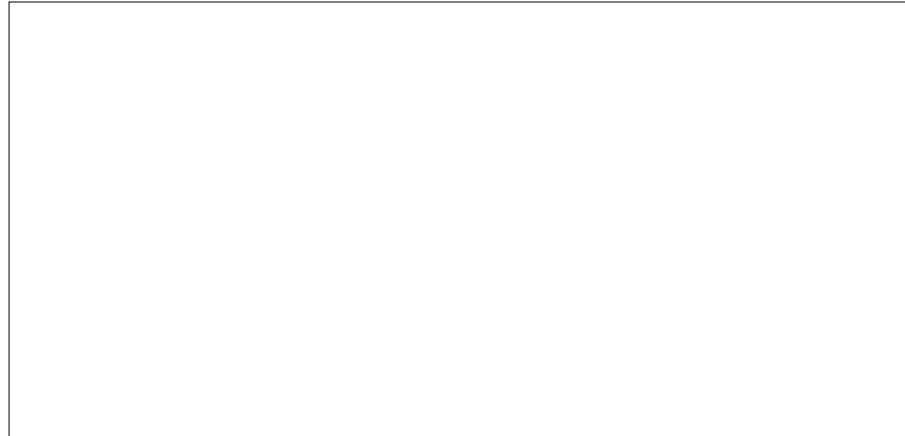




17950 SW 115th Ave
Tualatin, OR 97062

Stamp



Administrative Team:

Executive Director: Tawnya Theodore
Community Relations Dir.: Randy Dickens
Wellness Director: Sally Campos
Wellness Director: Heather Schories
Registered Nurse: Franciene Thompson
Business Office Director: Jane Smith
Maintenance Director: Paul Burns
Dining Service Dir.: Samantha Olivar-Silva
Life Enrichment Dir.: Anjee Thompson

Connect:

503-692-1748

info-tualatin@farmingtonsquare.com
www.farmingtonsquare-tualatin.com

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



The Farmington 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!



Pat: Dec. 14th
Patricia: Dec. 21st
Joe: Dec. 26th
Dale: Dec. 29th

- 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!

Soup - Marge

Hot Cocoa - Ella

Pie - Dale

Coffee - Sharon

Turkey - Joel



Staff Spotlight:
Maryann



Resident Spotlight:
Bob



Maryann has been at Farmington Square for a year and works with the Activities team. She has three grandchildren that she adores and spends as much time as she can with. She loves to spend time in nature and watching the squirrels and birds at home. Thank you for being a fun and helpful part of our residents world, Maryann!

Bob has three children and several grandchildren who he loves to talk about, and is devoted to his wife Janet. He was an Army man for several years and then worked in the lumber industry most of his life. He loves sports of any kind. He can often be found relaxing in the sun and says the summer is his favorite! We're so happy to have Bob here at Farmington Square!

DECEMBER 2020

Farmington Square Tualatin • Alpine • 17950 SW 115th Ave., Tualatin, Oregon 97062 • (503) 692-1748

