



960 Boone Rd., SE  
Salem, OR 97306

Stamp

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Asst. Executive Director: Sarah Shipley  
Community Relations Dir: Ashley Krause  
Business Office Director: Shelly Kesterson  
Wellness Director: Mark N. & Megan M.  
Wellness Coord.: Michael M. / Danielle F.  
Wellness Nurse: Monique T. / Diana A.  
Maintenance Director: George Curtis  
Life Enrichment Director: Amanda Bell

### Connect:

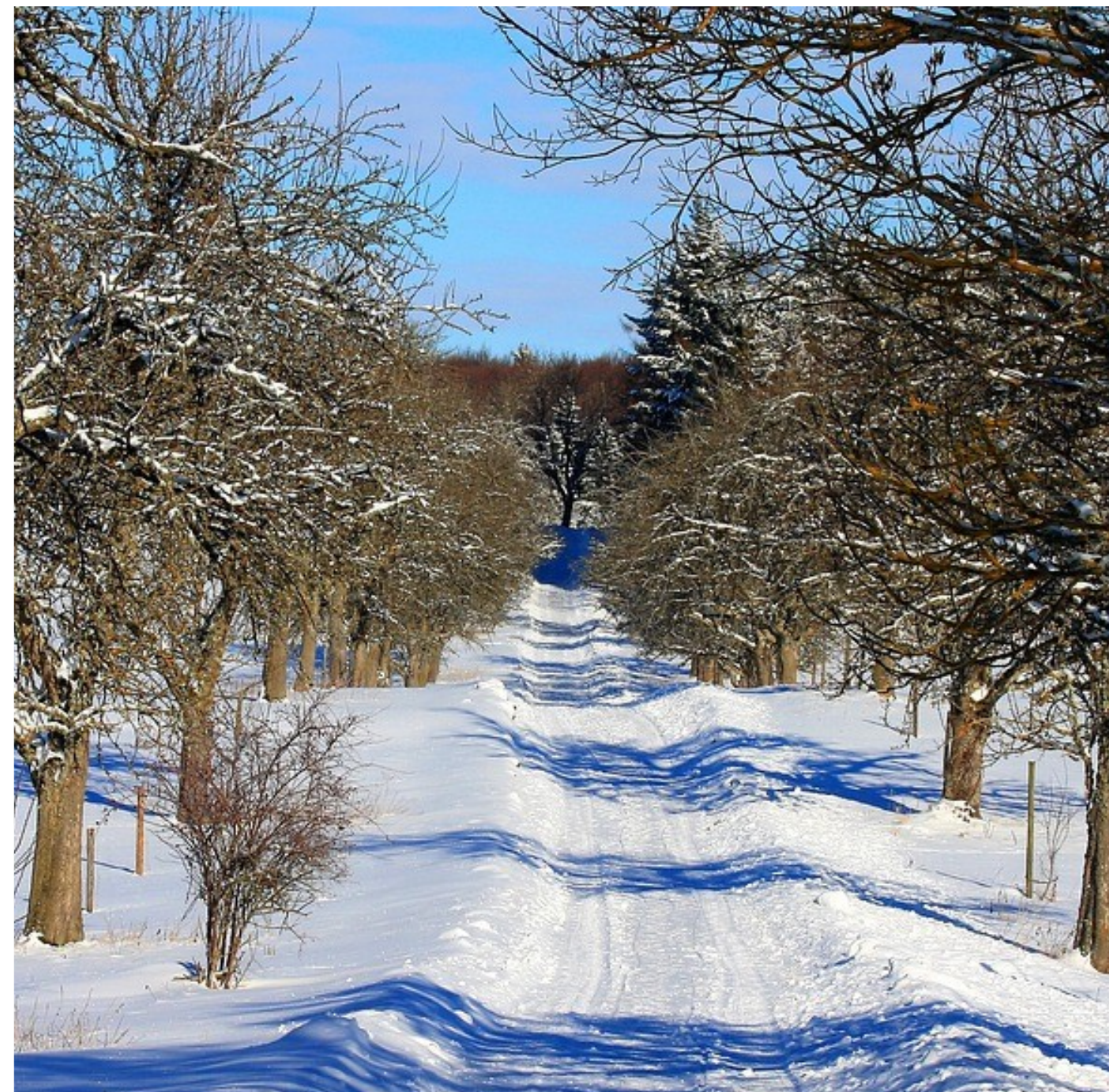
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Our mission is to create and sustain comfortable, caring environments for those who depend on us.

