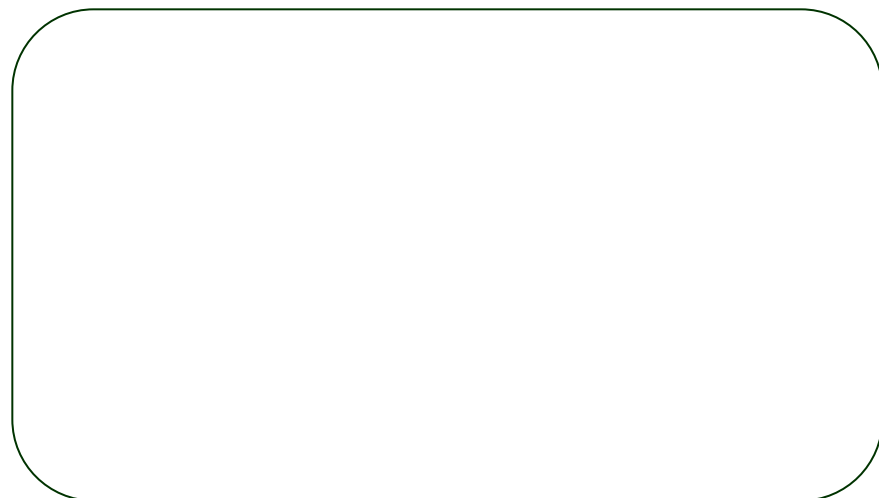




17950 SW 115th Avenue  
Tualatin, OR 97062

PLACE STAMP  
HERE



## Administrative Staff:

**Chris Budke**  
Executive Director  
**Randy Dickens**  
Community Relations Director  
**Katrina Blevins**  
Resident Care Coordinator  
**Melissa Fisher**  
Business Office Manager  
**Brandy L'Roy**  
Registered Nurse  
**Shay Sanchez**  
Dietary Director  
**Steven Rehder**  
Maintenance Director  
**Melissa Hays**  
Activities Director

Contact us at:  
**503-692-1748**



**Our mission is to create and sustain  
comfortable, caring environments for  
those who depend on us.**

# The Farmington Times

Farmington Square Assisted & Memory Care Newsletter — October 2017



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# The Importance of Interaction and Engagement for Senior Health

From birth, humans have an instinct to express themselves and engage with others. This instinct remains crucial throughout life in all of its stages.

For older adults, maintaining these regular interactions and engagements is encouraged as changes may occur with retirement, a new schedule, moving, being apart from certain family members or friends, and/or physical health. Companionship and activities with others can provide comfort and stability through life changes.

Some changes can lead to depression, feelings of sadness and loneliness, and/or self-isolating behaviors. For those who struggle with loneliness or self-isolation, it is important to recognize that those feelings are there and to let someone know.

## Why Social Engagement is Necessary

Research studies suggest that there is a strong correlation between older adults’ emotional and physical health and how social they are in their daily lives. The Alzheimer’s Association has stated that brain vitality can best be maintained through physical and mental activities that involve social engagement, along with a brain-healthy diet.

## Ways to Increase Engagement

To increase social interactions, it is a good idea for people to try to spend time in spaces where others are engaging in group activities. Taking on activities and setting goals add senses of purpose to daily life.

Engaging activities could include playing cards or table games, making puzzles, creating art, using technology to connect with others, walking, exercising, taking a class, gardening, cooking, fishing, going on a trip, watching a movie, listening to or watching a musician or entertainer, and/or dining with others.

Discussion groups in which people talk about similar interests and activities or hobbies are also beneficial for senior health.

Helping out with a cause and/or taking care of a pet are two additional ways that seniors can find a sense of purpose and stay engaged. Having pride about a job well done or a person or animal cared for can lift up spirits and brighten daily life.

*Note: Each individual should follow the advice of their medical professionals or doctors and speak with them before making changes to diet and/or exercise.*



Thumper Therapy has started up again!



## September Highlights:

We kept busy in the month of September. We would love to show off some of the good times that we were able to have together!

