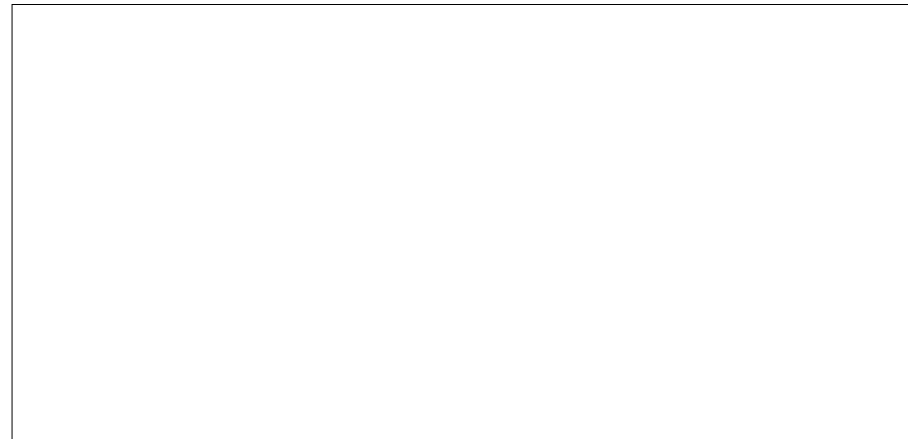




FARMINGTON
SQUARE

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Eugene, OR 97401

Stamp



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Business Office Dir.: Chelsea Hohenstein
Community Relations Dir.: Cindy Benton
Wellness Nurse: Theresa Curcio RN
Wellness Nurse: Judy Wilson RN
Wellness Director: Barbara Schmidt
Wellness Director: Mia Reeser
Wellness Director: Nick Reeser
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Dining Services Dir.: Tristin Hunt
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Our mission is to create and
sustain comfortable, caring
environments for those
who depend on us.



The Farmington Square Times

March 2021 Newsletter



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The Better to See You With: Eye Health & Wellness Tips

Follow your medical professional's advice and speak with them before changing diet, exercise, or supplements.

Do you ever find details in scenery that you've always loved growing duller, or written words appearing blurrier? Such changes can be frustrating. Fortunately, regular exams, daily habits, and treatments, can help. This "Save Your Vision Month," check out ways you may be able help with your eye wellness.

Be Seen

One of the ways to stay on top of your eye health is to have annual eye exams. Knowing family eye history and general medical history and disclosing it to your optometrist may bring a clearer picture to them of issues that may have the potential to affect you.

Form Eye-Health Habits

Practicing healthy habits in daily life is another—and perhaps the best— way to help aid your eye health. These are a few:

- Eating a diet rich in fruits and vegetables, particularly dark, leafy greens; and fish
- Wearing glasses, goggles, or safety shields when appropriate, like when using tools
- Reducing eye strain by looking 20 feet before you for 20 seconds every 20 minutes, if you use screens.
- Washing hands often to avoid infections
- Avoiding smoking
- Managing blood pressure, blood sugar, and cholesterol, and keeping a healthy weight
- Routinely safely cleaning and storing

- glasses and/or contacts
- Wearing UV protective sunglasses outdoors

Vision Issues

People with diabetes, high blood pressure, or who take medications that affect eyes are at higher risk for vision issues. Older adults can be affected by: age-related macular degeneration (that causes central vision loss); cataracts (that can cause blurry vision, poor contrast, and glare sensitivity); glaucoma (several issues which damage the optic nerve and can take away side vision); and dry eyes.

Looking Ahead

There is a lot on the bright side for those with vision issues. Some optometrists have rehabilitation programs to help with low vision for daily routines. There are also prescription devices for close-up tasks, near and far vision, reading, and watching screens. In addition, eye surgeries are available that can help against conditions affecting the eyes. Talk with your optometrist about what options may be right for your eye health.



Special Moments



Resident Birthdays

Anita: March 3rd
Libby: March 8th
Mel: March 11th
Loya: March 17th
Donna: March 19th

Staff Birthdays

Crystal: March 4th
Alejandro: March 7th
Alyssa: March 8th
Evan: March 10th
Kirsten: March 16th
Josh: March 18th

Those born in March are Pisces (Feb. 19 - March 20) and Aries (March 21 - April 19). The birthstones for March are aquamarine and bloodstone (which is dark green). The birth flowers for March are the daffodil and jonquil. March babies are said to have a sunny disposition!