# Farmington Square Salem News

January 2021 Newsletter 940-950



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



## Happy Birthday!



Peggy G. 1/15 940

Mattie S. 1/23 920

Janyce C. 1/23 940



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;   |
| 16 Fig Newton Day; Intl. Spicy Food Day   | Hot Chocolate 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: Blanca M.

This month, our team member Blanca celebrates 17 years of working at Farmington Square. Blanca is a Med Tech in our memory care right now, but she is a truly versatile team member that has served many roles in the community over the years and has helped out in every area of our community. She is dedicated to the residents she serves and respected by her peers for her work ethic and ability to lend a helping hand wherever needed.

**You are an amazing member of our team Blanca! Thank you for all you do!**



## Resident Spotlight: Zealand F.

We are so excited to shine a light on our new Resident of the month, Zealand! Zealand made Farmington Square his home a few weeks ago, and what a joy he brings to those around him! Zealand got his unique name from his birth country of New Zealand, and he loves to exercise, share stories of going fishing with his brother almost every day as a child and how he worked as a Timber Faller as an Army Engineer during WWII.

**We have been so delighted to get to know Zealand and look forward to all the amazing stories he has to share with us!**



# JANUARY 2021 Activities 940-950

Farmington Square • 960 Boone Road SE, Salem, OR 97306

SUN	MON	TUE	WED	THU	FRI	SAT
<b>Sun., Jan. 31 from bottom of calendar</b> 9:30 Exercise IN2L 10:00 Balloon Bat/ Music 10:30 Spiritual Songs IN2L 11:30 <b>Bible Trivia IN2L</b> 1:30 Afternoon Stroll 2:00 Church Sermon IN2L 3:00 <b>Sit &amp; Sip</b> 4:00 One on Ones	<b>All activities subject to change per mandated health guidelines.</b> 	<b>Take Out/ Lunch Delivery</b> 1/5 Love Love 12pm 1/12 Subway 12pm 1/19 Nancy's 12pm 1/26 Donatellos 12pm	<b>Shopping/ Delivery</b> 1/6 Walmart 10-12 1/13 Dollar Tree 10-12 1/20 Fred Meyer 10-12 1/27 Safeway 10-12	<b>Happy Birthday!</b> Peggy G. 1/15 940 Mattie S. 1/23 920 Janyce C. 1/23 940 	<b>1 New Year's Day</b> 9:30 <b>Bulletin Board Decorating!</b> 10:00 Balloon Bat/ Music 10:30 <b>New Years Resolution!</b> 11:30 Sing a long Music IN2L 1:30 <b>National Parks IN2L</b> 2:00 Animal Trivia IN2L 3:00 <b>Snack &amp; Chat</b> 4:00 Classic TV IN2L	<b>2</b> 9:30 Chair Dancing IN2L 10:00 Dart Ball 10:30 Write Letters to Family 11:30 Family Feud IN2L 2:00  in 910 3:30 <b>Sit &amp; Sip</b> 4:00 Americana Karaoke 4:30 One on Ones
