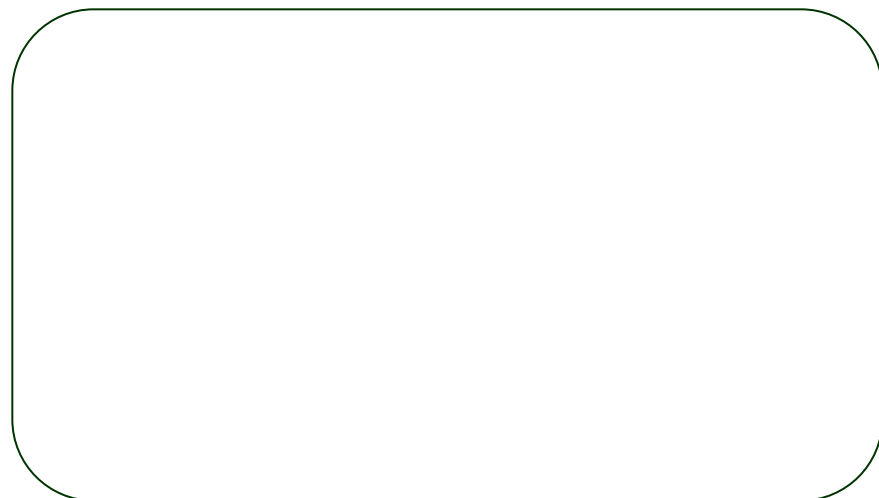




14420 SW Farmington Rd.  
Beaverton, OR 97005

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

**Jason Olds**  
Maintenance Director

**Robert Baty**  
Activities Director

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



# The Radiant Reader

## Farmington Square Memory Care Newsletters Newsletter

### INSIDE THIS ISSUE

P2 Regular Cancer Screening  
P2 Super Bowl LII (52)  
P3 Connect with Us!  
P4 Activities Calendar  
P6 Happy Compliment Day  
P7 Memories in the Making  
P7 Happy Compliment Day  
P8 Mission & Team

February 2018 Edition

## Detection for Prevention: A Look into Regular Cancer Screenings for Seniors

Regular health screenings can empower us with knowledge about our health. They can also give us the possibility to stall, stop, or receive support for a health issue so that we can lead our best lives. February is National Cancer Prevention Month. This month was designated to share information about lifestyle choices that may lead to cancer as well as the importance of early detection.



The American Cancer Society provides screening recommendations for seniors with average risk--those who do not present a high risk due to genetics or lifestyle. For many older adults, screenings for cancer can be beneficial. Largely due to the early detection that screening provide, the mortality rate for cancer has steadily declined over the past two decades - down 26 percent from 1991.

### Screening Suggestions for Men:

- Colon cancer testing should begin at 50. At 65 or older, it is also recommended. Talk with your healthcare provider about the best test type (as there are many) and how often to get tested.
- Prostate cancer testing should be discussed with your healthcare provider at 50 and should depend on overall health when over 65. Talk with your healthcare provider about uncertainties, risks, and benefits.
- Lung cancer testing should be discussed with your healthcare provider at 55 or older. Low-dose CT scans for early detection should be discussed. The same is recommended for those 65 or older and with a smoking history.

### Screening Suggestions for Women:

- For women, age 50-54, annual mammograms

are recommended. At 55, they can be every two years, or annually if preferred. Learn the screening pros and cons. At 65 or older, mammograms should be every two years, or annually. If at high risk for breast cancer, ask your healthcare provider if other tests should accompany the mammogram.

- At 50-64, women should get a Pap test and HPV test every five years, or just a Pap test every three years. No testing is needed after a hysterectomy that removed

the uterus and cervix - if removal was unrelated to cervical cancer. At 65 or older, no cervical cancer testing is needed if results were normal during the previous 10 years.

- Colon cancer testing should start at 50. There are several testing options that ought to be discussed with your healthcare provider. At 65 or older, testing is also recommended. Talk with your healthcare provider about the best test type and how often to do it.
- Lung cancer testing should be discussed with your healthcare provider when over 55. Low-dose CT scans for early lung cancer detection should be discussed at that time. At 65 or older, and with a smoking history, the same recommendation is given.

In addition to getting screenings and being aware of risk level (from personal and family history), one can reduce their risk of cancer by avoiding tobacco, getting to and staying at a healthy weight, engaging in regular physical activity, following a healthy diet, limiting alcohol intake, and protecting skin.

