



17950 SW 115th Avenue  
Tualatin, OR 97062

Stamp  
Here



### Administrative Team

Jerri Gray  
Executive Director  
Randy Dickens  
Community Relations Director  
Mellissa Fisher  
Wellness Director  
Robert Thomas & Pam Dyson  
Wellness Coordinator  
Josh Witherington  
Business Office Director  
Jill Witherington  
Wellness Nurse  
Kristi Rodriguez  
Dining Services Director  
Nolan Smith  
Maintenance Director  
Anjee Thompson  
Life Enrichment Director

**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



### May 2019

**2 Skin Protection Practices  
3 Resident & Team Spotlight  
4/5 Activities Calendar**

**6 Highlights, Social Media, Birthdays  
7 Special Moments & Fitness Favorites  
8 Mission & Team**



## Best Practices for Skin Health

Whether lounging outside with a book or chatting with friends over lemonades on the patio, there's a factor to pay attention to so we don't harm our skin, and that's the sun. Spending time outdoors is beneficial for so many reasons, including increasing Vitamin D and our activity levels. But too much sun can make a good thing not so good for us. A little skin protection and general hot weather safety will go a long way in letting us enjoy a good, warm day.



May has been designated Skin Cancer Awareness Month in hopes it will build awareness of ways to protect skin, the need for regular dermatologist visits, and causes and treatments for skin cancer.

### WHY CARE ABOUT SKIN PROTECTION?

Sun damage myths would have you believe most harm to skin occurs before age 18. However, studies have shown sun damage is actually cumulative; only 23 percent of lifetime exposure happens by age 18.

Skin cancer is a disease that one in five Americans will develop by age 70. That said, most skin cancer forms can be prevented, including the scariest, melanoma. While it is the most common form of cancer in the U.S., it is also the most preventable. Awareness and frequent skin checks are essential for preventing and treating melanoma.

### TIPS FOR PROTECTING YOUR SKIN

**Seek Shade:** When the sun is at its strongest, between 10 am and 4 pm, enjoy the outdoors and protect your skin in the shade. Hang out under a sun umbrella or covered patio and avoid direct sunlight.

**Cover Up:** Long sleeves and pants seem counterintuitive when it's hot, but can help a lot with sun protection. Wear lighter-weight clothing with long sleeves and pants to help protect skin while not overheating. Don't forget a broad-brimmed hat and UV-blocking sunglasses!

**Wear Sunscreen:** The most critical part of avoiding skin cancer is avoiding sunburns. Sunburns are proof of skin damage by the sun, and they hurt. Avoid sunburns with the top two tips and by wearing sunscreen. The Skin Cancer Foundation recommends using a broad-spectrum (UVA/UVB) sunscreen with SPF 15 or higher every single day. For extended activity outdoors, opt for an SPF 30 broad-spectrum (UVA/UVB) sunscreen.

**Stay Aware:** Examine your skin and visit a dermatologist regularly. Conduct a head-to-toe skin check once a month to look for early warning signs of skin cancer. Visit with your dermatologist once a year or if you find anything suspicious in your examination.

For more useful skin care information and a self-exam guide, visit [skincancer.org](http://skincancer.org) online.

## Special Moments



### Does Your Family have a Special Cookie Recipe?

We are looking for some fun cookie recipes to have a Cookie Tasting event and see who has the best cookie in the community. Please bring it in to Farmington Square to the activities staff or email [athompson@farmingtonsquare.com](mailto:athompson@farmingtonsquare.com) by Wednesday May 17th . The cookie with the most votes will win the Golden Spatula Award.



## Join us for an Evening Tea with our Mothers

All are welcome to attend our Evening Tea to celebrate Mother's Day. It takes place Friday, May 10th at 6 pm in all three buildings.

We'll enjoy a selection of teas with light tea sandwiches and cookies.

