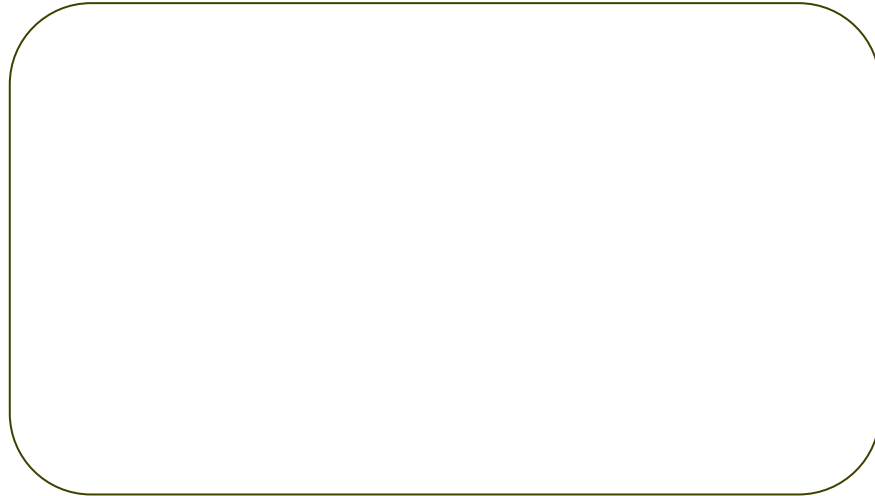




14420 SW Farmington Rd.
Beaverton, OR 97005

STAMP
HERE



Administrative Team:

Teddi Neilson
Executive Director

Adriene Lierheimer
Assistant Executive Director

Sophia Stamatis
Community Relations Director

Perla Gonzalez (A&CD)
Resident Care Coordinator

Margarita Real (B)
Resident Care Coordinator

Felicia Bernier
Resident Care Coordinator

Cydney Hildreth
Business Office Manager

Linda Swearingen
Registered Nurse

Erika Silva
Dietary Director

Matt Pecora
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 Transition Newsletter



P2 Flu Prevention Steps for Seniors
P3 Caught In Action
P4/P5 Activities Calendar

P6 Birthdays, Highlights, Social Media
P7 Photos, The Best Dish
P8 Mission, Team

November 2018 Edition

Flu Prevention Steps for Seniors

It's that time of year again! The leaves are falling and the air has a chill that gets us excited about wearing our sweaters and coats.

Unfortunately, it's also when the flu virus begins to make its rounds—and it typically continues through February.

People of all ages and walks of life can catch the flu, but those over 65 or at home in senior living communities are among those particularly at risk for flu-related complications like pneumonia, bronchitis, and sinusitis.

The good news is seniors can take actions to avoid the flu—the best of which, for many, is getting an annual flu shot early in flu season. It takes two weeks to become fully effective.

Those who wish to get the flu shot should consult their medical professionals, disclose allergies to them, and not consider this article medical advice. Those with a history of Guillain-Barré Syndrome should not get the shot, per the CDC.

Seniors can certainly benefit from learning about flu and, thus, avoid coming into contact with it or spreading it. The flu is a contagious respiratory illness brought on by influenza viruses A,B,C, and D, which infect the nose,



throat, and lungs. Flu is believed to spread through tiny droplets when people with flu cough, sneeze, or talk. The droplets can transfer to mouths or noses of those nearby or reach a surface (and live there for two hours or more) that another person may touch and transfer to their own mouth, nose, or eyes.

People with flu are most contagious in the first three to four days after their

illness starts, and they can pass it to another person before or while knowing they are sick. The time between exposure and infection is usually two days, but can be one to four.

Best practices for preventing the flu, in addition to those previously mentioned, include

avoiding close contact with others who are sick; covering mouth and nose with a tissue when coughing or sneezing; washing hands with soap and warm water for 15 to 20 seconds, several times a day, and definitely after coughing or sneezing; sanitizing hands if water is not available; and avoiding contact with eyes, nose, and mouth.

