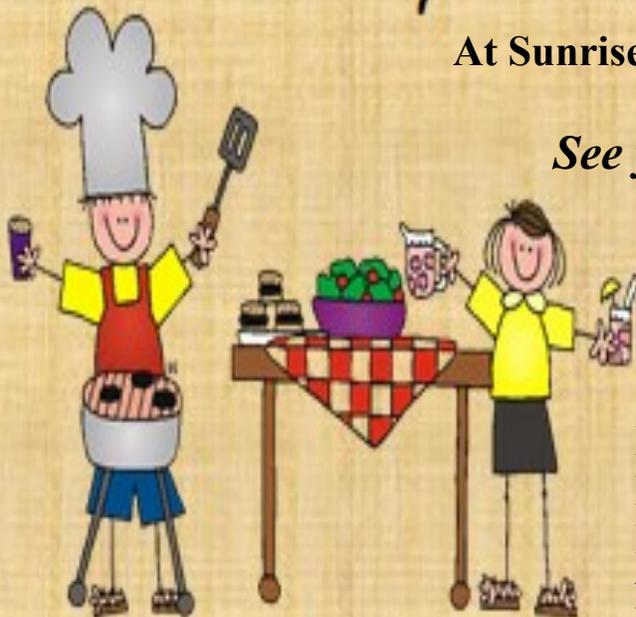
Will begin **Wednesday, May 9<sup>th</sup>**

**10:00a-12:30p**

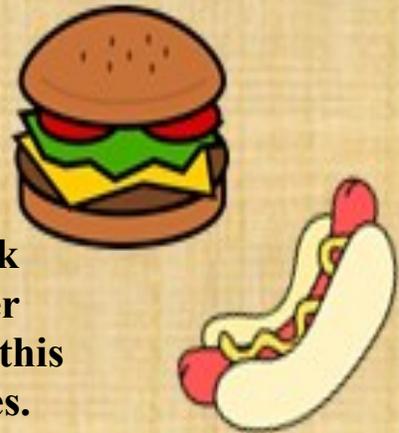
**Courtyard & Indoor Park**

**At Sunrise's Health Center.**

*See you there !*



**Please check  
Fund-Raiser  
Posters for this  
year's prices.**



*Creative Writing* ~ At last Spring has settled in . . .

Please write all your unforgettable memories of those bright promising Spring days and share them with all of us through our newsletter, The Sunrise Times. It's the perfect way to preserve those reflections and remembrances. It may inspire others to do the same.

To those who have told us about planting your flower gardens or crops, babysitting your siblings or raising children, traveling together on family trips, camping, swimming, fishing, hiking, canoeing or other adventures you experienced . . . Thank YOU for writing and do it again soon!

*Thanks, - Mary Pointer, SECRETARY*





**“ Without a sense of caring there can be no sense of community . . . ” ANTHONY J. D’ANGELO**

Sunrise Retirement Community honored and recognized Volunteers with a wonderfully delightful luncheon on Thursday, April 12, 2018.

**Introductory remarks** and welcome were presented by Sunrise CEO, Hallie Salmen. She stated, **“Without volunteers, Sunrise would be a much different place. . . We value our volunteers for what they bring to the organization —the unique talents they share with Sunrise are important to the continued success of Sunrise. We are grateful . . . Our appreciation and sincere thanks to our Board**

**Members & Foundation Board members, who generously give of their professional expertise and time.”**

**The delicious food** for this affair was prepared by Sunrise’s Dietary Staff, led by Wendy Barbee. Thus tray upon tray of food filled plates were served by Sunrise staff and Supervisors.

**Motivational Speaker & Humorist, Jenny Herrick** was the special guest and her caring comedy was inspirational to all in attendance.

**The Awards presented were next on the agenda:**

**Outstanding Business Volunteer:** BPI donated their products to Sunrise for the past two years.

**Outstanding Employee Volunteer:** This year’s award went to a dedicated group of employee caregivers who have gone over and above the call of duty in planning/holding holiday parties for the residents in our memory care neighborhoods. Our thanks to Kim Anderson, Deb Boisen, Adrienne Grage, Melissa Meyers, Andrea Queen, Teresa Roche, Sue Swanson, Sam Virgin, Tammy Wilson and Darvene Verschoor.

**Outstanding Community Volunteer: Courtney Ott,** recognized for her caring and compassionate history with Sunrise

through her involvement with residents.