SUN	MON	TUE	WED	THU	FRI	SAT
All activities subject to change per mandated health guidelines.	Happy Birthday Pat: Dec. 14th Patricia: Dec. 21st Joe: Dec. 26th Dale: Dec. 29th	1 8:00 Breakfast 9:30 Exercise IN2L 10:00 Today In History 11:00 Virtual Tour of Finland IN2L 12:00 Lunch 1:00 Trivia IN2L 2:00 Ball Toss 3:00 Tea time 4:00 Puzzle Time 5:00 Dinner 6:00 Comedy TV	2 8:00 Breakfast 9:30 Exercise IN2L 10:00 Read Aloud 11:00 Hang man 12:00 Lunch 1:00 Jokes and Poems 2:00 Card Game 3:00 Ball Toss 4:00 Game Show 5:00 Dinner 6:00 Classic TV	3 8:00 Breakfast 9:30 Exercise IN2L 10:00 Trivia IN2L 11:00 Puzzle Time 12:00 Lunch 1:00 Word Game 2:00 Art Project 3:00 Travel Show IN2L 4:00 Ball Toss 5:00 Dinner 6:00 Drama TV	4 8:00 Breakfast 9:30 Exercise IN2L 10:00 Spelling and Hangman 10:00 Sing Along 12:00 Lunch 1:00 Trivia IN2L 2:00 Coloring IN2L 3:00 Church Sermon IN2L 4:00 Travel Show IN2L 5:00 Dinner 6:00 Comedy TV	5 8:00 Breakfast 9:30 Exercise IN2L 10:00 Snack and Chat 11:00 Games IN2L 12:00 Lunch 1:00 Trivia 2:00 Spelling and Hangman 3:00 Today in History 4:00 Concert IN2L 5:00 Dinner 6:00 Western Show
6 8:00 Breakfast 9:30 Exercise IN2L 10:00 Brain Game IN2L 11:00 Walking Group 12:00 Lunch 1:00 Bible Study IN2L 2:00 Games 3:00 Puzzle Time 4:00 Trivia IN2L 5:00 Dinner 6:00 Comedy TV	7 8:00 Breakfast 9:30 Exercise IN2L 10:00 Trivia IN2L 11:00 Word Games IN2L 12:00 Lunch 1:00 Word Search 2:00 Brain Games 3:00 Funny Videos 4:00 Trivia IN2L 5:00 Dinner 6:00 History Show	8 8:00 Breakfast 9:30 Exercise IN2L 10:00 Today In History 11:00 Virtual Tour Australia IN2L 12:00 Lunch 1:00 Trivia IN2L 2:00 Ball Toss 3:00 Coloring 4:00 Puzzle Time 5:00 Dinner 6:00 Comedy TV	9 8:00 Breakfast 9:30 Exercise IN2L 10:00 Read Aloud 11:00 Hang man 12:00 Lunch 1:00 Jokes and Poems 2:00 Card Game 3:00 Ball Toss 4:00 Game Show 5:00 Dinner 6:00 Classic TV	10 Hanukkah Begins 8:00 Breakfast 9:30 Exercise IN2L 10:00 Trivia IN2L 11:00 Puzzle Time 12:00 Lunch 1:00 Word Game 2:00 Art Project 3:00 Travel Show IN2L 4:00 Ball Toss 5:00 Dinner 6:00 Drama TV	11 8:00 Breakfast 9:30 Exercise IN2L 10:00 Spelling and Hangman 10:00 Sing Along 12:00 Lunch 1:00 Trivia IN2L 2:00 Coloring IN2L 3:00 Church Sermon IN2L 4:00 Travel Show IN2L 5:00 Dinner 6:00 Comedy TV	12 8:00 Breakfast 9:30 Exercise IN2L 10:00 Snack and Chat 11:00 Games IN2L 12:00 Lunch 1:00 Trivia 2:00 Spelling and Hangman 3:00 Today in History 4:00 Concert IN2L 5:00 Dinner 6:00 Western Show
13 8:00 Breakfast 9:30 Exercise IN2L 10:00 Brain Game IN2L 11:00 Walking Group 12:00 Lunch 1:00 Bible Study IN2L 2:00 Games 3:00 Puzzle Time 4:00 Trivia IN2L 5:00 Dinner 6:00 Comedy TV	14 8:00 Breakfast 9:30 Exercise IN2L 10:00 Trivia IN2L 11:00 Word Games IN2L 12:00 Lunch 1:00 Word Search 2:00 Brain Games 3:00 Funny Videos 4:00 Trivia IN2L 5:00 Dinner 6:00 History Show	15 8:00 Breakfast 9:30 Exercise IN2L 10:00 Today In History 11:00 Virtual Tour of Norway IN2L 12:00 Lunch 1:00 Trivia IN2L 2:00 Ball Toss 3:00 Coloring 4:00 Puzzle Time 5:00 Dinner 6:00 Comedy TV	16 8:00 Breakfast 