<b>3</b> 9:30 Sit and be Fit IN2L 10:00 Brain Teasers IN2L 10:30 Bean Bag Toss 11:30 <b>Bible Reading</b> 1:30 <b>Arm Chair Travel</b> 2:00 Church Sermon IN2L 3:00 <b>Coffee Corner</b> 4:00 One on Ones	<b>4 National Trivia Day!</b> 9:30 Exercise IN2L 10:00 Trivia IN2L 10:30 Hangman IN2L 11:30 Word Search IN2L 2:00  in 920 3:30 <b>Sit &amp; Sip</b> 4:00 Country Karaoke IN2L 4:30 Balloon Bat/ Music	<b>5</b> 9:30 Exercise IN2L 10:00 <b>Adult Coloring</b> 10:30 Discussion Starters 12:00 <b>Take - Out Tuesday!</b> 1-4 <b>Window Visits</b> 2:00 Sing a Long IN2L 3:00 <b>Snack &amp; Chat</b> 4:00 Dart Ball	<b>6</b> 9:30 Sit and be Fit IN2L 10:00 Balloon Bat/ Music 10:30 <b>Snow Flake Craft</b> 11:30 Manicures 1:30 One on Ones 3:00 <b>Coffee Corner</b> 4:00 What's that Sound? IN2L 4:30 Sing a Long/ Piano IN2L	<b>7</b> 9:30 Exercise IN2L 10:00 Which Came First? IN2L 11:00 Word Puzzles IN2L 11:30 Walk Outside/ Birds 1-4pm <b>Window Visits</b> 2:30 One on Ones 3:30 <b>Snack &amp; Chat</b> 4:00 Funny Babies IN2L	<b>8</b> 9:30 Sit and be Fit IN2L 10:00 <b>Good News IN2L</b> 10:30 One on Ones 11:30 Therapeutic Music IN2L 1:30 <b>Arm Chair Travel</b> 2:00 Helping Others IN2L 3:00 <b>Sit &amp; Sip</b> 4:00 Western Movies IN2	<b>9</b> 9:30 Sit and be Fit IN2L 10:00 What did it Cost? IN2L 10:30 Bean Bag Toss 11:30 Jokes & Laughter IN2L 2:00  in 910 3:30 <b>Coffee Corner</b> 4:00 Funny Babies IN2L 4:30 Reminisce IN2L
<b>10</b> 9:30 Exercise IN2L 10:00 Balloon Bat/ Music 10:30 Spiritual Songs IN2L 11:30 <b>Bible Trivia IN2L</b> 1:30 Afternoon Stroll 2:00 Church Sermon IN2L 3:00 <b>Sit &amp; Sip</b>	<b>11</b> 9:30 Chair Dancing IN2L 10:00 <b>Good News IN2L</b> 10:30 What did it Cost? IN2L 11:30 Piggy Bankers IN2L 2:00  in 920 3:30 <b>Snack &amp; Chat</b> 4:30 Outside Stroll 4:30 Nature Slide Shows IN2L	<b>12</b> 9:30 Sit & be Fit IN2L 10:00 What did it Cost? IN2L 10:30 <b>Brain Teasers IN2L</b> 12:00 <b>Take- Out Tuesday</b> 1-4 <b>Window Visits</b> 2:30 Word Searches IN2L 3:00 <b>Coffee Corner</b> 4:00 Puzzles IN2L	<b>13</b> 9:30 Exercise IN2L 10:00 Bean Bag Toss 10:30 Common Sayings IN2L 11:30 One on Ones 1:30 <b>Hand Massages</b> 3:00 <b>Sit &amp; Sip</b> 4:00 Bowling 4:30 Sing a Long/ Guitar IN2L	<b>14</b> 9:30 Sit and be Fit IN2L 10:00 <b>Colorful Creations</b> 10:30 Piggy Bankers IN2L 11:30 Which Came First? Trivia 1-4pm <b>Window Visits</b> 2:00 Family Feud IN2L 3:30 <b>Snack &amp; Chat</b> 4:00 Common Sayings IN2L	<b>15 National Hat Day!</b> 9:30 Chair Dancing IN2L 10:00 <b>Fun Hat Craft!</b> 11:30 Sing a long Music IN2L 1:30 <b>Hats off to you! - Pictures</b> 2:00 Animal Trivia IN2L 3:00 <b>Coffee Corner</b> 4:00 Balloon Bat/ Music 4:30 Classic TV IN2L	<b>16</b> 9:30 Chair Dancing IN2L 10:00 Dart Ball 10:30 Write Letters to Family 11:30 Family Feud IN2L 2:00  in 910 3:30 <b>Sit &amp; Sip</b> 4:00 Americana Karaoke 4:30 One on Ones
