



2730 Bailey Lane  
Eugene, OR 97401

Stamp



### Administrative Team:

Executive Director: Jill Maher  
Community Relations Dir.: Carey Gross  
Business Office Dir.: Chelsea Hohenstein  
Wellness Nurse: Theresa Curcio RN  
Wellness Nurse: Judy Wilson RN  
Wellness Director: Barbara Schmidt  
Wellness Director: Mia Reeser  
Wellness Director: Nick Reeser  
Maintenance Director: Brian Thompson  
Dining Services Dir.: Crystal Lehnherr  
Life Enrichment Director: Kirsten Silva

### Connect:

**541-344-7902**

**info-eugene@farmingtonsquare.com**  
**www.farmingtonsquare-eugene.com**

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

# The Farmington Square Times

December 2020 Newsletter



2 Flu Prevention  
3 Team & Resident Spotlight  
4 - 5 Activities Calendar

6 Highlights, Notes, Seasonal Foods  
7 Special Moments & Birthdays  
8 Mission & Team



# Stay Healthy this 2020 Flu Season

It's that time of year! The air has a chill that gets us excited about warm drinks, cozy sweaters, and the holidays.

Unfortunately, flu is also making its rounds — and will likely do so through February. Flu prevention is important every year, but especially this year when Covid-19 is also a health risk. Flu prevention efforts will also aid in preventing the contraction of Covid-19.

People of all ages and walks of life can catch flu, but seniors over 65 are among those at particular risk for flu-related complications. The good news is there are various actions—from hand-hygiene to vaccination—that may be taken to prevent the flu.

## The Best Defense

Seasonal flu shots are designed to protect against the 3 or 4 influenza viruses likely to be most prevalent this season. While shot effectiveness varies by season and by different levels of health of those who receive them, it is the best line of defense for flu prevention.

Studies have shown that those who contract flu despite receiving a flu shot have less severe illnesses than those who did not get vaccinated. It is helpful to get the shot annually, and to know it takes two weeks to become fully effective. Those who wish to get a flu shot should consult their medical professional(s) and disclose allergies to them.

## Is it flu, a cold, or coronavirus?

All share symptoms of fever, chills, body aches, and cough. In all cases, make efforts to stay home, wear a mask, and wash hands. It is recommended you contact your doctor about your symptoms.



The best line of defense in flu prevention is getting a yearly flu shot.

- Flu is fast-coming and usually brings fever, chills, cough, body aches, headaches, and tiredness. Flu only sometimes includes sneezing, sore throat, or stuffy nose. Flu can be tested for, and antiviral drugs exist for it.
- A cold, on the other hand, brings gradual effects, including a runny or stuffy nose, chest discomfort, a cough, sore throat, sneezing, and sometimes fatigue and aches. Colds do not often bring chills, fever, or headaches.
- Coronavirus is harder to pinpoint due to its wide range of symptoms. It rarely is accompanied by runny or stuffy nose or sneezing. It often is accompanied by a loss of taste or smell. Doctors can test for Coronavirus.

Flu prevention is important every year, but especially this one! Take care of your health by eating well, staying hydrated, practicing good hand-hygiene, and getting a flu shot. Spend more time enjoying this season and less time searching for the box of tissues.

## Stop the Flu Before it Starts! Best practices:

- Get an annual flu shot
- Avoid close contact with those who are sick
- Wear a mask when out in public
- Cover mouth and nose with a tissue when coughing or sneezing
- Wash hands with soap and warm water for 15 to 20 seconds, several times a day
- Sanitize hands if water is not available
- Avoid contact with eyes, nose, and mouth
- Follow a healthy diet and staying hydrated
- Exercise regularly
- Get regular checkups by your doctor

# Special Moments



## Happy Birthday!



### Employee Birthdays

Crystal M.: Dec. 6th  
Dee: Dec.14th First  
Brian: Dec. 15th  
Barbara: Dec. 18th  
Tristin: Dec. 28th  
Kirstin: Dec. 30th

### Resident Birthdays

Joan: Dec. 7th  
Liz: Dec. Dec. 13th  
Nancy: Dec. 19th

- Those born in December are Sagittarius (Nov. 22-Dec 21) or Capricorn (Dec. 22-Jan. 19).
- Their birthstone is Turquoise, zircon, or tanzanite
- Their birth flower is Narcissus or Holly. Narcissus symbolizes rebirth and respect.

