



2730 Bailey Lane  
Eugene, OR 97401

Stamp



### Administrative Team:

Jill Maher: Executive Director  
Carey Gross: Community Relations Dir.  
Celene Brummund: Business Office Dir.  
Theresa Curcio RN: Wellness Nurse  
Matt Hackett LPN: Wellness Nurse  
Barbara Schmidt: Wellness Director  
Mia Reeser: Resident Care Coord.  
Brian Thompson: Maintenance Director  
Crystal Lehnherr: Dining Service Director  
Kirsten Silva: Life Enrichment Director

### Connect:

541-344-7902

[info-eugene@farmingtonsquare.com](mailto:info-eugene@farmingtonsquare.com)  
[www.farmingtonsquare-eugene.com](http://www.farmingtonsquare-eugene.com)

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

# The Farmington Square Times

October 2020 Newsletter



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# Breast Cancer Awareness Increases Likelihood for Early Detection and Treatment

October is for Breast Cancer Awareness! Many know it's a month to wear pink, promote breast cancer knowledge, raise research funds, or support survivors and those in the fight—but it also can have significance in lives beyond that.

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 knowledge could help a loved one, friend, or yourself.

*Note: This article is not intended to be medical advice. Consult your doctor before changing diet, medications, or lifestyle.*

### What is Breast Cancer?

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

Breast cancer may occur in men or women, but affects women more often than men. In the U.S., less than one percent of cases occur in men. In 2019, for U.S. women, there were about 268,600 new cases of invasive breast cancer. For men, there were 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. Learn more on screening at [cancer.gov](https://www.cancer.gov).

Women should be familiar with how their breasts normally look and report 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 managing their risk with their doctor.

We hope these facts encourage awareness and continued learning beyond this special month.

## Special Moments



## Happy Birthday!



- Resident Birthdays:

  - Cheryl: Oct. 3rd
  - Donna T.: Oct. 5th
  - Alex: Oct. 7th
  - Katie: Oct. 14th
  - Darlene Oct. 19th
- Employee Birthdays:

  - TJ: Oct. 15th
  - Ted: Oct. 26th
- Those born in October are Libras (Sept. 23-Oct. 22) or Scorpions (Oct. 23-Nov. 21).
  - Their birthstones are opals & tourmaline.
  - Their birth flower is the Calendula.
  - More American presidents have October birthdays than any other month!



# October 2020 Highlights

October observes emotional wellness, dental hygiene, and protecting hearing.

Foods celebrated: chili, apples, spinach, rhubarb, pretzels, pasta, and pizza.

- |   |   |
|---|---|
| 01 Homemade Cookies Day; Hair Day         | 17 Pasta Day; Sweetest Day                |
| 02 Custodial Worker Day; Car Naming Day   | 18 No Beard Day; Choco Cupcake Day        |
| 03 Techies Day                            | 19 Seafood Bisque Day; Kentucky Day       |
| 04 Golf Love Day; Taco Day; Cinn. Bun Day | 20 Brandy Fruit Day; Youth Confidence Day |
| 05 Rhode Island Day; Get Funky Day        | 21 Pumpkin Cheesecake Day; Reptile Day    |
| 06 Mad Hatter Day; Orange Wine Day        | 22 Nut Day; Color Day; Make a Dog's Day   |
| 07 Frappe Day; Pumpkin Seed Day           | 23 Boston Crème Pie Day; Talk Show Day    |
| 08 Fluffernutter Day; Pierogi Day         | 24 Make a Difference Day; Bologna Day     |
| 09 Moldy Cheese Day                       | 25 Mother In Law Day; Greasy Food Day     |
| 10 Angelfood Cake Day; Chess Day          | 26 Pumpkin Day; Mincemeat Day             |
| 11 Sausage Pizza Day; Clergy Apprec. Day  | 27 American Beer Day; Black Cat Day       |
| 12 Gumbo Day; Native Americans Day        | 28 Chocolate Day                          |
| 13 Yorkshire Pudding Day; Navy Birthday   | 29 Oatmeal Day;                           |
| 14 Fossil Day; Dessert Day                | National Cat Day                          |
| 15 Cheese Curd Day; I Love Lucy Day       | 30 Candy Corn Day;                        |
| 16 Sports Day; Global Cat Day; Bosses Day | Breadstick Day                            |
|   | 31 Halloween                              |



## Regarding Covid-19:

Safety and comfort of our residents and staff remains our number one priority during the Coronavirus cases that have happened nationwide. It is important to communicate our plans to mitigate risk in our community. We are following mandated health guidelines. Please note that all activities are subject to cancellation per current mandated health guidelines. To read a full list of measures taken, and our current visitor policy, please visit our website.

