



January 2018

Dodge County Senior Dining

Meal reservations due the day before by calling 800-924-6407 by 1:00 p.m. or call 920-262-9790 between 11:00am-1:00pm. Meals served at 11:45am. Suggested donation is \$3.99 per meal.

Is Money Tight?

You might be eligible
for a Food Share
Wisconsin (Quest) Card


To contact the Food
Share Wisconsin Help
Line call
1-877-366-3635



Monday	Tuesday	Wednesday	Thursday	Friday																																																																																				
1 Closed Happy New Year !	2 Chicken Marsala Baby Red Potatoes Green Beans Peach Slices Dinner Roll	3 Pork Steak Mashed Potatoes Red Cabbage Applesauce Sliced Bread	4 Ham Rolls Sweet Potato Bake Cole Slaw Birthday Cake Dinner Roll	5 Country Fried Steak Mashed Potatoes Mixed Vegetables Fruited Gelatin Sliced Bread																																																																																				
8 Chicken Tetrazzini Casserole Broccoli Cuts Choc. Rasp. Torte Sliced Bread	9 Meatballs in Honey Mustard Sauce Baked Potato Baby Carrots Pear Slices Dinner Roll	10 Ring Bologna Garlic Mashed Pot. Corn Applesauce Cake Sliced Bread	11 Hamburger on a Bun Baked Beans Calif. Blend Veg. Fruited Gelatin	12 Liver and Onions Baby Red Potatoes Wax Beans Ice Cream Cup Sliced Bread																																																																																				
15 Glazed Ham Squash Tossed Salad Pineapple Tidbits Sliced Bread	16 Baked Chicken Twice Bk Style Pot. Pickled Beet Salad Vanilla Pudding Dinner Roll	17 Lasagna Casserole Winter Blend Vegetables Peach Slices French Bread	18 Roast Turkey Mashed Potatoes Carrots Choc. Cloud Torte Dinner Roll	19 Cranberry/Kraut Meatballs Baked Potato Spinach Salad with Honey Must. Dress. Fruited Gelatin Sliced Bread																																																																																				
22 Roast Beef Mashed Potatoes Peas and Carrots Choc. Chip Cookie Sliced Bread	23 BBQ Pork Cutlet Calico Bean Cass. Health Slaw Rainbow Sherbet Dinner Roll	24 Swiss Steak Mashed Potatoes Corn Peach Slices Sliced Bread	25 Beef Stew Tossed Salad Ambrosia Dessert Cheddar Biscuit	26 Chicken Cacciatore Baby Red Potatoes Mixed Vegetables Fruit Cocktail Sliced Bread																																																																																				
29 Roast Pork Loin Mashed Potatoes Baby Carrots Spice Cake Sliced Bread	30 Meatloaf Baked Potato Summer Blend Veg. Fruited Gelatin Dinner Roll	31 Baked Chicken Garlic Mashed Pot. Three Bean Salad Coconut Cream Pie Sliced Bread	<div><div><div>Dec 2017</div><table><tr><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th><th>S</th></tr><tr><td></td><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td></tr><tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr><tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr><tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr><tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td></tr></table></div><div><div>Feb 2018</div><table><tr><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th><th>S</th></tr><tr><td></td><td></td><td></td><td></td><td>1</td><td>2</td><td>3 4</td></tr><tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr><tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr><tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td></tr><tr><td>26</td><td>27</td><td>28</td><td></td><td></td><td></td><td></td></tr></table></div></div>		M	T	W	T	F	S	S					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	M	T	W	T	F	S	S					1	2	3 4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28				
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!!!!!! JANUARY CALENDAR OF EVENTS 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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<p>!</p> <p>!</p> <p>!</p>	<p>!</p> <p>!</p>	<p>!</p> <p>!</p>	<p>!</p>	<p>!</p> <p>V R ' : - Q!#QW - ' 7!</p> <p>!</p> <p><Q&X) *9Y - RX) *!</p> <p>4733) <9/783 " <!</p> <p>!</p> <p>%PQ ' +X! ') : W - X) *!Z!</p> <p>' W&X) *!</p> <p>!</p>	<p>!</p> <p>% -) [+!#QW - ' 7!</p> <p>!</p> <p><Q&X) *9Y - RX) *!!</p> <p>;733 " <90733 " <!</p> <p>!</p> <p>') : W - X) *!Z! ' W&X) *!</p> <p>(3733) <9>733 " <!</p>	<p>Enjoy playing card and board games, billiards or television at your own leisure in the Escapades!</p> <p>Invite your friends and family for fun and games!</p> 

FOR QUESTIONS CALL: Joan Genz 920-262-0923 or Ext. 6020

ACTIVITY SIGN-UP: Please sign up for designated events in the activity binder located on the first floor at PH, PCN & PCS. For Garden Homes residents, sign up at the Towne Centre Stretches Room or call Joan Genz at 920-262-0923.

CALENDAR HIGHLIGHTS

NEW YEAR, NEW YOU!

Happy New Year! It's a brand new year and no time like the present to strive toward a healthier you! Whether you want to focus on enhancing your physical fitness or feel that you should make more of an effort to engage in social activities. Make it a resolution to join in the fun!

NEW TOWNE CENTRE STRIDES OPEN HOUSE

Monday, January 15th

Towne Centre Strides

2:00-3:30pm

Do you need some motivation this New Year to begin an exercise program? Come and tour our amazing facility and speak with Yang Chang, Exercise Physiologist about how we can help achieve your health and fitness goals. It will be a fun way to energize your start to 2018 and to try new classes and exercises while meeting new people! All fitness levels are welcome. Light refreshments will be served.



NEW FREE INTRO CHAIR STRETCH, BALANCE AND MOVE CLASS

Saturday, January 20th – March 10th

Towne Centre Stretches

10:00-11:00am

Make a move toward better health. This class will move your whole body through a complete series of seated and standing exercises suitable for all fitness levels. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

FREE SENIOR FITNESS

Tuesdays and Thursdays

Towne Centre Stretches Room

11:00am

Looking for a fun, friendly environment to motivate and challenge you? Come workout with Yang Chang, Exercise Physiologist, who will lead you through a series of exercises aimed to improve cardiovascular fitness, muscle strength, stretching, flexibility and balance. A chair is used for seated or standing support. All fitness levels are welcome.