<b>17</b> 9:30 Sit and be Fit IN2L 10:00 Brain Teasers IN2L 10:30 Bean Bag Toss 11:30 <b>Bible Reading</b> 1:30 <b>Arm Chair Travel</b> 2:00 Church Sermon IN2L 3:00 <b>Coffee Corner</b> 4:00 One on Ones	<b>18 Martin Luther King Jr. Day</b> 9:30 Exercise IN2L 10:00 History of MLKJR. IN2L 10:30 Hangman IN2L 11:30 Word Search IN2L 2:00  in 920 3:30 <b>Sit &amp; Sip</b> 4:00 Patriotic Karaoke IN2L 4:30 Balloon Bat/ Music	<b>19 National Popcorn Day!</b> 9:30 Exercise IN2L 10:00 <b>Adult Coloring</b> 10:30 Discussion Starters 12:00 <b>Take - Out Tuesday!</b> 1-4 <b>Window Visits</b> 2:00 Sing a Long IN2L 3:00 <b>Snack—Popcorn</b> 4:00 Dart Ball	<b>20</b> 9:30 Sit and be Fit IN2L 10:00 Balloon Bat/ Music 10:30 One on Ones 11:30 Manicures 1:30 Reminisce IN2L 3:00 <b>Coffee Corner</b> 4:00 What's that Sound? IN2L 4:30 Sing a Long/ Piano IN2L	<b>21</b> 9:30 Exercise IN2L 10:00 Which Came First? IN2L 11:00 Word Puzzles IN2L 11:30 Walk Outside/ Birds 1-4pm <b>Window Visits</b> 2:30 One on Ones 3:30 <b>Sit &amp; Sip</b> 4:00 Funny Babies IN2L	<b>22</b> 9:30 Sit and be Fit IN2L 10:00 <b>Good News IN2L</b> 10:30 Adult Coloring 11:30 Therapeutic Music IN2L 1:30 <b>Arm Chair Travel</b> 2:00 Which Came First? Trivia 3:00 <b>Snack &amp; Chat</b> 4:00 Western Movies IN2L	<b>23 National Pie Day!</b> 9:30 Sit and be Fit IN2L 10:00 What did it Cost? IN2L 10:30 Bean Bag Toss 11:30 Jokes & Laughter IN2L 2:00  in 910 3:30 <b>Snack— Pie!</b> 4:00 Funny Babies IN2L 4:30 Reminisce IN2L
<b>24</b> 9:30 Exercise IN2L 10:00 Balloon Bat/ Music 10:30 Spiritual Songs IN2L 11:30 <b>Bible Trivia IN2L</b> 1:30 Afternoon Stroll 2:00 Church Sermon IN2L 3:00 <b>Sit &amp; Sip</b> 4:00 One on Ones	<b>25</b> 9:30 Chair Dancing IN2L 10:00 <b>Good News IN2L</b> 10:30 What did it Cost? IN2L 11:30 Piggy Bankers IN2L 2:00  in 920 3:30 <b>Snack &amp; Chat</b> 4:00 Outside Stroll 4:30 Nature Slide Shows IN2L	<b>26 Peanut Brittle Day!</b> 9:30 Sit & be Fit IN2L 10:00 What did it Cost? IN2L 10:30 <b>Brain Teasers IN2L</b> 12:00 <b>Take- Out Tuesday</b> 1-4 <b>Window Visits</b> 2:30 Word Searches IN2L 3:00 <b>Snack—Peanut Brittle!</b> 4:00 Puzzles IN2L	<b>27</b> 9:30 Exercise IN2L 10:00 Bean Bag Toss 10:30 Common Sayings IN2L 11:30 One on Ones 1:30 <b>Hand Massages</b> 3:00 <b>Sit &amp; Sip</b> 4:00 Bowling 4:30 Sing a Long/ Guitar IN2L	<b>28</b> 9:30 Sit and be Fit IN2L 10:00 <b>Colorful Creations</b> 10:30 Piggy Bankers IN2L 11:30 Which Came First? Trivia 1-4pm <b>Window Visits</b> 2:00 Family Feud IN2L 3:30 <b>Snack &amp; Chat</b> 4:00 Common Sayings IN2L	<b>29 National Puzzle Day!</b> 9:30 Sit and be Fit IN2L 10:00 <b>Word Puzzles IN2L</b> 10:30 <b>Match Game IN2L</b> 11:30 Therapeutic Music IN2L 1:30 <b>Arm Chair Travel</b> 2:00 <b>Seasonal Puzzles</b> 3:00 <b>Coffee Corner</b> 4:00 Western Movies IN2L	<b>30 Inspired with Art Day!</b> 9:30 Sit and be Fit IN2L 10:00 <b>Winter Canvas Painting!</b> 11:00 Dart Ball 11:30 Jokes & Laughter IN2L 2:00  in 910 3:30 <b>Snack &amp; Chat</b> 4:00 Funny Babies IN2L 4:30 Reminisce IN2L