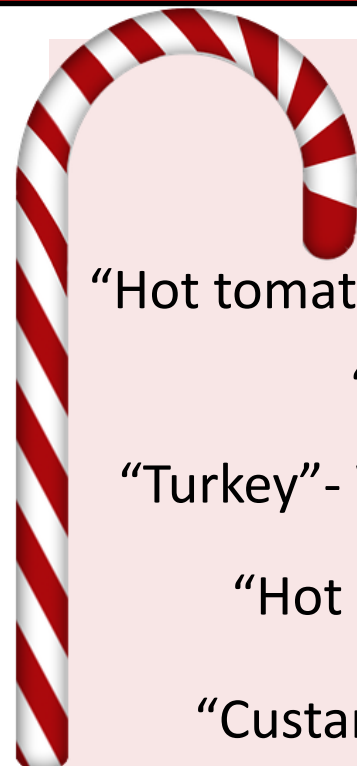


# December 2020 Highlights

December observes Handwashing Awareness, Food Service Safety, and Older Drivers' Safety. It celebrates Bingo, pears, writing to friends, spiritual literacy, root veggies, and exotic fruits!

- |  |   |
|--|---|
| 01 Eat a Red Apple Day; Pie Day        | 17 Maple Syrup Day; Wright Brothers Day     |
| 02 Mutt Day; Fritters Day              | 18 Twin Day; Ugly Christmas Sweater Day     |
| 03 UN's Day of Persons w/ Disabilities | 19 Oatmeal Muffin Day; Hard Candy Day       |
| 04 Sock Day; Dice Day                  | 20 Sangria Day                              |
| 05 Earmuff Day; Volunteer Day          | 21 Winter Solstice; Crossword Puzzle Day    |
| 06 Gazpacho Day; Microwave Day         | 22 Date Nut Bread Day                       |
| 07 Cotton Candy Day                    | 23 Pfeffernusse Cookie Day; Forefathers Day |
| 08 Time Traveler Day; Brownie Day      | 24 Christmas Eve; Eggnog Day                |
| 09 Pastry Day                          | 25 Christmas Day; Pumpkin Pie Day           |
| 10 Chanukah Begins; Nobel Prize Day    | 26 Kwanzaa starts; Candy Cane Day           |
| 11 Noodle Ring Day; App Day            | 27 Fruitcake Day                            |
| 12 Gingerbread House Day               | 28 Card Playing Day; Short Film Day         |
| 13 Cocoa Day; Violin Day               | 29 Pepper Pot Day                           |
| 14 Bouillabaisse Fish Stew Day         | 30 Bacon Day                                |
| 15 Cupcake Day; Wear Pearls Day        | 31 New Year's Eve; Champagne Day            |
| 16 Chocolate Covered Day               |   |

**Regarding Covid-19:** Resident and staff safety and comfort 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. All activities are subject to cancellation per those current guidelines. To read our measures taken, and our current visitor policy, please visit our website.



## Our Favorite Wintertime Foods & Drinks!

"Hot tomato soup" - Jean

"Eggnog" - Jim

"Turkey" - Wanda

"Hot cocoa" - Evelyn

"Custard pie" - Lynne



## Staff Spotlight: Alyssa

Alyssa has been a Med tech here at Farmington Square for a little over three months. She is from Springfield, Oregon, but grew up in Junction City. She likes fly fishing, camping, hiking, dancing, comedy movies, and rap music. Her favorite holiday is Christmas and her favorite color is lavender. She loves reptiles; she has 7 leopard geckos, 1 snake, and 1 crested gecko. She is described as honest, down to earth, compassionate, outgoing, hardworking, funny, intelligent, and very empathetic.

Alyssa, you always go above and beyond for each resident and they always enjoy your friendly presence. Your work ethic is appreciated by all your coworkers, and the residents know that the care they receive from you is genuine. Thank you for being you; you're incredible!



## Resident Spotlight: Jack

This month, our resident spotlight shines on Jack. He is from Olympia, WA but grew up in Eugene, OR. He worked as a butcher his whole life for Mayfair, Albertsons and Thriftway.

