



960 Boone Rd. SE  
Salem, OR 97306

Stamp  
Here



#### Administrative Team:

**Margo Garibay**  
Executive Director  
**Sarah Shipley**  
Assistant Executive Director  
**Amanda Bell**  
Community Relations Director  
**Mari G./ Kat S./ Sara C-J.**  
Wellness Director  
**Shelly Kesterson**  
Business Office Director  
**Rebecca H/ Melissa H.**  
Wellness Nurse  
**Mark Alexander**  
Dining Services Director  
**Nels Esselstrom**  
Maintenance Director  
**Bonny Silva**  
Life Enrichment Director

Contact us at:  
**503-363-2273**

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



# Farmington Square Salem News

## Assisted & Memory Care Newsletter



### February 2019

2 Heart Healthy Living  
3 Resident & Team Spotlight  
4/5 Activities Calendar 910/920

6 Highlights, Social Media, Birthdays  
7 Special Moments & Acts of Kindness  
8 Mission & Team



# Show Yourself Some Love: Prioritize Heart Health

The month of cupid, candy, and hearts isn't just about love, but also about showing yourself you care by prioritizing your heart health. February has been associated with hearts since Valentines were mass produced in the United States in 1847. In addition, since 1963, February has also been designated American Heart Month in the U.S.



per day! Aerobic activity should be done in bouts of at least 10 minutes.

## Eat Better

Is the way to your heart through your stomach? The Mayo Clinic recommends eating more vegetables and fruits as they have substances that may help

cardiovascular health. They also recommend whole grains such as whole-grain bread and high-fiber cereals. Monitoring sodium is also important. Items high in salt include tomato juice, soy sauce, and many prepared foods.

## Manage Cholesterol

Getting active and eating better will go a long way in helping you achieve this final suggestion for better heart health, managing cholesterol! The first step in improving cholesterol is to seek out a medical professional to find your levels for both cholesterol types. If your bad cholesterol (LDL) is high, make sure to have a health professional help you to monitor it.

Give yourself a Valentine this February with a commitment to improving your overall heart health!

**Note:** Each individual should follow their medical professional or doctor's advice and speak with them before making diet or exercise changes.

In his Proclamation 3566, former President Lyndon B. Johnson called out a "nationwide problem of heart and blood-vessel diseases" and urged citizens to support programs toward a solution to the problem of heart disease.

Heart disease can be fought. The first step is knowing risks that lead to poor heart health, which include: high blood pressure, high cholesterol, smoking, diabetes, obesity, being overweight, following a poor diet, physical inactivity, and excessive alcohol use.

In addition to quitting smoking and decreasing excessive alcohol consumption, actions can be taken to reduce such risks.

## Get Active

Getting out for a daily walk is not only good for mental health and weight management, but also for heart health! The World Health Organizations says adults over 65 should do at least 150 minutes of moderate-intensity aerobic physical activity each week—That's just around 20 minutes

# Special Moments



# The Sweetest Acts of Kindness We've Seen

"Coffee paid for by my boss "

- Lisa

"Residents greeting visitors at the entrance "

- Kendra

"Residents helping serve drinks "

- Chad

"Residents helping clean up after meals "

-Alyssa

February 17 celebrates Random Acts of Kindness!

"Helping co-workers out with car troubles "

-Bonny



# February Highlights

- 2 Ground Hog Day
- 3 Feed the Birds Day
- 4 Thank a Mailman Day
- 6 Chopsticks Day
- 7 Send a Card to a Friend Day
- 8 Kite Flying Day
- 9 National Pizza Day
- 11 Make a Friend Day
- 11 Inventors Day
- 12 Search for Pennies Day
- 14 Valentine’s Day
- 15 Susan B. Anthony Day
- 17 Random Acts of Kindness Day
- 18 President’s Day
- 19 Chocolate Mint Day
- 20 Cherry Pie Day
- 20 Love Your Pets Day
- 21 Card Reading Day
- 22 George Washington’s Birthday
- 23 Tennis Day
- 24 Tortilla Chip Day

- 26 Pistachio Day
- 27 Polar Bear Day
- 28 Floral Design Day
- 28 Tooth Fairy Day

- We’re online @
- ♦ Facebook.com/FarmingtonSquareSalem
  - ♦ Blog.radiantseniorliving.com
  - ♦ Radiantsrliving & Radiantvoices on Instagram
  - ♦ RadiantSrLiving on Twitter
  - ♦ Pinterest.com/radiantsrliving
  - ♦ Radiant Senior Living on YouTube

**Oh Special Wintry Days:**  
"Winter came down to our home one night  
Quietly pirouetting in on silvery-toed slippers of snow,  
And we, we were children once again."  
- Bill Morgan, Jr.

# February Birthdays!



- We wish you  
a very Happy Birthday!**
- Lyle, 2/1
  - Edna, 2/3
  - Jim Y., 2/8
  - Lee, 2/14
  - Zoe, 2/22
  - Dorothy, 2/27

## Resident of the Month! Jack

Our resident of the month is Jack. He was born in Oregon City. Jack followed in his father's footsteps and opened his own furniture store. He later went on to represent many furniture lines in sales. He excelled in building furniture pieces, as well. He and his wife raised their family on a farm. Jack has one son, one daughter, three grandchildren, and one great grandchild. Jack loves to be involved in all activities we have going on around campus. He always has the biggest smile and is very sweet. Congratulations on being our featured resident, Jack!



