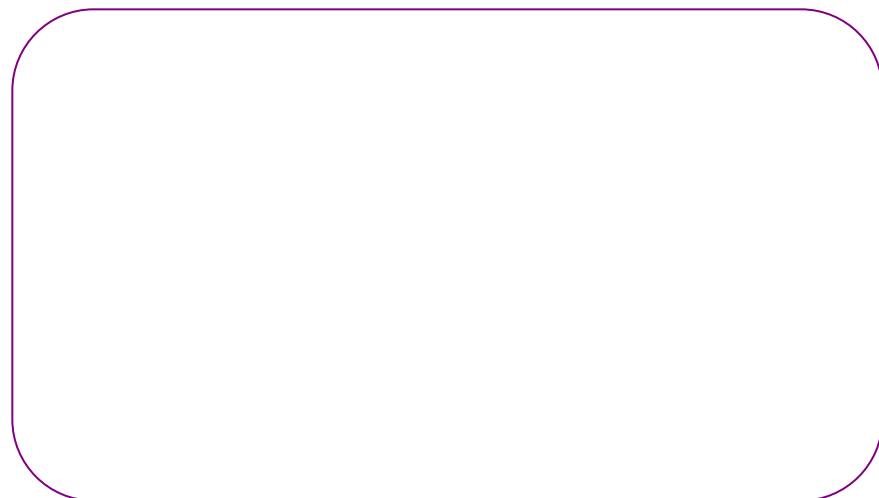




17950 SW 115th Avenue
Tualatin, OR 97062

STAMP
HERE



Administrative Team:

CHRIS BUDKE

Executive Director

RANDY DICKEN

Community Relations Director

MELISSA FISHER

KATRINA BELVINS

Resident Care Coordinator

JILL WITHERINGTON

Registered Nurse

KRISTI RODRIQUEZ

Dietary Director

JOY SMITH

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



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P3 Team Member & Resident of the Month
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May 2018 Edition

Arthritis Facts and Care Tips

May marks National Arthritis Month to bring awareness to a very common, but often misunderstood condition. A wide misconception about Arthritis is that it is a single disease. It's actually a way of referring to joint pain or joint disease.

Symptoms of Arthritis can come and go, and include mild to severe swelling, pain, stiffness, and lessened motion range. It can limit a person's ability to partake in some daily activities.

Osteoarthritis is the most common type of Arthritis. Risk factors include family history, being overweight, age, and injuries sustained. Those with non-severe Osteoarthritis can help the condition if they: achieve a healthy weight, get enough exercise, rest per activity level - especially during a flare up, avoid repetitive movements, strengthen muscles around joints, and use hot and cold therapy.

Inflammatory Arthritis is another type. Rheumatoid and Psoriatic Arthritis are in this category. It occurs when the immune system creates inflammation to get rid of what it falsely perceives as infection. It occurs in people with genetic predisposition and environmental risk factors like smoking. Early diagnosis and strong treatment are key

in slowing the condition.

Receiving a diagnosis for Arthritis can be done through a primary care provider or Rheumatologist. There are many ways that Arthritis can be helped.



Arthritis Foundation Pain Management Tips:

- Create a plan with your rheumatologist.
- Be aware of and track your warning signs, like a dull hand ache or daytime sleepiness for days.
- Stay up to date on vaccinations and wash hands frequently to avoid infections which could trigger a flare.
- Stay on top of your emotional health.

Anxiety and stress can increase inflammation.

- Slow your movements, but continue moving to avoid stiff joints. Move joints through the fullest range of motion you can. If it causes

more pain, stop.

- Do hot & cold therapy, no more than 15 minute intervals, two to four times a day.
- Sleep on a schedule, get restful sleep with lights off, devices off, and avoid caffeine in the hours before you head to bed.

Arthritis by the Numbers

American Adults Diagnosed: 54 million+

American Children Diagnosed: 300,000 est.

