June 2018

SUN	MON	TUE	WED	THU	FRI	SAT
Campus Location Key AR = Activities Room BR = Ballroom CR = Card Room CONF = Conference Room SR = Sandpiper Room PC = Palmetto Club Pool MR = Modena Room DR = Dining Room	**Key** **On-Campus** **Off-Campus**				1 9:30am: Aqua Fitness (PC) 10:30am: Weights Workout (BR) 10:30am: Holy Communion (Oaks) 1pm: Mexican Train Dominoes (CR) 1pm: Party Bridge (SR) **3pm: National Donut Day and Movie *Just Getting Started* (AR)** 5pm: Happy Hour (CR)	2 8:30am: Flower Brigade (AR) 9:30am: Zumba Gold (BR) 10:30am: Stretch & Strength (BR) 12:30pm: Duplicate Bridge (AR) 1pm: Party Bridge (CR) 1pm: Game Time! (SR)
3 9:30am: SIUMC Pickup (IC) 12pm: Brunch Buffet (DR) 2pm: Scrabble & Rummikub (CR) 2pm: Ch 95: *Me Before You* 3pm: Bocce at The Cottages Park	4 9:30am: Advanced Fitness DVD (BR) 10:30am: Fitness DVD (BR) 1pm: Mahjong (CR) 1pm: Beginner Mahjong (CR) **4pm: Special Performance by The Bells of Christ Church (BR)** 5pm: Happy Hour (CR)	5 9:30am: Aqua Fitness (PC) 10am: Day Break (Oaks) 10:30am: Stretch & Strength (BR) 12:30pm: Duplicate Bridge (AR) 1pm: Mahjong & Scrabble (CR) **1:30pm: Kitchen Tour with Michael Reese (SR)**	6 9:30am: Advanced Fitness DVD (BR) 10am: Bible Study (CR) 10:30am: Fitness DVD (BR) **11am: Tech Help Session with SCD (BR)** 11:30am: Blood Pressure (SR) 1pm: Bingo (AR) **1pm: Chat with Chris (SR)** 1:30pm: Poker (CR) 5pm: Happy Hour (CR)	7 8:30am: Flower Brigade (AR) 9:30am: Core Training (BR) 10am: Day Break (Oaks) 10:30am: Stretch & Strength (BR) 12:30pm: Men's Luncheon (MR) 3pm: Line Dancing (AR) 3pm: Ch 95: *Winter's Tale* **4pm: Power of Art - Caravaggio (BR)** **5:30pm: Dining with Directors (DR)**	8 9:30am: Aqua Fitness (PC) 10:30am: Weights Workout (BR) 1pm: Mexican Train Dominoes (CR) 1pm: Party Bridge (SR) 1pm: Audiology Services (CONF) **3pm: Movie Matinee - *The Greatest Showman* (BR)** 5pm: Happy Hour (CR)	9 8:30am: Flower Brigade (AR) 9:30am: Zumba Gold (BR) 10:30am: Stretch & Strength (BR) **10:30am: Depart for Forsyth Farmer's Market** 12:30pm: Duplicate Bridge (AR) 1pm: Party Bridge (CR) 1pm: Game Time! (SR)
10 9:30am: SIUMC Pickup (IC) 12pm: Brunch Buffet (DR) 2pm: Scrabble & Rummikub (CR) 2pm: Ch 95: *The Vault in our Stars* 3pm: Bocce at The Cottages Park	11 9:30am: Advanced Fitness DVD (BR) 10:30am: Fitness DVD (BR) 1pm: Mahjong (CR) 1pm: Beginner Mahjong (CR) 4pm: Prayer Service (Oaks) 5pm: Happy Hour (CR)	12 9:30am: Aqua Fitness (PC) 10am: Day Break (Oaks) 10:30am: Stretch & Strength (BR) **11:15am: Mixing with Mary & Talking with Terry (CR)** **12pm: Lunch with the Rector (DR)** 12:30pm: Duplicate Bridge (AR) 1pm: Mahjong & Scrabble (CR) **4:30pm: Meditation Session (BR)**	13 9:30am: Advanced Fitness DVD (BR) 10am: Bible Study (CR) 10:30am: Fitness DVD (BR) **11am: Tech Help Session with SCD (BR)** 11:30am: Blood Pressure (SR) 1pm: Bunco (AR) 1:30pm: Poker (CR) **5pm: Happy Hour celebrating birthdays with David Duckworth, pianist (CR)**	14 8:30am: Flower Brigade (AR) 9:30am: Core Training (BR) 10am: Day Break (Oaks) 10:30am: Stretch & Strength (BR) **11:15am: Ask Amanda (BR)** 12:30pm: Men's Luncheon (MR) 1pm: Knitting Group (SR) 3pm: Line Dancing (AR) 3pm: Ch 95: *Larry Crowne* **4pm: Grief Support Group (SR)**	15 9:30am: Aqua Fitness (PC) 10:30am: Weights Workout (BR) 1pm: Mexican Train Dominoes (CR) 1pm: Party Bridge (SR) **4pm: Religious Discussion (BR)** 5pm: Happy Hour (CR)	16 8:30am: Flower Brigade (AR) *No Fitness Class* 12:30pm: Duplicate Bridge (AR) 1pm: Party Bridge (CR) 1pm: Game Time! (SR) **6pm: Depart for Tybee Post Theater "All About Savannah" Barbershop Musical**