For more information, please visit [CDC.gov](https://www.cdc.gov).

Differences Between a Flu and a Cold

Flu is fast-coming and usually brings on fever, chills, cough, body aches, headaches, and tiredness. Flu only sometimes includes sneezing, sore throat, and/or stuffy nose. Flu can be tested for, and antiviral drugs do exist for it.

A cold brings gradual effects including a runny or stuffy nose, chest discomfort, a cough, sore throat, sneezing, and sometimes fatigue and aches. Colds do not often bring chills, fever, or headaches. (CDC)

“When I say I want to photograph someone, what it really means is that I’d like to know them.” - Annie Leibovitz



The Best Autumn Dish

We asked around, “What’s the best autumn dish?”

“Pumpkin pie”
-Matt

“Dressing from the bird”
- Pat

“Field Roast”
- Adriene

“Homemade cranberry sauce”
-Rob

“Mashed sweet potato”
- Cydney

November Highlights

NOVEMBER 15 from 12 to 2 pm

We will be enjoying our thanksgiving meal a week early. We invite you all to join us. Please rsvp with Kathy Jimenez if you plan to attend. She can be reached at 503-626-2273 or at kjimenez@farmingtonsquare.com

NOVEMBER 15 from 6 to 8 pm

Caregiver Support Group! This a monthly meeting that is held in the lobby of the CD building. Light refreshments will be provided. We hope to see you there.

Happy Birthday

to all with November birthdays!

11-1 Kay T.

11-12 Darline K.

11-18 Jack A.

No-Bake Peanut Butter Fudge Squares

Recipe modified from All Recipes' one

Ingredients:

1/2 cup of butter

16 ounces of brown sugar

1/2 cup of milk

3/4 cup of peanut butter

1 teaspoon of vanilla

3 and 1/2 cups of confectioners sugar

Steps:

In saucepan, on medium heat, melt butter.

Add brown sugar and milk and stir.

Bring to a boil for two minutes while stirring.

Move from heat.

Mix in vanilla and peanut butter.

Pour on top of confectioners sugar in a big mixing bowl.

Beat together until smooth.

Pour into a pan that is 8x8.



Follow us on Social Media:
[Facebook.com/FarmingtonSquareBeaverton](https://www.facebook.com/FarmingtonSquareBeaverton)
[Blog.radiantseniorliving.com](https://www.blog.radiantseniorliving.com)
Radiantsrliving on Instagram
Radiantvoices on Instagram
RadiantSrLiving on Twitter
[Pinterest.com/radiantsrliving](https://www.pinterest.com/radiantsrliving)
Radiant Senior Living on YouTube