Open to the public.  
RSVP to (503) 692-1748 or [rdickens@farmingtonsquare.com](mailto:rdickens@farmingtonsquare.com)





# May Highlights

May is Get Caught Reading Month  
and Military Appreciation Month

- 01 Chocolate Parfait Day
- 02 Truffle Day
- 03 Garden Meditation Day
- 04 Bird Day
- 05 Hoagie Day
- 06 Nurses Day
- 07 Teacher Appreciation Day
- 08 Receptionists Day
- 09 Butterscotch Brownie Day
- 10 Shrimp Day
- 11 Mini Golf Day
- 12 Mother's Day
- 13 Fruit Cocktail Day
- 14 Dance Like a Chicken Day
- 15 Chocolate Chip Day
- 16 Love a Tree Day
- 17 Endangered Species Day
- 18 Armed Forces Day
- 19 Devil's Food Cake Day

- 20 Pick Strawberries Day
- 21 Waitstaff Day
- 22 Vanilla Pudding Day
- 23 Lucky Penny Day
- 24 Scavenger Hunt Day
- 25 Tap Dance Day
- 26 Blueberry Cheesecake Day
- 27 Memorial Day
- 28 Hamburger Day
- 29 Senior Health & Fitness Day
- 30 Water a Flower Day
- 31 Heat Awareness Day

We're online @

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

Happy Mother's Day to all the moms out there!

# May Birthdays



We wish you a  
Happy Birthday!

- Sharon: May 13
- Lorry: May 27
- Marilyn: May 31



# Resident Spotlight! Shirley

Shirley grew up on a farm. She loves to talk about riding on the tractor with her father and watching her brothers ride the horses. She worked at Yellow Stone National Park and loves being outdoors and talking about the trees. Sitting on the bench in the courtyard, eating an orange, and watching the birds at the birdfeeders is her favorite part of the sunny weather.

We're so glad to congratulate Shirley on being our resident of the month!



# Staff Spotlight! Adriana

Adriana has been working at Farmington Square Tualatin for several years. She loves being a caregiver and taking care of our residents. Her soft-spoken manner is always soothing. She loves to do extra little things that the residents love - like fill their birdfeeder or help them plant flowers in the garden areas. Outside of work, she is devoted to her younger siblings.

Congratulations on being our Staff Member of the Month, Adriana!





# May 2019

Farmington Square Tualatin –ALPINE • 17950 SW 115th Ave., Tualatin, Oregon (503)692-1748

