FARMINGTON SQUARE
A RADIANT SENIOR LIVING COMMUNITY

1655 NE 18th St.
Gresham, OR 97030

STAMP HERE

Administrative Team: 503-665-1994

Malina Wheeler
Executive Director

Assistant Executive Director
Perla Gonzales

Leslie Macknosky
Community Relations Director

Melissa Fisher
Kalina Bounphisa
Wellness Director

See Lee
Business Office Director

Jessica Saray
Wellness Nurse

Noelle Keller
Dining Services Director

Tomas Mendez
Maintenance Director

Yolanda Irving-Vance
Life Enrichment Director

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

Farmington Square News

Monthly Newsletter

January 2020

2 Healthy New Year's Resolutions
3 Team & Resident Spotlight
4-5 Activities Calendar
6 Birthdays, Social Media, & Highlights
7 Special Moments, Recipe Corner
8 Mission & Team

Do It Up Big With Healthy New Year's Resolutions

Heading into a new decade is a great time to reevaluate goals and set new ones! It's a momentous occasion that calls for equally momentous goals. What better way to make a splash—and keep on splendidly splashing– than through healthy living? Embrace new-you success in the '20s!

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

Goal Idea: Eat more blueberries! Did you know blueberries can: improve brain function, protect the body from unstable molecules, lower blood pressure, and help prevent heart disease? These little blue buddies pack quite the health punch!

Get Social

Taking part in group activities, being with others, and sharing your feelings boosts overall health. Ways to bring out your social butterfly:

- Attend group activities. Set small social goals each time you take part. Greet and share an observation or compliment.
- Have your hearing and vision tested to ensure that you aren't missing things.
- Practice your favorite hobby in a common area. It will increase the odds another person will approach you or join you.
- If religious, attend group services.
- Use IN2L with your Life Enrichment Director.

Embrace Your Exercise Passion

Being active helps the whole body. Do some thinking about your favorite ways to be active and set small goals for daily activities (walking, dancing, swimming, stretching, lifting, bowling, golfing, or chair exercises). Work out with a buddy for motivation and safety. Mark successes on a calendar or share aloud!

Hydrate

Dehydration can affect people of all ages, but especially seniors. Ask your health professional how much water you should get each day, as it varies from person to person. To help make hydration fun, in addition to water, try hydrating foods like watermelon, spinach, cucumbers, green peppers, and celery. Good ways to detect that fluid intake is adequate include rarely feeling thirsty and colorless or light yellow urine.

Prioritize Your Wellness

Reach out to your medical and dental health professionals as you head into 2020 to schedule wellness appointments. Staying on top of your well-being is the best gift you can give yourself.

Sleep Well

Sleep quality can be compromised in many ways. Try these goals to improve your sleep:

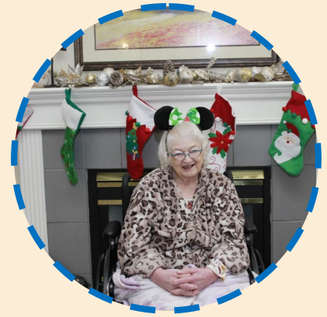
- Follow a pre-sleep routine / sleep schedule
- Avoid late afternoon naps or caffeine
- Avoid bright screens and lights, and large pre-bedtime meals

Have A Rainbow A Day…

We know, the saying goes "an apple a day…" but a rainbow is much more fun. When you eat, improve nutrition with a rainbow of different colored foods on your plate at each meal, with many colors coming from fruits and vegetables.

We wish you a healthy year ahead!

Special Moments



A 1920's Recipe to Try in 2020: Lemon Ginger Icebox Cake

This Lemon Ginger Icebox Cake is modified from a *Taste of Home* version that has great reviews. It takes 20+ minutes to prep and chill and it makes 12 servings.

