



14420 SW Farmington Rd.  
Beaverton, OR 97005

Stamp

#### Administrative Team:

**Adriene Lierheimer**

Executive Director

**Patricia Hatherly**

Community Relations Director

**Erma Skaggs (A)**

Wellness Director

**Erma Skaggs & Maria Cottom-Pineda (B)**

Wellness Director

**Maria Cottom-Pineda (C/D)**

Wellness Director

**Melanie Tuttle**

Business Office Director

**Joan Alfano**

Registered Nurse

**Erika Silva**

Dietary Director

**Jennifer Johnson**

Maintenance Director

**Robert Baty**

Life Enrichment Director

**Connect:**

**503-626-2273**

**info-beaverton@farmingtonsquare.com**

**www.farmingtonsquare-beaverton.com**

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



# The Radiant Reader

December 2020

Farmington Square Transitions Newsletter



2 Flu Prevention

3 Caught In Action

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!



Don H. - 12/2  
Teresa W. - 12/3  
Karl K. - 12/12  
Barbara R. - 12/13  
Violet A. - 12/19  
Richard M. - 12/21  
Warren R. - 12/21  
JoAnne D. - 12/28

- 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!

Tortilla Soup - Olya

Egg Nog - Maria

Pozole - Brianna

Warm Milk with Cinnamon  
and Honey - Joan

## Caught In Action!





# DECEMBER 2020 Building A

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SUN	MON	TUE	WED	THU	FRI	SAT
		<b>1</b> 10:00 Exercise 10:30 Snack & News 11:00 <i>Wacky Word Games</i> 1:30 Bean Bag Toss 2:30 Manicures 3:00 Bingo 6:00 Puzzles	<b>2</b> 9:30 Painting <b>9:45 Fred Meyer</b> 10:30 Snack & News 11:00 Wacky Word Games 11:30 Exercise 1:30 <i>Sing Along / Trivia</i> <b>2:45 Happy Hour / Bingo</b> 6:00 Puzzles	<b>3</b> <b>9:45 Library Outing</b> 10:30 Snack 11:00 Exercise 11:30 <i>Wacky Word Games</i> 1:30 Bean Bag Toss 2:30 <i>Reminisce / Snack</i> 3:00 Bingo 6:00 Balloon Bounce	<b>4</b> 10:00 Exercise 10:30 Snack & News 11:00 <i>Wacky Word Games</i> 1:30 Coloring / Word Search 2:00 Snack 2:15 <i>Sing Along</i> 3:00 Bingo 6:00 Puzzles	<b>5</b> 10:00 Exercise 10:30 Snack & News 11:00 <i>Wacky Word Games / Craft</i> 1:30 <i>Reminisce</i> 2:30 Bingo / Snack 3:30 Mini Golf 6:00 Movie Night