## Memories in the Making!



## Happy Compliment Day! The best compliment ever was when...

**"My neighbors told me that they felt blessed to have me as an extension of their family"**  
- Erika

**"My 6th graders thanking me for being such a wonderful teacher"**  
- Margaret

**"When my boss told me from the day she hired me she never had any doubt how amazing I would be at my job"**  
- Joan

**"When a stranger from Fred Meyer called to compliment how wonderful our activities director was"**  
- Krystal

# February Highlights — You're Invited!

02/04 3:30pm

COME JOIN US FOR SUPER BOWL LII  
"52" EAGLES VS. PATRIOTS  
DETAILS AVAILABLE ON PAGE 3

2/15, 6-8PM:

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

2/27, 8am-4pm:

TUALITY MOBILE MAMMOGRAM UNIT  
WILL BE HERE FOR THE DAY. IF YOU  
WOULD LIKE TO SCHEDULE A MAM-  
MOGRAM PLEASE GIVE US A CALL.  
(503) 626-2273



In honor of Compliment Day on  
February 24, we turned to our  
residents and team members to  
find out the best compliment  
they have ever received.

"I feel greatly complimented that I  
have so many people that like to  
come and visit with me"  
- Ruth

"My coworkers made me feel wonderful.  
When they complimented me on how  
hard I work here!"  
- Miguel

# Super Bowl LII (52)



Here at Farmington  
Square we have a long history of  
friendly sports team rivalries and a  
love of sports expressed by the  
staff as well as the residents. Every  
year we always have a great  
turnout for our annual Super Bowl  
watch party.

Join us in the  
living room of each building for  
our Super Bowl party. Sunday, Feb  
4 at 3:30 pm. Staff and resident  
families are invited to join the  
residents in our festivities. . Wear  
your favorite team's gear and cheer  
for your team to win!

## Join us on Social Media!

- Facebook :**  
[facebook.com/FarmingtonSquareBeaverton](https://facebook.com/FarmingtonSquareBeaverton)
- Blog :**  
[blog.radiantseniorliving.com](https://blog.radiantseniorliving.com)
- Instagram :**  
[radiantsrliving](#) & [radiantvoices](#)
- Twitter :**  
[RadiantSrLiving](#)
- Pinterest :**  
[pinterest.com/radiantsrliving](https://pinterest.com/radiantsrliving)
- YouTube :**  
Search "Radiant Senior Living"

# February 2018 Building A

Farmington Square  
14420 SW Farmington Rd.  
Beaverton, OR. 97005  
503-626-2273