Ingredients: Two cups of heavy whipping cream * Eight ounces of soft cream cheese * Two teaspoons of grated lemon zest * Ten ounces of lemon curd * Two tablespoons of chopped and crystallized ginger * Two packages of thin ginger cookies that are 5 and 1/4 ounces each

Directions: In a big bowl, beat the lemon zest with the cream cheese until creamy. Beat in the lemon curd until it is smooth. Gradually add in cream and beat on medium to high until soft peaks set in. Line the bottom of an eight inch dish with nine cookies. Spread with two thirds of a cup of cream cheese mixture. Repeat for six layers. Sprinkle with ginger. Cover and refrigerate for two hours or more.

January 2020 Highlights

January is Hot Tea Month, Braille Literacy Month, Oatmeal Month, Soup Month, Hobby Month, Mentoring Month, and Bath Safety

It's 2020! Happy New Year's Everyone!
01 New Year's Day; Bloody Mary Day
02 Cream Puff Day; Science Fiction Day
03 Chocolate Covered Cherry Day
04 Spaghetti Day; Trivia Day
05 Bird Day; Whipped Cream Day
06 Shortbread Day; Tech Day
07 Tempura Day
08 Argyle Day; Toffee Day
09 Apricot Day; Law Enforcement Day
10 Bittersweet Chocolate Day
11 Vision Board Day; Milk Day
12 Marzipan Day; Curry Chicken Day
13 Peach Melba Day; Rubber Ducky Day
14 Dress Up Your Pet Day
15 Bagel Day; Strawberry Ice Cream Day
16 Fig Newton Day
17 Hot Buttered Rum Day
18 Winnie the Pooh Day; Thesaurus Day
19 Popcorn Day
20 Cheese Lover's Day; MLK Jr. Day
21 Granola Bar Day; Hugging Day
22 Blonde Brownie Day
23 Handwriting Day; Pie Day
24 Compliment Day; Peanut Butter Day
25 Opposite Day; Irish Coffee Day
26 Green Juice Day; Peanut Brittle Day
27 Chocolate Cake Day; Bubble Wrap Day
28 Blueberry Pancake Day; Kazoo Day
29 Corn Chip Day; Puzzle Day
30 Croissant Day
31 Backward Day; Hot Chocolate Day; Inspire Your Heart with Art Day

January Birthdays & Our Community Online

Happy Birthday Wishes!

Shari G.: Jan. 3
Betty D.: Jan. 9
Barbara M.: Jan. 14
Martha Sue B.: Jan. 15

Come visit us online at:

Facebook.com/FarmingtonSquareGresham

Blog.radiantseniorliving.com

Radiantsrliving on Instagram

Radiantvoices on Instagram

RadiantSrLiving on Twitter

Pinterest.com/radiantsrliving

Radiant Senior Living on YouTube

Resident Spotlight
Judy W.

Our resident of the month is Judy W. She was born in Idaho where she happily settled and raised a family. She called Bingo for many years at her local Eagles Club!

Judy has made many new friends here at Farmington Square and has been very social, playing Bingo and coming to our live musical performances.

Judy, we are lucky to have you here at our community!

Staff Spotlight
Sonia J.

Our Team Member of the Month is Sonia J. She goes above and beyond keeping us radiant!

Sonia is one of our dedicated caregivers. She enjoys taking vacations with her family, shopping, and getting her nails done with her daughter.

Sonia shows so much compassion and loves our residents!

We thank you Sonia for all you do here at our community!

