



17950 SW 115th Avenue
Tualatin, OR 97062

Stamp
Here



Administrative Team:

- Chris Budke**
Executive Director
- Randy Dickens**
Community Relations Director
- Melissa Fisher**
Wellness Director
- Josh Witherington**
Business Office Director
- Jill Witherington**
Wellness Nurse
- Kristi Rodriguez**
Dining Services Director
- Tim Rydman**
Maintenance Director
- Anjee Thompson**
Life Enrichment Director

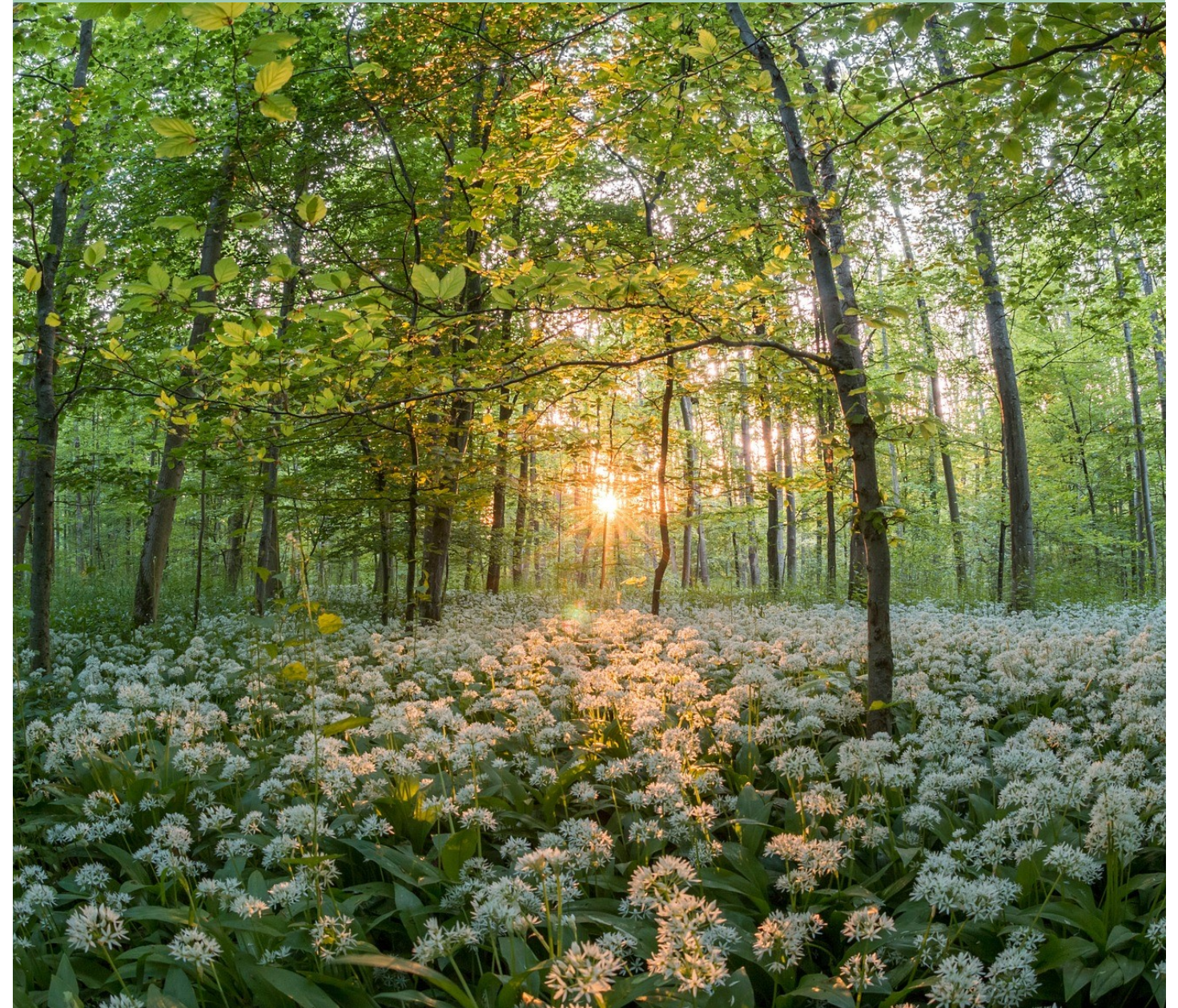
Contact us at:
503-692-1748



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

The Farmington Times

Assisted & Memory Care Newsletter



March 2019

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Senior Eye-Condition Awareness & Wellness Tips

At times, we may find details in the scenery we love may be dulling, or written words we read may be blurring. Changes like these can be frustrating. Fortunately, there are ways to proactively manage eye health and ensure precautions and/or treatments are in place for best vision!

