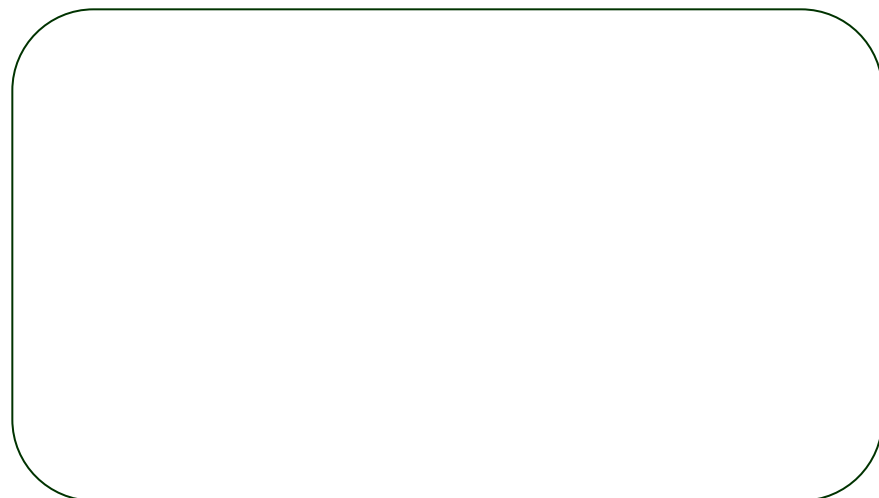




17950 SW 115th Avenue  
Tualatin, OR 97062

STAMP

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## Administrative Staff:

**CHRIS BUDKE**

Executive Director

**RANDY DICKENS**

Community Relations Director

**MELISSA FISHER**

**KATRINA BLEVINS**

Resident Care Coordinator

**SADIE SUMMERS**

Business Office Manager

**JILL WITHERINGTON**

Registered Nurse

**KRISTI RODRIGUES**

Dietary Director

**STEVEN REHDER**

Maintenance Director

**JOY SMITH**

Activities Director

Contact us at: 503-692-1748



# The Farmington Times

Farmington Square Assisted & Memory Care Newsletter

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P2 Heart Health  
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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!



Josephine and OSO



Judy and Avis



Bingo Time



National Bird day at the Tualatin Wildlife Refuge

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

**"I was chatting with the reference librarian one day and she asked me how I read so much. I was very proud to have been asked that by a librarian."**

**-Rachel**

**"When I was told by a resident that I was doing a great job in my new role and was very happy to see some changes"**

**- Joy S**

**"Any organization I've worked with has always told me they enjoyed working with me"**

**- Lester J**

**"Resident's always tell me I work so hard and keep their living space nice and clean."**

**- Vanessa B**



# February Highlights

**FEBRUARY 4TH:** Residents, family members, and staff are invited to attend 2018 Super Bowl Party in Ponderosa. We will be having pizza, snacks and Soda.

**FEBRUARY 14TH:** This year on Valentine’s Day we will be holding a Sparkling Cider and Painting Party located in Beechwood. All resident’s from our three buildings are welcome to attend along with any family members. If any family members are interested or joining in on this great new activity, or even to lend a helping hand please contact Joy Smith your community Activity Director.

**FEBRUARY 28TH:** This is Floral Design Day. I have coordinated with a local Floral Designer Michelle Dummer. Michelle designs beautiful arrangements,



From very simple to very extravagant pieces. She will be demonstrating to our resident’s how she put’s her master pieces together. After the demonstration staff and activities will assist her in helping our resident’s design their own works of art.

**\*\*\*RESIDENT COUNCIL IN PONDEROSA IS NOT ON CALENDAR FOR ONCE A MONTH\*\*\***

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.

