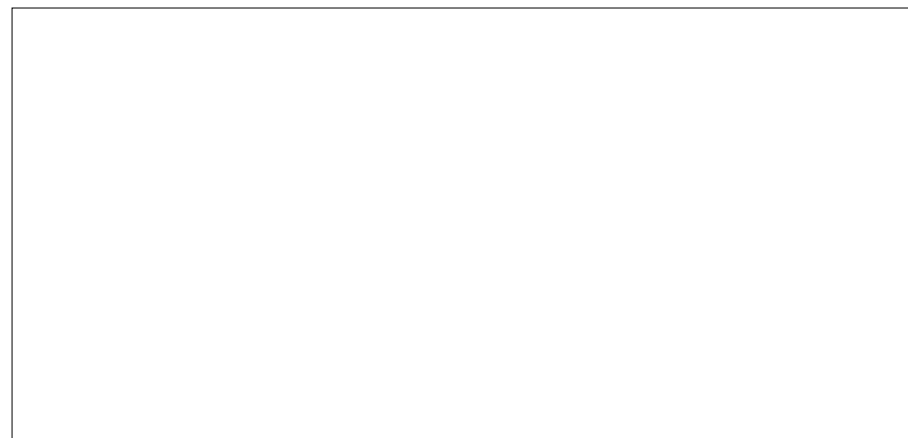




960 Boone Rd., SE  
Salem, OR 97306

Stamp



### Administrative Team:

Executive Director: Jessica Penland  
Asst. Executive Director: Sarah Shipley  
Business Office Director: Shelly Kesterson  
Community Relations Dir.: Shawn Sibon  
Wellness Director: Mark N. & Megan M.  
Wellness Coord.: Michael M. / Danielle F.  
Wellness Nurse: Monique T. / Diana A.  
Dining Services Director: Chad Christy  
Maintenance Director: George Curtis  
Life Enrichment Director: Amanda Bell

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

# Farmington Square Salem News

December 2020 Newsletter 910-920



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



## This month's Special Moments features Farmington Square Veterans!

### Happy Birthday!



Donald G.:	12/11	920
Barbara G.:	12/12	940
Mary F.:	12/14	920
David L.:	12/28	910
Jeannine D.:	12/30	920

- 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!

Turkey and cranberries - Amanda

Salted Caramel Mocha - Shelly

Pumpkin pie - Pam



Hot buttered rum! - Monique

Mushroom Beef Barley Soup - Nina



## Staff Spotlight: Diana A.

We are thrilled to shine a light on our new LPN Diana! She joined our Wellness Team over two months ago and hit the ground running! Her love for the medical field started while shadowing nurses at Salem Hospital. She saw how they really cared for and built close connections with their patients. One day, she hopes to work with the NICU and Pediatrics helping premature babies! Diana shared she has noticed at Farmington Square our care staff really show love to our residents and it is not just a job, but they treat them as family. Residents often tell Diana stories of their past and how it seems as though they have lived more than one life! We are proud to have a dedicated team member who has worked tirelessly to make sure all are well taken care of, especially through these challenging times. Diana still finds special moments to connect with every one!








## Resident Spotlight: Carol A.

We are so excited to shine a light on our resident Carol! Carol has been part of our Farmington Square Family for over five months and is very soft spoken, but always greets you with a smile and kind word! Carol was born in Spokane, Washington, and has a sister Gloria who also lives at our community! Carol shared that she has always loved being involved in her church, traveling with her husband, and also enjoyed playing piano by ear as child. Carol is a woman of faith and you can see the love she has for others shining through her each day! We are so blessed to have such a sweet and tenderhearted resident make Farmington Square her home and we look forward to sharing many more new memories together!






