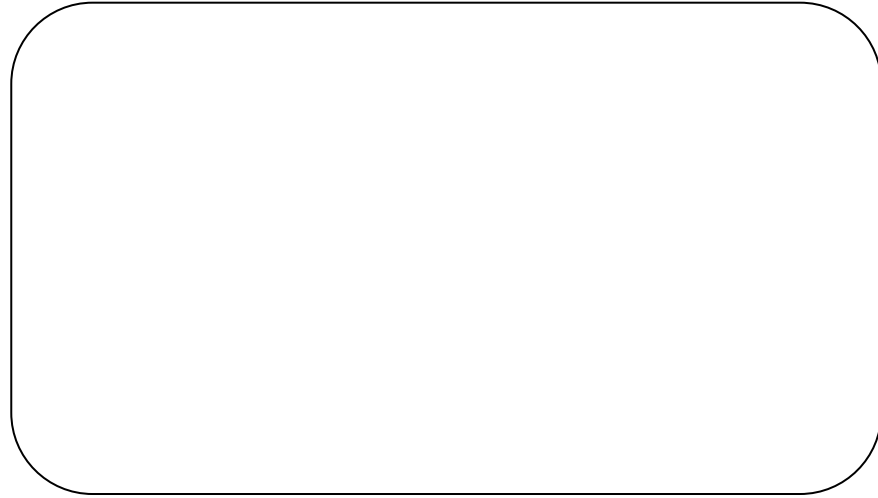




960 Boone Rd. SE  
Salem, OR 97306

STAMP  
HERE



**Administrative Team:**  
503-363-2273

**Jessica Penland**  
Executive Director  
**Sarah Shipley**  
Asst. Executive Director  
**Margo G. / Mari G.**  
Wellness Director  
**Shelly Kesterson**  
Business Office Director  
**Michele D. / Virginia G.**  
Wellness Nurse  
**Chad Christy**  
Dining Services Director  
**George Curtis**  
Maintenance Director  
**Amanda Bell**  
Life Enrichment Director

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



(Chuckle answer from page 6: A pumpkin patch!)

# Farmington Square Salem News

Assisted & Memory Care Newsletter



**October 2019 910-920**

2 Breast Cancer Awareness  
3 Resident/Team Spotlight  
4 Activities Calendar

6 Highlights, Social Media, Birthdays  
7 Special Moments & All About Autumn!  
8 Mission & Team



## Breast Cancer Awareness Increases Chances of Early Detection and Treatment

October is for Breast Cancer Awareness! We know when it takes place by the pink we see people wearing, but we may not know the significance Breast Cancer Awareness Month can have in our own lives.

In addition to promoting breast cancer knowledge importance, raising research funds, and supporting survivors and those in the fight, Breast Cancer Awareness Month encourages people to take steps to help themselves detect the disease in early stages.

This October, increase your awareness level with some breast cancer facts and early detection information. Your know-how could help a loved one, friend, or yourself.

*Note: This article should not be considered medical advice. Consult your medical provider before making changes to diet, medications, or lifestyle.*

### What is Breast Cancer?

When cells, in the breast or nearby tissue, divide and grow without normal control of regular cell division, breast cancer occurs. This process is often slow. When a lump can be felt, it may have already been growing for 10 years.

Breast cancer may occur in men or women, but affects women more often than men. In the U.S., about one percent of cases occur in men. In 2019, for U.S. women, there will have been about 268,600 new cases of invasive breast cancer. For men, there will have been an estimated 2,670 new breast cancer cases. Early detection increases breast cancer survival.



### Early Detection is Key

There are ways to detect breast cancer early including regular self-examinations and clinical screenings. Clinical screenings include mammography (X-ray breast imaging); clinical breast exams (where a trained provider feels for abnormalities); and in certain high risk cases, breast MRIs. More information on screening is available at [www.cancer.gov](http://www.cancer.gov).

Women should be familiar with how their breasts normally look and report any changes to a medical provider. The American Cancer Society recommends women 45-54 get annual mammograms, earlier for those who are high-risk for breast cancer. Those 55+ can switch to every other year if in good health.

Men at high risk for breast cancer should discuss how to manage their risk with their doctor.

It is our hope that these facts encourage awareness and continued learning beyond this special month.