9:30 Exercise IN2L 10:00 Read Aloud 11:00 Hang man 12:00 Lunch 1:00 Jokes and Poems 2:00 Card Game 3:00 Ball Toss 4:00 Game Show 5:00 Dinner 6:00 Classic TV	17 8:00 Breakfast 9:30 Exercise IN2L 10:00 Trivia IN2L 11:00 Puzzle Time 12:00 Lunch 1:00 Word Game 2:00 Art Project 3:00 Travel Show IN2L 4:00 Ball Toss 5:00 Dinner 6:00 Drama TV	18 8:00 Breakfast 9:30 Exercise IN2L 10:00 Spelling and Hangman 10:00 Sing Along 12:00 Lunch 1:00 Trivia IN2L 2:00 Coloring IN2L 3:00 Church Sermon IN2L 4:00 Travel Show IN2L 5:00 Dinner 6:00 Comedy TV	19 8:00 Breakfast 9:30 Exercise IN2L 10:00 Snack and Chat 11:00 Games IN2L 12:00 Lunch 1:00 Trivia 2:00 Spelling and Hangman 3:00 Today in History 4:00 Concert IN2L 5:00 Dinner 6:00 Western Show
20 8:00 Breakfast 9:30 Exercise IN2L 10:00 Brain Game IN2L 11:00 Walking Group 12:00 Lunch 1:00 Bible Study IN2L 2:00 Games 3:00 Puzzle Time 4:00 Trivia IN2L 5:00 Dinner 6:00 Comedy TV	21 Winter Solstice 8:00 Breakfast 9:30 Exercise IN2L 10:00 Trivia IN2L 11:00 Word Games IN2L 12:00 Lunch 1:00 Word Search 2:00 Brain Games 3:00 Funny Videos 4:00 Trivia IN2L 5:00 Dinner 6:00 History Show	22 8:00 Breakfast 9:30 Exercise IN2L 10:00 Today In History 11:00 Virtual Tour of England IN2L 12:00 Lunch 1:00 Trivia IN2L 2:00 Ball Toss 3:00 Coloring 4:00 Puzzle Time 5:00 Dinner 6:00 Comedy TV	23 8:00 Breakfast 9:30 Exercise IN2L 10:00 Read Aloud 11:00 Hang man 12:00 Lunch 1:00 Jokes and Poems 2:00 Card Game 3:00 Ball Toss 4:00 Game Show 5:00 Dinner 6:00 Classic TV	24 Christmas Eve 8:00 Breakfast 9:30 Exercise IN2L 10:00 Trivia IN2L 11:00 Puzzle Time 12:00 Lunch 1:00 Word Game 2:00 Art Project 3:00 Travel Show IN2L 4:00 Ball Toss 5:00 Dinner 6:00 Drama TV	25 Christmas Day 8:00 Breakfast 9:30 Exercise IN2L 10:00 Spelling and Hangman 10:00 Sing Along 12:00 Lunch 1:00 Trivia IN2L 2:00 Coloring IN2L 3:00 Church Sermon IN2L 4:00 Travel Show IN2L 5:00 Dinner 6:00 Comedy TV	26 8:00 Breakfast 9:30 Exercise IN2L 10:00 Snack and Chat 11:00 Games IN2L 12:00 Lunch 1:00 Trivia 2:00 Spelling and Hangman 3:00 Today in History 4:00 Concert IN2L 5:00 Dinner 6:00 Western Show
27 8:00 Breakfast 9:30 Exercise IN2L 10:00 Brain Game IN2L 11:00 Walking Group 12:00 Lunch 1:00 Bible Study IN2L 2:00 Games 3:00 Puzzle Time 4:00 Trivia IN2L 5:00 Dinner 6:00 Comedy TV	28 8:00 Breakfast 9:30 Exercise IN2L 10:00 Trivia IN2L 11:00 Word Games IN2L 12:00 Lunch 1:00 Word Search 2:00 Brain Games 3:00 Funny Videos 4:00 Trivia IN2L 5:00 Dinner 6:00 History Show	29 8:00 Breakfast 9:30 Exercise IN2L 10:00 Today In History 11:00 Virtual Tour of Finland IN2L 12:00 Lunch 1:00 Trivia IN2L 2:00 Ball Toss 3:00 Coloring 4:00 Puzzle Time 5:00 Dinner 6:00 Comedy TV	30 8:00 Breakfast 9:30 Exercise IN2L 10:00 Read Aloud 11:00 Hang man 12:00 Lunch 1:00 Jokes and Poems 2:00 Card Game 3:00 Ball Toss 4:00 Game Show 5:00 Dinner 6:00 Classic TV	31 New Year's Eve 8:00 Breakfast 9:30 Exercise IN2L 10:00 Trivia IN2L 11:00 Puzzle Time 12:00 Lunch 1:00 Word Game 2:00 Art Project 3:00 Travel Show IN2L 4:00 Ball Toss 5:00 Dinner 6:00 Drama TV		

