



17950 SW 115th Avenue  
Tualatin, OR 97062

PLACE STAMP  
HERE



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**Steven Rehder**  
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**Joy Smith**  
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Contact us at:  
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**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 — December 2017

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# Prioritizing Wintertime Wellness

Winter is often a time of great joy. For some, it can also bring on sadness or depression. Factors such as low vitamin D, Seasonal Affective Disorder, and other sources may be to blame. Thankfully, there are ways to address them and get on track toward feeling the merriment of the season.

## Low Vitamin D:

Winter blues at older ages could be brought on by a vitamin D deficiency, according to Agingcare.com. People naturally get vitamin D from sunlight, and decreased exposure could lessen the ability to get enough. A deficiency could also result from medications affecting vitamin D production and metabolization, and aging skin decreasing vitamin D3 production.

Vitamin d levels can be increased with safe sun exposure and consumption of supplements, salmon, tuna, cod liver oil, egg yolks, mushrooms, oatmeal, cereal, soy milk, and cow milk. As for how much should be consumed daily, the National Institute on Aging recommends at least 600 IU, but not more than 4,000 IU, for those 50-70. At least 800 IU, but not more than 4,000 IU, is recommended for those 70 and older.

## Seasonal Affective Disorder:

Another source for wintertime mood change could be Seasonal Affective Disorder (SAD), a form of depression that cycles seasonally. SAD is a temporary condition that can be due to a lack of sunlight or hormone disruption with



season changes. Signs of SAD include loss of interest in things once enjoyed, changes to appetite or sleep, sadness, anxiety, tiredness, increased sensitivity, and feelings of hopelessness, according to Interim Healthcare.

Treating SAD may include light therapy, talk therapy, aromatherapy, physical activity, and/or doctor-prescribed medications, to name a few options.

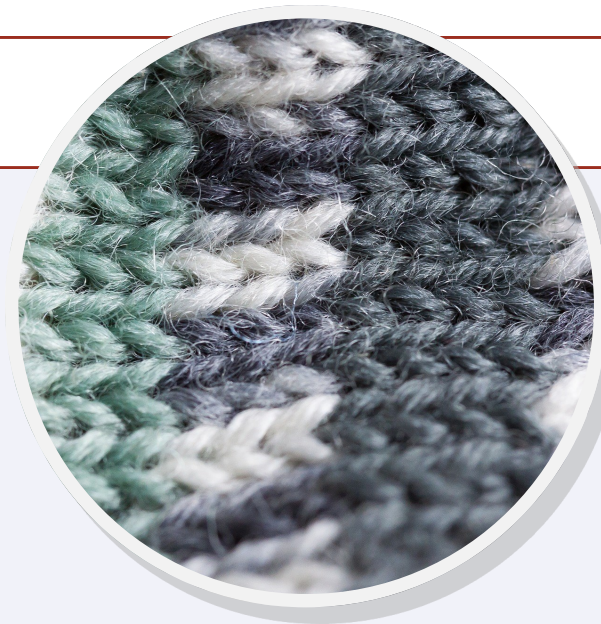
## Other sources of sadness or depression:

Winter sadness or depression could also result from poor dietary choices and/or lack of exercise—both which can be helped with lifestyle changes. Holiday stress, nostalgia, and social isolation may also bring down one's mood during winter.

Check out our suggested Mood Boosters to help with wintertime wellness. Remember that you are not alone!

**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.

# Wintertime Mood Boosters!



## Here are some tips to help brighten those long winter days:

- Bundle up and head outside for sunshine or sit by the window with a book and let the sun stream through if it's sunny
- Grab a friend for a game of cards or a talk
- Try to eat balanced meals all day
- Get exercise, even if it's a short walk
- Spend time with a furry companion.
- Enjoy some music or some dancing
- Have a cup of tea or cocoa to warm you and bring joy