<b>6</b> 9:30 Coffee / News 10:00 Puzzles 10:30 Snack 10:45 <i>Bible Verse of the day</i> 1:30 Bingo / Snack 2:30 Movie Matinee 6:00 Balloon Bounce	<b>7</b> 9:30 Water coloring 10:15 Snack <b>10:30 Music Therapy</b> 11:30 <i>Wacky Word Games</i> 1:30 <i>Sing Along / Snack</i> 3:00 Bingo 6:00 <i>Evening Movie</i>	<b>8</b> 10:00 Exercise 10:30 Snack & News 11:00 <i>Wacky Word Games</i> 1:30 Bean Bag Toss 2:15 <i>Sing Along / Snack</i> 3:00 Bingo 6:00 Puzzles	<b>9</b> 9:30 Painting <b>9:45 Fred Meyer</b> 10:30 Snack & News 11:00 Wacky Word Games 11:30 Exercise 1:30 <i>Sing Along / Trivia</i> <b>2:45 Ice Cream Social / Bingo</b> 6:00 Puzzles	<b>10 Hanukkah Begins</b> 10:00 Exercise 10:30 Snack & News 11:00 <i>Wacky Word Games</i> 1:00 Movie Matinee <b>1:15 Elsie Stuhr</b> 1:45 Snack 4:00 Painting 6:00 Balloon Bounce	<b>11</b> 10:00 Exercise 10:30 Snack & News 11:00 <i>Wacky Word Games</i> 1:30 Coloring / Word Search 2:00 Snack 2:15 <i>Sing Along</i> 3:00 Bingo 6:00 Puzzles	<b>12</b> 10:00 Exercise 10:30 Snack & News 11:00 <i>Wacky Word Games / Craft</i> 1:30 <i>Reminisce</i> 2:30 Bingo / Snack 3:30 Mini Golf 6:00 Movie Night
<b>13</b> 9:30 Coffee / News 10:00 Puzzles 10:30 Snack 10:45 <i>Bible Verse of the day</i> 1:30 Bingo / Snack 2:30 Movie Matinee 6:00 Balloon Bounce	<b>14</b> <b>9:45 Scenic Drive</b> 10:30 Snack 11:00 <i>Wacky Word Games</i> 11:30 Exercise 1:30 <i>Sing Along / Snack</i> 3:00 Bingo 6:00 <i>Evening Movie</i>	<b>15</b> 10:00 Exercise 10:30 Snack & News 11:00 <i>Wacky Word Games</i> 1:30 Manicures 2:15 <i>Sing Along / Snack</i> 3:00 Bingo 6:00 Puzzles	<b>16</b> 9:30 Painting <b>9:45 Fred Meyer</b> 10:30 Snack & News 11:00 Wacky Word Games 11:30 Exercise 1:30 <i>Sing Along / Trivia</i> <b>2:45 Happy Hour / Bingo</b> 6:00 Puzzles	<b>17</b> <b>9:45 Library Outing</b> 10:30 Snack 11:00 Exercise 11:30 <i>Wacky Word Games</i> 1:30 Bean Bag Toss 2:30 <i>Reminisce / Snack</i> 3:00 Bingo 6:00 Balloon Bounce	<b>18</b> 10:00 Exercise 10:30 Snack & News 11:00 <i>Wacky Word Games</i> 1:30 Coloring / Word Search 2:00 Snack 2:15 <i>Sing Along</i> 3:00 Bingo 6:00 Puzzles	<b>19</b> 10:00 Exercise 10:30 Snack & News 11:00 <i>Wacky Word Games / Craft</i> 1:30 <i>Reminisce</i> 2:30 Bingo / Snack 3:30 Mini Golf 6:00 Movie Night