DECEMBER 2020

Farmington Square Tualatin • Beechwood • 17950 SW 115th Ave., Tualatin, Oregon 97062 • (503) 692-1748

SUN	MON	TUE	WED	THU	FRI	SAT
All activities subject to change per mandated health guidelines.	Happy Birthday Pat: Dec. 14th Patricia: Dec. 21st Joe: Dec. 26th Dale: Dec. 29th	1 8:00 Breakfast 9:30 Exercise IN2L 10:00 Today In History 11:00 Virtual Tour of Norway IN2L 12:00 Lunch 1:00 Trivia IN2L 2:00 Bingo 3:00 Tea time 4:00 Puzzle Time 5:00 Dinner 6:00 Comedy TV	2 8:00 Breakfast 9:30 Exercise IN2L 10:00 Read Aloud 11:00 Hang man 12:00 Lunch 1:00 Jokes and Poems 2:00 Card Game 3:00 Write a Poem 4:00 Game Show 5:00 Dinner 6:00 Classic TV	3 8:00 Breakfast 9:30 Exercise IN2L 10:00 Walking Group 11:00 Puzzle Time 12:00 Lunch 1:00 Word Game 2:00 Art Project 3:00 Travel Show IN2L 4:00 Ball Toss 5:00 Dinner 6:00 Drama TV	4 8:00 Breakfast 9:30 Exercise IN2L 10:00 Bible Study 11:00 Sing Along 12:00 Lunch 1:00 Trivia IN2L 2:00 Card Games 3:00 Read Aloud 4:00 Travel Show IN2L 5:00 Dinner 6:00 Comedy TV	5 8:00 Breakfast 9:30 Exercise IN2L 10:00 Snack and Chat 11:00 Games IN2L 12:00 Lunch 1:00 Trivia 2:00 Spelling and Hangman 3:00 Today in History 4:00 Concert IN2L 5:00 Dinner 6:00 Western Show
6 8:00 Breakfast 9:30 Exercise IN2L 10:00 Brain Game IN2L 11:00 Walking Group 12:00 Lunch 1:00 Bible Study IN2L 2:00 Games 3:00 Puzzle Time 4:00 Trivia IN2L 5:00 Dinner 6:00 Comedy TV	7 8:00 Breakfast 9:30 Exercise IN2L 10:00 Trivia IN2L 11:00 Word Games IN2L 12:00 Lunch 1:00 Word Search 2:00 Brain Games 3:00 Book Club 4:00 Travel Trivia IN2L 5:00 Dinner 6:00 History Show	8 8:00 Breakfast 9:30 Exercise IN2L 10:00 Today In History 11:00 Virtual Tour of Iceland IN2L 12:00 Lunch 1:00 Trivia IN2L 2:00 Bingo 3:00 Coloring 4:00 Puzzle Time 5:00 Dinner 6:00 Comedy TV	9 8:00 Breakfast 9:30 Exercise IN2L 10:00 Read Aloud 11:00 Hang man 12:00 Lunch 1:00 Jokes and Poems 2:00 Card Game 3:00 Write a Poem 4:00 Game Show 5:00 Dinner 6:00 Classic TV	10 Hanukkah Begins 8:00 Breakfast 9:30 Exercise IN2L 10:00 Walking Group 11:00 Puzzle Time 12:00 Lunch 1:00 Word Game 2:00 Art Project 3:00 Travel Show IN2L 4:00 Ball Toss 5:00 Dinner 6:00 Drama TV	11 8:00 Breakfast 9:30 Exercise IN2L 10:00 Bible Study 11:00 Sing Along 12:00 Lunch 1:00 Trivia IN2L 2:00 Card Games 3:00 Read Aloud 4:00 Travel Show IN2L 5:00 Dinner 6:00 Comedy TV	12 8:00 Breakfast 9:30 Exercise IN2L 10:00 Snack and Chat 11:00 Games IN2L 12:00 Lunch 1:00 Trivia 2:00 Spelling and Hangman 3:00 Today in History 4:00 Concert IN2L 5:00 Dinner 6:00 Western Show
13 8:00 Breakfast 9:30 Exercise IN2L 10:00 Brain Game IN2L 11:00 Walking Group 12:00 Lunch 1:00 Bible Study IN2L 2:00 Games 3:00 Puzzle Time 4:00 Trivia IN2L 5:00 Dinner 6:00 Comedy TV	14 8:00 Breakfast 9:30 Exercise IN2L 10:00 Trivia IN2L 11:00 Word Games IN2L 12:00 Lunch 1:00 Word Search 2:00 Brain Games 3:00 Book Club 4:00 Travel Trivia IN2L 5:00 Dinner 6:00 History Show	15 8:00 Breakfast 9:30 Exercise IN2L 10:00 Today In History 11:00 Stories of Childhood 12:00 Lunch 1:00 Trivia IN2L 2:00 Bingo 3:00 Coloring 4:00 Puzzle