“Everyone has always told me they love my sewing work”  
- Shirley G

“No matter what, I try and look on the bright side”  
- Angie B

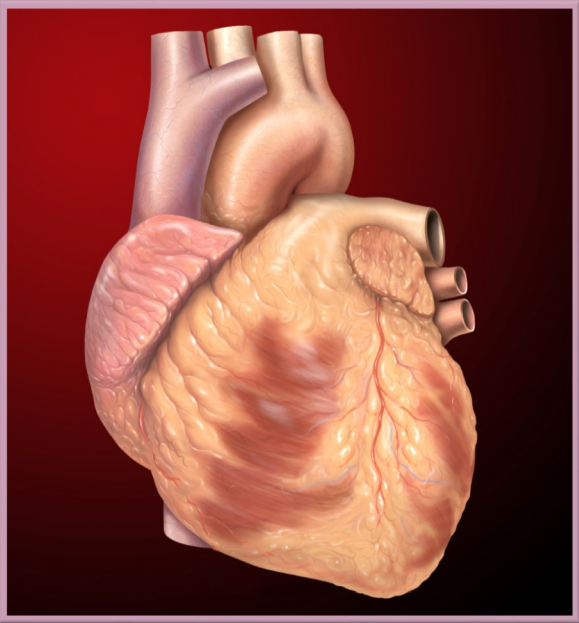
“My husband always told me that because of me all my kids are well educated and successful”  
-Judy I

# Heart Health

## February is Heart Health Month

Heart disease is the leading cause of death for both men and women in the United States. One the bright side it is also one of the most preventable. Some ways to help make heart-healthy choices is, knowing your family health history and the risk factors for heart disease, having regular check-ups and working with your primary care physician to manage your health are all wonderful aspects of saving lives from this often silent killer. FEBRUARY IS HEART HEALTH MONTH. Make a difference in your local community by spreading the word about strategies for preventing heart disease and encourage those around you to have their hearts checked and commit to heart-healthy lives!

Bring awareness to those around you on FEBRUARY 2ND with wearing RED! Share your photo’s of you, and your friends wearing red on our FACEBOOK PAGE!