FREE CHAIR DANCE CLASS

Wednesdays (slower paced)

10:00-10:30am

Towne Centre Stretches Room

Fridays

Towne Centre Stretches Room

10:00-11:00am

Looking for a fun way to kick-start your New Year? Join Instructor Rita Ensminger, who will lead you through easy-to-follow choreographed dance moves all done without leaving the chair. No dance experience required.



NEW FACTS ABOUT COLOR

Color can do that?

Tuesdays, January 2nd, 9th, 23rd & 30th

Towne Centre Stretches Room

11:00am

Join Instructor Cheri Bielefeldt, Certified Color Therapist, who will teach us about the theory of color. Did you know that color and light can be used to change our physical, emotional, mental & spiritual conditions? What color are you? Come and explore the fun facts about color!



MARQUARDT VILLAGE BINGO

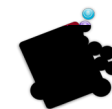
Wednesday, January 3rd

Towne Centre Stretches Room

2:00pm Bingo

Price: \$.50 per card (4 total cards)

A progressive game will be played for blackout. Progressive game – A special game with prize amount that grows until it is won. The prize will be a Towne Centre gift certificate plus cash.



WINTER SOCIAL

Thursday, January 4th

Towne Centre Stretches!!

1:00pm Carmel Apple Crisp & Coffee !

The holidays may be over but...the giving doesn't have to be. At this party there will be an elephant in the room. It's White Elephant Party time again. Join us and bring a gift you were given over the holidays but may not want or write down the strangest gift you have ever received for Christmas! Connie Mundt will facilitate the discussion.

1:30pm The Zelinski Family Violinists

Come and enjoy an after-Christmas celebration!



ROSEMALING CARD MAKING

Mondays, January 8th-29th

Towne Centre Stretches

10:00am.

Come and learn the beautiful art of Rosemaling with step-by-step instructions by Ella Ison. The greeting cards we will be making will entail lessons from the "one-stroke" painting technique. This method is a fast and easy technique in which the brush is loaded with two or more of complimentary colors, or contrasting colors so you can blend, shade and highlight all in one stroke of the brush. The lessons will show how to load the



brush, proper brush handling, and basic strokes. All supplies will be provided free of charge. Invite a friend and create a greeting card!

For more information, please contact Joan Genz at (920)262-0923 or ext. 6020.

WINTER WONDERLAND SOCIAL

Friday, January 5th

Towne Centre Stretches

1:30pm

Music by Gary Beal

2:30pm

Hot Fudge Ice Cream Sundaes



LITERATURE AND LUNCH

Monday, January 8th

Towne Centre Occasions

11:00am. & 2:30pm.

Join Kay Ward and Nancy Von Boeckmann who will facilitate the monthly book discussion held on the second Monday of each month. Books will be provided for you to borrow at each meeting.

January 8th, 2018 – *A Tree Grows in*

***Brooklyn* by Betty Smith**

February 12th, 2018 – *Breathing Lessons* by Anne Tyler

Lunch at the Bistro is optional for those who want to continue the conversation!



BIBLE STUDY FELLOWSHIP

Monday, January 8th

Towne Centre Occasions

1:30pm

Join Kay Ward who will facilitate a monthly nondenominational Bible Study held on the second Monday of each month. ***The Remarkable Gospel of Mark*** will be the first book of discussion.

Light refreshments will be served.

FREE HEARING AID SCREENING

Monday, January 8th

Towne Centre Lower Level Office

(Across from Strides)

2:00pm

Watertown Wisconsin Hearing Aid Center will offer a FREE hearing test to check for hearing loss. First come, first serve basis.

CRAVES' CREATIVE CULINARY DEMOS

Monday, January 8th

Towne Centre Crave

4:00pm

The Marquardt Culinary Team welcomes all to attend our first Cooking Demonstration on January 8th, 2018. Chef Doug and Guest Chef Sandra Kant will be making a culinary delight for you and your guests to enjoy. The cost will be \$8.00 per person for dinner and includes coffee and dessert. Sandra will be making her well loved Chicken Cordon Bleu Meatloaf, sure to be your new favorite. The Cooking Demo will begin at 4:00pm in the Crave. Please sign up in the activity binder located in your building or at the Towne Centre Stretches. Sign up for a chance to dine at the chef's table with a complimentary dinner!



CARDS N' COFFEE

Wednesday, January 10th

Towne Centre Stretches Room

1:00-3:00pm

Price: \$.25

Sheepshead card game and coffee! All cash collected will be given back in prize money. Come and play cards with us! Friends and family are welcome to join us!



MUG 'N' MUFFIN

Friday, January 12th

Park Hill Recreation Room

8:30-10:00am

Menu: Jumbo Muffin & Coffee

Price: \$1.50

TECHNOLOGY CLASSES

Thursday, January 11th & 25th

Towne Centre Occasions

10:00-11:00am

Are you new to learning technology? Come and learn step-by-step instruction on your iPad/tablet, smart phone or laptop with Regina Thompson.

Free for all participants!

HISTORY OF MARQUARDT VILLAGE

Friday, January 12th

Towne Centre Stretches

1:30pm

Matt Mauthe, Marquardt Village CEO, will present **The Story of Marquardt Village; Past, Present and Future.**

Come and enjoy an informative history discussion of our campus!

Coffee and cookies will be served.

Everyone is welcome to attend.



MARQUARDT VILLAGE BLOOD DRIVE

GIVE BLOOD. HELP SAVE LIVES.

Tuesday, January 16th

Towne Centre Stretches

9:00am – 2:00pm

Marquardt Village is proud to sponsor our next blood drive with the American Red Cross.

An estimated 38 percent of Americans are eligible to give blood, but of those, less than



10 percent actually donate each year. If you are healthy and eligible, please come out to donate. Most donations take about an hour, so book your appointment, roll up your sleeve and become a part of the lifesaving mission of the Red Cross and Marquardt Village. If you don't know if you're eligible, show up to find out.

For further questions or to sign up, please call American Red Cross at 1-800-733-2767 or visit redcrossblood.org; Joan Genz at 920-262-0923 or Sandi Bathke at 920-206-4010.

Thank you for supporting our Community Blood Drive!

Appointments preferred. Walk-ins welcome.

Open to the public.

JANUARY HYMN SING

Friday, January 19th

Towne Centre Stretches

1:30pm

Come and sing long to traditional hymns with Neal & Connie Mundt.

Coffee and cookies will be served.

Friends and family welcome.