17 9:30am: SIUMC Pickup (IC) 12pm: Brunch Buffet (DR) 2pm: Scrabble & Rummikub (CR) 2pm: Ch 95: *The Spectacular Now* 3pm: Bocce at The Cottages Park HAPPY FATHER'S DAY	18 9:30am: Advanced Fitness DVD (BR) 10:30am: Fitness DVD (BR) 1pm: Mahjong (CR) 1pm: Beginner Mahjong (CR) **4pm: American Nuclear Submaries Presentation by Mark Forssell (BR)** 5pm: Happy Hour (CR)	19 9:30am: Aqua Fitness (PC) 10am: Day Break (Oaks) 10:30am: Stretch & Strength (BR) **11:15am: Passion for Poetry (CR)** 12:30pm: Duplicate Bridge (AR) 1pm: Mahjong & Scrabble (CR)	20 9:30am: Advanced Fitness DVD (BR) 10am: Bible Study (CR) 10:30am: Fitness DVD (BR) 11am-1pm: PHB Checks (Home Care Office) 11:30am: Blood Pressure (SR) 1pm: Bingo (AR) 1:30pm: Poker (CR) **3pm: General Resident Meeting (BR)** 5pm: Happy Hour (CR) **5pm: Depart for Cotton & Rye**	21 8:30am: Flower Brigade (AR) 9am: Golf Cart Repair (PC) 9:30am: Core Training (BR) 10am: Day Break (Oaks) 10:30am: Stretch & Strength (BR) 12:30pm: Men's Luncheon (MR) 3pm: Line Dancing (AR) 3pm: Ch 95: *Now is Good* **4pm: Power of Art - Bernini (BR)**	22 9:30am: Aqua Fitness (PC) 10:30am: Weights Workout (BR) 1pm: Mexican Train Dominoes (CR) 1pm: Party Bridge (SR) **3pm: Movie Matinee - *The Post* (BR)** 5pm: Happy Hour (CR)	23 8:30am: Flower Brigade (AR) 9:30am: Zumba Gold (BR) 10:30am: Stretch & Strength (BR) 12:30pm: Duplicate Bridge (AR) 1pm: Party Bridge (CR) 1pm: Game Time! (SR)
24 9:30am: SIUMC Pickup (IC) 12pm: Brunch Buffet (DR) 2pm: Scrabble & Rummikub (CR) 2pm: Ch 95: *Mr. Holland's Opus* 3pm: Bocce at The Cottages Park	25 9:30am: Advanced Fitness DVD (BR) **10am: New Resident Orientation (AR)** 10:30am: Fitness DVD (BR) 1pm: Mahjong (CR) 1pm: Beginner Mahjong (CR) 4pm: Prayer Service (Oaks) 5pm: Happy Hour (CR) **6:20pm: Depart for *Bandstand* - the Broadway Musical on the Big Screen**	26 9:30am: Aqua Fitness (PC) 10am: Day Break (Oaks) 10:30am: Stretch & Strength (BR) 12:30pm: Duplicate Bridge (AR) 1pm: Mahjong & Scrabble (CR) **4:30pm: Meditation Session (BR)**	27 9:30am: Advanced Fitness DVD (BR) 10am: Bible Study (CR) 10:30am: Fitness DVD (BR) 11:30am: Blood Pressure (SR) 1pm: Bunco (AR) 1:30pm: Poker (CR) **4pm: Therapy Presentation (BR)** **5pm: Happy Hour w/ David Duckworth (CR)** **5pm: Depart for Cotton & Rye**	28 8:30am: Flower Brigade (AR) 9:30am: Core Training (BR) 10am: Day Break (Oaks) 10:30am: Stretch & Strength (BR) 1pm: Knitting Group (SR) 3pm: Line Dancing (AR) 3pm: Ch 95: *Three Billboards Outside...*	29 9:30am: Aqua Fitness (PC) 10:30am: Weights Workout (BR) 1pm: Mexican Train Dominoes (CR) 1pm: Party Bridge (SR) 5pm: Happy Hour (CR)	30 8:30am: Flower Brigade (AR) 9:30am: Zumba Gold (AR) 10:30am: Stretch & Strength (AR) 12:30pm: Duplicate Bridge (AR) 1pm: Party Bridge (CR) 1pm: Game Time! (SR) **5pm: Jazz and Blues Concert (BR)**