- Take part in a cooking project
- Join in on karaoke with a group
- Play a board game with friends
- Brighten someone else's day by engaging with them and seeing how they are doing
- Build a model airplane
- Lead a Bible study group
- Knit, crochet, or cross stitch a gift
- Make a scrapbook or journal
- Have a puzzle competition with others
- Try to learn a new skill, like a language
- Watch a movie and have a snack
- Unclutter your space
- Go on an outing or shopping trip with a group when one is planned
- Make cards for family or friends
- Paint a picture of a scene outside
- List three good things from today
- Meditate or practice deep breathing
- Sign up for an activity for tomorrow
- Get a good night's sleep (you will be less sensitive to negative feelings)
- Practice smiling for an instant lift in mood

## *We asked residents and staff to share their favorite winter-time traditions.*

**"My children & I enjoy stringing popcorn, dried orange peels & cranberries for holiday decorations.**

**(Afterward, we feed them to the birds.)"**

**- Diamon**





## December Highlights — You're Invited!

**DECEMBER 4:** FARMINGTON SQUARE IS SPONSORING THE NEW HORIZONS BIG BAND OF TUALATIN CONCERT AT THE JUANITA POHL CENTER FROM 7:00-8:30PM. PLEASE JOIN US IN BRINGING IN THE HOLIDAY SEASON.

**DECEMBER 13TH IS NATIONAL COCOA DAY!** PLEASE COME IN AND SIT AROUND THE TABLE WITH YOUR LOVED ONE AND ENJOY A CUP OF HOT COCOA.

**DECEMBER 24:** PLEASE JOIN US ON CHRISTMAS EVE WITH YOUR FAMILY FROM YOUNG TO OLD FOR A READING OF THE NIGHT BEFORE CHRISTMAS



IN HONOR OF ALL OF OUR VETERANS FROM RESIDENTS TO STAFF WE HAVE CREATED A BRAND NEW WALL OF HONOR LOCATED IN OUR PONDEROSA BUILDING. PLEASE STOP IN TO SEE HOW WE HONOR OUR VETS.

## What are your favorite winter traditions?

**"We have fond memories of going ice skating & getting together with friends & family."**

**-Ray & Fran Hein**

**"We always had a little tree with an angel on top & always made sure each child had a gift."**

**-Steve & Cecelia "CEC" Fulton**

**"Memories of sitting around a home made fire with my family."**

**-Jerry**

**"I enjoyed making snowmen with my kids in New York, and now I can here in Oregon." "But, my favorite part is making holiday cookies!"**