<b>20</b> 9:30 Coffee/ News 10:00 Puzzles 10:30 Snack 10:45 <i>Bible Verse of the day</i> 1:30 Bingo / Snack 2:30 Movie Matinee 6:00 Balloon Bounce	<b>21 Winter Solstice</b> 9:30 Water coloring 10:15 Snack <b>10:30 Music Therapy</b> 11:30 <i>Wacky Word Games</i> 1:30 <i>Sing Along / Snack</i> 3:00 Bingo 6:00 <i>Evening Movie</i>	<b>22</b> 10:00 Exercise 10:30 Snack & News 11:00 <i>Wacky Word Games</i> 1:30 Bean Bag Toss 2:00 <i>Sing Along / Snack</i> 3:00 Bingo <b>3:45 Pet Therapy</b> 6:00 Puzzles	<b>23</b> 9:30 Painting <b>9:45 Fred Meyer</b> 10:30 Snack & News 11:00 Wacky Word Games 11:30 Exercise 1:30 <i>Sing Along / Trivia</i> <b>2:45 Ice Cream Social / Bingo</b> 6:00 Puzzles	<b>24 Christmas Eve</b> 10:00 Exercise 10:30 Snack & News 11:00 <i>Wacky Word Games</i> 1:00 Movie Matinee <b>1:15 Elsie Stuhr</b> 1:45 Snack 4:00 Painting 6:00 Balloon Bounce	<b>25 Christmas Day</b> 10:00 Exercise 10:30 Snack & News 11:00 <i>Wacky Word Games</i> 1:30 Coloring / Word Search 2:00 Snack 2:15 <i>Sing Along</i> 3:00 Bingo 6:00 Puzzles	<b>26</b> 10:00 Exercise 10:30 Snack & News 11:00 <i>Wacky Word Games / Craft</i> 1:30 <i>Reminisce</i> 2:30 Bingo / Snack 3:30 Mini Golf 6:00 Movie Night
<b>27</b> 9:30 Coffee / News 10:00 Puzzles 10:30 Snack 10:45 <i>Bible Verse of the day</i> 1:30 Bingo / Snack 2:30 Movie Matinee 6:00 Balloon Bounce	<b>28</b> <b>9:45 Scenic Drive</b> 10:30 Snack 11:00 <i>Wacky Word Games</i> 11:30 Exercise 1:30 <i>Sing Along / Snack</i> 3:00 Bingo 6:00 <i>Evening Movie</i>	<b>29</b> 10:00 Exercise 10:30 Snack & News 11:00 <i>Wacky Word Games</i> 1:30 Bean Bag Toss 2:00 <i>Sing Along / Snack</i> 2:30 Manicures 3:00 Bingo 6:00 Puzzles	<b>30</b> 9:30 Painting <b>9:45 Fred Meyer</b> 10:30 Snack & News 11:00 Wacky Word Games 11:30 Exercise 1:30 <i>Sing Along / Trivia</i> <b>2:45 Ice Cream Social / Bingo</b> 6:00 Puzzles	<b>31 New Year's Eve</b> 10:00 Exercise 10:30 Snack & News 11:00 <i>Wacky Word Games</i> 1:00 Movie Matinee <b>1:15 Elsie Stuhr</b> 1:45 Snack 4:00 Painting 6:00 Balloon Bounce	<u>Activity schedule</u>  Subject to cancellation per current mandated health guidelines.  Please look for a <u>red time</u> to indicate what may be changing.  Example: <b>9:30 Fred Meyer</b>	