## Special Moments - Rock Painting



## We're All About Autumn!

**Autumn officially started on September 23. With it now in full swing, we asked around for the best things about Autumn!**

"All the colors of Fall & scented candles"

-Michele D.

"I enjoy the cooler weather" - Ken M.

"The changing of the leaves!"

- Amanda B.

"Thanksgiving!"

- Peggy A.

"Family getting together!"

- Elizabeth D.



# October Highlights

October is Dessert Month, Pizza Month, Seafood Month, Arts & Humanities Month, & Popcorn Month

- 1 Hair Day; Homemade Cookies Day
- 2 Fried Scallops Day
- 3 Techies Day
- 4 Golf Lover’s Day; Taco Day
- 5 Do Something Nice Day
- 6 Mad Hatter Day; Noodle Day
- 7 Frappe Day; Inner Beauty Day
- 8 Fluffernutter Day; Pierogi Day
- 9 ER Nurses Day
- 10 Angel Food Day; Mental Health Day
- 11 Sausage Pizza Day
- 12 Chess Day; Gumbo Day
- 13 Train Your Brain Day
- 14 Columbus Day; Dessert Day
- 15 Cheese Curd Day; I Love Lucy Day
- 16 Cat Day; Take Parents to Lunch Day
- 17 Pasta Day
- 18 Chocolate Cupcake Day
- 19 Seafood Bisque Day; Sweetest Day

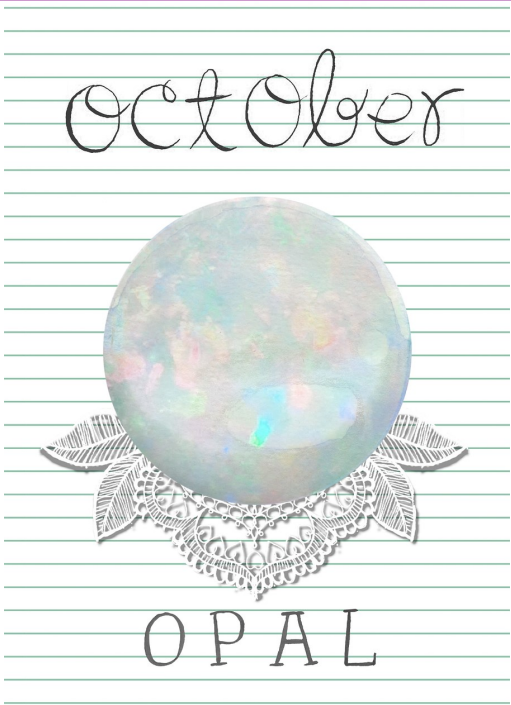
- 20 Brandied Fruit Day
- 21 Pumpkin Cheesecake Day; Reptile Day
- 22 Nut Day; Favorite Colors Day
- 23 Boston Cream Pie Day
- 24 Bologna Day
- 25 Breadstick Day
- 26 Make a Difference Day
- 27 American Beer Day; Mother in Law Day
- 28 Chocolate Day
- 29 Cat Day; Oatmeal Day; Intl. Stroke Day
- 30 Candy Corn Day
- 31 Halloween; Knock-Knock Jokes Day

Check us out online at:

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

Chuckle Time: What do you use to mend a Jack-O-Lantern? (Answer on back cover)

## October Birthdays!



We wish you a  
Very Happy Birthday!

- |           |     |       |
|-----------|-----|-------|
| Connie W. | 930 | 10/14 |
| Leota R.  | 940 | 10/19 |
| Teddi T.  | 950 | 10/27 |
| Lew W.    | 920 | 10/30 |



## Resident Spotlight! Georgia B.

We are happy to announce Georgia as our Resident of the Month!

Georgia has lived at Farmington Square for almost 2 years now. She is such a joy to be around. She was born in California and loves to play piano. She is also a huge football fan! You can always find Georgia smiling and joking with staff and her friends who live at our community.

We have enjoyed building new and fun memories with Georgia and are blessed to have her as part of our Farmington Square family!



## Staff Spotlight! Carrie R.



Carrie has been part of the Farmington Square team for 5 years now. She started her career in caregiving about 20 years ago. Initially, she was unsure if this would be her path in life, but when she became familiar with it, she realized it was her passion and calling to care for and help others.

Carrie has always been a go-getter and works well with others. She shared that the most rewarding thing about her job is knowing she is making a difference in people’s lives. She is the first to tell those around her about how much she loves Farmington Square!