# DECEMBER 2020 Activities 910-920

Farmington Square · 960 Boone Road SE, Salem, OR 97306 · 503.363.2273

SUN	MON	TUE	WED	THU	FRI	SAT
<b>All activities subject to change per mandated health guidelines.</b>	<b>Happy Birthday!</b>  Donald G.: 12/11 920 Barbara G.: 12/12 940 Mary F.: 12/14 920 David L.: 12/28 910 Jeannine D.: 12/30 920	<b>1 Apple Pie Day</b>  9:30 Bulletin Board Decorating 10:00 What did it Cost? IN2L 10:30 Brain Teasers IN2L 12:00 Take- Out Tuesday 1-4 Window Visits 2:30 Word Searches IN2L 3:00 Snack: Apple Pie 4:00 Puzzles IN2L	<b>2</b>  9:30 Exercise IN2L 10:00 Shopping/ Delivery 10:30 Nature Slide Shows IN2L 11:30 One on Ones 1:30 Colorful Creations! 3:00 Sit & Sip 4:00 Bowling 4:30 Sing a Long/ Guitar IN2L	<b>3</b>  9:30 Sit and be Fit IN2L 10:00 What did Cost? Food IN2L 10:30 History Trivia IN2L 11:30 Walk Outside/ Flowers 1-4pm Window Visits 2:00 One on Ones 3:00 Snack and Chat 4:00 Common Sayings IN2L	<b>4 Sock Day</b>  9:30 Chair Dancing IN2L 10:00 One on Ones 10:30 Christmas Stocking Craft 11:30 Sing a long Music IN2L 1:30 National Parks IN2L 2:00 Animal Trivia IN2L 3:00 Snack & Chat 4:00 Classic TV IN2L	<b>5</b>  9:30 Chair Dancing IN2L 10:00 History Trivia 10:30 Write Letters to Family 11:30 Family Feud IN2L 2:00  in 910 3:30 Sit & Sip 4:00 Americana Karaoke 4:30 One on Ones
<b>6</b>  9:30 Sit and be Fit IN2L 10:00 Brain Teasers IN2L 10:30 Morning Walk 11:30 Bible Reading 1:30 Arm Chair Travel 2:00 Church Sermon IN2L 3:00 Coffee Corner 4:00 One on Ones	<b>7</b>  9:30 Exercise IN2L 10:00 Animal Trivia IN2L 10:30 Dart Ball Game 11:30 Word Search IN2L 2:00  in 920 3:30 Sit & Sip 4:00 Country Karaoke IN2L 4:30 Which Came First? Trivia	<b>8</b>  9:30 Exercise IN2L 10:00 Adult Coloring 10:30 Discussion Starters 12:00 Take - Out Tuesday! 1-4 Window Visits 2:00 Sing a Long IN2L 3:00 Snack and Chat 4:00 Common Sayings IN2L	<b>9</b>  9:30 Sit and be Fit IN2L 10:00 Shopping/ Delivery 10:30 Family Feud IN2L 11:00 Manicures 1:30 Armchair Travel IN2L 3:00 Snack and Chat 4:00 One on Ones 4:30 Sing a Long/ Piano IN2L	<b>10 Hanukkah Begins</b>  9:30 Exercise IN2L 10:00 History of Hanukkah 11:00 Word Puzzles IN2L 11:30 Walk Outside/ Birds 1-4pm Window Visits 2:30 Hanukkah Trivia 