## Team Member of the Month! Maria

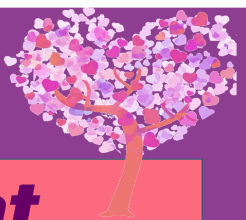
Our employee of the month is Maria. She is a caregiver here at our community. She has worked for Farmington Square for almost 11 years. Maria is loved by our residents and team members alike. Maria is a very compassionate person and it shows as she cares for our residents like her own family. When asked what she loves about working here, she said, "Hearing every resident’s unique stories." In her free time, Maria loves to explore, go for walks, and read. Congratulations Maria on being employee of the month!





# February 2019

Farmington Square • 960 Boone Rd SE, Salem OR 97306 • 503-363-2273

Bldg: 910/920



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Happy Birthday</b>  2/1 Lyle K., 960      2/14 Lee C., 960 2/3 Edna P., 950      2/22 Zoe J., 910 2/8 James Y., 950      2/27 Dorothy V., 920			 <b>Walking Group</b> <b>Tuesdays @ 9:30am</b> <b>Willamette Town Center</b> <b>Sign up for a seat on the bus!</b>		<sup>1</sup> 9:30 Exercise 910 10:00 Darts 910 11:00 Monopoly 910 1:30 Dominoes 910 2:00 Uno 920 3:00 Skip Bo 920 4:00 Crosswords 920	<sup>2</sup> 9:30 Exercise 910 10:00 Socialize 910 11:00 Yahtzee 910 1:30 Word Search 910 2:00 Bingo 940 3:00 Skip Bo 920 4:00 Jenga 920
<sup>3</sup> 9:30 Exercise 910 10:00 Devotion 910 11:00 Crosswords 910 1:30 Uno 920 2:00 Church 960 3:00 Skip Bo 920 4:00 Bible Trivia 920	<sup>4</sup> 9:30 Exercise 910 10:00 Darts 910 11:00 Socialize 910 1:30 Word Search 910 2:00 Uno 920 3:00 Skip Bo 920 4:00 Yahtzee 920	<sup>5</sup> 9:30 Exercise 910 10:30 Bingo 920 11:00 Monopoly 910 1:30 Dominoes 920 2:00 Corn Hole 920 3:00 Skip Bo 920 4:00 Wii Golf 920	<sup>6</sup> 9:30 Exercise 910 10:00 Craft 910 11:00 Trivia 910 1:30 Darts 920 2:00 Uno 920 3:00 Skip Bo 920 4:00 Yahtzee 920	<sup>7</sup> 9:30 Exercise 910 10:30 Bingo 960 11:00 Corn Hole 910 1:30 Wii Golf 920 2:00 Jenga 920 3:00 Skip Bo 920 4:00 Scrabble 920	<sup>8</sup> 9:30 Exercise 910 10:00 Darts 910 11:00 Monopoly 910 1:30 Dominoes 910 2:00 Uno 920 3:00 Skip Bo 920 4:00 Crosswords 920	<sup>9</sup> 9:30 Exercise 910 10:00 Socialize 910 11:00 Yahtzee 910 1:30 Word Search 910 2:00 Bingo 950 3:00 Skip Bo 920 4:00 Jenga 920
<sup>10</sup> 9:30 Exercise 910 10:00 Devotion 910 11:00 Crosswords 910 1:30 Uno 920 2:00 Church 960 3:00 Skip Bo 920 4:00 Bible Trivia 920	<sup>11</sup> 9:30 Exercise 910 10:00 Darts 910 11:00 Socialize 910 1:30 Word Search 910 2:00 Uno 920 3:00 Skip Bo 920 4:00 Yahtzee 920	<sup>12</sup> 9:30 Exercise 910 10:30 Bingo 930 11:00 Monopoly 910 1:30 Dominoes 920 2:00 Corn Hole 920 3:00 Skip Bo 920 4:00 Wii Golf 920	<sup>13</sup> 9:30 Exercise 910 10:00 Craft 910 11:00 Trivia 910 1:30 Darts 920 2:00 Uno 920 3:00 Skip Bo 920 4:00 Yahtzee 920	<sup>14</sup> 9:30 Exercise 910 10:30 Bingo 940 11:00 Corn Hole 910 1:30 Wii Golf 920 2:00 <b>Valentines Party 960</b> 3:00 Skip Bo 920 4:00 Scrabble 920	<sup>15</sup> 9:30 Exercise 910 10:00 Darts 910 11:00 Monopoly 910 1:30 Dominoes 910 2:00 Uno 920 3:00 Skip Bo 920 4:00 Crosswords 920	<sup>16</sup> 9:30 Exercise 910 10:00 Socialize 910 11:00 Yahtzee 910 1:30 Word Search 910 2:00 Bingo 910 3:00 Skip Bo 920 4:00 Jenga 920
<sup>17</sup> 9:30 Exercise 910 10:00 Devotion 910 11:00 Crosswords 910 1:30 Uno 920 2:00 Church 960 3:00 Skip Bo 920 4:00 Bible Trivia 920	<sup>18</sup> 9:30 Exercise 910 10:00 Darts 910 11:00 Socialize 910 1:30 Word Search 910 2:00 Uno 920 3:00 Skip Bo 920 4:00 Yahtzee 920	<sup>19</sup> 9:30 Exercise 910 10:30 Bingo 950 11:00 Monopoly 910 1:30 Dominoes 920 2:00 Corn Hole 920 3:00 Skip Bo 920 4:00 Wii Golf 920	<sup>20</sup> 9:30 Exercise 910 10:00 Craft 910 11:00 Trivia 910 1:30 Darts 920 2:00 Uno 920 3:00 Skip Bo 920 4:00 Yahtzee 920	<sup>21</sup> 9:30 Exercise 910 10:30 Bingo 920 11:00 Corn Hole 910 1:30 Wii Golf 920 2:00 Jenga 920 3:00 Skip Bo 920 4:00 Scrabble 920	<sup>22</sup> 9:30 Exercise 910 10:30 Birthday Party in 960 11:00 Monopoly 910 1:30 Dominoes 910 2:00 Uno 920 3:00 Skip Bo 920 4:00 Crosswords 920	<sup>23</sup> 9:30 Exercise 910 10:00 Socialize 910 11:00 Yahtzee 910 1:30 Word Search 910 2:00 Bingo 930 3:00 Skip Bo 920 4:00 Jenga 920
<sup>24</sup> 9:30 Exercise 910 10:00 Devotion 910 11:00 Crosswords 910 1:30 Uno 920 2:00 Church 960 3:00 Skip Bo 920 4:00 Bible Trivia 920	<sup>25</sup> 9:30 Exercise 910 10:00 Darts 910 11:00 Socialize 910 1:30 Word Search 910 2:00 Uno 920 3:00 Skip Bo 920 4:00 Yahtzee 920	<sup>26</sup> 9:30 Exercise 910 10:30 Bingo 940 11:00 Monopoly 910 1:30 Dominoes 920 2:00 Corn Hole 920 3:00 Skip Bo 920 4:00 Wii Golf 920	<sup>27</sup> 9:30 Exercise 910 10:00 Craft 910 11:00 Trivia 910 1:30 Darts 920 2:00 Uno 920 3:00 Skip Bo 920 4:00 Yahtzee 920	<sup>28</sup> 9:30 Exercise 910 10:00 Word Search 910 11:00 Corn Hole 910 1:30 Wii Golf 920 2:00 <b>Happy Hour 960</b> 3:00 Skip Bo 920 4:00 Scrabble 920	<b>Scenic Drive</b> Mondays @10:30a Bldg:910,920,930,960 Mondays @1:30p Bldg: 940/950 <b>Resident Counsel: 2/25 @ 1:30pm in Bldg 910</b>	