## Join us on Social Media!

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<b>1 WOMEN'S HEART WEEK STARTS</b> 9:15 One on One/Snack 10:30 Group Exercise 11:00 February Trivia <b>11:20 CATHOLIC COMMUNION</b> <b>12:40 ONE MAN BAND</b> 2:00 Bingo/LIBRARY 3:15 Snack/Reminisce 4:00 Let's Play With The IN2L 4:30 Comedy TV Hour	<b>2 NATIONAL GROUND HOG DAY</b> 9:15 One on One/Snack 10:30 Group Exercise 11:00 Trivia 1:00 Familiar Tunes 2:00 Ring/Bucket Toss 3:00 Snack/Funny videos 3:30 Adult Coloring 4:00 Let's Play on IN2L 4:30 Comedy TV Hour	<b>3</b> 9:15 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 4:00 Let's Play on IN2L 4:30 Comedy TV Hour
<b>4 SUPERBOWL SUNDAY</b> 9:15 One on One with snack 10:30 Gentle Stretches 11:30 Bible Trivia 1:00 Sing Along 2:00 Balloon Toss 3:00 Snack & Trivia <b>3:30 SUPERBOWL PARTY IN PONDEROSA</b> 4:30 Comedy time on TV	<b>5</b> 9:15 One on One with snack 10:00 Group Exercise 11:00 What did It Cost? 1:00 Karaoke 2:00 Beech Ball Toss 3:00 Snack & Trivia 4:00 Painting 4:45 Evening Discussion	<b>6</b> 9:15 One on One with Snack 10:00 Group Exercise 11:00 Era Trivia 11:30 Noodle Tennis 1:00 Familiar Tunes sing along 2:00 Spa Day 3:00 Snack & Trivia 3:30 Ball Toss 4:00 Let's Color 4:30 Let's Play With The IN2L	<b>7 WOMEN'S HEART WEEK ENDS</b> 9:15 One on One with Snack 10:30 Group Exercise 11:00 Good News <b>12:00 PIANO WITH ALICE</b> 1:00 Beach Ball Toss <b>2:00 FRED MEYER'S</b> 3:00 One on one with Snack 3:30 Let's Color 4:00 Let's Play With the IN2L 4:30 Comedy Hour on TV	<b>8 KITE FLYING DAY</b> 9:15 One on One with snack 10:30 Group Exercise 11:00 Word Games <b>11:20 CATHOLIC COMMUNION</b> <b>LUNCH OUTING</b> <b>1:00 KITE MAKING</b> 2:00 Bingo 3:15 Snack/Reminisce 4:00 Let's Play With The IN2L 4:30 Comedy Hour on TV	<b>9</b> 9:15 One on One with snack 10:30 Group Exercise 11:00 Jokes and Riddles 1:00 Familiar Tunes 2:00 Ring/Bucket Toss 3:00 Snack/Funny videos <b>3:30 PHIL HALL/ ACCORDIAN</b> 4:30 Comedy TV Hour	<b>10</b> 9:15 One on One with 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 4:00 Let's Play With The IN2L 4:30 Comedy TV
<b>11</b> 9:15 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 4:00 Ball Toss 4:30 Comedy time on TV	<b>12</b> 9:15 One on One with snack 10:00 Group Exercise 11:00 What did It Cost? 1:00 Karaoke 2:00 Beech Ball Toss 3:00 Snack & Trivia 4:00 Painting 4:45 Evening Discussion	<b>13 MARDI GRAS</b> 9:15 One on One with Snack 10:00 Group Exercise <b>11:10 THUMPER THERAPY</b> 11:30 Noodle Tennis 1:00 Familiar Tunes sing along 3:00 Snack & Trivia 3:30 Ball Toss 4:00 Let's Color 4:30 Let's Play With The IN2L	<b>14 VALENTINE'S DAY</b> 9:15 One on One with Snack 10:30 Group Exercise 11:00 Good News <b>12:00 PIANO WITH ALICE</b> <b>2:00 SPARKLING CIDER/PAINTING (B.W.)