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SUN	MON	TUE	WED	THU	FRI	SAT
		<b>1</b>  9:30 <i>Daily News Report</i> 9:45 Watercolors 10:30 Snack 11:00 <i>Exercise and Sing Along</i> 1:30 Bingo 2:45 Snack 3:00 <i>Reminisce</i> 6:00 Puzzles	<b>2</b>  <b>9:45 Fred Meyer</b> 10:30 Snack 11:00 Exercise 1:30 <i>Sing Along</i> 2:00 <i>Reminisce</i> <b>2:45 Happy Hour / Bingo</b> 6:00 Puzzles	<b>3</b>  9:30 Watercolors <b>9:45 Library Outing</b> 10:00 Snack 11:00 Exercise 1:30 Craft 2:45 Snack 3:00 Bingo 6:00 Evening Movie	<b>4</b>  10:00 Watercolors & Snack 10:30 Morning News 11:00 Exercise 1:30 <i>Trivia</i> 2:00 Craft/Snack 3:00 Bingo 6:00 Puzzles	<b>5</b>  10:00 <i>Watercolors &amp; Snack</i> 10:30 <i>Morning News</i> 11:00 Exercise 1:30 <i>Sing Along</i> 2:45 Bingo with Snack 4:00 Poem of The Day 6:00 Evening Movie
<b>6</b>  9:30 Snack 9:45 Watercolors 10:00 <i>Sit And Be Fit</i> 11:00 Bible Study 1:30 Movie and Snack 3:00 Bingo 6:00 NetFlix Night	<b>7</b>  <b>9:45 Scenic Drive</b> 10:30 Coffee & News 11:00 Exercise 1:30 <i>Trivia/ Snack</i> 2:00 Craft 3:00 Bingo 4:00 Poem of the day 6:00 Evening Movie	<b>8</b>  9:30 <i>Daily News Report</i> 9:45 Watercolors 10:30 Snack 11:00 <i>Exercise and Sing Along</i> 1:30 Bingo 2:45 Snack 3:00 <i>Reminisce</i> 6:00 Puzzles	<b>9</b>  <b>9:45 Fred Meyer</b> 10:30 Snack 11:00 Exercise 1:30 <i>Sing Along</i> 2:00 <i>Trivia</i> <b>2:45 Ice Cream Social / Bingo</b> 6:00 Puzzles	<b>10 Hanukkah Begins</b>  9:30 Watercolors & Snack 10:45 <i>Exercise and Sing Along</i> 1:00 <i>Movie Matinee</i> <b>1:15 Elsie Stuhr</b> 1:45 Snack 4:00 Poem Of The Day 6:00 Evening Movie	<b>11</b>  10:00 Watercolors & Snack 10:30 Morning News 11:00 Exercise 1:30 <i>Sing Along</i> 2:00 <i>Reminisce</i> /Snack 3:00 Bingo 6:00 Puzzles	<b>12</b>  10:00 <i>Watercolors &amp; Snack</i> 10:30 <i>Morning News</i> 11:00 Exercise 1:30 Table Games 2:45 Bingo with Snack 4:00 Poem of The Day 6:00 Evening Movie
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		<b>1</b> 10:00 Pretty Nails 10:30 <i>Memory Bio/Snack</i> 11:00 <i>Sing Along</i> 11:30 Seated Stretching 1:30 <i>Bingo</i> 2:00 <i>Old Commercials/Snack</i> 3:00 <i>Travel</i> 6:00 <i>Nature Relax</i>	<b>2</b> 10:00 Beauty Hour 10:30 Balloon Bat/Snack 11:00 <i>Sing Along</i> 11:30 Travel Tours 1:30 <i>Bingo</i> 2:00 <i>Reminisce/ Snack</i> <b>3:00</b> Balloon Bat 6:00 <i>National Parks</i>	<b>3</b> 10:00 Pretty Nails 10:30 <i>Memory Bio/Snack</i> 11:00 Exercise 11:30 Name That Tune 1:30 <i>Bingo</i> 2:00 <i>Trivia/ Snack</i> 3:00 Sing Along 6:00 <i>Nature Relax</i>	<b>4</b> 10:00 Pretty Nails 10:30 <i>Memory Bio/Snack</i> 11:00 Exercise 11:30 Name That Tune 1:30 <i>Bingo</i> 2:00 <i>Trivia/ Snack</i> 3:00 Sing Along 6:00 <i>Nature Relax</i>	<b>5</b> 10:00 Beauty Hour 10:30 <i>Sing Along/ Snack</i> 11:00 <i>Balloon Toss</i> 11:30 <i>Trivia</i> 1:30 Puzzle/Cards/Folding 2:00 <i>Reminisce/ Snack</i> 3:00 <i>Bingo</i> 6:00 <i>National Parks</i>