March 2021 Highlights

March observes Women's History Month, Nutrition Month, and Save Your Vision Month. It celebrates crafting, aviation, and cleaning!

- | | |
|--|---|
| 01 Peanut Butter Day; Pig & Horse Day | 17 St. Patrick's Day |
| 02 Banana Cream Pie Day; Read Day | 18 Lacy Cookie Day; Sloppy Joe Day |
| 03 Mulled Wine Day; World Wildlife Day | 19 Certified Nurses Day; March Equinox |
| 04 Marching Music Day; Sons' Day | 20 Ravioli Day; Corn Dog Day; Quilting Day |
| 05 Staff Appreciation Day | 21 French Bread Day; World Puppetry Day |
| 06 Dentists' Day; Oreo Day; Dress Day | 22 Bavarian Crepes Day; Be Silly Day |
| 07 Cereal Day; Flapjack Day | 23 Puppy Day; Tamale Day; 3-D Day |
| 08 Intl. Women's Day; Peanut Cluster Day | 24 Cheesesteak Day; Chocolate Raisins Day |
| 09 Barbie Day; Meatball Day | 25 Medal of Honor Day; Swedish Waffle Day |
| 10 Registered Dietician Nutritionists' Day | 26 Spinach Day; Wear Purple (Epilepsy) Day |
| 11 Johnny Appleseed Day | 27 Spanish Paella Day; World Theatre Day |
| 12 Girl Scouts Day; Plant a Flower Day | 28 Black Forest Cake Day; Food on Stick Day |
| 13 Coconut Torte Day; K9 Veterans Day | 29 Vietnam War Vets Day; |
| 14 Daylight Savings Starts; Chips Day | Piano Day |
| 15 Pears Helene Day; Kansas Day | 30 Doctors Day; Park Day; |
| 16 Artichoke Hearts Day; Panda Day | Virtual Vacay Day |

Saturday night, March 13, set your clocks forward one hour!



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.

March 5th is Learn What Your Name Means Day!

Staff and residents looked up meanings of their first names! These are a few!

- "A Hindu, Sanskrit name meaning pearl, related to the moon. Tranquil, beautiful, pleasing and gentle" - Saumya
- "An English name meaning 'Gentle Lord.'" - Melvin
- "A name of Hebrew origin meaning 'she will be praised.'" - Judy
- "Of Spanish origin, meaning graceful or merciful" - Anita



Staff Spotlight: Theresa

Theresa is a Wellness Nurse who has worked at FSE for almost two years now. She is originally from Albuquerque, New Mexico, but was raised in California. Both her parents were in the Navy so she lived all along the coast in different Naval Bases. She has lived in Oregon for two years now. Her hobbies include drawing & painting, DIY projects (home décor, crafts, etc.), going to the beach, shopping, listening to all types of music, watching horror movies, and spending time with her family and her dog Asia. She loves all animals. Her favorite land animal is an elephant and her favorite sea animal is a sea turtle. Her favorite food is pasta and her favorite color is turquoise. She is described as dedicated, hardworking, passionate, selfless, loving, empathetic, hilarious, very creative and way too sweet for her own good. Theresa, you have the biggest heart! Thank you for all the love and compassion you put into your work and the people here at Farmington Square. We appreciate you!



Resident Spotlight: Dennis

This month, our resident spotlight shines on Dennis. He is originally from Missouri and he grew up working on his parents farm from the age of five until he was 18. He worked for Pfizer as a Pharmaceutical Sales Rep for eight years, Curtin Matheson Scientific as a Supply Sales Rep for 10 years, and was a Security Guard for the Register Guard and EWEB for about 15 years. He was also a Computer Operator in the Navy for 4 years while serving in Vietnam. He really enjoys church and bible study, exercise, walking, hiking, camping, the outdoors, elk hunting, archery, writing poetry, and baking. He loves using the iN2L (bird watching is one of his favorites). He is described as very sweet, gentle, patient, fun, pleasant, respectful, polite, and always shows appreciation to those who help him. Dennis, we look forward to getting to know you even more. Thank you for your friendliness and positive attitude; it brings a smile to those around you!

