



2730 Bailey Lane  
Eugene, OR 97401

Stamp

### Administrative Team:

Executive Director: Jill Maher  
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.: Tristin Hunt  
Life Enrichment Director: Kirsten Silva

### 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

January 2021 Newsletter



2 Boosting Cognition  
3 Team & Resident Spotlight  
4 - 5 Activities Calendar

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



# How to Boost Cognition with Diet & Exercise

Please follow advice of your medical professional and speak with them before changing diet, exercise, or supplements. This is for informational use only.

Cognitive health is affected by genetics, age, environment, diet, and physical lifestyle, among other influences. Some factors are out of our control, but diet and exercise are within reach. Here are several approaches to diet and exercise to improve cognition.

When it comes to diets, several approaches may achieve better brain health. One is the **Mediterranean Diet** which includes fish, fruits, vegetables, whole grains, beans, nuts and olive oil. It aids heart and brain health, red meat ought be limited, and herbs -not salt- should flavor food.

A second is the Dietary Approaches to Stop Hypertension Diet, or the **DASH Diet**. It focuses on vegetables, fruits, and low-fat or fat-free dairy products. It includes whole grains, fish, poultry, beans, seeds, nuts, and vegetable oils. It encourages limited sodium, sweets, and red meat.

Another is the Mediterranean-DASH Intervention for Neurodegenerative Delay Diet, or the **MIND Diet**, combining Mediterranean and DASH parameters, to promote a healthy mind. It emphasizes berries over other fruits, recommends fish at least once per week, and promotes leafy vegetables along with other vegetables.

A common thread through each diet is that sugar should be avoided as much as possible. Multiple studies have found a correlation between a diet high in refined sugars and impaired brain function, as well as a worsening of mood disorder symptoms like depression.



A study of 16,000 older women over 15 years found those who consumed at least 1/2 cup of blueberries or strawberries weekly had slower cognitive decline.

10 foods on the brain health “yes” list

include fish (salmon and trout especially), blueberries, cruciferous vegetables (broccoli, spinach, kale, Brussel sprouts, collard greens, cauliflower, arugula), nuts (especially walnuts), avocados, beans and lentils, eggs, seeds, whole grains (like brown rice, whole-wheat bread, quinoa, and oats), and coffee and tea.

Regular exercise may be beneficial in helping to lower Alzheimer’s and vascular dementia risk. Several studies have found a link between physical activity and reduced risk of cognitive decline.

Exercise can help prevent things that can lead to memory loss, like diabetes, high blood pressure, high cholesterol, obesity, and stroke. It may increase blood and oxygen flow in the brain - benefiting brain cells, may reduce stress hormones, and may reduce inflammation.

A diverse menu of physical activities may bring the best results, including walking regularly, tai chi, aerobic exercise, resistance training, balance and coordination exercises, weightlifting, and dancing.

We hope these ideas inspire you as they have us. Help others boost cognition and share these tips with friends and family!

## Special Moments



Resident Birthdays:	Employee Birthdays:
Becky: Jan. 13th	Claudia: Jan. 1st
Lynne: Jan. 26th	Mary: 16th
Jack: Jan. 27th	Christine: 26th

Those born in January are Capricorn (Jan. 1-19) or Aquarius (Jan. 20-31). Their birthstone is garnet which symbolizes love and was discovered in Ancient Egypt. Their birth flowers are Carnations and Snow Drops. Carnations are among few flowers that can bloom in the cold!



# January 2021 Highlights

January observes Healthy Weight Week, Bath Safety Month, and Mentoring Month. It celebrates hot tea, oatmeal, soup, pizza, and fresh squeezed juice, as well as taking part in beloved hobbies!

