



14420 SW Farmington Rd.  
Beaverton, OR 97005

PLACE STAMP  
HERE



### Administrative Staff:

**Teddi Neilson**  
Executive Director

**Adriene Lierheimer**  
Assistant Executive Director

**Sophia Stamatis**  
Community Relations Director

**Hannah Cripe (A)**  
Resident Care Coordinator

**Krystal Cuellar (B)**  
Resident Care Coordinator

**Perla Gonzalez (CD)**  
Resident Care Coordinator

**Jeniffer VanDeBrake**  
Business Office Manager

**Melia Robinson**  
Registered Nurse

**Erika Silva**  
Dietary Director

**Edgar Garcia**  
Maintenance Director

**Robert Baty**  
Activities Director

Contact us at:  
**503-626-2273**



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

## *The Radiant Reader*

Farmington Square Transitions Newsletter — December 2017

### INSIDE THIS ISSUE

**P2 Wintertime Wellness**

**P3 Memories**

**P3 Connect on Facebook**

**P4 Activities Calendar**

**P6 December Highlights**

**P6 Favorite Traditions**

**P7 Mood Boosters**

**P8 Mission & Team**





# 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.

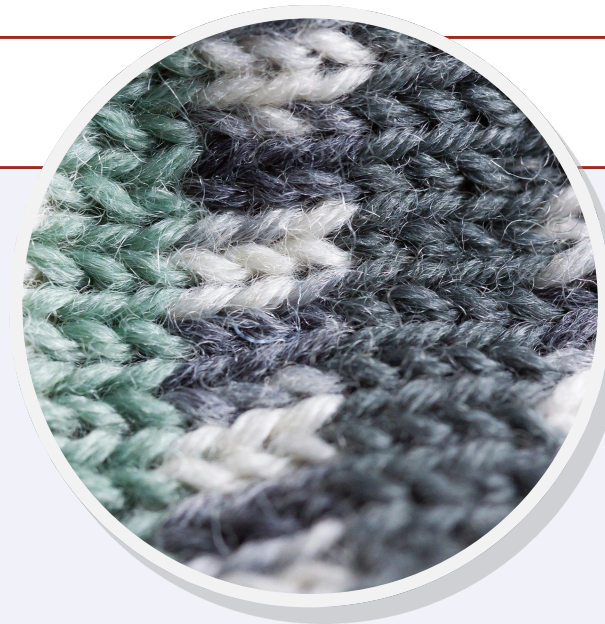
## Other sources of sadness or depression:

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 wintertime traditions.*

**"Our Holiday begin Christmas Eve with tamales and staying up till midnight to open presents. The next day its off to the parents for breakfast and stay through dinner for round two.**

**Hannah C.**





## December Highlights — You're Invited!

12/10, 12-2PM

COME AND ENJOY OUR HOLIDAY CELEBRATION WITH YOUR LOVED ONES. HAPPY HOLIDAYS HOPE TO SEE YOU THEN! PLEASE RSVP WITH KATHY JIMENEZ (503)626-2273

12/21, 6-8PM:

CAREGIVER SUPPORT GROUP- THIS MONTHLY MEETING WILL BE HELD IN THE UPSTAIRS OFFICE ABOVE CD BUILDING. LIGHT REFRESHMENTS PROVIDED.

HOLIDAY CAROLING VISITORS:

BUILDINGS:

A-12/8 1PM; 12/17 3:30PM; 12/25 1PM

B- 12/17 3:30PM; 12/25 3:30

C/D-12/8 1PM; 12/25 2PM



## What are your favorite winter traditions?

"I always made two or three pies from scratch as well as homemade fudge and almond roca. Everybody in the family would look forward to it every year and want to take some home!"

- Verna N.

"Every year we would get the family together and have dinners of latkes, applesauce and tuna salad. We would have a Hanukkah cookie decorating party and I would judge it and award the prize. The kids would play with the dreidel and sing Hanukkah songs.

- Dick D.

