

# NEWSLETTER

## March 2024

Diamond House 700 Ballesteros Cres Warman SK S0K 4S4



### IN THIS ISSUE

Trivia & Quotes.....	2
February Spotlights.....	3
February in Review.....	4
March Calendar .....	5
March Birthdays .....	6
Journaling Prompts .....	7
Noticeboard .....	8,9
Laughing Matters .....	12
Easter Blessing .....	13
Anagrams.....	14

## March Trivia

March was named after Aka, the Roman God of War, a mythical ancestor of the Romans and father of Romulus and Remus.

Zodiac signs: **Pisces & Aries**

Birthstone: **Aquamarine**

Flower: **Daffodil**

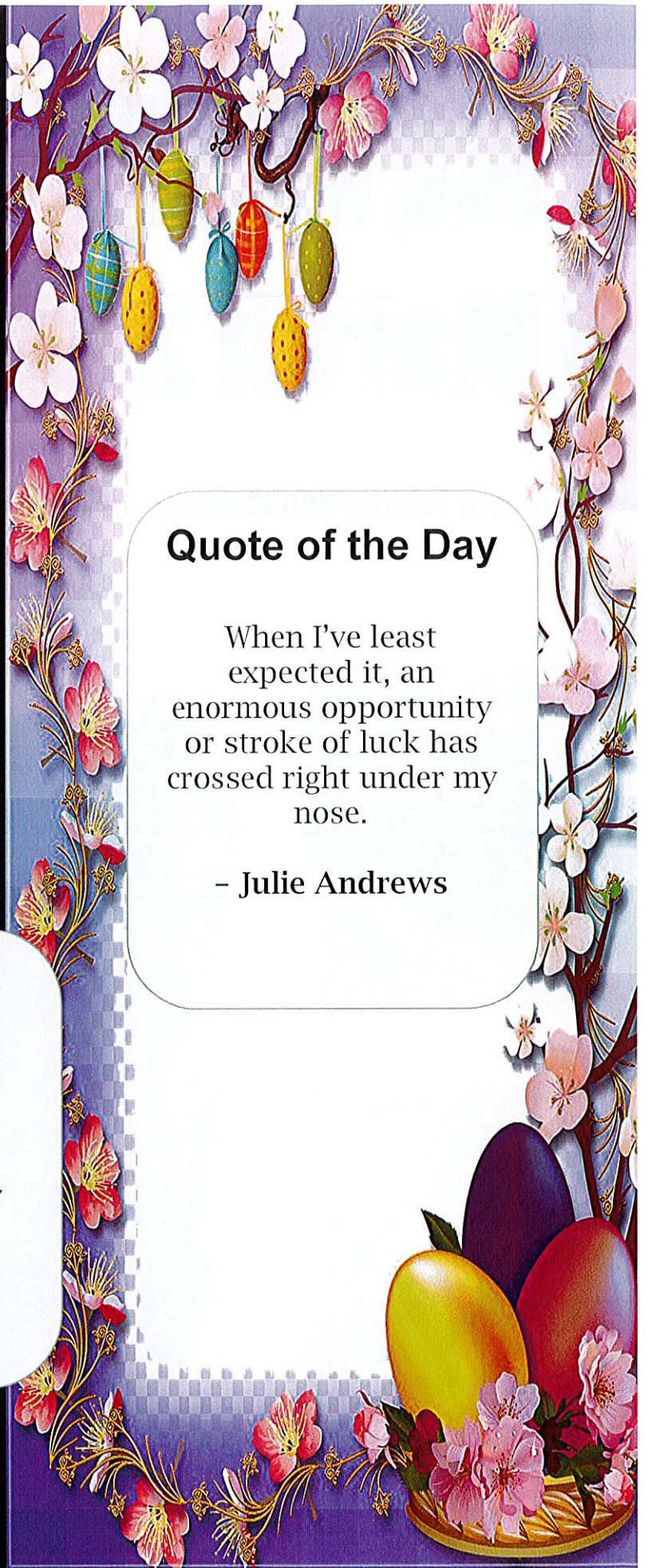
## 4 Leaf Clover

*Each clover leaf  
represents Faith,  
Hope, Luck, and  
Love*

## Quote of the Day

When I've least expected it, an enormous opportunity or stroke of luck has crossed right under my nose.