- |   |   |
|---|---|
| 01 New Year's Day; Bloody Mary Day        | 17 Hot Buttered Rum Day                                   |
| 02 Cream Puff Day; Science Fiction Day    | 18 Winnie the Pooh Day; Thesaurus Day                     |
| 03 Chocolate Cherry Day                   | 19 Popcorn Day; Tin Can Day                               |
| 04 Spaghetti Day; Trivia Day; Braille Day | 20 Martin Luther King Jr. Day; Cheese Day                 |
| 05 Whipped Cream Day; Bird Day            | 21 Granola Bar Day; Squirrel Lovers Day                   |
| 06 Bean Day; Tech Day; Shortbread Day     | 22 Blonde Brownie Day; Library Fix Up Day                 |
| 07 Bobblehead Day; Tempura Day            | 23 Pie Day; Handwriting Day                               |
| 08 Argyle Day; English Toffee Day         | 24 Compliment Day; Peanut Butter Day                      |
| 09 Apricot Day; Balloon Day               | 25 Opposite Day; Irish Coffee Day                         |
| 10 Bittersweet Chocolate Day              | 26 Green Juice Day; Peanut Brittle Day                    |
| 11 Milk Day; Vision Board Day             | 27 Bubble Wrap Day; Chocolate Cake Day                    |
| 12 Pharmacist Day; Marzipan Day           | 28 Kazoo Day; Blueberry Pancake Day                       |
| 13 Rubber Duck Day; Sticker Day           | 29 Corn Chip Day; Puzzle Day                              |
| 14 Dress Your Pet Day; Pastrami Day       | 30 Croissant Day  |
| 15 Hat Day; Bagel & Lox Day               | 31 Inspire with Art Day; Backwards Day; Hot Chocolate Day |
| 16 Fig Newton Day; Intl. Spicy Food 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.

Jan. 6 is **Shortbread Day** and here's a recipe for it (modified from a Food Network version)!  
**3/4 lb. salt free butter; 1 cup of sugar; 1 tsp. vanilla extract; 3 1/2 cups of flour; 1/4 tsp. salt; 7 oz. of semisweet chocolate chopped**  
 Preheat oven to 350. Mix butter + 1 cup sugar with mixer until combined. Add vanilla. In medium bowl sift flour with salt and add to the butter and flour. Mix on low until dough comes together. Dust a surface with flour and put dough on it. Shape into flat circle. Wrap in plastic and chill for 30 min. Roll dough 1/2" thick and cut with 3 by 1" rectangle cutter. Put cookies on ungreased baking sheet and top with extra sugar. Bake 20-25 min until edges start to brown. Cool to room temp.



## Staff Spotlight: Kelley



Kelley has worked at Farmington Square for a little over seven months. She started out as a caregiver and recently transitioned over to the life enrichment department. She was born in New Jersey, but grew up in Tennessee. She enjoys reading, drawing, playing with her dog Milo, listening to indie pop, and visiting her family in Tennessee. Her favorite movies are *Eternal Sunshine of the Spotless Mind* and *Edward Scissorhands*. Her favorite holiday is Christmas and favorite color is green. She is described as sweet, kind, generous, quiet, patient, caring, helpful, creative, and loving. Kelley, you are an invaluable member of this team and we are so happy you are here. The residents know they can count of you to provide the best care possible. Thank you for everything you do!



## Resident Spotlight: Ginny

This month, our resident spotlight shines on Ginny. She is from Portland, Oregon. She worked as a telephone receptionist for Meier & Frank, as well as JC Penney. She loves singing (she used to be part of the singing group "Sweet Adaline's"); animals (especially dogs); traveling, listening to music (Hawaiian, 50s, Elvis, and Debbie Reynolds); watching Disney & Shirley Temple movies; playing card games and bingo; looking at photo albums; and helping with flower arrangements! She is described as outgoing, very sweet, funny, affectionate, sassy, strong willed, and adorable. Ginny, you are a ray of sunshine! You are always so appreciative of the care and love you receive. We love you Ginny!



