

## YOUR LEADERSHIP TEAM



Peter Rost  
Executive Director



Jerome Leake  
Sales & Marketing  
Director



Danielle Castro, LPN  
Resident Services  
Director



Tejai Jones  
Life Enrichment  
Coordinator &  
Regional Dining  
Services Specialist



Dawn Gonzales  
Assisted Living  
Life Enrichment  
Director



Juan Perez  
Maintenance Director



Francisco Rodriguez  
Dining Services  
Director



Alla Kramer  
Business Office  
Manager



## MESSAGE FROM YOUR EXECUTIVE DIRECTOR: JANUARY 2026



There's a certain feeling that comes over you in a great old cathedral—something that hushes the world outside and draws you into a kind of quiet awe. Sunlight streams through stained glass, scattering blues and reds across smooth wood, intricate railings, and sometimes the gleaming pipes of an ancient organ, each sound echoing up into spaces shaped perfectly to carry music and prayer. It's hard to put into words, but you can almost feel the place hum inside your chest—a comfort, a stillness, a mysterious sense that something inside you is being soothed.

For centuries, we've chalked up the beauty of these buildings to faith and artistry. Yet, as science has peeled back more of the mystery, another truth emerges: their creators may have been working with a level of knowledge that still astounds us today. Many cathedrals were built to magnify certain sounds—low chanting, the deep swell of an organ, even a single clear bell—so that their vibrations linger long after the last note fades. Researchers are now finding that some of these sonic frequencies, by pure design or ancient intention, may even help calm our minds, steady our breath, and encourage a gentle kind of healing that everyone, regardless of background or belief, can sense.

It leaves me wondering—what else did those master builders understand about lifting spirits and fostering togetherness, knowledge that we're only now rediscovering? Perhaps it's not just the architecture or music, but the experience of being in a space built by many hands for the well-being of all. Maybe it's the simple fact that when people gather under a shared roof, supporting each other through silence or song, something in us finds a sense of belonging and peace.

We don't need stained glass or soaring arches to benefit from this ancient wisdom. Every day, in our own spaces—dining halls filled with laughter, patios humming with quiet conversations, even hallways lit by a friendly greeting—we create our own kind of resonance. The kindness, patience, and encouragement we offer ripple out, reaching further than we imagine and carrying a subtle, lasting comfort.

As we step into a new year, let's remember that we're all builders in our way—shaping environments with our choices and the warmth we share. May our community continue to be a place where hearts are lifted, spirits are steadied, and the gentle music of acceptance and care never fades.

Wishing you a harmonious and hopeful year ahead,

*Peter S. Rost*



## Grit, Grace, & Family: Celebrating Elizabeth "Liz" Arnold

Born in a tiny Alabama town called Children's Home,

Elizabeth "Liz" Arnold grew up in Lakewood, Florida, as the spirited middle child in a family of seven. Life wasn't easy in those days. She and her siblings often picked cotton before school to help the family make ends meet. Hard work bonded them tightly, forming a loving, close-knit group whose shared memories still make Liz smile.

Fate stepped in the day Roy, a young airman stationed at Eglin Air Force Base, spotted her in town. Captivated, he wasted no time sweeping Liz off her feet. At just 16, she married Roy—22 at the time—and moved to Vero Beach to live with his family while he finished his service. It was there that Liz and Roy's sister, Betty, became instant friends. Betty taught her how to drive a car... and how to smoke cigarettes—skills Liz still laughs about today.

After Roy returned home, the couple built a small house and began raising their four children. Liz stayed home in those early years by taking in laundry and ironing, then later joined Vero's thriving citrus industry, working long days in the packing houses. She spent time at a local plant nursery as

well, where she discovered a lifelong love for gardening.

Eventually, Liz found her career home at Piper Aircraft, where she proudly worked for 35 years before retiring. Retirement opened the door to the adventures she and Roy cherished most. Together they traveled in their RV camper with the Piper group, exploring campgrounds across Florida, Georgia, and Alabama. They loved vacationing in the mountain ranges of North Carolina and Tennessee, joining a bowling travel league with Roy's cousin, Ira Jack, and his wife, Judy, and—whenever the "specks" (speckled perch) were biting—heading to the water to fish.