Time 5:00 Dinner 6:00 Comedy TV	16 8:00 Breakfast 9:30 Exercise IN2L 10:00 Read Aloud 11:00 Hang man 12:00 Lunch 1:00 Jokes and Poems 2:00 Card Game 3:00 Write a Poem 4:00 Game Show 5:00 Dinner 6:00 Classic TV	17 8:00 Breakfast 9:30 Exercise IN2L 10:00 Walking Group 11:00 Puzzle Time 12:00 Lunch 1:00 Word Game 2:00 Art Project 3:00 Travel Show IN2L 4:00 Ball Toss 5:00 Dinner 6:00 Drama TV	18 8:00 Breakfast 9:30 Exercise IN2L 10:00 Bible Study 11:00 Sing Along 12:00 Lunch 1:00 Trivia IN2L 2:00 Card Games 3:00 Read Aloud 4:00 Travel Show IN2L 5:00 Dinner 6:00 Comedy TV	19 8:00 Breakfast 9:30 Exercise IN2L 10:00 Snack and Chat 11:00 Games IN2L 12:00 Lunch 1:00 Trivia 2:00 Spelling and Hangman 3:00 Today in History 4:00 Concert IN2L 5:00 Dinner 6:00 Western Show
20 8:00 Breakfast 9:30 Exercise IN2L 10:00 Brain Game IN2L 11:00 Walking Group 12:00 Lunch 1:00 Bible Study IN2L 2:00 Games 3:00 Puzzle Time 4:00 Trivia IN2L 5:00 Dinner 6:00 Comedy TV	21 Winter Solstice 8:00 Breakfast 9:30 Exercise IN2L 10:00 Trivia IN2L 11:00 Word Games IN2L 12:00 Lunch 1:00 Word Search 2:00 Brain Games 3:00 Book Club 4:00 Travel Trivia IN2L 5:00 Dinner 6:00 History Show	22 8:00 Breakfast 9:30 Exercise IN2L 10:00 Today In History 11:00 Virtual Tour of England IN2L 12:00 Lunch 1:00 Trivia IN2L 2:00 Bingo 3:00 Coloring 4:00 Puzzle Time 5:00 Dinner 6:00 Comedy TV	23 8:00 Breakfast 9:30 Exercise IN2L 10:00 Read Aloud 11:00 Hang man 12:00 Lunch 1:00 Jokes and Poems 2:00 Card Game 3:00 Write a Poem 4:00 Game Show 5:00 Dinner 6:00 Classic TV	24 Christmas Eve 8:00 Breakfast 9:30 Exercise IN2L 10:00 Walking Group 11:00 Puzzle Time 12:00 Lunch 1:00 Word Game 2:00 Art Project 3:00 Travel Show IN2L 4:00 Ball Toss 5:00 Dinner 6:00 Drama TV	25 Christmas Day 8:00 Breakfast 9:30 Exercise IN2L 10:00 Bible Study 11:00 Sing Along 12:00 Lunch 1:00 Trivia IN2L 2:00 Card Games 3:00 Read Aloud 4:00 Travel Show IN2L 5:00 Dinner 6:00 Comedy TV	26 8:00 Breakfast 9:30 Exercise IN2L 10:00 Snack and Chat 11:00 Games IN2L 12:00 Lunch 1:00 Trivia 2:00 Spelling and Hangman 3:00 Today in History 4:00 Concert IN2L 5:00 Dinner 6:00 Western Show
27 8:00 Breakfast 9:30 Exercise IN2L 10:00 Brain Game IN2L 11:00 Walking Group 12:00 Lunch 1:00 Bible Study IN2L 2:00 Games 3:00 Puzzle Time 4:00 Trivia IN2L 5:00 Dinner 6:00 Comedy TV	28 8:00 Breakfast 9:30 Exercise IN2L 10:00 Trivia IN2L 11:00 Word Games IN2L 12:00 Lunch 1:00 Word Search 2:00 Brain Games 3:00 Book Club 4:00 Travel Trivia IN2L 5:00 Dinner 6:00 History Show	29 8:00 Breakfast 9:30 Exercise IN2L 10:00 Today In History 11:00 Virtual Tour of Russia IN2L 12:00 Lunch 1:00 Trivia IN2L 2:00 Bingo 3:00 Coloring 4:00 Puzzle Time 5:00 Dinner 6:00 Comedy TV	30 8:00 Breakfast 9:30 Exercise IN2L 10:00 Read Aloud 11:00 Hang man 12:00 Lunch 1:00 Jokes and Poems 2:00 Card Game 3:00 Write a Poem 4:00 Game Show 5:00 Dinner 6:00 Classic TV	31 New Year's Eve 8:00 Breakfast 9:30 Exercise IN2L 10:00 Walking Group 11:00 Puzzle Time 12:00 Lunch 1:00 Word Game 2:00 Art Project 3:00 Travel Show IN2L 4:00 Ball Toss 5:00 Dinner 6:00 Drama TV		

