

### Administrative Team:

Executive Director: Jessica Penland  
Asst. Executive Director: Sarah Shipley  
Business Office Director: Shelly Kesterson  
Community Relations Dir.: Ashley Krause  
Wellness Director: Mark N./ Megan M./ Nicole O.  
Wellness Coord.: Michael M. / Dawn J.  
Wellness Nurse: Monique T. / Diana A.  
Dining Services Director: Antonios Salama  
Maintenance Director: George Curtis  
Life Enrichment Director: Amanda Bell

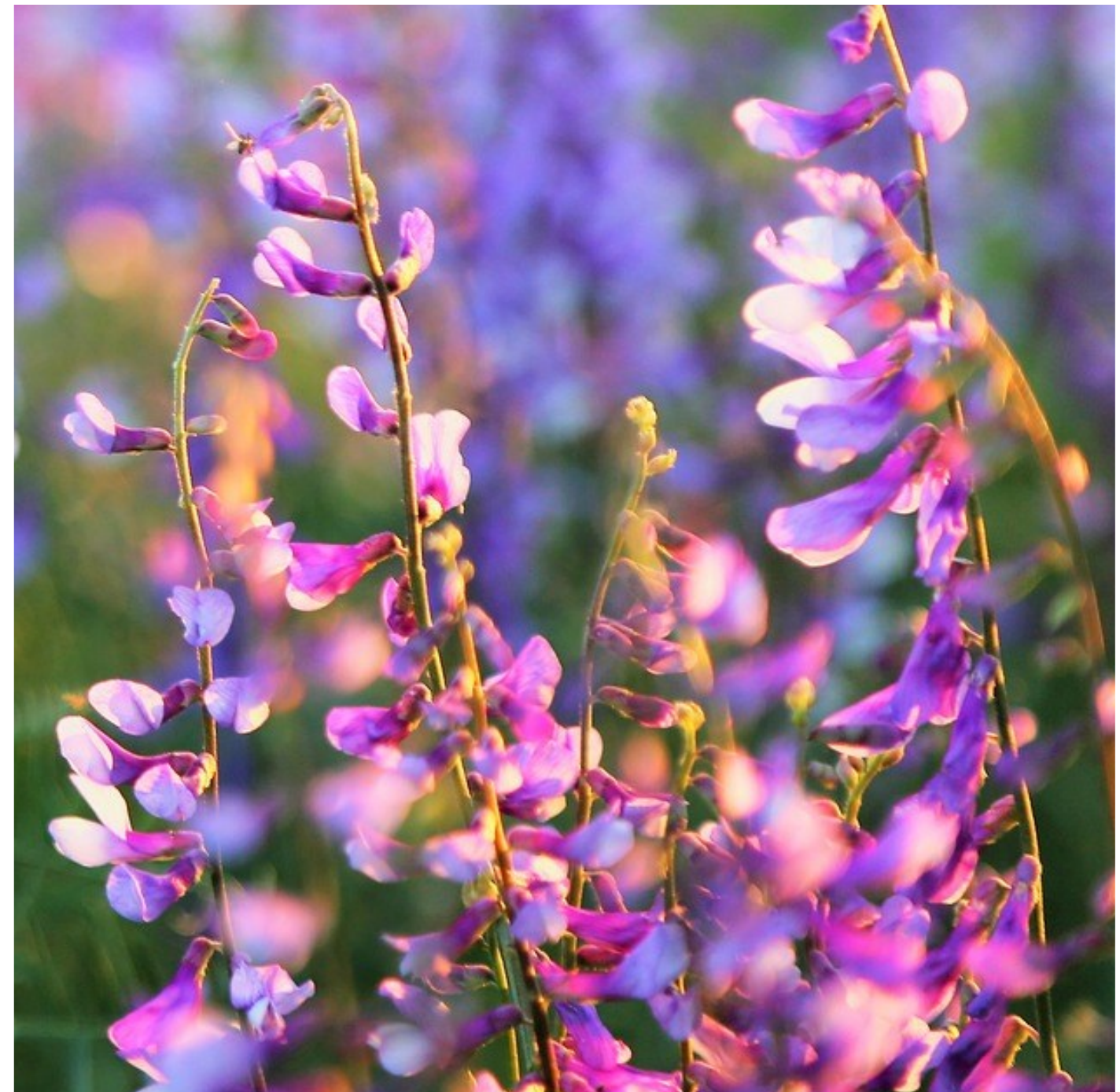
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Our mission is to create and  
sustain comfortable, caring  
environments for those  
who depend on us.