And when there was fish, there were cookouts. Liz was famous for her cooking, and anyone who knew her will tell you: Aunt Liz made the best meals around.

Liz and Roy shared 64 years of marriage until his passing in 2018. Today, she continues to cherish time with the people who matter most. Visits from family and friends brighten her days, but nothing brings her more joy than time spent with her six grandchildren and twelve great-grandchildren, who adore her deeply.

A life of grit, love, laughter, and family—Liz's story is a beautiful reminder of what truly endures.



May this New Year bring you surprising delights—the kind you never knew to hope for. Here's to finding laughter in unexpected places, to small victories you didn't see coming, and to old friendships that grow even richer and new friends who feel like old ones. May you discover new strengths in yourself, and may the little, ordinary moments be the ones you treasure most. Wishing you a year full of gentle surprises, bright connections, and the comforting knowledge that, wherever you are, you belong.

## Celebrations & Milestones

### Welcome to our newest residents!

- Timi W.
- Peggy G.
- David S.

### Let's celebrate everyone marking a special moment this month!

#### RESIDENT BIRTHDAYS

- Jan. 3: Ralph R.
- Jan. 9: Timi W.
- Jan. 21: Colette A.
- Jan. 22: Mary A.
- Jan. 25: Betty S.
- Jan. 29: Ellen D.
- Jan. 31: Raymond C.

#### TEAM MEMBER BIRTHDAYS

- Jan. 4: Peter
- Jan. 5: Mia
- Jan. 6: Majorie
- Jan. 16: Sallie
- Jan. 19: Denita
- Jan. 20: Alla

#### RESIDENT ANNIVERSARIES

- Richard M. – 1 year
- David L. – 1 year
- Sue B. – 1 year
- Valencia E. – 6 years

#### TEAM ANNIVERSARIES

- Johanna – 7 years
- Kathiana - 3 years
- Jenea – 2 years
- Dawn – 3 years
- Lisa – 2 years
- Larnyss – 1 year

NATIONAL NOTHING DAY  
JANUARY 16

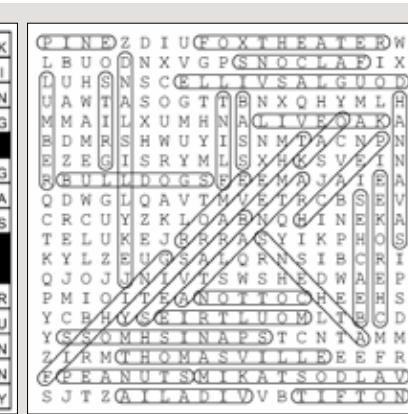
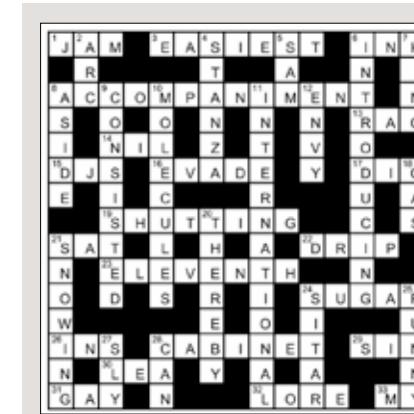


## Brandon's DRUM CIRCLE



## Alzheimer's Support Services

## LEGACYSL.NET/ ALZHEIMERS-SUPPORT



WHO KNEW WALKERS  
COULD BE THIS  
funny?

## WHEN MAINTENANCE MEETS IMAGINATION!



# Christmas Party 'FRANCISCO STYLE' FAMILY NIGHT



FULL PLATES, FESTIVE SPIRITS  
& HOLIDAY CHEER SERVED WITH SECONDS!

## CRAFTING, CREATING & CELEBRATING CHRISTMAS.

MERRY MINDS  
MAKING  
WREATH MAGIC.



COOKIE DECORATING:  
WHERE CREATIVITY IS SWEET AND CALORIES DON'T COUNT!



IF YOU LOVE WHAT WE DO,  
PLEASE LEAVE A REVIEW!

YOUR FEEDBACK HELPS OTHERS!

[renaissanceverobeach.com/testimonies](http://renaissanceverobeach.com/testimonies)



HAPPY NEW YEAR!