</b> 3:30 One on one with Snack 4:00 Let's Play With The IN2L 4:30 Comedy TV	<b>15</b> 9:15 One on One with snack 10:30 Group Exercise 11:00 Word Games <b>11:20 CATHOLIC COMMUNION</b> <b>2:00 PET THERAPY/LIBRARY</b> 3:15 Snack/Reminisce 4:00 Let's Play With The IN2L 4:30 Comedy TV	<b>16</b> 9:15 One on One with snack 10:30 Group Exercise 11:00 Jokes and Riddles 1:00 Familiar Tunes 2:00 Ring/Bucket Toss 3:00 Snack/Funny 3:30 Adult Coloring 4:00 Let's Play With The IN2L 4:30 Comedy TV	<b>17</b> 9:15 One on One with 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 4:00 Let's Play With The IN2L 4:30 Comedy TV
<b>18</b> 9:15 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 4:00 Ball Toss 4:30 Comedy time on TV	<b>19 PRESIDENTS DAY</b> 9:15 One on One with snack 10:00 Group Exercise 11:00 What did It Cost? 1:00 Karaoke 2:00 Beech Ball Toss 3:00 Snack & Trivia 4:00 Painting 4:45 Evening Discussion	<b>20</b> 9:15 One on One with Snack 10:00 Group Exercise 11:00 Era Trivia 11:30 Noodle Tennis 1:00 Familiar Tunes sing along 2:00 Spa Day 3:00 Snack & Trivia 3:30 Ball Toss 4:00 Let's Color 4:30 Let's Play With The IN2L	<b>21</b> 9:15 One on One with Snack 10:30 Group Exercise 11:00 Good News <b>12:00 PIANO WITH ALICE</b> 1:00 Beach Ball Toss 2:00 Puzzles/COUNTRY DRIVE 3:00 One on one with Snack 3:30 Let's Color 4:00 Let's Play With The IN2L 4:30 Comedy TV	<b>22</b> 9:15 One on One/Snack 10:30 Group Exercise 11:00 Word Games <b>11:20 CATHOLIC COMMUNION</b> 1:00 Noodle Tennis 2:00 Bingo 3:15 Snack/Reminisce 4:00 Let's Play With The IN2L 4:30 Comedy TV	<b>23</b> 9:15 One on One with 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 4:00 Let's Play With The IN2L 4:30 Comedy TV	<b>24</b> 9:15 One on One with 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 4:00 Let's Play With The IN2L 4:30 Comedy TV
<b>25</b> 9:15 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 4:00 Ball Toss 4:30 Comedy time on TV	<b>26</b> 9:15 One on One with snack 10:00 Group Exercise 11:00 What did It Cost? 1:00 Karaoke <b>1:30 BILL BRENNAN/PIANO</b> 3:00 Snack & Trivia 4:00 Painting 4:45 Evening Discussion	<b>27 MONTHLY BIRTHDAY PARTY</b> 9:15 One on One with Snack <b>10:00 Group Exercise</b> <b>11:00 Era Trivia</b> 11:30 Noodle Tennis <b>1:00 Sing along</b> <b>2:00 Spa Day</b> <b>3:00 MONTHLY BIRTHDAY CELEBRATIONS</b>	<b>28 FLORAL DESIGN DAY</b> 9:15 One on One with Snack 10:30 Group Exercise 11:00 Good News <b>12:00 PIANO WITH ALICE</b> 1:00 Beach Ball Toss 2:00 Puzzles 3:00 One on one with Snack 3:30 Let's Color 4:00 Let's Play With The IN2L <b>**1:30-3:30 FLORAL DESIGN WORKSHOP BEECHWOOD.</b>			

