



**Lodge Lane**  
ASSISTED LIVING & MEMORY CARE

1221 Lodge Ln • Wilmington, DE 19809 • (302) 757-8100

August 2023




### Juggling for Mind and Body

We're not clowning around—juggling is a mental and physical workout that anyone can do! The focus involved in keeping objects in the air boosts brainpower, improves hand-eye coordination and relieves stress. Tossing, catching and picking up dropped props works muscles in the arms, shoulders, back and legs. Juggling even counts as cardio, burning around 280 calories per hour, similar to walking.

### Juggling for Mind and Body





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>All Events Are Subject to Change</div>	<div>  </div>	<div> <div>1</div> <div> <div>10:30 Fitness</div> <div>11:00 Delaware Museum of Nature &amp; Science</div> <div>1:00 Rummikub</div> <div>2:00 Bridge Game</div> <div>3:00 Craft Jam!</div> <div>4:00 Biographies</div> </div> </div>	<div> <div>2</div> <div> <div>10:30 Bayada Fitness</div> <div>11:30 Reading Club</div> <div>2:00 Bingo with Rich</div> <div>3:00 Happy Hour (Marty)</div> <div>4:00 Walking Club</div> <div>6:00 Trivia night with Cindy</div> </div> </div>	<div> <div>3</div> <div> <div>10:30 Fitness with Cindy</div> <div>11:00 Scrabble</div> <div>2:00 Kutz Campus Carnival</div> <div>3:00 Table Game (at Country Cafe)</div> <div>4:00 My life, My story (One on One)</div> <div>6:00 Movie Night</div> </div> </div>	<div> <div>4</div> <div> <div>10:30 Fitness with Cindy</div> <div>11:00 Baking Class With Dottie and Friends</div> <div>2:00 Mystery Beer Tasting Event</div> <div>3:00 Shabbat Service</div> <div>3:30 Rummikub</div> </div> </div>	<div> <div>5</div> <div> <div>11:00 Craft Jam!</div> <div>1:00 Comic show</div> <div>2:00 Bingo with Tonyia</div> <div>3:00 Matinee</div> </div> </div>
<div> <div>6</div> <div> <div>10:30 Exercise with Tonyia</div> <div>11:00 Word &amp; Word (at Country Cafe)</div> <div>1:00 Walking Club</div> <div>2:00 Bridge Game</div> <div>2:00 Funny Video</div> <div>4:00 Rummikub</div> </div> </div>	<div> <div>7</div> <div> <div>10:30 Bayada Fitness</div> <div>11:30 Reading with Friends</div> <div>1:00 Tic Tac Toe</div> <div>3:00 Tai-chi with ( Gale) AL</div> <div>4:00 Bible Study (Tonyia)</div> <div>6:00 Bingo Night with Tonyia</div> </div> </div>	<div> <div>8</div> <div> <div>10:30 Fitness</div> <div>11:00 Delaware Museum of Nature &amp; Science</div> <div>1:00 Drum Fit with Gale</div> <div>2:00 Bridge Game</div> <div>3:00 Craft Jam!</div> <div>4:00 Biographies</div> </div> </div>	<div> <div>9</div> <div> <div>10:30 Bayada Fitness</div> <div>11:30 Reading Club</div> <div>2:00 Bingo with Rich</div> <div>3:00 Happy Hour (Michael Hunter)</div> <div>4:00 Walking Club</div> <div>6:00 Trivia night with Cindy</div> </div> </div>	<div> <div>10</div> <div> <div>10:00 Catholic Priest Visit to Lodge Lane</div> <div>10:30 Fitness with Cindy</div> <div>11:00 Dollar Deal</div> <div>3:00 Table Game (at Country Cafe)</div> <div>4:00 My life, My story (One on One)</div> <div>6:00 Movie Night</div> </div> </div>	<div> <div>11</div> <div> <div>10:30 Fitness with Cindy</div> <div>11:00 Baking Class With Dottie and Friends</div> <div>2:00 Ice cream Social</div> <div>3:00 Shabbat Service</div> <div>3:30 Rummikub</div> </div> </div>	<div> <div>12</div> <div> <div>11:00 Craft Jam!</div> <div>1:00 Comic show</div> <div>2:00 Bingo with Tonyia</div> <div>3:00 Matinee</div> </div> </div>
<div> <div>13</div> <div> <div>1:00 Walking Club</div> <div>2:00 Bridge Game</div> <div>3:00 Center Stage (Tony Smith duo)</div> <div>4:00 Rummikub</div> </div> </div>	<div> <div>14</div> <div> <div>10:30 Bayada Fitness</div> <div>11:30 Reading with Friends</div> <div>1:00 Trivia with Tonyia</div> <div>3:00 Jewelry Class</div> <div>4:00 Bible Study (Tonyia)</div> <div>6:00 Bingo Night with Tonyia</div> </div> </div>	<div> <div>15</div> <div> <div>India Independence Day</div> <div>10:30 Fitness</div> <div>11:00 Delaware Museum of Nature &amp; Science</div> <div>1:00 Rummikub</div> <div>2:00 Bridge Game</div> <div>3:00 Craft Jam!