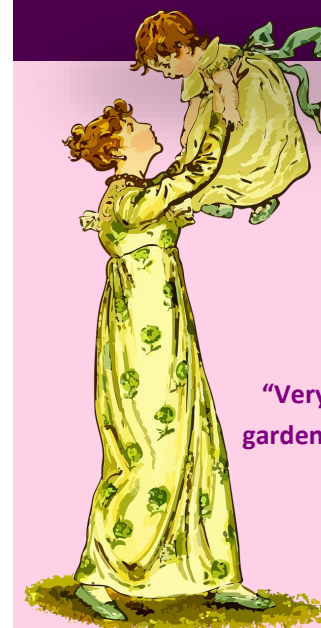
Americans Likely to Have Arthritis: 91 million

Direct Medical Costs: At least \$81 billion

Types of Arthritis That Exist: Over 100

Working Adults With Arthritis: 60%

Memories in the Making!



"My mom was always so caring, loving and compassionate."

- Vanessa

"She always gave me the best hugs and she knew when I needed them."

- Jill

"She was such a hard worker, raising 6 kids on her own, and very dedicated to her church"

- Nance

"Very hard worker keeping up with our large garden and family restaurant all while raising us kids"

- Sharon

In honor of our moms, we asked around: What is something you have always loved about your mother?

May Highlights

MAY 5: Cinco de Mayo! We will be holding a Cinco de Mayo celebration during our lunch service. Be ready to party! Staff will be bringing in their favorite dish to share, vote on your favorite dish with Farmington Dollars.

MAY 13: Mother's Day! Please join us on Mother's Day to celebrate your Mom or Grandma. A large group celebration will take place in Beechwood between 2-3:30. We will have Carnations available to share throughout our community.

May 25: All are invited to join us to celebrate **National BBQ** month and our monthly **Birthday Party** celebration from 12-3:00. Enjoy your favorite BBQ items and a nice slice of Birthday Cake. We will have games, refreshments, and entertainment.

May 28: Memorial Day! Thank you to all who have served in the Military. Please stop in and view our Veteran's wall located in Ponderosa. PLEASE LOG ONTO OUR FACEBOOK PAGE AND TELL US HOW WE ARE DOING :)



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 Radiantvoices on Instagram
 RadiantSrLiving on Twitter
 Pinterest.com/radiantsrliving
 Radiant Senior Living on YouTube

May Birthdays!



We hope you enjoy your special day!

RESIDENT BIRTHDAYS

Thelma A., May 11th
 Sharon M., May 13th
 Martin M., May 22nd
 Lester J., May 24th

EMPLOYEE BIRTHDAYS

Annie T., May 8th Rhose S., May 21st
 Dante W., May 12th Hannah, May 24th
 Margoth, May 17th

Team Member of the Month!



Melissa

Thank you Melissa for all your hard work and dedication to the community. You have created a great bond with all of our residents and our team as a Med Tech and caregiver. Melissa is always ready to jump in and lend a hand whenever she can. We appreciate you and all that you bring to the community.

Melissa is originally from the hot state of Arizona where she was born and raised. After she met her husband Corey, they chose to move to our lovely state of Oregon and raise a family here in Tualatin. Together they have two girls, Kailey and Madison. Once again THANK YOU!

Resident of the Month!



Nancy


Nancy was born in 1933 in Toledo Oregon. She was the youngest of six siblings. When she was younger they had to move around often due to her father's work. Her Father and four brothers were all in the Military during WW2.

Nancy met her first husband Francis on the Oregon Coast while he was in the Army. They were married for 36 years. Together they had three children. Michelle, Scott, and Craig. At times during their marriage Nancy had to work five jobs just to pay the bills. Francis was diagnosed with Parkinson's in 1978. Unfortunately Nancy had to divorce his so he could get the care he needed in a nursing home.

Her second husband Lee came to her by mutual friends. Lee moved them to Idaho...A state Nancy was not fond of.

Nancy Loves music, at times you will hear her play our piano. You will also see Nancy putting a puzzle together here and there. If you join our book club you will also get to meet her.