SUN	MON	TUE	WED	THU	FRI	SAT
<b>Sun., Jan. 31, from bottom</b> 9:00 Beauty & Grooming (All) 9:30 Exercise Fun: Balloon Ball (A,B) 10:30 Snacktivity: TV Games* (All) 12:30 Yahtzee (B,C) 1:00 (A) 2:00 Snacktivity: Card Games* (All) 2:30 Exercise Fun: Walking Group (All) 3:00 Music & Art* (All) 3:30 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>All activities subject to change per mandated health guidelines.</b>	<b>January Highlights</b> Jan. 4th– National Trivia Day Jan. 6th– National Technology Day Jan. 8th & 22nd– Virtual Pet Visits Jan. 9th– Recorded Live Music: Robert Meade Jan. 11th– National Arkansas Day Jan. 14th– Indoor Snowball Fight Jan. 15th– National Strawberry Ice-cream Day Jan. 16th– Creative Arts: Bird Feeders Jan. 17th– Birthday Cupcakes Jan. 19th– National Popcorn Day Jan. 20th– Resident Council Jan. 21st– National Hugging Day & National Granola Bar Day Jan. 23rd– Recorded Live Music: Katie Sontag Jan. 25th– National Florida Day Jan. 29th– National Puzzle Day	 	 	<b>1 New Year's Day</b> 9:00 Beauty & Grooming (All) 9:30 Exercise Fun: Fit Xpress* (A,B) 10:30 Snacktivity: January Trivia (All) 11:00 Church* (All) 12:30 Yahtzee (B,C) 1:00 (A) 2:00 Snacktivity: Strategy & Target Games* (All) 2:30 Card Games* (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>2</b> 9:00 Beauty & Grooming (All) 9:30 Exercise Fun: Music & Movement* (A,B) 10:30 Snacktivity: Dominos (All) 12:30 B-I-N-G-O* (B,C) 1:00 (A) 2:00 Snacktivity: Travel to Singapore* (All) 2:00 Creative Arts: Watercolor Painting* (All) 3:00 Residents Choice* (All) 4:00 Exercise Fun: Balloon Ball (A) 5:15 Exercise Fun: Balloon Ball (B) 6:00 Card Game Night* (B)
<b>3</b> 9:00 Beauty & Grooming (All) 9:30 Exercise Fun: Balloon Ball (A,B) 10:30 Snacktivity: TV Games* (All) 12:30 Yahtzee (B,C) 1:00 (A) 2:00 Snacktivity: Matching Games* (All) 2:30 Exercise Fun: Balloon Ball (All) 3:00 Music & Art* (All) 3:30 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>4</b> 9:00 Beauty & Grooming (All) 9:30 Exercise Fun: Sit and Be Fit* (A,B) 10:30 Snacktivity: <b>National Trivia Day*</b> (All) 12:30 B-I-N-G-O* (B,C) 1:00 (A) 2:00 Sensory Games* (A) 2:00 Flower Arranging (B,C) 2:30 Snacktivity: Common Sayings Trivia* (All) 3:00 Strategy & Target Games* (All) 3:30 Word Games* (All) 4:00 Exercise Fun: Balloon Ball (A) 5:15 Exercise Fun: Balloon Ball (B) 6:00 Penny Ante (B)	<b>5</b> 9:00 Beauty & Grooming (All) 9:30 Exercise Fun: Music & Movement* (A,B) 10:30 Snacktivity: Travel to Hawaii* (All) 12:30 B-I-N-G-O* (B,C) 1:00 (A) 2:00 Snacktivity: Coffee & Conversation* (All) 2:00 Exercise Fun: Balloon Ball (C) 2:30 Board 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>6</b> 9:00 Beauty & Grooming (All) 9:30 Exercise Fun: Tai Chi* (A,B) 10:30 Snacktivity: Sports Trivia* (All) 12:30 Word Games/Crossword Puzzle* (B,C) 1:00 Short Stories* (A) 2:00 Snacktivity: <b>National Technology Day*</b> (All) 2:00 Creative Arts: Watercolor Painting* (All) 3:00 Casino Games* (All) 3:30 Card Games* (All) 4:00 Exercise Fun: Music & Movement* (A) 6:00 B-I-N-G-O Night!* (B)	<b>7</b> 9:00 Beauty & Grooming (All) 9:30 Exercise Fun: Balloon Ball (A,B) 10:30 Snacktivity: Virtual Music* (A,B) 12:30 B-I-N-G-O* (B,C) 1:00 (A) 2:00 Snacktivity: Animal Kingdom* (A,B) 2:30 Exercise Fun: Walking Group (All) 3:00 Sensory 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>8</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: Strategy & Target Games* (All) 2:30 Board Games* (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>9</b> 9:00 Beauty & Grooming (All) 9:30 Exercise Fun: Music & Movement* (A,B) 10:30 Snacktivity: Dominos (All) 12:30 B-I-N-G-O* (B,C) 1:00 (A) 2:00 <b>Recorded Live Music: Robert Meade*</b> (All) 2:00 Snacktivity: Adult Coloring* (All) 3:00 Residents Choice* (All) 4:00 Exercise Fun: Balloon Ball (A) 5:15 Exercise Fun: Balloon Ball (B) 6:00 Card Game Night* (B)