3:00 Sit and Sip 4:00 Funny Babies IN2L	<b>11</b>  9:30 Sit and be Fit IN2L 10:00 Good News IN2L 10:30 Adult Coloring 11:30 Therapeutic Music IN2L 1:30 Arm Chair Travel 2:00 Helping Others IN2L 3:00 Coffee Corner 4:00 Western Movies IN2	<b>12 Gingerbread House Day</b>  9:30 Sit and be Fit IN2L 10:00 Gingerbread House Craft 10:30 One on Ones 11:30 Jokes & Laughter IN2L 2:00  in 910 3:30 Snack: Gingerbread Cookies 4:00 Funny Babies IN2L 4:30 Reminisce IN2L
<b>13</b>  9:30 Exercise IN2L 10:00 Discussion Starters 10:30 Spiritual Songs IN2L 11:30 Bible Trivia IN2L 1:30 Afternoon Stroll 2:00 Church Sermon IN2L 3:00 Snack & Chat 4:00 One on Ones	<b>14</b>  9:30 Chair Dancing IN2L 10:00 Today In History IN2L 10:30 What did it Cost? 11:30 Piggy Bankers IN2L 2:00  in 920 3:30 Snack & Chat 4:30 Outside Stroll 4:30 Nature Slide Shows IN2L	<b>15</b>  9:30 Sit & be Fit IN2L 10:00 What did it Cost? IN2L 10:30 Brain Teasers IN2L 12:00 Take- Out Tuesday 1-4 Window Visits 2:30 Word Searches IN2L 3:00 Coffee Corner 4:00 Puzzles IN2L	<b>16</b>  9:30 Exercise IN2L 10:00 Shopping/ Delivery 10:30 Nature Slideshow IN2L 11:30 One on Ones 1:30 Colorful Creations 3:00 Sit & Sip 4:00 Bowling 4:30 Sing a Long/ Guitar IN2L	<b>17 Wright Brothers Day</b>  9:30 Sit and be Fit IN2L 10:00 Wright Brothers History IN2L 10:30 Piggy Bankers IN2L 11:30 Airplane Craft 1-4pm Window Visits 2:00 Fly Airplanes 3:00 Coffee Corner 4:00 Common Sayings IN2L	<b>18</b>  9:30 Chair Dancing IN2L 10:00 One on Ones 10:30 Adult Coloring 11:30 Sing a long Music IN2L 1:30 National Parks IN2L 2:00 Animal Trivia IN2L 3:00 Snack & Chat 4:00 Classic TV IN2L	<b>19</b>  9:30 Chair Dancing IN2L 10:00 History Trivia 10:30 Write Letters to Family 11:30 Family Feud IN2L 2:00  in 910 3:30 Sit & Sip 4:00 Americana Karaoke 4:30 One on Ones
<b>20</b>  9:30 Sit and be Fit IN2L 10:00 Brain Teasers IN2L 10:30 Morning Walk 11:30 Bible Reading 1:30 Arm Chair Travel 2:00 Church Sermon IN2L 3:00 Coffee Corner 4:00 One on Ones	<b>21 Winter Solstice</b>  9:30 Exercise IN2L 10:00 History of Winter Solstice IN2L 10:30 Dart Ball Game 11:30 Word Search IN2L 2:00  in 920 3:30 Sit & Sip 4:00 Winter Solstice Hangman 4:30 Which Came First? Trivia	<b>22</b>  9:30 Exercise IN2L 10:00 Adult Coloring 10:30 Discussion Starters 12:00 Take - Out Tuesday! 