JANUARY 2020

Diamond / Emerald · 1655 NE 18th St., Gresham, OR · 503 665-1994

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 10:00 Exercise / Balloon 10:30 IN2L Trivia 11:30 Aromatherapy 1:00 Scenic Drive 2:30 Manicure 3:00 BINGO (B) 4:00 Resident 1 on 1 4:30 IN2L Music 6:00 Evening Movie	2 10:00 Exercise / Balloon 10:30 IN2L Reminiscing 11:30 Aromatherapy 1:00 Beading / Crafts 2:00 IN2L Trivia 3:00 Coffee / Tea 4:00 Resident Outreach 6:00 Evening Movie	3 10:00 Exercise/Balloon 10:30 IN2L Sound Game 11:30 Aromatherapy 1:00 Arts / Crafts 2:30 Happy Hour 3:30 BINGO (B) 4:00 Resident 1 on 1 4:30 IN2L Music 6:00 Evening Movie	4 10:00 Exercise / Balloon 10:30 IN2L Surprise 11:30 Aromatherapy 1:00 Arts / Crafts 2:00 IN2L Music Hour 3:00 BINGO (B) 4:00 Resident Outreach 4:30 Manicures 6:00 Evening Movie
5 10:00 Exercise / Balloon 10:30 IN2L Surprise 11:30 Aromatherapy 1:00 Arts / Crafts 2:00 IN2L Trivia 3:00 BINGO (B) 4:00 Resident 1 on 1 6:00 Evening Movie	6 10:00 Exercise / Balloon 10:30 IN2L Price is Right 11:30 Aromatherapy 1:00 Arts / Crafts 2:00 IN2L Trivia 3:00 Reading Group 4:00 Resident Outreach 4:30 IN2L Music Hour 6:00 Evening Movie	7 9:30 Exercise / Balloon 10:00 Church / Jerry 11:30 Aromatherapy 1:00 Arts / Crafts 2:00 IN2L Trivia 3:00 Coffee / Tea 4:00 Manicures 4:30 Resident 1 on 1 6:00 Evening Movie	8 10:00 Exercise / Balloon 10:30 IN2LSurprise 11:30 Aromatherapy 1:00 Desert Outing 2:00 IN2L Reminiscing 3:00 BINGO (B) 4:00 Resident Outreach 6:00 Evening Movie	9 10:00 Exercise / Balloon 10:30 IN2L How Much? 11:30 Aromatherapy 1:00 Arts / Crafts 2:30 Will Spillette (D) 3:00 Reading Group 3:30 Manicures 4:00 Resident 1 on 1 6:00 Evening Movie	10 10:00 Exercise / Balloon 10:30 IN2L Trivia 11:30 Aromatherapy 1:00 Arts / Crafts 2:30 Happy Hour 3:30 BINGO (B) 4:00 Resident Outreach 4:30 IN2L Reminiscing 6:00 Evening Movie	11 10:00 Exercise / Balloon 10:30 IN2LSurprise 11:30 Aromatherapy 1:00 Arts / Crafts 2:00 IN2L Trivia 3:00 BINGO (B) 4:00 Resident 1 on 1 4:30 IN2L Music 6:00 Evening Movie
12 10:00 Exercise / Balloon 10:30 IN2L Surprise 11:30 Aromatherapy 1:00 Arts / Crafts 2:00 IN2L Trivia 3:00 BINGO (B) 4:00 Resident Outreach 6:00 Evening Movie	13 10:00 Exercise/Balloon 10:30 IN2L Trivia 11:00 Josephine / Elle (D) 1:00 Arts/Crafts 2:00 IN2L Trivia 3:00 Coffee / Tea 3:30 IN2L Price is Right 4:00 Resident 1 on 1	14 9:30 Exercise / Balloon 10:00 Church / Jerry 11:30 Aromatherapy 1:00 Arts / Crafts 2:00 Oldie / Lee (D) 3:00 Coffee / Tea 3:30 Reading Group 4:00 Resident Outreach	15 10:00 Exercise / Balloon 10:30 IN2LSurprise 11:30 Aromatherapy 1:00 HEIDIS of Gresham 2:00 IN2L Trivia 3:00 BINGO(B) 