**-Joy**

**Here are some photos taken at our community!  
2017 was a great year!**



**Avis celebrated her 98th birthday with us February 24th— (during Winter Tide Jubilee.)**

## Memories!



**Chuck at our car show for Father's Day!**



**Cheri and Donna enjoyed our Pumpkin painting activity in October.**



**Lee Driscoll celebrated his 102nd birthday on September 5th.**

## Find us on Facebook!



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

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



# December 2017- Alpine

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<b>1</b> 9:30 One on One/Snack 10:30 Group Exercise 11:00 Jokes and Riddles 1:00 Familiar Tunes 2:00 Ring/Bucket Toss 3:00 Snack/Funny videos 3:30 Adult Coloring 6:00 Nature/Relaxation	<b>2</b> 9:30 One on One/Snack 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>3</b> 9:30 One on One/Snack 10:30 Gentle Stretches 11:30 Bible Trivia 1:00 Sing Along 2:00 Balloon Toss 3:00 Snack & Trivia 3:30 Sensory/ Reminisce 6:00 Evening Movie	<b>4</b> 9:30 One on One/Snack 10:30 Sittercise 11:00 What Did It Cost? 1:00 Karaoke 2:00 Giant Tic Tac Toe 3:00 Snack & Trivia 3:45 Painting 6:00 Easy Listening Music	<b>5</b> 9:30 One on One/Snack 10:30 Group Exercise 11:00 Era Trivia 1:00 Familiar Tunes 2:00 Spa Day 3:00 Snack & Trivia 3:30 Adult Coloring 6:00 Evening Movie	<b>6</b> 9:30 One on One/Snack 10:30 Conductorcise 11:00 Good News 12:00 <b>PIANO WITH ALICE</b> 1:00 Sing Along 2:00 Beach Ball Toss 3:00 Puzzles 6:00 Evening Movie	<b>7</b> 9:30 One on One/Snack 10:30 Sittercise 11:00 Word Games 11:20 Catholic Communion 12:40 <b>ONE MAN BAND</b> 2:00 Bingo 3:00 Snack/Reminisce 6:00 Easy Listening music	<b>8 NATIONAL BROWNIE DAY</b> 9:30 One on One/Snack 10:30 Group Exercise 11:00 <b>BAKING WITH ANNIE</b> 1:00 Familiar Tunes 2:00 Ring/Bucket Toss 3:00 Snack/Funny videos 3:50 <b>PHIL HALL/ACCORDIAN</b> 6:00 Nature/Relaxation	<b>9</b> 9:30 One on One/Snack 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>10</b> 9:30 One on One/Snack 10:30 Gentle Stretches 11:30 Bible Trivia 1:00 Sing Along 2:00 Balloon Toss 3:00 Snack & Trivia 3:30 Sensory/ Reminisce 6:00 Evening Movie	<b>11</b> 9:30 One on One/Snack 10:30 Sittercise/ Noodle Tennis 11:00 What Did it Cost 1:00 Karaoke 2:00 Giant Tic Tac Toe 3:00 Snack & Trivia 3:45 Painting 6:00 Easy Listening Music	<b>12</b> 9:30 One on One/Snack 10:30 Group Exercise 11:10 <b>THUMPER THERAPY</b> 1:00 Familiar Tunes 2:00 Spa Day 3:00 Snack & Trivia 3:30 Adult Coloring 6:00 Evening Movie	<b>13 NATIONAL COCOA DAY</b> 9:30 One on One/Snack 10:30 Conductorcise 11:00 Good News 12:00 <b>PIANO WITH ALICE</b> <b>CHRISTMAS SING ALONG</b> <b>WITH HOT COCOA</b> 2:00 Beach Ball Toss 3:00 Puzzles 6:00 Evening Movie	<b>14</b> 9:30 One on One/Snack 10:30 Sittercise 11:00 Word Games 11:20 Catholic Communion 12:40 Fun Trivia on Christmas 2:00 Bingo 3:00 Snack/Reminisce 6:00 Easy Listening music	<b>15 NATIONAL LEMON CUPCAKE DAY</b> 9:30 One on One/Snack 10:30 Group Exercise 11:00 <b>BAKING WITH ANNIE</b> 1:00 Familiar Tunes 2:00 Ring/Bucket Toss 3:00 Snack/Funny videos 3:30 Adult Coloring 6:00 Nature/Relaxation	<b>16 TISSUE WREATH DAY</b> 9:30 One on One/Snack 10:30 Group exercise 11:00 Current Events 1:00 Sing Along 2:00 Noodle Tennis 3:00 Snack/Spelling Bee 3:30 <b>WREATH MAKING</b> 6:00 Evening movie