<b>6</b> 10:00 Beauty Hour 10:30 Snack 11:00 <i>Conductor Exercise</i> 11:30 <i>Good News Network</i> 1:30 <i>Bible Study</i> 2:00 Balloon Bounce 3:00 <i>Bingo/ Snack</i> 6:00 <i>Travel Videos</i>	<b>7</b> 10:00 Beauty Hour 10:30 <i>Sing Along / Snack</i> 11:00 <i>Trivia</i> 11:30 Exercise 1:30 <i>Travel</i> 2:00 <i>Reminisce/ Snack</i> 3:00 <i>Bingo</i> 6:00 <i>Movie</i>	<b>8</b> 10:00 Pretty Nails 10:30 <i>Memory Bio/Snack</i> 11:00 <i>Sing Along</i> 11:30 Seated Stretching 1:30 <i>Bingo</i> 2:00 <i>Old Commercials/Snack</i> 3:00 <i>Travel</i> 6:00 <i>Nature Relax</i>	<b>9</b> 10:00 Beauty Hour 10:30 Balloon Bat/Snack 11:00 <i>Sing Along</i> 11:30 Travel Tours 1:30 <i>Bingo</i> 2:00 <i>Reminisce/ Snack</i> <b>3:00</b> Balloon Bat 6:00 <i>National Parks</i>	<b>10 Hanukkah Begins</b> 10:00 Pretty Nails 10:30 <i>Memory Bio/Snack</i> 11:00 Exercise 11:30 Name That Tune 1:30 <i>Bingo</i> 2:00 <i>Trivia/ Snack</i> 3:00 Sing Along 6:00 <i>Nature Relax</i>	<b>11</b> 10:00 Pretty Nails 10:30 <i>Memory Bio/Snack</i> 11:00 Exercise 11:30 Name That Tune 1:30 <i>Bingo</i> 2:00 <i>Trivia/ Snack</i> 3:00 Sing Along 6:00 <i>Nature Relax</i>	<b>12</b> 10:00 Beauty Hour 10:30 <i>Sing Along/ Snack</i> 11:00 <i>Balloon Toss</i> 11:30 <i>Trivia</i> 1:30 Puzzle/Cards/Folding 2:00 <i>Reminisce/ Snack</i> 3:00 <i>Bingo</i> 6:00 <i>National Parks</i>
<b>13</b> 10:00 Beauty Hour 10:30 Snack 11:00 <i>Conductor Exercise</i> 11:30 <i>Good News Network</i> 1:30 <i>Bible Study</i> 2:00 Balloon Bounce 3:00 <i>Bingo/ Snack</i> 6:00 <i>Travel Videos</i>	<b>14</b> 10:00 Beauty Hour 10:30 <i>Sing Along / Snack</i> 11:00 <i>Trivia</i> 11:30 Exercise 1:30 <i>Travel</i> 2:00 <i>Reminisce/ Snack</i> 3:00 <i>Bingo</i> 6:00 <i>Movie</i>	<b>15</b> 10:00 Pretty Nails 10:30 <i>Memory Bio/Snack</i> 11:00 <i>Sing Along</i> 11:30 Seated Stretching 1:30 <i>Bingo</i> 2:00 <i>Old Commercials/Snack</i> 3:00 <i>Travel</i> 6:00 <i>Nature Relax</i>	<b>16</b> 10:00 Beauty Hour 10:30 Balloon Bat/Snack 11:00 <i>Sing Along</i> 11:30 Travel Tours 1:30 <i>Bingo</i> 2:00 <i>Reminisce/ Snack</i> <b>3:00</b> Balloon Bat 6:00 <i>National Parks</i>	<b>17</b> 10:00 Pretty Nails 10:30 <i>Memory Bio/Snack</i> 11:00 Exercise 11:30 Name That Tune 1:30 <i>Bingo</i> 2:00 <i>Trivia/ Snack</i> 3:00 Sing Along 6:00 <i>Nature Relax</i>	<b>18</b> 10:00 Pretty Nails 10:30 <i>Memory Bio/Snack</i> 11:00 Exercise 11:30 Name That Tune 1:30 <i>Bingo</i> 2:00 <i>Trivia/ Snack</i> 3:00 Sing Along 6:00 <i>Nature Relax</i>	<b>19</b> 10:00 Beauty Hour 10:30 <i>Sing Along/ Snack</i> 11:00 <i>Balloon Toss</i> 11:30 <i>Trivia</i> 1:30 Puzzle/Cards/Folding 2:00 <i>Reminisce/ Snack</i> 3:00 <i>Bingo</i> 6:00 <i>National Parks</i>