National Miniature Golf Day:



World Gratitude Day– We made Gratitude Journals:



“I remember when a resident wore a sumo wrestler costume for Halloween! ”

-Maria

“My mom made me a scary witch costume when I was 5 or 6 years old.”

-Dena

“When I was around 5 or 6 I was Belle from Beauty and the Beast.”

- Annie

“ I can remember when my daughter dressed up as an angel and my son dressed as a police officer.” “Also, I have always enjoyed decorating!”

- Isabelle



## October Highlights — You're Invited!

**Wednesday October 4th:** Shopping trip to the local Fred Meyer. The community bus will begin loading at 1:45 P.M. and depart shortly after.

**Thursday October 12th & 26th:** Scenic drive around the local country side as long as weather permits. The bus will load up at 2 P.M. and depart shortly after.

**Wednesday October 11th & 25th:** The community bus will depart at 2 P.M. to take a small group of residents to the local library.

**Wednesday October 18th:** The community bus will load at 11:15 A.M. to take a few residents to Tigard Pizza Kitchen.



**Every Friday at 9:30 A.M. we take a small group of residents to the Juanita Pohl Senior Center to play bingo in the community. The last Friday of this month we will also have lunch at the senior center.**

## Fond Memories of Halloween:

**"I have fond memories of when my daughter wore a pumpkin outfit when she was about 3 years old."**

**-Josephine.**

**"I made my daughter Sandra costume. When I was little I wore a ghost costume with a bow tie."**

**-Karen**

**We asked residents and staff to share their favorite costumes!**

## How do you socialize?

We asked a few of our residents how socialization plays a role in their lives now. Here are some of the responses that we heard:

**"It's good to have friends who you can visit with, talk to and do things with to keep your mind busy. I like to get exercise and it is better when you have company!"**

**- Gordon P.**

**"It is nice to get out and see other people. I especially enjoy our lunch outings because we get to visit with each other in a different setting."**

**- Josephine C.**

**"After I retired I was told that it is important to communicate socially at least 3-4 times per week. Now that I am at Farmington Square it happens every day. I didn't used to enjoy games but since I have been here I have come to enjoy them more. In the month and a half that I have lived here I have developed relationship with the other residents and staff."**

**- Judy I.**

## Find us on Facebook!



We've been sharing more and more on our Facebook page recently and would love to have you join the conversation!  
**LIKE** our Facebook page today!