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<div>1</div> <div>9:30 Exercise</div> <div>10:15 Snack</div> <div>10:50 Piano with Alice</div> <div>11:30 Ball Toss</div> <div>1:00 Today in History</div> <div>1:30 Bible Stories</div> <div>2:00 IN2L Coloring</div> <div>3:00 Snack</div> <div>3:45 Travel Trivia</div>	<div>2</div> <div>9:30 Morning Stretches</div> <div>10:15 Snack and Chat</div> <div>11:00 Today In History</div> <div>11:30 Trivia</div> <div>1:00 Spa Time</div> <div>2:00 Crafts</div> <div>3:00 Snack</div> <div>4:00 Word Games</div> <div>6:00 Movie Time</div>	<div>3</div> <div>10:15 Snack</div> <div>10:45 Good New of the Day</div> <div>11:00 Chair Yoga</div> <div>11:30 Trivia</div> <div>1:00 Bean Bag Toss</div> <div>2:00 Read Aloud</div> <div>3:00 IN2L Games/ Snack</div> <div>4:00 Art and Coloring</div> <div>6:00 Funny Videos</div>	<div>4</div> <div>9:00 IN2L Music</div> <div>9:30 Exercise</div> <div>10:15 Snack</div> <div>11:00 Brain Games</div> <div>11:30 Noodle Tennis</div> <div>1:00 Trivia</div> <div>2:00 Balloon Toss</div> <div>3:00 Snack</div> <div>3:45 History Video</div>
<div>5</div> <div>Cinco de Mayo</div> <div>9:30 Morning Stretches</div> <div>10:15 Snack and Chat</div> <div>11:00 Spelling</div> <div>11:30 Ball Toss</div> <div>1:00 Bible Study</div> <div>1:30 Bible Trivia</div> <div>2:00 Spa Time</div> <div>3:00 Snack</div> <div>4:00 Movie Time</div>	<div>6</div> <div>9:30 Exercise</div> <div>10:15 Snack</div> <div>11:00 Spelling Games</div> <div>11:30 Hangman</div> <div>1:00 IN2L Painting</div> <div>1:30 IN2L Games</div> <div>2:00 Afternoon Stroll</div> <div>3:00 Snack</div> <div>4:00 Travel Show</div>	<div>7</div> <div>9:30 Gentle Stretching</div> <div>10:15 Snack Time</div> <div>11:00 Jokes and Poems</div> <div>11:30 Read Aloud</div> <div>1:00 Hangman</div> <div>2:00 Beanbag Toss</div> <div>3:00 Snack</div> <div>3:45 Singing with Suzy</div> <div>4:15 Noodle Tennis</div>	<div>8</div> <div>9:30 Exercise</div> <div>10:15 Snack</div> <div>10:50 Piano with Alice</div> <div>11:30 Ball Toss</div> <div>1:00 Today in History</div> <div>1:30 Bible Stories</div> <div>2:00 IN2L Coloring</div> <div>3:00 Snack</div> <div>3:45 Travel Trivia</div>	<div>9</div> <div>9:30 Morning Stretches</div> <div>10:15 Snack and Chat</div> <div>11:00 Today In History</div> <div>11:30 Trivia</div> <div>1:00 Spa Time</div> <div>2:00 Crafts</div> <div>3:00 Snack</div> <div>4:00 Word Games</div> <div>6:00 Movie Time</div>	<div>10</div> <div>10:15 Snack</div> <div>10:45 Good New of the Day</div> <div>11:00 Chair Yoga</div> <div>11:30 Trivia</div> <div>1:00 Bean Bag Toss</div> <div>2:00 Read Aloud</div> <div>3:00 IN2L Games/ Snack</div> <div>4:00 Art and Coloring</div> <div>6:00 Evening Mother's Tea</div>	<div>11</div> <div>9:00 IN2L Music</div> <div>9:30 Exercise</div> <div>10:15 Snack</div> <div>11:00 Brain Games</div> <div>11:30 Noodle Tennis</div> <div>1:00 Trivia</div> <div>2:00 Balloon Toss</div> <div>3:00 Snack</div> <div>3:45 History Video</div>