Jack enjoys golf, watching the news, sports (Oregon Ducks and San Diego football), poker, napping, feeding the squirrels outside, and socializing with other residents and staff. His favorite drink is coffee and his favorite food is tenderloin (of course).

He is described as very sweet, has a witty sense of humor, caring, friendly, passionate, opinionated, easy going, polite and all around a cool guy. Jack, you are such a delight to be around! You always know how to make people laugh and put a smile on their faces. We are grateful you are here and we all love you very much.




# DECEMBER 2020

Farmington Square Eugene

2730 Bailey Lane, Eugene, OR 97401

541-344-7902

SUN	MON	TUE	WED	THU	FRI	SAT
		<b>1</b> 9:00 Beauty & Grooming (All) 9:30 Exercise Fun: Music & Movement* (A,B) 10:30 Snacktivity: Travel to Cambodia* (All) 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) 2:30 Card Games* (All) 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>2</b> 9:00 Beauty & Grooming (All) 9:30 Exercise Fun: Tai Chi* (A,B) 10:30 Snacktivity: December Trivia* (All) 12:30 Word Games/Crossword Puzzle* (B,C) 1:00 Short Stories* (A) 2:00 Snacktivity: Movies* (All) 2:00 Creative Arts: Watercolor Painting* (All) 3:00 Casino Games* (All) 3:30 Holiday Laughs* (All) 4:00 Exercise Fun: Music & Movement* (A) 6:00 <b>B-I-N-G-O</b> Night!* (B)	<b>3</b> 9:00 Beauty & Grooming (All) 9:30 Exercise Fun: Balloon Ball (A,B) 10:30 Snacktivity: Family Feud* (All) 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) 3:30 Cribbage (C) 4:00 Exercise Fun: Music & Movement* (A) 5:15 Exercise Fun: Music & Movement* (B) 6:00 Board Game Night* (B) 	<b>4</b> 9:00 Beauty & Grooming (All) 9:30 Exercise Fun: Fit Xpress* (A,B) 10:30 Snacktivity: <b>Virtual Pet Visits</b> (All) 11:00 Church* (All) 12:30 Yahtzee (B,C) 1:00 (A)  2:00 Snacktivity: <b>National Dice Day*</b> (All) 2:30 Poetry* (All) 3:00 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>5</b> 9:00 Beauty & Grooming (All) 9:30 Exercise Fun: Music & Movement* (A,B) 10:30 Snacktivity: Dominos (All) 12:30 <b>B-I-N-G-O*</b> (B,C) 1:00 (A) 2:00 Snacktivity: Travel to Hawaii* (All) 2:00 Residents Choice* (All) 3:00 Creative Arts: Watercolor Painting* (All) 3:00 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>6</b> 9:00 Beauty & Grooming (All) 9:30 Exercise Fun: Balloon Ball (A,B) 10:30 Snacktivity: Family Feud* (All) 12:30 Yahtzee (B,C) 1:00 (A) 2:00 Snacktivity: Matching Games* (All) 2:30 Exercise Fun: Balloon Ball (C) 3:00 Music & Art* (A,B) 3:00 Resident Focus Visits (All) 4:00 Exercise Fun: Music & Movement* (A) 5:15 Exercise Fun: Music & Movement* (B) 6:00 Shake Loose a Memory (B)	<b>7</b> 9:00 Beauty & Grooming (All) 9:30 Exercise Fun: Sit and Be Fit* (A,B) 10:30 Snacktivity: Audio Books* (All) 12:30 Yahtzee (B) 1:00 (A) 12:30 <b>B-I-N-G-O*</b> (C) 2:00 Sensory Games* (A) 2:00 Flower Arranging (B,C) 2:30 Snacktivity: Music Trivia* (All) 3:30 What Did It Cost?