- Julie Andrews



# February Spotlights

## Rag Wreath

Reduce, Reuse and Recycle. We enjoyed reusing all our scrap fabric that was cut into 2" length strips by a fellow resident. We then tied each piece onto our heart shaped wire shapes to create one-of-a-kind designs.



## Neil and Nancy

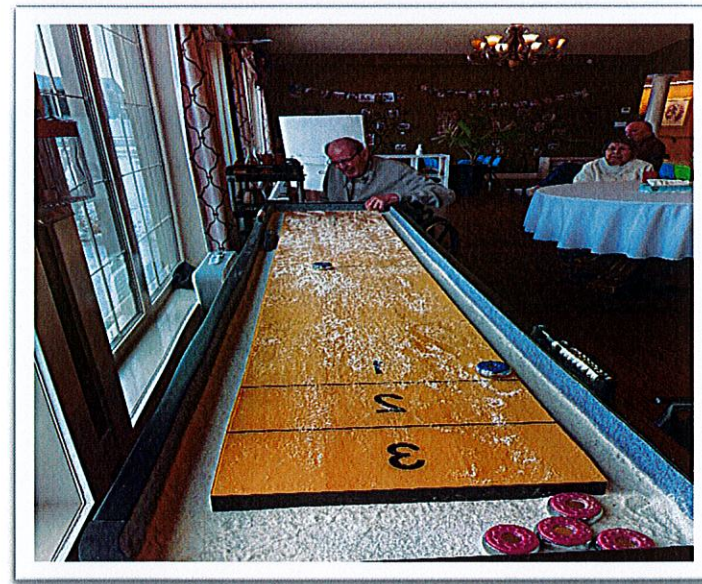
This singing duo are dynamic in playing many genres of music and instruments.



## Spreading Love

The Little Learners shared their crafts, talents, crafts and snacks with us as we celebrated Valentines Day.

# February in Review



# March 2024

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

**Reminder Easter is early this year!**

					1	2	3
4	5	6	7	8	9	10	
11	12	13	14	15	16	17 St Patrick's Day 	
18	19	Spring	20 	21	22	23	24
25	26	27	28	29	30	Easter 	31

# March Birthdays

In March, we celebrate birthdays with:

Susan N	Violet. K
Sheila. A	Emil. C
Marlene. K	Shirley. B
Carol. P	

Please join us in the Great Room on March 29 to celebrate!

10:00am Houses 1,3 & 6

2:00pm Houses 2,4 & 5



There are many superstitions about luck. How many of these will bring you good luck, and how many will bring you bad luck, according to superstition?

- Opening an umbrella indoors
- Knocking on wood
- Throwing salt over your shoulder
- Walking under a ladder
- Finding a heads-up penny
- Eating 12 grapes on New Year's Eve
- Breaking a mirror

## Pisces (Feb 19 – Mar 20)

Pisces are friendly and selfless. They are always willing to help others

## Aries (Mar 21 – Apr 20)

Aries are passionate, motivated and confident leaders. They are bundles of energy & enthusiasm.

**WOW!**

### Historical Events in March: The Lindbergh Baby Kidnapping

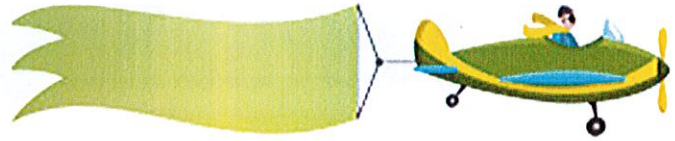
On March 1, 1932, Charles Lindbergh Jr. was kidnapped from the family mansion in Hopewell, New Jersey. He was 20 months old and the son of aviation hero Charles Lindbergh, who flew the first solo flight across the Atlantic Ocean. The baby was never returned, even after the family paid \$50,000 in ransom.

# Journaling Prompts

*Grab your journal and jot down your answers to these questions. Or, if you'd prefer, use this list as a fun way to start conversations with family members or neighbors. Remember, there's no right or wrong answers here and you can choose to share what you are comfortable with. Have fun!*

- Who is the luckiest person you know? Why are they so lucky, do you think?
- Is there a such thing as luck, or is it all hard work and determination?
- Write about a time you felt like everything was going your way and you were quite lucky.
- How would you tell someone to get through a period of their life when they felt they were having bad luck and nothing was going the way they wanted?
- What are some superstitions you've heard about luck? Can you think of any for being lucky in love, or about luck for a marriage?
- When is the last time you felt lucky or blessed? Can you write down five things you're thankful for today?
- Did you every do anything fun or silly for St. Patrick's Day when you were a kid? What about when you were an adult? Write about your favorite St. Patrick's Day traditions.
- Write a poem or story about a leprechaun who has lost directions to his rainbow.

