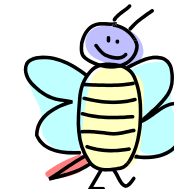
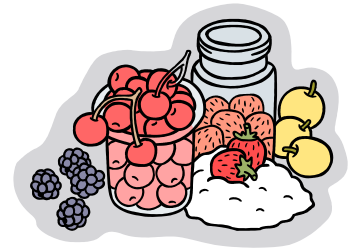


PROJECT INDEPENDENCE – AUGUST 2018

❖ *Would you prefer to receive The Insider electronically? Call 388-3983 to let Jeff know.*

❖ **CLOSED FOR LABOR DAY** ❖
Monday, September 3 – closed all day

❖ **EARLY CLOSING (for staff meeting):** ❖
Thursday, August 23 – closing at 6:00 pm



August Highlights! More Inside!

- ❖ Field Days Stories with Lucien
- ❖ Taizé Songs
- ❖ Da Vinci and the Idea of the Renaissance Man
- ❖ David and the 251 Club
- ❖ Wellspring Singers
- ❖ WWII through the Eyes of Children

Van Trips:

- Picnic at Crown Point
- Monument Farms
- Field Days
- Tai Chi by the River
- Creemees



Addison County Home Health Foot Clinic at Project Independence

Monday, August 27, 1:00 – 4:00 PM

*check payable to Elderly Services
due by Friday, August 24*

Thursday, August 30, 1:00 – 4:00 PM

*check payable to Elderly Services
due by Monday, August 27*

\$40 for first appointment (includes supplies)
\$30 for subsequent appointments

To Register

Call 388-3983 for Dana or her voicemail.






















Addison County
Home Health Foot Clinic
at Project Independence
See back cover for details