</div> <div>4:00 Travelogues (India)</div> </div> </div>	<div> <div>16</div> <div> <div>10:30 Bayada Fitness</div> <div>11:30 Reading Club</div> <div>2:00 Bingo with Rich</div> <div>4:00 Walking Club</div> <div>6:00 Trivia night with Cindy</div> </div> </div>	<div> <div>17</div> <div> <div>10:30 Fitness with Cindy</div> <div>10:30 Walmart</div> <div>1:00 Resident Council</div> <div>3:00 Table Game (at Country Cafe)</div> <div>4:00 My life, My story (One on One)</div> <div>6:00 Movie Night</div> </div> </div>	<div> <div>18</div> <div> <div>10:30 Fitness with Wandaliz</div> <div>11:00 Baking Class With Dottie and Friends</div> <div>2:00 Ice cream Social</div> <div>3:00 Shabbat Service</div> <div>3:30 Rummikub</div> </div> </div>	<div> <div>19</div> <div> <div>10:30 Exercise with Cindy</div> <div>11:00 Craft Jam!</div> <div>1:00 Comic show</div> <div>2:00 Bingo with Tonyia</div> <div>3:00 Matinee</div> </div> </div>
<div> <div>20</div> <div> <div>10:30 Exercise with Cindy</div> <div>11:00 Trivia</div> <div>1:00 Walking Club</div> <div>2:00 Bridge Game</div> <div>2:00 Table Game</div> <div>3:00 Center Stage (Dr. Fran White)</div> <div>4:00 Rummikub</div> </div> </div>	<div> <div>21</div> <div> <div>10:30 Bayada Fitness</div> <div>11:30 Reading with Friends</div> <div>1:00 Word Game (at Country Cafe)</div> <div>3:00 Yoga with (Gale) AL</div> <div>4:00 Bible Study (Tonyia)</div> <div>6:00 Bingo Night with Tonyia</div> </div> </div>	<div> <div>22</div> <div> <div>10:30 Fitness</div> <div>11:00 Delaware Museum of Nature &amp; Science</div> <div>1:00 Rummikub</div> <div>2:00 Bridge Game</div> <div>2:00 Health talk on Senior Living (Bayada )</div> <div>3:00 Craft Jam!</div> <div>4:00 Biographies</div> </div> </div>	<div> <div>23</div> <div> <div>10:30 Bayada Fitness</div> <div>11:30 Reading Club</div> <div>2:00 Bingo with Rich</div> <div>3:00 Happy Hour (Michael &amp; Connie)</div> <div>4:00 Walking Club</div> <div>6:00 Trivia night with Cindy</div> </div> </div>	<div> <div>24</div> <div> <div>10:30 Fitness with Cindy</div> <div>11:00 Country Ride AL &amp; MC</div> <div>11:00 Word Game</div> <div>1:00 Ice cream Shop</div> <div>3:00 Table Game (at Country Cafe)</div> <div>4:00 My life, My story (One on One)</div> <div>6:00 Movie Night</div> </div> </div>	<div> <div>25</div> <div> <div>10:30 Fitness with Cindy</div> <div>11:00 Baking Class With Dottie and Friends</div> <div>2:00 Ice cream Social</div> <div>3:00 Shabbat Service</div> <div>3:30 Rummikub</div> </div> </div>	<div> <div>26</div> <div> <div>11:00 Craft Jam!</div> <div>1:00 Comic show</div> <div>2:00 Bingo with Tonyia</div> <div>3:00 Matinee</div> </div> </div>
<div> <div>27</div> <div> <div>1:00 Walking Club</div> <div>2:00 Bridge Game</div> <div>3:00 Center Stage (Dennis Fortune)</div> <div>4:00 Rummikub</div> </div> </div>	<div> <div>28</div> <div> <div>10:30 Bayada Fitness</div> <div>11:30 Reading with Friends</div> <div>1:00 Dominoes</div> <div>4:00 Bible Study (Tonyia)</div> <div>6:00 Bingo Night with Tonyia</div> </div> </div>	<div> <div>29</div> <div> <div>10:30 Fitness</div> <div>11:00 Delaware Museum of Nature &amp; Science</div> <div>1:00 Rummikub</div> <div>2:00 Bridge Game</div> <div>3:00 Craft Jam!</div> <div>4:00 Biographies</div> </div> </div>	<div> <div>30</div> <div> <div>10:30 Bayada Fitness</div> <div>11:30 Reading Club</div> <div>2:00 Bingo with Rich</div> <div>3:00 Monthly Birthday Party (Michael Hunter)</div> <div>4:00 Walking Club</div> <div>6:00 Trivia night with Cindy</div> </div> </div>	<div> <div>31</div> <div> <div>10:30 Fitness with Cindy</div> <div>11:00 Country Ride AL &amp; MC</div> <div>3:00 Table Game (at Country Cafe)</div> <div>4:00 My life, My story (One on One)</div> <div>6:00 Movie Night</div> </div> </div>	<div>   </div>	

# Word Search

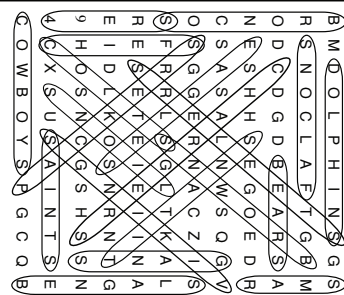
## Category: NFL Teams

B M D O L P H I N S G S  
R S N O C L A F T G B M  
O D C D G D B E A R S A  
N E S H H S E G O E D R  
C S A S A L N W S Q G V  
O S G G E R N A C Z I S  
S F R R L S G L T K A L  
R E S E T E I E I I N A  
E I D L K O S N R N T G  
9 H O S N C G S H S S N  
4 C X S U S A I N T S E  
C O W B O Y S P G C Q B

1. Giants
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20. \_\_\_\_\_

### Word Search Solution:

1. 49ers
2. Bears
3. Bengals
4. Broncos
5. Browns
6. Chargers
7. Chiefs
8. Colts
9. Cowboys
10. Dolphins
11. Eagles
12. Falcons
13. Giants
14. Lions
15. Packers
16. Rams
17. Saints
18. Steelers
19. Titans
20. Vikings



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