# JANUARY 2021 Activities 910-920

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SUN	MON	TUE	WED	THU	FRI	SAT
<b>Sun., Jan. 31 from bottom of calendar</b> 9:30 Exercise IN2L 10:00 Discussion Starters 10:30 Spiritual Songs IN2L 11:30 <b>Bible Trivia IN2L</b> 1:30 Afternoon Stroll 2:00 Church Sermon IN2L 3:00 <b>Sit &amp; Sip</b> 4:00 One on Ones	<b>All activities subject to change per mandated health guidelines.</b> 	<b>Take Out/ Lunch Delivery</b> 1/5 Love Love 12pm 1/12 Subway 12pm 1/19 Nancy's 12pm 1/26 Donatellos 12pm	<b>Shopping/ Delivery</b> 1/6 Walmart 10-12 1/13 Dollar Tree 10-12 1/20 Fred Meyer 10-12 1/27 Safeway 10-12	<b>Happy Birthday!</b> Peggy G. 1/15 940 Mattie S. 1/23 920 Janyce C. 1/23 940 	<b>1 New Year's Day</b> 9:30 <b>Bulletin Board Decorating!</b> 10:00 One on Ones 10:30 <b>New Years Resolution!</b> 11:30 Sing a long Music IN2L 1:30 <b>National Parks IN2L</b> 2:00 Animal Trivia IN2L 3:00 <b>Snack &amp; Chat</b> 4:00 Classic TV IN2L	<b>2</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 <b>Sit &amp; Sip</b> 4:00 Americana Karaoke 4:30 One on Ones
<b>3</b> 9:30 Sit and be Fit IN2L 10:00 Brain Teasers IN2L 10:30 Morning Walk 11:30 <b>Bible Reading</b> 1:30 <b>Arm Chair Travel</b> 2:00 Church Sermon IN2L 3:00 <b>Coffee Corner</b> 4:00 One on Ones	<b>4 National Trivia Day!</b> 9:30 Exercise IN2L 10:00 Trivia IN2L 10:30 Hangman IN2L 11:30 Word Search IN2L 2:00  in 920 3:30 <b>Sit &amp; Sip</b> 4:00 Country Karaoke IN2L 4:30 Which Came First? Trivia	<b>5</b> 9:30 Exercise IN2L 10:00 <b>Adult Coloring</b> 10:30 Discussion Starters 12:00 <b>Take - Out Tuesday!</b> 1-4 <b>Window Visits</b> 2:00 Sing a Long IN2L 3:00 <b>Snack &amp; Chat</b> 4:00 Common Sayings IN2L	<b>6</b> 9:30 Sit and be Fit IN2L 10:00 <b>Shopping/ Delivery</b> 10:30 <b>Snow Flake Craft</b> 11:30 Manicures 1:30 One on Ones 3:00 <b>Coffee Corner</b> 4:00 What's that Sound? IN2L 4:30 Sing a Long/ Piano IN2L	<b>7</b> 9:30 Exercise IN2L 10:00 Which Came First? IN2L 11:00 Word Puzzles IN2L 11:30 Walk Outside/ Birds 1-4pm <b>Window Visits</b> 2:30 One on Ones 3:30 <b>Snack &amp; Chat</b> 4:00 Funny Babies IN2L	<b>8</b> 9:30 Sit and be Fit IN2L 10:00 <b>Good News IN2L</b> 10:30 One on Ones 11:30 Therapeutic Music IN2L 1:30 <b>Arm Chair Travel</b> 2:00 Helping Others IN2L 3:00 <b>Sit &amp; Sip</b> 4:00 Western Movies IN2	<b>9</b> 9:30 Sit and be Fit IN2L 10:00 What did it Cost? IN2L 10:30 One on Ones 11:30 Jokes & Laughter IN2L 2:00  in 910 3:30 <b>Coffee Corner</b> 4:00 Funny Babies IN2L 4:30 Reminisce IN2L