## February Birthdays

Kristi Rodriquez

February 4th

Melissa Fisher

February 13th

Elvira Naranjo

February 19th

Thomas Davis

February 16

Raymond Hein

February 17

“Cherie” Rubenstein

February 21

Mas Oyama

February 21

Avis Pickerll

February 24

“Bill” Richardson

February 28



# February 2018 Beechwood

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<b>1 WOMEN'S HEART WEEK STARTS</b> <b>11:30 CATHOLIC COMMUNION</b> <b>12:20 ONE MAN BAND</b> 1:15 Gentle Exercise 2:00 Trivia/LIBRARY 2:30 Ball Toss 3:15 Snack & Reminisce 4:00 Let's Play With The IN2L 4:30 One on One 5:45 Games on IN2L 6:30 Evening Movie	<b>2 NATIONAL GROUND HOG DAY</b> <b>9:30 BINGO AT JPC</b> 12:45 Group Exercise 1:00 Familiar Tunes 2:00 Ring/Bucket Toss 3:00 Snack & Funny videos 3:30 Trivia Games 4:15 Spa Time 5:45 Word Games 6:30 Evening News and Discussion	<b>3</b> 12:45 Light Exercise 1:00 Good News 1:30 Games on IN2L 2:00 Balloon Toss 2:30 Karaoke Time 3:00 Music Trivia 3:30 Crafting Hour 4:30 One on One 5:45 Word Games 6:30 Evening Movie
<b>4 SUPERBOWL SUNDAY</b> 12:45 Chair Yoga 1:00 News and Discussion 1:30 Bible Trivia 2:00 Spiritual Sing-A-Long 2:30 Football Trivia 3:00 Snack & Funny Videos <b>3:30 SUPERBOWL PARTY IN PONDEROSA</b> 4:30 Comedy time on TV 5:45 Word Games 6:30 Evening Movie	<b>5</b> 12:45 Group Exercise 1:00 Ball Toss 1:30 National Geographic News 2:00 Ring Toss 3:00 Snack & Reminisce 3:30 Let's Color 4:15 Table Games 5:45 Evening Spa Time 6:30 Evening News and Discussion	<b>6</b> 12:45 Group Exercise 1:00 Noodle Tennis 1:30 Familiar Tunes sing along 2:00 Crafting hour 3:00 Snack & Funny Videos 3:30 Ball Toss 4:30 Let's Play With The IN2L 5:45 Word Games 6:30 Evening Movie	<b>7 WOMEN'S HEART WEEK ENDS</b> <b>10:00 BIBLE STUDY</b> <b>11:30 PIANO WITH ALICE</b> 1:00 Group Exercise with Pink Bands 1:30 Good News Chat <b>2:00 Noodle Tennis/FRED MEYER'S</b> 3:00 Snack & Funny Videos 3:30 Let's Color 4:15 Let's Play a Card Game 5:45 Evening Spa Time 6:30 Evening News and Discussion	<b>8 KITE FLYING DAY</b> <b>11:30 CATHOLIC COMMUNION</b> 12:45 Gentle Exercise 1:30 Trivia Time <b>2:00 KITE MAKING</b> 3:15 Snack & Reminisce 4:00 Let's Play With The IN2L 4:30 One on One 5:45 Word Games on IN2L 6:30 Evening Movie	<b>9</b> <b>9:30 BINGO AT JPC</b> 12:45 Group Exercise 1:00 Familiar Tunes 2:00 Ring/Bucket Toss 3:00 Snack & Funny videos 3:30 Trivia Games <b>3:50 PHIL HALL/ACCORDIAN</b> 4:15 Spa Time 5:45 Word Games 6:30 Evening News and Discussion	<b>10</b> 12:45 Light Exercise 1:00 Good News 1:30 Games on IN2L 2:00 Balloon Toss 2:30 Karaoke Time 3:00 Music Trivia 3:30 Crafting Hour 4:30 One on One 5:45 Word Games 6:30 Evening Movie
<b>11</b> 12:45 Chair Yoga 1:00 News and Discussion 1:30 Bible Trivia 2:00 Spiritual Sing-A-Long 2:30 Craft Time 3:30 Snack & Funny Videos 4:00 Ball Toss 4:30 Let's Play Cards 5:45 Word Games 6:30 Evening Movie	<b>12</b> 12:45 Group Exercise 1:00 Ball Toss 1:30 National Geographic News 2:00 Ring Toss 3:00 Snack & Reminisce 3:30 Let's Color 4:15 Table Games 5:45 Evening Spa Time 6:30 Evening News and Discussion	<b>13 MARDI GRAS</b> <b>10:30 THUMPER THERAPY</b> 12:45 Group Exercise 1:00 Noodle Tennis 1:30 Familiar Tunes Sing Along <b>2:00 MARDI GRAS MASK MAKING</b> 3:00 Snack & Funny Videos 3:30 Ball Toss 4:30 Let's Play With The IN2L 5:45 Word Games 6:30 Evening Movie	<b>14 VALENTINE'S DAY</b> <b>10:00 BIBLE STUDY</b> <b>11:00 LUNCH OUTING</b> <b>11:30 PIANO WITH ALICE</b> 1:00 Beach Ball Toss <b>2:00 SPARKLING CIDER/PAINTING (B.W.)