<div>12</div> <div>Mother's Day</div> <div>9:30 Morning Stretches</div> <div>10:15 Snack and Chat</div> <div>11:00 Spelling</div> <div>11:30 Ball Toss</div> <div>1:00 Bible Study</div> <div>1:30 Bible Trivia</div> <div>2:00 Spa Time</div> <div>3:00 Snack</div> <div>4:00 Movie Time</div>	<div>13</div> <div>9:30 Exercise</div> <div>10:15 Snack</div> <div>11:00 Spelling Games</div> <div>11:30 Hangman</div> <div>1:00 IN2L Painting</div> <div>1:30 IN2L Games</div> <div>2:00 Afternoon Stroll</div> <div>3:00 Snack</div> <div>4:00 Travel Show</div>	<div>14</div> <div>9:30 Gentle Stretching</div> <div>10:15 Snack Time</div> <div>11:00 Jokes and Poems</div> <div>11:30 Read Aloud</div> <div>1:00 Hangman</div> <div>2:00 Beanbag Toss</div> <div>3:00 Snack</div> <div>3:45 Singing with Suzy</div> <div>4:15 Noodle Tennis</div>	<div>15</div> <div>9:30 Exercise</div> <div>10:15 Snack</div> <div>10:50 Piano with Alice</div> <div>11:30 Ball Toss</div> <div>1:00 Today in History</div> <div>1:30 Bible Stories</div> <div>2:00 IN2L Coloring</div> <div>3:00 Snack</div> <div>3:45 Travel Trivia</div>	<div>16</div> <div>9:30 Morning Stretches</div> <div>10:15 Snack and Chat</div> <div>11:00 Today In History</div> <div>11:30 Trivia</div> <div>1:00 Spa Time</div> <div>2:00 Crafts</div> <div>3:00 Snack</div> <div>4:00 Word Games</div> <div>6:00 Movie Time</div>	<div>17</div> <div>10:15 Snack</div> <div>10:45 Good New of the Day</div> <div>11:00 Chair Yoga</div> <div>11:30 Trivia</div> <div>1:00 Birthday Party</div> <div>2:00 Read Aloud</div> <div>3:00 IN2L Games/ Snack</div> <div>4:00 Art and Coloring</div> <div>6:00 Funny Videos</div>	<div>18</div> <div>9:00 IN2L Music</div> <div>9:30 Exercise</div> <div>10:15 Snack</div> <div>11:00 Brain Games</div> <div>11:30 Noodle Tennis</div> <div>1:00 Trivia</div> <div>2:00 Balloon Toss</div> <div>3:00 Snack</div> <div>3:45 History Video</div>
<div>19</div> <div>9:30 Morning Stretches</div> <div>10:15 Snack and Chat</div> <div>11:00 Spelling</div> <div>11:30 Ball Toss</div> <div>1:00 Bible Study</div> <div>1:30 Bible Trivia</div> <div>2:00 Spa Time</div> <div>3:00 Snack</div> <div>4:00 Movie Time</div>	<div>20</div> <div>9:30 Exercise</div> <div>10:15 Snack</div> <div>11:00 Spelling Games</div> <div>11:30 Hangman</div> <div>1:00 IN2L Painting</div> <div>1:30 IN2L Games</div> <div>2:00 Afternoon Stroll</div> <div>3:00 Snack</div> <div>4:00 Travel Show</div>	<div>21</div> <div>9:30 Gentle Stretching</div> <div>10:15 Snack Time</div> <div>11:00 Jokes and Poems</div> <div>11:30 Read Aloud</div> <div>1:00 Hangman</div> <div>2:00 Beanbag