*Here are some photos taken at our community!*

## Memories!



## 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/FarmingtonSquareBeaverton](https://www.Facebook.com/FarmingtonSquareBeaverton)



# December 2017 Building A

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 10:00 Exercise 10:30 <i>Snack &amp; News</i> 11:00 <i>Wacky Word Games</i> 1:30 Sing Along With Jessica 2:30 Bingo/Snack 3:30 Balloon Badminton 6:00 Puzzles	2 10:00 Exercise 10:30 <i>Snack &amp; News</i> 11:00 <i>Wacky Word Games</i> 1:30 Bingo 2:30 <i>Sing Along/Snack</i> 3:30 Bean Bag Toss 6:00 Movie Night
3 9:00 Gardening 10:00 Puzzles 10:30 Snack 10:45 <i>Bible Verse of the day</i> 1:30 Bingo/Snack 2:30 Movie Matinee 6:00 Balloon Bounce	4 9:30 Water coloring 10:30 <i>Snack &amp; News</i> 11:00 <i>Wacky Word Games</i> 11:30 Exercise 1:30 Bible Bingo 2:30 <i>Sing Along/Snack</i> 3:30 Balloon Badminton 6:00 <i>Evening Movie</i>	5 10:00 Exercise 10:30 <i>Snack &amp; News</i> 11:00 <i>Wacky Word Games</i> 1:30 Mini Golf 2:30 Manicures/Snack 3:30 Bingo 6:00 Puzzles	6 9:00 Painting 9:30 Fred Meyer 10:30 Snack 1:00 Music Therapy with Alexis 2:30 Reminisce 3:30 Happy Hour & Bingo 6:00 Puzzles	7 10:00 Exercise 10:30 <i>Snack &amp; News</i> 11:00 <i>Wacky Word Games</i> 1:00 Movie Matinee 1:15 Elsie Stuhr 4:00 Painting 6:00 Puzzles	8 10:00 Exercise 10:30 <i>Snack &amp; News</i> 11:00 <i>Wacky Word Games</i> 1:00 Christmas Carolers Ore. Episcopal School 2:30 Bingo/Snack 3:30 Balloon Badminton 6:00 Puzzles	9 10:00 Exercise 10:30 <i>Snack &amp; News</i> 11:00 <i>Wacky Word Games</i> 1:30 Bingo 2:30 <i>Sing Along/Snack</i> 3:30 Bean Bag Toss 6:00 Movie Night
10 9:00 Gardening 10:00 Puzzles 10:30 Snack 12:00 <i>Holiday Celebration</i> 1:00 Music By Joe Szabo 2:30 Movie Matinee 6:00 Balloon Bounce	11 9:30 Scenic Drive 11:00 <i>Wacky Word Games</i> 11:30 Exercise 1:30 Bible Bingo 2:30 <i>Sing Along/Snack</i> 3:30 Balloon Badminton 6:00 <i>Evening Movie</i>	12 Hanukkah Begins 10:00 Exercise 10:30 <i>Snack &amp; News</i> 11:00 <i>Wacky Word Games</i> 1:30 Mini Golf 2:30 Manicures/Snack 3:30 Bingo 5:30 Scenic Christmas Light Outing 6:00 Puzzles	13 9:00 Painting 9:30 Fred Meyer 10:30 Snack 1:30 Exercise 2:30 Reminisce 3:00 Ice Cream Social 3:30 Bingo 6:00 Puzzles	14 9:30 Library Outing 11:00 Exercise 11:30 <i>Wacky Word Games</i> 1:30 Bean Bag Toss 2:30 Manicures/Snack 3:00 Bingo 6:00 Puzzles	15 10:00 Exercise 10:30 <i>Snack &amp; News</i> 11:00 <i>Wacky Word Games</i> 1:30 Sing Along With Jessica 2:30 Bingo/Snack 3:30 Balloon Badminton 6:00 Puzzles	16 10:00 Exercise 10:30 <i>Snack &amp; News</i> 11:00 <i>Wacky Word Games</i> 1:30 Bingo 2:30 <i>Sing Along/Snack</i> 3:30 Bean Bag Toss 6:00 Movie Night