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<b>1</b> 10:00 Exercise 10:30 Snack & News 11:00 Wacky Word Games 1:00 Movie Matinee <b>1:15 Elsie Stuhr</b> 4:00 Painting 6:00 Puzzles	<b>2</b> 10:00 Exercise 10:30 <a href="#">Snack &amp; News</a> 11:00 <a href="#">Wacky Word Games</a> 1:30 Sing Along With Jessica 2:30 Bingo/Snack 3:30 Balloon Badminton 6:00 Puzzles	<b>3</b> 10:00 Exercise 10:30 <a href="#">Snack &amp; News</a> 11:00 <a href="#">Wacky Word Games</a> 1:30 <a href="#">Sing Along/Snack</a> 2:30 <a href="#">Bingo</a> 3:30 Bean Bag Toss 6:00 Movie Night
<b>4</b> 9:30 Coffee & News 10:00 Puzzles 10:30 Snack 10:45 <a href="#">Bible Verse of the day</a> 1:30 Bingo/Snack <b>3:00 Super Bowl LII (52) Party</b> 6:00 Balloon Bounce	<b>5</b> 9:30 Water coloring <b>10:30 Music Therapy With Jee</b> 11:30 <a href="#">Wacky Word Games</a> 1:30 Bible Bingo 2:30 <a href="#">Sing Along/Snack</a> 3:30 Balloon Badminton 6:00 <a href="#">Evening Movie</a>	<b>6</b> 10:00 Exercise 10:30 Snack & News 11:00 Wacky Word Games 1:30 Bean Bag Toss 2:30 Manicures/Snack 3:30 Bingo 6:00 Puzzles	<b>7</b> 9:00 Painting <b>9:30 Fred Meyer</b> 10:30 Snack 1:30 Exercise 2:00 Reminisce <b>3:00 Ice Cream Social &amp; Bingo</b> 6:00 Puzzles	<b>8</b> <b>9:30 Library Outing</b> 11:00 Exercise 11:30 Wacky Word Games 1:30 Bean Bag Toss 2:00 Manicures/Snack <b>3:00 Music By Tina Richardson</b> 6:00 Puzzles	<b>9</b> 10:00 Exercise 10:30 <a href="#">Snack &amp; News</a> 11:00 <a href="#">Wacky Word Games</a> 1:30 Sing Along With Jessica 2:30 Bingo/Snack 3:30 Balloon Badminton 6:00 Puzzles	<b>10</b> 10:00 Exercise 10:30 <a href="#">Snack &amp; News</a> 11:00 <a href="#">Wacky Word Games</a> 1:30 Bingo 2:30 <a href="#">Sing Along/Snack</a> <b>3:00 Music By: Yvonne and Lisa</b> 6:00 Movie Night
<b>11</b> 9:30 Coffee & News 10:00 Puzzles 10:30 Snack 10:45 <a href="#">Bible Verse of the day</a> 1:30 Bingo/Snack 2:30 Movie Matinee 6:00 Balloon Bounce	<b>12</b> <b>9:30 Scenic Drive</b> 11:00 <a href="#">Wacky Word Games</a> 11:30 Exercise 1:30 Bible Bingo 2:30 <a href="#">Sing Along/Snack</a> 3:30 Balloon Badminton 6:00 <a href="#">Evening Movie</a>	<b>13</b> 10:00 Exercise 10:30 Snack & News 11:00 Wacky Word Games 1:30 Mini Golf 2:30 Manicures/Snack 3:30 Bingo 6:00 Puzzles	<b>14 Valentine's Day!</b> 9:00 Painting <b>9:30 Fred Meyer</b> 10:30 Snack 1:30 Exercise 2:00 Reminisce <b>3:00 February Birthday Party</b> <b>Music By: Dom Franko</b> 6:00 Puzzles	<b>15</b> 10:00 Exercise 10:30 Snack & News 11:00 Wacky Word Games 1:00 Movie Matinee <b>1:15 Elsie Stuhr</b> 4:00 Painting 6:00 Puzzles	<b>16</b> 10:00 Exercise 10:30 <a href="#">Snack &amp; News</a> 11:00 <a href="#">Wacky Word Games</a> 1:30 Sing Along With Jessica 2:30 Bingo/Snack 3:30 Balloon Badminton 6:00 Puzzles	<b>17</b> 10:00 Exercise 10:30 <a href="#">Snack &amp; News</a> 11:00 <a href="#">Wacky Word Games</a> 1:30 <a href="#">Sing Along/Snack</a> 2:30 <a href="#">Bingo</a> 3:30 Bean Bag Toss 6:00 Movie Night
<b>18</b> 9:30 Coffee & News 10:00 Puzzles 10:30 Snack 10:45 <a href="#">Bible Verse of the day</a> 1:30 Bingo/Snack 2:30 Movie Matinee 6:00 Balloon Bounce	<b>19 Presidents' Day!</b> 9:30 Water coloring <b>10:30 Music Therapy With Jee</b> 11:30 <a href="#">Wacky Word Games</a> 1:30 Bible Bingo 2:30 <a href="#">Sing Along/Snack</a> <b>3:30 Resident Council</b> 6:00 <a href="#">Evening Movie</a>	<b>20</b> 10:00 Exercise 10:30 Snack & News 11:00 Wacky Word Games 1:30 Bean Bag Toss 2:30 Manicures/Snack 3:30 Bingo 6:00 Puzzles	<b>21</b> 9:00 Painting <b>9:30 Fred Meyer</b> 10:30 Snack 1:30 Exercise 2:00 Reminisce <b>3:00 Ice Cream Social &amp; Bingo</b> 6:00 Puzzles	<b>22</b> <b>9:30 Library Outing</b> 11:00 Exercise 11:30 Wacky Word Games 1:30 Bean Bag Toss 2:30 Manicures/Snack 3:00 Bingo 6:00 Puzzles	<b>23</b> 10:00 Exercise 10:30 <a href="#">Snack &amp; News</a> 11:00 <a href="#">Wacky Word Games</a> 1:30 Sing Along With Jessica 2:30 Bingo/Snack 3:30 Balloon Badminton 6:00 Puzzles	<b>24</b> 10:00 Exercise 10:30 <a href="#">Snack &amp; News</a> 11:00 <a href="#">Wacky Word Games</a> 1:30 <a href="#">Sing Along/Snack</a> 2:30 <a href="#">Bingo</a> 3:30 Bean Bag Toss 6:00 Movie Night
<b>25</b> 9:30 Coffee & News 10:00 Puzzles 10:30 Snack 10:45 <a href="#">Bible Verse of the day</a> 1:00 Movie Matinee 2:30 Bingo/Snack <b>3:45 Pet Therapy</b> 6:00 Balloon Bounce	<b>26</b> <b>9:30 Scenic Drive</b> 11:00 <a href="#">Wacky Word Games</a> 11:30 Exercise 1:30 Bible Bingo 2:30 <a href="#">Sing Along/Snack</a> 3:30 Balloon Badminton 6:00 <a href="#">Evening Movie</a>	<b>27</b> 10:00 Exercise 10:30 Snack & News 11:00 Wacky Word Games 1:30 Mini Golf 2:30 Manicures/Snack 3:30 Bingo 6:00 Puzzles	<b>28</b> 9:00 Painting <b>9:30 Fred Meyer</b> 10:30 Snack 1:30 Exercise 2:00 Reminisce <b>3:00 Happy Hour Music By: Barbara Amell</b> 6:00 Puzzles			