<b>17 SANTA VISITS</b> 9:30 One on One/Snack 10:30 Gentle Stretches 11:30 Bible Trivia 1:30 <b>SANTA VISITS</b> 2:00 Balloon Toss 3:00 Snack & Trivia 3:30 Sensory/ Reminisce 6:00 Evening Movie	<b>18</b> 9:30 One on One/Snack 10:30 Sittercise 11:00 What Did It Cost? 1:00 Karaoke 2:00 Giant Tic Tac Toe 3:00 Snack & Trivia 3:45 Painting 6:00 Easy Listening Music	<b>19 NATIONAL HARD CANDY DAY</b> 9:30 One on One/Snack 10:30 Group Exercise 11:00 Era Trivia 1:00 Familiar Tunes 2:00 Spa Day 3:00 Snack & Trivia 3:30 Adult Coloring 6:00 Evening Movie	<b>20 CHRISTMAS CAROLING</b> 9:30 One on One/Snack 10:30 Conductorcise 11:00 Good News 12:00 <b>PIANO WITH ALICE</b> <b>CHRISTMAS CAROLING</b> 2:00 Beach Ball Toss 3:00 Snack/Puzzles 6:00 Evening Movie	<b>21 WINTER SOLSTICE</b> 9:30 One on One/Snack 10:30 Sittercise 11:00 Word Games 11:20 Catholic Communion 2:00 <b>PET THERAPY</b> 2:30 <b>TRIVIA/WINTER SOLSTICE</b> 3:00 Snack/Reminisce 6:00 Easy Listening music	<b>22</b> 9:30 One on One/Snack 10:30 Group Exercise 11:00 Jokes and Riddles 1:00 Familiar Tunes 2:00 Ring/Bucket Toss 3:00 Snack/Funny videos 3:30 Adult Coloring 6:00 Nature/Relaxation	<b>23</b> 9:30 One on One/Snack 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>24 NATIONAL EGG NOG DAY</b> 9:30 One on One/Snack 10:30 Gentle Stretches 11:30 Bible Trivia 1:30 <b>BILL BRENNAN/PIANO</b> 2:00 Balloon Toss 3:00 <b>EGG NOG/Trivia</b> 3:30 Sensory/ Reminisce 6:00 READING OF THE NIGHT BEFORE CHRISTMAS	<b>25 CHRISTMAS DAY</b> 9:30 One on One/Snack 10:30 Sittercise 11:00 What Did It Cost? 1:30 Sing Along 2:00 Giant Tic Tac Toe 3:00 Snack & Trivia 3:45 Painting 6:00 Easy Listening Music	<b>26 NATIONAL CANDY CANE DAY</b> 9:30 One on One/Snack 10:30 Group Exercise 11:00 Era Trivia 1:00 Familiar Tunes 2:00 Spa Day 3:00 Snack & Trivia 3:30 Adult Coloring 6:00 Evening Movie	<b>27</b> 9:30 One on One/Snack 10:30 Conductorcise 11:00 Good News 12:00 <b>PIANO WITH ALICE</b> 1:00 Sing Along 2:00 Beach Ball Toss 3:00 Snack/Puzzles 6:00 Evening Movie	<b>28 NATIONAL CARD PLAYING</b> 9:30 One on One/Snack 10:30 Sittercise 11:00 Word Games 11:20 Catholic Communion 12:40 One Man Band 2:00 <b>LETS PLAY CARDS!</b> 3:00 Snack/Reminisce 6:00 Easy Listening music	<b>29</b> 9:30 One on One/Snack 10:30 Group Exercise 11:00 Jokes and Riddles 1:00 Familiar Tunes 2:00 Ring/Bucket Toss 3:00 Snack/Funny videos 3:30 Adult Coloring 6:00 Nature/Relaxation	<b>30</b> 9:30 One on One/Snack 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>31 NEW YEAR'S EVE</b> 9:30 One on One/Snack 10:30 Gentle Stretches 11:30 Bible Trivia 1:00 Sing Along 2:00 Balloon Toss 3:00 Snack & Trivia 3:30 Sensory/ Reminisce 6:00 Evening Movie					<b>ALL ACTIVITIES ARE SUBJECT TO CHANGE. PLEASE CHECK DAILY.</b>	