Department Directors and Managers

Main Number	598-5030	Terry Lee, Environmental Services	721-9357
Concierge	598-3604	Mary Coombs, Facility Operations	598-3687
Amanda Elliott, Executive Director	598-3601	Marchel Fairchild, Nursing	598-3612
Heather Kjelstad, Administrator	598-3611	Chris Lee, Home Care	598-3665
Amy Blevins, Marketing & Sales	598-3675	Angie Carroll, Human Resources	598-3613
Gaye Rountree, Office Manager	598-3607	Michael Reese, Food & Beverage	598-3668
Lorna Carswell, Accounting	598-3606	Keith Cameron, Executive Chef	721-9534
Michelle Rice, Community Life	598-3677	Maxine Drake, Dining Room	598-3667

The Marshes of Skidaway Island is a non-profit Life Plan Community dedicated to enriching the lives of seniors by creating an environment that encourages the highest level of independence and well-being.

the Marshes OF SKIDAWAY ISLAND
SAVANNAH CHARM, ISLAND STYLE.

The Marshes of Skidaway Island
95 Skidaway Island Park Road
Savannah, GA 31411
Phone (912) 598-5030

BEST of SAVANNAH WINNER 2017 Savannah MAGAZINE

the Marshes OF SKIDAWAY ISLAND
SAVANNAH CHARM, ISLAND STYLE.

Island Club News
June 2018

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UPCOMING EVENTS

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The Bells of Christ Church

Monday, June 4

Hear and experience the rich history, the power, and the beauty of handbells! One of America's premier youth handbell choirs, THE BELLS OF CHRIST CHURCH, hails from historic Christ Church Anglican (1733) in downtown Savannah. This exceptional bell choir will be performing at 4pm in the Ballroom.

The auditioned 14-member bell choir, now in its 15th year, is made up of college and high school students who have produced two professional recordings to date and a full-length concert DVD.

Their 1.5 hour concert includes some of the finest bell repertoire in the genre and includes a history of bells and handbells. You won't want to miss this!

Dinner at Cotton & Rye

COTTON & RYE

5PM DEPARTURE

WEDNESDAY, JUNE 20
OR
WEDNESDAY, JUNE 27

Fusing modern techniques with traditional arts like sausage and pâté making, breads from scratch, and grinding their own meat for burgers, they embrace the rich past of their craft while carving their own history with a unique blend of flavorful offerings.