# February 2018 Building B

Farmington Square  
14420 SW Farmington Rd.  
Beaverton, OR. 97005  
503-626-2273

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<b>1</b> 9:30 Manicures 10:00 Watercolors & Snack 10:30 <i>Good News</i> 11:00 Exercise 1:00 <i>Movie Matinee</i> <b>1:15 Elsie Stuhr Dance</b> 4:00 <i>Poem of the Day</i> 6:00 Puzzles	<b>2</b> 10:00 Watercolors & Snack 10:30 Coffee & News 11:00 Exercise 1:30 Manicures 2:00 Craft/Snack 3:00 Bingo 6:00 Puzzles	<b>3</b> 9:30 <i>Sing Along</i> 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
<b>4</b> 9:00 Coffee & News 9:30 Snack 10:00 Sit And Be Fit 11:00 Bible Study 1:30 Bingo <b>3:00 Super Bowl LII (52) Party</b> 6:00 Puzzles	<b>5</b> <b>9:30 Scenic Drive</b> 10:30 Coffee & News 11:30 Exercise 1:30 Reminisce 2:30 Bingo/Snack 4:00 Poem of the day 6:00 Evening Movie	<b>6</b> 10:00 Watercolors 10:30 <i>News of the Day &amp; Snack</i> 11:00 Exercise 1:30 Table Games 2:15 Craft 3:00 <i>Bingo/Snack</i> 6:00 Puzzles	<b>7</b> 9:00 Watercolors <b>9:30 Fred Meyer</b> 11:45 <i>Daily News Report</i> 1:30 <i>Seated Stretching</i> 2:00 <i>Reminisce</i> <b>3:00 Ice Cream Social &amp; Bingo</b> 6:00 Puzzles	<b>8</b> <b>9:30 Library Outing</b> 10:00 Watercolors 11:00 Exercise 1:30 Bingo <b>3:00 Music By Tina Richardson</b> 6:00 Puzzles	<b>9</b> 10:00 Watercolors & Snack 10:30 Coffee & News 11:00 Exercise 1:30 Manicures 2:00 Craft/Snack 3:00 Bingo 6:00 Puzzles	<b>10</b> 9:30 <i>Sing Along</i> 10:30 Coffee & News 11:00 Exercise 1:30 Bingo/Snack <b>3:00 Music By: Yvonne and Lisa</b> 6:00 Movie Night
<b>11</b> 9:00 Coffee & News 9:30 Snack 10:00 Sit And Be Fit 11:00 Bible Study 1:30 Movie and Snack 3:00 Bingo 6:00 Puzzles	<b>12</b> 10:00 Watercolors & Snack 10:30 News of the Day 11:30 Exercise 1:30 Reminisce 2:30 Bingo/Snack 4:00 Poem of the day 6:00 Evening Movie	<b>13</b> 10:00 Watercolors 10:30 <i>News of the Day &amp; Snack</i> 11:00 Exercise 1:30 Table Games 2:15 Craft 3:00 <i>Bingo/Snack</i> 6:00 Puzzles	<b>14 Valentine's Day!</b> 9:00 Watercolors <b>9:30 Fred Meyer</b> 11:45 <i>Daily News Report</i> 1:30 <i>Seated Stretching</i> 2:00 <i>Reminisce</i> <b>3:00 February Birthday Party</b> <b>Music By: Dom Franko</b> 6:00 Evening Movie	<b>15</b> 9:30 Manicures 10:00 Watercolors & Snack 10:30 <i>Good News</i> 11:00 Exercise 1:00 <i>Movie Matinee</i> <b>1:15 Elsie Stuhr Dance</b> 4:00 <i>Poem of the Day</i> 6:00 Puzzles	<b>16</b> 10:00 Watercolors & Snack 10:30 Coffee & News 11:00 Exercise 1:30 Manicures 2:00 Craft/Snack 3:00 Bingo 6:00 Puzzles	<b>17</b> 9:30 <i>Sing Along</i> 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
<b>18</b> 9:00 Coffee & News 9:30 Snack 10:00 Sit And Be Fit 11:00 Bible Study 1:30 Movie and Snack 3:00 Bingo 6:00 Puzzles	<b>19 Presidents' Day!</b> <b>9:30 Scenic Drive</b> 10:30 Coffee & News 11:30 Exercise <b>1:30 Resident Council</b> 3:00 Bingo/Snack 4:00 Poem of the day 6:00 Evening Movie	<b>20</b> 10:00 Watercolors 10:30 <i>News of the Day &amp; Snack</i> 11:00 Exercise 1:30 Table Games 2:15 Craft 3:00 <i>Bingo/Snack</i> 6:00 Puzzles	<b>21</b> 9:00 Watercolors <b>9:30 Fred Meyer</b> 11:45 <i>Daily News Report</i> 1:30 <i>Seated Stretching</i> 2:00 <i>Reminisce</i> <b>3:00 Ice Cream Social &amp; Bingo</b> 6:00 Puzzles	<b>22</b> <b>9:30 Library Outing</b> 10:00 Watercolors 11:00 Exercise 1:30 Table Games 2:15 <i>Reminisce/Snack</i> 3:00 <i>Bingo</i> 6:00 Puzzles	<b>23</b> 10:00 Watercolors & Snack 10:30 Coffee & News 11:00 Exercise 1:30 Manicures 2:00 Craft/Snack 3:00 Bingo 6:00 Puzzles	<b>24</b> 9:30 <i>Sing Along</i> 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
<b>25</b> 9:00 Coffee & News 9:30 Water coloring <b>9:30 Shopping Outing</b> 11:00 Bible Study 1:30 Bingo and Snack 2:30 Painting <b>3:15 Pet Therapy</b> 6:00 Puzzles	<b>26</b> 10:00 Watercolors & Snack 10:30 News of the Day 11:30 Exercise 1:30 Reminisce 2:30 Bingo/Snack 4:00 Poem of the day 6:00 Evening Movie	<b>27</b> 10:00 Watercolors 10:30 <i>News of the Day &amp; Snack</i> 11:00 Exercise 1:30 Table Games 2:15 Craft 3:00 <i>Bingo/Snack</i> 6:00 Puzzles	<b>28</b> 9:00 Watercolors <b>9:30 Fred Meyer</b> 11:45 <i>Daily News Report</i> 1:30 <i>Seated Stretching</i> 2:00 <i>Reminisce</i> <b>3:00 Happy Hour Music By: Barbara Amell</b> 6:00 Evening Movie			