17 10:00 Puzzles 10:30 Snack 10:45 <i>Bible Verse of the day</i> 1:30 Bingo/Snack 3:00 Pet Therapy 3:30 Christmas Carolers Preformed By: Portland Christian Center 6:00 Balloon Bounce	18 9:30 Water coloring 10:30 <i>Snack &amp; News</i> 11:00 <i>Wacky Word Games</i> 11:30 Exercise 1:30 Bible Bingo 2:30 <i>Sing Along/Snack</i> 3:30 Resident Council 6:00 <i>Evening Movie</i>	19 10:00 Exercise 10:30 <i>Snack &amp; News</i> 11:00 <i>Wacky Word Games</i> 1:30 Mini Golf 2:30 Manicures/Snack 3:30 Bingo 6:00 Puzzles	20 Hanukkah Ends 9:00 Painting 9:30 Fred Meyer 10:30 Snack 1:00 Music Therapy with Alexis 2:30 Reminisce 3:30 Happy Hour & Bingo 6:00 Puzzles	21 10:00 Exercise 10:30 <i>Snack &amp; News</i> 11:00 <i>Wacky Word Games</i> 1:00 Movie Matinee 1:15 Elsie Stuhr 4:00 Painting 6:00 Puzzles	22 10:00 Exercise 10:30 <i>Snack &amp; News</i> 11:00 <i>Wacky Word Games</i> 1:30 Sing Along With Jessica 2:30 Bingo/Snack 3:30 Balloon Badminton 6:00 Puzzles	23 10:00 Exercise 10:30 <i>Snack &amp; News</i> 11:00 <i>Wacky Word Games</i> 1:30 Bingo 2:30 <i>Sing Along/Snack</i> 3:30 Bean Bag Toss 6:00 Movie Night
24 9:00 Gardening 10:00 Puzzles 10:30 Snack 10:45 <i>Bible Verse of the day</i> 1:30 Bingo/Snack 2:30 Movie Matinee 6:00 Balloon Bounce	25 CHRISTMAS 9:30 Scenic Drive 11:00 <i>Wacky Word Games</i> 11:30 Exercise 1:00 Christmas Carols By Kate English and Friends 2:30 <i>Sing Along/Snack</i> 3:30 Balloon Badminton 6:00 <i>Evening Movie</i>	26 10:00 Exercise 10:30 <i>Snack &amp; News</i> 11:00 <i>Wacky Word Games</i> 1:30 Mini Golf 2:30 Manicures/Snack 3:30 Bingo 6:00 Puzzles	27 9:00 Painting 9:30 Fred Meyer 10:30 Snack 1:30 Bingo 3:00 December Birthday Party Music by Barbara Amell 6:00 Puzzles	28 9:30 Library Outing 11:00 Exercise 11:30 <i>Wacky Word Games</i> 1:30 Bean Bag Toss 2:30 Manicures/Snack 3:00 Bingo 6:00 Puzzles	29 10:00 Exercise 10:30 <i>Snack &amp; News</i> 11:00 <i>Wacky Word Games</i> 1:30 Sing Along With Jessica 2:30 Bingo/Snack 3:30 Balloon Badminton 6:00 Puzzles	30 10:00 Exercise 10:30 <i>Snack &amp; News</i> 11:00 <i>Wacky Word Games</i> 1:30 Bingo 2:30 <i>Sing Along/Snack</i> 3:30 Bean Bag Toss 6:00 Movie Night
31 NEW YEAR'S EVE 9:00 Gardening 10:00 Puzzles 10:30 Snack 10:45 <i>Bible Verse of the day</i> 1:30 Bingo/Snack 2:30 Movie Matinee 6:00 Balloon Bounce						