WINTERFEST CELEBRATION

Saturday, January 20th

Towne Centre Crave

4:00-8:00pm

Menu: Cup of Creamy Curry Pumpkin Spice Bisque, Carved Roasted Pork Loin, Baked Sweet Potato with Butter and Brown Sugar, Roasted Brussel Sprout with Bacon, Banana Foster Bundt Cake with Rum Glaze & Coffee
Price: \$10.95

Payable at the Crave (cash, check or on account). Menu options available. Cash bar available.

***For groups of five or more, please call (920)261-0400 ext. 4504 between 4:00-**



8:00pm to reserve your seats by December 8th.

5:00-6:30pm Live Entertainment

Accordion music by Keith Gennerman

Family and friends are welcome.

BIBLE STUDY FELLOWSHIP

Monday, January 22nd

Park Hill Dining Room

2:00pm.

Join Barbara Rich who will facilitate a monthly nondenominational Bible Study held on the fourth Monday of each month. *The Book of Parables* will be the first discussion. Light refreshments will be served.

IT'S A "SOUP-ER" PARTY

January is National Soup Month!

Friday, January 26th

Towne Centre

11:00-1:00pm Come to the **Bistro** in your craziest winter hat or scarf. Order a Soup of the Day and enter your name in the free drawing for a Towne Centre gift certificate!

1:30pm Gather your friends and family for music by **A Little Bit of Heaven** in the **Stretches Room**.



COFFEE AND CONVERSATION

Monday, January 29th

Towne Centre Stretches

1:30pm

Joanne Haag, Alliance Rehabilitation Manager, will present "Balance and Falls." Falling is a primary source of injury and debilitation as we age. Learn how to improve your balance in order to help prevent falls. Coffee and cookies will be served. Everyone is welcome to attend.

HEALTH & WELLNESS PROGRAM

Tuesday, January 30th

Towne Centre Stretches

11:00am

Claire Murray, Marquardt Village Registered Dietician, will present "Healthy Eating for a Healthy Weight." What is Healthy Weight Loss? Come and learn how to choose a healthier eating plan.

Refreshments will be served.

Everyone is welcome to attend.

MARQUARDT VILLAGE BINGO

Wednesday, January 31st

Towne Centre Stretches Room

2:00pm BINGO

Price: \$.50 per card (4 total cards)

The blackout prize will be a Towne Centre Gift Certificate.



FUN AND GAMES

BILLIARDS AFTERNOON!

Tuesdays & Thursdays

1:30pm or 2:30pm

Come and join our friendly, social pool competition on Tuesday and Thursday afternoons at the Towne Centre Escapades. Learn the rules of the game, practice your skills and put them to test in a game against friends! Come out and join in the fun! Everyone is welcome.



OPEN CARD & BOARD GAMES

Towne Centre Escapades

Enjoy playing card and board games, billiards or television at your own leisure in the Escapades! Friends and family are welcome to join you.

ARTS AND CRAFTS

CERAMICS CLASSES



Mondays

2:00-4:00pm

Mary Frater's House

1128 Highland Ave. of Marquardt Village

Come and enjoy creative social time with new people while learning the basics of ceramics with instructor Mary Frater.

For more information, contact Mary at 261-3059.

MARQUARDT VILLAGE CARING CRAFTERS

2nd & 4th Wednesday

9:30-11:00am

Park Hill Apts. Recreation Room

If you enjoy knitting or crocheting, this program is for you. Bring your needles and make plans now to join us for this fun, inspiring morning! Drop in anytime. Caring Crafters is a community service group who knits or crochets for many charities, including Marquardt Hospice. We would love for you to join us! Everyone is welcome.



CREATIVE CRAFTERS CLUB

Thursday, January 11th

Towne Centre Stretches Room

9:30-11:00am

Instructor: Joanne Buchanan

Come and learn how to sew a keepsake **Teddy or Remembrance Bear**. The bears are made from your loved one's clothing (button down shirt with buttons, sweatshirt, gown, t-shirt, pajamas, etc.) or fabric. Please bring the material with you or just help us create **Caring Bears** for the annual holiday fair. We hope you can join us in piecing memories together! Everyone is welcome



EXERCISE AND FITNESS

BEGINNER LINE DANCING

Thursdays

Towne Centre Stretches Room

12:30pm

Instructor: Nancy Wensch

The beginner line dance class is a great place to start! No previous dance experience is necessary. Learn the basics of country line dancing. Its exercise disguised as **fun**! No partner needed, just come as you are! Invite your friends and join us on the dance floor!



CHAIR DANCE CLASS

Fridays

Towne Centre Stretches Room

10:00am

Instructor: Rita Ensminger

This Chair Dance Class will involve learning dance steps and movements while sitting on a chair. The intended goal in this class is to have fun and at the same time sense a feeling of accomplishment.

There will be repetitions of certain step patterns and movements which will play an important role in improving memory.

Repeating certain patterns and movements will increase confidence which carries over into other parts of our lives.

Chair dancing is an activity that is appropriate for any age. The fitness level of each individual varies, so the movements will be adapted to fit everyone's abilities. Chair dancing is a social activity and provides opportunity to get to know new friends and acquaintances while having loads of fun in the process.



CHAIR STRETCH, BALANCE AND MOVE CLASS

Saturdays

January 20th & 27th

Towne Centre Stretches Room

10:00-11:00am

Instructor: Beth Mueller

Participants will be guided through stretches that wake-up muscle groups in the body from head to toe, all while seated in a chair! Balance exercises will be taught while using the chair to stabilize the body while standing. Class will also include learning different breathing techniques, slow flowing movement to music (while seated) and class will end with relaxation and stillness. Everyone is welcome to attend.

Free for all participants!

SENIOR FITNESS

Tuesdays & Thursdays 11:00am

Towne Centre Stretches Room

Group fitness with Yang

Tuesdays, Thursdays and Saturdays

9:30 a.m.

Park Centre South Social Lounge

Exercise Tape

Tuesdays & Thursdays 8:00am

Park Hill Apts. Recreation Room

Exercise Tape

WORSHIP SERVICES

Bethany Chapel Services

Wednesdays: 1:30pm at MHC Chapel

No Wednesday Service on Wednesday, January 17th or 31st

Wednesdays: Catholic Rosary 6:30 pm Station 3 Living Room at MHC

Services are televised on channel (3)



TRIPS

Medieval Times Dinner & Tournament

Date: February 10, 2018 Price: \$119

Chicago Auto Show

Date: February 17, 2018 Price: \$79

Chicago Flower Garden Show

Date: March 14, 2018 Price: \$69

Fireside Dinner Theatre *Newsies*

Date: April 7, 2018 Price: \$119

Sanfilippo Estate

Date: April 26, 2018 Price: \$99

New Glarus: America's "Little Switzerland"

Date: May 9, 2018 Price: \$96

Shed Aquarium

Date: May 19, 2018 Price: \$95

Look for tour details in the Coffee Shop or in the Towne Centre Stretches Room.