Space is limited to 12 people each night. The location is handicapped accessible. Charges will be on your monthly statement. Register early as these events will fill quickly!

Register online at **MyMarshes.org** or call 598-3677.

Religious Discussion

Friday, June 15 at 4pm in the Ballroom

Physician assisted-suicide:
is it morally licit? Should it be legalized?

Join us for the conclusion of the series on physician-assisted suicide. We will continue the discussion, following Tevye's "On the one hand," then "On the other hand." We will further explore these very difficult questions of physician-assisted suicide:

1. *Can society ever justify and morally sanction suicide?*
2. *Is suffering always to be escaped ? Can it serve no redemptive purpose?*
3. *Won't complicity in suicides corrupt the physician's role and corrode society's trust in medicine?*
4. *Is the distinction between "allowing" and "inducing" death morally tenable?*
5. *Finally, what about the ever-troubling "moral slippery slope?" If we legalize physician-assisted suicide, then how do we contain it?*

This is the final meeting before the summer break. Religious Discussion will convene again in October.

Religious Discussion is led by resident and retired Lutheran Pastor Larry Holst. It is held monthly on the 3rd Friday at 4pm in the Ballroom (October through June). All residents are welcome to attend.

Resident Photographers

Have you noticed the digital photo frame in the Magnolia Room? Photos of the 2018 Derby Party are currently on display. If you take photos at Marshes' events and would be willing to share them, please contact Nancy Hodge (598-9294). Additional photographers would be appreciated!

Bandstand

The Broadway Musical

6:20pm bus departure

Monday, June 25

The Boys Are Back! This is an on-screen musical by Andy Blankenbuehler, winner of the 2017 Tony Award® for Best Choreography for BANDSTAND and the 2016 Tony Award for Best Choreography for HAMILTON. This new musical explodes with the most high-octane, heart-stopping and best dancing on stage today. 1945; as America's soldiers come home to ticker-tape parades and overjoyed families, Private First Class Donny Novitski, singer and songwriter, returns to rebuild his life with only the shirt on his back and a dream in his heart. When NBC announces a national competition to find the nation's next great musical superstars, inspiration strikes! Donny joins forces with a motley group of fellow veterans, forming a band unlike any the nation has ever seen. Along the way, they discover the power of music to face the impossible, find their voice and finally feel like they have a place to call home. Duration: 2 hour 15 minutes. Tickets: $19.26.

Register online at **MyMarshes.org** or call 598-3677.

REGAL CINEMAS

"All About Savannah" Barbershop Musical

SATURDAY, JUNE 16
6PM BUS DEPARTURE

Sit back and relax as Savannah's 13th Colony Sound takes you on a musical stroll through old Savannah and Savannah Beach, as they bring back memories of how things used to be. They'll show up at the barbershop where Dad and Junior got a trim for two bits. Sometimes Dad sang with a quartet and you guessed it – they were a barbershop quartet!

Then it's over to the old Johnny Harris on Victory Drive. Maybe we'll see Johnny Mercer writing another song. Mom and Dad go there every night to dance.

After lunch a baseball game beckons us to Grayson Stadium. Who doesn't love the National Anthem before the game when all the WWII vets saluted the flag and you put your hand over your heart, stood straight and sang loud. And, of course, there's "Take Me Out to the Ballgame" at the 7th Inning stretch.

Then we all go to Tybee, or Savannah Beach, as it was known in the good ole days. As we pass through Thunderbolt, we stop by the old country church to listen to the choir practice. Finally, we make it to the beach, where we take in the old-time hits and doo wop music "Under the Boardwalk."

Register online at **MyMarshes.org** or call 598-3677.

DID YOU KNOW?

DID YOU KNOW the direct phone number for Directors and Managers is on the back of each monthly issue of the Island Club News?

Healthy Highlights

Our wellness program, New Dimensions, gives residents the opportunity to have one-on-one sessions with Allison Bernzott, Community Life Coordinator. Learn to use the equipment in the fitness center, train for low impact exercises in the pool, or learn how to safely stretch and exercise at home. Call Allison at ext. 231 to learn more or schedule an appointment.