One of the best ways to stay on top of eye health is to have annual eye exams. Practicing precautionary measures through lifestyle is also important. People with diabetes, high blood pressure, or who take medications that affect eyes are at higher risk for vision problems.

Lifestyle recommendations from the National Eye Institute include: eating a diet rich in fruits and vegetables—particularly dark, leafy greens; maintaining a healthy weight; wearing glasses, goggles, and safety shields when appropriate; avoiding smoking; reducing eyestrain by looking 20 feet before you for 20 seconds every 20 minutes if you use screens often; and cleaning hands regularly to avoid infections.

Knowing family eye history, and being educated about vision issues and symptoms that may affect seniors is also helpful toward eye wellness.

Four Eye Issues That Can Affect Seniors:

- **Dry eye** is a common issue for seniors, in which not enough tears or quality tears are made, and poor vision may result.
- **Age-related macular degeneration** is an issue that causes central vision loss, but



does not affect side vision. The macula of the eye allows people to see fine details and colors, so when it is affected, activities such as reading, watching movies, and recognizing faces could be challenging.

- **Cataracts** are cloudy areas that occur in the eye lens (usually in both eyes, to different degrees) that can cause blurry vision, poor contrast awareness, dulled colors, and extra sensitivity to glare.

• **Glaucoma** is a group of eye issues which damage the optic nerve and in time can take away side vision. While glaucoma is often painless and has no symptoms, older adults are at risk for it.

With all that in mind, there are many ways to help vision conditions, per the American Optometric Association. Some optometrists have rehabilitation programs to help with low vision for daily routines. Prescription devices are also available, like spectacle-mounted magnifiers that aid in close-up tasks; hand-held or spectacle-mounted telescopes that help near and far vision; handheld and stand magnifiers that assist with short-term reading; and video magnification that enlarges items on video.

This has been just a glimpse into eye wellness. For more info, visit aoa.org online.

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

Special Moments



Our Favorite Things About Spring!

"Walks outside"
- Aimee

"Seeing the birds"
- Yasuko

"Gardening again"
- Sharon



"No more snow"
- Glenn

March Highlights

- 1 Staff Appreciation Day, Peanut Butter Day
- 2 Banana Cream Pie Day
- 3 I Want You to be Happy Day
- 4 Pound Cake Day, Marching Music Day
- 5 Fat Tuesday, Pancake Day
- 6 Ash Wednesday, Oreo Day
- 7 Cereal Day
- 8 Intl. Women's Day, Unplug Day
- 9 Meatball Day
- 10 Blueberry Popover Day
- 11 Oatmeal Nut Waffles Day
- 12 Plant a Flower Day
- 13 Good Samaritan Day, Jewel Day
- 14 Kid's Craft Day, Potato Chip Day
- 15 Pears Helene Day
- 16 Artichoke Hearts Day, Panda Day
- 17 St. Patrick's Day
- 18 Sloppy Joe Day, Lacy Cookies Day
- 19 Let's Laugh Day, Poultry Day
- 20 Spring Begins, Ravioli Day
- 21 French Bread Day, Courtesy Day



- 22 Puppy Day, Bavarian Crepes Day
- 23 Chip Dip Day, Melba Toast Day
- 24 Chocolate Covered Raisins Day
- 26 Spinach Day
- 28 Something on a Stick Day
- 29 Vietnam War Veteran's Day
- 30 Take a Walk in the Park Day
- 31 Crayon Day, Taters Day

We're online @

- ◆ Facebook.com/FarmingtonSquareTualatin
- ◆ Blog.radiantseniorliving.com
- ◆ Radiantsriving & Radiantvoices on Instagram
- ◆ RadiantSrLiving on Twitter
- ◆ Pinterest.com/radiantsriving
- ◆ Radiant Senior Living on YouTube

**Happy St. Patrick's Day everyone! Take note:
"Never iron a four-leaf clover because
you don't want to press your luck!"**

March Birthdays!

march



AQUAMARINE

We wish you a Very Happy Birthday!