# Noticeboard



## NEW RESIDENTS

A very warm welcome to:

Our new ALC residents and those who wish to remain unmentioned.

We hope that you enjoy your time here, we look forward to getting to know you!

## DOCTOR AND LAB

We offer the service of having an in-house doctor and lab services.

Our in-house doctor rounds are every Wednesday.

If you would like a doctor's appointment or require lab services, please contact the Nurse on duty.

Phone: (306)-955-1300 Ext 3



## IN MEMORIAM

To the families and friends of our late residents—may you be comforted by the knowledge that your loved ones are at peace. For those who wish to remain unmentioned.

## MASSAGE SERVICES

We are pleased to offer in suite massage therapy by Self Wellness. Please contact Self Wellness directly to book your appointment.

Phone: (306)-244-7873

## PHYSIOTHERAPY

We are pleased to offer in suite physiotherapy by Nova. Please contact Nova directly to book your appointment.

Phone: (306)-382-3332



# Noticeboard



## SALON

Woman's hair cut - \$40.00

Shampoo & Set - \$30.00

Perms - \$90.00

Hair Color - \$80.00

Men's hair cut - \$30.00

Payment can be cash, cheque, or e-Transfer to your stylist, or you can charge your appointment to your comfort fund.

To make an appointment you can contact:

Tracey (306)-222-9481

Tuesday & Thursday – Tracey's Availability

Karen (306)-227-4132

**Please note that all salon services are an additional cost.**

## THANK YOU

We would like to issue a heartfelt thanks to relatives and volunteers who support us day in and day out. You make such a difference, and we so very much appreciate your time and energy.

## FIND US AND GIVE US A FOLLOW

We have expanded our media presence!

We can be found on:

Facebook: Diamond House

Instagram: Diamond\_Crew2016

TikTok: Diamond\_Crew2016



## VOLUNTEER AND SHARE YOUR TALENTS

Have you always loved to garden?

Perhaps you are an avid scrapbooker?

Share your talents with your neighbors by hosting an activity with a us. See activities for more details!



# Laughing Matters



## Did you know...

Laughing truly is the best medicine? When you laugh, your body releases neuropeptides which protect the body and mind from stress and potentially serious illnesses. So a few belly laughs each day can boost your immune response and keep you from feeling stressed out! In addition, laughing helps to reduce negative thoughts, boosts overall body functioning, and can contribute to positive mental health. It's always a good time for a silly joke and a chuckle, no matter how cheesy the joke is. Here are a few for you this month!

I have a photographic memory. I just keep forgetting to develop it.

I showed my grandson a photo of his great-grandparents. I asked him if I looked like them and he said, "not yet, you don't."

I used to have my ducks all in a row, but now they're all over the place quacking.

Did you hear about the new corduroy pillow? It's making headlines everywhere.

I told my doctor I broke my arm in three places. He said, "You should stop going to those places."

What's blue and not very heavy?

Light blue.

Why did the man fall down the well? Because he didn't see that well.



Have a blessed  
Easter!

**"I am the resurrection and the life. He who believes in Me, though he may die, he shall live. And whoever lives and believes in Me shall never die."**

**--John 11:25-26**



## St. Patrick's Day Anagram

Rearrange the letters of each word reveal the answers!














































































Word	Clue	Answer
KARCHSOM	Clover-like plant	_____
ODLG	What Leprechauns keep in their pot	_____
REGEN	Colour of envy	_____
ELAPUNCHER	Mischievous elf	_____
IDLERAN	St. Patrick is from here	_____
ELBRYAN	This stone wants a kiss	_____
RHAP	National emblem of Ireland	_____
SEBFLAT	Capital of Northern Island	_____
KANESS	Slender Reptiles	_____
Charm	Third month of the year	_____
TRACKPI	Patron saint of Ireland	_____
SKIWHEY	A popular liquor in Ireland	_____
RICEMILK	Humorous verse	_____
OT TSU	Type of dark beer	_____
BUND IL	Capital of the Irish Republic	_____
GLENN DA	St. Patrick was a missionary here	_____
SINGESNU	A type of bitter stout	_____
RSHII	From Ireland	_____
TAPE	Fuel from boggy land	_____
BAWINOR	Colourful arc in the sky	_____