## Welcome Danielle Castro, LPN: Compassionate Care at the Heart of Resident Services

We're proud to introduce Danielle Castro as our Resident Services Director at Renaissance Vero Beach. Danielle brings a wealth of

healthcare experience, genuine dedication to service, and a heartfelt passion for supporting residents and their families. We're truly fortunate to have her as part of our community.

Born and raised in Florida, Danielle began her professional journey at Indian River State College, where she earned an Associate of Science in Marketing in 1998. Driven by a desire to make a direct impact in healthcare, she later completed her Practical Nursing education at Indian River State College in 2014. Danielle is a licensed Practical Nurse (LPN) in Florida, combining clinical knowledge with leadership experience. She brings a wealth of knowledge from her years of experience working in skilled nursing settings, including care for residents with psychiatric needs. This expertise enhances her ability to oversee resident care with compassion and understanding.

In recent years, Danielle has held leadership roles in senior living communities in the Jensen Beach and Palm City areas, where she gained valuable experience managing resident care and

collaborating closely with families and the team to deliver compassionate, high-quality services.

Most recently, Danielle joined the Renaissance team in Vero Beach. Known for being approachable, responsive, and a strong advocate, she believes that the foundation of great care is open, honest communication. Danielle understands that while our team is always vigilant in caring for residents, open communication helps ensure that every need is fully understood and met. She warmly encourages residents and their families to reach out anytime—no question or concern is too small.

Outside of work, Danielle has been happily married for 28 years and is a proud mom to twin sons and a daughter, all in college. She shares her home with Lady, a lively one-year-old Chipin (Chihuahua-Miniature Pinscher mix). Danielle enjoys baseball games, seasonal snook fishing, concerts with her daughter, and getting lost in a good book.

Danielle is always available to support our residents and families and looks forward to serving Renaissance Vero Beach with care, dedication, and compassion. Please join us in warmly welcoming her to our community!

## SHINE A LIGHT ON GREATNESS!

Nominate Someone Who's Going the Extra Mile!

At Renaissance, we believe exceptional care deserves recognition. Our Going the Extra Mile Award celebrates team members who make a difference with kindness, compassion, and dedication every day.

We invite families, visitors, and community members to nominate staff who go above and beyond for our residents. If you've seen a moment that warmed your heart, made you smile, or showed extraordinary care, we'd love to hear about it!

Thank you for helping us celebrate the heart and spirit of our community!



KIDS!

A little boy came downstairs crying late one night.

"What's wrong?" asked his mother.

"Do people really come from dust, like they said in church?" he sobbed.

"In a way they do," said his mother.

"And when they die do they turn back to dust?"

"Yes, they do."

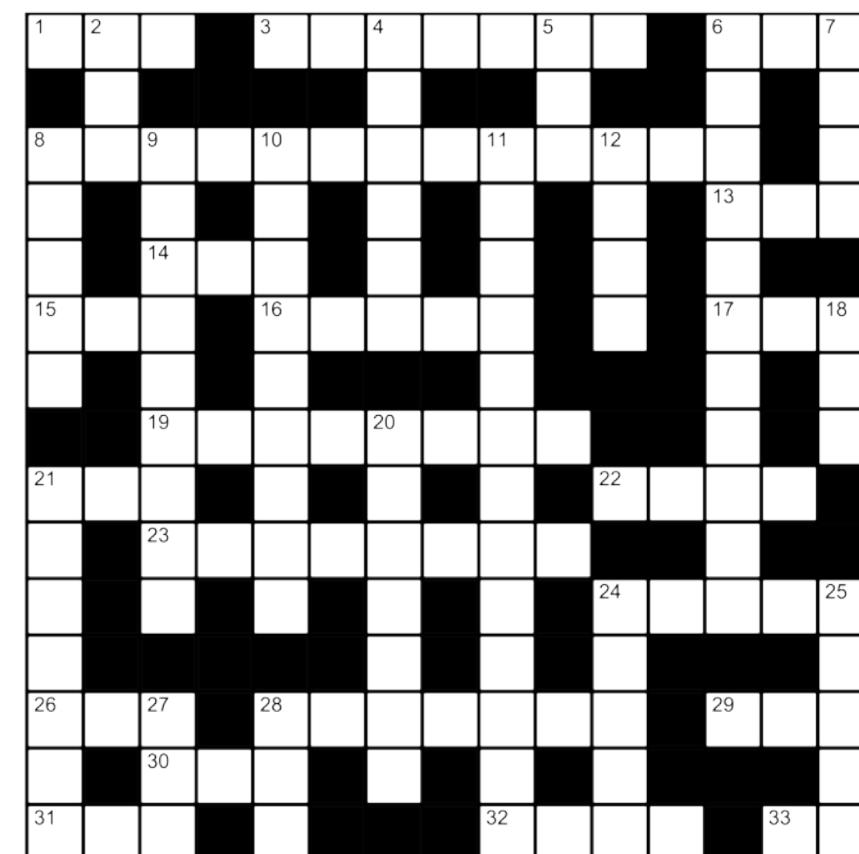
The little boy began to cry again. "Well, under my bed there's someone either coming or going!"