Contact Lamers office at 1-800-236-8687 to make a reservation or for more information.

Please note: The bus will stop at Marquardt Village if we have six participants. Everyone is welcome.



SUPPORT GROUPS

Alzheimer's Support Group

4th Wednesday 4-5pm

Watertown Public Library

Provides information, education and support to caregivers of persons with Alzheimer's and other progressive dementias. Meetings are open to the public. For questions, contact Nancy Percifield at 920-887-7191

UPCOMING EVENTS

VALENTINE'S DAY DINNER

Saturday, February 17th

Towne Centre Crave

4:00-8:00pm



Menu: Surf & Turf Cold Water Lobster Tail and Beef Tenderloin, Baked Potato, Winter Vegetables, Dinner Roll, Red Velvet Cake & Coffee

Price: \$22.50

Payable at the Crave (cash, check or on account). Menu options available. Cash bar available.

***For groups of five or more, please call (920)261-0400 ext. 4504 between 4:00-8:00pm to reserve your seats by December 8th.**

5:00-6:00pm Live Entertainment

Accordion music by Keith Gennerman

Family and friends are welcome.

LIVING WELL WITH CHRONIC CONDITIONS

A Stanford University School of Medicine Workshop

Monday, February 19th-March 26th, 2018

Towne Centre Stretches!!

Are you an adult with an ongoing health condition? You'll get the support you need, find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, understand new treatment choices, and learn better ways to talk with your doctor and family about your health.

If you have conditions such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, or anxiety, the *Living Well* Workshop can help you take charge of your life.

To make your reservation or for more information, please call Dodge County at 920-386-3580 or Joan Genz at 920-262-0923

by Friday, January 19, 2018. Also, signup sheets will be available in the activity binders in each building and at Towne Centre Stretches Room. Limited seats available.

January 2018

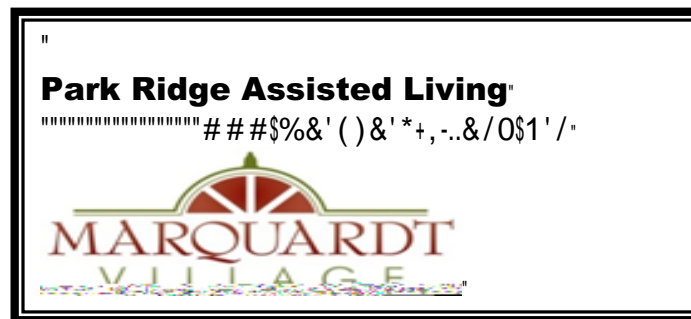
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 <i>Happy New Year</i>	2 8:45AM Snowball Toss (FP) 9:00AM St. Mark's Service (Ch.3) 9:30AM Fire Chats(FP) 10AM Color Therapy(TC) 11:00AM Senior Fitness(TC) 1:30PM Rockin' New Year's Party (MCD) 2:00PM Cards & Dice Game(MCD)	3 8:45AM Strengthening Exercises(ALA) 9:30AM Crossword Puzzles(ALA) 10AM Sheepshead(TC) 10AM Slow Paced Chair Dancing(TC) 1:30PM Worship Service(Ch.3) 2PM Marquardt Village Bingo(TC) 2:15PM Left, Right, Center(ALD)	4 8:45AM Gentle Exercise(ALA) 9:30AM Skip Bo(TV) 11:00AM Senior Fitness(TC) 12:30PM Line Dancing(TC) 1:30PM Music by the Zelinski Family Violinists(TC)	5 8:45AM Chair Dancing (ALA) 9:30AM Resident Choice Activity (ALA) 10AM Chair Dance with Rita(TC) 10:30AM Bridge Instruction (Escapades) 1:30PM Winterland Social Music by Gary Beal(TC) 2:30PM Hot Fudge Ice Cream Sundaes(TC)	6 6:00PM Lawrence Welk: Broadway Musicals (Ch. 7)
7 2:00PM Classic Gospel Music: The Best of Ivan Parker (Ch. 7)	8 8:45AM Strengthening Exercises(ALA) 9:00AM St. Mark's Service (Ch.3) 9:30AM Decorate Tree(ALA) 10AM Rosemaling(TC) 1:30PM Bible Study with Kay(TC) 1:30PM Crazy 8's(ALD)	9 10:00AM Resident Council(ALD) 10AM Color Therapy(TC) 11:00AM Senior Fitness(TC) 1:30PM Happy Hour(MCD) 2:00PM Cards & Dice Game(MCD)	10 8:45AM Strengthening Exercises(ALA) 9:30AM OH SHOOT(TV) 10AM Sheepshead(TC) 10AM Slow Paced Chair Dancing(TC) 1PM Cards & Coffee(TC) 1:30PM Worship Service(Ch.3) 2:15PM Card Bingo(ALD)	11 8:45AM Gentle Exercise(ALA) 9:30AM Skip Bo(TV) 9:30AM Creative Crafters(TC) 11:00AM Senior Fitness(TC) 12:30PM Line Dancing(TC) 1:30PM Wii Bowling(TV) 7:00PM Around the Corner with John McGivern: Around Milwaukee (Ch. 7)	12 8:45AM Snowman Target Game(ALA) 10AM Chair Dance with Rita(TC) 1:30PM History of Marquardt Village By Matt Mauthe(TC)	13 6:00PM Lawrence Welk: 200 years of American Music-part one (Ch. 7)
14 2:00PM Classic Gospel Music: The Gospel Music of Johnny Cash (Ch. 7)	15 8:45AM Strengthening Exercises(ALA) 9:00AM St. Mark's Service (Ch.3) 9:30AM Baker's Korner(ALD) 10AM Rosemaling(TC) 1:30PM Crazy 8's(ALD)	16 8:45AM Decorating Cupcakes(ALD) 11:00AM Senior Fitness(TC) 1:30PM Bingo(MCD) 2:00PM Birthday Party(MCD)	17 8:45AM Strengthening Exercises(ALA) 9:30AM Word Search(TV) 10AM Sheepshead(TC) 10AM Slow Paced Chair Dancing(TC) 1:30PM Pokeeno(ALD)	18 8:45AM Gentle Exercise(ALA) 9:30AM Skip Bo(TV) 11:00AM Senior Fitness(TC) 12:30PM Line Dancing(TC) 1:30PM Kings in the Corner(ALD) 7:00PM Around the Corner with John McGivern: Appleton (Ch. 7)	19 8:45AM Chair Dancing (ALA) 9:30AM Resident Choice Activity(ALA) 10AM Chair Dance with Rita(TC) 1:30PM Hymn Sing with Neal & Connie Mundt(TC)	20 10AM Chair Stretch, Balance and Move Class with Beth(TC) 6:00PM Lawrence Welk: 200 years of American Music-part two (Ch. 7) 5-6PM Accordion Music by Keith Gennerman (Crave)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
21	22	23	24	25	26	27
2:00PM Classic Gospel Music: Best of Jeff & Sheri Easter (Ch. 7)	8:45AM Strengthening Exercises(ALA) 9:00AM St. Mark's Service (Ch.3) 9:30AM Left, Right , Center (ALA) 10AMRosemaling(TC) 1:30PM Crazy 8's(ALD)	9:00AM Faith and Practice(TV) 10AM Color Therapy(TC) 11:00AM Senior Fitness(TC) 1:30PM Happy Hour(MCD) 2:00PM Cards & Dice Game(MCD)	8:45AM Strengthening Exercises(ALA) 9:30AM Oh Shoot(TV) 10AM Sheepshead(TC) 10AM Slow Paced Chair Dancing(TC) 1:30PM Worship Service(Ch.3) 2:15PM Baker's Korner (Snowmen Cookies)(ALD) 6:00PM Beginner Line Dancing(TC)	8:45 AM Gentle Exercise(ALA) 9:30AM Skip Bo(TV) 11:00AM Senior Fitness(TC) 12:30PM Line Dancing(TC) 1:30PM Snowmen Cookie Decorating and Games St. Henry's 4 th Grade Students(ALD)	8:45AM Snow Globe Craft (ALA) 9:30AM Resident Choice Music(ALA) 10AM Chair Dance with Rita(TC) 1:30PM Music by A Little Bit of Heaven(TC)	10AM Chair Stretch, Balance and Move Class with Beth(TC) 6:00PM Lawrence Welk: The Italian Show (Ch. 7)
28	29					
2:00PM Classic Gospel Music: Jerusalem (Ch. 7)	8:45AM Strengthening Exercises(ALA) 9:00AM St. Mark's Service (Ch.3) 9:30AM Word Fun(ALA) 10AMRosemaling(TC) 1:30PM Balance and Falls Program with					