<b>10</b> 9:30 Exercise IN2L 10:00 Discussion Starters 10:30 Spiritual Songs IN2L 11:30 <b>Bible Trivia IN2L</b> 1:30 Afternoon Stroll 2:00 Church Sermon IN2L 3:00 <b>Sit &amp; Sip</b>	<b>11</b> 9:30 Chair Dancing IN2L 10:00 <b>Good News IN2L</b> 10:30 What did it Cost? IN2L 11:30 Piggy Bankers IN2L 2:00  in 920 3:30 <b>Snack &amp; Chat</b> 4:30 Outside Stroll 4:30 Nature Slide Shows IN2L	<b>12</b> 9:30 Sit & be Fit IN2L 10:00 What did it Cost? IN2L 10:30 <b>Brain Teasers IN2L</b> 12:00 <b>Take- Out Tuesday</b> 1-4 <b>Window Visits</b> 2:30 Word Searches IN2L 3:00 <b>Coffee Corner</b> 4:00 Puzzles IN2L	<b>13</b> 9:30 Exercise IN2L 10:00 <b>Shopping/ Delivery</b> 10:30 Common Sayings IN2L 11:30 One on Ones 1:30 <b>Hand Massages</b> 3:00 <b>Sit &amp; Sip</b> 4:00 Bowling 4:30 Sing a Long/ Guitar IN2L	<b>14</b> 9:30 Sit and be Fit IN2L 10:00 <b>Colorful Creations</b> 10:30 Piggy Bankers IN2L 11:30 Which Came First? Trivia 1-4pm <b>Window Visits</b> 2:00 Family Feud IN2L 3:30 <b>Snack &amp; Chat</b> 4:00 Common Sayings IN2L	<b>15 National Hat Day!</b> 9:30 Chair Dancing IN2L 10:00 <b>Fun Hat Craft!</b> 11:30 Sing a long Music IN2L 1:30 <b>Hats off to you! - Pictures</b> 2:00 Animal Trivia IN2L 3:00 <b>Coffee Corner</b> 4:00 One on Ones 4:30 Classic TV IN2L	<b>16</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 <b>Sit &amp; Sip</b> 4:00 Americana Karaoke 4:30 One on Ones
<b>17</b> 9:30 Sit and be Fit IN2L 10:00 Brain Teasers IN2L 10:30 Morning Walk 11:30 <b>Bible Reading</b> 1:30 <b>Arm Chair Travel</b> 2:00 Church Sermon IN2L 3:00 <b>Coffee Corner</b> 4:00 One on Ones	<b>18 Martin Luther King Jr. Day</b> 9:30 Exercise IN2L 10:00 History of MLKJR. IN2L 10:30 Hangman IN2L 11:30 Word Search IN2L 2:00  in 920 3:30 <b>Sit &amp; Sip</b> 4:00 Patriotic Karaoke IN2L 4:30 Which Came First? Trivia	<b>19 National Popcorn Day!</b> 9:30 Exercise IN2L 10:00 <b>Adult Coloring</b> 10:30 Discussion Starters 12:00 <b>Take - Out Tuesday!