Caught In Action



November 2018

Farmington Square Beaverton - Building A

14420 SW Farmington Road; Beaverton, OR 97005 - (503) 626-2273

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
				9:30 Library Outing 11:00 Exercise 11:30 Wacky Word Games 1:00 Voters Assistance League 1:30 Afternoon Movie 3:00 Bingo 6:00 Puzzles	10:00 Exercise 10:30 Snack & News 11:00 Wacky Word Games/ Craft 1:30 Reminisce 2:30 Bingo/ Snack 3:30 Mini Golf 6:00 Puzzles	10:00 Exercise 10:30 Snack & News 11:00 Wacky Word Games 1:30 Manicures/ Snack 2:30 Bingo 3:30 Balloon Badminton 6:00 Movie Night
Daylight Savings 4	5	Election Day 6	7	8	9	10
9:30 Coffee/ News 10:00 Puzzles 10:30 Snack 10:45 Bible Verse of the day 1:30 Bingo/Snack 2:30 Movie Matinee 6:00 Balloon Bounce	9:30 Water coloring 10:30 Music Therapy 11:30 Wacky Word Games 1:30 Bible Bingo 2:30 Sing Along/Snack 3:30 Balloon Badminton 6:00 Evening Movie	10:00 Exercise 10:30 Snack & News 11:00 Wacky Word Games 1:30 Bean Bag Toss 2:00 Sing Along With Jessica 3:00 Bingo 6:00 Puzzles	9:00 Painting 9:30 Fred Meyer 10:30 Snack 1:30 Exercise 2:00 Reminisce 2:45 Happy Hour/ Bingo 6:00 Puzzles	10:00 Exercise 10:30 Snack & News 11:00 Wacky Word Games 1:00 Movie Matinee 1:15 Elsie Stuhr 4:00 Painting 6:00 Puzzles	10:00 Exercise 10:30 Snack & News 11:00 Wacky Word Games/ Craft 1:30 Reminisce 2:30 Bingo/ Snack 3:30 Mini Golf 6:00 Puzzles	10:00 Exercise 10:30 Snack & News 11:00 Wacky Word Games 1:30 Manicures/ Snack 2:30 Bingo 3:30 Balloon Badminton 6:00 Movie Night
Veterans Day 11	12	13	14	15	16	17
9:30 Coffee/ News 10:00 Puzzles 10:30 Snack 10:45 Bible Verse of the day 1:30 Bingo/Snack 2:30 Movie Matinee 6:00 Balloon Bounce	9:30 Scenic Drive 11:00 Wacky Word Games 11:30 Exercise 1:30 Bible Bingo 2:30 Sing Along/Snack 3:30 Balloon Badminton 6:00 Evening Movie	10:00 Exercise 10:30 Snack & News 11:00 Wacky Word Games 1:30 Bean Bag Toss 2:00 Sing Along With Jessica 3:00 Bingo 6:00 Puzzles	9:00 Painting 9:30 Fred Meyer 10:30 Snack 1:30 Exercise 2:00 Reminisce 2:45 Ice Cream Social/ Bingo 6:00 Puzzles	9:30 