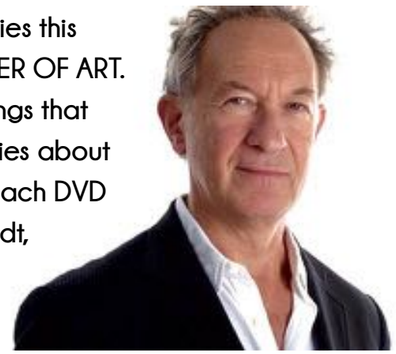
Off-Campus Event Schedule

Register online at MyMarshes.org or call 598-3677.

Jun 9	Forsyth Farmer's Market
Jun 16	*All About Savannah* Barbershop Musical - Tybee Post Theater
Jun 20	Dinner at Cotton & Rye
Jun 25	*Bandstand* the Broadway Musical
Jun 27	Dinner at Cotton & Rye
Jul 1	Savannah Winds Patriotic Concert
Jul 5	Savannah Bananas Baseball Game

SUMMER DVD SERIES

We will have the pleasure of watching a wonderful DVD series this summer (thank you, Mary Perelman) - Simon Schama's POWER OF ART. Presenter Simon Schama says "This is not a series about things that hang on walls, it is not about decor or prettiness. It is a series about the force, the need, the passion of art...the power of art." Each DVD is one hour and features an artist - David, Rothko, Rembrandt, Caravaggio, Bernini and Turner. Watch the calendar for upcoming times and dates.



Event Cancellation Policy

If you register to attend an off-campus event that requires a ticket, you are responsible for the cost of the ticket once it has been purchased. If you need to cancel, you will be billed for the price of the ticket unless it can be sold to someone on the Wait List. Many events require an advanced purchase to guarantee availability.

Jazz and Blues Concert

SATURDAY, JUNE 30
5PM IN THE BALLROOM

Jane Ogle, vocals, and Jeff Powell, guitar, are members of Southern Holiday Jazz Band. Their music interprets the great legacy of living composers and lyricists of our times. They bring all the charm, plenty of swing, some torchy romance, some languid blues, and some unexpectedly eclectic songs. Lingering with friends, whispering the words, toes tappin' and hands clappin', feeling like you could sway the night away... Southern Holiday Jazz Band takes you there!
A complimentary wine bar and light appetizers will be served. Come early for the best seats!

American Nuclear Submarines Presentation

Monday, June 18
4pm in the Ballroom

Resident Mark Forssell will present a PowerPoint on American Nuclear Submarines. Mark's career included 33 years, most of which was in the Washington, DC office of Naval Reactors. This was the organization initially headed up by ADM Hyman Rickover, properly revered as "Father of the Nuclear Navy." For 16 years, Mark was Director of Nuclear Attack Submarine Propulsion Plant Design at Naval Reactors.

He will cover events from pre-WWII atomic bomb technology through the first nuclear submarine to the newest designs, with a smattering of low key technology, "Rickover stories," and lots of pictures. You will not want to miss this special presentation!

EVENTS AND ACTIVITIES

Friday, June 1
3pm: It's National Donut Day! The perfect way to kick off the month of June. Enjoy a donut and some comedy with Morgan Freeman, Tommy Lee Jones and Rene Russo in *Just Getting Started*. Plot: it takes all kinds to make a community, which is why an ex-lawman and a former mob lawyer find themselves on the same side when it comes to fending off a threat to the tiny resort where they live. Don't miss this fun movie in the Activities Room.

Monday, June 4
4pm: The Bells of Christ Church perform in the Ballroom (details on page 1).

Tuesday, June 5
1:30pm: Meet Michael Reese in the Bar for a behind-the-scenes tour of our food and beverage operation. Learn more about what it takes to bring residents the meals and service here at The Marshes. Register online at **MyMarshes.org** or call 598-3677.

Wednesday, June 6
11am: Come to the Ballroom with your iPhone, iPad, tablet, etc. as we have volunteers from Savannah Country Day School here to help! Learn how to overcome your personal technology challenges with their assistance.