Family Caregiver Support Group
12 noon, 3rd Friday of the month

❖ **EARLY CLOSE: Thursday, August 23** ❖



AUGUST 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><i>And, every day, for your enjoyment...</i> </p> <p>7-10 am Breakfast, Newspapers, Visiting</p> <p>10:00 Morning Chat & Walking Group</p> <p>11:30 Exercise & Walking Groups</p> <p>2:00 Afternoon Chat</p> <p>3:30 Exercise & Walking Groups</p> <p>5:45 Evening Farewell</p>		<p>1</p> <p>9:45 Bone Builders 10:30 King Pede w/Barb <i>Trip: Monument Farms Singalong with Sheila Readings with Nick</i> 1:00 <i>Visit with Nola</i> Concentration Tabletop Shuffleboard 2:30 Andy Warhol's Art Singalong with Alison Beanie Target Toss 4:00 <i>Taizé Songs w/Shulamith</i> Words in a Word Tabletop Basketball</p>	<p>2</p> <p>10:30 <i>WWII Readings with Sandra</i> Crossword Croquet 12:45 Pinochle w/Betty 1:00 <i>Edwin Reads His Poetry</i> Country Singalong Bowlabocce 2:30 All about Gene Kelly Bingo... Bone Builders 4:00 <i>Concert with Lyn</i> Writing for Fun Pool Club</p>	<p>3</p> <p>10:30 <i>Poker Game w/Sue Lucien & Field Days</i> <i>Craft with Ann</i> Tabletop Bowling Patio 1:00 Music Hour w/Joelle NJ's Book Reading  Horseshoes 2:30 Folksongs w/Rodger Devotional Hour Ring Bocce 4:00 <i>Dale's Cross Stitch Art</i> Baking w/Julia Child Car Shuffleboard</p>	<p>4</p> <p>10:30 Singalong with David Tabletop Bag Ball</p> <p>1:00 Music & Massage with An Bingo</p> 
<p>6 Week 1</p> <p>9:45 Bone Builders 10:00 <i>Catholic Communion</i> 10:30 <i>Singalong with Mary Jane & Jack</i> Knit & Chat  Car Shuffleboard 1:00 <i>Guitar Singalong with Kathleen</i> Flower Arranging Tabletop Bag Ball 2:30 <i>Piano Singalong w/Linda</i> Green Bean Cutting Koosh Ball Tennis 4:00 <i>Jazz Piano with Fred</i> <i>Flip It! with Dale</i> Pool Club</p>	<p>7</p> <p>10:00 Pinochle w/Betty 10:30 <i>Shader Croft Band</i> Penny Ante Car Shuffleboard 1:00 Singalong with Marion Bingo Beanie Target Toss 2:30 Life & Music of Leonard Bernstein Craft with Ali Bone Builders 4:00 Ancestry.com w/Evelyn Baking with Jo  Tabletop Bowling</p>	<p>8</p> <p>9:45 Bone Builders 10:00 Lily & Janet Visit 10:30 King Pede w/Barb <i>Readings with Nick</i> Life & Music of Louis Armstrong Bocce 1:00 <i>Singalong with Mona & Louise</i> Nail Care Barrel Frisbee  2:30 <i>Fred and Sarah: Jazz Piano & Song</i> Poetry Hour Ring Bocce 4:00 <i>Zumba with Mary Ann</i> Readings with Jack Poolabocce</p>	<p>9</p> <p>10:30 <i>Robin's Art Work</i> Music of Louis Armstrong Ladderball 12:45 Pinochle w/Betty 1:00 <i>Alex Sings the Oldies</i> Trivial Pursuit Golf  2:30 <i>Trip: Creemees</i> Josie's Maine Service Trip Bone Builders 4:00 Vermont Folksongs Writing for Fun Pool Club</p>	<p>10</p> <p>10:30 <i>Trip: Field Days</i> <i>Poker Game with Sue</i> <i>Live Classical Music</i> Tabletop Basketball 1:00 <i>Life & Music of Tony Bennett</i> NJ's Book Reading Air Hockey 2:30 <i>Jazz Music with the PI Trio</i> Words in a Word Tabletop Shuffleboard 4:00 The Threat of Polio Handbells Ring Toss</p>	<p>11</p> <p>10:30 Singalong with Sue Poolabocce</p> <p>1:00 Art with <i>Maryanne's Piano Music</i> Bingo</p> 
<p>13 Week 2</p> <p>9:45 Bone Builders 10:30 <i>Singalong with Mary and Friends</i> Green Bean Cutting Ring Toss 1:00 <i>Zumba with Mary Ann</i> Craft with Joelle Tabletop Shuffleboard 2:30 <i>Piano Singalong w/Linda</i> Bingo Ladderball 4:00 <i>Jazz Piano with Fred</i> Flower Arranging  Pool Club</p>	<p>14</p> <p>10:00 Pinochle w/Betty 10:30 Singalong with David Word Pictures with Marion Bowlabocce 1:00 <i>Katy Talks about Leonardo da Vinci</i> <i>Numbers Puzzle w/Helen</i> 2:30 <i>Chimpanzees with John</i> Music of Claude Debussy Bone Builders 4:00 Dancing Fun Naturally Curious Team Tennis</p>	<p>15</p> <p>9:45 Bone Builders 10:30 King Pede w/Barb <i>Readings with Nick</i> Live Classical Music Tabletop Bowling 1:00 <i>Field Days Memorabilia</i> Art with NJ  Croquet 2:30 Josie's Nordic Journeys Singalong with Alison Long Car Shuffleboard 4:00 <i>Jazz Standards with Jack & Chuck</i> Trivia Horseshoes</p>	<p>16</p> <p>10:30 <i>Painting with Cynthia</i>  <i>David & the 251 Club</i> Car Shuffleboard 12:45 Pinochle w/Betty 1:00 <i>Hymn Sing with Rhonda</i> Life Lessons Basketball Bonanza 2:30 <i>Chamber Music with Point CounterPoint</i> Green Bean Cutting Bone Builders 4:00 <i>Wellspring Singers</i> Nail Care Pool Club</p>	<p>17</p> <p>10:30 <i>Poker Game with Sue</i> <i>Judd Plays Accordion</i> Baking with NJ Frisbee Conquest 1:00 <i>Concert with Lyn</i> NJ's Book Reading Poolabocce 2:30 <i>Fred and Sarah: Jazz Piano & Song</i> Devotional Hour Beanie Target Toss 4:00 <i>Memories of WWII with Ron</i> Craft with Jo Tabletop Shuffleboard</p>	<p>18</p> <p>10:30 Folksongs with Rodger Bingo</p> <p>1:00 <i>RidgeRunners Band</i> Air Hockey</p> 
<p>20 Week 3</p> <p>9:45 Bone Builders 10:30 <i>Trip: Creemees</i> <i>Jazz Music w/the PI Trio</i> Wiffleball 1:00 <i>Robert Plays "Porgy & Bess"</i> Nail Care Koosh Ball Tennis 2:30 <i>Piano Singalong w/Linda</i> Flower Arranging Car Shuffleboard 4:00 <i>Jazz Piano with Fred</i> <i>Pokeeno with Dale</i> Pool Club </p>	<p>21</p> <p>10:00 Pinochle w/Betty 10:30 <i>David Reads Quixote</i>  Guitar Music w/David Ladderball 1:00 Mountain Men Sharing Stories Car Shuffleboard  2:30 <i>Cupcake Decorating with Hannaford Staff</i> <i>"Fellows with Cellos"</i> Bone Builders 4:00 West Side Story versus Romeo & Juliet What's Cookin? Basketball Bonanza</p>	<p>22</p> <p>9:45 Bone Builders 10:00 <i>Catholic Communion</i> 10:30 King Pede w/Barb <i>Trip: Crown Point Picnic</i> <i>Readings with Nick</i> Singalong 1:00 <i>Singalong w/Pat & Mal</i> Bingo...Car Shuffleboard 2:30 Carpool Karaoke Trivial Pursuit Bowlabocce 4:00 <i>Hymns with Meredith & Friends</i> Green Bean Cutting Ring Toss</p>	<p>23</p> <p>10:30 <i>Fellows with Cellos</i> Life Lessons Tabletop Bag Ball 12:45 Pinochle w/Betty 1:00 Singalong Visits to the Lake Ring Bocce 2:30 Classic Movies Trivia with Connie Bone Builders 3:30 Classic Movies Writing for Fun Pool Club</p> <p>⇒ EARLY CLOSE ⇐</p>	<p>24</p> <p>10:30 <i>Poker Game with Sue</i> <i>Old Bones</i> Wheel of Fortune Target Toss 1:00 Dana's Scotland Trip NJ's Book Reading Bocce  2:30 Folksong Singalong Penny Ante Tabletop Bag Ball 4:00 <i>Irish Music with O'hAnleigh</i>  Concentration Barrel Frisbee</p>	<p>25</p> <p>10:30 <i>Live Music with Heron Fire</i> Horseshoes</p> <p>1:00 Singalong Bingo</p> 
<p>27 Week 4</p> <p>9:45 Bone Builders 10:30 <i>Oldies w/Carol and Ken</i> Knit & Chat Beanie Target Toss 1:00 <i>Zumba with Mary Ann</i> Flower Arranging Ring Bocce 2:30 <i>Piano Singalong w/Linda</i> Life Lessons Tabletop Bag Ball 4:00 <i>Jazz Piano with Fred</i> <i>LCR Dice Game with Dale</i>  Pool Club</p>	<p>28</p> <p>10:00 Pinochle w/Betty 10:30 Ancestry.com w/Evelyn Word Pictures Golf out with Jeff 1:00 <i>Ragtime Piano w/George</i> <i>Numbers Puzzle with Helen</i> Poolabocce 2:30 <i>Ragtime Piano w/George</i> Penny Ante Bone Builders 4:00 Folksongs w/Rodger Nail Care Wiffleball</p>	<p>29</p> <p>9:45 Bone Builders 10:00 Lily & Janet Visit 10:30 King Pede w/Barb <i>Readings with Nick</i> Live Classical Music Baking with Geetha  Molkki 1:00 Summer Farm Work Country Singalong Toss 4 2:30 <i>WWII Readings with Sandra</i> Green Bean Cutting Poolabocce 4:00 <i>Concert with Lyn</i> Word Pictures Tabletop Bowling</p>	<p>30</p> <p>10:30 <i>Painting with Cynthia</i> Singalong Horseshoes 12:45 Pinochle w/Betty 1:00 <i>Sing Your Heart Out with Robert</i> Wheel of Fortune Croquet 2:30 <i>Banjo Music with Rick & Kristin</i> Trivial Pursuit Bone Builders 4:00 <i>Craft with Ann</i>  Life & Music of Louis Armstrong Pool Club</p>	<p>31</p> <p>10:30 <i>Poker Game with Sue</i> Music & Massage Words in a Word Ring Toss 1:00 Singalong NJ's Book Reading Bocce 2:30 <i>Trip: Tai Chi by the River</i> <i>Piano Singalong with Meredith</i> Tabletop Basketball 4:00 Opera Friday - Figaro Bingo Ladderball</p>	<p>Sept 1</p> <p>10:30 Singalong with David Frisbee Conquest</p> <p>1:00 Country Singalong with Kristin Bingo</p> 