## Shopping Trips

**Charlie Foxx Movie**  
**February 19 @1:30p**  
**Bldg. 960**



2/1 Walmart @10a  
 2/8 Dollar Tree @10a  
 2/15 Fred Meyers @10a



## Entertainment

2/7 Royce @2pm  
 2/14 Diane H. @2pm  
 2/21 Linda @2pm  
 2/28 Jerry @2pm



## Lunch Outings

2/6 Lum-Yuen@11a  
 2/13 Olive Garden@11a  
 2/20 Walery's@11a  
 2/27 Spirit Mountain Casino @1030a



## National Days





























2/5 Chinese New Year  
 2/14 Valentines Day  
 2/18 Presidents Day  
 2/20 Cherry Pie Day



# February 2019

Farmington Square • 960 Boone Rd SE, Salem OR 97306 • 503-363-2273  
Bldg: 930/960



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div></div> <div><u>Happy Birthday</u> 2/1 Lyle K., 960      2/14 Lee C., 960 2/3 Edna P., 950      2/22 Zoe J., 910 2/8 James Y., 950      2/27 Dorothy V., 920</div>			<div></div> <div><u>Walking Group</u> Tuesdays @ 9:30am Willamette Town Center Sign up for a seat on the bus!</div>		<div>1</div> <div></div> <div>9:30 Exercise 10:00 Scrabble 11:00 Chess 1:30 Word Search 2:00 Bowling 3:00 Bean Bag Toss 4:00 Dominoes</div>	<div>2</div> <div>9:30 Exercise 10:00 Ring Toss 11:00 Yahtzee 1:30 Craft 2:00 Bingo 940 3:00 Skip Bo 4:00 Balloon Bat</div>
<div>3</div> <div>9:30 Exercise 10:00 Devotion 11:00 Bible Trivia 1:30 Hymns 2:00 Church 960 3:00 Bowling 4:00 Dominoes</div>	<div>4</div> <div>9:30 Exercise 10:00 Reminisce 11:00 Scrabble 1:30 Ring Toss 2:00 Word Search 3:00 Darts 4:00 Balloon Bat </div>	<div>5</div> <div> 9:30 Exercise 10:30 Bingo 920 11:00 Skip Bo 1:30 Dominoes  2:00 Bowling 3:00 Hangman IN2L 4:00 Price is Right IN2L</div>	<div>6</div> <div> 9:30 Exercise 10:00 Word Search 11:00 Bean Bag Toss 1:30 Scrabble 2:00 Challenges IN2L 3:00 Crosswords IN2L 4:00 Jenga</div>	<div>7</div> <div>9:30 Exercise 10:30 Bingo 960 11:00 Yahtzee 1:30 Trivia 2:00 Headbanz 3:00 Trouble!  4:00 Darts</div>	<div>8</div> <div> 9:30 Exercise 10:00 Scrabble 11:00 Chess 1:30 Word Search 2:00 Bowling 3:00 Bean Bag Toss 4:00 Dominoes</div>	<div>9</div> <div>9:30 Exercise 10:00 Ring Toss 11:00 Yahtzee 1:30 Reminisce 2:00 Bingo 950 3:00 Skip Bo 4:00 Balloon Bat</div>
<div>10</div> <div>9:30 Exercise 10:00 Devotion 11:00 Bible Trivia 1:30 Hymns 2:00 Church 960 3:00 Bowling 4:00 Dominoes</div>	<div>11</div> <div>9:30 Exercise 10:00 Reminisce 11:00 Scrabble 1:30 Ring Toss 2:00 Word Search 3:00 Darts 4:00 Balloon Bat </div>	<div>12</div> <div> 9:30 Exercise 10:30 Bingo 930 11:00 Skip Bo 1:30 Dominoes 2:00 Bowling 3:00 Hangman IN2L 4:00 Price is Right IN2L</div>	<div>13</div> <div> 9:30 Exercise 10:00 Word Search 11:00 Bean Bag Toss 1:30 Scrabble 2:00 Challenges IN2L 3:00 Crosswords IN2L 4:00 Jenga</div>	<div>14</div> <div> 9:30 Exercise 10:30 Bingo 940 11:00 Yahtzee 1:30 Trivia 2:00 Valentines Party 960 3:00 Trouble!  4:00 Darts</div>	<div>15</div> <div> 9:30 Exercise 10:00 Scrabble 11:00 Chess 1:30 Word Search 2:00 Bowling 3:00 Bean Bag Toss 4:00 Dominoes</div>	<div>16</div> <div>9:30 Exercise 10:00 Ring Toss 11:00 Yahtzee 1:30 Craft 2:00 Bingo 910 3:00 Skip Bo 4:00 Balloon Bat</div>