**[www.Facebook.com/FarmingtonSquareTualatin](http://www.Facebook.com/FarmingtonSquareTualatin)**



# October 2017— Alpine

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b> 9:30 Greet the Day 10:30 Gentle Stretches 11:30 Bible Trivia 1:00 Sing-along 2:00 Balloon Toss 3:00 Snack/ Reminisce 3:30 Sensory/ Hand Massage 6:00 Evening Movie	<b>2</b> 9:30 Greet the Day 10:30 Sittercise 11:00 What did it cost? 1:00 Karaoke 2:00 Giant Tic Tac Toe 3:00 Snack/ Reminisce 3:30 Painting 6:00 Nature/ Relaxation	<b>3</b> 9:30 Greet the Day 10:30 Group Exercise 11:00 Good News 1:00 Familiar Tunes 2:00 Spa Day 3:00 Snack/ Reminisce 3:30 Adult Coloring 6:00 Walk & Talk	<b>4</b> 9:30 Greet the Day 10:30 Conductorcise 11:00 Era Trivia 12:00 Piano with Alice 1:00 Sing-along 2:00 Beach Ball Toss 3:00 Snack/ Puzzles 6:00 Evening Movie	<b>5</b> 9:30 Greet the Day 10:30 Sittercise 11:00 Word Games 11:20 Catholic Communion 12:40 One Man Band 2:00 Bingo 3:00 Snack/ Reminisce 6:00 Light & Easy Music	<b>6</b> 9:30 Greet the Day 10:30 Individual Walks 11:00 Jokes & Riddles 1:00 Familiar Tunes 2:00 Ring/ Bucket Toss 3:00 Snack/ Baby Faces 3:30 Arts & Crafts 6:00 Nature/ Relaxation	<b>7</b> 9:30 Greet the Day 10:30 Group Exercise 11:00 Current Events 1:00 Sing-along 2:00 Noodle Tennis 3:00 Snack/ Spelling Bee 3:30 Jigsaw Puzzles 6:00 Evening Movie
<b>8</b> 9:30 Greet the Day 10:30 Gentle Stretches 11:30 Bible Trivia 1:00 Sing-along 2:00 Balloon Toss 3:00 Snack/ Reminisce 3:30 Sensory/ Hand Massage 6:00 Evening Movie	<b>9</b> 9:30 Greet the Day 10:30 Sittercise 11:00 What did it cost? 1:00 Karaoke 2:00 Giant Tic Tac Toe 3:00 Snack/ Reminisce 3:30 Painting 6:00 Nature/ Relaxation	<b>10</b> 9:30 Greet the Day 10:30 Group Exercise 11:00 Good News 1:00 Familiar Tunes 2:00 Spa Day 3:00 Snack/ Reminisce 3:30 Adult Coloring 6:00 Walk & Talk	<b>11</b> 9:30 Greet the Day 10:30 Conductorcise 11:00 Era Trivia 12:00 Piano with Alice 1:00 Sing-along 2:00 Beach Ball Toss 3:00 Snack/ Puzzles 6:00 Evening Movie	<b>12</b> 9:30 Greet the Day 10:30 Sittercise 11:00 Word Games 11:20 Catholic Communion 1:00 Karaoke 2:00 Bingo/ Scenic Drive 3:00 Snack/ Reminisce 6:00 Light & Easy Music	<b>13</b> 9:30 Greet the Day 10:30 Individual Walks 11:00 Jokes & Riddles 1:00 Familiar Tunes 2:00 Ring/ Bucket Toss 3:00 Snack/ Baby Faces 3:30 Arts & Crafts 6:00 Nature/ Relaxation	<b>14</b> 9:30 Greet the Day 10:30 Group Exercise 11:00 Current Events 1:00 Sing-along 2:00 Noodle Tennis 3:00 Snack/ Spelling Bee 3:30 Jigsaw Puzzles 6:00 Evening Movie