We are grateful to have such a wonderful and compassionate person working with us day to day and look forward to many more years to come!



# October 2019 Activities 910-920

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Happy Birthday!</b> 10/14 Connie W. 930 10/19 Leota R. 940 10/27 Teddi T. 950 10/30 Lew W. 920	 10:30a: Bldg 910,920,930,960 1:30p: Bldg 940,950	9:30 Chair Dancing IN2L 10:30 <b>B I N G O</b> in 910 11:30 Outside Stroll 1:30 Casino Games IN2L 2:00 <b>Bulletin Boards</b> 3:00 Sit & Sip 4:00 Yahtzee	9:30 Light & Lively Exercise 10:30 Trivia IN2L 11:30 Dominoes 1:30 Family Feud IN2L 2:00 <b>Spider Web Fun</b> 3:00 Coffee & Reminisce 4:00 Wii Bowling/920	9:30 Chair Dancing IN2L 10:30 <b>B I N G O</b> in 920 11:30 Outside Stroll 1:30 What does it Cost? IN2L 2:00 Karaoke IN2L 3:00 Coffee & Chat 4:00 Scrabble	9:30 Exercise IN2L 10:30 Jokes & Laughter IN2L 11:30 Price is Right IN2L 1:30 Adult Coloring 2:00 Afternoon Stroll 3:00 Sit & Sip 4:00 Skip - Bo	9:30 Sit and be Fit IN2L 10:30 One on Ones 11:30 Scrabble 1:30 Outside Stroll 2:00 <b>B I N G O</b> in 930 3:00 Coffee & Reminisce 4:00 Sing a Long IN2L
9:30 Exercise IN2L 10:30 Spiritual Songs IN2L 11:30 Bible Trivia IN2L 1:30 Afternoon Stroll 2:00 <b>Church in 940</b> IN2L 3:00 Snack & Devotions 4:00 Dominoes	9:30 Chair Dancing IN2L 10:30 <b>Scenic Drive</b> 11:30 Piggy Bank IN2L 1:30 Outside Stroll 2:00 Manicures 3:00 Reminisce 4:00 Skip - Bo	9:30 Sit and be Fit IN2L 10:30 <b>B I N G O</b> in 930 11:30 Morning Walk 1:30 Sports Trivia IN2L 2:00 Karaoke IN2L 3:00 Coffee & Chat 4:00 Card Games	9:30 Exercise IN2L 10:30 Price is Right IN2L 11:30 Yahtzee 1:30 Outside Walk 2:00 <b>Pumpkin Weaving</b> 3:00 Sing a Long IN2L 4:00 Hangman IN2L	9:30 Sit and be Fit IN2L 10:30 Word Search IN2L 11:30 Outside Walk 1:30 Creative Coloring 2:00 <b>B I N G O</b> in 940 3:00 Reminisce 4:00 Uno	9:30 Light & Lively Exercise 10:30 Piggy Bank IN2L 11:30 Casino Games IN2L 1:30 Outside Walk 2:00 Manicures 3:00 Sing a Long IN2L 4:00 Scrabble	9:30 Exercise IN2L 10:30 Creative Coloring 11:30 Family Feud IN2L 1:30 Afternoon Stroll 2:00 <b>B I N G O</b> in 950 3:00 Coffee & Chat 4:00 Skip- Bo
9:30 Sit and be Fit IN2L 10:30 Morning Walk 11:30 Bible Reading 1:30 Hymns IN2L 2:00 <b>Church in 950</b> IN2L 3:00 Coffee & Devotions 4:00 Skip - Bo	9:30 Light & Lively Exercise 10:30 <b>Scenic Drive</b> 11:30 Word Search IN2L 1:30 Outside Stroll 2:00 Jokes & Laughter IN2L 3:00 Coffee & Chat 4:00 Scrabble	9:30 Chair Dancing IN2L 10:30 <b>B I N G O</b> in 910 11:30 Outside Stroll 1:30 Casino Games