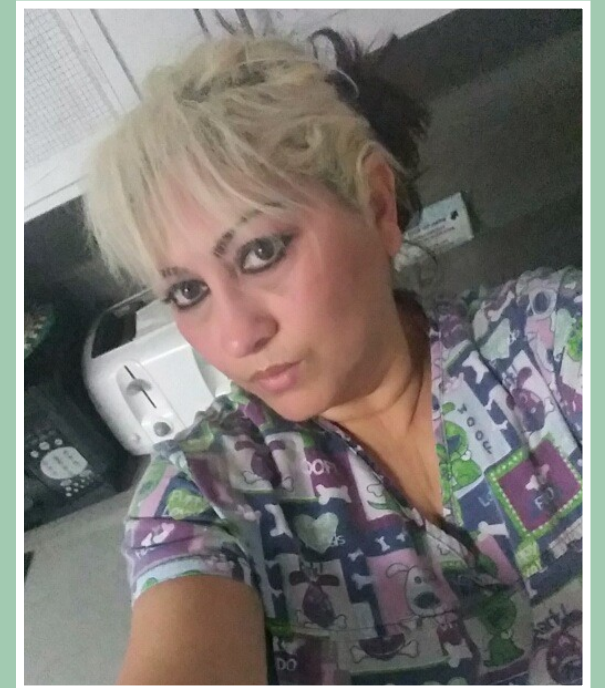
- Donna, 3 -11
- Arnold, 3 -27
- Gordon, 3 -20



Resident Spotlight! Ruth

A life-long caregiver, herself, Ruth has spent most of her life in the service of others! She first cared for her children and then many others as a nurse. She loves talking about her children and grandchildren and smiles if anyone mentions their names.

Spending time with her family and listening to music are her two favorite things. She is most often found tapping her toes to whatever tune is playing. She also loves to be outside in the sunshine and shows off any new flowers in the garden; she loves them all.



Staff Spotlight! Modesta

Here at Farmington Square Tualatin, we have an amazing team! One of our team members is Modesta, or Modi as our residents call her. She has been working here for 17-plus years and all our residents know and love her. She always has a smile on her face and makes sure that each resident knows how much she cares.

When she is not at work, Modi loves to spend time with her family and cook for special family occasions.

We love having her here at FST and know that she takes great pride in her work and cares that her job is done well. Thank you, Modesta!