# December 2017- Beechwood

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 9:30 <b>BINGO AT JPC</b> 10:00 Light Chair exercise 10:15 Ball Toss 11:30 Interactive news 1:00 Painting 2:00 Table Games 3:00 Trivia 6:00 Light & easy music	2 9:30 Color Art 10:30 Sittercise 11:00 Good News 11:30 Trivia 1:00 Ring/ball Toss 2:00 Fun Food Craft 3:00 Sing along 4:00 Reminisce/ 1:1
3 9:30 Adult Coloring 10:45 Group Exercise 11:30 Good News 1:00 Reminisce/1x1's 1:45 Spiritual Service 2:30 Spiritual Sing Along 3:00 Word Games 6:00 Sunday Night Movie	4 <b>NATIONAL CRAZY SOCK DAY</b> 9:30 Morning Word Search 10:45 Group Exercise 11:30 News and Discussion 1:00 Games On IN2L 1:30 Jigsaw Puzzle 2:00 Noodle Tennis 2:30 Afternoon Movie 4:30 Trivia 6:00 Evening Movie	5 9:30 Spa Day 10:00 Group Exercise 10:30 Coffee And Good News 11:00 Bingo 1:00 Ball Toss 1:30 Word Games 3:30 Reminisce/ 1x1's 6:00 Evening Movie	6 9:30 Adult Coloring 10:00 Bible Study 11:00 Light Exercise 11:30 <b>PIANO WITH ALICE</b> 1:45 Word Games 2:30 <b>CHRISTMAS TREE FARM VISIT</b> 3:30 Reminisce/1x1's 6:00 Evening Movie	7 9:30 Adult Coloring 10:30 <b>GAARDEE CHRISTMAS CAROLING</b> 11:00 Morning Exercise 11:30 Catholic Communion 12:20 <b>ONE MAN BAND</b> 2:00 Arts & Crafts 3:00 <b>FRED MEYER SHOPING TRIP</b> Cocoa/Snack & Chat 6:00 Evening Movie	8 <b>NATIONAL BROWNIE DAY</b> 9:30 <b>BINGO AT JPC</b> 10:00 Light Chair exercise 10:30 <b>BAKING WITH CAROLEE</b> 2:00 Table Games 3:00 Trivia 3:50 <b>PHILL HALL/ACCORDION</b> 6:00 Light & easy music	9 <b>HOLIDAY CARD DAY</b> 9:30 Color Art 10:30 Sittercise 11:00 Good News 11:30 Trivia 1:00 Ring/ball Toss 3:00 <b>HOLIDAY CARD MAKING WITH ANJEE</b> 4:00 Reminisce/ 1:1
10 9:30 Adult Coloring 10:45 Group Exercise 11:30 Good News 1:00 Reminisce/1x1's 1:45 Spiritual Service 2:30 <b>SUNDAY SERVICES</b> 3:00 Word Games 6:00 Sunday Night Movie	11 9:30 Morning Word Search 10:45 Group Exercise 11:30 News and Discussion 1:00 Games On IN2L 1:30 Jigsaw Puzzle 2:00 Noodle Tennis 2:30 Afternoon Movie 4:30 Trivia 6:00 Evening Movie	12 9:30 Spa Day 10:00 Group Exercise 10:30 <b>THUMPER THERAPY</b> 11:00 Bingo 1:00 Ball Toss 1:30 Word Games 3:30 Reminisce/ 1x1's 6:00 Evening Movie <b>***HANUKKAH BEGINS AT SUNDOWN</b>	13 <b>NATIONAL COCOA DAY</b> 9:30 Spa Day 10:00 Bible Study 10:30 Light Exercise 11:30 <b>PIANO WITH ALICE</b> 1:00 Ball Toss 1:30 Word Games 2:30 Reminisce/ 1x1's/ <b>LIBRARY</b> 6:00 Evening Movie <b>WITH HOT COCOA</b>	14 9:30 Adult Coloring 10:30 Crafts with Carolee 11:15 Morning Exercise 11:30 Catholic Communion 2:00 <b>SCENIC DRIVE</b> 3:00 Cocoa/Snack & Chat 6:00 Evening Movie	15 <b>NATIONAL LEMON CUPCAKE DAY WEAR PEARLS</b> 9:30 <b>BINGO AT JPC</b> 10:00 Light Chair exercise 10:30 Painting 1:00 <b>BAKING WITH CAROLEE</b> 2:00 Table Games 3:00 Trivia 6:00 Light & easy music	16 <b>TISSUE PAPER WREATH DAY</b> 9:30 Color Art 10:30 Sittercise 11:00 Good News 11:30 Trivia 1:00 Ring/ball Toss 2:00 <b>TISSUE PAPER WREATH MAKING</b> 3:00 Sing along