1pm: Meet in the Sandpiper Room for "Chat with Chris." Chris Lee, Director of Home Care and Resident Services, will discuss how her team can help residents and benefit from their services.

Thursday, June 7
4pm: Meet in the Ballroom for a one-hour DVD of Simon Schama's POWER OF ART - Caravaggio (details on page 10).

5:30pm: Enjoy great conversation and a superb meal at Dining with Directors with Chris Lee, Director of Home Care, and Michael Reese, Food and Beverage Director. Register online at **MyMarshes.org** or call 598-3677.

Friday, June 8
3pm: Movie Matinee in the Ballroom featuring *The Greatest Showman* (details on page 9).

Saturday, June 9
10:30am: Depart for the Forsyth Farmer's Market (rescheduled from May's rain cancellation). Enjoy the local selection of products and the sights and sounds of Forsyth Park. Return to the bus at 1pm to come home. Register online at **MyMarshes.org** or call 598-3677.

Tuesday, June 12
11:15am: Mixing with Mary & Talking with Terry will be in the Card Room. This is an opportunity to chat with Mary Coombs, Director of Facility Operations, and Terry Lee, Director of Environmental Services.

12pm: St. Peter's Episcopal Church will host "Lunch with the Rector" in the Dining Room. Church members and those interested in becoming a member are welcome. Register online at **MyMarshes.org** or call 598-3677.

4:30pm: Meet in the Ballroom for a Meditation Session with Allison. This 30-minute meditation promotes healing, reduces anxiety and stress, and gives one a sense of peace, love and overall wellness.

Wednesday, June 13
11am: Come to the Ballroom with your iPhone, iPad, tablet, etc. as we have volunteers from Savannah Country Day School here to help! Learn how to overcome your personal technology challenges with their assistance.

5pm: Enjoy Happy Hour in the Card Room with David Duckworth, pianist, and celebrate June birthdays.

Thursday, June 14
11:15am: Meet in the Ballroom for "Ask Amanda," a Q&A session with Amanda Elliott, Executive Director.

4pm: Our grief support group will meet in the Sandpiper Room. Bring a friend or family member that would benefit from this healthy way to navigate loss. Betsy Kane, RN, leads this group.

Friday, June 15
4pm: Religious Discussion will be in the Ballroom (details on page 2).

Saturday, June 16
6pm: The bus departs for All About Savannah Barbershop Musical at the Tybee Post Theater (details on page 11).

MOVIE MATINEES IN THE BALLROOM

THE GREATEST SHOWMAN

Friday, June 8
3pm in the Ballroom

Behind "The Greatest Show on Earth" was one of history's greatest showmen, P.T. Barnum. This musical biopic centers on Barnum's creation of the three-ring circus and his infatuation with Swedish songbird Jenny Lind. Cast: Hugh Jackman, Zac Efron, Michelle Williams, more...

THE POST

Friday, June 22
3pm in the Ballroom

When the Washington Post agrees to publish the leaked Pentagon Papers - which point to a secret escalation of the Vietnam War - the Nixon administration tries to block publication, setting off an epic legal and political battle. Cast: Tom Hanks, Meryl Streep, Alison Brie, more...

JUNE BIRTHDAYS

Martha Rudd	June 1
Bob Smith	June 1
Liz Sprague	June 1
Starr Hagenmeyer	June 5
Phyllis Powell	June 5
Barbara Stallings	June 6
Evelyn Saum	June 9
Betty Kipp	June 12
Katie Walker	June 16
Peggy Willis	June 18
Jean Morris	June 19
Bill Izzard	June 21
Julia White	June 25
Ed Marinucci	June 27
Meredith Heaslip	June 30
Jean Meeker	June 30

PRESENTATIONS

Thursday, June 14
11:15am in the Ballroom
ASK AMANDA
Amanda Elliott, Executive Director