## Apple Pie Bread Recipe

Baking spray w/ flour in 9x5" pan	1 tsp vanilla
$\frac{2}{3}$ cup granulated sugar	1 tsp baking soda
$\frac{1}{2}$ cup whole-milk Greek yogurt	1 tsp apple pie spice
2 eggs	$\frac{1}{2}$ tsp salt
$\frac{2}{3}$ cup applesauce	1 Green apple (diced)
7 tbsp unsalted butter, melted	$\frac{1}{2}$ cup chop walnuts
1 cup flour, plus 1 tbsp divided	3 tbsp brown sugar
$\frac{3}{4}$ cup whole-wheat flour	$\frac{1}{4}$ tsp cinnamon

Preheat oven to 350 F. Stir sugar, yogurt, eggs together. Add applesauce, vanilla, 6 tbsp butter. Separately whisk 1 cup flour, whole-wheat flour, baking soda, apple pie spice, salt. Add apple, stir until coated. Add flour-apple mix to egg mix; stir. Spoon into sprayed pan. Mix walnuts, brown sugar, cinnamon & 1 tbsp butter, flour in a bowl. Sprinkle on batter. Bake 55-60 minutes. Cool 1 hour (Modified from EatingWell)



## RESIDENT SPOTLIGHT:

Nancy

Nancy is from Pasadena, CA. She went to the Oregon Institute of Technology, where she obtained a degree in Biology. She worked as a Lab Tech for Valley Lane Hospital for 3 years and then was a stay at home mom for her two boys. She enjoys genealogy, reading, rock hounding, traveling, lapidary, knitting, sewing, computer games, listening to the radio, and bible study. She also collects toothpick holders and all types of spoons. She is described as sweet, warm, funny, friendly, sarcastic, intelligent, helpful, down to earth, and has a great sense of humor. Nancy, thank you so much for choosing Farmington Square as your new home. We are so lucky to have you. You are a great addition to our Farmington family!



## STAFF SPOTLIGHT:

Johnetta

Johnetta has been a caregiver here at Farmington Square for about a year and a half. She recently was promoted to be our designated caregiver trainer. She is from San Fernando Valley, CA. She loves being social, spending time with her friends, taking her daughter on adventures, dancing, singing, cooking, sleeping, shopping, pampering herself, organizing, and traveling. She is described as funny, energetic, nice, fun to be around, happy, spontaneous, blunt at times, sassy, enthusiastic, and adaptable. Johnetta, your smile lights up any room; you are always so happy and cheerful. All the residents adore you and love your company. Staff say they love working beside you; you are a very hard worker, and are always fun to be around. We are so grateful to have you on our team!