<div>17</div> <div>9:30 Exercise 10:00 Devotion 11:00 Bible Trivia 1:30 Hymns 2:00 Church 960 3:00 Bowling 4:00 Dominoes</div>	<div>18</div> <div> 9:30 Exercise 10:00 Reminisce 11:00 Scrabble 1:30 Ring Toss 2:00 Word Search 3:00 Darts 4:00 Balloon Bat </div>	<div>19</div> <div> 9:30 Exercise 10:30 Bingo 950 11:00 Skip Bo 1:30 Dominoes  2:00 Bowling 3:00 Hangman IN2L 4:00 Price is Right IN2L</div>	<div>20</div> <div> 9:30 Exercise 10:00 Word Search 11:00 Bean Bag Toss 1:30 Scrabble  2:00 Challenges IN2L 3:00 Crosswords IN2L 4:00 Jenga</div>	<div>21</div> <div> 9:30 Exercise 10:30 Bingo 920 11:00 Yahtzee 1:30 Trivia 2:00 Headbanz 3:00 Trouble! 4:00 Darts</div>	<div>22</div> <div> 9:30 Exercise 10:30 Birthday Party 960 11:00 Chess 1:30 Word Search 2:00 Bowling 3:00 Bean Bag Toss 4:00 Dominoes</div>	<div>23</div> <div>9:30 Exercise 10:00 Ring Toss 11:00 Yahtzee 1:30 Reminisce 2:00 Bingo 930 3:00 Skip Bo 4:00 Balloon Bat</div>
<div>24</div> <div>9:30 Exercise 10:00 Devotion 11:00 Bible Trivia 1:30 Hymns 2:00 Church 960 3:00 Bowling 4:00 Dominoes</div>	<div>25</div> <div>9:30 Exercise 10:00 Reminisce 11:00 Scrabble 1:30 Ring Toss 2:00 Word Search 3:00 Darts 4:00 Balloon Bat </div>	<div>26</div> <div> 9:30 Exercise 10:30 Bingo 940 11:00 Skip Bo 1:30 Dominoes 2:00 Bowling 3:00 Hangman IN2L 4:00 Price is Right IN2L</div>	<div>27</div> <div> 9:30 Exercise 10:00 Word Search 11:00 Bean Bag Toss 1:30 Scrabble 2:00 Challenges IN2L 3:00 Crosswords IN2L 4:00 Jenga</div>	<div>28</div> <div> 9:30 Exercise 10:30 Balloon Bat 11:00 Yahtzee 1:30 Trivia 2:00 Happy Hour 960 3:00 Trouble! 4:00 Darts</div>	<div></div> <div><u>Scenic Drive</u> Mondays @10:30a Bldg:910,920,930,960 Mondays @1:30p Bldg: 940/950 Resident Counsel: 2/25 @ 1:30pm in Bldg 910</div>	



































<div></div> <div>Charlie Foxx Movie February 19 @1:30p Bldg. 960</div>	<div></div> <div><u>Shopping Trips</u> 2/1 Walmart @10a 2/8 Dollar Tree @10a 2/15 Fred Meyers @10a</div>	<div></div> <div><u>Entertainment</u> 2/7 Royce @2pm 2/14 Diane H. @2pm 2/21 Linda @2pm 2/28 Jerry @2pm</div>	<div></div> <div><u>Lunch Outings</u> 2/6 Lum-Yuen@11a 2/13 Olive Garden@11a 2/20 Walery's@11a 2/27 Spirit Mountain Casino @1030a</div>	<div></div> <div><u>National Days</u> 2/5 Chinese New Year 2/14 Valentines Day 2/18 Presidents Day 2/20 Cherry Pie Day</div>
---	---	--	--	---