</b> 3:30 One on one with Snack 4:00 Gentle Exercise 4:30 Comedy TV 5:45 Evening Spa Time 6:30 Evening News and Discussion	<b>15</b> <b>11:30 CATHOLIC COMMUNION</b> 12:45 Gentle Exercise <b>1:30 PET THERAPY</b> 2:00 Trivia/LIBRARY 3:15 Snack & Reminisce 4:00 Let's Play With The IN2L 4:30 One on One 5:45 Word Games on IN2L 6:30 Evening Movie	<b>16</b> <b>9:30 BINGO AT JPC</b> 12:45 Group Exercise 1:00 Familiar Tunes 2:00 Ring/Bucket Toss 3:00 Snack & Funny videos 3:30 Trivia Games 4:15 Spa Time 5:45 Word Games 6:30 Evening News and Discussion	<b>17</b> 12:45 Light Exercise 1:00 Good News 1:30 Games on IN2L 2:00 Balloon Toss 2:30 Karaoke Time 3:00 Music Trivia 3:30 Crafting Hour 4:30 One on One 5:45 Word Games 6:30 Evening Movie
<b>18</b> 12:45 Chair Yoga 1:00 News and Discussion 1:30 Bible Trivia 2:00 Spiritual Sing-A-Long 2:30 Craft Time 3:30 Snack & Funny Videos 4:00 Ball Toss 4:30 Let's Play Cards 5:45 Word Games 6:30 Evening Movie	<b>19 PRESIDENTS' DAY</b> 12:45 Group Exercise 1:00 Ball Toss <b>1:30 MUSIC WITH DAVE DOHREN</b> 3:00 Snack & Reminisce 3:30 Let's Color 4:15 Table Games 5:45 Evening Spa Time 6:30 Evening News and Discussion	<b>20</b> 12:45 Group Exercise 1:00 Noodle Tennis 1:30 Trivia 2:00 Crafting Hour 3:00 Snack & Funny Videos 3:30 Ball Toss 4:30 Let's Play With The IN2L 5:45 Word Games 6:30 Evening Movie	<b>21</b> <b>10:00 BIBLE STUDY</b> <b>11:30 PIANO WITH ALICE</b> 1:00 Group Exercise with Pink Bands 1:30 Good News Chat <b>2:00 Noodle Tennis/COUNTRY DRIVE</b> 3:00 Snack & Funny Videos 3:30 Let's Color 4:15 Let's Play a Card Game 5:45 Evening Spa Time 6:30 Evening News and Discussion	<b>22</b> <b>11:20 CATHOLIC COMMUNION</b> 12:45 Gentle Exercise 1:30 Ball Toss 2:00 Trivia 3:15 Snack & Reminisce 4:00 Let's Play With The IN2L 4:30 One on One 5:45 Word Games on IN2L 6:30 Evening Movie	<b>23</b> <b>9:30 BINGO AND LUNCH AT JPC</b> 12:45 Group Exercise 1:00 Familiar Tunes 2:00 Ring/Bucket Toss 3:00 Snack & Funny videos 3:30 Trivia Games 4:15 Spa Time 5:45 Word Games 6:30 Evening News and Discussion	<b>24</b> 12:45 Light Exercise 1:00 Good News 1:30 Games on IN2L <b>2:00 MUSIC WITH LEE NICHOLAS</b> 3:00 Music Trivia 3:30 Crafting Hour 4:30 One on One 5:45 Word Games 6:30 Evening Movie
<b>25</b> 12:45 Chair Yoga 1:00 News and Discussion 1:30 Bible Trivia 2:00 Spiritual Sing-A-Long 2:30 Craft Time 3:30 Snack & Funny Videos 4:00 Ball Toss 4:30 Let's Play Cards 5:45 Word Games 6:30 Evening Movie	<b>26</b> 12:45 Group Exercise 1:00 Ball Toss 1:30 National Geographic News <b>2:00 BILL BRENNAN/PIANO</b> 3:00 Snack & Reminisce 3:30 Let's Color 4:15 Table Games 5:45 Evening Spa Time 6:30 Evening News and Discussion	<b>27 MONTHLY BIRTHDAY PARTY</b> 12:45 Group Exercise 1:00 Noodle Tennis 1:30 Familiar Tunes Sing Along 2:00 Crafting Hour <b>3:00 MONTHLY BIRTHDAY CELEBRATIONS</b> 4:30 Let's Play With The IN2L 5:45 Word Games 6:30 Evening Movie	<b>28 FLORAL DESIGN DAY</b> <b>10:00 BIBLE STUDY</b> <b>11:30 PIANO WITH ALICE</b> <b>**1:30-3:30 FLORAL DESIGN WORKSHOP**</b> 4:00 Exercise Time! 4:30 Comedy TV 5:45 Evening Spa Time 6:30 Evening News and Discussion			