# OCTOBER 2020

Farmington Square Eugene •

2730 Bailey Lane, Eugene, OR 97401 •

541-344-7902



SUN	MON	TUE	WED	THU	FRI	SAT
<b>All activities subject to change per mandated health guidelines</b>	<b>October Highlights</b> Oct. 1st- National Cookie Day Oct. 4th- National Golf Day Oct. 9th & 23rd- Virtual Pet Visits Oct. 10th- National Chess Day Oct. 14th- National Dessert Day Oct. 15th- National I Love Lucy Day Oct. 17th- Birthday Cupcakes Oct. 18th- National Alaska Day Oct. 19th- National Kentucky Day Oct. 21st- Resident Council Meeting Oct. 25th- Recorded Live Music: Katie Sontag Oct. 26th- National Tennessee Day Oct. 27th- Farmington Square Pumpkin Patch Oct. 28th- Pumpkin Decorating Oct. 31st- Halloween Treats Oct. 31st- Recorded Live Music: Lori LeMaster	Spirit Week- Crazy Hair Day    	Spirit Week- 80's Day    	<b>1</b> 9:00 Beauty & Grooming (A,B) 9:30 Exercise Fun: Balloon Ball (A,B) 10:30 Snacktivity: Virtual Museums* (A,B) 12:30 <b>B-I-N-G-O*</b> (B,C) 1:00 (A) 2:00 Snacktivity: <b>Nat'l. Cookie Day</b> (All)  2:00 Exercise Fun: Sit & Be Fit* (C) 3:00 Card Games* (All) 4:00 Exercise Fun: Music & Movement* (A) 5:15 Exercise Fun: Music & Movement* (B) 6:00 Board Game Night* (B)	<b>2</b> 9:00 Beauty & Grooming (A,B) 9:30 Exercise Fun: Fit Xpress* (A,B) 10:30 Snacktivity: Sports* (A,B) 11:00 Church* (All) 12:30 Yahtzee (B,C) 1:00 (A) 2:00 Snacktivity: Games & Puzzles* (All) 3:30 Pretty Nails & Manicures (All) 4:00 Exercise Fun: Balloon Ball (A) 5:30 Exercise Fun: Balloon Volleyball (B) 6:00 Movie Night & Popcorn* (All) 	<b>3</b> 9:00 Beauty & Grooming (A,B) 9:30 Exercise Fun: Music & Movement* (A,B) 10:30 Snacktivity: Dominos (A,B) 12:30 <b>B-I-N-G-O*</b> (B,C) 1:00 (A) 2:00 Snacktivity: Word Games* (All) 3:00 Creative Arts: Watercolor Painting* (All) 3:00 Saturday Stroll/ Resident Focus Visits (All) 4:00 Exercise Fun: Balloon Ball (A) 5:15 Exercise Fun: Balloon Ball (B) 6:00 Card Game Night* (B)
<b>4</b> 9:00 Beauty & Grooming (A,B) 9:30 Exercise Fun: Balloon Ball (A,B) 10:30 Snacktivity: Animal Kingdom* (A,B) 12:30 Yahtzee (B,C) 1:00 (A) 2:00 Snacktivity: <b>Nat'l. Golf Day*</b> (All)  2:30 Exercise Fun: Balloon Ball (C) 3:00 Sunday Stroll/ Resident Focus Visits (All) 4:00 Exercise Fun: Music & Movement* (A) 5:15 Exercise Fun: Music & Movement* (B) 6:00 Life Stories (B)	<b>5</b> 9:00 Beauty & Grooming (A,B) 9:30 Exercise Fun: Sit and Be Fit* (A,B) 10:30 Snacktivity: Travel to Italy* (A,B) 12:30 Yahtzee (B) 1:00 (A) 12:30 <b>B-I-N-G-O*</b> (C) 2:00 Flower Arranging (All) 2:30 Snacktivity: October Trivia* (All) 3:30 Family Feud* (All) 4:00 Exercise Fun: Balloon Ball (A) 5:15 Exercise Fun: Balloon Ball (B) 6:00 Penny Ante (B)	<b>6</b> 9:00 Beauty & Grooming (A,B) 9:30 Exercise Fun: Music & Movement* (A,B) 10:30 Snacktivity: Card Games* (A,B) 12:30 <b>B-I-N-G-O*</b> (B,C) 1:00 (A) 2:00 Snacktivity: Coffee & Conversation* (All) 2:00 Exercise Fun: Balloon Ball (C) 3:00 Pretty Nails & Manicures (All) 4:00 Exercise Fun: Balloon Ball (A) 5:15 Exercise Fun: Balloon Ball (B) 6:00 Yahtzee Night* (B) 	<b>7</b> 9:00 Beauty & Grooming (A,B) 9:30 Exercise Fun: Tai Chi* (A,B) 10:30 Snacktivity: Entertainment Trivia* (A,B) 12:30 Word Games/Crossword Puzzle* (B,C) 1:00 Short Stories* (A) 2:00 Snacktivity: Classic TV* (All) 2:00 Creative Arts: Watercolor Painting* (All) 3:30 Card Games* (All) 4:00 Exercise Fun: Music & Movement* (A) 6:00 <b>B-I-N-G-O</b> Night!