May 2018 Alpine

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
		1 9:45 Exercise Time 10:00 Snack and Sing A Long 11:00 Let's Paint 1:00 Bean Bag Toss 1:30 Spa Time 2:30 Trivia 2:45 Let's Go For a Walk 3:30 Book Reading	2 10:00 Snack and Funny Videos 11:00 Games on IN2L 11:30 Karaoke 12:00 MUSIC WITH ALICE 1:00 Ball Toss 1:30 Trivia 2:00 COUNTRY DRIVE/Crafts 3:30 One on One	3 10:00 Snack and Funny Videos 11:00 Exercise Time 11:15 CATHOLIC COMMUNION 11:30 Ball Toss 12:40 ONE MAN BAND 1:30 Trivia 2:00 Game Time on IN2L 2:30 Painting on IN2L 3:00 Snack With Comedy T.V 3:30 Book Time	4 9:45 Morning Snack With Karaoke 10:15 Group Exercise 10:30 Balloon Toss 11:00 Arts & Crafts 1:00 Afternoon Spa 2:00 Happy Neuron Games 3:00 Snacks and Movie	5 CINCO DE MAYO 9:45 Good Morning Chat 10:30 Light Exercise 11:00 Bean Bag Toss 11:30 Music Trivia 1:00 Word Games 1:30 Balloon Toss 2:00 Game Time 3:30 Afternoon Movie
6 9:30 Exercise Time 10:00 Snack With Spiritual T.V 11:00 Spelling Time 11:30 Trivia On National Parks 1:00 Painting on IN2L 2:00 Ball Toss 2:30 Let's Go Outside 3:30 Evening Spa Time	7 9:30 Good Morning One on One 10:00 Snack and Funny Videos 11:00 Exercise Time 11:30 Ball Toss 1:00 Baking 2:00 Game Time on IN2L 2:30 Painting on IN2L 3:00 Snack With Comedy T.V	8 9:45 Exercise Time 10:00 Snack and Sing A Long 11:00 THUMPER THERAPY 1:00 Bean Bag Toss 1:30 Spa Time 2:30 Trivia 2:45 Let's Go For a Walk 3:30 Book Reading	9 10:00 Snack and Funny Videos 11:00 Games on IN2L 11:30 Karaoke 12:00 MUSIC WITH ALICE 1:00 Ball Toss 1:30 Trivia 2:00 Craft Time/ SHOPPING TRIP 3:30 One on One	10 10:00 Snack and Funny Videos 11:00 Exercise Time 11:15 CATHOLIC COMMUNION 11:30 Ball Toss 1:30 Trivia 2:00 Game Time on IN2L 2:30 Painting on IN2L 3:00 Snack With Comedy T.V	11 9:45 Morning Snack With Karaoke 10:15 Group Exercise 10:30 Balloon Toss 11:00 Arts & Crafts 1:00 Afternoon Spa 2:00 Happy Neuron Games 3:00 Snacks and Movie 3:30 MUSIC WITH PHIL	12 9:45 Good Morning Chat 10:30 Light Exercise 11:00 Bean Bag Toss 11:30 Music Trivia 1:00 Word Games 1:30 Balloon Toss 2:00 Game Time 3:30 Afternoon Movie
13 MOTHER'S DAY 9:30 Exercise Time 10:00 Snack With Spiritual T.V 11:00 Spelling Time 11:30 Trivia On National Parks 1:00 Painting on IN2L 2:00-3:30 MOTHER'S DAY CELEBRATION IN B.W	14 9:30 Good Morning One on One 10:00 Snack and Funny Videos 11:00 Exercise Time 11:30 Ball Toss 1:00 Baking 2:00 Game Time on IN2L 2:30 Painting on IN2L 3:00 Snack With Comedy T.V 3:30 Book Time	15 9:45 Exercise Time 10:00 Snack and Sing A Long 11:00 Let's Paint 1:00 Bean Bag Toss 1:30 Spa Time 2:30 Trivia 2:45 Let's Go For a Walk 3:30 Book Reading	16 10:00 Snack and Funny Videos 