### ACROSS

1. Preserves
3. Least difficult
6. Squid's defense
8. Music to support a solo instrument
13. Dust remover
14. None; zero
15. Disc jockeys, abbrev.
16. Give the slip
17. Archaeological site
19. Closing something
21. Warmed the bench
22. Slo-o-ow leak
23. At the \_\_\_\_\_ hour (in the nick of time)
24. Sucrose, for one
26. \_\_\_ and outs
28. Place to store china
29. Break a commandment
30. Meadow
31. In high spirits
32. Folk follower
33. "You Are \_\_ Sunshine"

### DOWN

2. Circle segment
4. Poem subsection
5. A character from *Casablanca*
6. Presenting
7. Double-decker checker
8. "All kidding \_\_\_\_"
9. Was made of
10. Groups of atoms
11. Global; multiple countries
12. "Green with \_\_\_\_"
18. Neon or helium, for example
20. As a result
21. Coming down in flakes
24. Stringed Indian instrument
25. Like the yolk of a poached egg
27. Cunning
28. Soup container in store



Georgia

The words listed can be found vertically, horizontally, diagonally, forward, and backward.

ATHENS	LIVE OAK
BASS	LUMBER
BEACHES	MOULTRIE
BULLDOGS	OAK
CHEROKEE	PEACH
COTTON	PEANUTS
DOUGLASVILLE	PINE
THE VARSITY	ROME
FALCONS	SAVANNAH
FISHING	SPANISH MOSS
FLINT	THOMASVILLE
FOX THEATER	TIFFTON
GRITS	VALDOSTA KIM
JEKYLL ISLAND	VIDALIA