# March 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
--------	--------	---------	-----------	----------	--------	----------

## Hymn Singing Monday- Wednesday & Friday at 10:45am in Great Room

Little Learner's Preschool Mon- Thursday 9:30am- 11:30am  
Located in House 1

<p>9:30am Catholic Devotion and Communion. (GR)</p> 	<p>10:00am Core &amp; Balance (GR)</p>  <p>2:00pm Iced Tea Social (GR)</p> <p>2:30pm Bingo (GR)</p> <table border="1"> <tr><td>B</td><td>I</td><td>N</td><td>G</td><td>O</td></tr> <tr><td>14</td><td>24</td><td>44</td><td>53</td><td>68</td></tr> <tr><td>7</td><td>28</td><td>31</td><td>54</td><td>73</td></tr> <tr><td>2</td><td>25</td><td>30</td><td>51</td><td>67</td></tr> <tr><td>3</td><td>22</td><td>33</td><td>57</td><td>75</td></tr> <tr><td>9</td><td>20</td><td>37</td><td>50</td><td>71</td></tr> </table>	B	I	N	G	O	14	24	44	53	68	7	28	31	54	73	2	25	30	51	67	3	22	33	57	75	9	20	37	50	71	<p>10:00am Chair Cardio (GR)</p>  <p>2:00pm Garden Club:</p> <p><b>Coffee Talk (GR)</b></p> 	<p>10:00am Talent Show Little Learners Preschool (GR)</p>  <p>1:30pm Baking with Wanda (H5)</p>  <p>3:15pm Sing Along with AI (GR)</p> 	<p>10:00am Little Learner's Preschool Talent Show (H1)</p> <p><b>No Afternoon Activities</b></p>	<p>10:00am Chair Dancing: Line Dancing (GR)</p>  <p>2:00pm Entertainment Wine Not Band (GR)</p> 	<p>10:00am Chair Dancing: Line Dancing (GR)</p>  <p>2:00pm Entertainment Wine Not Band (GR)</p> 
B	I	N	G	O																																
14	24	44	53	68																																
7	28	31	54	73																																
2	25	30	51	67																																
3	22	33	57	75																																
9	20	37	50	71																																
<p>3:00pm Bible Fellowship (GR)</p> 	<p>10:00am Core &amp; Balance (GR)</p>  <p>2:00pm Beer Social (GR)</p>  <p>2:30pm Bingo (GR)</p> <table border="1"> <tr><td>B</td><td>I</td><td>N</td><td>G</td><td>O</td></tr> <tr><td>14</td><td>24</td><td>44</td><td>53</td><td>68</td></tr> <tr><td>7</td><td>28</td><td>31</td><td>54</td><td>73</td></tr> <tr><td>2</td><td>25</td><td>30</td><td>51</td><td>67</td></tr> <tr><td>3</td><td>22</td><td>33</td><td>57</td><td>75</td></tr> <tr><td>9</td><td>20</td><td>37</td><td>50</td><td>71</td></tr> </table>	B	I	N	G	O	14	24	44	53	68	7	28	31	54	73	2	25	30	51	67	3	22	33	57	75	9	20	37	50	71	<p><b>No Morning Activities</b></p> <p>2:00pm Garden Club: Seed Prep, Planting &amp; Germinating (GR)</p> 	<p>10:00am Talent Show Little Learners Preschool (GR)</p>  <p>1:30pm Baking with Wanda (H5)</p>  <p>3:15pm Sing Along with AI (GR)</p> 	<p>10:00am Little Learner's Preschool Talent Show (H1)</p> <p><b>No Afternoon Activities</b></p>	<p>10:00am Chair Dancing: Line Dancing (GR)</p>  <p>2:00pm Entertainment Wine Not Band (GR)</p> 	<p>10:00am Chair Dancing: Line Dancing (GR)</p>  <p>2:00pm Entertainment Wine Not Band (GR)</p> 
B	I	N	G	O																																
14	24	44	53	68																																
7	28	31	54	73																																
2	25	30	51	67																																
3	22	33	57	75																																
9	20	37	50	71																																