January 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Happy 2018! Word searches and coloring pages available in the Dining Room.	2 Tuesday Morning Wake Up Walks 1:45 PM NY's Prep 6:30 PM Ringing in the New Year with Music by Myron and friends	3 Wednesday Morning Wake Up Walks Individual Recreation PM Walks 1:30 PM Weekly Worship (Ch. 3) 1:45 PM Card Bingo 5:30 PM Rosary	4 Thursday 8:45 AM Chair Chi 12:45 Individual Activities PM Walks 1:45 PM Left-Right-Center 3:15 Ball Toss 5:30 Cards 7:00 Around the Corner with John McGivern: Wis (Ch. 7)	5 Friday Morning wake up AM Walks AM 1:1 Visits 12:45 Individual Recreation PM Walks 1:45 PM Bingo 5:30 Cards	6 Saturday 3:15 PM Music by Randy Kiel 6:00 PM Lawrence Welk: Broadway Musicals (Ch. 7)
7 Sunday 2:00 PM Classic Gospel Music: The Best of Ivan Parker (Ch. 7)"	8 Monday Walks 8:45 AM Strengthening Exercises 9:00 AM St. Mark's (Ch. 3) 10:30 AM Crazy 8's Individual Activities Walks 1:45 PM Putting away Christmas 5:30 PM Cards	9 Tuesday Morning Wake Up Walks Walks 1:1 Visits 11:00 AM Chapel Service Individual Activities Walks 1:45 PM Happy Hour 2:00 PM Dice 5:30 Cards	10 Wednesday Morning Wake Up Walks Individual Recreation PM Walks 1:45 PM Card Bingo 5:30 PM Rosary 6:00 PM Moravian Kids Craft	11 Thursday 8:45 AM Chair Chi 12:45 Individual Activities PM Walks 1:45 PM Car Races 3:15 Ball Toss 5:30 Cards 7:00 Around the Corner with John McGivern: Wis (Ch. 7)	12 Friday Morning wake up AM Walks 8:45 AM Strengthening Exercises 10:30 AM Word Building 12:45 Individual Recreation PM Walks 1:45 PM Bingo 5:30 Cards	13 Saturday 1:45 PM Sing Along with Norma Jesserwitz 6:00 PM Lawrence Welk: 200 years of American Music-part one (Ch. 7)
14 Sunday 2:00 PM Classic Gospel Music: The Gospel Music of Johnny Cash (Ch. 7)	15 Monday Walks 8:45 AM Strengthening Exercises 9:00 AM St. Mark's (Ch. 3) 10:30 AM Crazy 8's Individual Activities Walks 1:45 PM Wii Bowling 5:30 PM Cards	16 Tuesday Morning Wake Up Walks 1:1 Visits Individual Activities Walks 1:45 PM Happy Hour 2:00 PM Dice 5:30 Cards	17 Wednesday Morning Wake Up Walks 8:45 AM Strengthening Exercises Individual Recreation 10:30 AM Hymn Sing 1:45 PM Winter Reflections PM Walks 5:30 PM Rosary	18 Thursday 8:45 AM Chair Chi 12:45 Individual Activities PM Walks 1:45 PM Lucky Dog 3:15 Ball Toss 5:30 Cards 7:00 Around the Corner with John McGivern: Wis (Ch. 7)	19 Friday Morning wake up AM Walks AM 1:1 Visits 12:45 Individual Recreation PM Walks 1:45 PM Bingo 5:30 Cards	20 Saturday 3:15 PM Music by Sandi Webb 6:00 PM Lawrence Welk: 200 years of American Music-part two (Ch. 7)
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