4:00 Resident Outreach 6:00 Evening Movie	16 10:00 Exercise / Balloon 10:30 IN2L Trivia 11:30 Aromatherapy 1:00 Arts / Crafts 2:00 Bill Beach / Piano (B) 3:00 Coffee / Tea 4:00 Resident 1 on 1 6:00 Evening Movie	17 10:00 Exercise / Balloon 10:30 IN2L Sound Game 11:30 Aromatherapy 1:00 IN2L Trivia 2:30 Happy Hour 3:30 BINGO (B) 4:00 Resident Outreach 6:00 Evening Movie	18 10:00 Exercise / Balloon 10:30 IN2LSurprise 11:30 Aromatherapy 1:00 Arts / Crafts 2:00 IN2L Trivia 3:00 BINGO (B) 4:00 Resident 1 on 1 4:30 Manicures
19 10:00 Exercise / Balloon 10:30 IN2L Surprise 11:30 Aromatherapy 1:00 Arts / Crafts 2:00 IN2L Trivia 3:00 BINGO (B) 4:00 Resident Outreach 6:00 Evening Movie	20 10:00 Exercise / Balloon 10:30 IN2L How Much? 11:30 Aromatherapy 1:00 Arts / Crafts 2:00 IN2L Trivia 3:00 Coffee / Tea 4:00 Resident 1 on 1 6:00 Evening Movie	21 9:30 Exercise/Balloon 10:00 Church/Jerry 11:30 Aromatherapy 1:00 Arts/Crafts 2:00 IN2L Reminiscing 3:00 Coffee/Tea 3:00 Manicures 4:00 Resident Outreach 6:00 Evening Movie	22 10:00 Exercise / Balloon 10:30 IN2L Trivia 11:30 Aromatherapy 1:00 Shari Café 2:00 IN2L Trivia 3:00 BINGO (B) 4:00 Resident 1 on 1 4:30 IN2L Music 6:00 Evening Movie	23 10:00 Exercise / Balloon 10:30 IN2LSurprise 11:30 Aromatherapy 1:00 Beading 2:00 Monty Waters / Piano 3:00 Coffee / Tea 4:00 Resident Outreach 6:00 Evening Movie	24 10:00 Exercise / Balloon 10:30 Music Hour 11:30 Aromatherapy 1:00 Reading Group 2:30 Happy Hour 3:30 BINGO (B) 4:00 Resident Outreach 6:00 Evening Movie	25 10:00 Exercise / Balloon 10:30 IN2LSurprise 11:30 Aromatherapy 1:00 Painting / Art 2:00 IN2L Trivia 3:00 BINGO (B) 4:00 Resident Outreach 6:00 Evening Movie
26 10:00 Exercise / Balloon 10:30 IN2L Surprise 11:30 Aromatherapy 1:00 Arts / Crafts 2:00 IN2L Trivia 3:00 BINGO (B) 4:00 Resident Outreach 6:00 Evening Movie	27 10:00 Exercise / Balloon 10:30 IN2L Sound Game 11:30 Aromatherapy 1:00 Arts / Crafts 2:00 IN2L Trivia 3:00 Coffee / Tea 4:00 Resident Outreach 6:00 Evening Movie	28 9:30 Exercise / Balloon 10:00 Church / Jerry 11:30 Aromatherapy 1:00 Arts / Beading 2:00 IN2L Trivia 3:00 Coffee / Tea 4:00 Resident Outreach 6:00 Evening Movie	29 10:00 Exercise / Balloon 10:30 IN2L Sing Along 11:30 Aromatherapy 1:00 Scenic Drive 2:00 IN2L Trivia 3:00 BINGO (B) 4:00 Resident Outreach 6:00 Evening Movie	30 10:00 Exercise / Balloon 10:30 IN2L Trivia 11:30 Aromatherapy 1:00 Arts / Reading Group 2:00 IN2L Trivia 3:00 Coffee / Tea 4:00 Resident Outreach 6:00 Evening Movie	31 10:00 Exercise / Balloon 10:30 IN2L Price is right 11:30 Aromatherapy 1:00 Arts / Crafts 2:30 Happy Hour 3:30 BINGO (B) 4:00 Resident Outreach 6:00 Evening Movie	