<p>3:00pm Bible Fellowship (GR)</p> 	<p>10:00am Core &amp; Balance (GR)</p>  <p>2:00pm Beer Social (GR)</p>  <p>2:30pm Bingo (GR)</p> <table border="1"> <tr><td>B</td><td>I</td><td>N</td><td>G</td><td>O</td></tr> <tr><td>14</td><td>24</td><td>44</td><td>53</td><td>68</td></tr> <tr><td>7</td><td>28</td><td>31</td><td>54</td><td>73</td></tr> <tr><td>2</td><td>25</td><td>30</td><td>51</td><td>67</td></tr> <tr><td>3</td><td>22</td><td>33</td><td>57</td><td>75</td></tr> <tr><td>9</td><td>20</td><td>37</td><td>50</td><td>71</td></tr> </table>	B	I	N	G	O	14	24	44	53	68	7	28	31	54	73	2	25	30	51	67	3	22	33	57	75	9	20	37	50	71	<p><b>No Morning Activities</b></p> <p>2:00pm Garden Club: Seed Prep, Planting &amp; Germinating (GR)</p> 	<p>10:00am Talent Show Little Learners Preschool (GR)</p>  <p>1:30pm Baking with Wanda (H5)</p>  <p>3:15pm Sing Along with AI (GR)</p> 	<p>10:00am Little Learner's Preschool Talent Show (H1)</p> <p><b>No Afternoon Activities</b></p>	<p>10:00am Chair Dancing: Line Dancing (GR)</p>  <p>2:00pm Entertainment Wine Not Band (GR)</p> 	<p>10:00am Chair Dancing: Line Dancing (GR)</p>  <p>2:00pm Entertainment Wine Not Band (GR)</p> 
B	I	N	G	O																																
14	24	44	53	68																																
7	28	31	54	73																																
2	25	30	51	67																																
3	22	33	57	75																																
9	20	37	50	71																																
<p>3:00pm Bible Fellowship (GR)</p> 	<p>10:00am Core &amp; Balance (GR)</p>  <p>2:00pm Beer Social (GR)</p>  <p>2:30pm Bingo (GR)</p> <table border="1"> <tr><td>B</td><td>I</td><td>N</td><td>G</td><td>O</td></tr> <tr><td>14</td><td>24</td><td>44</td><td>53</td><td>68</td></tr> <tr><td>7</td><td>28</td><td>31</td><td>54</td><td>73</td></tr> <tr><td>2</td><td>25</td><td>30</td><td>51</td><td>67</td></tr> <tr><td>3</td><td>22</td><td>33</td><td>57</td><td>75</td></tr> <tr><td>9</td><td>20</td><td>37</td><td>50</td><td>71</td></tr> </table>	B	I	N	G	O	14	24	44	53	68	7	28	31	54	73	2	25	30	51	67	3	22	33	57	75	9	20	37	50	71	<p><b>No Morning Activities</b></p> <p>2:00pm Garden Club: Seed Prep, Planting &amp; Germinating (GR)</p> 	<p>10:00am Talent Show Little Learners Preschool (GR)</p>  <p>1:30pm Baking with Wanda (H5)</p>  <p>3:15pm Sing Along with AI (GR)</p> 	<p>10:00am Little Learner's Preschool Talent Show (H1)</p> <p><b>No Afternoon Activities</b></p>	<p>10:00am Chair Dancing: Line Dancing (GR)</p>  <p>2:00pm Entertainment Wine Not Band (GR)</p> 	<p>10:00am Chair Dancing: Line Dancing (GR)</p>  <p>2:00pm Entertainment Wine Not Band (GR)</p> 
B	I	N	G	O																																
14	24	44	53	68																																
7	28	31	54	73																																
2	25	30	51	67																																
3	22	33	57	75																																
9	20	37	50	71																																
<p>3:00pm Bible Fellowship (GR)</p> 	<p>10:00am Core &amp; Balance (GR)</p>  <p>2:00pm Beer Social (GR)</p>  <p>2:30pm Bingo (GR)</p> <table border="1"> <tr><td>B</td><td>I</td><td>N</td><td>G</td><td>O</td></tr> <tr><td>14</td><td>24</td><td>44</td><td>53</td><td>68</td></tr> <tr><td>7</td><td>28</td><td>31</td><td>54</td><td>73</td></tr> <tr><td>2</td><td>25</td><td>30</td><td>51</td><td>67</td></tr> <tr><td>3</td><td>22</td><td>33</td><td>57</td><td>75</td></tr> <tr><td>9</td><td>20</td><td>37</td><td>50</td><td>71</td></tr> </table>	B	I	N	G	O	14	24	44	53	68	7	28	31	54	73	2	25	30	51	67	3	22	33	57	75	9	20	37	50	71	<p><b>No Morning Activities</b></p> <p>2:00pm Garden Club: Seed Prep, Planting &amp; Germinating (GR)</p> 	<p>10:00am Talent Show Little Learners Preschool (GR)</p>  <p>1:30pm Baking with Wanda (H5)</p>  <p>3:15pm Sing Along with AI (GR)</p> 	<p>10:00am Little Learner's Preschool Talent Show (H1)</p> <p><b>No Afternoon Activities</b></p>	<p>10:00am Chair Dancing: Line Dancing (GR)</p>  <p>2:00pm Entertainment Wine Not Band (GR)</p> 	<p>10:00am Chair Dancing: Line Dancing (GR)</p>  <p>2:00pm Entertainment Wine Not Band (GR)</p> 