DECEMBER 2020

Farmington Square Tualatin • Ponderosa • 17950 SW 115th Ave., Tualatin, Oregon 97062 • (503) 692-1748

SUN	MON	TUE	WED	THU	FRI	SAT
All activities subject to change per mandated health guidelines.	Happy Birthday Pat: Dec. 14th Patricia: Dec. 21st Joe: Dec. 26th Dale: Dec. 29th	1 8:00 Breakfast 9:30 Exercise IN2L 10:00 Good News 11:00 Trivia IN2L 12:00 Lunch 1:00 Tea Time 2:00 Cribbage/ Games 3:00 Walking Group 4:00 One on One Visit 5:00 Dinner 6:00 Music IN2L	2 8:00 Breakfast 9:30 Exercise IN2L 10:00 News and Chat 11:00 Art Project 12:00 Lunch 1:00 Virtual Tour Norway IN2L 2:00 Scenic Drive 3:00 Spa Time 4:00 Puzzles Time 5:00 Dinner 6:00 Funny TV Show	3 8:00 Breakfast 9:30 Exercise IN2L 10:00 Card Games 11:30 Bible Study 12:00 Lunch 1:00 Art Class 2:00 Book Club 3:00 Trivia IN2L 4:00 Ball Toss 5:00 Dinner 6:00 History Video IN2L	4 8:00 Breakfast 9:30 Chair Stretching 10:00 Games IN2L 11:00 Card Games 12:00 Lunch 1:00 Scrabble 2:00 Bible Study 3:00 Craft 4:00 Trivia IN2L 5:00 Dinner 6:00 Funny TV Show	5 8:00 Breakfast 9:30 Exercise IN2L 10:30 BINGO 11:00 Puzzle Time 12:00 Lunch 1:00 Spa Time 2:00 One On One 3:00 Walking Group 4:00 Ball Room Dance Video 5:00 Dinner 6:00 Music IN2L 7:00 Movie
6 8:00 Breakfast 9:30 Exercise IN2L 10:00 Bible Study IN2L 11:00 Board Games 12:00 Lunch 1:00 Trivia IN2L 2:00 Word Search 3:00 Walk n Roll walking 4:00 Past Times IN2L 5:00 Dinner 6:00 Movie IN2L	7 8:00 Breakfast 9:30 Exercise IN2L 10:00 Snack and News 11:00 Read Aloud 12:00 Lunch 1:00 Write Holiday Cards 2:00 News and Chat 3:00 Ball Toss 4:00 Funny Videos 5:00 Dinner 6:00 Music IN2L	8 8:00 Breakfast 9:30 Exercise IN2L 10:00 Good News 11:00 Trivia IN2L 12:00 Lunch 1:00 Art with Annie 2:00 Cribbage/ Games 3:00 Walking Group 4:00 One on One Visit 5:00 Dinner 6:00 Music IN2L	9 8:00 Breakfast 9:30 Exercise IN2L 10:00 News and Chat 11:00 Art Project 12:00 Lunch 1:00 Virtual Tour Russia IN2L 2:00 Scenic Drive 3:00 Spa Time 4:00 Puzzles Time 5:00 Dinner 6:00 Funny TV Show	10 Hanukkah Begins 8:00 Breakfast 9:30 Exercise IN2L 10:00 Card Games 