## December Birthdays

- 12-2  
Gloria S.
- 12-2  
Don H.
- 12-3  
David V.
- 12-3  
Teresa W.
- 12-12  
Karl K.
- 12-19  
Violet A.
- 12-28  
JoAnne D.



# December 2017 Building B

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 10:00 Watercolors & Snack 10:30 Coffee & News 11:00 Exercise 1:30 Manicures 2:00 Craft/Snack 3:00 Bingo 6:00 Puzzles	2 9:30 <a href="#">Sing Along</a> 10:30 Coffee & News 11:00 Exercise 1:30 Reminisce 2:30 Bingo/Snack 4:00 <i>Poem of the Day</i> 6:00 Evening Movie
3 9:00 Coffee & News 9:15 Watercolors 9:30 Mall Walk & Shopping 11:30 Bible Study 1:30 Movie and Snack 3:00 Bingo 6:00 Puzzles	4 9:30 Scenic Drive 10:30 Coffee & News 11:30 Exercise 1:30 Reminisce 2:30 Bingo/Snack 4:00 Poem of the day 6:00 Evening Movie	5 10:00 Watercolors 10:30 <a href="#">News of the Day &amp; Snack</a> 11:00 Exercise 1:30 Table Games 2:15 Craft 3:00 <a href="#">Bingo/Snack</a> 6:00 Puzzles	6 9:00 Watercolors 9:30 Fred Meyer 11:45 <a href="#">Daily News Report</a> 1:30 <a href="#">Seated Stretching</a> 2:00 <a href="#">Reminisce</a> 3:00 Bingo & Happy Hour 6:00 Evening Movie	7 9:30 Manicures 10:00 Watercolors & Snack 10:30 <a href="#">Good News</a> 11:00 Exercise 1:00 <a href="#">Movie Matinee</a> 1:15 Elsie Stuhr Dance 4:00 <a href="#">Poem of the Day</a> 6:00 Puzzles	8 10:00 Watercolors & Snack 10:30 Coffee & News 11:00 Exercise 1:30 Manicures 2:00 Craft/Snack 3:00 Bingo 6:00 Puzzles	9 9:30 <a href="#">Sing Along</a> 10:30 Coffee & News 11:00 Exercise 1:30 Reminisce 2:30 Bingo/Snack 4:00 <i>Poem of the Day</i> 6:00 Evening Movie
10 9:30 Snack 10:00 Sit And Be Fit 10:30 Bible Study 11:00 Pet Therapy 12:00 <a href="#">Holiday Celebration</a> Music By Monte Waters 3:00 Bingo 6:00 Balloon Bounce	11 10:00 Watercolors & Snack 10:30 News of the Day 11:00 Exercise 1:30 Reminisce 2:30 Bingo/Snack 4:00 Poem of the day 6:00 Evening Movie	12 Hanukkah Begins 10:00 Watercolors 10:30 <a href="#">News of the Day &amp; Snack</a> 11:00 Exercise 1:30 Table Games 2:15 Craft 3:00 <a href="#">Bingo/Snack</a> 6:00 Puzzles	13 9:00 Watercolors 9:30 Fred Meyer 11:45 <a href="#">Daily News Report</a> 1:30 <a href="#">Seated Stretching</a> 2:00 <a href="#">Reminisce</a> 3:00 Bingo & Happy Hour 5:30 Scenic Christmas Light Outing 6:00 Evening Movie	14 9:30 Library Outing 10:00 Watercolors 11:00 Exercise 1:30 Table Games 2:15 <a href="#">Reminisce/Snack</a> 3:00 <a href="#">Bingo</a> 6:00 Puzzles	15 10:00 Watercolors & Snack 10:30 Coffee & News 11:00 Exercise 1:30 Manicures 2:00 Craft/Snack 3:00 Bingo 6:00 Puzzles	16 9:30 <a href="#">Sing Along</a> 10:30 Coffee & News 11:00 Exercise 1:30 Reminisce 2:30 Bingo/Snack 4:00 <i>Poem of the Day</i> 6:00 Evening Movie