# February 2019

Farmington Square • 960 Boone Rd SE, Salem OR 97306 • 503-363-2273  
Bldg: 940



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div><div><div>Happy Birthday</div><div>2/1 Lyle K., 960      2/14 Lee C., 960</div><div>2/3 Edna P., 950      2/22 Zoe J., 910</div><div>2/8 James Y., 950      2/27 Dorothy V., 920</div></div></div>			<div><div></div><div><div>Walking Group</div><div>Tuesdays @ 9:30am</div><div>Willamette Town Center</div><div>Sign up for a seat on the bus!</div></div></div>		<div><div>1</div><div>9:30 Exercise</div><div>10:00 Balloon Burst IN2L</div><div>11:00 Dominoes</div><div>1:30 Darts</div><div>2:00 Adult Coloring</div><div>3:00 Puzzles</div><div>4:00 Challenges IN2L</div><div></div></div>	<div><div>2</div><div>9:30 Exercise</div><div>10:00 Funny Videos IN2L</div><div>11:00 Foam Lacing</div><div>1:30 Past Times IN2L</div><div>2:00 Bingo 940</div><div>3:00 Qwirkle</div><div>4:00 Sing Along IN2L</div></div>
<div><div>3</div><div>9:30 Exercise</div><div>10:00 Devotion IN2L</div><div>11:00 Bowling</div><div>1:30 Hymns IN2L</div><div>2:00 Church 960</div><div>3:00 Bible Trivia IN2L</div><div>4:00 Yahtzee</div></div>	<div><div>4</div><div>9:30 Exercise</div><div>10:00 Funnies IN2L</div><div>11:00 Darts</div><div>1:30 Qwirkle</div><div>2:00 Foam Lacing</div><div>3:00 Adult Coloring</div><div>4:00 Challenges IN2L</div><div></div></div>	<div><div>5</div><div>9:30 Exercise</div><div>10:30 Bingo 920</div><div>11:00 Bean Bag Toss</div><div>1:30 Balloon Bat</div><div>2:00 Sing Along IN2L</div><div>3:00 Puzzles</div><div>4:00 Bowling</div><div></div></div>	<div><div>6</div><div>9:30 Exercise</div><div>10:00 Adult Coloring</div><div>11:00 Qwirkle</div><div>1:30 Dominoes</div><div>2:00 Craft</div><div>3:00 Foam Lacing</div><div>4:00 Yahtzee</div><div></div></div>	<div><div>7</div><div>9:30 Exercise</div><div>10:30 Bingo 960</div><div>11:00 Sing Along IN2L</div><div>1:30 Balloon Bat</div><div>2:00 Bubble Popper IN2L</div><div>3:00 Bowling</div><div>4:00 Funny Videos IN2L</div><div></div></div>	<div><div>8</div><div>9:30 Exercise</div><div>10:00 Balloon Burst IN2L</div><div>11:00 Dominoes</div><div>1:30 Darts</div><div>2:00 Adult Coloring</div><div>3:00 Puzzles</div><div>4:00 Challenges IN2L</div><div></div></div>	<div><div>9</div><div>9:30 Exercise</div><div>10:00 Funny Videos IN2L</div><div>11:00 Foam Lacing</div><div>1:30 Past Times IN2L</div><div>2:00 Bingo 950</div><div>3:00 Qwirkle</div><div>4:00 Sing Along IN2L</div></div>
<div><div>10</div><div>9:30 Exercise</div><div>10:00 Devotion IN2L</div><div>11:00 Bowling</div><div>1:30 Hymns IN2L</div><div>2:00 Church 960</div><div>3:00 Bible Trivia IN2L</div><div>4:00 Yahtzee</div></div>	<div><div>11</div><div>9:30 Exercise</div><div>10:00 Funnies IN2L</div><div>11:00 Darts</div><div>1:30 Qwirkle</div><div>2:00 Foam Lacing</div><div>3:00 Adult Coloring</div><div>4:00 Challenges IN2L</div><div></div></div>	<div><div>12</div><div>9:30 Exercise</div><div>10:30 Bingo 930</div><div>11:00 Bean Bag Toss</div><div>1:30 Balloon Bat</div><div>2:00 Sing Along IN2L</div><div>3:00 Puzzles</div><div>4:00 Bowling</div><div></div></div>	<div><div>13</div><div>9:30 Exercise</div><div>10:00 Adult Coloring</div><div>11:00 Qwirkle</div><div>1:30 Dominoes</div><div>2:00 Craft</div><div>3:00 Foam Lacing</div><div>4:00 Yahtzee</div><div></div></div>	<div><div>14</div><div>9:30 Exercise</div><div>10:30 Bingo 940</div><div>11:00 Sing Along