11:30 Bible Study 12:00 Lunch 1:00 Art Class 2:00 Book Club 3:00 Trivia IN2L 4:00 Ball Toss 5:00 Dinner 6:00 History Video IN2L	11 8:00 Breakfast 9:30 Chair Stretching 10:00 Games IN2L 11:00 Card Games 12:00 Lunch 1:00 Scrabble 2:00 Bible Study 3:00 Craft 4:00 Trivia IN2L 5:00 Dinner 6:00 Funny TV Show	12 8:00 Breakfast 9:30 Exercise IN2L 10:30 BINGO 11:00 Puzzle Time 12:00 Lunch 1:00 Spa Time 2:00 One On One 3:00 Walking Group 4:00 Ball Room Dance Video 5:00 Dinner 6:00 Music IN2L
13 8:00 Breakfast 9:30 Exercise IN2L 10:00 Bible Study IN2L 11:00 Board Games 12:00 Lunch 1:00 Trivia IN2L 2:00 Word Search 3:00 Walk n Roll walking 4:00 Past Times IN2L 5:00 Dinner 6:00 Movie IN2L	14 8:00 Breakfast 9:30 Exercise IN2L 10:00 Snack and News 11:00 Read Aloud 12:00 Lunch 1:00 Write Holiday Cards 2:00 News and Chat 3:00 Ball Toss 4:00 Funny Videos 5:00 Dinner 6:00 Music IN2L	15 8:00 Breakfast 9:30 Exercise IN2L 10:00 Good News 11:00 Trivia IN2L 12:00 Lunch 1:00 Tea Time 2:00 Cribbage/ Games 3:00 Walking Group 4:00 One on One Visit 5:00 Dinner 6:00 Music IN2L	16 8:00 Breakfast 9:30 Exercise IN2L 10:00 News and Chat 11:00 Art Project 12:00 Lunch 1:00 Virtual Tour The Grand Canyon 2:00 Scenic Drive 3:00 Spa Time 4:00 Puzzles Time 5:00 Dinner 6:00 Funny TV Show	17 8:00 Breakfast 9:30 Exercise IN2L 10:00 Card Games 11:30 Bible Study 12:00 Lunch 1:00 Art Class 2:00 RESIDENT COUNCIL 3:00 Trivia IN2L 4:00 Ball Toss 5:00 Dinner 6:00 History Video IN2L	18 8:00 Breakfast 9:30 Chair Stretching 10:00 Games IN2L 11:00 Card Games 12:00 Lunch 1:00 Scrabble 2:00 Bible Study 3:00 Craft 4:00 Trivia IN2L 5:00 Dinner 6:00 Funny TV Show	19 8:00 Breakfast 9:30 Exercise IN2L 10:30 BINGO 11:00 Puzzle Time 12:00 Lunch 1:00 Spa Time 2:00 One On One 3:00 Walking Group 4:00 Ball Room Dance Video 5:00 Dinner 6:00 Music IN2L