Thursday, June 14
4pm in the Sandpiper Room
GRIEF SUPPORT GROUP
Betsy Kane, RN

Friday, June 15
4pm in the Ballroom
RELIGIOUS DISCUSSION
Pastor Larry Holst

Monday, June 18
4pm in the Ballroom
AMERICAN NUCLEAR SUBMARINES
Mark Forssell

Wednesday, June 20
3pm in the Ballroom
GENERAL RESIDENT MEETING
SHALSI Board and LCS Overview

Wednesday, June 27
4pm in the Ballroom
HEALTHTY EATING PRESENTATION
Therapy Department

JUNE FOCUS: EMOTIONAL

FORGIVENESS

Forgiveness is a choice. You are choosing to offer compassion and empathy to the person who wronged you. The following steps can help you develop a more forgiving attitude, and benefit from better emotional and physical health.

Reflect and remember.

That includes the events themselves, and also how you reacted, how you felt, and how the anger and hurt have affected you since. Empathize with the other person.
For instance, if your spouse grew up in an alcoholic family, then anger when you have too many glasses of wine might be more understandable.

Forgive deeply.

Simply forgiving someone because you think you have no other alternative or because you think your religion requires it may be enough to bring some healing. But one study found that people whose forgiveness came in part from understanding that no one is perfect were able to resume a normal relationship with the other person, even if that person never apologized. Those who only forgave in an effort to salvage the relationship wound up with a worse relationship.

Let go of expectations.

An apology may not change your relationship with the other person or elicit an apology from her. If you don't expect either, you won't be disappointed.

Decide to forgive.

Once you make that choice, seal it with an action. If you don't feel you can talk to the person who wronged you, write about your forgiveness in a journal or even talk about it to someone else in your life whom you trust

Forgive yourself.

The act of forgiving includes forgiving yourself. For instance, if your spouse had an affair, recognize that the affair is not a reflection of your worth, says Swartz.

To read the entire article visit *http://www.hopkinsmedicine.org/health/healthy_aging/healthy_connections/forgiveness-your-health-depends-on-it*

Monday, June 18
4pm: Presentation on American Nuclear Submarines by Mark Forssell (details on page 2).

Tuesday, June 19
11:15am: "Passion for Poetry" meets in the Card Room. New members are welcome! Attendees are encouraged to bring a poem to share.

Wednesday, June 20
3pm: Meet in the Ballroom for the General Resident Meeting. Learn about the SHALSI Board and meet new members. An overview of LCS will also be presented. All residents are encouraged to attend.

5pm: Depart for dinner at Cotton & Rye (details on page 2).

Thursday, June 21
4pm: Meet in the Ballroom for a one-hour DVD of Simon Schama's POWER OF ART - Bernini (details on page 10).

Friday, June 22
3pm: Movie Matinee in the Ballroom featuring *The Post* (details on page 9).

Monday, June 25
10am: New Resident Orientation will be in the Activities Room. Invitations will be sent to our new residents with more details.

6:20pm: Depart for *Bandstand* the Broadway Musical (details on page 11).

Tuesday, June 26
4:30pm: Meet in the Ballroom for a Meditation Session with Allison. This 30-minute meditation promotes healing, reduces anxiety and stress, and gives one a sense of peace, love and overall wellness.

Wednesday, June 27
4pm: Join us in the Ballroom for a presentation by the Therapy Department.

5pm: Happy Hour entertainment features pianist David Duckworth.

Saturday, June 30
5pm: Don't miss the Jazz and Blues Concert (details on page 3) with a complimentary wine bar.

FOOD DRIVE

Are you ready to make a difference? Residents and Staff of The Marshes of Skidaway Island are joining forces for a Food Drive benefitting America's Second Harvest of Coastal Georgia. The following non-perishable items are the most needed:

- Child-friendly pop tops (cans of ravioli, spaghetti, mac-n-cheese, etc.)
- Granola Bars
- Peanut Butter
- Canned meat
- Tuna

You can bring your donations to the marked boxes in the Activities Room from June 4th through June 22nd. Thank you for participating!

Kids Cafe
A Program of FEEDING AMERICA

America's Second Harvest of Coastal Georgia
A member of FEEDING AMERICA