21 Sunday 2:00 PM Classic Gospel Music: Best of Jeff & Sheri Easter (Ch. 7)	22 Monday Walks 8:45 AM Strengthening Exercises 9:00 AM St. Mark's (Ch. 3) 10:30 AM Crazy 8's Individual Activities Walks 1:45 PM Mike Cowan 5:30 PM Cards	23 Tuesday Morning Wake Up Walks 1:1 Visits 11:00 AM Chapel Service Individual Activities Walks 1:45 PM Happy Hour 2:00 PM Dice 5:30 Cards	24 Wednesday Morning Wake Up Walks 8:45 AM Strengthening Exercises 10:30 AM Eagle Talk Individual Recreation PM Walks 1:45 PM Card Bingo 5:30 PM Rosary	25 Thursday 8:45 AM Chair Chi 12:45 Individual Activities PM Walks 1:45 PM Left-Right-Center 3:15 Ball Toss 5:30 Cards 7:00 Around the Corner with John McGivern: Wis (Ch. 7)	26 Friday Morning wake up AM Walks 8:45 AM Strengthening Exercises 10:30 AM Word Building 12:45 Individual Recreation PM Walks 1:45 PM Bingo 5:30 Cards	27 Saturday 3:15 PM Music by Al Anderson 6:00 PM Lawrence Welk: The Italian Show (Ch. 7)
28 Sunday 2:00 PM Classic Gospel Music: Jerusalem (Ch. 7)	29 Monday Walks 8:45 AM Strengthening Exercises 9:00 AM St. Mark's (Ch. 3) 10:30 AM Crazy 8's Individual Activities Walks 1:45 PM Wii Bowling 5:30 PM Cards	30 Tuesday Morning Wake Up Walks 10:30 AM Beanbag Toss Walks 1:1 Visits Individual Activities Walks 1:45 PM Happy Hour 2:00 PM Dice 5:30 Cards	31 Wednesday Morning Wake Up Walks 8:45 AM Strengthening Exercises Individual Recreation PM Walks 1:45 PM Pokeeno 5:30 PM Rosary			



January 2018



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
	12:30PM Helping Hands* 2:00PM Hydrate & Chat* 6:00PM Folding Fun* <i>Happy New Year!!</i>	9:00AM St. Mark's Service (Ch.3)* 9:30AM Room Visits 10:30AM Sit & Be Fit 11:00AM New Year's Reminiscing 12:30PM Helping Hands* 1:30PM Rockin' New Year's Party 2:00PM Dice Game & Cards 3:00PM Fireplace Chats 5:30PM Resident Choice Activity 6:00PM Folding Fun*	10:30AM Chair Chi 11:00AM Short Story Discussion 12:30PM Helping Hands* 1:30PM Worship Service(Ch.3)* 1:30PM Music & Memories 2:00PM Hydrate & Chat* 5:30PM Coupon Clipping 6:00PM Folding Fun*	9:30AM Room Visits 10:30AM Stretch with Me 11:00AM Ball Toss 12:30PM Helping Hands* 1:30PM Music By Zelinski Family Violinists(TC) 5:30PM Resident Choice Activity 6:00PM Folding Fun* 7:00PM Around the Corner with John McGivern: Fish Creek and Ephraim (Ch.7)*	9:30AM Room Visits 10:30AM Sit & Be Fit 11:00AM 5 Clues What Am I? 12:30PM Helping Hands* 1:30PM Winterland Social Music by Gary Beal(TC) 5:30PM Resident Choice Activity 6:00PM Folding Fun*	3:30PM Activity Visits 6:00PM Lawrence Welk: Broadway Musicals (Ch. 7)*
7	8	9	10	11	12	13
3:30PM Inspirations 2:00PM Classic Gospel Music: The Best of Ivan Parker (Ch.7)*	9:00AM St. Mark's Service (Ch.3)* 10:30AM Music & Memories 12:30PM Helping Hands* 1:30PM Individual Resident Activity 2:00PM Hydrate & Chat* 2:30PM Bingo 5:30PM Current Events 6:00PM Folding Fun*	9:30AM Room Visits 10:30AM Sit & Be Fit 11:00AM Poetry Reading 12:30PM Helping Hands* 1:30PM Happy Hour 2:00PM Dice Game & Cards 3:00PM Fireplace Chats 5:30PM Resident Choice Activity 6:00PM Folding Fun*	10:30AM Chair Chi 11:00AM Let's Make Music 12:30PM Helping Hands* 1:30PM Worship Service(Ch.3)* 1:30PM Individual Resident Activity 2:00PM Hydrate & Chat* 2:30PM Snowmen Target Game 5:30PM Hobby Hands 6:00PM Folding Fun*	9:30AM Room Visits 10:30AM Stretch with Me 11:00AM Hoops 12:30PM Helping Hands* 1:30PM Individual Resident Activity 2:00PM Hydrate & Chat* 2:30PM Left, Right, Center 5:30PM Strolling Minstrel 6:00PM Folding Fun* 7:00PM Around the Corner with John McGivern: Around Milwaukee (Ch.7)*	10:30AM Sit & Be Fit 11:00AM Noodle Ball 12:30PM Helping Hands* 2:00PM Hydrate & Chat* 2:30PM Snowflake Craft 5:30PM Resident Choice Activity 6:00PM Folding Fun*	3:30PM Activity Visits 6:00PM Lawrence Welk: 200 years of American Music-part one (Ch. 7)*