11:00 Games on IN2L 11:30 Karaoke 12:00 MUSIC WITH ALICE 1:00 Ball Toss 1:30 Trivia 2:00 Craft Time 3:30 One on One	17 10:00 Snack and Funny Videos 11:00 Exercise Time 11:15 CATHOLIC COMMUNION 11:30 Ball Toss 1:30 Trivia 2:00 PET THERAPY 2:30 Painting on IN2L 3:00 Snack With Comedy T.V	18 9:45 Morning Snack With Karaoke 10:15 Group Exercise 10:30 Balloon Toss 11:00 Arts & Crafts 1:00 Afternoon Spa 2:00 Happy Neuron Games 3:00 Snacks and Movie	19 9:45 Good Morning Chat 10:30 Light Exercise 11:00 Bean Bag Toss 11:30 Music Trivia 1:00 Word Games 1:30 Balloon Toss 2:00 Game Time 3:30 Afternoon Movie
20 9:30 Exercise Time 10:00 Snack With Spiritual T.V 11:00 Spelling Time 11:30 Trivia On National Parks 1:00 Painting on IN2L 2:00 Ball Toss 2:30 Let's Go Outside 3:30 Evening Spa Time	21 9:30 Good Morning One on One 10:00 Snack and Funny Videos 11:00 Exercise Time 11:30 Ball Toss 1:00 Baking 2:00 Game Time on IN2L 2:30 Painting on IN2L 3:00 Snack With Comedy T.V	22 9:45 Exercise Time 10:00 Snack and Sing A Long 11:00 Let's Paint 1:00 Bean Bag Toss 1:30 Spa Time 2:30 Trivia 2:45 Let's Go For a Walk 3:30 Book Reading	23 10:00 Snack and Funny Videos 11:00 Games on IN2L 11:30 Karaoke 12:00 MUSIC WITH ALICE 1:00 Ball Toss 1:30 Trivia 2:00 COUNTRY DRIVE/Crafts 3:30 One on One	24 10:00 Snack and Funny Videos 11:00 Exercise Time 11:15 CATHOLIC COMMUNION 11:30 Ball Toss 1:30 Trivia 2:00 Game Time on IN2L 2:30 Painting on IN2L 3:00 Snack With Comedy T.V	25 NATIONAL HEAT AWARENESS 9:45 Morning Snack With Karaoke 10:15 Group Exercise 10:30 Balloon Toss 11:00 Arts & Crafts 12:00-3:00 BBQ and BIRTHDAY PARTY <div>  </div>	26 9:45 Good Morning Chat 10:30 Light Exercise 11:00 Bean Bag Toss 11:30 Music Trivia 1:00 Word Games 1:30 Balloon Toss 2:00 Game Time 3:30 Afternoon Movie
27 9:30 Exercise Time 10:00 Snack With Spiritual T.V 11:00 Spelling Time 11:30 Trivia On National Parks 1:00 Painting on IN2L 2:00 Ball Toss 2:30 Let's Go Outside 3:30 Evening Spa Time	28 MEMORIAL DAY 9:30 Good Morning One on One 10:00 Snack and Funny Videos 11:00 Exercise Time 11:30 Ball Toss 1:00 Baking 1:30 MUSIC WITH BILL 2:00 Game Time on IN2L 2:30 Painting on IN2L 3:00 Snack With Comedy T.V	29 9:45 Exercise Time 10:00 Snack and Sing A Long 11:00 Let's Paint 1:00 Bean Bag Toss 1:30 Spa Time 2:30 Trivia 2:45 Let's Go For a Walk 3:30 Book Reading	30 10:00 Snack and Funny Videos 10:30 Exercise Time 11:00 Games on IN2L 11:30 Karaoke 12:00 MUSIC WITH ALICE 1:00 Ball Toss 1:30 Trivia 2:00 Craft Time 3:30 One on One	31 10:00 Snack and Funny Videos 11:00 Exercise Time 11:15 CATHOLIC COMMUNION 11:30 Ball Toss 1:30 Trivia 2:00 Game Time on IN2L 2:30 Painting on IN2L 3:00 Snack With Comedy T.V		