IN2L 2:00 Manicures 3:00 Sit & Sip 4:00 Yahtzee	9:30 Light & Lively Exercise 10:30 Trivia IN2L 11:30 Dominoes 1:30 Family Feud IN2L 2:00 <b>Ghost Door Hangers</b> 3:00 Coffee & Reminisce 4:00 Wii Bowling/920	9:30 Chair Dancing IN2L 10:30 Karaoke IN2L 11:30 Outside Stroll 1:30 What does it Cost? IN2L 2:00 <b>B I N G O</b> in 920 3:00 Coffee & Chat 4:00 Scrabble	9:30 Exercise IN2L 10:30 Jokes & Laughter IN2L 11:30 Price is Right IN2L 1:30 Adult Coloring 2:00 Afternoon Stroll 3:00 Sit & Sip 4:00 Skip - Bo	9:30 Sit and be Fit IN2L 10:30 One on Ones 11:30 Scrabble 1:30 Outside Stroll 2:00 <b>B I N G O</b> in 930 3:00 Coffee & Reminisce 4:00 Sing a Long IN2L
9:30 Exercise IN2L 10:30 Spiritual Songs IN2L 11:30 Bible Trivia IN2L 1:30 Afternoon Stroll 2:00 <b>Church in 940</b> IN2L 3:00 Snack & Devotions 4:00 Dominoes	9:30 Chair Dancing IN2L 10:30 <b>Scenic Drive</b> 11:30 Piggy Bank IN2L 1:30 Outside Stroll 2:00 Manicures 3:00 Reminisce 4:00 Skip - Bo	9:30 Sit and be Fit IN2L 10:30 <b>B I N G O</b> in 930 11:30 Morning Walk 1:30 Sports Trivia IN2L 2:00 Karaoke IN2L 3:00 Coffee & Chat 4:00 Card Games	9:30 Exercise IN2L 10:30 Price is Right IN2L 11:30 Yahtzee 1:30 Outside Walk 2:00 <b>Fall Wind Chimes</b> 3:00 Sing a Long IN2L 4:00 Hangman IN2L	9:30 Sit and be Fit IN2L 10:30 <b>B I N G O</b> in 940 11:30 Outside Walk 1:30 Creative Coloring 2:00 <b>Birthday Party</b> 3:00 Reminisce 4:00 Uno	9:30 Light & Lively Exercise 10:30 Piggy Bank IN2L 11:30 Casino Games IN2L 1:30 <b>Resident Council/ 910</b> 2:00 Manicures 3:00 Sing a Long IN2L 4:00 Scrabble	9:30 Exercise IN2L 10:30 Creative Coloring 11:30 Family Feud IN2L 1:30 Afternoon Stroll 2:00 <b>B I N G O</b> in 950 3:00 Coffee & Chat 4:00 Skip- Bo
9:30 Sit and be Fit IN2L 10:30 Morning Walk 11:30 Bible Reading 1:30 Hymns IN2L 2:00 <b>Church in 950</b> IN2L 3:00 Coffee & Devotions 4:00 Skip - Bo	9:30 Light & Lively Exercise 10:30 <b>Scenic Drive</b> 11:30 Word Search IN2L 1:30 Outside Stroll 2:00 Jokes & Laughter IN2L 3:00 Coffee & Chat 4:00 Scrabble	9:30 Chair Dancing IN2L 10:30 <b>B I N G O</b> in 910 11:30 Outside Stroll 1:30 Casino Games IN2L 2:00 Manicures 3:00 Sit & Sip 4:00 Yahtzee	9:30 Light & Lively Exercise 10:30 Trivia IN2L 11:30 Dominoes 1:30 Family Feud IN2L 2:00 <b>Pumpkin Decorating</b> 3:00 Coffee & Reminisce 4:00 Wii Bowling/920	9:30 Chair Dancing IN2L 10:30 <b>B I N G O</b> in 920 11:30 Outside Stroll 1:30 What does it Cost? IN2L 2:00 Karaoke IN2L 3:00 Coffee & Chat 4:00 Scrabble	 <b>Walking Group</b> Sign up for a seat on the bus! Tuesdays @ 9:30 (Weather Permitting)	