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3 10:00 Beauty Hour 10:30 Snack 11:00 <i>Conductor Exercise</i> 11:30 <i>Good News Network</i> 1:30 <i>Bible Study</i> 2:00 Balloon Bounce 3:00 <i>Bingo</i> 6:00 <i>Travel Videos</i>	4 10:00 Beauty Hour 10:30 <i>Sing Along / Snack</i> 11:00 <i>Trivia</i> 11:30 Exercise 1:30 Table Games 2:00 <i>Reminisce/ Snack</i> 3:00 <i>Bingo</i> 6:00 <i>Movie</i>	5 10:00 Pretty Nails 10:30 <i>Memory Bio/Snack</i> 11:00 <i>What Did It Cost</i> 11:30 Exercise 1:30 Puzzle/Cards/Folding 2:00 <i>Old Commercials/Snack</i> 3:00 <i>Bingo</i> 6:00 <i>Nature Relax</i>	6 10:00 Beauty Hour 10:30 Balloon Bat/Snack 11:00 <i>Brain Fitness</i> 11:30 Exercise 1:30 Puzzle/Cards/Folding 2:00 <i>Reminisce/ Snack</i> 3:00 <i>Bingo</i> 6:00 <i>National Parks</i>	7 10:00 Pretty Nails 10:30 <i>Memory Bio/Snack</i> 11:00 <i>What Did It Cost</i> 11:30 Exercise 1:30 Puzzle/Cards/Folding 2:00 <i>Old Commercials/Snack</i> 3:00 <i>Bingo</i> 6:00 <i>Nature Relax</i>	8 10:00 Beauty Hour 10:30 Balloon Bat/Snack 11:00 Music Therapy With Alexis 11:30 Exercise 1:00 Christmas Carolers Ore. Episcopal School 2:00 <i>Reminisce/ Snack</i> 3:00 <i>Bingo</i>	9 10:00 Pretty Nails 10:30 <i>Memory Bio/Snack</i> 11:00 <i>What Did It Cost</i> 11:30 Exercise 1:30 Puzzle/Cards/Folding 2:00 <i>Old Commercials/Snack</i> 3:00 <i>Bingo</i> 6:00 <i>Nature Relax</i>
10 9:30 Beauty Hour 10:30 Snack 11:00 <i>Conductor Exercise</i> 12:00 <i>Holiday Celebration</i> 1:00 Music By Amber Son 3:00 <i>Men's Quartet</i> 6:00 <i>Travel Videos</i>	11 10:00 Beauty Hour 10:30 <i>Sing Along / Snack</i> 11:00 <i>Trivia</i> 11:30 Exercise 1:30 Table Games 2:00 <i>Reminisce/ Snack</i> 3:00 <i>Bingo</i> 6:00 <i>Movie</i>	12 Hanukkah Begins 10:00 Pretty Nails 10:30 <i>Memory Bio/Snack</i> 11:00 <i>What Did It Cost</i> 11:30 Exercise 1:30 Puzzle/Cards/Folding 2:00 <i>Old Commercials/Snack</i> 3:00 <i>Bingo</i> 6:00 <i>Nature Relax</i>	13 10:00 Beauty Hour 10:30 Balloon Bat/Snack 11:00 <i>Brain Fitness</i> 11:30 Exercise 1:30 Puzzle/Cards/Folding 2:00 <i>Reminisce/ Snack</i> 3:00 <i>Bingo</i> 6:00 <i>National Parks</i>	14 10:00 Pretty Nails 10:30 <i>Memory Bio/Snack</i> 11:00 <i>What Did It Cost</i> 11:30 Exercise 1:30 Puzzle/Cards/Folding 2:00 <i>Old Commercials/Snack</i> 3:00 <i>Bingo</i> 6:00 <i>Nature Relax</i>	15 10:00 Beauty Hour 10:30 Balloon Bat/Snack 11:00 <i>Brain Fitness</i> 11:30 Exercise 1:30 Puzzle/Cards/Folding 2:00 <i>Reminisce/ Snack</i> 3:00 Music by Dom Franko/Birthday 6:00 <i>National Parks</i>	16 10:00 Pretty Nails 10:30 <i>Memory Bio/Snack</i> 11:00 <i>What Did It Cost</i> 11:30 Exercise 1:30 Puzzle/Cards/Folding 2:00 <i>Old Commercials/Snack</i> 3:00 <i>Bingo</i> 6:00 <i>Nature Relax</i>