**Outstanding Resident Volunteer: Vera Stoltze and Lee Yockey,** sisters, who unselfishly spend the better part of their Saturday and Sunday afternoons at our healthcenter’s reception desk—smiling and welcoming each visitor and friend to the campus.

**Outstanding Fundraising Volunteer: Rod Slater** is honored for his involvement and commitment with Sunrise’s benefit golf tournament, The Siouxland Senior Open – helping to raise thousands of dollars.



*Howard*

**Unsung Hero: Howard Huisenga,** Fountainview resident, gained attention by helping activity and wellness directors prepare for events and classes.



### **Facts About Speaker, Jenny Herrick.**

- Yes, she really is a clown.
- Nationally known presenter of keynote speeches, endnote addresses and everything in between!
- Skillful at poking fun at herself.
- She was a Soda Jerk in South Dakota, an RN in Iowa, joined Fun Medicine Delegation which traveled to China with the famous Dr. Patch Adams and returned to establish/teach a “Caring Clown Troupe” at Unity Point/St.Luke’s.
- She’s trained top show ring dogs as well as pet therapy canines which bring comfort when needed.
- Jenny has been a nurse, a college instructor, a supervisor to teen-age hospital volunteers and a puppy mill inspector.
- “You Laugh, I’ll Drive” is her recent published autobiography.
- She lives and breathes her belief that humor is indeed the best medicine!

**Thank you, Jenny, first for laughing and then, for inspiring us all!**

## More About Sunrise's Volunteers . . .

*Sunrise Retirement Community is a large organization and it takes a lot of people to keep the wheels turning. With over 300 residents and about 200 employees —this is a village! And while our employees are great at Sunrise —and many are so much more than employees—they really have passion for what they do, we still have a need for more people to help us serve our residents. This is where volunteers come in. They are serve because they simply love the people and what they do for those people. They are the grease that keeps the wheel turning smoothly —and without our volunteers we would be in for a bumpy ride!" . . .*

*"We value our volunteers for what they bring to the organization —the unique talents they share with Sunrise are important to the continued success of Sunrise. We are grateful . . . For the time, expertise and friendship that you share with us and we thank you because you are such a big part of Sunrise.—*

*Hallie Salmen,*  
CEO / EXECUTIVE DIRECTOR

## A News Release/Report ~

**FOR IMMEDIATE RELEASE:** April 2, 2018

**CONTACT:** [HSEMDPIO@iowa.gov](mailto:HSEMDPIO@iowa.gov) or (515) 725-3231



### April recognized as 911 Education Month in Iowa 98 percent of Iowa's 911 call centers are now capable of receiving text messages.

DES MOINES - Governor Kim Reynolds has designated April as 911 Education Month in Iowa. In cooperation with the National Association of State 911 Administrators (NASNA), 911 Education Month is sponsored by the Iowa Department of Homeland Security and Emergency Management (HSEMD) and the Iowa 911 Communications Council.

To coincide with 911 Education Month, the second full week of April is recognized as National Public Safety Telecommunicator Week.

#### Text-to-911

For the past few years, HSEMD and its many telecommunications vendors and several wireless providers have worked diligently to upgrade Iowa's 911 network to an Internet Protocol (IP)-based system. The improved system, which is more robust and capable of handling new messaging technology, is now 98 percent complete.

HSEMD, vendors, and wireless providers continue to work aggressively toward 100-percent statewide Text-to-911 capability.

Though the state's 911 centers will have the ability to accept text messages, Blake DeRouchey, Iowa's 911 program manager stresses the preferred method of requesting assistance is to call.

**"A voice call is generally faster than sending a text message,** and important follow-up questions can be asked by the 911 call taker so that emergency responders have a better understanding of the situation," DeRouchey said. "However, we recognize there are instances where it isn't always possible to make that voice call, and that's where Text-to-911 comes in. **Call if you can, text if you can't."**

DeRouchey also wants to make clear that not all mobile carriers have or will be providing this capability to its customers. Currently, six cell phone carriers in Iowa have committed to making Text-to-911 available to customers: AT&T, i-Wireless, Sprint, T-Mobile, U.S. Cellular, and Verizon.

"Some smaller regional and prepaid companies may also be able to provide Text-to-911," he noted. "You may want to contact your wireless provider if you have questions on its availability."

**Text-to-911 was developed primarily for citizens who are hard of hearing, deaf, or speech impaired.** Texting can be used in situations in which a voice call to 911 would endanger the caller, such as during a home invasion or domestic abuse situation. Sending a text to 911 can also be helpful in situations in which a medical condition makes it impossible for the caller to speak. Eventually, Iowa's IP-based 911 network will also eventually allow citizens to contact 911 using video and picture messaging, although that is much further down the road.