## Charlie Foxx

10/15/19 2019  
@ 1:30pm in 940



## Shopping Trips

10/4 Walmart @ 10 10/18 Winco @ 10  
10/11 Dollar Tree @10 10/25 Fred Meyer@ 1:30



## Live Entertainment

10/3 Linda @ 2pm 10/17 Barbara @ 10:30  
10/10 Ken @ 10:30 10/24 Royce @ 2pm  
10/31 Jerry @ 2pm





## Lunch Outings

10/2 I HOP @ 11am 10/23 Pumpkin Patch @ 1:30  
10/9 Cinebarre Movie 10/30 Walery's Pizza @ 11am  
10/16 McGrath's @ 11am





# October 2019 Activities 930-960

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Happy Birthday!</b> 10/14 Connie W. 930 10/19 Leota R. 940 10/27 Teddi T. 950 10/30 Lew W. 920	 10:30a: Bldg 910,920,930,960 1:30p: Bldg 940,950	9:30 Chair Dancing IN2L 10:30 BINGO in 910 11:30 Outside Stroll 1:30 Casino Games IN2L 2:00 Bulletin Boards 3:00 Sit & Sip 4:00 Yahtzee	9:30 Light & Lively Exercise 10:30 Trivia IN2L 11:30 Dominoes 1:30 Family Feud IN2L 2:00 Spider Web Fun 3:00 Sit & Sip 4:00 Wii Bowling/920	9:30 Chair Dancing IN2L 10:30 BINGO in 920 11:30 Outside Stroll 1:30 What does it Cost? IN2L 2:00 Banana Grams 3:00 Coffee & Chat 4:00 Scrabble	9:30 Exercise IN2L 10:30 Jokes & Laughter IN2L 11:30 Price is Right IN2L 1:30 Adult Coloring 2:00 Afternoon Stroll 3:00 Sit & Sip 4:00 Skip - Bo	9:30 Sit and be Fit IN2L 10:30 One on Ones 11:30 Scrabble 1:30 Outside Stroll 2:00 BINGO in 930 3:00 Coffee & Reminisce 4:00 Sing a Long IN2L
9:30 Exercise IN2L 10:30 Spiritual Songs IN2L 11:30 Bible Trivia IN2L 1:30 Afternoon Stroll 2:00 Church in 940 IN2L 3:00 Snack & Devotions 4:00 Dominoes	9:30 Chair Dancing IN2L 10:30 Scenic Drive 11:30 Piggy Bank IN2L 1:30 Outside Stroll 2:00 Manicures 3:00 Sit & Sip 4:00 Skip - Bo	9:30 Sit and be Fit IN2L 10:30 BINGO in 930 11:30 Morning Walk 1:30 Sports Trivia IN2L 2:00 Karaoke IN2L 3:00 Coffee & Chat 4:00 Card Games	9:30 Exercise IN2L 10:30 Price is Right IN2L 11:30 Yahtzee 1:30 Outside Walk 2:00 Pumpkin Weaving 3:00 Snack & Chat 4:00 Hangman IN2L	9:30 Sit and be Fit IN2L 10:30 Word Search IN2L 11:30 Outside Walk 1:30 Creative Coloring 2:00 BINGO in 940 3:00 Sit & Sip 4:00 Uno	9:30 Light & Lively Exercise 10:30 Piggy Bank IN2L 11:30 Casino Games IN2L 1:30 Outside Walk 2:00 Manicures 3:00 Sing a Long IN2L 4:00 Scrabble	9:30 Exercise IN2L 10:30 Creative Coloring 11:30 Family Feud IN2L 1:30 Afternoon Stroll 2:00 BINGO in 950 3:00 Coffee & Chat 4:00 Skip- Bo