* (B)	<b>8</b> 9:00 Beauty & Grooming (A,B) 9:30 Exercise Fun: Balloon Ball (A,B) 10:30 Snacktivity: Dancing* (A,B) 12:30 <b>B-I-N-G-O*</b> (B,C) 1:00 (A) 2:00 Snacktivity: Funny Babies* (A,B) 2:00 Exercise Fun: Sit & Be Fit* (C) 3:00 Card Games* (All) 4:00 Exercise Fun: Music & Movement* (A) 5:15 Exercise Fun: Music & Movement* (B) 6:00 Board Game Night* (B) 	<b>9</b> 9:00 Beauty & Grooming (A,B) 9:30 Exercise Fun: Fit Xpress* (A,B) 10:30 Snacktivity: <b>Virtual Pet Visits*</b> (A,B) 11:00 Church* (All) 12:30 Yahtzee (B,C) 1:00 (A) 2:00 Snacktivity: Reminisce* (All) 3:30 Pretty Nails & Manicures (All) 4:00 Exercise Fun: Balloon Ball (A) 5:30 Exercise Fun: Balloon Volleyball (B) 6:00 Movie Night & Popcorn* (All)	<b>10</b> 9:00 Beauty & Grooming (A,B) 9:30 Exercise Fun: Music & Movement* (A,B) 10:30 Snacktivity: <b>Nat'l. Chess Day</b> (A,B) 12:30 <b>B-I-N-G-O*</b> (B,C) 1:00 (A) 2:00 Snacktivity: Word Games* (All) 3:00 Creative Arts: Watercolor Painting* (All) 3:00 Saturday Stroll/ Resident Focus Visits (All) 4:00 Exercise Fun: Balloon Ball (A) 5:15 Exercise Fun: Balloon Ball (B) 6:00 Card Game Night* (B) 
<b>11</b> 9:00 Beauty & Grooming (A,B) 9:30 Exercise Fun: Balloon Ball (A,B) 10:30 Snacktivity: Funny Babies* (A,B) 12:30 Yahtzee (B,C) 1:00 (A) 2:00 Snacktivity: Card Games* (All) 2:30 Exercise Fun: Balloon Ball (C) 3:00 Sunday Stroll/ Resident Focus Visits (All) 4:00 Exercise Fun: Music & Movement* (A) 5:15 Exercise Fun: Music & Movement* (B) 6:00 Life Stories (B)	<b>12</b> 9:00 Beauty & Grooming (A,B) 9:30 Exercise Fun: Sit and Be Fit* (A,B) 10:30 Snacktivity: Travel to New York* (A,B) 12:30 Yahtzee (B) 1:00 (A) 12:30 <b>B-I-N-G-O*</b> (C) 2:00 Flower Arranging (All) 2:30 Snacktivity: Book Titles Trivia* (All) 3:30 Family Feud* (All) 4:00 Exercise Fun: Balloon Ball (A) 5:15 Exercise Fun: Balloon Ball (B) 6:00 Penny Ante (B) 	<b>13</b> 9:00 Beauty & Grooming (A,B) 9:30 Exercise Fun: Music & Movement* (A,B) 10:30 Snacktivity: Card Games* (A,B) 12:30 <b>B-I-N-G-O*</b> (B,C) 1:00 (A) 2:00 Snacktivity: Coffee & Conversation* (All) 2:00 Exercise Fun: Balloon Ball (C) 3:00 Pretty Nails & Manicures (All) 4:00 Exercise Fun: Balloon Ball (A) 5:15 Exercise Fun: Balloon Ball (B) 6:00 Yahtzee Night* (B)	<b>14</b> 9:00 Beauty & Grooming (A,B) 9:30 Exercise Fun: Tai Chi* (A,B) 10:30 Snacktivity: Wedding Trivia* (A,B) 12:30 Word Games/Crossword Puzzle* (B,C) 1:00 Short Stories* (A) 2:00 Snacktivity: <b>Nat'l. Dessert Day</b> (All)  2:00 Creative Arts: Adult Coloring* (All) 3:30 Card Games* (All) 4:00 Exercise Fun: Music & Movement* (A) 6:00 <b>B-I-N-G-O</b> Night!