B	I	N	G	O																																
14	24	44	53	68																																
7	28	31	54	73																																
2	25	30	51	67																																
3	22	33	57	75																																
9	20	37	50	71																																
<p>3:00pm Bible Fellowship (GR)</p> 	<p>10:00am Core &amp; Balance (GR)</p>  <p>2:00pm Beer Social (GR)</p>  <p>2:30pm Bingo (GR)</p> <table border="1"> <tr><td>B</td><td>I</td><td>N</td><td>G</td><td>O</td></tr> <tr><td>14</td><td>24</td><td>44</td><td>53</td><td>68</td></tr> <tr><td>7</td><td>28</td><td>31</td><td>54</td><td>73</td></tr> <tr><td>2</td><td>25</td><td>30</td><td>51</td><td>67</td></tr> <tr><td>3</td><td>22</td><td>33</td><td>57</td><td>75</td></tr> <tr><td>9</td><td>20</td><td>37</td><td>50</td><td>71</td></tr> </table>	B	I	N	G	O	14	24	44	53	68	7	28	31	54	73	2	25	30	51	67	3	22	33	57	75	9	20	37	50	71	<p><b>No Morning Activities</b></p> <p>2:00pm Garden Club: Seed Prep, Planting &amp; Germinating (GR)</p> 	<p>10:00am Talent Show Little Learners Preschool (GR)</p>  <p>1:30pm Baking with Wanda (H5)</p>  <p>3:15pm Sing Along with AI (GR)</p> 	<p>10:00am Little Learner's Preschool Talent Show (H1)</p> <p><b>No Afternoon Activities</b></p>	<p>10:00am Chair Dancing: Line Dancing (GR)</p>  <p>2:00pm Entertainment Wine Not Band (GR)</p> 	<p>10:00am Chair Dancing: Line Dancing (GR)</p>  <p>2:00pm Entertainment Wine Not Band (GR)</p> 
B	I	N	G	O																																
14	24	44	53	68																																
7	28	31	54	73																																
2	25	30	51	67																																
3	22	33	57	75																																
9	20	37	50	71																																
<p>3:00pm Bible Fellowship (GR)</p> 	<p>10:00am Core &amp; Balance (GR)</p>  <p>2:00pm Beer Social (GR)</p>  <p>2:30pm Bingo (GR)</p> <table border="1"> <tr><td>B</td><td>I</td><td>N</td><td>G</td><td>O</td></tr> <tr><td>14</td><td>24</td><td>44</td><td>53</td><td>68</td></tr> <tr><td>7</td><td>28</td><td>31</td><td>54</td><td>73</td></tr> <tr><td>2</td><td>25</td><td>30</td><td>51</td><td>67</td></tr> <tr><td>3</td><td>22</td><td>33</td><td>57</td><td>75</td></tr> <tr><td>9</td><td>20</td><td>37</td><td>50</td><td>71</td></tr> </table>	B	I	N	G	O	14	24	44	53	68	7	28	31	54	73	2	25	30	51	67	3	22	33	57	75	9	20	37	50	71	<p><b>No Morning Activities</b></p> <p>2:00pm Garden Club: Seed Prep, Planting &amp; Germinating (GR)</p> 	<p>10:00am Talent Show Little Learners Preschool (GR)</p>  <p>1:30pm Baking with Wanda (H5)</p>  <p>3:15pm Sing Along with AI (GR)</p> 	<p>10:00am Little Learner's Preschool Talent Show (H1)</p> <p><b>No Afternoon Activities</b></p>	<p>10:00am Chair Dancing: Line Dancing (GR)</p>  <p>2:00pm Entertainment Wine Not Band (GR)</p> 	<p>10:00am Chair Dancing: Line Dancing (GR)</p>  <p>2:00pm Entertainment Wine Not Band (GR)</p> 
B	I	N	G	O																																
14	24	44	53	68																																
7	28	31	54	73																																
2	25	30	51	67																																
3	22	33	57	75																																
9	20	37	50	71																																