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 10:00 Exercise / Balloon 10:30 IN2L / Music Hour 11:30 Aromatherapy 1:00 Scenic Drive 2:30 Manicure 3:00 BINGO (B) 4:00 Resident Outreach 6:00 Evening Movie	2 10:00 Exercise / Balloon 10:30 IN2L Price is Right 11:30 Aromatherapy 1:00 Beading / Crafts 2:00 IN2L Trivia 3:00 Coffee / Tea 4:00 Resident Outreach 6:00 Evening Movie	3 10:00 Exercise / Balloon 10:30 IN2L Music Hour 11:30 Aromatherapy 1:00 Arts / Crafts 2:30 Happy Hour 3:30 BINGO (B) 4:00 Resident Outreach 6:00 Evening Movie	4 10:00 Exercise / Balloon 10:30 Arts / Crafts 11:30 Aromatherapy 1:00 Card Games 2:00 IN2L Music Hour 3:00 BINGO (B) 4:00 Resident 1 on 1 6:00 Evening Movie
5 10:00 Exercise / Balloon 10:30 IN2L How Much? 11:30 Aromatherapy 1:00 Arts / Crafts 2:00 IN2L Trivia 3:00 BINGO (B) 4:00 Resident Outreach 6:00 Evening Movie	6 10:00 Exercise / Balloon 10:30 IN2L Music Hour 11:30 Aromatherapy 1:00 Arts / Crafts 2:00 IN2L Sound Game 3:00 Coffee / Tea 4:00 Resident 1 on 1 6:00 Evening Movie	7 9:30 Exercise / Balloon 10:00 Church / Jerry 11:30 Aromatherapy 1:00 Needle Point 2:00 IN2L Trivia 3:00 Coffee / Tea 4:00 Manicures 6:00 Evening Movie	8 10:00 Exercise / Balloon 10:30 Word Search 11:30 Aromatherapy 1:00 Dessert Outing 2:00 IN2L Trivia 3:00 BINGO (B) 4:00 Resident Outreach 6:00 Evening Movie	9 10:00 Exercise / Balloon 10:30 IN2L Music Hour 11:30 Aromatherapy 1:00 Arts / Crafts 2:30 Will Spillette (D) 3:00 Coffee / Tea 3:30 Manicures 4:00 Resident Outreach 6:00 Evening Movie	10 10:00 Exercise / Balloon 10:30 IN2L Surprise 11:30 Aromatherapy 1:00 Arts / Crafts 2:30 Happy Hour 3:30 BINGO (B) 4:00 Resident 1 on 1 6:00 Evening Movie	11 10:00 Exercise / Balloon 10:30 IN2L Family Feud 11:30 Aromatherapy 1:00 Arts / Crafts 2:00 IN2L Trivia 3:00 BINGO (B) 4:00 Resident Outreach 4:30 Manicures 6:00 Evening Movie
12 10:00 Exercise / Balloon 10:30 IN2L Surprise 11:30 Aromatherapy 1:00 Arts / Crafts 2:00 IN2L Trivia 3:00 BINGO (B) 4:00 Resident Outreach 6:00 Evening Movie	13 10:00 Exercise / Balloon 10:30 Crosswords 11:00 Josephine / Elle (D) 1:00 Arts / Crafts 2:00 IN2L Trivia 3:00 Coffee / Tea 4:00 Resident 1 on 1 6:00 Evening Movie	14 9:30 Exercise / Balloon 10:00 Church / Jerry 11:30 Aromatherapy 1:00 Needle Point 2:00 Oldie / Lee (D) 3:00 Coffee / Tea 4:00 Resident Outreach 6:00 Evening Movie	15 10:00 Exercise / Balloon 10:30 IN2L Surprise 11:30 Aromatherapy 1:00 HEIDIS of Gresham 2:00 IN2L Trivia 3:00 BINGO (B) 4:00 Resident 1 on 1 6:00 Evening Movie	16 10:00 Exercise / Balloon 10:30 