1-4 Window Visits 2:00 Sing a Long IN2L 3:00 Snack and Chat 4:00 Common Sayings IN2L	<b>23</b>  9:30 Sit and be Fit IN2L 10:00 Shopping/ Delivery 10:30 Family Feud IN2L 11:30 Manicures 1:30 Reminisce IN2L 3:00 Sit and Sip 4:00 What's that Sound? IN2L 4:30 Sing a long / Piano	<b>24 Christmas Eve</b>  9:30 Exercise IN2L 10:00 Reindeer Craft 11:00 History of Thanksgiving! 11:30 Christmas Lights IN2L 1-4pm Window Visits 2:00 Christmas Karaoke IN2L 3:30 Snack: Eggnog 4:00 Funny Babies IN2L	<b>25 Christmas Day</b>  9:30 Sit and be Fit IN2L 10:00 One on Ones 10:30 Christmas Story IN2L 11:30 Christmas Carols 1:30 Christmas Coloring 2:00 Which Came First? Trivia 3:00 Christmas Cookies 4:00 Christmas Movie	<b>26 Candy Cane Day</b>  9:30 Sit and be Fit IN2L 10:00 Candy Cane Elf Craft 11:00 History of Candy Canes 11:30 Jokes & Laughter IN2L 2:00  in 910 3:00 Snack: Candy Canes & Cocoa 4:00 Funny Babies IN2L 4:30 Reminisce IN2L
<b>27</b>  9:30 Exercise IN2L 10:00 Discussion Starters 10:30 Spiritual Songs IN2L 11:30 Bible Trivia IN2L 1:30 Afternoon Stroll 2:00 Church Sermon IN2L 3:00 Sit and Sip 4:00 One on Ones	<b>28</b>  9:30 Chair Dancing IN2L 10:00 Today In History IN2L 10:30 What did it Cost? IN2L 11:30 Piggy Bankers IN2L 2:00  in 920 3:30 Snack & Chat 4:00 Outside Stroll 4:30 Nature Slide Shows IN2L	<b>29</b>  9:30 Exercise IN2L 10:00 Adult Coloring 10:30 Discussion Starters 12:00 Take - Out Tuesday! 1-4 Window Visits 2:00 Sing a Long IN2L 3:00 Coffee Corner 4:00 Common Sayings IN2L	<b>30</b>  9:30 Sit and be Fit IN2L 10:00 Shopping/ Delivery 10:30 Nature Slideshow IN2L 11:30 Family Feud IN2L 1:30 Colorful Creations 3:00 Sit and Sip 4:00 What's that Sound? IN2L 4:30 Common Sayings	<b>31 New Year's Eve</b>  9:30 Exercise IN2L 10:00 New Year's Craft 11:00 American Karaoke IN2L 12:00 New Year's Countdown! 1-4pm Window Visits 2:30 Which Came First? IN2L 3:00 Snack: Cupcakes 4:00 New Year's Hangman Game	<b>Take Out / Lunch Delivery</b>  12/1 Donatellos 12/8 Cozumels 12/15 Winco Chicken 12/22 Jersey Mikes 12/29 Five Guys	<b>Shopping / Delivery</b>  12/2 Walmart 12/9 Dollar Tree 12/16 Fred Meyer 12/23 Winco 12/30 Safeway

