



**COTTONWOOD VILLA CELEBRATING  
NATIONAL ASSISTED LIVING WEEK  
SEPTEMBER 10<sup>TH</sup> – 16<sup>TH</sup>**

**We would like to invite the community to visit anytime during the week to celebrate with our residents. Our goal for the week is to help our residents connect with volunteers and visitors within the community because they too are our family. If you would like to contribute in anyway, please contact Heidi Snyder or Natalie Leach at 402-387-1000.**

**Event Schedule:**

- |                              |  |
|------------------------------|--|
| Monday – 11 <sup>th</sup>    | 9:30am - Baking with our Little Paw Buddies<br>10:30am - Fun & Fitness with Friends<br>2:00pm - Baking with our Little Paw Buddies<br>6:30pm - Music with “The Local Men”  |
| Tuesday – 12 <sup>th</sup>   | 9-12pm - Spa Day for the ladies with Natalie & Heidi Z.<br>10:00am - Men’s Van Ride<br>1:00pm - Walker Wash with Natalie, Kylee, Heidi S.<br>1:00pm - Healthy Eating Presentation with Amy Salzman, RN<br>6:30pm - Music with Andrew Klatt |
| Wednesday – 13 <sup>th</sup> | 10:00am - Fun & Fitness with Friends<br>10:45am - Lotion Making with Chris Johnson<br>2:00pm - Music with Aces of Rhythm<br>3:00pm - Ice Cream Social  |
| Thursday – 14 <sup>th</sup>  | 9:30am - Baking Traditional Family Treats<br>1:30pm - Fall Crating with Karen Johnson<br>3:00pm - Coffee, Trivia & Traditional Family Treats   |
| Friday – 15 <sup>th</sup>    | 10:00am - Fun & Fitness with Friends<br>2:00pm - Family Traditions Party<br>4:00pm - TGIF Cocktail Hour  |