* (All) 4:00 Exercise Fun: Balloon Ball (A) 5:15 Exercise Fun: Balloon Ball (B) 6:00 Penny Ante (B)	<b>8</b> 9:00 Beauty & Grooming (All) 9:30 Exercise Fun: Music & Movement* (A,B) 10:30 Snacktivity: Travel to Italy* (All) 12:30 <b>B-I-N-G-O*</b> (B,C) 1:00 (A) 2:00 Snacktivity: <b>National Brownie Day*</b> (All) 2:00 Exercise Fun: Balloon Ball (C) 2:30 Card Games* (All) 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>9</b> 9:00 Beauty & Grooming (All) 9:30 Exercise Fun: Tai Chi* (A,B) 10:30 Snacktivity: Winter Trivia* (All) 12:30 Word Games/Crossword Puzzle* (B,C) 1:00 Poetry* (A) 2:00 Snacktivity: Classic TV* (All) 2:00 Creative Arts: Watercolor Painting* (All) 3:00 Casino Games* (All) 3:30 Matching Games* (All) 4:00 Exercise Fun: Music & Movement* (A) 6:00 <b>B-I-N-G-O</b> Night!* (B)	<b>10</b> <b>Hanukkah Begins</b> 9:00 Beauty & Grooming (All) 9:30 Exercise Fun: Balloon Ball (A,B) 10:30 Snacktivity: The Price Is Right* (A,B) 12:30 <b>B-I-N-G-O*</b> (B,C) 1:00 (A) 2:00 Snacktivity: <b>National Nobel Prize Day*</b> (A,B) 2:00 Exercise Fun: Sit & Be Fit* (C) 3:00 Card Games* (All) 3:30 Cribbage (C) 4:00 Exercise Fun: Music & Movement* (A) 5:15 Exercise Fun: Music & Movement* (B) 6:00 Board Game Night* (B)	<b>11</b> 9:00 Beauty & Grooming (All) 9:30 Exercise Fun: Fit Xpress* (A,B) 10:30 Snacktivity: Common Sayings* (All) 11:00 Church* (All) 12:30 Yahtzee (B,C) 1:00 (A) 2:00 Snacktivity: Sensory Games* (All) 2:30 Poetry* (All) 3:00 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>12</b> 9:00 Beauty & Grooming (All) 9:30 Exercise Fun: Music & Movement* (A,B) 10:30 Snacktivity: Dominos* (All) 12:30 <b>B-I-N-G-O*</b> (B,C) 1:00 (A) 2:00 Snacktivity: <b>Gingerbread House Decorating</b> (All) 2:00 <b>Recorded Live Music: Katie Sontag*</b> (All) 3:00 Creative Arts: Adult Coloring* (All) 3:00 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>13</b> 9:00 Beauty & Grooming (All) 9:30 Exercise Fun: Balloon Ball (A,B) 10:30 Snacktivity: The Price Is Right* (All) 12:30 Yahtzee (B,C) 1:00 (A) 2:00 Snacktivity: Winter Poetry* (All) 2:30 Exercise Fun: Balloon Ball (C) 3:00 Music & Art* (A,B) 3:00 Resident Focus Visits (All) 4:00 Exercise Fun: Music & Movement* (A) 5:15 Exercise Fun: Music & Movement* (B) 6:00 Shake Loose a Memory (B)	<b>14</b> 9:00 Beauty & Grooming (All) 9:30 Exercise Fun: Sit and Be Fit* (A,B) 10:30 Snacktivity: <b>National Alabama Day*</b> (All) 12:30 Yahtzee (B) 1:00 (A) 12:30 <b>B-I-N-G-O*</b> (C) 2:00 Sensory Games* (A) 2:00 Flower Arranging (B,C) 2:30 Snacktivity: TV 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>15</b> 9:00 Beauty & Grooming (All) 9:30 Exercise Fun: Music & Movement* (A,B) 10:30 Snacktivity: Travel to Norway* (All) 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) 2:30 Card Games* (All) 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>16</b> 9:00 Beauty & Grooming (All) 9:30 Exercise Fun: Tai Chi* (A,B) 10:30 Snacktivity: Animal Trivia* (All) 12:30 Word Games/Crossword Puzzle* (B,C) 1:00 Short Stories* (A) 2:00 Snacktivity: Movies* (All) 2:00 Creative Arts: Watercolor Painting* (All) 2:30: <b>Resident Council Meeting</b> (C) 3:00 Casino Games* (All) 3:30 Holiday Laughs* (All) 4:00 Exercise Fun: Music & Movement* (A) 6:00 <b>B-I-N-G-O</b> Night!