## February Birthdays

EMPLOYEE

Kristi Rodriquez

February 4th

Melissa Fisher

February 13th

Elvira Naranjo

February 19th

RESIDENT

Thomas Davis

February 16

Raymond Hein

February 17

“Cherie” Rubenstein

February 21

Mas Oyama

February 21

Avis Pickerll

February 24

“Bill” Richardson

February 28



# February 2018 Ponderosa

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<b>1 WOMEN'S HEART WEEK STARTS</b> 9:45 Exercise with Pink Bands 10:30 Morning News and Weather 11:00 February Trivia <b>11:45 CATHOLIC COMMUNION</b> <b>12:00 ONE MAN BAND</b> 1:00 Card Games 2:00 Puzzle Time/ <b>LIBRARY</b> 3:00 Let's learn about our Heart 3:30 National Geographic on IN2L	<b>2 NATIONAL GROUNDHOG DAY</b> <b>9:30 BINGO AT JPC</b> 9:45 Good Morning Chat 10:30 Gentle Exercises 11:00 Trivia on Groundhog Day 11:30 Balloon Toss 1:00 Board Games 2:30 Craft Time 3:30 Games on IN2L	<b>3</b> 9:45 Good Morning Chat 10:00 Morning Exercise 10:30 Ball Toss 11:00 Trivia 1:00 Board Games 2:00 Puzzle Time 2:45 Card Games 3:30 Games on IN2L
<b>4 SUPERBOWL SUNDAY</b> 9:45 Good Morning Chat 10:30 Gentle Exercise 11:00 Noodle Tennis 11:30 Football Trivia 1:00 Board Games 2:00 Spiritual Services <b>3:30 SUPERBOWL PARTY</b>	<b>5</b> 9:45 Good Morning Chat 10:30 Exercise with Pink Bands 11:00 Ball Toss 11:30 Hang Man Word Game 1:00 Board Games 2:00 Puzzle Time 3:00 Bowling	<b>6</b> 9:45 Morning Exercise 10:30 Coffee and Current Events 11:00 Noodle Tennis 11:30 Word Games 1:00 Card Games 2:00 <b>MONOPOLY WITH BONNY</b> 3:15 <b>BINGO WITH BONNY</b>	<b>7 WOMEN'S HEART WEEK ENDS</b> 9:45 Morning Exercise 10:30 Current Events <b>11:00 PIANO WITH ALICE</b> 11:00 Morning Spa 11:30 Puzzle Time 1:00 Book Club 2:00 Craft Time/ <b>FRED MEYER</b> 3:00 Card Games 3:30 Explore the IN2L	<b>8 KITE FLYING DAY</b> 9:45 Morning News/Weather 10:30 Exercise with Pink Bands 11:00 Ball Toss <b>11:45 CATHOLIC COMMUNION</b> <b>1:00 KITE BUILDING</b> 2:00 Puzzle Time 3:00 Ball Toss 3:30 National Geographic on IN2L	<b>9</b> <b>9:30 BINGO AT JPC</b> 9:45 Good Morning Chat 10:30 Gentle Exercises 11:00 Interesting Facts 11:30 Balloon Toss 1:00 Board Games 2:30 Craft Time 3:30 Games on IN2L 4:10 <b>PHIL HALL/ACCORDIAN</b>	<b>10</b> 9:45 Good Morning Chat 10:00 Morning Exercise 10:30 Ball Toss 11:00 Trivia 1:00 Board Games 2:00 Puzzle Time 2:45 Card Games 3:30 Games on IN2L
<b>11</b> 9:45 Good Morning Chat 10:30 Gentle Exercise 11:00 Noodle Tennis 11:30 Trivia 1:00 Board Games 2:00 Spiritual Services 3:00 Creative Coloring 3:30 Documentary on IN2L	<b>12</b> 9:45 Good Morning Chat 10:30 Exercise with Pink Bands 11:00 Ball Toss 11:30 Hang Man Word Game 1:00 Board Games 2:00 Puzzle Time 3:00 Bowling	<b>13 MARDI GRAS</b> 9:45 Morning Exercise 10:30 Coffee and Current Events 11:00 Noodle Tennis 11:30 Word Games <b>1:00 MARDI GRAS MASK DECORATING</b> <b>2:00 MONOPOLY WITH BONNY</b> 3:15 <b>BINGO WITH BONNY</b>	<b>14 VALENTINE'S DAY</b> 9:45 Morning Exercise 10:30 Valentine's Day History <b>11:00 PIANO WITH ALICE/LUNCH OUTING</b> 11:00 Morning Spa 11:30 Puzzle Time 1:00 Book Club <b>2:00 SPARKLING CIDER/PAINTING (B.W.)