SUN	MON	TUE	WED	THU	FRI	SAT
<div>All activities subject to change per mandated health guidelines.</div>	<div>1 Love Peanut Butter Day</div> <div>9:00 Beauty & Grooming (All)</div> <div>9:30 Exercise Fun: Sit and Be Fit* (A,B)</div> <div>10:30 Snacktivity: National Minnesota Day* (All)</div> <div>12:30 B-I-N-G-O* (B, C) 1:00 (A)</div> <div>2:00 Sensory Games* (A)</div> <div>2:00 Flower Arranging (B,C)</div> <div>2:30 Snacktivity: Gardening Trivia* (All)</div> <div>3:00 Strategy & Target Games* (All)</div> <div>3:30 Word Games* (All)</div> <div>4:00 Exercise Fun: Balloon Ball (A)</div> <div>5:15 Exercise Fun: Balloon Ball (B)</div> <div>6:00 Penny Ante (B)</div>	<div>2 Read Across America Day</div> <div>9:00 Beauty & Grooming (All)</div> <div>9:30 Exercise Fun: Music & Movement* (A,B)</div> <div>10:30 Snacktivity: Travel to Vienna* (All)</div> <div>12:30 B-I-N-G-O* (B,C) 1:00 (A)</div> <div>2:00 Snacktivity: Coffee & Conversation* (All)</div> <div>2:00 Exercise Fun: Balloon Ball (C)</div> <div>2:30 TV Games* (All)</div> <div>3:00 Pretty Nails & Manicures (All)</div> <div>4:00 Exercise Fun: Balloon Ball (A)</div> <div>5:15 Exercise Fun: Balloon Ball (B)</div> <div>6:00 Yahtzee Night* (B)</div>	<div>3</div> <div>9:00 Beauty & Grooming (All)</div> <div>9:30 Exercise Fun: Tai Chi* (A,B)</div> <div>10:30 Snacktivity: Always or Never Trivia* (All)</div> <div>12:30 Word Games/Crossword Puzzle* (B,C)</div> <div>1:00 Short Stories* (A)</div> <div>2:00 Snacktivity: World Wildlife Day* (All)</div> <div>2:00 Creative Arts: Adult Coloring* (All)</div> <div>3:00 Casino Games* (All)</div> <div>3:30 Card Games* (All)</div> <div>4:00 Exercise Fun: Music & Movement* (A)</div> <div>6:00 B-I-N-G-O Night!* (B)</div>	<div>4 Sons’ Day</div> <div>9:00 Beauty & Grooming (All)</div> <div>9:30 Exercise Fun: Balloon Ball (A,B)</div> <div>10:30 Snacktivity: World Book Day* (A,B)</div> <div>12:30 B-I-N-G-O* (B,C)</div> <div>1:00 Sing-a-long (A)</div> <div>2:00 Snacktivity: Music & Art* (A,B)</div> <div>2:30 Exercise Fun: Walking Group (All)</div> <div>3:00 Sensory Games* (A, B)</div> <div>3:00 Cribbage (C)</div> <div>4:00 Exercise Fun: Music & Movement* (A)</div> <div>5:15 Exercise Fun: Music & Movement* (B)</div> <div>6:00 Board Game Night* (B)</div>	<div>5 Staff Appreciation Day</div> <div>9:00 Beauty & Grooming (All)</div> <div>9:30 Exercise Fun: Fit Xpress* (A,B)</div> <div>10:30 Snacktivity: Virtual Pet Visits* (All)</div> <div>11:00 Church* (All)</div> <div>12:30 Yahtzee (B,C) 1:00 (A)</div> <div>2:00 Snacktivity: Word Games* (A, B)</div> <div>2:00 Spin to Win (C)</div> <div>2:30 Card Games* (All)</div> <div>3:00 Pretty Nails & Manicures (All)</div> <div>4:00 Exercise Fun: Balloon Ball (A)</div> <div>5:30 Exercise Fun: Balloon Volleyball (B)</div> <div>6:00 Movie Night & Popcorn* (All)</div>	<div>6 Get Outside Day</div> <div>9:00 Beauty & Grooming (All)</div> <div>9:30 Exercise Fun: Music & Movement* (A,B)</div> <div>10:30 Snacktivity: Dominos (All)</div> <div>12:30 B-I-N-G-O* (B,C) 1:00 (A)</div> <div>2:00 Snacktivity: Oreo Cookie Day* (All)</div> <div>2:00 Creative Arts: Adult Coloring* (All)</div> <div>3:00 Outdoor Games (All)</div> <div>4:00 Exercise Fun: Balloon Ball (A)</div> <div>5:15 Exercise Fun: Balloon Ball (B)</div> <div>6:00 Card Game Night* (B)</div>
<div>7 Cereal Day</div> <div>9:00 Beauty & Grooming (All)</div> <div>9:30 Exercise Fun: Balloon Ball (A,B)</div> <div>10:30 Snacktivity: TV Games* (All)</div> <div>12:30 Yahtzee (B,C) 1:00 (A)</div> <div>2:00 Snacktivity: Card Games* (All)</div> <div>2:30 Exercise Fun: Walking Group (All)</div> <div>3:00 Animal Kingdom* (All)</div> <div>3:30 Resident Focus Visits (All)</div> <div>4:00 Exercise Fun: Music & Movement* (A)</div> <div>5:15 Exercise Fun: Music & Movement* (B)</div> <div>6:00 Shake Loose a Memory (B)</div>	<div>8 Intl. Womens’ Day</div> <div>9:00 Beauty & Grooming (All)</div> <div>9:30 Exercise Fun: Sit and Be Fit* (A,B)</div> <div>10:30 Snacktivity: National Oregon Day* (All)</div> <div>12:30 B-I-N-G-O* (B, C)</div> <div>1:00 Sing-a-long (A)</div> <div>2:00 Sensory Games* (A)</div> <div>2:00 Flower Arranging (B,C)</div> <div>2:30 Snacktivity: Space Trivia* (All)</div> <div>3:00 Strategy & Target Games* (All)</div> <div>3:30 Word Games* (All)</div> <div>4:00 Exercise Fun: Balloon Ball (A)</div> <div>5:15 Exercise Fun: Balloon Ball (B)</div> <div>6:00 Penny Ante (B)</div>	<div>9</div> <div>9:00 Beauty & Grooming (All)</div> <div>9:30 Exercise Fun: Music & Movement* (A,B)</div> <div>10:30 Snacktivity: Travel to Finland* (All)</div> <div>12:30 B-I-N-G-O* (B,C)</div> <div>1:00 Creative Arts: Collage Making (A)</div> <div>2:00 Snacktivity: Coffee & Conversation* (All)</div> <div>2:00 Exercise Fun: Balloon Ball (C)</div> <div>2:30 TV Games* (All)</div> <div>3:00 Pretty Nails & Manicures (All)</div> <div>4:00 Exercise Fun: Balloon Ball (A)</div> <div>5:15 Exercise Fun: Balloon Ball (B)</div> <div>6:00 Yahtzee Night* (B)</div>	<div>10</div> <div>9:00 Beauty & Grooming (All)</div> <div>9:30 Exercise Fun: Tai Chi* (A,B)</div> <div>10:30 Snacktivity: Name That Sound Trivia* (All)</div> <div>12:30 Word Games/Crossword Puzzle* (B,C)</div> <div>1:00 Matching Games* (A)</div> <div>2:00 Snacktivity: Funny Babies* (All)</div> <div>2:00 Creative Arts: St. Patrick’s Day Crafts* (All)</div> <div>3:00 Casino Games* (All)</div> <div>3:30 Card Games* (All)</div> <div>4:00 Exercise Fun: Music & Movement* (A)</div> <div>6:00 B-I-N-G-O Night!