March 2019

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
March 31 10:00 Exercise 10:30 Snack 11:00 Spelling 1:00 Ball Toss 2:00 Bible Study 3:00 Spa Time 4:00 Movie Time					1 10:00 Coloring 10:30 Bean Bag Toss 11:00 Stretching 1:00 Reading Aloud 2:00 In2L Games 3:00 Coloring 4:00 Funny Videos	2 10:00 In2L Music 11:00 Chair Yoga 11:00 Brain Games 1:00 Ball Toss 2:00 Trivia 3:00 History Video
3 10:00 Exercise 10:30 Snack 11:00 Spelling 1:00 Ball Toss 2:00 Bible Study 3:00 Spa Time 4:00 Movie Time	4 10:00 Exercise 10:30 Snack 11:00 Spelling Games 11:30 Hangman 1:00 In2L Painting 2:00 In2L Games 3:00 Travel Show	5 10:00 Gentle Stretching 10:30 Snack 11:00 Jokes and Poems 1:00 Reading Aloud 1:00 Hang Man 2:00 Bean Bag Toss 3:00 Movie Time	6 10:00 Exercise 10:50 Piano W/ Alice 1:00 Today In History 2:00 Bible Stories 2:30 Ball Toss 3:00 IN2L Coloring 4:00 Funny Videos	7 10:00 Exercise 10:30 Today in History 11:00 Trivia 1:00 Spa Time 2:00 Crafts 3:00 Family Stories 4:00 Animal Trivia	8 10:00 Coloring 10:30 Bean Bag Toss 11:00 Stretching 1:00 Reading Aloud 2:00 In2L Games 3:00 Coloring 4:00 Funny Videos	9 10:00 In2L Music 11:00 Chair Yoga 11:00 Brain Games 1:00 Ball Toss 2:00 Trivia 3:00 History Video
10 10:00 Exercise 10:30 Snack 11:00 Spelling 1:00 Ball Toss 2:00 Bible Study 3:00 Spa Time 4:00 Movie Time	11 10:00 Exercise 10:30 Snack 11:00 Spelling Games 11:30 Hangman 1:00 In2L Painting 2:00 In2L Games 3:00 Travel Show	12 10:00 Gentle Stretching 10:30 Snack 11:00 Jokes and Poems 1:00 Reading Aloud 1:00 Hang Man 2:00 Bean Bag Toss 3:00 Movie Time	13 10:00 Exercise 10:50 Piano W/ Alice 1:00 Today In History 2:00 Bible Stories 2:30 Ball Toss 3:00 IN2L Coloring 4:00 Funny Videos	14 10:00 Exercise 10:30 Today in History 11:00 Trivia 1:00 Spa Time 2:00 Crafts 3:00 Family Stories 4:00 Animal Trivia	15 10:00 Coloring 10:30 Bean Bag Toss 11:00 Stretching 1:00 Reading Aloud 2:00 In2L Games 3:00 Coloring 4:00 Funny Videos	16 10:00 In2L Music 11:00 Chair Yoga 11:00 Brain Games 1:00 Ball Toss 2:00 Trivia 3:00 History Video
St. Patrick's Day 17 10:00 Exercise 10:30 Snack 11:00 Spelling 1:00 Ball Toss 2:00 Bible Study 3:00 Spa Time 4:00 Movie Time	18 10:00 Exercise 10:30 Snack 11:00 Spelling Games 11:30 Hangman 1:00 In2L Painting 2:00 In2L Games 3:00 Travel Show	19 10:00 Gentle Stretching 10:30 Snack 11:00 Jokes and Poems 1:00 Reading Aloud 1:00 Hang Man 2:00 Bean Bag Toss 3:00 Movie Time	20 10:00 Exercise 10:50 Piano W/ Alice 1:00 Today In History 2:00 Bible Stories 2:30 Ball Toss 3:00 IN2L Coloring 4:00 Funny Videos	21 10:00 Exercise 10:30 Today in History 11:00 Trivia 1:00 Spa Time 2:00 Crafts 3:00 Family Stories 4:00 Animal Trivia	22 10:00 Coloring 10:30 Bean Bag Toss 11:00 Stretching 1:00 Reading Aloud 2:00 In2L Games 3:00 Coloring 4:00 Funny Videos	23 10:00 In2L Music 11:00 Chair Yoga 11:00 Brain Games 1:00 Ball Toss 2:00 Trivia 3:00 History Video
24 10:00 Exercise 10:30 Snack 11:00 Spelling 1:00 Ball Toss 2:00 Bible Study 3:00 Spa Time 4:00 Movie Time	25 10:00 Exercise 10:30 Snack 11:00 Spelling Games 11:30 Hangman 1:30 Piano w/ Bill 2:00 In2L Games 3:00 Travel Show	26 10:00 Gentle Stretching 10:30 Snack 11:00 Jokes and Poems 1:00 Reading Aloud 1:00 Hang Man 2:00 Bean Bag Toss 3:00 Movie Time	27 10:00 Exercise 10:50 Piano W/ Alice 1:00 Today In History 2:00 Bible Stories 2:30 Ball Toss 3:00 IN2L Coloring 4:00 Funny Videos	28 10:00 Exercise 10:30 Today in History 11:00 Trivia 1:00 Spa Time 2:00 Crafts 3:00 Family Stories 4:00 Animal Trivia	29 10:00 Coloring 10:30 Bean Bag Toss 11:00 Stretching 1:00 Reading Aloud 2:00 In2L Games 3:00 Coloring 4:00 Funny Videos	30 10:00 In2L Music 11:00 Chair Yoga 11:00 Brain Games 1:00 Ball Toss 2:00 Trivia 3:00 History Video