<b>15</b> 9:30 Greet the Day 10:30 Gentle Stretches 11:30 Bible Trivia 1:00 Sing-along 2:00 Balloon Toss 3:00 Snack/ Reminisce 3:30 Sensory/ Hand Massage 6:00 Evening Movie	<b>16</b> 9:30 Greet the Day 10:30 Sittercise 11:00 What did it cost? 1:00 Karaoke 2:00 Giant Tic Tac Toe 3:00 Snack/ Reminisce 3:30 Painting 6:00 Nature/ Relaxation	<b>17</b> 9:30 Greet the Day 10:30 Group Exercise 11:00 Good News 1:00 Familiar Tunes 2:00 Spa Day 3:00 Snack/ Reminisce 3:30 Adult Coloring 6:00 Walk & Talk	<b>18</b> 9:30 Greet the Day 10:30 Conductorcise 11:00 Era Trivia 12:00 Piano with Alice 1:00 Sing-along 2:00 Beach Ball Toss 3:00 Snack/ Puzzles 6:00 Evening Movie	<b>19</b> 9:30 Greet the Day 10:30 Sittercise 11:00 Word Games 11:20 Catholic Communion 1:00 Karaoke 2:00 Pet Therapy 3:00 Snack/ Reminisce 6:00 Light & Easy Music	<b>20</b> 9:30 Greet the Day 10:30 Individual Walks 11:00 Jokes & Riddles 1:00 Familiar Tunes 2:00 Ring/ Bucket Toss 3:00 Snack/ Baby Faces 3:30 Arts & Crafts 6:00 Nature/ Relaxation	<b>21</b> 9:30 Greet the Day 10:30 Group Exercise 11:00 Current Events 1:00 Sing-along 2:00 Noodle Tennis 3:00 Snack/ Spelling Bee 3:30 Jigsaw Puzzles 6:00 Evening Movie
<b>22</b> 9:30 Greet the Day 10:30 Gentle Stretches 11:30 Bible Trivia 1:00 Sing-along 2:00 Balloon Toss 3:00 Snack/ Reminisce 3:30 Sensory/ Painting 6:00 Evening Movie	<b>23</b> 9:30 Greet the Day 10:30 Sittercise 11:00 What did it cost? 1:00 Karaoke 2:00 Giant Tic Tac Toe 3:00 Snack/ Reminisce 3:30 Painting 6:00 Nature/ Relaxation	<b>24</b> 9:30 Greet the Day 10:30 Group Exercise 11:00 Good News 1:00 Familiar Tunes 2:00 Spa Day 3:00 Snack/ Reminisce 3:30 Adult Coloring 6:00 Walk & Talk	<b>25</b> 9:30 Greet the Day 10:30 Conductorcise 11:00 Era Trivia 12:00 Piano with Alice 1:00 Sing-along 2:00 Beach Ball Toss 3:00 Snack/ Puzzles 6:00 Evening Movie	<b>26</b> 9:30 Greet the Day 10:30 Sittercise 11:00 Word Games 11:20 Catholic Communion 1:00 Karaoke 2:00 Bingo/ Scenic Drive 3:00 Snack/ Reminisce 6:00 Light & Easy Music	<b>27</b> 9:30 Greet the Day 10:30 Individual Walks 11:00 Jokes & Riddles 1:00 Familiar Tunes 2:00 Ring/ Bucket Toss 3:00 Snack/ Baby Faces 3:30 Arts & Crafts 6:00 Nature/ Relaxation	<b>28</b> 9:30 Greet the Day 10:30 Group Exercise 11:00 Current Events 1:00 Sing-along 2:00 Noodle Tennis 3:00 Snack/ Spelling Bee 3:30 Jigsaw Puzzles 6:00 Evening Movie
<b>29</b> 9:30 Greet the Day 10:30 Gentle Stretches 11:30 Bible Trivia 1:00 Sing-along 2:00 Balloon Toss 3:00 Snack/ Reminisce 3:30 Sensory/ Hand Massage 6:00 Evening Movie	<b>30</b> 9:30 Greet the Day 10:30 Sittercise 11:00 What did it cost? 1:00 Karaoke 2:00 Giant Tic Tac Toe 3:00 Snack/ Reminisce 3:30 Painting 6:00 Nature/ Relaxation	<b>31</b> 9:30 Greet the Day 10:30 Group Exercise 11:00 Good News 1:00 Familiar Tunes 2:00 Spa Day 3:00 Snack/ Reminisce 3:30 Adult Coloring 6:00 Walk & Talk	<b>All Activities are subject to change due to unforeseen circumstances.</b>			