#### Important 911 takeaways

- Only call in an emergency
- Keep calm and know your location (this is the first question the 911 call taker will ask you)
- Don't let your kids play with cell phones (phones no longer in use are still capable of calling 911)
- Teach your kids the correct way to use 911

**NEVER hang up on a 911 call until the operator indicates it is OK to so, even if you dial 911 by accident**

Public education tools and resources for 911 education are also available on the [Know 911 website](#). Information will also be available on HSEMD social media accounts, including [Facebook](#), [Twitter](#), and [YouTube](#), throughout the month using hashtag #911education. Text-to-911 fliers and answers to frequently asked questions about Text-to-911 are also available on the [HSEMD website](#).

The Iowa Department of Homeland Security and Emergency Management leads, coordinates and supports homeland security and emergency management functions in order to establish sustainable communities and ensure economic opportunities for Iowa and its citizens.



*LeAnn Fleming & Sue Schultz*  
SOCIAL SERVICES

**Compliance Hotline:**  
855-661-2667

### Resident Right Of The Month:

*(An explanation of each  
of the rights for every  
Sunrise resident.)*

**YOU HAVE THE  
RIGHT TO  
INFORMATION  
ABOUT ADVOCACY  
GROUPS — Part 2**

**Dependent Adult Abuse  
Hotline: 1-877-686-0027**

**Local Law Enforcement  
Agency:**

Sioux City Police Dept.  
601 Douglas St.  
Sioux City, Iowa 51102  
1-712-279-6960.

**Medicare Address:**

Office of the Inspector  
HHS Tips Hotline  
P.O. Box 23489  
Washington, DC 20026  
1-800-447-8477  
Fax: 1-800-223-2164  
Email:

HHSTips@oig.hhs.gov

**Tenant/Resident**

**Advocate:** Contact in-  
formation available  
through Sunrise Retirement's  
Social Service  
Coordinator

**Grievance Officer:**

Chris Schenkelberg  
1-712-276-3821, Ext 3104.

**1-800-562-3396**  
**For transportation by  
MIDWEST MEDICAL  
NON-EMERGENCY  
AMBULANCE**

This service operates  
24 hours daily,  
7 days a week.

### 2018 May Residents Birthdays

- 04—Darlene Barta
- 05—Mildred Stevenson
- 06—Carl Klingborg
- 14—Dale Hill
- 16—Inez McCaslen
- 21—Maynon Burson
- 24—Myrtle Dodd
- 24—Vicki Manker
- 26—Shirley Weideman
- 31—Darlene Cardwell



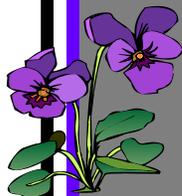
### Coming Events:

- **Wednesday Cookouts** in the Outdoor Park from May thru Sept.-10:00am—12:30pm.
- **Father's Cookout**—Thurs., June 14th, 5:00pm.

### Reminders-RE: Keys!

**If you have or find keys that do not fit your door, please turn them into Sunrise's Business Office and we'll try to help find their owner.**  
Thank you.

### Our Sympathies



Carolyn Johnson  
Gale Noble  
Helen Schaap  
Marilyn Udell

**Ask The Nurse** — *A series of articles based on questions you have asked. If you have questions, please bring them to Sunrise's Health Center Reception Desk. ~*

### WHAT IS HEAT EXHAUSTION VS. HEAT STROKE?

With summer coming soon, people are looking forward to working outside. What is Heat Exhaustion verses Heat Stroke and What can I do to prevent it? **Heat exhaustion symptoms and treatment.**

1. Dizziness or fainting.
2. Weakness or fatigue.
3. Nausea or vomiting.
4. Heavy sweating.
5. Weak, rapid pulse.
6. Muscle cramps.
7. Headache, pale or flushed face.

#### Prevention:

1. Drink plenty of fluid, take frequent breaks.
2. Remove tight or unnecessary clothing.
3. Sponge bath with cool water.
4. Lay down and elevate legs.
5. Apply fans or ice towels.

**Heat Stroke is more serious** and can lead to death. Any of these symptoms need immediate medical attention.

1. Nausea with vomiting.
2. Red hot skin with a fever of 104 degrees or greater. Dry skin, no sweating.
3. Racing heart rate with rapid breathing.
4. Altered mental state or behavior.
5. Extreme weakness.