Painting 9:45 Library Outing TBD Exercise 12:00 Thanksgiving Lunch 3:00 Bingo 6:00 Puzzles	10:00 Exercise 10:30 Snack & News 11:00 Wacky Word Games/ Craft 1:30 Reminisce 2:30 Bingo/ Snack 3:30 Mini Golf 6:00 Puzzles	10:00 Exercise 10:30 Snack & News 11:00 Wacky Word Games 1:30 Manicures/ Snack 2:30 Bingo 3:30 Balloon Badminton 6:00 Movie Night
18	19	20	21	Thanksgiving 22	23	24
9:30 Coffee/ News 10:00 Puzzles 10:30 Snack 10:45 Bible Verse of the day 1:30 Bingo/Snack 2:30 Movie Matinee 6:00 Balloon Bounce	9:30 Water coloring 10:30 Music Therapy 11:30 Wacky Word Games 1:30 Bible Bingo 2:30 Sing Along/Snack 3:30 Resident Council 6:00 Evening Movie	10:00 Exercise 10:30 Snack & News 11:00 Wacky Word Games 1:30 Bean Bag Toss 2:00 Sing Along With Jessica 3:00 Bingo 6:00 Puzzles	9:00 Painting 9:30 Fred Meyer 10:30 Snack 1:30 Exercise 2:00 Reminisce 2:45 Happy Hour/ Bingo 6:00 Puzzles	10:00 Exercise 10:30 Snack & News 11:00 Wacky Word Games 1:30 Bean Bag Toss 2:30 Reminisce/ Snack 3:00 Bingo 6:00 Puzzles	10:00 Exercise 10:30 Snack & News 11:00 Wacky Word Games/ Craft 1:30 Reminisce 2:30 Bingo/ Snack 3:30 Mini Golf 6:00 Puzzles	10:00 Exercise 10:30 Snack & News 11:00 Wacky Word Games 1:30 Manicures/ Snack 2:30 Bingo 3:30 Balloon Badminton 6:00 Movie Night
25	26	27	28	29	30	
9:30 Coffee/ News 10:00 Puzzles 10:30 Snack 10:45 Bible Verse of the day 1:30 Bingo/Snack 2:30 Movie Matinee 6:00 Balloon Bounce	9:30 Scenic Drive 11:00 Wacky Word Games 11:30 Exercise 1:30 Bible Bingo 2:30 Sing Along/Snack 3:30 Balloon Badminton 6:00 Evening Movie	10:00 Exercise 10:30 Snack & News 11:00 Wacky Word Games 1:30 Mini Golf 2:00 Sing Along With Jessica 3:00 Bingo 3:45 Pet Therapy 6:00 Puzzles	9:00 Painting 9:30 Fred Meyer 10:30 Snack 1:30 Exercise 2:00 Reminisce 3:00 November Birthdays Music By Monte Waters 6:00 Puzzles	10:00 Exercise 10:30 Snack & News 11:00 Wacky Word Games 1:00 Movie Matinee 1:15 Elsie Stuhr 4:00 Painting 6:00 Puzzles	10:00 Exercise 10:30 Snack & News 11:00 Wacky Word Games/ Craft 1:30 Reminisce 2:30 Bingo/ Snack 3:30 Mini Golf 6:00 Puzzles	