20 8:00 Breakfast 9:30 Exercise IN2L 10:00 Bible Study IN2L 11:00 Board Games 12:00 Lunch 1:00 Trivia IN2L 2:00 Word Search 3:00 Walk n Roll walking 4:00 Past Times IN2L 5:00 Dinner 6:00 Movie IN2L	21 Winter Solstice 8:00 Breakfast 9:30 Exercise IN2L 10:00 Snack and News 11:00 Read Aloud 12:00 Lunch 1:00 Travel Show IN2L 2:00 News and Chat 3:00 Ball Toss 4:00 Funny Videos 5:00 Dinner 6:00 Music IN2L	22 8:00 Breakfast 9:30 Exercise IN2L 10:00 Good News 11:00 Trivia IN2L 12:00 Lunch 1:00 Art with Annie 2:00 Cribbage/ Games 3:00 Walking Group 4:00 One on One Visit 5:00 Dinner 6:00 Music IN2L	23 8:00 Breakfast 9:30 Exercise IN2L 10:00 News and Chat 11:00 Art Project 12:00 Lunch 1:00 Virtual Tour Alaska IN2L 2:00 Scenic Drive 3:00 Spa Time 4:00 Puzzles Time 5:00 Dinner 6:00 Funny TV Show	24 Christmas Eve 8:00 Breakfast 9:30 Exercise IN2L 10:00 Card Games 11:30 Bible Study 12:00 Lunch 1:00 Art Class 2:00 Book Club 3:00 Trivia IN2L 4:00 Ball Toss 5:00 Dinner 6:00 History Video IN2L	25 Christmas Day 8:00 Breakfast 9:30 Chair Stretching 10:00 Games IN2L 11:00 Card Games 12:00 Lunch 1:00 Scrabble 2:00 Bible Study 3:00 Craft 4:00 Trivia IN2L 5:00 Dinner 6:00 Funny TV Show	26 8:00 Breakfast 9:30 Exercise IN2L 10:30 BINGO 11:00 Puzzle Time 12:00 Lunch 1:00 Spa Time 2:00 One On One 3:00 Walking Group 4:00 Ball Room Dance Video 5:00 Dinner 6:00 Music IN2L
27 8:00 Breakfast 9:30 Exercise IN2L 10:00 Bible Study IN2L 11:00 Board Games 12:00 Lunch 1:00 Trivia IN2L 2:00 Word Search 3:00 Walk n Roll walking 4:00 Past Times IN2L 5:00 Dinner 6:00 Movie IN2L	28 8:00 Breakfast 9:30 Exercise IN2L 10:00 Snack and News 11:00 Read Aloud 12:00 Lunch 1:00 Travel Show IN2L 2:00 News and Chat 3:00 Ball Toss 4:00 Funny Videos 5:00 Dinner 6:00 Music IN2L	29 8:00 Breakfast 9:30 Exercise IN2L 10:00 Good News 11:00 Trivia IN2L 12:00 Lunch 1:00 Tea Time 2:00 Cribbage/ Games 3:00 Walking Group 4:00 One on One Visit 5:00 Dinner 6:00 Music IN2L	30 8:00 Breakfast 9:30 Exercise IN2L 10:00 News and Chat 11:00 Art Project 12:00 Lunch 1:00 Virtual Tour Australia IN2L 2:00 Scenic Drive 3:00 Spa Time 4:00 Puzzles Time 5:00 Dinner 6:00 Funny TV Show	31 New Year's Eve 8:00 Breakfast 9:30 Exercise IN2L 10:00 Card Games 11:30 Bible Study 12:00 Lunch 1:00 Art Class 2:00 Book Club 3:00 Trivia IN2L 4:00 Ball Toss 5:00 Dinner 6:00 History Video IN2L		