# DECEMBER 2020 Activities 940-950

Farmington Square · 960 Boone Road SE, Salem, OR 97306 · 503.363.2273

SUN	MON	TUE	WED	THU	FRI	SAT
<p><b>All activities subject to change per mandated health guidelines.</b></p>	<p><b>Happy Birthday!</b></p> <p>Donald G.: 12/11 920</p> <p>Barbara G.: 12/12 940</p> <p>Mary F.: 12/14 920</p> <p>David L.: 12/28 910</p> <p>Jeannine D.: 12/30 920</p>	<p><b>1 Apple Pie Day</b></p> <p>9:30 Bulletin Board Decorating</p> <p>10:00 What did it Cost? IN2L</p> <p>10:30 Bean Bag Toss</p> <p>12:00 Take- Out Tuesday</p> <p>1-4 Window Visits</p> <p>2:30 Word Searches IN2L</p> <p>3:00 Snack: Apple Pie</p> <p>4:00 Puzzles IN2L</p>	<p><b>2</b></p> <p>9:30 Exercise IN2L</p> <p>10:00 Ring Toss</p> <p>10:30 Nature Slide Shows IN2L</p> <p>11:30 One on Ones</p> <p>1:30 Colorful Creations!</p> <p>3:00 Sit &amp; Sip</p> <p>4:00 Bowling</p> <p>4:30 Sing a Long/ Guitar IN2L</p>	<p><b>3</b></p> <p>9:30 Sit and be Fit IN2L</p> <p>10:00 What did Cost? Food IN2L</p> <p>10:30 History Trivia IN2L</p> <p>11:30 Bowling</p> <p>1-4pm Window Visits</p> <p>2:00 One on Ones</p> <p>3:00 Snack and Chat</p> <p>4:00 Common Sayings IN2L</p>	<p><b>4 Sock Day</b></p> <p>9:30 Chair Dancing IN2L</p> <p>10:00 Bean Bag Toss</p> <p>10:30 Christmas Stocking Craft</p> <p>11:30 Sing a long Music IN2L</p> <p>1:30 National Parks IN2L</p> <p>2:00 Animal Trivia IN2L</p> <p>3:00 Snack &amp; Chat</p> <p>4:00 Classic TV IN2L</p>	<p><b>5</b></p> <p>9:30 Chair Dancing IN2L</p> <p>10:00 Balloon Bat</p> <p>10:30 Write Letters to Family</p> <p>11:30 Family Feud IN2L</p> <p>2:00  in 910</p> <p>3:30 Sit &amp; Sip</p> <p>4:00 Americana Karaoke</p> <p>4:30 One on Ones</p>
<p><b>6</b></p> <p>9:30 Sit and be Fit IN2L</p> <p>10:00 Brain Teasers IN2L</p> <p>10:30 Morning Walk</p> <p>11:30 Bible Reading</p> <p>1:30 Arm Chair Travel</p> <p>2:00 Church Sermon IN2L</p> <p>3:00 Coffee Corner</p> <p>4:00 One on Ones</p>	<p><b>7</b></p> <p>9:30 Exercise IN2L</p> <p>10:00 Animal Trivia IN2L</p> <p>10:30 Ring Toss</p> <p>11:30 Word Search IN2L</p> <p>2:00  in 920</p> <p>3:30 Sit &amp; Sip</p> <p>4:00 Country Karaoke IN2L</p> <p>4:30 Which Came First? Trivia</p>	<p><b>8</b></p> <p>9:30 Exercise IN2L</p> <p>10:00 Adult Coloring</p> <p>10:30 Discussion Starters</p> <p>12:00 Take - Out Tuesday!</p> <p>1-4 Window Visits</p> <p>2:00 Sing a Long IN2L</p> <p>3:00 Snack and Chat</p> <p>4:00 Common Sayings IN2L</p>	<p><b>9</b></p> <p>9:30 Sit and be Fit IN2L</p> <p>10:00 Balloon Bat</p> <p>10:30 Family Feud IN2L</p> <p>11:00 Manicures</p> <p>1:30 Armchair Travel IN2L</p> <p>3:00 Snack and Chat</p> <p>4:00 One on Ones</p> <p>4:30 Sing a Long/ Piano IN2L</p>	<p><b>10 Hanukkah Begins</b></p> <p>9:30 Exercise IN2L</p> <p>10:00 History of Hanukkah</p> <p>11:00 Word Puzzles IN2L</p> <p>11:30 Bowling</p> <p>1-4pm Window Visits</p> <p>2:30 Hanukkah Trivia</p> <p>3:00 Sit and Sip</p> <p>4:00 Funny Babies