May 2018 Beechwood

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 12:45 Group Exercise 1:00 Noodle Tennis 1:30 May Trivia 2:00 BINGO TIME 3:30 Arts & Crafts 4:30 Game Time on IN2L 5:45 After Dinner Walk 6:00 Night Time Spa 6:30 Drama Movie With Popcorn	2 11:30 ALICE PLAYS THE PIANO 12:45 Group Exercise 1:00 Ball Toss 1:30 Geography Trivia 2:00 COUNTRY DRIVE/1:1 3:30 Word Games 4:00 Arts & Crafts 5:45 After Dinner Walk/Ball Toss 6:00 Balloon Toss	3 12:20 ONE MAN BAND 12:45 Group Exercise 1:00 Beach Ball Trivia 1:30 Bowling 2:30 Arts & Crafts 4:00 Karaoke & Dance 5:45 Tea On The Patio 6:00 Walk The Campus 6:30 Comedy Movie Night	4 9:30 BINGO AT JPC WITH LUNCH 12:45 Group Exercise 1:00 Let's Paint 2:00 Afternoon Matinee 3:30 Games On The IN2L 4:30 One On One 5:45 Men's Card Group 6:00 Book Readings 6:45 Classic Movie Night	5 CINCO DE MAYO 12:45 Afternoon Spa Time 1:30 Chair Yoga 2:00 Balloon Toss 2:30 Word Games 3:00 Music and Dance 4:00 Bean Bag Toss 5:45 After Dinner Walk 6:00 Ball Toss 6:30 Drama Movie Night 
6 12:45 Good News 1:45 Spiritual Hour 3:00 Spiritual Sing Along 3:30 Bible Trivia 4:00 Arts & Crafts 5:45 IN2L Games 6:00 Beverage On The Patio 6:45 Nightly Movie	7 12:45 Group Exercise 1:00 Ring Toss 1:30 Women's Card Time 2:30 Arts & Crafts 4:00 Bowling 5:45 Trivia Time 6:00 Balloon Toss 6:30 New Movie Night	8 10:30 THUMER THERAPY 12:45 Group Exercise 1:00 Noodle Tennis 1:30 May Trivia 2:00 BINGO TIME 3:30 Arts & Crafts 4:30 Game Time on IN2L 5:45 After Dinner Walk 6:00 Night Time Spa	9 11:30 ALICE PLAYS THE PIANO 12:45 Group Exercise 1:00 Ball Toss/ SHOPPING TRIP 1:30 Geography Trivia 2:00 COUNTRY DRIVE/1:1 3:30 Word Games 4:00 Arts & Crafts 5:45 After Dinner Walk/Ball Toss 6:00 Balloon Toss	10 12:45 Group Exercise 1:00 Beach Ball Trivia 1:30 Bowling 2:30 Arts & Crafts 4:00 Karaoke & Dance 5:45 Tea On The Patio 6:00 Walk The Campus 6:30 Comedy Movie Night	11 9:30 BINGO AT JPC WITH LUNCH 12:45 Group Exercise 1:00 Let's Paint 2:00 Afternoon Matinee 3:30 Games On The IN2L 3:50 MUSIC WITH PHIL 4:30 One On One 5:45 Men's Card Group 6:00 Book Readings	12 12:45 Afternoon Spa Time 1:30 Chair Yoga 2:00 Balloon Toss 2:30 Word Games 3:00 Music and Dance 4:00 Bean Bag Toss 5:45 After Dinner Walk 6:00 Ball Toss 6:30 Drama Movie Night
13 MOTHER'S DAY 12:45 Good News 1:45 Church 2:00-3:30 MOTHER'S DAY CELEBRATION 5:45 IN2L Games 6:00 Beverage On The Patio 6:45 Nightly Movie 	14 12:45 Group Exercise 1:00 Ring Toss 1:30 Women's Card Time 2:30 Arts & Crafts 4:00 Bowling 5:45 Trivia Time 6:00 Balloon Toss 6:30 New Movie Night	15 12:45 Group Exercise 1:00 Noodle Tennis 1:30 May Trivia 2:00 BINGO TIME 3:30 Arts & Crafts 4:30 Game Time on IN2L 5:45 After Dinner Walk 6:00 Night Time Spa 6:30 Drama Movie With Popcorn	16 11:00 LUNCH OUTING 11:30 ALICE PLAYS THE PIANO 12:45 Group