# October 2017 – Beechwood

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b> 9:30 Color Art 10:45 Exercise 11:30 Current Events 1:00 Reminisce - 1x1's 1:45 Spiritual Service 3:00 Snack/ Word Games 3:30 Sunday Movie 6:00 Walk & Talk	<b>2</b> 9:30 Interactive Puzzle 10:45 Group Exercise 1:00 Word Games 1:30 What Did It Cost 2:00 Monday Matinee 4:30 Cocoa & Conversation 5:30 Reminisce - 1x1's 6:00 Jigsaw Puzzles	<b>3</b> 9:30 Color Art 10:00 Fun Fitness 10:30 Brain Games 11:00 Arts & Crafts 1:00 Talk & Toss 1:30 Spa Day 3:30 Reminisce - 1x1's 6:00 Evening Movie	<b>4</b> 9:30 Interactive Puzzle 10:00 Bible Study 11:00 Gentle Stretches 11:30 Piano with Alice 1:45 Shopping at Fred Meyer 2:00 Dice/ Card Games 3:30 Reminisce - 1x1's 6:00 Jigsaw/ Word Puzzles	<b>5</b> 9:30 Color Art 10:30 Sittercise 11:00 Current Events 11:30 Catholic Communion 12:20 One Man Band 2:00 Baking with Carolee 3:00 Cocoa / Snack & Chat 5:30 Reminisce - 1x1's	<b>6</b> 9:30 Bingo at JPC 10:00 Interactive Puzzle 10:30 Walk & Talk 11:30 Group Fitness 1:00 Painting 2:00 Table Games 3:00 Snack 4:00 Reminisce - 1x1's	<b>7</b> 9:30 Color Art 10:30 Sittercise 11:00 Current Events 11:30 Trivia 1:15 Ring/Ball toss 2:00 Fun Food Craft 3:00 Sing A Long 4:00 Reminisce - 1x1's
<b>8</b> 9:30 Color Art 10:45 Exercise 11:30 Current Events 1:00 Reminisce - 1x1's 1:45 Spiritual Service 3:00 Snack/ Word Games 3:30 Sunday Movie 6:00 Walk & Talk	<b>9</b> 9:30 Interactive Puzzle 10:45 Group Exercise 1:00 Word Games 1:30 What Did It Cost 2:00 Monday Matinee 4:30 Cocoa & Conversation 5:30 Reminisce - 1x1's 6:00 Jigsaw Puzzles	<b>10</b> 9:30 Color Art 10:00 Fun Fitness 10:30 Thumper Therapy 11:00 Arts & Crafts 1:00 Talk & Toss 1:30 Spa Day 3:30 Reminisce - 1x1's 6:00 Evening Movie	<b>11</b> 9:30 Interactive Puzzle 10:00 Bible Study 11:00 Gentle Stretches 11:30 Piano with Alice 2:00 Library Visit 2:00 Dice/ Card Games 3:30 Reminisce - 1x1's 6:00 Jigsaw/ Word Puzzles	<b>12</b> 9:30 Color Art 10:30 Sittercise 11:00 Current Events 11:30 Catholic Communion 1:00 Reminisce - 1x1's 2:00 Scenic Drive/ Ball Toss 3:00 Cocoa / Snack & Chat 6:00 Evening Movie	<b>13</b> 9:30 Bingo at JPC 10:00 Interactive Puzzle 10:30 Walk & Talk 11:30 Group Fitness 1:00 Painting 2:00 Table Games 3:00 Snack 3:50 Accordion Player	<b>14</b> 9:30 Color Art 10:00 Sittercise 10:30 Current Events 11:30 Trivia 1:15 Ring/Ball toss 2:00 Arts & Crafts 3:00 Sing A Long 4:00 Reminisce - 1x1's