* (B)	<b>17</b> 9:00 Beauty & Grooming (A,B) 9:30 Exercise Fun: Balloon Ball (A,B) 10:30 Snacktivity: Family Feud* (A,B) 12:30 <b>B-I-N-G-O*</b> (B,C) 1:00 (A) 2:00 Snacktivity: <b>Christmas Card Decorating*</b> (All) 3:00 Card Games* (All) 3:30 Cribbage (C) 4:00 Exercise Fun: Music & Movement* (A) 5:15 Exercise Fun: Music & Movement* (B) 6:00 Board Game Night* (B) 	<b>18</b> 9:00 Beauty & Grooming (All) 9:30 Exercise Fun: Fit Xpress* (A,B) 10:30 Snacktivity: <b>Virtual Pet Visits*</b> (All) 11:00 Church* (All) 12:30 Yahtzee (B,C) 1:00 (A) 2:00 Snacktivity: Sensory Games* (All) 2:30 Poetry* (All) 3:00 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>19</b> 9:00 Beauty & Grooming (All) 9:30 Exercise Fun: Music & Movement* (A,B) 10:30 Snacktivity: Dominos (All) 12:30 <b>B-I-N-G-O*</b> (B,C) 1:00 (A) 2:00 Snacktivity: Rio Grande Train Ride* (All) 2:00 Residents Choice* (All) 3:00 Creative Arts: Watercolor Painting* (All) 3:00 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>20</b> 9:00 Beauty & Grooming (All) 9:30 Exercise Fun: Balloon Ball (A,B) 10:30 Snacktivity: Family Feud* (All) 12:30 Doorway Yahtzee (B,C) 1:00 (A) 2:00 Snacktivity: <b>Birthday Cupcakes</b> (All)  2:30 Exercise Fun: Balloon Ball (C) 3:00 Music & Art* (A,B) 3:00 Resident Focus Visits (All) 4:00 Exercise Fun: Music & Movement* (A) 5:15 Exercise Fun: Music & Movement* (B) 6:00 Shake Loose a Memory (B)	<b>21</b> 9:00 Beauty & Grooming (All) 9:30 Exercise Fun: Sit and Be Fit* (A,B) 10:30 Snacktivity: Audio Books* (All) 12:30 Yahtzee (B) 1:00 (A) 12:30 <b>B-I-N-G-O*</b> (C) 2:00 Sensory Games* (A) 2:00 Flower Arranging (B,C) 2:30 Snacktivity: Movies Trivia* (All) 3:30 What Did It Cost?* (All) 4:00 Exercise Fun: Balloon Ball (A) 5:15 Exercise Fun: Balloon Ball (B) 6:00 Penny Ante (B)	<b>22</b> 9:00 Beauty & Grooming (All) 9:30 Exercise Fun: Music & Movement* (A,B) 10:30 Snacktivity: Travel to Germany* (All) 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) 2:30 Card Games* (All) 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>23</b> 9:00 Beauty & Grooming (A,B) 9:30 Exercise Fun: Tai Chi* (A,B) 10:30 Snacktivity: Nursery Rhymes Trivia* (All) 12:30 Word Games/Crossword Puzzle* (B,C) 1:00 Poetry* (A) 2:00 Snacktivity: Classic TV* (All) 2:00 Creative Arts: Watercolor Painting* (All) 3:00 Casino Games* (All) 3:30 Matching Games* (All) 4:00 Exercise Fun: Music & Movement* (A) 6:00 <b>B-I-N-G-O</b> Night!* (B)	<b>24</b> <b>Christmas Eve</b> 9:00 Beauty & Grooming (All) 9:30 Exercise Fun: Balloon Ball (A,B) 10:30 Snacktivity: Holiday Travel* (All) 12:30 <b>B-I-N-G-O*</b> (B,C) 1:00 (A) 2:00 Snacktivity: <b>Cocoa &amp; Cookies*</b> (All)  2:30 Exercise Fun: Sit & Be Fit* (C) 3:00 Card Games* (All) 3:30 Cribbage (C) 4:00 Exercise Fun: Music & Movement* (A) 5:15 Exercise Fun: Music & Movement* (B) 6:00 Board Game Night* (B)	<b>25</b> <b>Christmas Day</b> 9:00 Beauty & Grooming (All) 9:30 Exercise Fun: Fit Xpress* (A,B) 10:30 Snacktivity: <b>Christmas Stockings</b> (All)  11:00 Church* (All) 12:30 Yahtzee (B,C) 1:00 (A) 2:00 Snacktivity: Christmas Trivia* (All) 2:30 <b>Recorded Live Music: Lori LeMaster*</b> (All) 3:00 Pretty Nails & Manicures (All) 4:00 Exercise Fun: Balloon Ball (A) 5:30 Exercise Fun: Balloon Volleyball (B) 6:00 Christmas Movie & Popcorn* (All)	<b>26</b> 9:00 Beauty & Grooming (All) 9:30 Exercise Fun: Music & Movement* (A,B) 10:30 Snacktivity: Dominos (All) 12:30 <b>B-I-N-G-O*</b> (B,C) 1:00 (A) 2:00 Snacktivity: Travel to Pennsylvania* (All) 2:00 Residents Choice* (All) 3:00 Creative Arts: Watercolor Painting* (All) 3:00 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>27</b> 9:00 Beauty & Grooming (All) 9:30 Exercise Fun: Balloon Ball (A,B) 10:30 Snacktivity: The Price is Right* (All) 12:30 Doorway Yahtzee (B,C) 1:00 (A) 2:00 Snacktivity: Card Games* (All)  2:30 Exercise Fun: Balloon Ball (C) 3:00 Music & Art* (A,B) 3:00 Resident Focus Visits (All) 4:00 Exercise Fun: Music & Movement* (A) 5:15 Exercise Fun: Music & Movement* (B) 6:00 Shake Loose a Memory (B)	<b>28</b> 9:00 Beauty & Grooming (All) 9:30 Exercise Fun: Sit and Be Fit* (A,B) 10:30 Snacktivity: <b>National Card Playing Day*</b> (All) 12:30 Yahtzee (B) 1:00 (A)  12:30 <b>B-I-N-G-O*</b> (C) 2:00 Sensory Games* (A) 2:00 Flower Arranging (B,C) 2:30 Snacktivity: Broadway Trivia* (All) 3:30 What Did It Cost?* (All) 4:00 Exercise Fun: Balloon Ball (A) 5:15 Exercise Fun: Balloon Ball (B) 6:00 Penny Ante (B)	<b>29</b> 9:00 Beauty & Grooming (All) 9:30 Exercise Fun: Music & Movement* (A,B) 10:30 Snacktivity: Travel to France* (All) 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) 2:30 Card Games* (All) 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>30</b> 9:00 Beauty & Grooming (A,B) 9:30 Exercise Fun: Tai Chi* (A,B) 10:30 Snacktivity: Nursery Rhymes Trivia* (All) 12:30 Word Games/Crossword Puzzle* (B,C) 1:00 Poetry* (A) 2:00 Snacktivity: Movies* (All) 2:00 Creative Arts: Watercolor Painting* (All) 3:00 Casino Games* (All) 3:30 Holiday Laughs* (All) 4:00 Exercise Fun: Music & Movement* (A) 6:00 <b>B-I-N-G-O</b> Night!* (B)	<b>31</b> <b>New Year's Eve</b> 9:00 Beauty & Grooming (All) 9:30 Exercise Fun: Balloon Ball (A,B) 10:30 Snacktivity: New Years Trivia* (All) 12:30 <b>B-I-N-G-O*</b> (B,C) 1:00 (A) 2:00 Snacktivity: Board Games (All) 2:30 Exercise Fun: Sit & Be Fit* (C) 3:00 Card Games* (All) 3:30 Cribbage (C) 4:00 Exercise Fun: Music & Movement* (A) 5:15 Exercise Fun: Music & Movement* (B) 6:00 <b>New Year's Eve Celebration*</b> (B) 	<b>December Highlights</b> Dec. 4th & 18th- Virtual Pet Visits Dec. 4th- National Dice Day Dec. 8th- National Brownie Day Dec. 10th- National Nobel Prize Day Dec. 12th- Gingerbread House Decorating Dec. 12th- Recorded Live Music: Katie Sontag Dec. 14th- National Alabama Day Dec. 16th- Residents Council Dec. 17th- Christmas Card Decorating Dec. 20th- Birthday Cupcakes Dec. 24th- Cocoa & Cookies Dec. 25th- Christmas Stockings Dec. 25th- Recorded Live Music: Lori LeMaster Dec. 28th- National Card Day Dec. 31st- New Years Eve Celebration	

All activities  
subject to change  
per mandated  
health guidelines.