

Relaxation Techniques

Relaxing helps manage stress, lower blood pressure and improve concentration. One technique is called progressive muscle relaxation. Focus on slowly tensing and then relaxing each muscle group separately. This method allows you to become more aware of physical sensations.

Bumper Sticker Snicker

Does the name "Pavlov" ring a bell?

Melatonin Keeps Your Clock Ticking

The pineal gland in the brain produces a much-needed hormone called melatonin, which regulates our bodies and keeps our internal clocks ticking away. The production of this hormone directly affects our sleeping patterns by allowing us to fall asleep when it's dark and waking us up when it's light. The pineal gland produces more melatonin when it's dark, so too much exposure to bright lights in the evening or too little light during the day can disrupt our natural sleep cycle.

Sing Out, Louise!

Broadway belter Ethel Merman was born Jan. 16, 1908.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Community Room Reserved 2:00pm - 11:00pm	2 1:00 Kemp's Order 6:30 Bingo	3 9:30 Byerly's 12:00 Kemp's Order Delivery 6:30 Cribbage, Scrabble and Board Games	4 Stop and Shop 9:00 Exercise 2:00 Schwan's 6:30 Five Hundred	5 1:00 Bible Study 6:00 Pinochle	6 8:30am Breakfast 9:00am BINGO 6:00pm Tripoley	7 Community Room Reserved 11:00am - 2:00pm
8 1:00 Kemp's Order 2:30 Bookmobile 6:30 Bingo	9 1:00 Kemp's Order 2:30 Bookmobile 6:30 Bingo	10 9:15am Rainbow 1:00pm Kemp's Order Delivery 6:30pm Cribbage, Scrabble and Board Games	11 9:00 Exercise 5:30pm Royal Family Farewell Dinner	12 1:00 Bible Study 6:00 Pinochle	13 9:00 Rides for Residents 6:00 Tripoley	14 Community Room Reserved 11:00am - 2:00pm
15 Martin Luther King Jr. Day 1:00 Kemp's Order 6:30 Bingo	16 1:00 Kemp's Order 6:30 Bingo	17 9:30am Byerly's 1:00pm Kemp's Order Delivery 6:30pm Cribbage, Scrabble and Board Games	18 9:00 Exercise 2:00 Schwan's 6:30 Five Hundred	19 1:00 Bible Study 6:00 Pinochle	20 8:30am Breakfast 9:00am BINGO 6:00pm Tripoley	21 Community Room Reserved 11:00am - 5:00pm
22 Community Room Reserved 12:00pm - 5:00pm	23 1:00 Kemp's Order 2:00 Bookmobile 6:30 Bingo	24 9:15am Rainbow 1:00pm Kemp's Order Delivery 6:30pm Cribbage, Scrabble and Board Games	25 9:00 Exercise 6:30 Five Hundred	26 1:00 Bible Study 6:00 Pinochle	27 9:00 Rides for Residents 6:00 Tripoley	28 BINGO MARATHON NOON - 8:00pm EVERYONE WELCOME BRING A GUEST
29 Community Room Reserved 9:00am - 4:00pm	30 1:00 Kemp's Order 6:30 Bingo	31 9:15am Rainbow 1:00pm Kemp's Order Delivery 6:30pm Cribbage, Scrabble and Board Games				