<b>10</b> 9:00 Beauty & Grooming (All) 9:30 Exercise Fun: Balloon Ball (A,B) 10:30 Snacktivity: TV Games* (All) 12:30 Yahtzee (B,C) 1:00 (A) 2:00 Snacktivity: Card Games* (All) 2:30 Exercise Fun: Walking Group (All) 3:00 Music & Art* (All) 3:30 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>11</b> 9:00 Beauty & Grooming (All) 9:30 Exercise Fun: Sit and Be Fit* (A,B) 10:30 Snacktivity: <b>National Arkansas Day*</b> (All) 12:30 B-I-N-G-O* (B,C) 1:00 (A) 2:00 Sensory Games* (A) 2:00 Flower Arranging (B,C) 2:30 Snacktivity: Fashion Trivia* (All) 3:00 Casino Games* (All) 3:30 Word Games* (All) 4:00 Exercise Fun: Balloon Ball (A) 5:15 Exercise Fun: Balloon Ball (B) 6:00 Penny Ante (B)	<b>12</b> 9:00 Beauty & Grooming (All) 9:30 Exercise Fun: Music & Movement* (A,B) 10:30 Snacktivity: Travel to Zimbabwe* (All) 12:30 B-I-N-G-O* (B,C) 1:00 (A) 2:00 Snacktivity: Coffee & Conversation* (All) 2:00 Exercise Fun: Balloon Ball (C) 2:30 Board 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>13</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 Poetry* (A) 2:00 Snacktivity: Movies* (All) 2:00 Creative Arts: Foil Relief Art* (All) 3:00 Casino Games* (All) 3:30 Card Games* (All) 4:00 Exercise Fun: Music & Movement* (A) 6:00 B-I-N-G-O Night!* (B)	<b>14</b> 9:00 Beauty & Grooming (All) 9:30 Exercise Fun: Balloon Ball (A,B) 10:30 Snacktivity: Virtual Music* (All) 12:30 B-I-N-G-O* (B,C) 1:00 (A) 2:00 Snacktivity: <b>Indoor Snowball Fight *</b> (All) 3:00 Sensory 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>15</b> 9:00 Beauty & Grooming (All) 9:30 Exercise Fun: Fit Xpress* (A,B) 10:30 Snacktivity: Entertainment Trivia* (All) 11:00 Church* (All) 12:30 Yahtzee (B,C) 1:00 (A) 2:00 Snacktivity: <b>National Strawberry Ice-cream Day*</b> (All) 2:30 Card Games* (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>16</b> 9:00 Beauty & Grooming (All) 9:30 Exercise Fun: Music & Movement* (A,B) 10:30 Snacktivity: Dominos (All) 12:30 B-I-N-G-O* (B,C) 1:00 (A) 2:00 Snacktivity: Travel to Czech Republic (All) 2:00 Creative Arts: <b>Bird Feeders*</b> (All) 3:00 Resident Choice* (All) 4:00 Exercise Fun: Balloon Ball (A) 5:15 Exercise Fun: Balloon Ball (B) 6:00 Card Game Night* (B)
<b>17</b> 9:00 Beauty & Grooming (All) 9:30 Exercise Fun: Balloon Ball (A,B) 10:30 Snacktivity: TV Games* (All) 12:30 Yahtzee (B,C) 1:00 (A) 2:00 Snacktivity: <b>Birthday Cupcakes</b> (All) 2:30 Exercise Fun: Balloon Ball (All) 3:00 Music & Art* (All) 3:30 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>18 Martin Luther King Jr. Day</b> 9:00 Beauty & Grooming (All) 9:30 Exercise Fun: Sit and Be Fit* (A,B) 10:30 Snacktivity: National Civil Rights Museum Virtual Tour* (All) 12:30 B-I-N-G-O* (B,C) 1:00 (A) 2:00 Sensory Games* (A) 2:00 Flower Arranging (B,C) 2:30 Snacktivity: Sports Trivia* (All) 3:00 Strategy & Target Games* (All) 3:30 Word Games* (All) 4:00 Exercise Fun: Balloon Ball (A) 5:15 Exercise Fun: Balloon Ball (B) 6:00 Penny Ante (B)	<b>19</b> 9:00 Beauty & Grooming (All) 9:30 Exercise Fun: Music & Movement* (A,B) 10:30 Snacktivity: Travel to Pennsylvania* (All) 12:30 B-I-N-G-O* (B,C) 1:00 (A) 2:00 Snacktivity: <b>National Popcorn Day*</b> (All) 2:00 Exercise Fun: Balloon Ball (C) 2:30 Board 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>20</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) 2:00 Snacktivity: Classic TV* (All) 2:00 Creative Arts: Watercolor Painting* (All) 2:30: <b>Resident Council Meeting</b> (C) 3:00 Casino Games* (All) 3:30 Card Games* (All) 4:00 Exercise Fun: Music & Movement* (A) 6:00 B-I-N-G-O Night!