IN2L Price is Right 11:30 Aromatherapy 1:00 Beading 2:00 Bill Beach / Piano (B) 3:00 Coffee / Tea 4:00 Resident Outreach 6:00 Evening Movie	17 10:00 Exercise / Balloon 10:30 IN2L Music Hour 11:30 Aromatherapy 1:00 Arts / Crafts 2:30 Happy Hour 3:30 BINGO (B) 4:00 Resident 1 on 1 6:00 Evening Movie	18 10:00 Exercise / Balloon 10:30 IN2L Surprise 11:30 Aromatherapy 1:00 Word Search 2:00 IN2L Trivia 3:00 BINGO (B) 4:00 Resident Outreach 6:00 Evening Movie
19 10:00 Exercise / Balloon 10:30 IN2L Surprise 11:30 Aromatherapy 1:00 Arts / Crafts 2:00 IN2L Trivia 3:00 BINGO (B) 4:00 Resident Outreach 6:00 Evening Movie	20 10:00 Exercise / Balloon 10:30 IN2L Reminisce 11:30 Aromatherapy 1:00 Arts / Crafts 2:00 IN2L Trivia 3:00 Coffee / Tea 4:00 Resident 1 on 1 6:00 Evening Movie	21 9:30 Exercise / Balloon 10:00 Church / Jerry 11:30 Aromatherapy 1:00 Arts / Crafts 2:00 IN2L Trivia 3:00 Coffee / Tea 4:00 Resident Outreach 6:00 Evening Movie	22 10:00 Exercise / Balloon 10:30 IN2L How Much? 11:30 Aromatherapy 1:00 Shari Café 2:00 IN2L Trivia 3:00 BINGO (B) 4:00 Resident 1 on 1 6:00 Evening Movie	23 10:00 Exercise / Balloon 10:30 IN2L Surprise 11:30 Aromatherapy 1:00 Arts / Crafts 2:00 IN2L Trivia 3:00 Coffee / Tea 4:00 Resident Outreach 6:00 Evening Movie	24 10:00 Exercise / Balloon 10:30 IN2L Family Feud 11:30 Aromatherapy 1:00 Needle Point 2:30 Happy Hour 3:30 BINGO (B) 4:00 Resident 1 on 1 6:00 Evening Movie	25 10:00 Exercise / Balloon 10:30 IN2L Surprise 11:30 Aromatherapy 1:00 Arts / Crafts 2:00 IN2L Trivia 3:00 BINGO (B) 4:00 Resident Outreach 6:00 Evening Movie
26 10:00 Exercise / Balloon 10:30 IN2L Music Hour 11:30 Aromatherapy 1:00 Arts / Crafts 2:00 IN2L Trivia 3:00 BINGO (B) 4:00 Resident Outreach 6:00 Evening Movie	27 10:00 Exercise / Balloon 10:30 IN2L / Word Search 11:30 Aromatherapy 1:00 Arts / Crafts 2:00 IN2L Trivia 3:00 Manicures 4:00 Resident 1 on 1 6:00 Evening Movie	28 9:30 Exercise / Balloon 10:00 Church / Jerry 11:30 Aromatherapy 1:00 Arts / Crafts 2:00 IN2L Trivia 3:00 Coffee / Tea 4:00 Resident Outreach 6:00 Evening Movie	29 10:00 Exercise / Balloon 10:30 IN2L / Crosswords 11:30 Aromatherapy 1:00 Scenic Drive 2:00 IN2L Trivia 3:00 BINGO (B) 4:00 Manicures 6:00 Evening Movie	30 10:00 Exercise / Balloon 10:30 IN2L Surprise 11:30 Aromatherapy 1:00 Arts / Crafts 2:00 IN2L Trivia 3:00 Word Search 4:00 Resident 1 on 1 6:00 Evening Movie	31 10:00 Exercise / Balloon 10:30 IN2L Sound Game 11:30 Aromatherapy 1:00 Needle Point 2:30 Happy Hour 3:30 BINGO (B) 4:00 Resident Outreach 6:00 Evening Movie	