17 <b>SANTA VISITS</b> 9:30 Adult Coloring 10:45 Group Exercise 11:30 Good News 2:00 <b>SANTA VISITS</b> 2:30 Spiritual Sing Along 3:00 Word Games 6:00 Sunday Night Movie	18 <b>BAKING WITH JOY</b> 9:30 Morning Word Search 10:45 Group Exercise 11:30 News and Discussion 1:00 <b>BAKING WITH JOY</b> 2:30 Afternoon Movie 4:30 Trivia 6:00 Evening Movie	19 9:30 Spa Day 10:00 Group Exercise 10:30 Coffee And Good News 11:00 Bingo 1:00 Ball Toss 1:30 Word Games 3:30 Reminisce/ 1x1's 6:00 Evening Movie	20 <b>CHRISTMAS CAROLING DAY</b> 9:30 Spa Day 10:00 Bible Study 10:30 Light Exercise 11:30 <b>PIANO WITH ALICE</b> 11:35 <b>LUNCH OUTING</b> 1:00 Ball Toss 1:15 <b>CHRISTMAS CAROLING</b> 3:30 Word Games 6:00 Evening Movie	21 <b>WINTER SOLSTICE</b> 9:30 Adult Coloring 10:30 Crafts with Carolee 11:15 Morning Exercise 11:30 Catholic Communion 1:30 <b>PET THERAPY</b> 2:00 Arts & Crafts 3:00 Cocoa/Snack & Chat 6:00 Evening Movie	22 10:00 Light Chair exercise 10:15 Ball Toss 11:30 Interactive news 1:00 Painting 2:00 Table Games 3:00 Trivia 6:00 Light & easy music	23 9:30 Color Art 10:30 Sittercise 11:00 Good News 11:30 Trivia 1:00 Ring/ball Toss 2:00 Fun Food Craft 3:00 Sing along 4:00 Reminisce/ 1:1
24 <b>NATIONAL EGG NOG DAY</b> 9:30 Adult Coloring 10:45 Group Exercise 11:30 Good News 1:00 Reminisce/ <b>EGG NOG</b> 1:45 Spiritual Service 2:00 <b>BILL BRENNAN</b> 3:00 Word Games 6:00 <b>READING OF THE NIGHT BEFORE CHRISTMAS</b>	25 <b>CHRISTMAS DAY</b> 9:30 Morning Word Search 10:45 Group Exercise 11:30 News and Discussion 1:00 Games On IN2L 1:30 Jigsaw Puzzle 2:30 Afternoon Movie 4:30 Trivia 6:00 Evening Movie	26 <b>NATIONAL CANDY CANE DAY</b> 9:30 Spa Day 10:00 Group Exercise 10:30 Coffee And Good News 11:00 Bingo 1:00 Ball Toss 1:30 Word Games 3:30 Reminisce/ 1x1's 6:00 Evening Movie	27 9:30 Spa Day 10:00 Bible Study 10:30 Light Exercise 11:30 <b>PIANO WITH ALICE</b> 1:00 Ball Toss/ <b>LIBRARY TRIP</b> 1:30 Word Games 2:30 Reminisce/ 1x1's/ <b>LIBRARY</b> 6:00 Evening Movie	28 <b>NATIONAL CARD PLAYING</b> 9:30 Adult Coloring 10:30 Crafts with Rachel 11:15 Morning Exercise 11:30 Catholic Communion 1:00 Trivia 2:00 <b>SCENIC DRIVE OR</b> Arts & Crafts 3:00 Cocoa/ <b>PLAY CARDS</b> 6:00 Evening Movie	29 9:30 <b>BINGO AT JPC/LUNCH</b> 10:00 Light Chair exercise 10:15 Ball Toss 11:30 Interactive news 1:00 Painting 2:00 Table Games 3:00 Trivia 6:00 Light & easy music	30 9:30 Color Art 10:30 Sittercise 11:00 Good News 11:30 Trivia 1:00 Ring/ball Toss 2:00 Fun Food Craft 3:00 Sing along 4:00 Reminisce/ 1:1
31 <b>NEW YEAR'S EVE</b> 9:30 Adult Coloring 10:45 Group Exercise 11:30 Good News 1:00 Reminisce/1x1's 1:45 Spiritual Service 2:30 Spiritual Sing Along 3:00 Word Games 6:00 Sunday Night Movie					<b>ALL ACTIVITIES ARE SUBJECT TO CHANGE. PLEASE CHECK DAILY.</b>	