* (B)</div>	<div>11</div> <div>9:00 Beauty & Grooming (All)</div> <div>9:30 Exercise Fun: Balloon Ball (A,B)</div> <div>10:30 Snacktivity: Virtual Music* (A,B)</div> <div>12:30 B-I-N-G-O* (B,C) 1:00 (A)</div> <div>2:00 Snacktivity: Music & Art* (A,B)</div> <div>2:30 Exercise Fun: Walking Group (All)</div> <div>3:00 Sensory Games* (A, B)</div> <div>3:00 Cribbage (C)</div> <div>4:00 Exercise Fun: Music & Movement* (A)</div> <div>5:15 Exercise Fun: Music & Movement* (B)</div> <div>6:00 Board Game Night* (B)</div>	<div>12 Girl Scouts’ Day</div> <div>9:00 Beauty & Grooming (All)</div> <div>9:30 Exercise Fun: Fit Xpress* (A,B)</div> <div>10:30 Snacktivity: What Did It Cost? (All)</div> <div>11:00 Church* (All)</div> <div>12:30 Yahtzee (B,C) 1:00 (A)</div> <div>2:00 Snacktivity: Plant a Flower Day* (All)</div> <div>3:00 Pretty Nails & Manicures (All)</div> <div>4:00 Exercise Fun: Balloon Ball (A)</div> <div>5:30 Exercise Fun: Balloon Volleyball (B)</div> <div>6:00 Movie Night & Popcorn* (All)</div>	<div>13 K9 Veterans Day</div> <div>9:00 Beauty & Grooming (All)</div> <div>9:30 Exercise Fun: Music & Movement* (A,B)</div> <div>10:30 Snacktivity: Dominos (All)</div> <div>12:30 B-I-N-G-O* (B,C) 1:00 (A)</div> <div>2:00 Snacktivity: Travel to Puerto Rico* (All)</div> <div>2:00 Creative Arts: Watercolor Painting* (All)</div> <div>3:00 Outdoor Games (All)</div> <div>4:00 Exercise Fun: Balloon Ball (A)</div> <div>5:15 Exercise Fun: Balloon Ball (B)</div> <div>6:00 Card Game Night* (B)</div>
<div>14 Start Daylight Saving Time</div> <div>9:00 Beauty & Grooming (All)</div> <div>9:30 Exercise Fun: Balloon Ball (A,B)</div> <div>10:30 Snacktivity: Casino Games* (All)</div> <div>12:30 Yahtzee (B,C) 1:00 (A)</div> <div>2:00 Snacktivity: Card Games* (All)</div> <div>2:30 Exercise Fun: Stretching & Weights (All)</div> <div>3:00 Music & Art* (All)</div> <div>3:30 Resident Focus Visits (All)</div> <div>4:00 Exercise Fun: Music & Movement* (A)</div> <div>5:15 Exercise Fun: Music & Movement* (B)</div> <div>6:00 Shake Loose a Memory (B)</div>	<div>15</div> <div>9:00 Beauty & Grooming (All)</div> <div>9:30 Exercise Fun: Sit and Be Fit* (A,B)</div> <div>10:30 Snacktivity: National Kansas Day* (All)</div> <div>12:30 B-I-N-G-O* (B, C) 1:00 (A)</div> <div>2:00 Sensory Games* (A)</div> <div>2:00 Flower Arranging (B,C)</div> <div>2:30 Snacktivity: Fashion Trivia* (All)</div> <div>3:00 Strategy & Target Games* (All)</div> <div>3:30 Word Games* (All)</div> <div>4:00 Exercise Fun: Balloon Ball (A)</div> <div>5:15 Exercise Fun: Balloon Ball (B)</div> <div>6:00 Penny Ante (B)</div>	<div>16 Artichoke Hearts Day</div> <div>9:00 Beauty & Grooming (All)</div> <div>9:30 Exercise Fun: Music & Movement* (A,B)</div> <div>10:30 Snacktivity: Travel to Monaco* (All)</div> <div>12:30 B-I-N-G-O* (B,C) 1:00 (A)</div> <div>2:00 Snacktivity: Coffee & Conversation* (All)</div> <div>2:00 Exercise Fun: Balloon Ball (C)</div> <div>2:30 TV Games* (All)</div> <div>3:00 Pretty Nails & Manicures (All)</div> <div>4:00 Exercise Fun: Balloon Ball (A)</div> <div>5:15 Exercise Fun: Balloon Ball (B)</div> <div>6:00 Yahtzee Night* (B)</div>	<div>17 St. Patrick’s Day!