*—Glenys Behrens,*  
SUNRISE HILLS NURSE

### RE: The 4th Nite Hand-Quilters & Appliquers

—any type of hand-sewing is welcomed!  
**Bring your own project! Bring your own refreshments!**

**Invite a friend! Thursday, May 24, 2018**

**Meeting begins about 4:30 'til 7:00ish.  
in the Board Room at 5501 Gordon Drive East.**

Questions? Call: Mary Pointer, Afternoons, 276-3821, Ext. 3114.  
( Meets 4th Thursday of every Month, except Nov. & Dec. )





**Lev Shekhtman —**

One must say with enthusiasm that when Lev Shekhtman entertains residents, he definitely has command of his instrument. There is no doubt, he knows what he is doing when it comes to playing an accordion . . . The music just flows! One's emotions and being could feel the little musical nuisances as classical ethnic sounds wafted through the Indoor Park air and Healthcenter hallways . . . How absolutely thrilling! It may seem like "Old World" music to some, but to the generation of listeners in the audience on this day, very many of the songs are what they were raised on and, of course, love down deep within!

**Our thanks to the Shekhtmans for coming.**

*Activities Department*



*Carol Starch, Jen Hansen,  
Cami Parks and Joylyn Rippke.*

**Drop by the Activity Room and meet our Activities Staff . . . then watch the postings and Activities Calendar for events. You are welcome to participate in all activities. See you there!**

# The 10 E's to Extend a Healthy Life

Emphasize the positive and don't let your age, or anyone else, deter you.  
It's never too late to start.

1. **Expectations:** If you've been following a healthy lifestyle up 'til now, simply keep going; if you need to make changes, anticipate succeeding, not failing-and don't let age be a barrier. Research has shown that thinking positively about getting older can extend your life by as much as 7.5 years.

2. **Enthusiasm:** Few people are thrilled with every aspect of their lives, but many have at least one area-family, friends, work, avocation-they feel good about. Identify an activity or connection that sparks your enthusiasm and make it your lifeline; try to extend that enthusiasm to other areas of your life.

3. **Energy:** Having the energy and motivation you need to age well are hallmarks of healthy living. If you're fatigued all the time, don't let apathy and lethargy drag you down; get a checkup to try to determine the cause-and the solution.

4. **Eating:** Eating a balanced diet and attaining/maintaining a normal weight are keys to physical and mental health. If you need to lose weight or make changes in your diet, keep your expectations high- you can do it.

5. **Exercise:** Staying physically active fuels the body and mind. If you're already exercising regularly, keep it up; if you're getting started, know your skill level, set goals, progress at your own pace, and be consistent.

6. **Engagement:** Volunteers have higher levels of well-being and life satisfaction than those who don't volunteer; volunteering and other forms of civic and social engagement can play an important role in maintaining good health in later life. Get involved in something worthwhile.

7. **Emotions:** Everyone feels down at times, but full-blown depression is a major cause of disability. If you're feeling out of sorts for two weeks or more, talk with your doctor. In many instances, simply exercising and eating right can change your mood.

8. **Education:** Life-long learning is important to living an independent and fulfilling life. Start now to learn a new area of knowledge or physical activity. It's good for the brain.

9. **Effort:** Changing expectations and embarking on new behaviors take energy and effort, but the results are well worth it.

10. **Enjoyment:** A healthy life generally is a joyous one. Savor the process of being or becoming active, engaged, and truly alive.