Toss</div> <div>3:00 Snack</div> <div>3:45 Singing with Suzy</div> <div>4:15 Noodle Tennis</div>	<div>22</div> <div>9:30 Exercise</div> <div>10:15 Snack</div> <div>10:50 Piano with Alice</div> <div>11:30 Ball Toss</div> <div>1:00 Today in History</div> <div>1:30 Bible Stories</div> <div>2:00 IN2L Coloring</div> <div>3:00 Snack</div> <div>3:45 Travel Trivia</div>	<div>23</div> <div>9:30 Morning Stretches</div> <div>10:15 Snack and Chat</div> <div>11:00 Today In History</div> <div>11:30 Trivia</div> <div>1:00 Spa Time</div> <div>2:00 Crafts</div> <div>3:00 Snack</div> <div>4:00 Word Games</div> <div>6:00 Movie Time</div>	<div>24</div> <div>10:15 Snack</div> <div>10:45 Good New of the Day</div> <div>11:00 Chair Yoga</div> <div>11:30 Trivia</div> <div>1:00 Bean Bag Toss</div> <div>2:00 Read Aloud</div> <div>3:00 IN2L Games/ Snack</div> <div>4:00 Art and Coloring</div> <div>6:00 Funny Videos</div>	<div>25</div> <div>9:00 IN2L Music</div> <div>9:30 Exercise</div> <div>10:15 Snack</div> <div>11:00 Brain Games</div> <div>11:30 Noodle Tennis</div> <div>1:00 Trivia</div> <div>2:00 Balloon Toss</div> <div>3:00 Snack</div> <div>3:45 History Video</div>
<div>26</div> <div>9:30 Morning Stretches</div> <div>10:15 Snack and Chat</div> <div>11:00 Spelling</div> <div>11:30 Ball Toss</div> <div>1:00 Bible Study</div> <div>1:30 Bible Trivia</div> <div>2:00 Spa Time</div> <div>3:00 Snack</div> <div>4:00 Movie Time</div>	<div>27</div> <div>Memorial Day</div> <div>9:30 Exercise</div> <div>10:15 Snack</div> <div>11:00 Spelling Games</div> <div>11:30 Hangman</div> <div>1:00 IN2L Painting</div> <div>1:30 Piano W/ Bill</div> <div>2:00 Afternoon Stroll</div> <div>3:00 Snack</div> <div>4:00 Memorial Day Review</div>	<div>28</div> <div>9:30 Gentle Stretching</div> <div>10:15 Snack Time</div> <div>11:00 Jokes and Poems</div> <div>11:30 Read Aloud</div> <div>1:00 Hangman</div> <div>2:00 Beanbag Toss</div> <div>3:00 Snack</div> <div>3:45 Singing with Suzy</div> <div>4:15 Noodle Tennis</div>	<div>29</div> <div>9:30 Exercise</div> <div>10:15 Snack</div> <div>10:50 Piano with Alice</div> <div>11:30 Ball Toss</div> <div>1:00 Today in History</div> <div>1:30 Bible Stories</div> <div>2:00 IN2L Coloring</div> <div>3:00 Snack</div> <div>3:45 Travel Trivia</div>	<div>30</div> <div>9:30 Morning Stretches</div> <div>10:15 Snack and Chat</div> <div>11:00 Today In History</div> <div>11:30 Trivia</div> <div>1:00 Spa Time</div> <div>2:00 Crafts</div> <div>3:00 Snack</div> <div>4:00 Word Games</div> <div>6:00 Movie Time</div>	<div>31</div> <div>10:15 Snack</div> <div>10:45 Good New of the Day</div> <div>11:00 Chair Yoga</div> <div>11:30 Trivia</div> <div>1:00 Bean Bag Toss</div> <div>2:00 Read Aloud</div> <div>3:00 IN2L Games/ Snack</div> <div>4:00 Art and Coloring</div> <div>6:00 Funny Videos</div>	