</div> <div>9:00 Beauty & Grooming (All)</div> <div>9:30 Exercise Fun: Tai Chi* (A,B)</div> <div>10:30 Snacktivity: St. Patrick’s Day Trivia* (All)</div> <div>12:30 Word Games/Crossword Puzzle* (B,C)</div> <div>1:00 Short Stories* (A)</div> <div>2:00 Snacktivity: St. Patrick’s Day Celebration* (All)</div> <div>3:00 Casino Games* (All)</div> <div>3:30 Card Games* (All)</div> <div>4:00 Exercise Fun: Music & Movement* (A)</div> <div>6:00 B-I-N-G-O Night!* (B)</div>	<div>18</div> <div>9:00 Beauty & Grooming (All)</div> <div>9:30 Exercise Fun: Balloon Ball (A,B)</div> <div>10:30 Snacktivity: Virtual Music* (A,B)</div> <div>12:30 B-I-N-G-O* (B,C)</div> <div>1:00 Sing-a-long (A)</div> <div>2:00 Snacktivity: Music & Art* (A,B)</div> <div>2:30 Exercise Fun: Walking Group (All)</div> <div>3:00 Sensory Games* (A, B)</div> <div>3:00 Cribbage (C)</div> <div>4:00 Exercise Fun: Music & Movement* (A)</div> <div>5:15 Exercise Fun: Music & Movement* (B)</div> <div>6:00 Board Game Night* (B)</div>	<div>19 Let’s Laugh Day</div> <div>9:00 Beauty & Grooming (All)</div> <div>9:30 Exercise Fun: Fit Xpress* (A,B)</div> <div>10:30 Snacktivity: Virtual Pet Visits* (All)</div> <div>11:00 Church* (All)</div> <div>12:30 Yahtzee (B,C) 1:00 (A)</div> <div>2:00 Snacktivity: Word Games* (All)</div> <div>2:30 Card Games* (All)</div> <div>3:00 Pretty Nails & Manicures (All)</div> <div>4:00 Exercise Fun: Balloon Ball (A)</div> <div>5:30 Exercise Fun: Balloon Volleyball (B)</div> <div>6:00 Movie Night & Popcorn* (All)</div>	<div>20 Spring is Here!</div> <div>9:00 Beauty & Grooming (All)</div> <div>9:30 Exercise Fun: Music & Movement* (A,B)</div> <div>10:30 Snacktivity: Spring Trivia* (All)</div> <div>12:30 B-I-N-G-O* (B,C) 1:00 (A)</div> <div>2:00 Snacktivity: Travel to Guam* (All)</div> <div>2:00 Creative Arts: Adult Coloring* (All)</div> <div>3:00 Outdoor Games (All)</div> <div>4:00 Exercise Fun: Balloon Ball (A)</div> <div>5:15 Exercise Fun: Balloon Ball (B)</div> <div>6:00 Card Game Night* (B)</div>
<div>21 French Bread Day</div> <div>9:00 Beauty & Grooming (All)</div> <div>9:30 Exercise Fun: Balloon Ball (A,B)</div> <div>10:30 Snacktivity: World Poetry Day* (All)</div> <div>12:30 Yahtzee (B,C) 1:00 (A)</div> <div>2:00 Snacktivity: Birthday Cupcakes (All)</div> <div>2:30 Exercise Fun: Walking Group (All)</div> <div>3:00 Animal Kingdom* (All)</div> <div>3:30 Resident Focus Visits (All)</div> <div>4:00 Exercise Fun: Music & Movement* (A)</div> <div>5:15 Exercise Fun: Music & Movement* (B)</div> <div>6:00 Shake Loose a Memory (B)</div>	<div>22</div> <div>9:00 Beauty & Grooming (All)</div> <div>9:30 Exercise Fun: Sit and Be Fit* (A,B)</div> <div>10:30 Snacktivity: National West Virginia Day* (All)</div> <div>12:30 B-I-N-G-O* (B, C)</div> <div>1:00 Sing-a-long (A)</div> <div>2:00 Sensory Games* (A)</div> <div>2:00 Flower Arranging (B,C)</div> <div>2:30 