<p>St Patrick's Day 17 </p> <p>3:00pm Bible Fellowship (GR) </p>	<p>10:00am Core &amp; 18 Balance (GR) </p> <p>2:00pm Cider Social (GR)</p> <p>2:30pm Bingo (GR)</p> <table border="1" data-bbox="430 1512 552 1627"> <tr><td>B</td><td>I</td><td>N</td><td>G</td><td>O</td></tr> <tr><td>14</td><td>24</td><td>44</td><td>53</td><td>68</td></tr> <tr><td>7</td><td>28</td><td>31</td><td>54</td><td>73</td></tr> <tr><td>2</td><td>26</td><td>X</td><td>51</td><td>67</td></tr> <tr><td>3</td><td>22</td><td>39</td><td>57</td><td>75</td></tr> <tr><td>9</td><td>20</td><td>37</td><td>50</td><td>71</td></tr> </table>	B	I	N	G	O	14	24	44	53	68	7	28	31	54	73	2	26	X	51	67	3	22	39	57	75	9	20	37	50	71	<p>10:00am Chair 19 Cardio (GR) </p> <p>2:00pm Garden Club: Seed Prep &amp; Planting (GR) </p>	<p>10:00am Strength Training (GR) </p> <p>1:30pm Baking with Wanda (H4) </p> <p>3:15pm Sing Along with AI (GR) </p>	<p>10:00am Chair 20 Yoga &amp; Guided Meditation (GR) </p> <p>2:00pm Resident Council meeting </p>	<p>10:00am Chair 21 Dancing: Zumba </p> <p>2:00pm Creating with Sanatna (GR) </p>	<p>10:00am Chair 22 Good Friday</p> <p>No Activities Today</p>	<p>23</p>
B	I	N	G	O																																	
14	24	44	53	68																																	
7	28	31	54	73																																	
2	26	X	51	67																																	
3	22	39	57	75																																	
9	20	37	50	71																																	
<p>9:30am Catholic Devotion and Communion. (GR) </p>	<p>10:00am Core &amp; 25 Balance (GR) </p> <p>2:00pm Ice Cream Social (GR)</p> <p>2:30pm Bingo (GR)</p> <table border="1" data-bbox="958 1501 1079 1617"> <tr><td>B</td><td>I</td><td>N</td><td>G</td><td>O</td></tr> <tr><td>14</td><td>24</td><td>44</td><td>53</td><td>68</td></tr> <tr><td>7</td><td>28</td><td>31</td><td>54</td><td>73</td></tr> <tr><td>2</td><td>26</td><td>X</td><td>51</td><td>67</td></tr> <tr><td>3</td><td>22</td><td>39</td><td>57</td><td>75</td></tr> <tr><td>9</td><td>20</td><td>37</td><td>50</td><td>71</td></tr> </table>	B	I	N	G	O	14	24	44	53	68	7	28	31	54	73	2	26	X	51	67	3	22	39	57	75	9	20	37	50	71	<p>10:00am Chair 26 Cardio (GR) </p> <p>2:00pm Decorating Easter Eggs (GR) </p>	<p>10:00am Strength Training (GR) </p> <p>1:30pm Rosary with Jane (GR) </p> <p>3:15pm Sing Along with AI (GR) </p>	<p>10:00am Chair 27 Resident Birthday Party &amp; Bingo </p> <p>House 1, 3 &amp; 5</p> <p>2:00pm Resident Birthday Party &amp; Bingo </p> <p>House 2, 4 &amp; 6 (GR)</p>	<p>10:00am Chair 28 Good Friday</p> <p>No Activities Today</p>	<p>29</p>	<p>30</p>
B	I	N	G	O																																	
14	24	44	53	68																																	
7	28	31	54	73																																	
2	26	X	51	67																																	
3	22	39	57	75																																	
9	20	37	50	71																																	





Activities Subject to Change- Refer to Activity Boards in each Kitchen