<b>15</b> 9:30 Color Art 10:45 Exercise 11:30 Current Events 1:00 Reminisce - 1x1's 1:30 Song Service 2:30 Games with Girl Scouts 3:00 Snack/ Word Games 3:30 Sunday Movie	<b>16</b> 9:30 Interactive Puzzle 11:00 The Lee Nicholas Show 1:00 Word Games 1:30 Group Exercise 2:00 Monday Matinee 4:30 Cocoa & Conversation 5:30 Reminisce - 1x1's 6:00 Jigsaw Puzzles	<b>17</b> 9:30 Color Art 10:00 Fun Fitness 10:30 Brain Games 11:00 Arts & Crafts 1:00 Talk & Toss 1:30 Spa Day 3:30 Reminisce - 1x1's 6:00 Evening Movie	<b>18</b> 9:30 Interactive Puzzle 10:00 Bible Study 11:00 Gentle Stretches 11:15 Lunch at Tigard Pizza 11:30 Piano with Alice 2:00 Dice/ Card Games 3:30 Reminisce - 1x1's 6:00 Jigsaw/ Word Puzzles	<b>19</b> 9:30 Color Art 10:30 Sittercise 11:00 Current Events 11:30 Catholic Communion 1:00 Reminisce - 1x1's 1:30 Lee Farms/ Pet Therapy 3:30 Cocoa / Snack & Chat 6:00 Evening Movie	<b>20</b> 9:30 Bingo at JPC 10:00 Interactive Puzzle 10:30 Walk & Talk 11:30 Group Fitness 1:00 Painting 2:00 Table Games 3:00 Snack 4:00 Reminisce - 1x1's	<b>21</b> 9:30 Color Art 10:30 Sittercise 11:00 Current Events 11:30 Trivia 1:15 Ring/Ball toss 2:00 Fun Food Craft 3:00 Sing A Long 4:00 Reminisce - 1x1's
<b>22</b> 9:30 Color Art 10:45 Exercise 11:00 Current Events 1:30 Spiritual Trivia 2:30 Pumpkin Painting 3:00 Snack 6:00 Walk & Talk 6:30 Evening Movie	<b>23</b> 9:30 Interactive Puzzle 10:45 Group Exercise 1:00 Word Games 1:30 What Did It Cost 2:00 Monday Matinee 4:30 Cocoa & Conversation 5:30 Reminisce - 1x1's 6:00 Jigsaw Puzzles	<b>24</b> 9:30 Color Art 10:00 Fun Fitness 10:30 Brain Games 11:00 Arts & Crafts 1:00 Talk & Toss 1:30 Spa Day 3:30 Reminisce - 1x1's 6:00 Evening Movie	<b>25</b> 9:30 Interactive Puzzle 10:00 Bible Study 11:00 Gentle Stretches 11:30 Piano with Alice 2:00 Library Visit 2:00 Dice/ Card Games 3:30 Reminisce - 1x1's 6:00 Jigsaw/ Word Puzzles	<b>26</b> 9:30 Color Art 10:30 Sittercise 11:00 Current Events 11:30 Catholic Communion 1:00 Reminisce - 1x1's 2:00 Scenic Drive/ Ball Toss 3:00 Cocoa / Snack & Chat 6:00 Evening Movie	<b>27</b> 9:30 Bingo at JPC 10:00 Interactive Puzzle 10:30 Walk & Talk 11:30 Group Fitness 1:00 Painting 2:00 Table Games 3:00 Snack 4:00 Reminisce - 1x1's	<b>28</b> 9:30 Color Art 10:00 Sittercise 10:30 Current Events 11:30 Trivia 1:15 Ring/Ball toss 2:00 Arts & Crafts 3:00 Sing A Long 4:00 Reminisce - 1x1's
<b>29</b> 9:30 Color Art 10:45 Exercise 11:30 Current Events 1:00 Reminisce - 1x1's 1:45 Spiritual Service 3:00 Snack/ Word Games 3:30 Sunday Movie 6:00 Walk & Talk	<b>30</b> 9:30 Interactive Puzzle 10:45 Group Exercise 1:00 Word Games 1:30 What Did It Cost 2:00 Monday Matinee 4:30 Cocoa & Conversation 5:30 Reminisce - 1x1's 6:00 Jigsaw Puzzles	<b>31</b> 9:30 Color Art 10:00 Fun Fitness 10:30 Brain Games 11:00 Arts & Crafts 1:00 Talk & Toss 1:30 Spa Day 3:30 Reminisce - 1x1's 6:00 Evening Movie	<b>All activities are subject to change due to unforeseen circumstances.</b>			