14	15	16	17	18	19	20
2:00PM Classic Gospel Music: The Gospel Music of Johnny Cash (Ch. 7)* 3:30PM Inspirations	9:00AM St. Mark's Service (Ch.3)* 10:30AM Music & Memories 12:30PM Helping Hands* 1:30PM Individual Resident Activity 2:00PM Hydrate & Chat* 2:30PM Bakers' Korner 5:30PM Read with Me 6:00PM Folding Fun*	9:30AM Room Visits 10:30AM Sit & Be Fit 11:00AM Faith and Practice 12:30PM Helping Hands* 1:00PM Walks 1:30PM Bingo 2:00PM Birthday Party 3:00PM Fireplace Chats 5:30PM Resident Choice Activity 6:00PM Folding Fun*	10:30AM Chair Chi 11:00AM What's in the Bag 12:30PM Helping Hands* 1:30PM Individual Resident Activity 2:00PM Hydrate and Chat* 2:30PM Cards & Board Games 5:30PM Sing-Along 6:00PM Folding Fun*	9:30AM Room Visits 10:30AM Stretch with Me 11:00AM Horse Shoes 12:30PM Helping Hands* 1:30PM Individual Resident Activity 2:00PM Hydrate & Chat* 2:30PM Let's Travel 5:30PM Resident Choice Activity 6:00PM Folding Fun* 7:00PM Around the Corner with John McGivern: Appleton (Ch. 7)*	10:30AM Sit & Be Fit 11:00AM Word Fun 12:30PM Helping Hands* 1:30PM Hymn Sing with Neal & Connie Mundt 2:00PM Hydrate & Chat* 5:30PM Resident Choice Activity 6:00PM Folding Fun*	3:30PM Activity Visits 6:00PM Lawrence Welk: 200 years of American Music-part two (Ch. 7)*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
21 2:00PM Classic Gospel Music: Best of Jeff & Sheri Easter (Ch. 7)* 3:30PM Inspirations	22 9:00AM St. Mark's Service (Ch.3)* 10:30AM Music & Memories 12:30PM Helping Hands* 1:30PM Individual Resident Activity 2:00PM Hydrate & Chat* 2:30PM Bingo 5:30PM Music & Relaxation 6:00PM Folding Fun*	23 9:30AM Room Visits 10:30AM Sit & Be Fit 11:00AM Last Letter Game 12:30PM Helping Hands* 1:30PM Happy Hour 2:00PM Dice Game & Cards 3:00PM Fireplace Chats 5:30PM Resident Choice Activity 6:00PM Folding Fun*	24 10:30AM Chair Chi 11:00AM Sensory Enrichment 12:30PM Helping Hands* 1:30PM Worship Service(Ch.3)* 1:30PM Bakers Korner Snowman Cookies 5:30PM Hobby Hands 6:00PM Folding Fun*	25 9:30AM Room Visits 10:30AM Stretch with Me 11:00AM Snowball Toss 12:30PM Helping Hands* 1:30PM Cookie Decorating & Games with St. Henry's 4 th Grade Class 5:30PM Strolling Minstrel 6:00PM Folding Fun* 7:00PM Around the Corner with John McGivern: Middleton (Ch.7)*	26 10:30AM Sit & Be Fit 11:00AM 5 Clues What AM I? 12:30PM Helping Hands* 1:30PM Music by A Little Bit of Heaven(TC) 2:00PM Hydrate & Chat* 5:30PM Resident Choice Activity 6:00PM Folding Fun*	27 3:30PM Activity Visits 6:00PM Lawrence Welk: The Italian Show (Ch. 7)*
28 2:00PM Classic Gospel Music: Jerusalem (Ch. 7)* 3:30PM Inspirations	29 9:00AM St. Mark's Service (Ch.3)* 10:30AM Music & Memories 12:30PM Helping Hands* 1:30PM Individual Resident Activity 2:00PM Hydrate & Chat* 2:30PM Bingo 5:30PM Comedy Night 6:00PM Folding Fun*	30 9:30AM Room Visits 10:30AM Sit & Be Fit 11:00AM Bible Trivia 12:30PM Helping Hands* 1:30PM Happy Hour 2:00PM Cards & Dice Game 3:00PM Fireplace Chats 5:30PM Resident Choice Activity 6:00PM Folding Fun*	31 10:30AM Chair Chi 11:00AM Can You Picture This 12:30PM Helping Hands* 1:30PM Individual Resident Activity 2:00PM Hydrate and Chat* 2:30PM Snow Globe Craft 5:30PM Coloring Adventures 6:00PM Folding Fun*			