# December 2017- Ponderosa

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 9:30 <b>BINGO AT JPC</b> 10:30 Creative Coloring 11:30 Jigsaw Puzzles 2:15 Fun Fitness 2:45 Afternoon Movie 4:30 Crosswords on IN2L	2 9:30 Color Art 10:00 Sittercise 11:00 Good News/Trivia 1:30 Arts and Crafts 2:30 Let's Sing Along! 3:00 Table Games
3 10:30 Group Exercise 11:00 Coffee & News Chat 1:15 Creative Coloring 1:45 Church Services 3:30 Games on IN2L 4:30 Let's Talk About You!	4 <b>NATIONAL SOCK DAY</b> <b>WEAR YOUR CRAZY SOCKS!</b> 9:00 Monday Morning Movie 10:30 Creative Coloring/Puzzle 11:30 Group Exercise 12:45 Word search 2:30 Bowling 3:30 Cocoa/Coffee/Tea Group	5 10:45 Group Exercise 11:15 Trivia 11:45 Current Events 1:30 Playing Cards 2:00 <b>MONOPOLY WITH BONNY</b> 3:15 <b>BINGO WITH BONNY</b>	6 9:30 Morning News Chat 10:00 Group Exercise 11:00 <b>PIANO WITH ALICE</b> <b>CHRISTMAS TREE FARM VISIT</b> 2:30 Trivia 3:45 Cocoa/Coffee/Tea Group	7 10:45 <b>GAARDE CHRISTIAN SCHOOL CAROLING</b> 11:00 Trivia 11:40 <b>CATHOLIC COMMUNION</b> <b>ONE MAN BAND</b> 12:00 Spa Day 1:30 <b>FRED MEYER SHOPPING TRIP/Bean Bag Toss</b>	8 <b>NATIONAL BROWNIE DAY</b> 9:30 <b>BINGO AT JPC</b> 10:30 <b>BAKING WITH CAROLEE IN BEECHWOOD</b> 11:30 Jigsaw Puzzles 2:15 Fun Fitness 2:45 Afternoon Movie 4:10 <b>PHIL HALL/ACCORDION</b>	9 <b>HOLIDAY CARD DAY</b> 9:30 Color Art 10:00 Sittercise 11:00 Good News/Trivia 1:30 Let's Sing Along! 2:30 Table Games <b>HOLIDAY CARD MAKING WITH ANJEE IN BEECHWOOD</b>
10 10:30 Group Exercise 11:00 Coffee & News Chat 1:15 Creative Coloring 1:45 Church Services 3:30 Games on IN2L 4:30 Let's Talk About You!	11 9:00 Monday Morning Movie 10:30 Creative Coloring/Puzzle 11:30 Group Exercise 12:45 Word search 2:30 Bowling 3:30 Cocoa/Coffee/Tea Group	12 10:45 Group Exercise 11:15 Trivia 11:45 Current Events 1:30 Playing Cards 2:00 <b>MONOPOLY WITH BONNY</b> 3:15 <b>BINGO WITH BONNY</b> <b>***HANUKKAH BEGINS AT SUNDOWN</b>	13 <b>NATIONAL COCOA DAY</b> 9:30 Morning News Chat 10:00 Group Exercise 11:00 <b>PIANO WITH ALICE</b> <b>LIBRARY TRIP</b> 2:30 Trivia 3:45 <b>COCOA/Coffee Group</b>	14 10:45 Group Exercise 11:00 Trivia 11:40 <b>CATHOLIC COMMUNION</b> 1:30 Spa Day 3:00 Word Games	15 <b>NATIONAL LEMON CUPCAKE DAY/WEAR PEARLS DAY</b> 9:30 <b>BINGO AT JPC</b> 10:30 Creative Coloring 1:00 <b>BAKING WITH CAROLEE IN BEECHWOOD</b> 2:15 Fun Fitness 2:45 Afternoon Movie 4:30 Crosswords on IN2L	16 <b>TISSUE PAPER WREATH DAY</b> 9:30 Color Art 10:00 Sittercise 11:00 Good News/Trivia 1:30 <b>TISSUE WREATH MAKING</b> 2:30 Sing Along 3:00 Table Games