# May 2019

Farmington Square Tualatin –BEECHWOOD • 17950 SW 115th Ave., Tualatin, Oregon (503)692-1748

<i><b>Sun</b></i>	<i><b>Mon</b></i>	<i><b>Tue</b></i>	<i><b>Wed</b></i>	<i><b>Thu</b></i>	<i><b>Fri</b></i>	<i><b>Sat</b></i>
			<sup>1</sup> 10:15 Snack 11:25 Piano w/ Alice 1:00 Chair Yoga 2:30 Bible Study 3:00 Jokes and Poems 4:00 Word Search 6:00 Travel Show	<sup>2</sup> 10:15 Snack 11:30 Art and Coloring 1:00 Stretching 1:30 States Trivia 2:00 Bible Study 4:00 Walking club 6:00 Uno/ Cards	<sup>3</sup> 9:30 BINGO & Lun. JPC 11:00 Card Games 1:00 Exercise 2:00 Bowling 3:00 Spa Time 4:00 This Day History 6:00 Hangman	<sup>4</sup> 10:15 Snack 11:00 IN2L Concert 1:00 Chair Yoga 1:30 Spelling 2:30 Sing Along 3:30 Kentucky Derby 6:00 Movie Time
<sup>5</sup> Cinco de Mayo 10:15 Snack 1:00 Gentle Stretches 1:30 Good News 2:00 Bible Study 3:00 Word Search 4:00 In2L Trivia 6:00 News Review	<sup>6</sup> 10:15 Snack 10:30 Chair Yoga 11:00 Trivia 1:00 Read Aloud 2:00 Card games 3:15 Ball Toss 4:00 IN2L Games	<sup>7</sup> 9:30 Day in History 10:15 Snack 11:00 Exercise 12:45 Crafts 2:00 Bingo 3:15 Book Club 4:00 Word Games	<sup>8</sup> 10:15 Snack 11:25 Piano w/ Alice 1:00 Chair Yoga 2:30 Bible Study 3:00 Jokes and Poems 4:00 Word Search 6:00 Travel Show	<sup>9</sup> 10:15 Snack 11:30 Art and Coloring 1:00 Stretching 1:30 States Trivia 2:00 Bible Study 3:50 Music 6:00 Uno/ Cards	<sup>10</sup> 9:30 BINGO & Lun. JPC 11:00 Card Games 1:00 Exercise 1:30 Music w/ Phil 3:00 Spa Time 4:00 This Day History 6:00 Evening Mother's Tea	<sup>11</sup> 10:15 Snack 11:00 IN2L Concert 1:00 Chair Yoga 1:30 Spelling 2:30 Sing Along 3:00 Trivia 6:00 Movie Time
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Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<div>1</div> <div>10:15 Spa Time</div> <div>10:15 PIANO W/ ALICE</div> <div>11:00 Stretches</div> <div>1:00 Arts Class</div> <div>2:00 Shopping @ Walmart</div> <div>3:30 Puzzles</div>	<div>2</div> <div>10:00 Chair Yoga</div> <div>11:30 Bible Study</div> <div>12:00 ONE MAN BAND</div> <div>1:00 Book Club</div> <div>2:00 Dominos</div> <div>3:00 Card Games</div>	<div>3</div> <div>9:30 BINGO &amp; Lun. JCP</div> <div>10:00 Exercise</div> <div>1:00 Scrabble</div> <div>2:00 In2L Games</div> <div>3:00 Write Your Story</div> <div>4:10 MUSIC W/ PHIL</div>	<div>4</div> <div>10:00 Morning News</div> <div>10:30 Mini Golf</div> <div>11:00 Spa Time</div> <div>1:00 Word Games</div> <div>2:00 Board Games</div> <div>3:00 Day in History</div>
<div>Cinco de Mayo</div> <div>5</div> <div>10:00 Exercise</div> <div>10:30 Morning News</div> <div>11:00 Word Search</div> <div>1:00 Bible Study</div> <div>2:00 Card Games</div> <div>3:00 Sunday Movie</div>	<div>6</div> <div>10:00 Gentle Stretches</div> <div>10:30 Brain Teasers</div> <div>11:00 Cribbage</div> <div>1:00 Scrabble</div> <div>2:30 One on One</div> <div>4:30 Comedy TV</div>	<div>7</div> <div>10:00 Exercise</div> <div>10:30 Today in History</div> <div>11:00 Board Games</div> <div>1:00 Word Search</div> <div>2:00 Bunko</div> <div>3:00 Bingo</div>	<div>8</div> <div>10:15 Spa Time</div> <div>10:15 PIANO W/ ALICE</div> <div>11:00 Stretches</div> <div>1:00 Arts Class</div> <div>2:00 Scenic Drive</div> <div>3:30 Puzzles</div>	<div>9</div> <div>10:00 Chair Yoga</div> <div>10:50 Therapy Dog</div> <div>11:30 Bible Study</div> <div>1:00 Book Club</div> <div>2:00 Dominos</div> <div>3:00 Card Games</div>	<div>10</div> <div>9:30 BINGO &amp; Lun. JCP</div> <div>10:00 Exercise</div> <div>1:00 Scrabble</div> <div>2:00 Bible Study</div> <div>3:00 Word Search</div> <div>6:00 Evening Mother's Tea</div>	<div>11</div> <div>10:00 Morning News</div> <div>10:30 Mini Golf</div> <div>11:00 Spa Time</div> <div>1:00 Word Games</div> <div>2:00 Board Games</div> <div>3:00 Day in History</div>