# February 2018 Building C/D

Farmington Square  
14420 SW Farmington Rd.  
Beaverton, OR. 97005  
503-626-2273

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 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>	2 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>	3 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>
4 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>	5 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>	6 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>	7 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>	8 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>	9 10:00 Beauty Hour 10:30 <i>Sing Along/Music Therapy</i> 11:00 Dancercize/Snack 11:30 <i>Good News Network</i> 1:30 Puzzle/Cards/Folding 2:00 <i>Reminisce/ Snack</i> 3:00 <i>Bingo</i> 6:00 <i>National Parks</i>	10 10:00 Pretty Nails 10:30 <i>Memory Bio/Snack</i> 11:00 <i>What Did It Cost</i> 11:30 Exercise 1:30 Scenic Drive 2:00 Snack 3:30 <i>Bingo</i> 6:00 <i>Nature Relax</i>
11 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>	12 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>	13 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>	14 Valentine's Day! 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>	15 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>	16 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>February Birthday</i> <i>Music By Joe Szabo</i> 6:00 <i>National Parks</i>	17 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>
18 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>	19 Presidents' Day! 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>	20 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>	21 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>	22 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>	23 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>	24 10:00 Pretty Nails 10:30 <i>Memory Bio/Snack</i> 11:00 <i>What Did It Cost</i> 11:30 Exercise 1:30 Scenic Drive 2:00 Snack 3:30 <i>Bingo</i> 6:00 <i>Nature Relax</i>
25 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> 2:30 Pet Therapy 3:15 <i>Bingo</i> 6:00 <i>Travel Videos</i>	26 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>	27 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>	28 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>			

## February Birthdays

- 2-1  
Sara G.
- 2-2  
Joyce H.
- 2-6  
Margie C.
- 2-10  
John D.
- 2-15  
Natalie D.
- 2-20  
Debra R.
- 2-23  
Irene W.
- 2-28  
Helen F.