IN2L</div><div>1:30 Balloon Bat</div><div>2:00 Valentines Party 960</div><div>3:00 Bowling</div><div>4:00 Funny Videos IN2L</div><div></div></div>	<div><div>15</div><div>9:30 Exercise</div><div>10:00 Balloon Burst IN2L</div><div>11:00 Dominoes</div><div>1:30 Darts</div><div>2:00 Adult Coloring</div><div>3:00 Puzzles</div><div>4:00 Challenges IN2L</div><div></div></div>	<div><div>16</div><div>9:30 Exercise</div><div>10:00 Funny Videos IN2L</div><div>11:00 Foam Lacing</div><div>1:30 Past Times IN2L</div><div>2:00 Bingo 910</div><div>3:00 Qwirkle</div><div>4:00 Sing Along IN2L</div></div>
<div><div>17</div><div>9:30 Exercise</div><div>10:00 Devotion IN2L</div><div>11:00 Bowling</div><div>1:30 Hymns IN2L</div><div>2:00 Church 960</div><div>3:00 Bible Trivia IN2L</div><div>4:00 Yahtzee</div></div>	<div><div>18</div><div>9:30 Exercise</div><div>10:00 Funnies IN2L</div><div>11:00 Darts</div><div>1:30 Qwirkle</div><div>2:00 Foam Lacing</div><div>3:00 Adult Coloring</div><div>4:00 Challenges IN2L</div><div></div></div>	<div><div>19</div><div>9:30 Exercise</div><div>10:30 Bingo 950</div><div>11:00 Bean Bag Toss</div><div>1:30 Balloon Bat</div><div>2:00 Sing Along IN2L</div><div>3:00 Puzzles</div><div>4:00 Bowling</div><div></div></div>	<div><div>20</div><div>9:30 Exercise</div><div>10:00 Adult Coloring</div><div>11:00 Qwirkle</div><div>1:30 Dominoes</div><div>2:00 Craft</div><div>3:00 Foam Lacing</div><div>4:00 Yahtzee</div><div></div></div>	<div><div>21</div><div>9:30 Exercise</div><div>10:30 Bingo 920</div><div>11:00 Sing Along IN2L</div><div>1:30 Balloon Bat</div><div>2:00 Bubble Popper IN2L</div><div>3:00 Bowling</div><div>4:00 Funny Videos IN2L</div><div></div></div>	<div><div>22</div><div>9:30 Exercise</div><div>10:30 Birthday Party 960</div><div>11:00 Dominoes</div><div>1:30 Darts</div><div>2:00 Adult Coloring</div><div>3:00 Puzzles</div><div>4:00 Challenges IN2L</div><div></div></div>	<div><div>23</div><div>9:30 Exercise</div><div>10:00 Funny Videos IN2L</div><div>11:00 Foam Lacing</div><div>1:30 Past Times IN2L</div><div>2:00 Bingo 930</div><div>3:00 Qwirkle</div><div>4:00 Sing Along IN2L</div></div>
<div><div>24</div><div>9:30 Exercise</div><div>10:00 Devotion IN2L</div><div>11:00 Bowling</div><div>1:30 Hymns IN2L</div><div>2:00 Church 960</div><div>3:00 Bible Trivia IN2L</div><div>4:00 Yahtzee</div></div>	<div><div>25</div><div>9:30 Exercise</div><div>10:00 Funnies IN2L</div><div>11:00 Darts</div><div>1:30 Qwirkle</div><div>2:00 Foam Lacing</div><div>3:00 Adult Coloring</div><div>4:00 Challenges IN2L</div><div></div></div>	<div><div>26</div><div>9:30 Exercise</div><div>10:30 Bingo 940</div><div>11:00 Bean Bag Toss</div><div>1:30 Balloon Bat</div><div>2:00 Sing Along IN2L</div><div>3:00 Puzzles</div><div>4:00 Bowling</div><div></div></div>	<div><div>27</div><div>9:30 Exercise</div><div>10:00 Adult Coloring</div><div>11:00 Qwirkle</div><div>1:30 Dominoes</div><div>2:00 Craft</div><div>3:00 Foam Lacing</div><div>4:00 Yahtzee</div><div></div></div>	<div><div>28</div><div>9:30 Exercise</div><div>10:30 Puzzles</div><div>11:00 Sing Along IN2L</div><div>1:30 Balloon Bat</div><div>2:00 Happy Hour 960</div><div>3:00 Bowling</div><div>4:00 Funny Videos IN2L</div><div></div></div>	<div><div>Scenic Drive</div><div></div><div>Mondays @10:30a Bldg:910,920,930,960</div><div>Mondays @1:30p Bldg: 940/950</div><div>Resident Counsel: 2/25 @ 1:30pm in Bldg 910</div></div>	