<b>20</b> 10:00 Beauty Hour 10:30 Snack 11:00 <i>Conductor Exercise</i> 11:30 <i>Good News Network</i> 1:30 <i>Bible Study</i> 2:00 Balloon Bounce 3:00 <i>Bingo/ Snack</i> 6:00 <i>Travel Videos</i>	<b>21 Winter Solstice</b> 10:00 Beauty Hour 10:30 <i>Sing Along / Snack</i> 11:00 <i>Trivia</i> 11:30 Exercise 1:30 <i>Travel</i> 2:00 <i>Reminisce/ Snack</i> 3:00 <i>Bingo</i> 6:00 <i>Movie</i>	<b>22</b> 10:00 Pretty Nails 10:30 <i>Memory Bio/Snack</i> 11:00 <i>Sing Along</i> 11:30 Seated Stretching 1:30 <i>Bingo</i> 2:00 <i>Old Commercials/Snack</i> <b>2:30 Pet Therapy</b> 3:00 Trivia 6:00 <i>Nature Relax</i>	<b>23</b> 10:00 Beauty Hour 10:30 Balloon Bat/Snack 11:00 <i>Sing Along</i> 11:30 Travel Tours 1:30 <i>Bingo</i> 2:00 <i>Reminisce/ Snack</i> <b>3:00</b> Balloon Bat 6:00 <i>National Parks</i>	<b>24 Christmas Eve</b> 10:00 Pretty Nails 10:30 <i>Memory Bio/Snack</i> 11:00 Exercise 11:30 Name That Tune 1:30 <i>Bingo</i> 2:00 <i>Trivia/ Snack</i> 3:00 Sing Along 6:00 <i>Nature Relax</i>	<b>25 Christmas Day</b> 10:00 Pretty Nails 10:30 <i>Memory Bio/Snack</i> 11:00 Exercise 11:30 Name That Tune 1:30 <i>Bingo</i> 2:00 <i>Trivia/ Snack</i> 3:00 Sing Along 6:00 <i>Nature Relax</i>	<b>26</b> 10:00 Beauty Hour 10:30 <i>Sing Along/ Snack</i> 11:00 <i>Balloon Toss</i> 11:30 <i>Trivia</i> 1:30 Puzzle/Cards/Folding 2:00 <i>Reminisce/ Snack</i> 3:00 <i>Bingo</i> 6:00 <i>National Parks</i>
<b>27</b> 10:00 Beauty Hour 10:30 Snack 11:00 <i>Conductor Exercise</i> 11:30 <i>Good News Network</i> 1:30 <i>Bible Study</i> 2:00 Balloon Bounce 3:00 <i>Bingo/ Snack</i> 6:00 <i>Travel Videos</i>	<b>28</b> 10:00 Beauty Hour 10:30 <i>Sing Along / Snack</i> 11:00 <i>Trivia</i> 11:30 Exercise 1:30 <i>Travel</i> 2:00 <i>Reminisce/ Snack</i> 3:00 <i>Bingo</i> 6:00 <i>Movie</i>	<b>29</b> 10:00 Pretty Nails 10:30 <i>Memory Bio/Snack</i> 11:00 <i>Sing Along</i> 11:30 Seated Stretching 1:30 <i>Bingo</i> 2:00 <i>Old Commercials/Snack</i> 3:00 <i>Travel</i> 6:00 <i>Nature Relax</i>	<b>30</b> 10:00 Beauty Hour 10:30 Balloon Bat/Snack 11:00 <i>Sing Along</i> 11:30 Travel Tours 1:30 <i>Bingo</i> 2:00 <i>Reminisce/ Snack</i> <b>3:00</b> Balloon Bat 6:00 <i>National Parks</i>	<b>31 New Year's Eve</b> 10:00 Pretty Nails 10:30 <i>Memory Bio/Snack</i> 11:00 Exercise 11:30 Name That Tune 1:30 <i>Bingo</i> 2:00 <i>Trivia/ Snack</i> 3:00 Sing Along 6:00 <i>Nature Relax</i>	<b>Activity schedule</b>  subject to cancellation per current mandated health guidelines.  Please look for a <u>red time</u> to indicate what may be changing.  <i>Example: 9:30 Fred Meyer</i>	