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>March 31</p> <p>1:00 Gentle Stretches</p> <p>1:30 Good News</p> <p>2:00 Bible Study</p> <p>3:00 Word Search</p> <p>4:00 In2L Trivia</p> <p>6:00 News Review</p>					<p>1</p> <p>9:30 BINGO & Lun. JPC</p> <p>1:00 Exercise</p> <p>2:00 Bowling</p> <p>3:00 Spa Time</p> <p>4:00 This Day History</p> <p>6:00 Hangman</p>	<p>2</p> <p>1:00 Chair Yoga</p> <p>1:30 Spelling</p> <p>2:30 Sing Along</p> <p>3:00 Trivia</p> <p>4:00 Word search</p> <p>6:00 Movie Time</p>
<p>3</p> <p>1:00 Gentle Stretches</p> <p>1:30 Good News</p> <p>2:00 Bible Study</p> <p>3:00 Word Search</p> <p>4:00 In2L Trivia</p> <p>6:00 News Review</p>	<p>4</p> <p>10:00 Chair Yoga</p> <p>11:00 Trivia</p> <p>1:00 Read Aloud</p> <p>2:00 Card games</p> <p>3:15 Ball Toss</p> <p>4:00 IN2L Games</p>	<p>5</p> <p>10:00 Day in History</p> <p>11:00 Exercise</p> <p>12:45 Crafts</p> <p>2:00 Bingo</p> <p>3:15 Book Club</p> <p>4:00 Word Games</p>	<p>6</p> <p>11:25 Piano w/ Alice</p> <p>1:00 Chair Yoga</p> <p>2:30 Church Service</p> <p>3:00 Jokes and Poems</p> <p>4:00 Word Search</p> <p>6:00 Travel Show</p>	<p>7</p> <p>11:30 Catholic Com.</p> <p>1:00 Stretching</p> <p>1:30 States Trivia</p> <p>2:00 Bible Study</p> <p>4:00 Art and Coloring</p> <p>6:00 Uno/ Cards</p>	<p>8</p> <p>9:30 BINGO & Lun. JPC</p> <p>1:00 Exercise</p> <p>2:00 Bowling</p> <p>3:00 Spa Time</p> <p>4:00 This Day History</p> <p>6:00 Hangman</p>	<p>9</p> <p>1:00 Chair Yoga</p> <p>1:30 Spelling</p> <p>2:30 Sing Along</p> <p>3:00 Trivia</p> <p>4:00 Word search</p> <p>6:00 Movie Time</p>
<p>10</p> <p>1:00 Gentle Stretches</p> <p>1:30 Good News</p> <p>2:00 Bible Study</p> <p>3:00 Word Search</p> <p>4:00 In2L Trivia</p> <p>6:00 News Review</p>	<p>11</p> <p>10:00 Chair Yoga</p> <p>11:00 Music w/ Lee N.</p> <p>1:00 Read Aloud</p> <p>2:00 Card games</p> <p>3:15 Ball Toss</p> <p>4:00 IN2L Games</p>	<p>12</p> <p>10:00 Day in History</p> <p>11:00 Exercise</p> <p>12:45 Crafts</p> <p>2:00 Bingo</p> <p>3:15 Book Club</p> <p>4:00 Word Games</p>	<p>13</p> <p>11:25 Piano w/ Alice</p> <p>1:00 Chair Yoga</p> <p>2:30 Church Service</p> <p>3:00 Jokes and Poems</p> <p>4:00 Word Search</p> <p>6:00 Travel Show</p>	<p>14</p> <p>11:30 Catholic Com.</p> <p>1:00 Stretching</p> <p>1:30 States Trivia</p> <p>2:00 Bible Study</p> <p>3:50 Music w/ Phil</p> <p>6:00 Uno/ Cards</p>	<p>15</p> <p>9:30 BINGO & Lun. JPC</p> <p>1:30 Music w/ Dave</p> <p>2:00 Bowling</p> <p>3:00 Spa Time</p> <p>4:00 This Day History</p> <p>6:00 Hangman</p>	<p>16</p> <p>1:00 Chair Yoga</p> <p>1:30 Spelling</p> <p>2:30 Sing Along</p> <p>3:00 Trivia</p> <p>4:00 Word search</p> <p>6:00 Movie Time</p>