IN2L</p>	<p><b>11</b></p> <p>9:30 Sit and be Fit IN2L</p> <p>10:00 Good News IN2L</p> <p>10:30 Adult Coloring</p> <p>11:30 Therapeutic Music IN2L</p> <p>1:30 Arm Chair Travel</p> <p>2:00 Helping Others IN2L</p> <p>3:00 Coffee Corner</p> <p>4:00 Western Movies IN2</p>	<p><b>12 Gingerbread House Day</b></p> <p>9:30 Sit and be Fit IN2L</p> <p>10:00 Gingerbread House Craft</p> <p>10:30 One on Ones</p> <p>11:30 Jokes &amp; Laughter IN2L</p> <p>2:00  in 910</p> <p>3:30 Snack: Gingerbread Cookies</p> <p>4:00 Funny Babies IN2L</p> <p>4:30 Reminisce IN2L</p>
<p><b>13</b></p> <p>9:30 Exercise IN2L</p> <p>10:00 Discussion Starters</p> <p>10:30 Spiritual Songs IN2L</p> <p>11:30 Bible Trivia IN2L</p> <p>1:30 Afternoon Stroll</p> <p>2:00 Church Sermon IN2L</p> <p>3:00 Snack &amp; Chat</p> <p>4:00 One on Ones</p>	<p><b>14</b></p> <p>9:30 Chair Dancing IN2L</p> <p>10:00 Balloon Bat</p> <p>10:30 What did it cost?</p> <p>11:30 Piggy Bankers IN2L</p> <p>2:00  in 920</p> <p>3:30 Snack &amp; Chat</p> <p>4:30 Outside Stroll</p> <p>4:30 Nature Slide Shows IN2L</p>	<p><b>15</b></p> <p>9:30 Sit &amp; be Fit IN2L</p> <p>10:00 What did it Cost? IN2L</p> <p>10:30 Bean Bag Toss</p> <p>12:00 Take- Out Tuesday</p> <p>1-4 Window Visits</p> <p>2:30 Word Searches IN2L</p> <p>3:00 Coffee Corner</p> <p>4:00 Puzzles IN2L</p>	<p><b>16</b></p> <p>9:30 Exercise IN2L</p> <p>10:00 Ring Toss</p> <p>10:30 Nature Slideshow IN2L</p> <p>11:30 One on Ones</p> <p>1:30 Colorful Creations</p> <p>3:00 Sit &amp; Sip</p> <p>4:00 Bowling</p> <p>4:30 Sing a Long/ Guitar IN2L</p>	<p><b>17 Wright Brothers Day</b></p> <p>9:30 Sit and be Fit IN2L</p> <p>10:00 Wright Brothers History IN2L</p> <p>10:30 Bowling</p> <p>11:30 Airplane Craft</p> <p>1-4pm Window Visits</p> <p>2:00 Fly Airplanes</p> <p>3:00 Coffee Corner</p> <p>4:00 Common Sayings IN2L</p>	<p><b>18</b></p> <p>9:30 Chair Dancing IN2L</p> <p>10:00 Bean Bag Toss</p> <p>10:30 Adult Coloring</p> <p>11:30 Sing a long Music IN2L</p> <p>1:30 National Parks IN2L</p> <p>2:00 Animal Trivia IN2L</p> <p>3:00 Snack &amp; Chat</p> <p>4:00 Classic TV IN2L</p>	<p><b>19</b></p> <p>9:30 Chair Dancing IN2L</p> <p>10:00 Balloon Bat</p> <p>10:30 Write Letters to Family</p> <p>11:30 Family Feud IN2L</p> <p>2:00  in 910</p> <p>3:30 Sit &amp; Sip</p> <p>4:00 Americana Karaoke</p> <p>4:30 One on Ones</p>
<p><b>20</b></p> <p>9:30 Sit and be Fit IN2L</p> <p>10:00 Brain Teasers IN2L</p> <p>10:30 Morning Walk</p> <p>11:30 Bible Reading</p> <p>1:30 Arm Chair Travel</p> <p>2:00 Church Sermon IN2L</p> <p>3:00 Coffee Corner</p> <p>4:00 One on Ones</p>	<p><b>21 Winter Solstice</b></p> <p>9:30 Exercise IN2L</p> <p>10:00 History of Winter Solstice IN2L</p> <p>10:30 Ring Toss</p> <p>11:30 Word Search IN2L</p> <p>2:00  in 920</p> <p>3:30 Sit &amp; Sip</p> <p>4:00 Winter Solstice Hangman</p> <p>4:30 Which Came First? Trivia</p>	<p><b>22</b></p> <p>9:30 Exercise IN2L</p> <p>10:00 Adult Coloring</p> <p>10:30 Discussion Starters</p> <p>12:00 Take - Out Tuesday!