## May 2018 Wellness Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> 9am – Balance (P) 10am – Brain Power (IP) FV/AW/EG 11am – Chair Yoga (GC) 1pm – Wellness (BC) 130pm – Wellness (SLC) 2pm – Wellness (BB) 3pm – Assisted Living Wellness (FVDR)	<b>2</b> 9am – Tone Zone (P) 10am – Exercise (IP) FV/AW/EG 11am – Tone Zone (GC) 1-2:30pm – One to Ones BC/SLC/BB 3pm – Brain Power (GC)	<b>3</b> 9am – Chair Yoga (P) 10am – Brain Power (IP) FV/AW/EG 11am – Balance (GC) 115pm – Brain Power (P) 3pm – Assisted Living Wellness (FVDR)	<b>4</b> 9am – Tone Zone (P) 10am – Exercise (C) FV/AW/EG 11am – Tone Zone (GC)
<b>7</b> 9am – Tone Zone (P) 10am – Exercise (IP) FV/AW/EG 11am – Tone Zone (GC) 115pm – Brain Power (P) 3pm – Brain Power (GC)	<b>8</b> 9am – Balance (P) 10am – Brain Power (IP) FV/AW/EG 11am – Chair Yoga (GC) 1pm – Wellness (BC) 130pm – Wellness (SLC) 2pm – Wellness (BB) 3pm – Assisted Living Wellness (FVDR)	<b>9</b> 9am – Tone Zone (P) 10am – Exercise (IP) FV/AW/EG 11am – Tone Zone (GC) 1-2:30pm – One to Ones BC/SLC/BB 3pm – Brain Power (GC)	<b>10</b> 9am – Chair Yoga (P) 10am – Brain Power (IP) FV/AW/EG 11am – Balance (GC) 115pm – Brain Power (P) 3pm – Assisted Living Wellness (FVDR)	<b>11</b> 9am – Tone Zone (P) 10am – Exercise (C) FV/AW/EG 11am – Tone Zone (GC)
<b>14</b> 9am – Tone Zone (P) 10am – Exercise (IP) FV/AW/EG 11am – Tone Zone (GC) 115pm – Brain Power (P) 3pm – Brain Power (GC)	<b>15</b> 9am – Balance (P) 10am – Brain Power (IP) FV/AW/EG 11am – Chair Yoga (GC) 1pm – Wellness (BC) 130pm – Wellness (SLC) 2pm – Wellness (BB) 3pm – Assisted Living Wellness (FVDR)	<b>16</b> 9am – Tone Zone (P) 10am – Exercise (IP) FV/AW/EG 11am – Tone Zone (GC) 1-2:30pm – One to Ones BC/SLC/BB 3pm – Brain Power (GC)	<b>17</b> 9am – Chair Yoga (P) 10am – Brain Power (IP) FV/AW/EG 11am – Balance (GC) 115pm – Brain Power (P) 3pm – Assisted Living Wellness (FVDR)	<b>18</b> 9am – Tone Zone (P) 10am – Exercise (C) FV/AW/EG 11am – Tone Zone (GC)
<b>21</b> 9am – Tone Zone (P) 10am – Exercise (IP) FV/AW/EG 11am – Tone Zone (GC) 115pm – Brain Power (P) 3pm – Brain Power (GC)	<b>22</b> 9am – Balance (P) 10am – Brain Power (IP) FV/AW/EG 11am – Chair Yoga (GC) 1pm – Wellness (BC) 130pm – Wellness (SLC) 2pm – Wellness (BB) 3pm – Assisted Living Wellness (FVDR)	<b>23</b> 9am – Tone Zone (P) 10am – Exercise (IP) FV/AW/EG 11am – Tone Zone (GC) 1-2:30pm – One to Ones BC/SLC/BB 3pm – Brain Power (GC)	<b>24</b> 9am – Chair Yoga (P) 10am – Brain Power (IP) FV/AW/EG 11am – Balance (GC) 115pm – Brain Power (P) 3pm – Assisted Living Wellness (FVDR)	<b>25</b> 9am – Tone Zone (P) 10am – Exercise (C) FV/AW/EG 11am – Tone Zone (GC)
<b>28</b> 9am – Tone Zone (P) 10am – Exercise (IP) FV/AW/EG 11am – Tone Zone (GC) 115pm – Brain Power (P) 3pm – Brain Power (GC)	<b>29</b> 9am – Balance (P) 10am – Brain Power (IP) FV/AW/EG 11am – Chair Yoga (GC) 1pm – Wellness (BC) 130pm – Wellness (SLC) 2pm – Wellness (BB) 3pm – Assisted Living Wellness (FVDR)	<b>30</b> 9am – Tone Zone (P) 10am – Exercise (IP) FV/AW/EG 11am – Tone Zone (GC) 1-2:30pm – One to Ones BC/SLC/BB 3pm – Brain Power (GC)	<b>31</b> 9am – Chair Yoga (P) 10am – Brain Power (IP) FV/AW/EG 11am – Balance (GC) 115pm – Brain Power (P) 3pm – Assisted Living Wellness (FVDR)	<i>Be like the Lotus:            Trust in the light,            grow through the            dirt,            believe in new            beginnings.</i> 

**Brooke Robinson**  
 Sunrise Ener-G Wellness Coordinator  
 276-3821 Ext. 3143  
*I look forward to seeing you in class!*

P= The Pointe	EG= Evergreen
IP= Indoor Park	AW= Applewood
GC= Gerwulf Center	FV= Fountain View
FVDR= Fountain View Dining Room	
C= Chapel	BB= Bayberry
BC= Bernstein Center	SLC= Sunlight Center