<p>St. Patrick's Day 17</p> <p>1:00 Gentle Stretches</p> <p>1:30 Good News</p> <p>2:00 Bible Study</p> <p>3:00 Word Search</p> <p>4:00 In2L Trivia</p> <p>6:00 News Review</p>	<p>18</p> <p>10:00 Chair Yoga</p> <p>11:00 Trivia</p> <p>1:00 Walking Club</p> <p>2:00 Sing a Long</p> <p>3:15 Ball Toss</p> <p>4:00 IN2L Games</p>	<p>19</p> <p>10:00 Day in History</p> <p>11:00 Exercise</p> <p>12:45 Crafts</p> <p>2:00 Bingo</p> <p>3:15 Book Club</p> <p>4:00 Word Games</p>	<p>20</p> <p>11:25 Piano w/ Alice</p> <p>1:00 Chair Yoga</p> <p>2:30 Church Service</p> <p>3:00 Jokes and Poems</p> <p>4:00 Word Search</p> <p>6:00 Travel Show</p>	<p>21</p> <p>11:30 Catholic Com.</p> <p>1:00 Stretching</p> <p>1:30 States Trivia</p> <p>2:00 Bible Study</p> <p>4:00 Art and Coloring</p> <p>6:00 Uno/ Cards</p>	<p>22</p> <p>9:30 BINGO & Lun. JPC</p> <p>1:00 Exercise</p> <p>2:00 Bowling</p> <p>3:00 Spa Time</p> <p>4:00 This Day History</p> <p>6:00 Hangman</p>	<p>23</p> <p>1:00 Chair Yoga</p> <p>1:30 Spelling</p> <p>2:30 Sing Along</p> <p>3:00 Trivia</p> <p>4:00 Word search</p> <p>6:00 Movie Time</p>
<p>24</p> <p>1:00 Gentle Stretches</p> <p>1:30 Good News</p> <p>2:00 Bible Study</p> <p>3:00 Word Search</p> <p>4:00 In2L Trivia</p> <p>6:00 News Review</p>	<p>25</p> <p>10:00 Chair Yoga</p> <p>11:00 Trivia</p> <p>1:00 Walking Club</p> <p>2:00 Music W/ Bill</p> <p>3:15 Ball Toss</p> <p>4:00 IN2L Games</p>	<p>26</p> <p>10:00 Day in History</p> <p>11:00 Exercise</p> <p>12:45 Crafts</p> <p>2:00 Bingo</p> <p>3:15 Book Club</p> <p>4:00 Word Games</p>	<p>27</p> <p>11:25 Piano w/ Alice</p> <p>1:00 Chair Yoga</p> <p>2:30 Church Service</p> <p>3:00 Jokes and Poems</p> <p>4:00 Word Search</p> <p>6:00 Travel Show</p>	<p>28</p> <p>11:30 Catholic Com.</p> <p>1:00 Stretching</p> <p>1:30 States Trivia</p> <p>2:00 Bible Study</p> <p>4:00 Art and Coloring</p> <p>6:00 Uno/ Cards</p>	<p>29</p> <p>9:30 BINGO & Lun. JPC</p> <p>1:00 Exercise</p> <p>2:00 Bowling</p> <p>3:00 Spa Time</p> <p>4:00 This Day History</p> <p>6:00 Hangman</p>	<p>30</p> <p>1:00 Chair Yoga</p> <p>1:30 Spelling</p> <p>2:30 Sing Along</p> <p>3:00 Trivia</p> <p>4:00 Word search</p> <p>6:00 Movie Time</p>