17 <b>SANTA VISITS</b> 10:30 Group Exercise 11:00 Coffee & News Chat 1:15 Creative Coloring 1:45 Church Services 3:00 <b>SANTA VISITS</b> 4:30 Let's Talk About You!	18 <b>BAKE COOKIES WITH JOY</b> 9:00 Monday Morning Movie 10:30 Creative Coloring/Puzzle 11:30 Group Exercise 1:00 <b>BAKING WITH JOY IN BEECHWOOD</b> 3:00 Bowling 3:30 Cocoa/Coffee/Tea Group	19 <b>NATIONAL HARD CANDY DAY</b> 10:45 Group Exercise 11:15 Trivia 11:45 Current Events 1:30 Playing Cards 2:00 <b>MONOPOLY WITH BONNY</b> 3:15 <b>BINGO WITH BONNY</b>	20 <b>NATIONAL CAROLING DAY</b> 9:30 Morning News Chat 10:00 Group Exercise 11:00 <b>PIANO WITH ALICE</b> <b>LUNCH OUTING</b> 11:35 <b>CHRISTMAS CAROLING</b> 1:30 Trivia 3:45 Cocoa/Coffee/Tea Group	21 <b>WINTER SOLSTICE</b> 10:45 Group Exercise 11:15 Trivia About Winter Solstice 11:40 <b>CATHOLIC COMMUNION</b> <b>PET THERAPY</b> 1:00 Spa Day 1:30 Word Games	22 9:30 <b>BINGO IN PONDEROSA</b> 10:30 Creative Coloring 11:30 Jigsaw Puzzles 2:15 Fun Fitness 2:45 Afternoon Movie 4:30 Crosswords on IN2L	23 9:30 Color Art 10:00 Sittercise 11:00 Good News/Trivia 1:30 Arts and Crafts 2:30 Sing Along 3:00 Table Games
24 <b>NATIONAL EGG NOG DAY</b> 10:30 Group Exercise 11:00 Coffee & News Chat 1:15 Creative Coloring 1:45 Church Services 3:30 Games on IN2L 4:30 Let's Talk About You With Coffee/ <b>EGG NOG</b>	25 <b>CHRISTMAS DAY</b> 9:00 Monday Morning Movie 10:30 Creative Coloring/Puzzle 11:30 Group Exercise 12:45 Word search 2:30 Bowling 3:30 Cocoa/Coffee/Tea Group	26 <b>NATIONAL CANDY CANE DAY</b> 10:45 Group Exercise 11:15 Trivia 11:45 Current Events 1:30 Playing Cards 2:00 <b>MONOPOLY WITH BONNY</b> 3:15 <b>BINGO WITH BONNY</b>	27 9:30 Morning News Chat 10:00 Group Exercise 11:00 <b>PIANO WITH ALICE</b> <b>LIBRARY TRIP</b> 2:30 Trivia 3:45 Cocoa/Coffee/Tea Group	28 <b>NATIONAL CARD PLAYING DAY</b> 10:45 Group Exercise 11:00 Trivia 11:40 <b>CATHOLIC COMMUNION</b> 1:30 Spa Day 2:00 <b>SCENIC DRIVE</b> 3:00 Word Games	29 9:30 <b>BINGO AT JPC &amp; LUNCH</b> 10:30 Creative Coloring 11:30 Jigsaw Puzzles 2:15 Fun Fitness 2:45 Afternoon Movie 4:30 Crosswords on IN2L	30 9:30 Color Art 10:00 Sittercise 11:00 Good News/Trivia 1:30 Arts and Crafts 2:30 Sing Along 3:00 Table Games
31 <b>NEW YEAR'S EVE</b> 10:30 Group Exercise 11:00 Coffee & News Chat 1:15 Creative Coloring 1:45 Church Services 3:30 Games on IN2L 4:30 Let's Talk About You!					<b>ALL ACTIVITIES ARE SUBJECT TO CHANGE. PLEASE CHECK DAILY.</b>	