# October 2017 – Ponderosa

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 10:30 Exercise 11:00 Good News Chat 1:15 Adult Coloring 1:45 Church Service 3:30 Word Games 4:30 Jigsaw Puzzles	2 9:00 Monday Movie 10:30 Color Art 11:30 Sittercise 12:45 Word Search 2:30 Bowling 3:30 Cocoa & Conversation	3 10:30 Color Art 11:00 Exercise 11:30 Trivia 1:30 Card Games 2:00 Monopoly with Bonny 3:15 Bingo with Bonny	4 9:30 Current Events 10:00 Sittercise 11:00 Piano with Alice 1:45 Shopping at Fred Meyer 3:30 Table Games 4:00 Cocoa & Conversa-	5 10:30 Color Art 11:00 Exercise 11:30 Trivia 11:30 Catholic Communion 12:00 One Man Band 1:30 Spa Day	6 9:30 Bingo at JPC 10:30 Painting 11:30 Crossword Puzzles 2:15 Fun Fitness 2:45 Afternoon Movie 4:30 Jigsaw Puzzles	7 9:30 Color Art 10:00 Sittercise 11:00 Trivia 1:30 Current Events 2:30 Sing A Long 3:00 Table Games
8 10:30 Exercise 11:00 Good News Chat 1:15 Adult Coloring 1:45 Church Service 3:30 Word Games 4:30 Jigsaw Puzzles	9 9:00 Monday Movie 10:30 Color Art 11:30 Sittercise 12:45 Word Search 2:30 Bowling 3:30 Cocoa & Conversation	10 10:30 Thumpers in B.W. 11:15 Exercise 11:45 Trivia 1:30 Card Games 2:00 Monopoly with Bonny 3:15 Bingo with Bonny	11 9:30 Current Events 10:00 Sittercise 11:00 Piano with Alice 1:30 Trivia 2:00 Library Visit 3:30 Table Games	12 10:30 Color Art 11:00 Exercise 11:30 Trivia 11:30 Catholic Communion 2:00 Scenic Drive 2:15 Spa Day	13 9:30 Bingo at JPC 10:30 Painting 11:30 Crossword Puzzles 2:15 Fun Fitness 2:45 Afternoon Movie 4:10 Accordion with Phil	14 9:30 Color Art 10:00 Sittercise 11:00 Trivia 1:30 Current Events 2:30 Sing A Long 3:00 Table Games
15 10:30 Exercise 11:00 Good News Chat 1:15 Adult Coloring 1:45 Church Service 3:30 Games with Girl Scouts 4:30 Jigsaw Puzzles	16 9:00 Monday Movie 10:30 Gentle Stretches 11:00 Lee Nicholas in B.W. 12:45 Word Search 2:30 Bowling 3:30 Cocoa & Conversation	17 10:30 Color Art 11:00 Exercise 11:30 Trivia 1:30 Card Games 2:00 Monopoly with Bonny 3:15 Bingo with Bonny	18 9:30 Current Events 10:00 Sittercise 11:00 Piano with Alice 11:15 Lunch at Tigard Pizza Kitchen 2:00 Trivia 3:30 Table Games	19 10:30 Color Art 11:00 Exercise 11:30 Trivia 11:30 Catholic Mass 1:00 Pet Therapy 1:30 Outing to Lee Farms	20 9:30 Bingo at JPC 10:30 Painting 11:30 Crossword Puzzles 2:15 Fun Fitness 2:45 Afternoon Movie 4:30 Jigsaw Puzzles	21 9:30 Color Art 10:00 Sittercise 11:00 Trivia 1:30 Current Events 2:30 Sing A Long 3:00 Table Games
22 10:30 Exercise 11:00 Good News Chat 1:15 Adult Coloring 1:45 Church Service 3:30 Pumpkin Painting 4:30 Jigsaw Puzzles	23 9:00 Monday Movie 10:30 Color Art 11:30 Sittercise 12:45 Word Search 2:30 Bowling 3:30 Cocoa & Conversation	24 10:30 Color Art 11:00 Exercise 11:30 Trivia 1:30 Card Games 2:00 Monopoly with Bonny 3:15 Bingo with Bonny	25 9:30 Current Events 10:00 Sittercise 11:00 Piano with Alice 1:30 Trivia 2:00 Library Visit 3:30 Table Games	26 10:30 Color Art 11:00 Exercise 11:30 Trivia 11:30 Catholic Communion 2:00 Scenic Drive	27 9:30 Bingo & Lunch 10:30 Painting 11:30 Crossword Puzzles 2:15 Fun Fitness 2:45 Afternoon Movie 4:30 Jigsaw Puzzles	28 9:30 Color Art 10:00 Sittercise 11:00 Trivia 1:30 Current Events 2:30 Sing A Long 3:00 Table Games
29 10:30 Exercise 11:00 Good News Chat 1:15 Adult Coloring 1:45 Church Service 3:30 Pumpkin Painting 4:30 Jigsaw Puzzles	30 9:00 Monday Movie 10:30 Color Art 11:30 Sittercise 12:45 Word Search 2:30 Bowling 3:30 Cocoa & Conversation	31 10:30 Color Art 11:00 Exercise 11:30 Trivia 1:30 Card Games 2:00 Monopoly with Bonny 3:15 Bingo with Bonny		All activities are subject to change due to unforeseen circumstances.		