* (B)	<b>21</b> 9:00 Beauty & Grooming (All) 9:30 Exercise Fun: Balloon Ball (A,B) 10:30 Snacktivity: <b>National Hugging Day *</b> (All) 12:30 B-I-N-G-O* (B,C) 1:00 (A) 2:00 Snacktivity: <b>National Granola Bar Day*</b> (All) 2:30 Exercise Fun: Walking Group (All) 3:00 Sensory 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>22</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: Strategy & Target Games* (All) 2:30 Board Games* (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>23</b> 9:00 Beauty & Grooming (All) 9:30 Exercise Fun: Music & Movement* (A,B) 10:30 Snacktivity: Dominos (All) 12:30 B-I-N-G-O* (B,C) 1:00 (A) 2:00 Snacktivity: Travel to Croatia* (All) 2:00 <b>Recorded Live Music: Katie Sontag*</b> (All) 3:00 Resident Choice* (All) 4:00 Exercise Fun: Balloon Ball (A) 5:15 Exercise Fun: Balloon Ball (B) 6:00 Card Game Night* (B)
<b>24</b> 9:00 Beauty & Grooming (All) 9:30 Exercise Fun: Balloon Ball (A,B) 10:30 Snacktivity: TV Games* (All) 12:30 Yahtzee (B,C) 1:00 (A) 2:00 Snacktivity: Card Games* (All) 2:30 Exercise Fun: Walking Group (All) 3:00 Music & Art* (All) 3:30 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>25</b> 9:00 Beauty & Grooming (All) 9:30 Exercise Fun: Sit and Be Fit* (A,B) 10:30 Snacktivity: <b>National Florida Day*</b> (All) 12:30 B-I-N-G-O* (B,C) 1:00 (A) 2:00 Sensory Games* (A) 2:00 Flower Arranging (B,C) 2:30 Snacktivity: Transportation Trivia* (All) 3:00 Casino Games* (All) 3:30 Word Games* (All) 4:00 Exercise Fun: Balloon Ball (A) 5:15 Exercise Fun: Balloon Ball (B) 6:00 Penny Ante (B)	<b>26</b> 9:00 Beauty & Grooming (All) 9:30 Exercise Fun: Music & Movement* (A,B) 10:30 Snacktivity: Travel to Canada* (All) 12:30 B-I-N-G-O* (B,C) 1:00 (A) 2:00 Snacktivity: Coffee & Conversation* (All) 2:00 Exercise Fun: Balloon Ball (C) 2:30 Board 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>27</b> 9:00 Beauty & Grooming (A,B) 9:30 Exercise Fun: Tai Chi* (A,B) 10:30 Snacktivity: Fashion Trivia* (All) 12:30 Word Games/Crossword Puzzle* (B,C) 1:00 Poetry* (A) 2:00 Snacktivity: Movies* (All) 2:00 Creative Arts: <b>Sensory Texture Collage*</b> (All) 3:00 Casino Games* (All) 3:30 Card Games* (All) 4:00 Exercise Fun: Music & Movement* (A) 6:00 B-I-N-G-O Night!* (B)	<b>28</b> 9:00 Beauty & Grooming (All) 9:30 Exercise Fun: Balloon Ball (A,B) 10:30 Snacktivity: Virtual Music* (All) 12:30 B-I-N-G-O* (B,C) 1:00 (A) 2:00 Snacktivity: Of the Day* (All) 2:30 Exercise Fun: Walking Group (All) 3:00 Sensory 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>29</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: <b>National Puzzle Day*</b> (All) 2:30 Card Games* (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>30</b> 9:00 Beauty & Grooming (All) 9:30 Exercise Fun: Music & Movement* (A,B) 10:30 Snacktivity: Dominos (All) 12:30 B-I-N-G-O* (B,C) 1:00 (A) 2:00 Snacktivity: Travel to Belize* (All) 2:00 Creative Arts: Watercolor Painting* (All) 3:00 Resident Choice* (All) 4:00 Exercise Fun: Balloon Ball (A) 5:15 Exercise Fun: Balloon Ball (B) 6:00 Card Game Night* (B)