</b> 1-4 <b>Window Visits</b> 2:00 Sing a Long IN2L 3:00 <b>Snack—Popcorn</b> 4:00 Common Sayings IN2L	<b>20</b> 9:30 Sit and be Fit IN2L 10:00 <b>Shopping/ Delivery</b> 10:30 One on Ones 11:30 Manicures 1:30 Reminisce IN2L 3:00 <b>Coffee Corner</b> 4:00 What's that Sound? IN2L 4:30 Sing a Long/ Piano IN2L	<b>21</b> 9:30 Exercise IN2L 10:00 Which Came First? IN2L 11:00 Word Puzzles IN2L 11:30 Walk Outside/ Birds 1-4pm <b>Window Visits</b> 2:30 One on Ones 3:30 <b>Sit &amp; Sip</b> 4:00 Funny Babies IN2L	<b>22</b> 9:30 Sit and be Fit IN2L 10:00 <b>Good News IN2L</b> 10:30 Adult Coloring 11:30 Therapeutic Music IN2L 1:30 <b>Arm Chair Travel</b> 2:00 Which Came First? Trivia 3:00 <b>Snack &amp; Chat</b> 4:00 Western Movies IN2L	<b>23 National Pie Day!</b> 9:30 Sit and be Fit IN2L 10:00 What did it Cost? IN2L 10:30 One on Ones 11:30 Jokes & Laughter IN2L 2:00  in 910 3:30 <b>Snack—Pie!</b> 4:00 Funny Babies IN2L 4:30 Reminisce IN2L
<b>24</b> 9:30 Exercise IN2L 10:00 Discussion Starters 10:30 Spiritual Songs IN2L 11:30 <b>Bible Trivia IN2L</b> 1:30 Afternoon Stroll 2:00 Church Sermon IN2L 3:00 <b>Sit &amp; Sip</b> 4:00 One on Ones	<b>25</b> 9:30 Chair Dancing IN2L 10:00 <b>Good News IN2L</b> 10:30 What did it Cost? IN2L 11:30 Piggy Bankers IN2L 2:00  in 920 3:30 <b>Snack &amp; Chat</b> 4:00 Outside Stroll 4:30 Nature Slide Shows IN2L	<b>26 Peanut Brittle Day!</b> 9:30 Sit & be Fit IN2L 10:00 What did it Cost? IN2L 10:30 <b>Brain Teasers IN2L</b> 12:00 <b>Take- Out Tuesday</b> 1-4 <b>Window Visits</b> 2:30 Word Searches IN2L 3:00 <b>Snack—Peanut Brittle!</b> 4:00 Puzzles IN2L	<b>27</b> 9:30 Exercise IN2L 10:00 <b>Shopping/ Delivery</b> 10:30 Common Sayings IN2L 11:30 One on Ones 1:30 <b>Hand Massages</b> 3:00 <b>Sit &amp; Sip</b> 4:00 Bowling 4:30 Sing a Long/ Guitar IN2L	<b>28</b> 9:30 Sit and be Fit IN2L 10:00 <b>Colorful Creations</b> 10:30 Piggy Bankers IN2L 11:30 Which Came First? Trivia 1-4pm <b>Window Visits</b> 2:00 Family Feud IN2L 3:30 <b>Snack &amp; Chat</b> 4:00 Common Sayings IN2L	<b>29 National Puzzle Day!</b> 9:30 Sit and be Fit IN2L 10:00 <b>Word Puzzles IN2L</b> 10:30 <b>Match Game IN2L</b> 11:30 Therapeutic Music IN2L 1:30 <b>Arm Chair Travel</b> 2:00 <b>Seasonal Puzzles</b> 3:00 <b>Coffee Corner</b> 4:00 Western Movies IN2L	<b>30 Inspired with Art Day!</b> 9:30 Sit and be Fit IN2L 10:00 <b>Winter Canvas Painting!</b> 10:30 One on Ones 11:30 Jokes & Laughter IN2L 2:00  in 910 3:30 <b>Snack &amp; Chat</b> 4:00 Funny Babies IN2L 4:30 Reminisce IN2L