* (B)	<b>15</b> 9:00 Beauty & Grooming (A,B) 9:30 Exercise Fun: Balloon Ball (A,B) 10:30 Snacktivity: <b>Nat'l. I Love Lucy Day*</b> (A,B) 12:30 <b>B-I-N-G-O*</b> (B,C) 1:00 (A) 2:00 Snacktivity: Funny Animals* (A,B) 2:00 Exercise Fun: Sit & Be Fit* (C) 3:00 Card Games* (All) 4:00 Exercise Fun: Music & Movement* (A) 5:15 Exercise Fun: Music & Movement* (B) 6:00 Board Game Night* (B)	<b>16</b> 9:00 Beauty & Grooming (A,B) 9:30 Exercise Fun: Fit Xpress* (A,B) 10:30 Snacktivity: Sports* (A,B) 11:00 Church* (All) 12:30 Yahtzee (B,C) 1:00 (A) 2:00 Snacktivity: Games & Puzzles* (All) 3:30 Pretty Nails & Manicures (All) 4:00 Exercise Fun: Balloon Ball (A) 5:30 Exercise Fun: Balloon Volleyball (B) 6:00 Movie Night & Popcorn* (All) 	<b>17</b> 9:00 Beauty & Grooming (A,B) 9:30 Exercise Fun: Music & Movement* (A,B) 10:30 Snacktivity: Dominos (A,B) 12:30 <b>B-I-N-G-O*</b> (B,C) 1:00 (A) 2:00 Snacktivity: <b>Birthday Cupcakes</b> (All) 2:30 Word Games* (All) 3:00 Creative Arts: Watercolor Painting* (All) 4:00 Exercise Fun: Balloon Ball (A) 5:15 Exercise Fun: Balloon Ball (B) 6:00 Card Game Night* (B)
<b>18</b> 9:00 Beauty & Grooming (A,B) 9:30 Exercise Fun: Balloon Ball (A,B) 10:30 Snacktivity: <b>Nat'l. Alaska Day*</b> (A,B) 12:30 Yahtzee (B,C) 1:00 (A) 2:00 Snacktivity: Card Games* (All)  2:30 Exercise Fun: Balloon Ball (C) 3:00 Sunday Stroll/ Resident Focus Visits (All) 4:00 Exercise Fun: Music & Movement* (A) 5:15 Exercise Fun: Music & Movement* (B) 6:00 Life Stories (B)	<b>19</b> 9:00 Beauty & Grooming (A,B) 9:30 Exercise Fun: Sit and Be Fit* (A,B) 10:30 Snacktivity: <b>Nat'l. Kentucky Day*</b> (A,B) 12:30 Yahtzee (B) 1:00 (A) 12:30 <b>B-I-N-G-O*</b> (C) 2:00 Flower Arranging (All) 2:30 Snacktivity: Nursery Rhymes Trivia* (All) 3:30 Family Feud* (All) 4:00 Exercise Fun: Balloon Ball (A) 5:15 Exercise Fun: Balloon Ball (B) 6:00 Penny Ante (B)	<b>20</b> 9:00 Beauty & Grooming (A,B) 9:30 Exercise Fun: Music & Movement* (A,B) 10:30 Snacktivity: Card Games* (A,B) 12:30 <b>B-I-N-G-O*</b> (B,C) 1:00 (A) 2:00 Snacktivity: Coffee & Conversation* (All) 2:00 Exercise Fun: Balloon Ball (C) 3:00 Pretty Nails & Manicures (All) 4:00 Exercise Fun: Balloon Ball (A) 5:15 Exercise Fun: Balloon Ball (B) 6:00 Yahtzee Night* (B) 	<b>21</b> 9:00 Beauty & Grooming (A,B) 9:30 Exercise Fun: Tai Chi* (A,B) 10:30 Snacktivity: Transportation Trivia* (A,B) 12:30 Word Games/Crossword Puzzle* (B,C) 1:00 Short Stories* (A) 2:30 <b>Resident Council Meeting</b> (C) 2:00 Creative Arts: Watercolor Painting* (All) 3:30 Card Games* (All) 4:00 Exercise Fun: Music & Movement* (A) 6:00 <b>B-I-N-G-O</b> Night!* (B)	<b>22</b> 9:00 Beauty & Grooming (A,B) 9:30 Exercise Fun: Balloon Ball (A,B) 10:30 Snacktivity: Dancing* (A,B) 12:30 <b>B-I-N-G-O*</b> (B,C) 1:00 (A) 2:00 Snacktivity: Funny Babies* (A,B) 2:00 Exercise Fun: Sit & Be Fit* (C) 3:00 Card Games* (All) 4:00 Exercise Fun: Music & Movement* (A) 5:15 Exercise Fun: Music & Movement* (B) 6:00 Board Game Night* (B) 	<b>23</b> 9:00 Beauty & Grooming (A,B) 9:30 Exercise Fun: Fit Xpress* (A,B) 10:30 Snacktivity: <b>Virtual Pet Visits*</b> (A,B) 11:00 Church* (All) 12:30 Yahtzee (B,C) 1:00 (A) 2:00 Snacktivity: Reminisce* (All) 3:30 Pretty Nails & Manicures (All) 4:00 Exercise Fun: Balloon Ball (A) 5:30 Exercise Fun: Balloon Volleyball (B) 6:00 Movie Night & Popcorn* (All)	<b>24</b> 9:00 Beauty & Grooming (A,B) 9:30 Exercise Fun: Music & Movement* (A,B) 10:30 Snacktivity: Dominos (A,B) 12:30 <b>B-I-N-G-O*</b> (B,C) 1:00 (A)  2:00 Snacktivity: Word Games* (All) 3:00 Creative Arts: Watercolor Painting* (All) 3:00 Saturday Stroll/ Resident Focus Visits (All) 4:00 Exercise Fun: Balloon Ball (A) 5:15 Exercise Fun: Balloon Ball (B) 6:00 Card Game Night* (B)
<b>25</b> 9:00 Beauty & Grooming (A,B) 9:30 Exercise Fun: Balloon Ball (A,B) 10:30 Snacktivity: Funny Babies* (A,B) 12:30 Yahtzee (B,C) 1:00 (A) 2:00 <b>Recorded Live Music: Katie Sontag*</b> (All) 2:30 Exercise Fun: Balloon Ball (C) 3:00 Sunday Stroll/ Resident Focus Visits (All) 4:00 Exercise Fun: Music & Movement* (A) 5:15 Exercise Fun: Music & Movement* (B) 6:00 Life Stories (B) 	<b>26</b> 9:00 Beauty & Grooming (A,B) 9:30 Exercise Fun: Sit and Be Fit* (A,B) 10:30 Snacktivity: <b>Nat'l. Tennessee Day*</b> (A,B) 12:30 Yahtzee (B) 1:00 (A) 12:30 <b>B-I-N-G-O*</b> (C) 2:00 Flower Arranging (All) 2:30 Snacktivity: Halloween Trivia* (All) 3:30 Family Feud* (All) 4:00 Exercise Fun: Balloon Ball (A) 5:15 Exercise Fun: Balloon Ball (B) 6:00 Penny Ante (B) 	<b>27</b> 9:00 Beauty & Grooming (A,B) 9:30 Exercise Fun: Music & Movement* (A,B) 10:30 Snacktivity: Card Games* (A,B) 12:30 <b>B-I-N-G-O*</b> (B,C) 1:00 (A) 2:00 Snacktivity: Coffee & Conversation* (All) 2:00 <b>Farmington Square Pumpkin Patch</b> (All)  3:30 Pretty Nails & Manicures (All) 4:00 Exercise Fun: Balloon Ball (A) 5:15 Exercise Fun: Balloon Ball (B) 6:00 Yahtzee Night* (B)	<b>28</b> 9:00 Beauty & Grooming (A,B) 9:30 Exercise Fun: Tai Chi* (A,B) 10:30 Snacktivity: Health Trivia* (A,B) 12:30 Word Games/Crossword Puzzle* (B,C) 1:00 Short Stories* (A) 2:00 Snacktivity: Movies* (All)  2:00 Creative Arts: <b>Pumpkin Decorating*</b> (All) 3:30 Card Games* (All) 4:00 Exercise Fun: Music & Movement* (A) 6:00 <b>B-I-N-G-O</b> Night!* (B)	<b>29</b> 9:00 Beauty & Grooming (A,B) 9:30 Exercise Fun: Balloon Ball (A,B) 10:30 Snacktivity: Virtual Museums* (A,B) 12:30 <b>B-I-N-G-O*</b> (B,C) 1:00 (A) 2:00 Snacktivity: Funny Animals* (A,B) 2:00 Exercise Fun: Sit & Be Fit* (C) 3:00 Card Games* (All) 4:00 Exercise Fun: Music & Movement* (A) 5:15 Exercise Fun: Music & Movement* (B) 6:00 Board Game Night* (B)	<b>30</b> 9:00 Beauty & Grooming (A,B) 9:30 Exercise Fun: Fit Xpress* (A,B) 10:30 Snacktivity: Sports* (A,B) 11:00 Church* (All) 12:30 Yahtzee (B,C) 1:00 (A) 2:00 Snacktivity: Games & Puzzles* (All) 3:30 Pretty Nails & Manicures (All) 4:00 Exercise Fun: Balloon Ball (A) 5:30 Exercise Fun: Balloon Volleyball (B) 6:00 Movie Night & Popcorn* (All) 	<b>31</b> 9:00 Beauty & Grooming (A,B) 9:30 Exercise Fun: Music & Movement* (A,B) 10:30 Snacktivity: Dominos (A,B) 12:30 <b>B-I-N-G-O*</b> (B,C) 1:00 (A) 2:00 <b>Recorded Live Music: Lori LeMaster*</b> (All) 2:30 <b>Halloween Treats</b> (All) 3:00 Saturday Stroll/ Resident Focus Visits (All) 4:00 Exercise Fun: Balloon Ball (A) 5:15 Exercise Fun: Balloon Ball (B) 6:00 Card Game Night* (B) 