Exercise 1:30 Geography Trivia 2:00 COUNTRY DRIVE/1:1 3:30 Word Games 4:00 Arts & Crafts 5:45 After Dinner Walk/Ball Toss 6:00 Balloon Toss	17 12:45 Group Exercise 1:00 Beach Ball Trivia 1:30 Bowling/ PET THERAPY 2:30 Arts & Crafts 4:00 Karaoke & Dance 5:45 Tea On The Patio 6:00 Walk The Campus 6:30 Comedy Movie Night 	18 9:30 BINGO AT JPC WITH LUNCH 12:45 Group Exercise 1:00 Let's Paint 2:00 Afternoon Matinee 3:30 Games On The IN2L 4:30 One On One 5:45 Men's Card Group 6:00 Book Readings 6:45 Classic Movie Night	19 12:45 Afternoon Spa Time 1:30 Chair Yoga 2:00 Balloon Toss 2:30 Word Games 3:00 Music and Dance 4:00 Bean Bag Toss 5:45 After Dinner Walk 6:00 Ball Toss 6:30 Drama Movie Night
20 12:45 Good News 1:45 Spiritual Hour 3:00 Spiritual Sing Along 3:30 Bible Trivia 4:00 Arts & Crafts 5:45 IN2L Games 6:00 Beverage On The Patio 6:45 Nightly Movie	21 12:45 Group Exercise 1:00 Ring Toss 1:30-2:30 MUSIC WITH DAVE 4:00 Bowling 5:45 Trivia Time 6:00 Balloon Toss 6:30 New Movie Night	22 12:45 Group Exercise 1:00 Noodle Tennis 1:30 May Trivia 2:00 BINGO TIME 3:30 Arts & Crafts 4:30 Game Time on IN2L 5:45 After Dinner Walk 6:00 Night Time Spa 6:30 Drama Movie With Popcorn	23 11:30 ALICE PLAYS THE PIANO 12:45 Group Exercise 1:00 Ball Toss 1:30 Geography Trivia 2:00 COUNTRY DRIVE/1:1 3:30 Word Games 4:00 Arts & Crafts 5:45 After Dinner Walk/Ball Toss 6:00 Balloon Toss	24 12:45 Group Exercise 1:00 Beach Ball Trivia 1:30 Bowling 2:30 Arts & Crafts 4:00 Karaoke & Dance 5:45 Tea On The Patio 6:00 Walk The Campus 6:30 Comedy Movie Night	25 NATIONAL HEAT AWARENESS 9:30 BINGO AT JPC WITH LUNCH 12:00-3:00 BBQ AND BIRTHDAY PARTY 3:30 Games On The IN2L 4:30 One On One 5:45 Men's Card Group 6:00 Book Readings 6:45 Classic Movie Night 	26 12:45 Afternoon Spa Time 1:30 Chair Yoga 2:00 Balloon Toss 2:30 Word Games 3:00 Music and Dance 4:00 Bean Bag Toss 5:45 After Dinner Walk 6:00 Ball Toss 6:30 Drama Movie Night
27 12:45 Good News 1:45 Spiritual Hour 3:00 Spiritual Sing Along 3:30 Bible Trivia 4:00 Arts & Crafts 5:45 IN2L Games 6:00 Beverage On The Patio 6:45 Nightly Movie	28 MEMORIAL DAY 12:45 Group Exercise 1:00 Ring Toss 1:30 Women's Card Time 2:00 MUSIC WITH BILL 4:00 Bowling 5:45 Trivia Time 6:00 Balloon Toss 6:30 New Movie Night 	29 12:45 Group Exercise 1:00 Noodle Tennis 1:30 May Trivia 2:00 BINGO TIME 3:30 Arts & Crafts 4:30 Game Time on IN2L 5:45 After Dinner Walk 6:00 Night Time Spa 6:30 Drama Movie With Popcorn	30 11:30 ALICE PLAYS THE PIANO 12:45 Group Exercise 1:00 Ball Toss 1:30 What Did It Cost 2:00 Spa Time 3:00 Arts & Crafts 5:45 After Dinner Walk 6:30 Western Movie Night	31 12:45 Group Exercise 1:00 Beach Ball Trivia 1:30 Bowling 2:30 Arts & Crafts 4:00 Karaoke & Dance 5:45 Tea On The Patio 6:00 Walk The Campus 6:30 Comedy Movie Night		***CATHOLIC COMMUNION HELD EVERY THURSDAY***