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>March 31</p> <p>10:00 Exercise</p> <p>10:30 Morning News</p> <p>11:00 Word Search</p> <p>1:00 Bible Study</p> <p>2:00 Card Games</p> <p>3:00 Sunday Movie</p>					<p>1</p> <p>9:30 BINGO & Lun. JCP</p> <p>10:00 Exercise</p> <p>1:00 Scrabble</p> <p>2:00 In2L Games</p> <p>3:00 Word Search</p> <p>4:30 Comedy TV</p>	<p>2</p> <p>10:00 Morning News</p> <p>10:30 Mini Golf</p> <p>11:00 Spa Time</p> <p>1:00 Word Games</p> <p>2:00 Board Games</p> <p>3:00 Day in History</p>
<p>3</p> <p>10:00 Exercise</p> <p>10:30 Morning News</p> <p>11:00 Word Search</p> <p>1:00 Bible Study</p> <p>2:00 Card Games</p> <p>3:00 Sunday Movie</p>	<p>4</p> <p>10:00 Gentle Stretches</p> <p>10:30 Brain Teasers</p> <p>11:00 Cribbage</p> <p>1:00 Scrabble</p> <p>2:30 One on One</p> <p>4:30 Comedy TV</p>	<p>5</p> <p>10:00 Exercise</p> <p>10:30 Today in History</p> <p>11:00 Board Games</p> <p>1:00 Word Search</p> <p>2:00 Bunko</p> <p>3:00 Bingo</p>	<p>6</p> <p>10:15 Spa Time</p> <p>10:15 PIANO W/ ALICE</p> <p>11:00 Stretches</p> <p>1:00 Arts Class</p> <p>2:00 Shopping @ Walmart</p> <p>3:30 Puzzles</p>	<p>7</p> <p>10:00 Chair Yoga</p> <p>11:30 Bible Study/CC</p> <p>12:00 ONE MAN BAND</p> <p>1:00 Book Club</p> <p>2:00 Dominos</p> <p>3:00 Card Games</p>	<p>8</p> <p>9:30 BINGO & Lun. JCP</p> <p>10:00 Exercise</p> <p>1:00 Scrabble</p> <p>2:00 In2L Games</p> <p>3:00 Write Your Story</p> <p>4:10 MUSIC W/ PHIL</p>	<p>9</p> <p>10:00 Morning News</p> <p>10:30 Mini Golf</p> <p>11:00 Spa Time</p> <p>1:00 Word Games</p> <p>2:00 Board Games</p> <p>3:00 Day in History</p>
<p>10</p> <p>10:00 Exercise</p> <p>10:30 Morning News</p> <p>11:00 Word Search</p> <p>1:00 Bible Study</p> <p>2:00 Card Games</p> <p>3:00 Sunday Movie</p>	<p>11</p> <p>10:00 Gentle Stretches</p> <p>10:30 Brain Teasers</p> <p>11:00 Cribbage</p> <p>1:00 Scrabble</p> <p>2:30 One on One</p> <p>4:30 Comedy TV</p>	<p>12</p> <p>10:00 Exercise</p> <p>10:30 Today in History</p> <p>11:00 Board Games</p> <p>1:00 Word Search</p> <p>2:00 Bunko</p> <p>3:00 Bingo</p>	<p>13</p> <p>10:15 Spa Time</p> <p>10:15 PIANO W/ ALICE</p> <p>11:00 Stretches</p> <p>1:00 Arts Class</p> <p>2:00 Scenic Drive</p> <p>3:30 Puzzles</p>	<p>14</p> <p>10:00 Chair Yoga</p> <p>10:50 Therapy Dog</p> <p>11:30 Bible Study/CC</p> <p>1:00 Book Club</p> <p>2:00 Dominos</p> <p>3:00 Card Games</p>	<p>15</p> <p>9:30 BINGO & Lun. JCP</p> <p>10:00 Exercise</p> <p>1:00 Scrabble</p> <p>2:00 In2L Games</p> <p>3:00 Word Search</p> <p>4:30 Comedy TV</p>	<p>16</p> <p>10:00 Morning News</p> <p>10:30 Mini Golf</p> <p>11:00 Spa Time</p> <p>1:00 Word Games</p> <p>2:00 Board Games</p> <p>3:00 Day in History</p>
<p>St. Patrick's Day 17</p> <p>10:00 Exercise</p> <p>10:30 Morning News</p> <p>11:00 Word Search</p> <p>1:00 Bible Study</p> <p>2:00 Card Games</p> <p>3:00 Sunday Movie</p>	<p>18</p> <p>10:00 Gentle Stretches</p> <p>10:30 Brain Teasers</p> <p>11:00 Cribbage</p> <p>1:00 Scrabble</p> <p>2:30 One on One</p> <p>4:30 Comedy TV</p>	<p>19</p> <p>10:00 Exercise</p> <p>10:30 Today in History</p> <p>11:00 Board Games</p> <p>1:00 Word Search</p> <p>2:00 Bunko</p> <p>3:00 Bingo</p>	<p>20</p> <p>10:15 Spa Time</p> <p>10:15 PIANO W/ ALICE</p> <p>11:00 Stretches</p> <p>11:30 Lunch Outing</p> <p>1:00 Arts Class</p> <p>3:30 Puzzles</p>	<p>21</p> <p>10:00 Chair Yoga</p> <p>11:30 Bible Study/CC</p> <p>1:00 Resident Council</p> <p>2:00 Dominos</p> <p>2:30 Pet Therapy</p> <p>3:00 Card Games</p>	<p>22</p> <p>9:30 BINGO & Lun. JCP</p> <p>10:00 Exercise</p> <p>1:00 Scrabble</p> <p>2:00 In2L Games</p> <p>3:00 Word Search</p> <p>4:30 Comedy TV</p>	<p>23</p> <p>10:00 Morning News</p> <p>10:30 Mini Golf</p> <p>11:00 Spa Time</p> <p>1:00 Word Games</p> <p>2:00 Board Games</p> <p>3:00 Day in History</p>
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