

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:00 Exercise 1:00 Kemp's Order 6:30 Bingo	9:30 Byerly's 12:00 Kemp's Order Delivery 6:30 Cribbage, Scrabble	Stop and Shop 2:00pm Schwan's 6:30pm Five Hundred	Rental Office Closed 6:00pm Pinochle	8:30 Breakfast 9:00 BINGO 1:30 Needle Club	Chair Assisted Yoga 10:30 - 11:30
7	9:00 Exercise 1:00 Kemp's Order 6:30 Bingo	9:15am Rainbow 1:00pm Kemp's Order Delivery 6:30pm Cribbage, Scrabble	6:30pm Five Hundred	6:00pm Pinochle	9:00 Rides for Residents 1:30 Needle Club	Chair Assisted Yoga 10:30 - 11:30 Community Room Reserved 12:00 - 9:30pm
14	9:00 Exercise 10:00 BLOOD PRESSURE CHECK 1:00 Kemp's Order 6:30 Bingo	9:30 Byerly's 12:00 Kemp's Order Delivery 6:30 Cribbage, Scrabble	2:00pm Schwan's 6:30pm Five Hundred	7:00 Social Club Birthday Celebration	1:30 Needle Club	Chair Assisted Yoga 10:30 - 11:30
21	9:00 Exercise 1:00 Kemp's Order 6:30 Bingo	9:15am Rainbow 1:00pm Kemp's Order Delivery 6:30pm Cribbage, Scrabble	6:30pm Five Hundred	6:00pm Pinochle	9:00 Rides for Residents 1:30 Needle Club	Chair Assisted Yoga 10:30 - 11:30 Community Room Reserved 12:00 - 6:00pm
28	9:00 Exercise 1:00 Kemp's Order 6:30 Bingo	9:15am Rainbow 1:00pm Kemp's Order Delivery 6:30pm Cribbage, Scrabble	2:00pm Schwan's 6:30pm Five Hundred			



The King
Elvis Presley first appeared in concert on July 30, 1954. He performed in Memphis, Tenn.

Blood Pressure and Potassium
ACE inhibitors that are often prescribed to regulate blood pressure may raise potassium levels, which can lead to heart problems.

WebMD.com recommends that those taking ACE inhibitors should avoid salt substitutes, which contain potassium, and limit their intake of potassium-rich foods, such as bananas and sweet potatoes.

Wild World: Serval
The serval is a medium-sized African cat known for its long legs and big ears. Its nickname is "giraffe cat." Servals have a light brown coat with black spots and stripes, stand 1 1/2 to 2 feet tall at the shoulder, and weigh 20 to 40 pounds. Servals live in savannas, which have tall grass the cats can hide in while they wait for prey to pounce on. The serval diet includes rodents, birds, frogs, reptiles and large insects. Standing on its hind legs, a serval can jump more than 9 feet to grab birds right out of the air!