November 2018

Farmington Square Beaverton - Building B
14420 SW Farmington Road; Beaverton, OR 97005 - (503) 626-2273

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
				9:30 Watercolors 9:45 Library Outing 11:00 Exercise 1:00 Voters Assistance League 1:30 Afternoon Movie 3:00 Bingo 6:00 Puzzles	10:00 Watercolors & Snack 10:30 Coffee & News 11:00 Exercise 1:30 Reminisce 2:00 Craft/Snack 3:00 Bingo 6:00 Puzzles	9:30 Sing Along 10:30 Coffee & News 11:00 Exercise 1:30 Balloon Badminton 2:30 Bingo 4:00 Poem of The Day 6:00 Evening Movie
Daylight Savings 4	5	Election Day 6	7	8	9	10
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	9:30 Scenic Drive 10:30 Coffee & News 11:00 Exercise 1:30 Reminisce 2:15 Bingo/Snack 4:00 Poem of the day 6:00 Evening Movie	10:00 Watercolors 10:30 Snack 11:00 Exercise 1:30 Table Games 2:45 Snack 3:00 Bingo 6:00 Puzzles	9:00 Watercolors 9:30 Fred Meyer 11:45 Daily News Report 1:30 Seated Stretching 2:00 Reminisce 2:45 Happy Hour/ Bingo 6:00 Puzzles	9:30 Manicures 10:00 Watercolors & Snack 11:00 Exercise 1:00 Movie Matinee 1:15 Elsie Stuhr 4:00 Poem Of The Day 6:00 Puzzles	10:00 Watercolors & Snack 10:30 Coffee & News 11:00 Exercise 1:30 Reminisce 2:00 Craft/Snack 3:00 Bingo 6:00 Puzzles	9:30 Sing Along 10:30 Coffee & News 11:00 Exercise 1:30 Balloon Badminton 2:30 Bingo 4:00 Poem of The Day 6:00 Evening Movie
Veterans Day 11	12	13	14	15	16	17
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	9:30 Watercolors 10:30 Coffee & News 11:00 Exercise 1:30 Reminisce 2:15 Bingo/Snack 4:00 Poem of the day 6:00 Evening Movie	9:30 Craft 10:30 Snack 11:00 Exercise 1:30 Table Games 2:45 Snack 3:00 Bingo 6:00 Puzzles	9:00 Watercolors 9:30 Fred Meyer 11:45 Daily News Report 1:30 Seated Stretching 2:00 Manicures 2:45 Ice Cream Social/ Bingo 6:00 Puzzles	9:30 Watercolors 9:45 Library Outing TBD Exercise 12:00 Thanksgiving Lunch 3:00 Bingo 4:00 Poem of The Day 6:00 Puzzles	10:00 Watercolors & Snack 10:30 Coffee & News 11:00 Exercise 1:30 Reminisce 2:00 Craft/Snack 3:00 Bingo 6:00 Puzzles	9:30 Sing Along 10:30 Coffee & News 11:00 Exercise 1:30 Balloon Badminton 2:30 Bingo 4:00 Poem of The Day 6:00 Evening Movie
18	19	20	21	Thanksgiving 22	23	24
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	9:30 Scenic Drive 10:30 Coffee & News 11:00 Exercise 1:30 Resident Council 2:30 Bingo/Snack 4:00 Poem of the day 6:00 Evening Movie	10:00 Watercolors 10:30 Snack 11:00 Exercise 1:30 Table Games 2:45 Snack 3:00 Bingo 6:00 Puzzles	9:00 Watercolors 9:30 Fred Meyer 11:45 Daily News Report 1:30 Seated Stretching 2:00 Manicures 2:45 Happy Hour/ Bingo 6:00 Puzzles	9:30 Watercolors 10:30 Coffee & News 11:00 Exercise 1:30 Table Games 2:30 Reminisce/ Snack 3:00 Bingo 6:00 Puzzles	10:00 Watercolors & Snack 10:30 Coffee & News 11:00 Exercise 1:30 Reminisce 2:00 Craft/Snack 3:00 Bingo 6:00 Puzzles	9:30 Sing Along 10:30 Coffee & News 11:00 Exercise 1:30 Balloon Badminton 2:30 Bingo 4:00 Poem of The Day 6:00 Evening Movie
25	26	27	28	29	30	
9:00 Coffee & News 9:30 Snack 10:00 Shopping Outing 11:00 Bible Study 1:30 Movie and Snack 3:00 Bingo 6:00 Puzzles	9:30 Watercolors 10:30 Coffee & News 11:00 Exercise 1:30 Reminisce 2:15 Bingo/Snack 4:00 Poem of the day 6:00 Evening Movie	9:30 Craft 10:30 Snack 11:00 Exercise 1:30 Table Games 2:45 Snack 3:00 Bingo 3:15 Pet Therapy 6:00 Puzzles	9:00 Watercolors 9:30 Fred Meyer 11:45 Daily News Report 1:30 Seated Stretching 2:00 Reminisce 3:00 November Birthdays Music By Monte Waters 6:00 Puzzles	9:30 Manicures 10:00 Watercolors & Snack 11:00 Exercise 1:00 Movie Matinee 1:15 Elsie Stuhr 4:00 Poem Of The Day 6:00 Puzzles	10:00 Watercolors & Snack 10:30 Coffee & News 11:00 Exercise 1:30 Reminisce 2:00 Craft/Snack 3:00 Bingo 6:00 Puzzles	