<div>Mother's Day</div> <div>12</div> <div>10:00 Exercise</div> <div>10:30 Morning News</div> <div>11:00 Word Search</div> <div>1:00 Bible Study</div> <div>2:00 Card Games</div> <div>3:00 Sunday Movie</div>	<div>13</div> <div>10:00 Gentle Stretches</div> <div>10:30 Brain Teasers</div> <div>11:00 Cribbage</div> <div>1:00 Scrabble</div> <div>2:30 One on One</div> <div>4:30 Comedy TV</div>	<div>14</div> <div>10:00 Exercise</div> <div>10:30 Today in History</div> <div>11:00 Board Games</div> <div>1:00 Word Search</div> <div>2:00 Bunko</div> <div>3:00 Bingo</div>	<div>15</div> <div>10:15 Spa Time</div> <div>10:15 PIANO W/ ALICE</div> <div>11:00 Stretches</div> <div>11:30 Lunch Outing</div> <div>1:00 Arts Class</div> <div>3:30 Puzzles</div>	<div>16</div> <div>10:00 Chair Yoga</div> <div>11:30 Bible Study</div> <div>1:00 Resident Council</div> <div>2:00 Dominos</div> <div>2:30 Pet Therapy</div> <div>3:00 Card Games</div>	<div>17</div> <div>9:30 BINGO &amp; Lun. JCP</div> <div>10:00 Exercise</div> <div>1:00 Scrabble</div> <div>2:15 Birthday Party</div> <div>3:00 Word Search</div> <div>4:30 Comedy TV</div>	<div>18</div> <div>10:00 Morning News</div> <div>10:30 Mini Golf</div> <div>11:00 Spa Time</div> <div>1:00 Word Games</div> <div>2:00 Board Games</div> <div>3:00 Day in History</div>
<div>19</div> <div>10:00 Exercise</div> <div>10:30 Morning News</div> <div>11:00 Word Search</div> <div>1:00 Bible Study</div> <div>2:00 Card Games</div> <div>3:00 Sunday Movie</div>	<div>20</div> <div>10:00 Gentle Stretches</div> <div>10:30 Brain Teasers</div> <div>11:00 Cribbage</div> <div>1:00 Scrabble</div> <div>2:30 One on One</div> <div>4:30 Comedy TV</div>	<div>21</div> <div>10:00 Exercise</div> <div>10:30 Today in History</div> <div>11:00 Board Games</div> <div>1:00 Word Search</div> <div>2:00 Bunko</div> <div>3:00 Bingo</div>	<div>22</div> <div>10:15 Spa Time</div> <div>10:15 PIANO W/ ALICE</div> <div>11:00 Stretches</div> <div>1:00 Arts Class</div> <div>2:00 Scenic Drive</div> <div>3:30 Puzzles</div>	<div>23</div> <div>10:00 Chair Yoga</div> <div>11:30 Bible Study/CC</div> <div>1:00 Book Club</div> <div>2:00 Dominos</div> <div>3:00 Card Games</div> <div>6:00 Musical Movie</div>	<div>24</div> <div>9:30 BINGO &amp; Lun. JCP</div> <div>10:00 Exercise</div> <div>1:00 Scrabble</div> <div>2:00 Bible Study</div> <div>3:00 Word Search</div> <div>4:30 Comedy TV</div>	<div>25</div> <div>10:00 Morning News</div> <div>10:30 Mini Golf</div> <div>11:00 Spa Time</div> <div>1:00 Word Games</div> <div>2:00 Board Games</div> <div>3:00 Day in History</div>
<div>26</div> <div>10:00 Exercise</div> <div>10:30 Morning News</div> <div>11:00 Word Search</div> <div>1:00 Bible Study</div> <div>2:00 Card Games</div> <div>3:00 Sunday Movie</div>	<div>Memorial Day</div> <div>27</div> <div>10:00 Gentle Stretches</div> <div>10:30 Brain Teasers</div> <div>11:00 Cribbage</div> <div>1:00 Scrabble</div> <div>2:30 One on One</div> <div>4:30 Comedy TV</div>	<div>28</div> <div>10:00 Exercise</div> <div>10:30 Today in History</div> <div>11:00 Board Games</div> <div>1:00 Word Search</div> <div>2:00 Bunko</div> <div>3:00 Bingo</div>	<div>29</div> <div>10:15 Spa Time</div> <div>10:15 PIANO W/ ALICE</div> <div>11:00 Stretches</div> <div>1:00 Arts Class</div> <div>2:00 Scenic Drive</div> <div>3:30 Puzzles</div>	<div>30</div> <div>10:00 Chair Yoga</div> <div>11:30 Bible Study/CC</div> <div>1:00 Book Club</div> <div>2:00 Dominos</div> <div>3:00 Card Games</div> <div>6:00 Musical Movie</div>	<div>31</div> <div>9:30 BINGO &amp; Lun. JCP</div> <div>10:00 Exercise</div> <div>1:00 Scrabble</div> <div>2:00 Bible Study</div> <div>3:00 Word Search</div> <div>4:30 Comedy TV</div>	