# Farmington Square Salem News

March 2021 Newsletter 910-920



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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

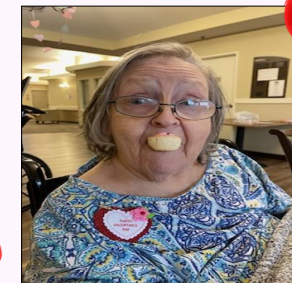
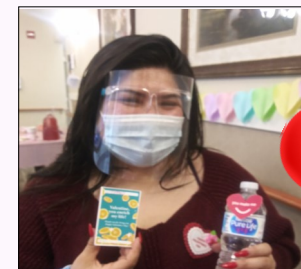
People with diabetes, high blood pressure, or who take medications that affect eyes are at higher risk for vision issues. Older adults can be affected by: age-related macular degeneration (that causes central vision loss); cataracts (that can cause blurry vision, poor contrast, and glare sensitivity);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



# Valentine's Special Moments



Larry J. 3/6 920  
Mark K. 3/19 920  
Mary M. 3/28 940



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; Piano Day          |
| 14 Daylight Savings Starts; Chips Day      | 30 Doctors Day; Park Day;                   |
| 15 Pears Helene Day; Kansas Day            | Virtual Vacay Day                           |
| 16 Artichoke Hearts Day; Panda Day         | 31 Crayon Day; Tater 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!**

**"Worthy of Love" - Amanda**

**"Pearl" - Margaret**

**"God is Gracious" - Jan**

**"Lake, Waterfall or Pool" - Lynn**



## **Staff Spotlight:**

**Dawn - Amber J.**

**We are proud to shine a light on Dawn-Amber!**

Dawn has been part of the Farmington Square Team for 6 years now and has been recently promoted from Med Tech to Wellness Coordinator! Dawn has been going to school for engineering and nursing and said that working as a Med Tech for all these years has helped in furthering her knowledge in healthcare. She shared that her favorite thing about her job is the awesome staff members and our wonderful residents, of course! We are so blessed to have such a loving and dedicated employee and congratulate her on her new and well-deserved promotion!



## **Resident Spotlight:**

**Norma B**

**Our new resident Norma is in our spotlight this month!**

Norma made Farmington Square her home only weeks ago and she has already made some great connections with new friends! Norma loved to quilt for many years and likes to share about her pasttime at quilt shows, and even displays her beautiful work all over her apartment for others to see! She looks forward to joining in on crafts, baking group, and - of course - Bingo, and we are so excited to get to know her even better!