Snacktivity: Sports Trivia* (All)</div> <div>3:00 Strategy & Target Games* (All)</div> <div>3:30 Word Games* (All)</div> <div>4:00 Exercise Fun: Balloon Ball (A)</div> <div>5:15 Exercise Fun: Balloon Ball (B)</div> <div>6:00 Penny Ante (B)</div>	<div>23 Puppy Day</div> <div>9:00 Beauty & Grooming (All)</div> <div>9:30 Exercise Fun: Music & Movement* (A,B)</div> <div>10:30 Snacktivity: Travel to Ecuador* (All)</div> <div>12:30 B-I-N-G-O* (B,C)</div> <div>1:00 Creative Arts: Collage Making (A)</div> <div>2:00 Snacktivity: Chip & Dip Day* (All)</div> <div>2:00 Exercise Fun: Balloon Ball (C)</div> <div>2:30 TV Games* (All)</div> <div>3:00 Pretty Nails & Manicures (All)</div> <div>4:00 Exercise Fun: Balloon Ball (A)</div> <div>5:15 Exercise Fun: Balloon Ball (B)</div> <div>6:00 Yahtzee Night* (B)</div>	<div>24</div> <div>9:00 Beauty & Grooming (All)</div> <div>9:30 Exercise Fun: Tai Chi* (A,B)</div> <div>10:30 Snacktivity: Common Sayings Trivia* (All)</div> <div>12:30 Word Games/Crossword Puzzle* (B,C)</div> <div>1:00 Matching Games* (A)</div> <div>2:00 Snacktivity: Candid Camera* (All)</div> <div>2:00 Creative Arts: Adult Coloring* (All)</div> <div>3:00 Resident Council (C)</div> <div>3:00 Casino Games* (All)</div> <div>3:30 Card Games* (All)</div> <div>4:00 Exercise Fun: Music & Movement* (A)</div> <div>6:00 B-I-N-G-O Night!* (B)</div>	<div>25</div> <div>9:00 Beauty & Grooming (All)</div> <div>9:30 Exercise Fun: Balloon Ball (A,B)</div> <div>10:30 Snacktivity: Virtual Music* (A,B)</div> <div>12:30 B-I-N-G-O* (B,C) 1:00 (A)</div> <div>2:00 Snacktivity: Music & Art* (A,B)</div> <div>2:30 Exercise Fun: Walking Group (All)</div> <div>3:00 Sensory Games* (A, B)</div> <div>3:00 Cribbage (C)</div> <div>4:00 Exercise Fun: Music & Movement* (A)</div> <div>5:15 Exercise Fun: Music & Movement* (B)</div> <div>6:00 Board Game Night* (B)</div>	<div>26 Spinach Day</div> <div>9:00 Beauty & Grooming (All)</div> <div>9:30 Exercise Fun: Fit Xpress* (A,B)</div> <div>10:30 Snacktivity: What Did It Cost? (All)</div> <div>11:00 Church* (All)</div> <div>12:30 Yahtzee (B,C) 1:00 (A)</div> <div>2:00 Snacktivity: Word Games* (All)</div> <div>2:30 Card Games* (All)</div> <div>3:00 Pretty Nails & Manicures (All)</div> <div>4:00 Exercise Fun: Balloon Ball (A)</div> <div>5:30 Exercise Fun: Balloon Volleyball (B)</div> <div>6:00 Movie Night & Popcorn* (All)</div>	<div>27 Passover at Sundown</div> <div>9:00 Beauty & Grooming (All)</div> <div>9:30 Exercise Fun: Music & Movement* (A,B)</div> <div>10:30 Snacktivity: Dominos (All)</div> <div>12:30 B-I-N-G-O* (B,C) 1:00 (A)</div> <div>2:00 Snacktivity: Travel to US Virgin Islands* (All)</div> <div>2:00 Creative Arts: Watercolor Painting* (All)</div> <div>3:00 Outdoor Games (All)</div> <div>4:00 Exercise Fun: Balloon Ball (A)</div> <div>5:15 Exercise Fun: Balloon Ball (B)</div> <div>6:00 Card Game Night* (B)</div>