17 10:00 Beauty Hour 10:30 Snack 11:00 <i>Conductor Exercise</i> 11:30 <i>Good News Network</i> 1:30 <i>Bible Study</i> 2:00 Balloon Bounce 3:30 Pet Therapy 6:00 <i>Travel Videos</i>	18 10:00 Beauty Hour 10:30 <i>Sing Along / Snack</i> 11:00 <i>Trivia</i> 11:30 Exercise 1:30 Table Games 2:00 <i>Reminisce/ Snack</i> 3:00 <i>Bingo</i> 6:00 <i>Movie</i>	19 10:00 Pretty Nails 10:30 <i>Memory Bio/Snack</i> 11:00 <i>What Did It Cost</i> 11:30 Exercise 1:30 Puzzle/Cards/Folding 2:00 <i>Old Commercials/Snack</i> 3:00 <i>Bingo</i> 6:00 <i>Nature Relax</i>	20 Hanukkah Ends 10:00 Beauty Hour 10:30 Balloon Bat/Snack 11:00 <i>Brain Fitness</i> 11:30 Exercise 1:30 Puzzle/Cards/Folding 2:00 <i>Reminisce/ Snack</i> 3:00 <i>Bingo</i> 6:00 <i>National Parks</i>	21 10:00 Pretty Nails 10:30 <i>Memory Bio/Snack</i> 11:00 <i>What Did It Cost</i> 11:30 Exercise 1:30 Puzzle/Cards/Folding 2:00 <i>Old Commercials/Snack</i> 3:00 <i>Bingo</i> 6:00 <i>Nature Relax</i>	22 10:00 Beauty Hour 10:30 <i>Sing Along/Snack</i> 11:00 Dancercize 11:30 <i>Good News Network</i> 1:30 Scenic Drive 2:00 Snack 3:30 <i>Bingo</i> 6:00 <i>National Parks</i>	23 10:00 Pretty Nails 10:30 <i>Memory Bio/Snack</i> 11:00 <i>What Did It Cost</i> 11:30 Exercise 1:30 Puzzle/Cards/Folding 2:00 <i>Old Commercials/Snack</i> 3:00 <i>Bingo</i> 6:00 <i>Nature Relax</i>
24 10:00 Beauty Hour 10:30 Snack 11:00 <i>Conductor Exercise</i> 11:30 <i>Good News Network</i> 1:30 <i>Bible Study</i> 2:00 Balloon Bounce 3:00 <i>Bingo</i> 6:00 <i>Travel Videos</i>	25 CHRISTMAS 10:00 Beauty Hour 10:30 <i>Sing Along / Snack</i> 11:00 <i>Trivia</i> 11:30 Exercise 2:00 Christmas Carols By Kate English and Friends 3:00 <i>Bingo</i> 6:00 <i>Movie</i>	26 10:00 Pretty Nails 10:30 <i>Memory Bio/Snack</i> 11:00 <i>What Did It Cost</i> 11:30 Exercise 1:30 Puzzle/Cards/Folding 2:00 <i>Old Commercials/Snack</i> 3:00 <i>Bingo</i> 6:00 <i>Nature Relax</i>	27 10:00 Beauty Hour 10:30 Balloon Bat/Snack 11:00 <i>Brain Fitness</i> 11:30 Exercise 1:30 Puzzle/Cards/Folding 2:00 <i>Reminisce/ Snack</i> 3:00 <i>Bingo</i> 6:00 <i>National Parks</i>	28 10:00 Pretty Nails 10:30 <i>Memory Bio/Snack</i> 11:00 <i>What Did It Cost</i> 11:30 Exercise 1:30 Puzzle/Cards/Folding 2:00 <i>Old Commercials/Snack</i> 3:00 <i>Bingo</i> 6:00 <i>Nature Relax</i>	29 10:00 Beauty Hour 10:30 Balloon Bat/Snack 11:00 <i>Brain Fitness</i> 11:30 Exercise 1:30 Puzzle/Cards/Folding 2:00 <i>Reminisce/ Snack</i> 3:00 <i>Bingo</i> 6:00 <i>National Parks</i>	30 10:00 Pretty Nails 10:30 <i>Memory Bio/Snack</i> 11:00 <i>What Did It Cost</i> 11:30 Exercise 1:30 Puzzle/Cards/Folding 2:00 <i>Old Commercials/Snack</i> 3:00 <i>Bingo</i> 6:00 <i>Nature Relax</i>
31 NEW YEAR'S EVE 10:00 Beauty Hour 10:30 Snack 11:00 <i>Conductor Exercise</i> 11:30 <i>Good News Network</i> 1:30 <i>Bible Study</i> 2:00 Balloon Bounce 3:00 <i>Bingo</i> 6:00 <i>Travel Videos</i>						

## December Birthdays

12-2

Gloria S.

12-2

Don H.

12-3

David V.

12-3

Teresa W.

12-12

Karl K.

12-19

Violet A.

12-28

JoAnne D.