May 2018 Ponderosa

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
		1 9:45 Group Chat with Coffee 10:00 Morning Exercise 10:15 Balloon Toss 10:30 May Trivia 11:00 Morning Craft Time 1:00 After Lunch Walk/Games 2:00-4:00 GAMES AND BINGO WITH BONNY	2 9:45 Group Exercise 10:00 Ball Toss 10:30 Morning News and Weather 11:00 PIANO WITH ALICE/SPA 1:00 Book Club 2:00 COUNTRY DRIVE 2:00 Coffee & Tea with Painting 3:00 Explore The IN2L	3 9:45 Exercise With Pink Bands 10:00 Cool Down with News and Chat 10:30 Noodle Tennis 11:00 Trivia Time 11:30 Walk Before Lunch 12:00 ONE MAN BAND 1:00 Let's Bake 3:00 Word Games on The IN2L	4 9:30 BINGO AT JPC WITH LUNCH 10:00 Moring Exercise 10:30 Beach Ball Toss 10:45 Trivia 11:00 News and Reflection 1:00 Craft Time 3:00 National Park Trivia on IN2L	5 CINCO DE MAYO 9:45 Good Morning Chat 10:00 Morning Exercise 10:30 Balloon Toss 11:00 This Day In History 1:00 Scrabble Time 2:00 Puzzle Time 2:30 Card Games 3:00 IN2L Trivia on Cinco de Mayo 
6 9:45 Good Morning Chat 10:30 Chair Yoga 11:00 Balloon Toss 11:30 Trivia 1:00 Board Games 1:45 Church Services in BEECHWOOD 3:00 Games on The IN2L	7 10:00 Morning Exercise 10:30 Ball Toss 11:00 Coffee and News 11:30 Trivia 1:00 Scrabble 2:00 Let's Go For a Walk 3:00 Bowling	8 9:45 Group Chat with Coffee 10:00 Morning Exercise 10:15 Balloon Toss 10:30 May Trivia 11:00 Morning Craft Time 1:00 After Lunch Walk/Games 2:00-4:00 GAMES AND BINGO WITH BONNY	9 9:45 Group Exercise 10:00 Ball Toss 10:30 Morning News and Weather 11:00 PIANO WITH ALICE/SPA 1:00 Book Club/ SHOPPING TRIP 2:00 Coffee & Tea with Painting 3:00 Explore The IN2L	10 9:45 Exercise With Pink Bands 10:00 Cool Down with News and Chat 10:30 Noodle Tennis 11:00 Trivia Time 11:30 Walk Before Lunch 1:00 Let's Bake 3:00 Word Games on The IN2L	11 9:30 BINGO AT JPC WITH LUNCH 10:00 Moring Exercise 10:30 Beach Ball Toss 10:45 Trivia 11:00 News and Reflection 1:00 Craft Time 3:00 National Park Trivia on IN2	12 9:45 Good Morning Chat 10:00 Morning Exercise 10:30 Balloon Toss 11:00 This Day In History 1:00 Scrabble Time 2:00 Puzzle Time 2:30 Card Games 3:00 BBC Documentary on IN2L
13 MOTHER'S DAY 9:45 Good Morning Chat 10:30 Chair Yoga 11:00 Balloon Toss 11:30 Trivia 1:00 Board Games 2:00-3:30 MOTHER'S DAY CELEBRATION IN BEECHWOOD 	14 10:00 Morning Exercise 10:30 Ball Toss 11:00 Coffee and News 11:30 Trivia 1:00 Scrabble 2:00 Let's Go For a Walk 3:00 Bowling	15 9:45 Group Chat with Coffee 10:00 Morning Exercise 10:15 Balloon Toss 10:30 Trivia 11:00 Morning Craft Time 1:00 After Lunch Walk/Games 2:00-4:00 GAMES AND BINGO WITH BONNY	16 9:45 Group Exercise 10:00 Ball Toss 10:30 Morning News and Weather 11:00 PIANO WITH ALICE/SPA 