November 2018

Farmington Square Beaverton - Building C/D

14420 SW Farmington Road; Beaverton, OR 97005 • (503) 626-2273

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
				10:00 Pretty Nails 10:30 <i>Memory Bio/Snack</i> 11:00 Exercise 11:30 Name That Tune 1:30 Ball Roll/ Trivia 2:00 <i>Trivia/ Snack</i> 3:00 <i>Bingo</i> 6:00 <i>Nature Relax</i>	10:00 Beauty Hour 10:30 <i>Sing Along/ Snack</i> 11:00 <i>Dancercize</i> 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>	10:00 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>
Daylight Savings 4	5	Election Day 6	7	8	9	10
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>	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>	10:00 Pretty Nails 10:30 MT <i>Memory Bio/Snack</i> 11:00 <i>Sing Along</i> 11:30 Seated Stretching 1:30 Balloon Bat 2:00 <i>Old Commercials/Snack</i> 3:00 <i>Bingo</i> 6:00 <i>Nature Relax</i>	10:00 Beauty Hour 10:30 Balloon Bat/Snack 11:00 <i>Sing Along</i> 11:30 Travel Tours 1:30 Puzzle/Cards/Folding 2:00 <i>Reminisce/ Snack</i> 3:00 <i>Bingo</i> 6:00 <i>National Parks</i>	10:00 Pretty Nails 10:30 <i>Memory Bio/Snack</i> 11:00 Exercise 11:30 Name That Tune 1:30 Ball Roll/ Trivia 2:00 <i>Trivia/ Snack</i> 3:00 <i>Bingo</i> 6:00 <i>Nature Relax</i>	10:00 Beauty Hour 10:30 <i>Sing Along/ Snack</i> 11:00 <i>Dancercize</i> 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>	10:00 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>
Veterans Day 11	12	13	14	15	16	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 3:00 <i>Bingo</i> 6:00 <i>Travel Videos</i>	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>	10:00 Pretty Nails 10:30 <i>Memory Bio/Snack</i> 11:00 <i>Sing Along</i> 11:30 Seated Stretching 1:30 Balloon Bat 2:00 <i>Old Commercials/Snack</i> 3:00 <i>Bingo</i> 6:00 <i>Nature Relax</i>	10:00 Beauty Hour 10:30 Balloon Bat/Snack 11:00 <i>Sing Along</i> 11:30 Travel Tours 1:30 Scenic Drive 2:00 <i>Snack</i> 3:30 <i>Bingo</i> 6:00 <i>National Parks</i>	10:00 Pretty Nails 10:30 <i>Memory Bio/Snack</i> TBD Exercise 12:00 Thanksgiving Lunch 2:30 <i>Trivia/ Snack</i> 3:00 <i>Bingo</i> 6:00 <i>Nature Relax</i>	10:00 Beauty Hour 10:30 <i>Sing Along/ Snack</i> 11:00 <i>Dancercize</i> 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>	10:00 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	19	20	21	Thanksgiving 22	23	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>	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>	10:00 Pretty Nails 10:30 <i>Memory Bio/Snack</i> 11:00 <i>Sing Along</i> 11:30 Seated Stretching 1:30 Balloon Bat 2:00 <i>Old Commercials/Snack</i> 3:00 <i>Bingo</i> 6:00 <i>Nature Relax</i>	10:00 Beauty Hour 10:30 Balloon Bat/Snack 11:00 <i>Sing Along</i> 11:30 Travel Tours 1:30 Puzzle/Cards/Folding 2:00 <i>Reminisce/ Snack</i> 3:00 <i>Bingo</i> 6:00 <i>National Parks</i>	10:00 Pretty Nails 10:30 <i>Memory Bio/Snack</i> 11:00 Exercise 11:30 Name That Tune 1:30 Ball Roll/ Trivia 2:00 <i>Trivia/ Snack</i> 3:00 <i>Bingo</i> 6:00 <i>Nature Relax</i>	10:00 Beauty Hour 10:30 <i>Sing Along/ Snack</i> 11:00 <i>Dancercize</i> 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>	10:00 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>
25	26	27	28	29	30	
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>	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>	10:00 Pretty Nails 10:30 <i>Memory Bio/Snack</i> 11:00 <i>Sing Along</i> 11:30 Seated Stretching 1:30 Balloon Bat 2:00 <i>Old Commercials/Snack</i> 2:30 Pet Therapy 3:00 <i>Bingo</i>	10:00 Beauty Hour 10:30 Balloon Bat/Snack 11:00 <i>Sing Along</i> 11:30 Travel Tours 1:30 Scenic Drive 2:00 <i>Snack</i> 3:30 <i>Bingo</i> 6:00 <i>National Parks</i>	10:00 Pretty Nails 10:30 <i>Memory Bio/Snack</i> 11:00 Exercise 11:30 Name That Tune 1:30 Ball Roll/ Trivia 2:00 <i>Trivia/ Snack</i> 3:00 <i>Bingo</i> 6:00 <i>Nature Relax</i>	10:00 Beauty Hour 10:30 <i>Sing Along/ Snack</i> 11:00 <i>Dancercize</i> 11:30 <i>Good News Network</i> 1:30 Puzzle/Cards/Folding 2:00 <i>Reminisce/ Snack</i> 3:00 October birthdays Music Art Goodman	