</b> 3:30 Explore the IN2L	<b>15</b> 9:45 Morning News/Weather 10:30 Exercise with Pink Bands 11:00 Ball Toss <b>11:45 CATHOLIC COMMUNION</b> 1:00 Word Games on IN2L/ <b>PET THERAPY</b> 2:00 Puzzle Time 3:00 Ball Toss 3:30 National Geographic on IN2L	<b>16</b> <b>9:30 BINGO AT JPC</b> 9:45 Good Morning Chat 10:30 Gentle Exercises 11:00 Interesting Facts 11:30 Balloon Toss 1:00 Board Games 2:30 Craft Time 3:30 Games on IN2L	<b>17</b> 9:45 Good Morning Chat 10:00 Morning Exercise 10:30 Ball Toss 11:00 Trivia 1:00 Board Games 2:00 Puzzle Time 2:45 Card Games 3:30 Games on IN2L
<b>18</b> 9:45 Good Morning Chat 10:30 Gentle Exercise 11:00 Noodle Tennis 11:30 Trivia 1:00 Board Games 2:00 Spiritual Services 3:00 Creative Coloring 3:30 Documentary on IN2L	<b>19 PRESIDENTS' DAY</b> 9:45 Good Morning Chat 10:30 Exercise with Pink Bands 11:00 Ball Toss 11:30 President Trivia 1:00 Board Games 2:00 Puzzle Time 3:00 Bowling	<b>20</b> 9:45 Morning Exercise 10:30 Coffee and Current Events 11:00 Noodle Tennis 11:30 Word Games 1:00 Card Games 2:00 <b>MONOPOLY WITH BONNY</b> 3:15 <b>BINGO WITH BONNY</b>	<b>21</b> 9:45 Morning Exercise 10:30 Current Events <b>11:00 PIANO WITH ALICE</b> 11:00 Morning Spa 11:30 Puzzle Time 1:00 Book Club 2:00 Craft Time/ <b>COUNTRY DRIVE</b> 3:00 Card Games 3:30 Explore the IN2L	<b>22</b> 9:45 Morning News/Weather 10:30 Exercise with Pink Bands 11:00 Ball Toss <b>11:45 CATHOLIC COMMUNION</b> 1:00 Word Games on IN2L <b>2:00 RESIDENT COUNCIL MEETING</b> 3:00 Ball Toss 3:30 National Geographic on IN2L	<b>23</b> <b>9:30 BINGO AND LUNCH AT JPC</b> 9:45 Good Morning Chat 10:30 Gentle Exercises 11:00 Interesting Facts 11:30 Balloon Toss 1:00 Board Games 2:30 Craft Time 3:30 Games on IN2L	<b>24</b> 9:45 Good Morning Chat 10:00 Morning Exercise 10:30 Ball Toss 11:00 Trivia 1:00 Board Games 2:00 Puzzle Time 2:45 Card Games 3:30 Games on IN2L
<b>25</b> 9:45 Good Morning Chat 10:30 Gentle Exercise 11:00 Noodle Tennis 11:30 Trivia 1:00 Board Games 2:00 Spiritual Services 3:00 Creative Coloring 3:30 Documentary on IN2L	<b>26</b> 9:45 Good Morning Chat 10:30 Exercise with Pink Bands 11:00 Ball Toss 11:30 Hang Man Word Game 1:00 Board Games 2:00 Puzzle Time 3:00 Bowling	<b>27 MONTHLY BIRTHDAY PARTY</b> 9:45 Morning Exercise 10:30 Coffee and Current Events 11:00 Noodle Tennis 11:30 Word Games 1:00 Card Games 2:00 <b>MONOPOLY WITH BONNY</b> <b>3:00 BIRTHDAY CELEBRATIONS!</b> 3:15 <b>BINGO WITH BONNY</b>	<b>28 FLORAL DESIGN DAY</b> 9:45 Morning Exercise 10:30 Current Events <b>11:00 PIANO WITH ALICE</b> 11:00 Morning Spa 11:30 Puzzle Time <b>**1:30-3:30 FLORAL DESIGN WORKSHOP**</b>			

## February Birthdays

**Kristi Rodriquez**

**February 4th**

**Melissa Fisher**

**February 13th**

**Elvira Naranjo**

**February 19th**

**Thomas Davis**

**February 16**

**Raymond Hein**

**February 17**

**"Cherie" Rubenstein**

**February 21**

**Mas Oyama**

**February 21**

**Avis Pickerll**

**February 24**

**"Bill" Richardson**

**February 28**