Park Terrace Memory Care

www.marquardtville.org



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 '444?@%/A"%/\$2>1<%: +?)/: '	1 B%CC& 3+4' 5+%/D 3+4'5+%/6,'7%&'	2 EFGG'; (' ! 2?' (%/H6,'IJ .?'KL' MGFKG'; ('N%/2101C%#26,' J .)10+' (" ,10'1! 2?'PL' PFKG'N ('Q+,'1\$+#2'J) "#01< IJ .%C+<L' RFGG'N (' ! .++C, .+%\$'I! 2?'PL'	3 MGFKG'; ('Q+%\$'412.'@+'' I! 2?'KL' MFKG'N (' ' -)/, .1C'' IJ .%C+<'S'J .?'KL' PFMT'N (' ! #:'; <)#:'IJ .%C+< RFGK'N ('Q) ,%&'I! 2?'KL'	4 MGFKG'; ('MFM'U1,12,' 'IV#11Q))@L' PFGG'N (' '=1#:')'I! 2?'PL' RFGK'N ('Q1#:'1#:'1#2'+ '3+4' 5+%/ 'N%/28'412.' (" ,10'X&' (& /)#'()\$+ #. % '+/%#\$' Y/I+ #,\$'I! 2?'PL'	5 MGFKG'; ('J)<)/Y" < ;\$>+#2"/+,'I! 2?'KL' MMFGG'; (' (" ,10'S'71#1#:' 17QL' PFGG'N ('J%/\$'Z/) "C'I! 2?'PL' TFKG'5) "/'J .)10+'17QL'	6 MF[T'N (' (" ,10'X&' Q%#\$&'91+< 'I! 2?'PL' ' RFGG'N ('8%4/+ #0+' - +<HF' = /)%\$4%&' (" ,10%<,' 'IJ .?' \L'
	8 EFGG'; (' ! 2?' (%/H6,'IJ .?'KL' EFGK'; ('] ^+ /O1,+ 'S'O"#' 'I! 2?'PL' PFGG'N (' '=1/2. \$%&'N%/2&' 'I! 2?'PL' TFKG' (" ,10' * .+ /%C&'17QL'	9 MGFKG'; ('N%/2101C%#26,' J .)10+' (" ,10'1! 2?'KL' PFGG'N (' '=) 4<1#:' 'I! 2?'PL' TFKG'O"#'S'Z% @+,'17QL' RFGG'N (' ! .++C, .+%\$'I! 2?'PL'	10 MGFKG'; ('V'N%\$'Z% @+,' 'I! 2?'PL' MFKG'N (' ' -)/, .1C'' IJ .%C+<'S'J .?'KL' TFKG'N (' * />1%_71,0" , ,1) #' 17QL' RFGK'N ('Q) ,%&'I! 2?'KL'	11 MGFKG'; (' ! C) /2' * %<H'1! 2?'KL' PFGG'N ('N) H++#)'I! 2?'PL' TFKG'N ('O"#'S'Z% @+,'17QL' 'FGG'N (' ; /) "#\$'2. + 'J) /#+' 412.') .#'(OZ1>+ /#F' ; /) "#\$' (1<4%" H++'IJ .?' \L'	12 MGFKG'; ('N%,2'21@+ 'N%<,' 'I! 2?'PL' MMFGG'; (' (" ,10'S'71#1#:' 171#1#:'Q))@L' PFGG'N (' ; 12+ /#))#'(%21#++' 'I! 2?'PL' TFKG'5) "/'J .)10+'17QL'	13 MF[T'N (' (" ,10'X&' '`%OH' *) 4X/1\$: + 'I! 2?'PL' ' RFGG'N ('8%4/+ #0+' - +<HF' PGG'&+%/ , ') Y' ; @+ /10%#' (" ,10WC%/2') #+' 'IJ .?' \L'
14 MFKG'V# ,C1/%21) #,'I! 2?'PL' ' PFGG'N ('J <%, ,10'Z) ,C+< (" ,10F' ' * .+ 'Z) ,C+<' (" ,10') Y' ') .##&'J%, . 'IJ .?' \L'	15 EFGG'; (' ! 2?' (%/H6,'IJ .?'KL' EFGK'; ('] ^+ /O1,+ 'S'O"#' 'I! 2?'PL' PFGG'N ('J " /+ #2'] >+ #2,' 'I! 2?'PL' TFKG' (" ,10' * .+ /%C&'17QL' ' (%/21#8"2. + /'91#:' '7%&'	16 MGFKG'; ('J'/%2,'I! 2?'KL' PFGG'N ('J'/%2,'I! 2?'PL' KFMT'N (' ! 2/) <1#:' (1# ,2/ +< IB%< ,_V#11Q))@L' TFKG'O"#'S'Z% @+,'17QL' RFGG'N (' ! .++C, .+%\$'I! 2?'PL'	17 MGFKG'; ('Z) #+ 'O1, .1#6'' 'I! 2?'PL' PFGG'N (' - .%26,'J))H1#:' (IB) ,C12%<12&'Q))@L' TFKG'N (' * />1%_71,0" , ,1) #' 17QL' RFGK'N ('Q) ,%&'I! 2?'KL'	18 MGFKG'; ('J)<)/Y" < ;\$>+#2"/+,'I! 2?'KL' PFGG'N (' '=1#:')'I! 2?'PL' TFKG' (" ,10' * .+ /%C&'17QL' 'FGG'N (' ; /) "#\$'2. + 'J) /#+' 412.') .#'(OZ1>+ /#F' ; /) "#\$' ; CC+2) # 'IJ .?' \L'	19 MGFKG'; ('Q+%\$'412.'@+'' 'I! 2?'PL' MMFGG'; (' (" ,10'S'71#1#:' 171#1#:'Q))@L' PFGG'N ('J%/\$'Z/) "C' 'I! 2?'PL' TFKG'5) "/'J .)10+'17QL'	20 MF[T'N (' (" ,10'X&' '! %#\$'1' - +XX' 'I! 2?'PL' ' RFGG'N ('8%4/+ #0+' - +<HF' PGG'&+%/ , ') Y' ; @+ /10%#' (" ,10WC%/2'24) ' 'IJ .?' \L'
21 MFKG'V# ,C1/%21) #,'I! 2?'PL' ' PFGG'N ('J <%, ,10'Z) ,C+< (" ,10F' ' =+ ,2') Y' ` + Y' S' ! .+ /'1'] % ,2+ /'IJ .?' \L'	22 EFGG'; (' ! 2?' (%/H6,'IJ .?'KL' EFGK'; ('] ^+ /O1,+ 'S'O"#' 'I! 2?'PL' PFGG'N (' * />1% 'I! 2?'PL' TFKG' (" ,10' * .+ /%C&'17QL'	23 MGFKG'; ('N%/2101C%#26,' J .)10+' (" ,10'1! 2?'PL' PFGG'N (' '=) 4<1#:' 'I! 2?'PL' TFKG'O"#'S'Z% @+,'17QL' RFGG'N (' ! .++C, .+%\$'I! 2?'PL'	24 MGFKG'; (' '=+ %\$' =% : , 'I! 2?'PL' MFKG' -) / , .1C'' IJ .%C+<'S'J .?'KL' PFMT' ! 1#:' ; <)#:'IJ .%C+< TFKG'N (' * />1%_71,0" , ,1) #' 17QL' RFGK'N ('Q) ,%&'I! 2?'KL'	25 MGFKG'; (' `+) C%/\$&'I! 2?'PL' PFGG'N ('J%/\$' =1#:')'I! 2?'PL' TFKG'O"#'S'Z% @+,'17QL' 'FGG'N (' ; /) "#\$'2. + 'J) /#+' 412.') .#'(OZ1>+ /#F' (1\$ \$<+2) # 'IJ .?' \L'	26 MGFKG'; ('N%,2'21@+ 'N%<,' 'I! 2?'PL' MMFGG'; (' (" ,10'S'71#1#:' 171#1#:'Q))@L' PFGG'N (' - 1#2+ /'Q+1<+021) #,' 'I! 2?'PL' TFKG'5) "/'J .)10+'17QL' ' ; " ,2/%<4% '7%&	27 MF[T'N (' (" ,10'X&' ; < ; # \$ + / ,) # 'I! 2?'PL' ' RFGG'N ('8%4/+ #0+' - +<HF' * .+ '1/2%<1%# ' ! .) 4' 'IJ .?' \L'
28 MFKG'O%12. 'S'N%/Q21O+ 'I! 2?'PL' ' PFGG'N ('J <%, ,10'Z) ,C+< (" ,10F' ' + /% ,%+ @ 'IJ .?' \L'	29 EFGG'; (' ! 2?' (%/H6,'IJ .?'KL' EFGK'; ('] ^+ /O1,+ 'S'O"#' 'I! 2?'PL' PFGG'N ('J " /+ #2'] >+ #2,' 'I! 2?'PL' TFKG' (" ,10' * .+ /%C&'17QL'	30 MGFKG'; ('N%/2101C%#2'J .)10+' (" ,10'1! 2?'KL' PFGG'N (' '=1#:')'I! 2?'PL' TFKG'O"#'S'Z% @+,'17QL' RFGG'N (' ! .++C, .+%\$'I! 2?'PL'	31 MGFKG'; ('Q+%\$'412.' (+' 'I! 2?'PL' PFMT'N ('B&@# '1#:'IJ .%C+< TFKG'N (' * />1%_71,0" , ,1) #' 17QL' RFGK'N ('Q) ,%&'I! 2?'KL'	(%/A"%/\$2' B+ %<2. 'J + #2+ /		