<div><div></div><div><div>Charlie Foxx Movie</div><div>February 19 @1:30p</div><div>Bldg. 960</div></div><div></div></div>	<div><div>Shopping Trips</div><div>2/1 Walmart @10a</div><div>2/8 Dollar Tree @10a</div><div>2/15 Fred Meyers @10a</div><div></div></div>	<div><div>Entertainment</div><div>2/7 Royce @2pm</div><div>2/14 Diane H. @2pm</div><div>2/21 Linda @2pm</div><div>2/28 Jerry @2pm</div><div></div></div>	<div><div>Lunch Outings</div><div>2/6 Lum-Yuen@11a</div><div>2/13 Olive Garden@11a</div><div>2/20 Walery's@11a</div><div>2/27 Spirit Mountain Casino @1030a</div><div></div></div>	<div><div>National Days</div><div>2/5 Chinese New Year</div><div>2/14 Valentines Day</div><div>2/18 Presidents Day</div><div>2/20 Cherry Pie Day</div></div>
--	--	---	---	--



# February 2019

Farmington Square • 960 Boone Rd SE, Salem OR 97306 • 503-363-2273  
Bldg: 950



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div><div><div>Happy Birthday</div><div>2/1 Lyle K., 960      2/14 Lee C., 960</div><div>2/3 Edna P., 950      2/22 Zoe J., 910</div><div>2/8 James Y., 950      2/27 Dorothy V., 920</div></div></div>			<div><div></div><div><div>Walking Group</div><div>Tuesdays @ 9:30am</div><div>Willamette Town Center</div><div>Sign up for a seat on the bus!</div></div></div>		<div><div>1</div><div>9:30 Exercise</div><div>10:00 Hangman IN2L</div><div>11:00 Price is Right IN2L</div><div>1:30 Bean Bag Toss</div><div>2:00 Balloon Bat</div><div>3:00 Puzzles</div><div>4:00 Yahtzee</div><div></div></div>	<div><div>2</div><div>9:30 Exercise</div><div>10:00 Family Feud IN2L</div><div>11:00 Bowling</div><div>1:30 Funny Videos IN2L</div><div>2:00 Bingo 940</div><div>3:00 Adult Coloring</div><div>4:00 Sing Along IN2L</div></div>
<div><div>3</div><div>9:30 Exercise</div><div>10:00 Devotion IN2L</div><div>11:00 Dominoes</div><div>1:30 Hymns IN2L</div><div>2:00 Church 960</div><div>3:00 Bible Trivia IN2L</div><div>4:00 Yahtzee</div></div>	<div><div>4</div><div>9:30 Exercise</div><div>10:00 Trivia IN2L</div><div>11:00 Puzzles</div><div>1:30 Sing Along IN2L</div><div>2:00 Hangman IN2L</div><div>3:00 On this day IN2L</div><div>4:00 Bowling</div><div></div></div>	<div><div>5</div><div>9:30 Exercise</div><div>10:30 Bingo 920</div><div>11:00 Family Feud IN2L</div><div>1:30 Challenges IN2L</div><div>2:00 Guided Tours IN2L</div><div>3:00 Adult Coloring</div><div>4:00 Bean Bag Toss</div><div></div></div>	<div><div>6</div><div>9:30 Exercise</div><div>10:00 Trivia IN2L</div><div>11:00 Darts</div><div>1:30 Yahtzee</div><div>2:00 Matching IN2L</div><div>3:00 Puzzles</div><div>4:00 Price is Right IN2L</div><div></div></div>	<div><div>7</div><div>9:30 Exercise</div><div>10:30 Bingo 960</div><div>11:00 Ring Toss</div><div>1:30 Balloon Burst IN2L</div><div>2:00 Dominoes</div><div>3:00 Funny Video IN2L</div><div>4:00 Craft</div><div></div></div>	<div><div>8</div><div>9:30 Exercise</div><div>10:00 Hangman IN2L</div><div>11:00 Price is Right IN2L</div><div>1:30 Bean Bag Toss</div><div>2:00 Balloon Bat</div><div>3:00 Puzzles</div><div>4:00 Yahtzee</div><div></div></div>	<div><div>9</div><div>9:30 Exercise</div><div>10:00 Family Feud IN2L</div><div>11:00 Bowling</div><div>1:30 Funny Videos IN2L</div><div>2:00 Bingo 950</div><div>3:00 Adult Coloring</div><div>4:00 Sing Along IN2L</div></div>
<div><div>10</div><div>9:30 Exercise</div><div>10:00 Devotion IN2L</div><div>11:00 Dominoes</div><div>1:30 Hymns IN2L</div><div>2:00 Church 960</div><div>3:00 Bible Trivia IN2L</div><div>4:00 Yahtzee</div></div>	<div><div>11</div><div>9:30 Exercise</div><div>10:00 Trivia IN2L</div><div>11:00 Puzzles</div><div>1:30 Sing Along IN2L</div><div>2:00 Hangman IN2L</div><div>3:00 On this day IN2L</div><div>4:00 Bowling</div><div></div></div>	<div><div>12</div><div>9:30 Exercise</div><div>10:30 Bingo 930</div><div>11:00 Family Feud IN2L</div><div>1:30 Challenges IN2L</div><div>2:00 Guided Tours IN2L</div><div>3:00 Adult Coloring</div><div>4:00 Bean Bag Toss</div><div></div></div>	<div><div>13</div><div>9:30 Exercise</div><div>10:00 Trivia IN2L</div><div>11:00 Darts</div><div>1:30 Yahtzee</div><div>2:00 Matching IN2L</div><div>3:00 Puzzles</div><div>4:00 Price is Right IN2L</div><div></div></div>	<div><div>14</div><div>9:30 Exercise</div><div>10:30 Bingo 940</div><div>11:00 Ring Toss</div><div>1:30 Balloon Burst IN2L</div><div>2:00 Valentines Party 960</div><div>3:00 Funny Video IN2L</div><div>4:00 Craft</div><div></div></div>	<div><div>15</div><div>9:30 Exercise</div><div>10:00 Hangman IN2L</div><div>11:00 Price is Right IN2L</div><div>1:30 Bean Bag Toss</div><div>2:00 Balloon Bat</div><div>3:00 Puzzles</div><div>4:00 Yahtzee</div><div></div></div>	<div><div>16</div><div>9:30 Exercise</div><div>10:00 Family Feud IN2L</div><div>11:00 Bowling</div><div>1:30 Funny Videos IN2L</div><div>2:00 Bingo 910</div><div>3:00 Adult Coloring</div><div>4:00 Sing Along IN2L</div></div>