9:30 Sit and be Fit IN2L 10:30 Morning Walk 11:30 Bible Reading 1:30 Hymns IN2L 2:00 Church in 950 IN2L 3:00 Coffee & Devotions 4:00 Skip - Bo	9:30 Light & Lively Exercise 10:30 Scenic Drive 11:30 Word Search IN2L 1:30 Outside Stroll 2:00 Jokes & Laughter IN2L 3:00 Coffee & Chat 4:00 Scrabble	9:30 Chair Dancing IN2L 10:30 BINGO in 910 11:30 Outside Stroll 1:30 Casino Games IN2L 2:00 Manicures 3:00 Sit & Sip 4:00 Yahtzee	9:30 Light & Lively Exercise 10:30 Trivia IN2L 11:30 Dominoes 1:30 Family Feud IN2L 2:00 Ghost Door Hangers 3:00 Sit & Sip 4:00 Wii Bowling/920	9:30 Chair Dancing IN2L 10:30 Banana Grams 11:30 Outside Stroll 1:30 What does it Cost? IN2L 2:00 BINGO in 920 3:00 Coffee & Chat 4:00 Scrabble	9:30 Exercise IN2L 10:30 Jokes & Laughter IN2L 11:30 Price is Right IN2L 1:30 Adult Coloring 2:00 Afternoon Stroll 3:00 Sit & Sip 4:00 Skip - Bo	9:30 Sit and be Fit IN2L 10:30 One on Ones 11:30 Scrabble 1:30 Outside Stroll 2:00 BINGO in 930 3:00 Coffee & Reminisce 4:00 Sing a Long IN2L
9:30 Exercise IN2L 10:30 Spiritual Songs IN2L 11:30 Bible Trivia IN2L 1:30 Afternoon Stroll 2:00 Church in 940 IN2L 3:00 Snack & Devotions 4:00 Dominoes	9:30 Chair Dancing IN2L 10:30 Scenic Drive 11:30 Piggy Bank IN2L 1:30 Outside Stroll 2:00 Manicures 3:00 Sit & Sip 4:00 Skip - Bo	9:30 Sit and be Fit IN2L 10:30 BINGO in 930 11:30 Morning Walk 1:30 Sports Trivia IN2L 2:00 Karaoke IN2L 3:00 Coffee & Chat 4:00 Card Games	9:30 Exercise IN2L 10:30 Price is Right IN2L 11:30 Yahtzee 1:30 Outside Walk 2:00 Fall Wind Chimes 3:00 Snack & Chat 4:00 Hangman IN2L	9:30 Sit and be Fit IN2L 10:30 BINGO in 940 11:30 Outside Walk 1:30 Creative Coloring 2:00 Birthday Party 3:00 Sit & Sip 4:00 Uno	9:30 Light & Lively Exercise 10:30 Piggy Bank IN2L 11:30 Casino Games IN2L 1:30 Resident Council/ 910 2:00 Manicures 3:00 Sing a Long IN2L 4:00 Scrabble	9:30 Exercise IN2L 10:30 Creative Coloring 11:30 Family Feud IN2L 1:30 Afternoon Stroll 2:00 BINGO in 950 3:00 Coffee & Chat 4:00 Skip- Bo
9:30 Sit and be Fit IN2L 10:30 Morning Walk 11:30 Bible Reading 1:30 Hymns IN2L 2:00 Church in 950 IN2L 3:00 Coffee & Devotions 4:00 Skip - Bo	9:30 Light & Lively Exercise 10:30 Scenic Drive 11:30 Word Search IN2L 1:30 Outside Stroll 2:00 Jokes & Laughter IN2L 3:00 Coffee & Chat 4:00 Scrabble	9:30 Chair Dancing IN2L 10:30 BINGO in 910 11:30 Outside Stroll 1:30 Casino Games IN2L 2:00 Manicures 3:00 Sit & Sip 4:00 Yahtzee	9:30 Light & Lively Exercise 10:30 Trivia IN2L 11:30 Dominoes 1:30 Family Feud IN2L 2:00 Pumpkin Decorating 3:00 Sit & Sip 4:00 Wii Bowling/920	9:30 Chair Dancing IN2L 10:30 BINGO in 920 11:30 Outside Stroll 1:30 What does it Cost? IN2L 2:00 Banana Grams 3:00 Coffee & Chat 4:00 Scrabble	 <b>Walking Group</b> Sign up for a seat on the bus! Tuesdays @ 9:30 (Weather Permitting)	