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

 <h1>January 2026</h1> 						
1	2	3	4	5	6	7
10:15 - Church Service with Pastor Richard 12:30 - Catholic Service with Holy Cross Church 1:30 - Word Games 3:00 - Hand and Nail Care with Carol	9:30 - Move it Monday in the Chapel 10:00 - Shopping with Rick 10:30 - <b>Resident Council</b> 1:30 - Bingo 3:00 - <b>Music with Mark</b> 6:00 - Dominoes	Doctors Appointments 9:30 - Exercise in Gym with Legacy Rehab 10:00 - Painting Class 1:30 - Bingo 3:00 - Epoxy (Resin) Coasters 5:30 - Card Games	Doctors Appointments 9:30 - Catholic Service with St. Helen 10:00 - Pencil Art with Dawn 2:00 - <b>Movie Matinee - Oh. What Fun (2025)</b>	9:30 - Exercise in Chapel 10:00 - Jewelry Class with Carol and Dawn 1:30 - Bingo 3:00 - <b>Celebration the New Year with Ron Finn (Entertainment)</b> New Year's Day	1	9:30 - Chair Yoga 10:00 - Rummikub 1:00 - <b>Activity Committee Meeting</b> 1:30 - Bingo 3:00 - January's Birthday Party 5:30 - Poker Night
11	12	13	14	15	16	17
10:15 - Church Service with Pastor Richard 12:30 - Catholic Service with Holy Cross Church 1:30 - Word Games 3:00 - Hand and Nail Care with Carol	9:30 - Move it Monday in the Chapel 10:00 - Shopping with Rick 10:00 - Painting Class with Dawn 1:30 - Bingo 3:00 - <b>Music with Mark</b> 6:00 - Dominoes	Doctors Appointments 9:30 - Exercise in Gym with Legacy Rehab 10:00 - Maintenance Director Activity 1:30 - Bingo 3:00 - Hot Cocoa Social 5:30 - Card Games	Doctors Appointments 9:30 - Catholic Service with St. Helen 10:00 - Drum Circle w/ Brandon 2:00 - Taste Station: Homemade Soups by Tejai and Dawn	9:30 - Exercise in Chapel 10:00 - Jewelry Class with Ginny and Jeanette 1:30 - Bingo 3:00 - <b>Roaring 50's Social Hour W/ Music by Anthony Schillizzi</b>	9:30 - Chair Yoga 10:45 - Lunch Outing/Olive Garden 3:00 - <b>Happy Hour</b> 5:30 - Poker Night	9:30 - Exercise in Chapel 10:00 - Prayer Group with Francine and Carol 1:30 - Bingo 3:00 - Simple C Trivia
18	19	20	21	22	23	24
10:15 - Church Service with Pastor Richard 12:30 - Catholic Service with Holy Cross Church 1:30 - Word Games 3:00 - Hand and Nail Care with Carol	9:30 - Move it Monday in the Chapel 10:00 - Shopping with Rick 10:00 - History talk on Martin Luther King Jr. 1:30 - Bingo 3:00 - <b>Music with Mark</b> 6:00 - Dominoes Martin Luther King Jr. Day	Doctors Appointments 9:30 - Exercise in Gym with Legacy Rehab 10:30 - <b>Music with Mark and Methodist Church in the Lobby</b> 1:30 - Bingo 3:00 - Buttercrunch Social 5:30 - Card Games	Doctors Appointments 9:30 - Catholic Service with St. Helen 10:00 - Pencil Art with Dawn 1:30 - <b>Wine and Cheese Social with Francisco</b> 3:00 - <b>Granola Bar Social</b> National Buttercrunch Day	9:30 - Exercise in Chapel 10:00 - Jewelry Class with Ginny and Jeanette 1:30 - Bingo 3:00 - <b>Music with Digger</b> National Granola Bar Day	9:30 - Chair Yoga 10:00 - Rummikub Lunch - Pizza Party 1:00 - <b>Food Committee Meeting</b> 1:30 - Bingo 3:00 - Happy Hour/Meet your neighbors 5:30 - Poker Night	9:30 - Exercise in Chapel 10:00 - Prayer Group with Francine and Carol 1:30 - Bingo 3:00 - Simple C Trivia
25	26	27	28	29	30	31
10:15 - Church Service with Pastor Richard 12:30 - Catholic Service with Holy Cross Church 1:30 - Word Games 3:00 - Hand and Nail Care with Carol	9:30 - Move it Monday in the Chapel 10:00 - Shopping with Rick 10:00 - Painting Class with Dawn 1:30 - Bingo 3:00 - <b>Music with Mark</b> 6:00 - Dominoes Australia Day (Observed)	Doctors Appointments 9:30 - Exercise in Gym with Legacy Rehab 10:00 - Legacy - Snack and Chat 1:30 - Bingo 3:00 - National Chocolate Cake Day 5:30 - Card Games	Doctors Appointments 9:30 - Catholic Service with St. Helen 10:00 - Pencil Art 2:00 - Taste Station: Tex Mex Crock Pot Stews by Tejai and Dawn	9:30 - Exercise in Chapel 10:00 - Trivia 1:30 - Bingo 3:00 - <b>Campfire story's with Jerome</b>	9:30 - Chair Yoga 10:00 - Rummikub 1:30 - Bingo 3:00 - Happy Hour/Trivia 5:30 - Poker Night	9:30 - Exercise in Chapel 10:00 - Prayer Group with Lee and Carol 1:30 - Bingo 3:00 - Simple C Trivia