<div>28 Palm Sunday</div> <div>9:00 Beauty & Grooming (All)</div> <div>9:30 Exercise Fun: Balloon Ball (A,B)</div> <div>10:30 Snacktivity: Casino Games* (All)</div> <div>12:30 Yahtzee (B,C) 1:00 (A)</div> <div>2:00 Snacktivity: Card Games* (All)</div> <div>2:00 Recorded Live Music: Robert Meade* (All)</div> <div>3:00 Music & Art* (All)</div> <div>3:30 Resident Focus Visits (All)</div> <div>4:00 Exercise Fun: Music & Movement* (A)</div> <div>5:15 Exercise Fun: Music & Movement* (B)</div> <div>6:00 Shake Loose a Memory (B)</div>	<div>29</div> <div>9:00 Beauty & Grooming (All)</div> <div>9:30 Exercise Fun: Sit and Be Fit* (A,B)</div> <div>10:30 Snacktivity: National Nevada Day* (All)</div> <div>12:30 B-I-N-G-O* (B, C) 1:00 (A)</div> <div>2:00 Sensory Games* (A)</div> <div>2:00 Flower Arranging (B,C)</div> <div>2:30 Snacktivity: Farming Trivia* (All)</div> <div>3:00 Strategy & Target Games* (All)</div> <div>3:30 Word Games* (All)</div> <div>4:00 Exercise Fun: Balloon Ball (A)</div> <div>5:15 Exercise Fun: Balloon Ball (B)</div> <div>6:00 Penny Ante (B)</div>	<div>30 Doctors’ Day</div> <div>9:00 Beauty & Grooming (All)</div> <div>9:30 Exercise Fun: Music & Movement* (A,B)</div> <div>10:30 Snacktivity: Travel to Honduras* (All)</div> <div>12:30 B-I-N-G-O* (B,C) 1:00 (A)</div> <div>2:00 Snacktivity: Coffee & Conversation* (All)</div> <div>2:00 Exercise Fun: Balloon Ball (C)</div> <div>2:30 TV Games* (All)</div> <div>3:00 Pretty Nails & Manicures (All)</div> <div>4:00 Exercise Fun: Balloon Ball (A)</div> <div>5:15 Exercise Fun: Balloon Ball (B)</div> <div>6:00 Yahtzee Night* (B)</div>	<div>31</div> <div>9:00 Beauty & Grooming (All)</div> <div>9:30 Exercise Fun: Tai Chi* (A,B)</div> <div>10:30 Snacktivity: Nursery Rhymes Trivia* (All)</div> <div>12:30 Word Games/Crossword Puzzle* (B,C)</div> <div>1:00 Short Stories* (A)</div> <div>2:00 Snacktivity: Funny Animals* (All)</div> <div>2:00 Creative Arts: Watercolor Painting* (All)</div> <div>3:00 Casino Games* (All)</div> <div>3:30 Card Games* (All)</div> <div>4:00 Exercise Fun: Music & Movement* (A)</div> <div>6:00 B-I-N-G-O Night!* (B)</div>	<div></div>	<div>March Highlights</div> <div>Mar. 1st– National Minnesota Day</div> <div>Mar. 3rd– World Wildlife Day</div> <div>Mar. 4th– World Book Day</div> <div>Mar. 5th– Spin to Win</div> <div>Mar. 5th & 19th– Virtual Pet Visits</div> <div>Mar. 6th– Oreo Cookie Day</div> <div>Mar. 8th– National Oregon Day</div> <div>Mar. 12th– Plant a Flower Day</div> <div>Mar. 15th– National Kansas Day</div> <div>Mar. 17th– St. Patrick’s Day Celebration</div> <div>Mar. 21st– World Poetry Day & Birthday Cupcakes</div> <div>Mar. 22nd– National West Virginia Day</div> <div>Mar. 23rd– Chip & Dip Day</div> <div>Mar. 24th Resident Council</div> <div>Mar. 28th Recorded Live Music: Robert Meade</div> <div>Mar. 29th– National Nevada Day</div>	