</p> <p>1-4 Window Visits</p> <p>2:00 Sing a Long IN2L</p> <p>3:00 Snack and Chat</p> <p>4:00 Common Sayings IN2L</p>	<p><b>23</b></p> <p>9:30 Sit and be Fit IN2L</p> <p>10:00 Balloon Bat</p> <p>10:30 Family Feud IN2L</p> <p>11:30 Manicures</p> <p>1:30 Reminisce IN2L</p> <p>3:00 Sit and Sip</p> <p>4:00 What's that Sound? IN2L</p> <p>4:30 Sing a long / Piano</p>	<p><b>24 Christmas Eve</b></p> <p>9:30 Exercise IN2L</p> <p>10:00 Reindeer Craft</p> <p>11:00 History of Thanksgiving!</p> <p>11:30 Christmas Lights IN2L</p> <p>1-4pm Window Visits</p> <p>2:30 Christmas Karaoke IN2L</p> <p>3:00 Snack: Eggnog</p> <p>4:00 Funny Babies IN2L</p>	<p><b>25 Christmas Day</b></p> <p>9:30 Sit and be Fit IN2L</p> <p>10:00 One on Ones</p> <p>10:30 Christmas Story IN2L</p> <p>11:30 Christmas Carols</p> <p>1:30 Christmas Coloring</p> <p>2:00 Which Came First? Trivia</p> <p>3:00 Christmas Cookies</p> <p>4:00 Christmas Movie</p>	<p><b>26 Candy Cane Day</b></p> <p>9:30 Sit and be Fit IN2L</p> <p>10:00 Candy Cane Elf Craft</p> <p>11:00 History of Candy Canes</p> <p>11:30 Jokes &amp; Laughter IN2L</p> <p>2:00  in 910</p> <p>3:00 Snack: Candy Canes &amp; Cocoa</p> <p>4:00 Funny Babies IN2L</p> <p>4:30 Reminisce IN2L</p>
<p><b>27</b></p> <p>9:30 Exercise IN2L</p> <p>10:00 Discussion Starters</p> <p>10:30 Spiritual Songs IN2L</p> <p>11:30 Bible Trivia IN2L</p> <p>1:30 Afternoon Stroll</p> <p>2:00 Church Sermon IN2L</p> <p>3:00 Sit and Sip</p> <p>4:00 One on Ones</p>	<p><b>28</b></p> <p>9:30 Chair Dancing IN2L</p> <p>10:00 Balloon Bat</p> <p>10:30 What did it Cost? IN2L</p> <p>11:30 Piggy Bankers IN2L</p> <p>2:00  in 920</p> <p>3:30 Snack &amp; Chat</p> <p>4:00 Outside Stroll</p> <p>4:30 Nature Slide Shows IN2L</p>	<p><b>29</b></p> <p>9:30 Exercise IN2L</p> <p>10:00 Adult Coloring</p> <p>10:30 Discussion Starters</p> <p>12:00 Take - Out Tuesday!</p> <p>1-4 Window Visits</p> <p>2:00 Sing a Long IN2L</p> <p>3:00 Coffee Corner</p> <p>4:00 Common Sayings IN2L</p>	<p><b>30</b></p> <p>9:30 Sit and be Fit IN2L</p> <p>10:00 Balloon Bat</p> <p>10:30 Nature Slideshow IN2L</p> <p>11:30 Family Feud IN2L</p> <p>1:30 Colorful Creations</p> <p>3:00 Sit and Sip</p> <p>4:00 What's that Sound? IN2L</p> <p>4:30 Common Sayings</p>	<p><b>31 New Year's Eve</b></p> <p>9:30 Exercise IN2L</p> <p>10:00 New Year's Craft</p> <p>11:00 American Karaoke IN2L</p> <p>12:00 New Year's Countdown!</p> <p>1-4pm Window Visits</p> <p>2:30 Which Came First? IN2L</p> <p>3:00 Snack: Cupcakes</p> <p>4:00 New Year's Hangman Game</p>	<p><u>Take Out / Lunch Delivery</u></p> <p>12/1 Donatellos</p> <p>12/8 Cozumels</p> <p>12/15 Winco Chicken</p> <p>12/22 Jersey Mikes</p> <p>12/29 Five Guys</p>	<p><u>hopping / Delivery</u></p> <p>12/2 Walmart</p> <p>12/9 Dollar Tree</p> <p>12/16 Fred Meyer</p> <p>12/23 Winco</p> <p>12/30 Safeway</p>