<div><div>17</div><div>9:30 Exercise</div><div>10:00 Devotion IN2L</div><div>11:00 Dominoes</div><div>1:30 Hymns IN2L</div><div>2:00 Church 960</div><div>3:00 Bible Trivia IN2L</div><div>4:00 Yahtzee</div></div>	<div><div>18</div><div>9:30 Exercise</div><div>10:00 Trivia IN2L</div><div>11:00 Puzzles</div><div>1:30 Sing Along IN2L</div><div>2:00 Hangman IN2L</div><div>3:00 On this day IN2L</div><div>4:00 Bowling</div><div></div></div>	<div><div>19</div><div>9:30 Exercise</div><div>10:30 Bingo 950</div><div>11:00 Family Feud IN2L</div><div>1:30 Challenges IN2L</div><div>2:00 Guided Tours IN2L</div><div>3:00 Adult Coloring</div><div>4:00 Bean Bag Toss</div><div></div></div>	<div><div>20</div><div>9:30 Exercise</div><div>10:00 Trivia IN2L</div><div>11:00 Darts</div><div>1:30 Yahtzee</div><div>2:00 Matching IN2L</div><div>3:00 Puzzles</div><div>4:00 Price is Right IN2L</div><div></div></div>	<div><div>21</div><div>9:30 Exercise</div><div>10:30 Bingo 920</div><div>11:00 Ring Toss</div><div>1:30 Balloon Burst IN2L</div><div>2:00 Dominoes</div><div>3:00 Funny Video IN2L</div><div>4:00 Craft</div><div></div></div>	<div><div>22</div><div>9:30 Exercise</div><div>10:30 Birthday Party 960</div><div>11:00 Price is Right IN2L</div><div>1:30 Bean Bag Toss</div><div>2:00 Balloon Bat</div><div>3:00 Puzzles</div><div>4:00 Yahtzee</div><div></div></div>	<div><div>23</div><div>9:30 Exercise</div><div>10:00 Family Feud IN2L</div><div>11:00 Bowling</div><div>1:30 Funny Videos IN2L</div><div>2:00 Bingo 930</div><div>3:00 Adult Coloring</div><div>4:00 Sing Along IN2L</div></div>
<div><div>24</div><div>9:30 Exercise</div><div>10:00 Devotion IN2L</div><div>11:00 Dominoes</div><div>1:30 Hymns IN2L</div><div>2:00 Church 960</div><div>3:00 Bible Trivia IN2L</div><div>4:00 Yahtzee</div></div>	<div><div>25</div><div>9:30 Exercise</div><div>10:00 Trivia IN2L</div><div>11:00 Puzzles</div><div>1:30 Sing Along IN2L</div><div>2:00 Hangman IN2L</div><div>3:00 On this day IN2L</div><div>4:00 Bowling</div><div></div></div>	<div><div>26</div><div>9:30 Exercise</div><div>10:30 Bingo 940</div><div>11:00 Family Feud IN2L</div><div>1:30 Challenges IN2L</div><div>2:00 Guided Tours IN2L</div><div>3:00 Adult Coloring</div><div>4:00 Bean Bag Toss</div><div></div></div>	<div><div>27</div><div>9:30 Exercise</div><div>10:00 Trivia IN2L</div><div>11:00 Darts</div><div>1:30 Yahtzee</div><div>2:00 Matching IN2L</div><div>3:00 Puzzles</div><div>4:00 Price is Right IN2L</div><div></div></div>	<div><div>28</div><div>9:30 Exercise</div><div>10:30 Balloon Bat</div><div>11:00 Ring Toss</div><div>1:30 Balloon Burst IN2L</div><div>2:00 Happy Hour 960</div><div>3:00 Funny Video IN2L</div><div>4:00 Craft</div><div></div></div>	<div><div><div>Scenic Drive</div><div></div><div>Mondays @10:30a Bldg:910,920,930,960</div><div>Mondays @1:30p Bldg: 940/950</div><div>Resident Counsel: 2/25 @ 1:30pm in Bldg 910</div></div></div>	

<div><div><div><div>Charlie Foxx Movie</div><div>February 19 @1:30p</div><div>Bldg. 960</div></div><div></div></div></div>	<div><div><div>Shopping Trips</div><div>2/1 Walmart @10a</div><div>2/8 Dollar Tree @10a</div><div>2/15 Fred Meyers @10a</div></div><div></div></div>	<div><div><div>Entertainment</div><div>2/7 Royce @2pm</div><div>2/14 Diane H. @2pm</div><div>2/21 Linda @2pm</div><div>2/28 Jerry @2pm</div></div><div></div></div>	<div><div><div>Lunch Outings</div><div>2/6 Lum-Yuen@11a</div><div>2/13 Olive Garden@11a</div><div>2/20 Walery's@11a</div><div>2/27 Spirit Mountain Casino @1030a</div></div><div></div></div>	<div><div><div>National Days</div><div>2/5 Chinese New Year</div><div>2/14 Valentines Day</div><div>2/18 Presidents Day</div><div>2/20 Cherry Pie Day</div></div></div>
--	---	--	--	---