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

 <h1>January 2026</h1> 						
Pledge & Devotions	1	Pledge & Devotions	2	Pledge & Devotions	3	Pledge & Devotions
9:15 Morning Service w/ Pastor Richard 10:00 Coffee & Cozy Chats 12:15 Catholic Church Services 1:30 - Winter Colorform Studio 2:00 - Afternoon Game- Checkers 3:00 - Hand and Nail Therapy with Carol 6:00 - Easy Listening- Frank Sinatra	8:30- Sunshine Greetings 10:00 - Work of Art Jewelry Class 1:00 - Tour Around Town- Beach Side 2:30 - World News Report in the Garden 3:00 - Piano Music w/ Mary Ann 6:00 - Evening Card Game- Crazy 8's New Year's Day	8:30- Sunshine Greetings 10:00 - Fitness Friday 1:00- What's Your Era- Music & Memory 2:30- January Flower Art Studio- Carnations 5:00- Evening Show- Blondie w/ Pamela Britton 6:00 - Evening Meditation: Puzzle Magic	9:30 - Saturday Swing 10:00 - Prayer Group with Lee and Carol 1:00- Trivia Pursuit Showdown 2:30 - Music w/ Monica 3:00 - Reminiscing- 50's Commercials 6:00 - Carol Burnett Show	Pledge & Devotions	10	Pledge & Devotions
Pledge & Devotions	4	Pledge & Devotions	5	Pledge & Devotions	6	Pledge & Devotions
9:15 Morning Service w/ Pastor Richard 10:00 Coffee & Cozy Chats 12:15 Catholic Church Services 1:30 - Winter Colorform Studio 2:00 - Afternoon Game- Checkers 3:00 - Hand and Nail Therapy with Carol 6:00 - Easy Listening- Frank Sinatra	8:30 - Morning Greetings 10:00 - Am Wake Up Shake Up 1:00- Balloon Volleyball 2:00- This is Jeopardy( Trivia) 3:00 - Music with Mark 6:00 - Radio Classics Malt Shop Oldies	8:30- Sunshine Greetings 10:00 - Morning Stretch 10:30 - Showtime w/ Mark 1:00 - The Price is Right or Is It 2:30 - Patio Chat & World News 3:00 - Double TTs Word Game 6:00 - Evening Meditation: Crossword Connection	8:30- Sunshine Greetings 9:30- Catholic Church Service 10:00- New Year Fitness Class 1:00 - Harbor Resident Council Meeting 2:00- New Year Chronicle on the Patio 3:00 - Get To Know Your Neighbor Social 6:00 - Classic Radio: Buddy Holly	8:30 - Morning Greetings 10:00 - Work of Art Jewelry Class 1:00 - Tour Around the Town 2:30 - Afternoon Fitness Class 3:00 - Roaring 50's Social Hour w/ Music by Anthony Schillizzi 6:00 - Evening Game: Classic Checkers	8:30 Morning Greetings 10:45- Lunch Bunch Outing 1:00 - Lantern Crafting Studio 2:00- Celebrating January Birthday's 3:00 - Winter Tea & Trivia 6:00- Easy Listening: Michael Buble	Pledge & Devotions
Pledge & Devotions	11	Pledge & Devotions	12	Pledge & Devotions	13	Pledge & Devotions
9:15- Morning Church Service 10:00- Morning Patio Chats 12:15 Catholic Church Service 1:30 - Coffee Chat w/ Friends 2:00 - Afternoon Game- Headbandz 3:00 - Music Unwind 60's & 70's 6:00 Evening Show: Bewitched	8:30- Sunshine Greetings 10:00 - Move & Groove Monday 1:00 - Harbor Poetry Cafe 2:30 - 50's Commercial Trivia 3:00 - Music with Mark 6:00 - Radio Classics: Dragnet	8:30 - Morning Greetings 10:00 - LOL Morning Workout 10:30 - Showtime w/ Mark 1:00 - New Year Photo Day 2:00 - Patio Chat in the Garden 3:00 - Zen Rain Forest Trivia 6:00 - TCM Movie: Trouble in Paradise	8:30 - Morning Greetings 9:30 - Catholic Church Service 10:30 - Drum Circle w/ Brandon 1:00 - Hand Massage & Relaxation Spa 2:00- Taste Station: Homemade Soups by Dawn & Tejai 5:30 - After Dinner Show: Jack Benny National Slow Cooking Month	8:30- Sunshine Greetings 10:00 - Work of Art Jewelry Class 10:30- Coffee Chat & Chronicles 1:00 - Bakers Corner: Deluxe Honey Bun Cake 2:00- Meditative Art Studio 3:00 - Music with Brian Bogart 6:00 - Evening Card Game: "Expressions"	8:30-Sunshine Greetings 10:00 - Fitness Friday 11:30 - Rocktastic Pizza Party 1:00 - Activity Committee Meeting 1:30 - Welcome to Taboo!! 