11:00 LUNCH OUTING 1:00 Book Club 2:00 Coffee & Tea with Painting 3:00 Explore The IN2L	17 9:45 Exercise With Pink Bands 10:00 Cool Down with News and Chat 10:30 Noodle Tennis 11:00 Trivia Time 11:30 Walk Before Lunch 1:00 Let's Bake/ PET THERAPY 3:00 Word Games on The IN2L 	18 9:30 BINGO AT JPC WITH LUNCH 10:00 Moring Exercise 10:30 Beach Ball Toss 10:45 Trivia 11:00 News and Reflection 1:00 Craft Time 3:00 National Park Trivia on IN2	19 9:45 Good Morning Chat 10:00 Morning Exercise 10:30 Balloon Toss 11:00 This Day In History 1:00 Scrabble Time 2:00 Puzzle Time 2:30 Card Games 3:00 BBC Documentary on IN2L
20 9:45 Good Morning Chat 10:30 Chair Yoga 11:00 Balloon Toss 11:30 Trivia 1:00 Board Games 1:45 Church Services in BEECHWOOD 3:00 Games on The IN2L	21 10:00 Morning Exercise 10:30 Ball Toss 11:00 Coffee and News 11:30 Trivia 1:00 Scrabble 2:00 Let's Go For a Walk 3:00 Bowling	22 9:45 Group Chat with Coffee 10:00 Morning Exercise 10:15 Balloon Toss 10:30 Food Trivia 11:00 Morning Craft Time 1:00 After Lunch Walk/Games 2:00-4:00 GAMES AND BINGO WITH BONNY	23 9:45 Group Exercise 10:00 Ball Toss 10:30 Morning News and Weather 11:00 PIANO WITH ALICE/SPA 1:00 Book Club 2:00 COUNTRY DRIVE 2:00 Coffee & Tea with Painting 3:00 Explore The IN2L	24 9:45 Exercise With Pink Bands 10:00 Cool Down with News and Chat 10:30 Noodle Tennis 11:00 Trivia Time 11:30 Walk Before Lunch 1:00 Let's Bake 3:00 Word Games on The IN2L	25 NATIONAL HEAT AWARENESS 9:30 BINGO AT JPC WITH LUNCH 10:00 Moring Exercise 10:30 Beach Ball Toss 10:45 Trivia 11:00 News and Reflection 12:00-3:00 BBQ and BIRTHDAY PARTY <div> <div>HaPpY</div> <div>BiRtHdAY</div> </div>	26 9:45 Good Morning Chat 10:00 Morning Exercise 10:30 Balloon Toss 11:00 This Day In History 1:00 Scrabble Time 2:00 Puzzle Time 2:30 Card Games 3:00 BBC Documentary on IN2L
27 9:45 Good Morning Chat 10:30 Chair Yoga 11:00 Balloon Toss 11:30 Trivia 1:00 Board Games 1:45 Church Services in BEECHWOOD 3:00 Games on The IN2L	28 MEMORIAL DAY 10:00 Morning Exercise 10:30 Ball Toss 11:00 Coffee and News 11:30 Trivia 1:00 Scrabble 2:00 Let's Go For a Walk 3:00 Bowling 	29 9:45 Group Chat with Coffee 10:00 Morning Exercise 10:15 Balloon Toss 10:30 Movie Trivia 11:00 Morning Craft Time 1:00 After Lunch Walk/Games 2:00-4:00 GAMES AND BINGO WITH BONNY	30 9:45 Group Exercise 10:00 Ball Toss 10:30 Morning News 11:00 PIANO WITH ALICE/SPA 1:00 Book Club 2:00 Coffee & Tea with Painting 3:00 Explore The IN2L	31 9:45 Exercise With Pink Bands 10:00 Cool Down with News and Chat 10:30 Noodle Tennis 11:00 Trivia Time 11:30 Walk Before Lunch 1:00 RESIDENT COUNCIL 3:00 Word Games on The IN2L		***CATHOLIC COMMUNION HELD EVERY THURSDAY***