## Charlie Foxx

10/15/19 2019  
@ 1:30pm in 940



## Shopping Trips

10/4 Walmart @ 10 10/18 Winco @ 10  
10/11 Dollar Tree @10 10/25 Fred Meyer@ 1:30



## Live Entertainment

10/3 Linda @ 2pm 10/17 Barbara @ 10:30  
10/10 Ken @ 10:30 10/24 Royce @ 2pm  
10/31 Jerry @ 2pm





## Lunch Outings

10/2 I HOP @ 11am 10/23 Pumpkin Patch @ 1:30  
10/9 Cinebarre Movie 10/30 Walery's Pizza @ 11am  
10/16 McGrath's @ 11am





# October 2019 Activities 940-950

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Happy Birthday!</b> 10/14 Connie W. 930 10/19 Leota R. 940 10/27 Teddi T. 950 10/30 Lew W. 920	 10:30a: Bldg 910,920,930,960 1:30p: Bldg 940,950	<sup>1</sup> 9:30 Chair Dancing IN2L 10:30 BINGO in 910 11:30 Outside Stroll 1:30 Casino Games IN2L 2:00 Bulletin Boards 3:00 Sit & Sip 4:00 Balloon Bat/ Music	<sup>2</sup> 9:30 Light & Lively Exercise 10:30 Trivia IN2L 11:30 Dominoes 1:30 Family Feud IN2L 2:00 Spider Web Fun 3:00 Sit & Sip 4:00 Bowling	<sup>3</sup> 9:30 Chair Dancing IN2L 10:30 BINGO in 920 11:30 Outside Stroll 1:30 What does it Cost? IN2L 2:00 Banana Grams 3:00 Coffee & Chat 4:00 Bean Bag Toss	<sup>4</sup> 9:30 Exercise IN2L 10:30 Jokes & Laughter IN2L 11:30 Price is Right IN2L 1:30 Adult Coloring 2:00 Afternoon Stroll 3:00 Sit & Sip 4:00 Ring Toss	<sup>5</sup> 9:30 Sit and be Fit IN2L 10:30 One on Ones 11:30 Scrabble 1:30 Outside Stroll 2:00 BINGO in 930 3:00 Coffee & Reminisce 4:00 Sing a Long IN2L
<sup>6</sup> 9:30 Exercise IN2L 10:30 Spiritual Songs IN2L 11:30 Bible Trivia IN2L 1:30 Afternoon Stroll 2:00 Church in 940 IN2L 3:00 Snack & Devotions 4:00 Balloon Bat/ Music	<sup>7</sup> 9:30 Chair Dancing IN2L 10:30 Manicures 11:30 Piggy Bank IN2L 1:30 Outside Stroll 2:00 Scenic Drive 3:00 Sit & Sip 4:00 Ring Toss	<sup>8</sup> 9:30 Sit and be Fit IN2L 10:30 BINGO in 930 11:30 Morning Walk 1:30 Sports Trivia IN2L 2:00 Karaoke IN2L 3:00 Coffee & Chat 4:00 Hot Potato Game	<sup>9</sup> 9:30 Exercise IN2L 10:30 Price is Right IN2L 11:30 Yahtzee 1:30 Outside Walk 2:00 Pumpkin Weaving 3:00 Snack & Chat 4:00 Hangman IN2L	<sup>10</sup> 9:30 Sit and be Fit IN2L 10:30 Word Search IN2L 11:30 Outside Walk 1:30 Creative Coloring 2:00 BINGO in 940 3:00 Sit & Sip 4:00 Balloon Bat/ Music	<sup>11</sup> 9:30 Light & Lively Exercise 10:30 Piggy Bank IN2L 11:30 Ring Toss 1:30 Outside Walk 2:00 Manicures 3:00 Sing a Long IN2L 4:00 Hot Potato Game	<sup>12</sup> 9:30 Exercise IN2L 10:30 Creative Coloring 11:30 Family Feud IN2L 1:30 Afternoon Stroll 2:00 BINGO in 950 3:00 Coffee & Chat 4:00 Bean Bag Toss
<sup>13</sup> 9:30 Sit and be Fit IN2L 10:30 Morning Walk 11:30 Bible Reading 1:30 Hymns IN2L 2:00 Church in 950 IN2L 3:00 Coffee & Devotions 4:00 Hot Potato Game	<sup>14</sup> 9:30 Light & Lively Exercise 10:30 Jokes & Laughter IN2L 11:30 Word Search IN2L 1:30 Outside Stroll 2:00 Scenic Drive 3:00 Coffee & Chat 4:00 Bean Bag Toss	<sup>15</sup> 9:30 Chair Dancing IN2L 10:30 BINGO in 910 11:30 Outside Stroll 1:30 Casino Games IN2L 2:00 Manicures 3:00 Sit & Sip 4:00 Balloon Bat/ Music	<sup>16</sup> 9:30 Light & Lively Exercise 10:30 Trivia IN2L 11:30 Dominoes 1:30 Family Feud IN2L 2:00 Ghost Door Hangers 3:00 Sit & Sip 4:00 Bowling	<sup>17</sup> 9:30 Chair Dancing IN2L 10:30 Banana Grams 11:30 Outside Stroll 1:30 What does it Cost? IN2L 2:00 BINGO in 920 3:00 Coffee & Chat 4:00 Bean Bag Toss	<sup>18</sup> 9:30 Exercise IN2L 10:30 Jokes & Laughter IN2L 11:30 Price is Right IN2L 1:30 Adult Coloring 2:00 Afternoon Stroll 3:00 Sit & Sip 4:00 Ring Toss	<sup>19</sup> 9:30 Sit and be Fit IN2L 10:30 One on Ones 11:30 Scrabble 1:30 Outside Stroll 2:00 BINGO in 930 3:00 Coffee & Reminisce 4:00 Sing a Long IN2L
<sup>20</sup> 9:30 Exercise IN2L 10:30 Spiritual Songs IN2L 11:30 Bible Trivia IN2L 1:30 Afternoon Stroll 2:00 Church in 940 IN2L 3:00 Snack & Devotions 4:00 Balloon Bat/ Music	<sup>21</sup> 9:30 Chair Dancing IN2L 10:30 Manicures 11:30 Piggy Bank IN2L 1:30 Outside Stroll 2:00 Scenic Drive 3:00 Sit & Sip 4:00 Ring Toss	<sup>22</sup> 9:30 Sit and be Fit IN2L 10:30 BINGO in 930 11:30 Morning Walk 1:30 Sports Trivia IN2L 2:00 Karaoke IN2L 3:00 Coffee & Chat 4:00 Hot Potato Game	<sup>23</sup> 9:30 Exercise IN2L 10:30 Price is Right IN2L 11:30 Yahtzee 1:30 Outside Walk 2:00 Fall Wind Chimes 3:00 Snack & Chat 4:00 Hangman IN2L	<sup>24</sup> 9:30 Sit and be Fit IN2L 10:30 BINGO in 940 11:30 Outside Walk 1:30 Creative Coloring 2:00 Birthday Party 3:00 Sit & Sip 4:00 Balloon Bat/ Music	<sup>25</sup> 9:30 Light & Lively Exercise 10:30 Piggy Bank IN2L 11:30 Ring Toss 1:30 Resident Council/ 910 2:00 Manicures 3:00 Sing a Long IN2L 4:00 Hot Potato Game	<sup>26</sup> 9:30 Exercise IN2L 10:30 Creative Coloring 11:30 Family Feud IN2L 1:30 Afternoon Stroll 2:00 BINGO in 950 3:00 Coffee & Chat 4:00 Bean Bag Toss
<sup>27</sup> 9:30 Sit and be Fit IN2L 10:30 Morning Walk 11:30 Bible Reading 1:30 Hymns IN2L 2:00 Church in 950 IN2L 3:00 Coffee & Devotions 4:00 Hot Potato Game	<sup>28</sup> 9:30 Light & Lively Exercise 10:30 Jokes & Laughter IN2L 11:30 Word Search IN2L 1:30 Outside Stroll 2:00 Scenic Drive 3:00 Coffee & Chat 4:00 Bean Bag Toss	<sup>29</sup> 9:30 Chair Dancing IN2L 10:30 BINGO in 910 11:30 Outside Stroll 1:30 Casino Games IN2L 2:00 Manicures 3:00 Sit & Sip 4:00 Balloon Bat/ Music	<sup>30</sup> 9:30 Light & Lively Exercise 10:30 Trivia IN2L 11:30 Dominoes 1:30 Family Feud IN2L 2:00 Pumpkin Decorating 3:00 Sit & Sip 4:00 Bowling	<sup>31</sup> 9:30 Chair Dancing IN2L 10:30 BINGO in 920 11:30 Outside Stroll 1:30 What does it Cost? IN2L 2:00 Banana Grams 3:00 Coffee & Chat 4:00 Bean Bag Toss	 <b>Walking Group</b> Sign up for a seat on the bus! Tuesdays @ 9:30 (Weather Permitting)	



## Charlie Foxx

10/15/19 2019  
@ 1:30pm in 940



## Shopping Trips

10/4 Walmart @ 10    10/18 Winco @ 10  
10/11 Dollar Tree @10    10/25 Fred Meyer@ 1:30



## Live Entertainment

10/3 Linda @ 2pm    10/17 Barbara @ 10:30  
10/10 Ken @ 10:30    10/24 Royce @ 2pm  
10/31 Jerry @ 2pm



## Lunch Outings

10/2 I HOP @ 11am    10/23 Pumpkin Patch @ 1:30  
10/9 Cinebarre Movie    10/30 Walery's Pizza @ 11am  
10/16 McGrath's @ 11am