3:00 - Tejai's State Capital Contest 6:00 - Evening Show: Hazel	Pledge & Devotions
Pledge & Devotions	18	Pledge & Devotions	19	Pledge & Devotions	20	Pledge & Devotions
9:15 - Morning Church Service 10:00 - Lite Morning Stretch 12:15 - Catholic Church Service 1:00- Tea Time & 60's TV Trivia 2:00 - Minute to Win It Sort & Stack 3:00 - Meditation in the Garden 6:00 - Evening Game: Dominoes	8:30- Morning Greetings 10:00 - Monday Fitness Circle 1:00 - Letters To Our Friends 2:30 - Celebrating the Life Of Dr. Martin Luther King Jr. 3:00 - Music with Mark 6:00 - Radio Classics- Malt Shop Oldies  Martin Luther King Jr. Day	8:30- Sunshine Greetings 10:00 - Let's Sit & Get Fit 10:30 - Showtime w/Mark 1:00 - At the Cinema: Eight Below 2:00 - Arctic Pencil Art 3:00 - Who Am I: Disney Edition 6:00 - Evening Show w/ Johnny Carson	8:30- Sunshine Greetings 9:30 - Catholic Church Service 10:00 - Golden Years Walking Club 1:00 - Travel Time: Anchorage Alaska 3:00- Supper Club Social Hour 6:00 - Name that Tune- 60's Bands	8:30 Morning Greetings 9:30 - Catholic Church Service 10:00 - Work of Art Jewelry Class 1:00 - Tejai's Guided Bus Tour 2:30 - This is Jeopardy 1965 3:00 - Music w/ Digger 6:00 - Evening Game: Dominoes	8:30- Morning Greetings 10:00 - TGIF Workout 1:00- It's Still Winter: Cardboard Cookies Art Shop 2:00- Taste Station: Tejai's Homestead Stew 3:00- Afternoon Game: Bottle Cap Uno 6:00 - Radio Classic- The Sounds Motown	Pledge & Devotions
Pledge & Devotions	25	Pledge & Devotions	26	Pledge & Devotions	27	Pledge & Devotions
9:15- Morning Church Services 10:00 - Sunday Coffee Chat 12:15 - Catholic Church Services 1:30 - Trivia & Tea 2:00 - Memory Magic Card Game 3:00 - Music Unwind 50's Rock & Roll 6:00 - Evening Show: Carol Burnette & Friends	8:30- Sunshine Greetings 10:00 - Move It Monday 1:00 - Nat Geo Book Club 2:00- Cardinal Button Art Class 3:00 - Music w/ Mark 6:00 Evening Game: Classic Checkers  Australia Day (Observed)	8:30 -Morning Greetings 10:00 - Stretch It Out Tuesday 10:30 - Showtime w/ Mark 1:00 - Afternoon Game: Trouble 3:00- Did You The 60's Trivia 6:00 - Radio Classics: The Long Ranger	8:30- Morning Greetings 9:30- Catholic Church Service 10:00- Wiggle Wednesday 2:00- Taste Station: Tex Mex Crock Pot Stews by Dawn & Tejai 3:00- Afternoon World Scramble 6:00 - Relax with the Sounds of Music	8:15 Morning Greetings 10:00 - Work of Art Jewelry Class 1:00 - Trip Around Town 2:30 - Coffee Chat & Chronicles 3:00 - Afternoon Card Game: Idioms & Lyrics 6:00 - Evening Show w/ Lawrence Welk	8:00- Morning Greetings 10:00 - Sit & Get Fit Friday 1:00- Tejai's Hand & Nail Spa Hour 2:00- Croissant Social w/ Friends 6:00 - Radio Classic- Ozzie & Harriet  National Croissant Day	Pledge & Devotions