JANUARY 2020

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 10:00 Exercise / Balloon 10:30 IN2L Surprise 11:30 Aromatherapy 1:00 Scenic Drive 2:30 Manicure 3:00 BINGO (B) 4:00 Resident Outreach 6:00 Evening Movie	2 10:00 Exercise / Balloon 10:30 Card Games 11:30 Aromatherapy 1:00 Beading / Crafts 2:00 IN2L Trivia 3:00 Coffee / Tea 3:30 Dice Games 4:00 Resident 1 on 1 6:00 Evening Movie	3 10:00 Exercise / Balloon 10:30 IN2L / Dice Games 11:30 Aromatherapy 1:00 Arts / Crafts 2:30 Happy Hour 3:30 BINGO (B) 4:00 Resident Outreach 6:00 Evening Movie	4 10:00 Exercise / Balloon 10:30 IN2L / Card Games 11:30 Aromatherapy 1:00 Arts / Crafts 2:00 IN2L Trivia 3:00 BINGO (B) 4:00 Resident 1 on 1 4:30 Manicures 6:00 Evening Movie
5 10:00 Exercise / Balloon 10:30 Arts / Crafts 11:30 Aromatherapy 1:00 Dice Games 2:00 IN2L Trivia 3:00 BINGO (B) 4:00 Resident Outreach 4:30 Manicures 6:00 Evening Movie	6 10:00 Exercise / Balloon 10:30 IN2L / Card Games 11:30 Aromatherapy 1:00 Beading 2:00 IN2L Trivia 3:00 Coffee / Tea 4:00 Resident 1 on 1 6:00 Evening Movie	7 9:30 Exercise / Balloon 10:00 Church / Jerry 11:30 Aromatherapy 1:00 Arts / Crafts 2:00 IN2L Trivia 3:00 Dice Games 4:00 Manicures 6:00 Evening Movie	8 10:00 Exercise / Balloon 10:30 IN2L Trivia 11:30 Aromatherapy 1:00 Dessert Outing 2:00 IN2L Trivia 3:00 BINGO (B) 4:00 Resident 1 on 1 6:00 Evening Movie	9 10:00 Exercise / Balloon 10:30 IN2L Surprise 11:30 Aromatherapy 1:00 Reading Group 2:30 Will Spillette (D) 3:00 Coffee / Tea 3:30 Manicures 4:00 Resident Outreach 6:00 Evening Movie	10 10:00 Exercise / Balloon 10:30 IN2L / Arts / Crafts 11:30 Aromatherapy 1:00 Manicures 2:30 Happy Hour 3:30 BINGO (B) 4:00 Resident 1 on 1 6:00 Evening Movie	11 10:00 Exercise / Balloon 10:30 Coffee / Games 11:30 Aromatherapy 1:00 Arts / Crafts 2:00 IN2L Trivia 3:00 BINGO (B) 4:00 Resident Outreach 4:30 Manicures 6:00 Evening Movie
12 10:00 Exercise / Balloon 10:30 IN2L Surprise 11:30 Aromatherapy 1:00 Arts / Crafts 2:00 IN2L Trivia 3:00 BINGO (B) 4:00 Resident Outreach 6:00 Evening Movie	13 10:00 Exercise / Balloon 10:30 IN2L / Dice Games 11:00 Josephine / Elle (D) 1:00 Beading 2:00 IN2L / Music 3:00 Coffee / Tea 4:00 Resident 1 on 1 6:00 Evening Movie	14 9:30 Exercise / Balloon 10:00 Church / Jerry 11:30 Aromatherapy 1:00 Arts / Crafts 2:00 Oldie / Lee (D) 3:00 Dice Games 4:00 Resident Outreach 6:00 Evening Movie	15 10:00 Exercise / Balloon 10:30 IN2L Surprise 11:30 Aromatherapy 1:00 HEIDIS of Gresham 2:00 IN2L Trivia 3:00 BINGO (B) 4:00 Resident 1 on 1 6:00 Evening Movie	16 10:00 Exercise / Balloon 10:30 IN2L / Arts / Crafts 11:30 Aromatherapy 1:00 Manicures 2:00 Bill Beach / Piano (B) 3:00 Coffee / Tea 4:00 Dice Games 6:00 Evening Movie	17 10:00 Exercise / Balloon 10:30 IN2L / Dice Games 11:30 Aromatherapy 1:00 Arts / Crafts 2:30 Happy Hour 3:30 BINGO (B) 4:00 Resident 1 on 1 6:00 Evening Movie	18 10:00 Exercise / Balloon 10:30 IN2L / Card Games 11:30 Aromatherapy 1:00 Card Games 2:00 IN2L Trivia 3:00 BINGO (B) 4:00 Manicures 6:00 Evening Movie
19 10:00 Exercise / Balloon 10:30 IN2L / Dice Games 11:30 Aromatherapy 1:00 Arts / Crafts 2:00 IN2L Trivia 3:00 BINGO (B) 4:00 Resident Outreach 6:00 Evening Movie	20 10:00 Exercise / Balloon 10:30 IN2L / Card Games 11:30 Aromatherapy 1:00 Arts / Crafts 2:00 IN2L Trivia 3:00 Coffee / Tea 4:00 Resident Outreach 6:00 Evening Movie	21 9:30 Exercise / Balloon 10:00 Church / Jerry 11:30 Aromatherapy 1:00 Arts / Crafts 2:00 IN2L / Music 3:00 Coffee / Tea 4:00 Resident Outreach 6:00 Evening Movie	22 10:00 Exercise / Balloon 10:30 IN2L Dice Games 11:30 Aromatherapy 1:00 Shari Café 2:00 IN2L Trivia 3:00 BINGO (B) 4:00 Resident Outreach 6:00 Evening Movie	23 10:00 Exercise / Balloon 10:30 IN2L / Card Games 11:30 Aromatherapy 1:00 Arts / Crafts 2:30 Monty Waters / Piano 3:00 Coffee / Tea 4:00 Resident Outreach 5:00 Support Group 6:00 Evening Movie	24 10:00 Exercise / Balloon 10:30 IN2LPuzzles 11:30 Aromatherapy 1:00 Arts / Crafts 2:30 Happy Hour 3:30 BINGO (B) 4:00 Resident Outreach 6:00 Evening Movie	25 10:00 Exercise / Balloon 10:30 IN2L Surprise 11:30 Aromatherapy 1:00 Arts / Crafts 2:00 IN2L Trivia 3:00 BINGO (B) 4:00 Resident Outreach 6:00 Evening Movie
26 10:00 Exercise / Balloon 10:30 IN2L Surprise 11:30 Aromatherapy 1:00 Arts / Crafts 2:00 IN2L Trivia 3:00 BINGO (B) 4:00 Resident Outreach 6:00 Evening Movie	27 10:00 Exercise / Balloon 10:30 IN2L / Card Games 11:30 Aromatherapy 1:00 Arts/Crafts 2:00 IN2L / Manicures 3:00 Coffee / Tea 4:00 Resident Outreach 6:00 Evening Movie	28 9:30 Exercise / Balloon 10:00 Church / Jerry 11:30 Aromatherapy 1:00 Arts / Crafts 2:00 IN2L / Card Games 3:00 Coffee / Tea 4:00 Resident Outreach 6:00 Evening Movie	29 10:00 Exercise / Balloon 10:30 IN2L / Puzzles 11:30 Aromatherapy 1:00 Scenic Drive 2:00 IN2L / Music 3:00 BINGO (B) 4:00 Resident Outreach 6:00 Evening Movie	30 10:00 Exercise / Balloon 10:30 IN2L / Card Games 11:30 Aromatherapy 1:00 Arts / Crafts 2:00 IN2L / Dice Games 3:00 Coffee / Tea 4:00 Resident Outreach 6:00 Evening Movie	31 10:00 Exercise / Balloon 10:30 IN2L Surprise 11:30 Aromatherapy 1:00 Arts / Crafts 2:30 Happy Hour 3:30 BINGO (B) 4:00 Resident Outreach 6:00 Evening Movie	