**We're so happy you're here, Norma!**





# MARCH 2021 Activities 910-920



SUN	MON	TUE	WED	THU	FRI	SAT
<p>All activities subject to change per mandated health guidelines.</p> 	<b>1 Love Peanut Butter Day</b> 9:30 Exercise IN2L 10:00 Morning Stroll 10:30 <b>Make Peanut Butter Cookies</b> 11:30 Word Search IN2L 1:30 <b>B I N G O</b> in 920 2:30 <b>Movie Matinee -PB Cookies!</b> 4:30 Bowling 4:30 1920's Juke Box	<b>2 Read Across America Day</b> 9:30 Exercise IN2L 10:00 <b>Book Club</b> 10:30 Discussion Starters 11:00 One on Ones 1-4 <b>Outside / Window Visits</b> 2:00 <b>Resident Council 910</b> 3:30 Balloon Burst 4:30 1970's Juke Box	<b>3</b> 9:30 Sit and be Fit IN2L 10:00 <b>Good News IN2L</b> 10:30 Morning Stroll 11:30 Manicures 1:30 One on Ones 3:00 <b>Ladies Tea Time</b> 4:00 What's that Sound? IN2L 4:30 Classical Music Juke Box	<b>4 Sons' Day</b> 9:30 Exercise IN2L 10:00 <b>Men's Coffee &amp; Donuts</b> 11:00 I love my Son Cards ! 11:30 Walk Outside/ Birds 1-4pm <b>Outside / Window Visits</b> 2:30 <b>Poetry Corner - Sons</b> 3:30 Stories of Son's 4:30 Disco Juke Box	<b>5 Staff Appreciation Day</b> 9:30 Sit and be Fit IN2L 10:00 <b>Good News IN2L</b> 10:30 <b>Staff Thank you Cards</b> 11:30 Therapeutic Music IN2L 1:30 <b>Happy Neuron IN2L</b> 2:00 Which Came First? Trivia 2:30 <b>Jewelry Making</b> 4:00 Western Music Juke Box	<b>6 Get Outside Day</b> 9:30 Sit and be Fit IN2L 10:00 What did it Cost? IN2L 10:30 Outside Stroll 11:30 Jokes & Laughter IN2L 1:30 <b>B I N G O</b> in 910 2:30 <b>Colorful Creations</b> 4:00 One on Ones 4:30 Swing Dance Juke Box
<b>7 Cereal Day</b> 9:30 Sit and be Fit IN2L 10:00 <b>Treat Making Cass</b> 10:30 Morning Walk 11:30 <b>Bible Reading</b> 1:30 <b>Arm Chair Travel</b> 2:00 <b>Church Sermon IN2L</b> 3:00 <b>Snack - Cereal Bars!</b> 4:30 Inspirational Music	<b>8 Intl. Womens' Day</b> 9:30 Chair Dancing IN2L 10:00 <b>Good News IN2L</b> 10:30 <b>Women's History IN2L</b> 11:30 Outside Stroll 1:30 <b>B I N G O</b> in 920 2:30 <b>Movie Matinee &amp; Popcorn</b> 4:00 Ruth Ginsburg History 4:30 1930's Juke Box	<b>9</b> 9:30 Sit & be Fit IN2L 10:00 <b>Book Club</b> 10:30 Brain Teasers IN2L 11:00 Pictionary IN2L 1-4 <b>Outside / Window Visits</b> 2:00 <b>Resident Council 920</b> 3:30 Puzzles IN2L 4:30 1980's Juke Box	<b>10</b> 9:30 Exercise IN2L 10:00 <b>Happy Neuron IN2L</b> 10:30 Common Sayings IN2L 11:30 One on Ones 1:30 <b>Hand Massages</b> 3:00 <b>Ladies Tea Time</b> 4:00 Hang Man IN2L 4:30 Folk Music Juke Box	<b>11</b> 9:30 Sit and be Fit IN2L 10:00 <b>Men's Coffee &amp; Donuts</b> 10:30 <b>Paint Ceramic Planters</b> 11:30 Which Came First? Trivia 1-4pm <b>Outside / Window Visits</b> 2:00 Family Feud IN2L 3:30 Pictionary IN2L 4:30 Rat Pack Juke Box	<b>12 Plant a Flower Day</b> 9:30 Chair Dancing IN2L 10:00 <b>Plant Flower Fun!</b> 11:30 Nature Slide Show IN2L 1:30 <b>Photos of Flower Pots!</b> 2:00 <b>Flower Trivia IN2L</b> 3:00 <b>Craft Club</b> 4:00 One on Ones 4:30 Inspirational Music	<b>13</b> 9:30 Chair Dancing IN2L 10:00 History Trivia 10:30 Write Letters to Family 11:30 Family Feud IN2L 1:30 <b>B I N G O</b> in 910 3:30 <b>Arm Chair Travel - Greece</b> 4:00 One on Ones 4:30 Orchestra Juke Box
<b>14 Start Daylight Saving Time</b> 9:30 Exercise IN2L 10:00 <b>Daylight Saving's History</b> 10:30 Spiritual Songs IN2L 11:30 <b>Bible Trivia IN2L</b> 1:30 Afternoon Stroll 2:00 <b>Church Sermon IN2L</b> 3:30 Happy Neuron IN2L 4:30 Southern Gospel	<b>15</b> 9:30 Exercise IN2L 10:00 Morning Stroll 10:30 <b>Finish the Phrase IN2L</b> 11:30 Word Search IN2L 1:30 <b>B I N G O</b> in 920 2:30 <b>Movie Matinee &amp; Popcorn</b> 4:30 Bowling 4:30 1940's Juke Box	<b>16</b> 9:30 Exercise IN2L 10:00 <b>Book Club</b> 10:30 Discussion Starters 11:00 Pictionary IN2L 1-4 <b>Outside / Window Visits</b> 2:00 <b>Chef Chat w/ Antonios 910</b> 3:30 <b>Gardening Club</b> 4:30 1990's Country Juke Box	<b>17 St. Patrick's Day!</b> 9:30 Sit and be Fit IN2L 10:00 <b>Shamrock Craft</b> 11:00 <b>Arm Chair Travel - Ireland</b> 11:30 Manicures 1:30 Afternoon Stroll 2:00 <b>St. Patty's Day Celebration!</b> 3:00 <b>Snack- Shamrock shakes</b> 4:30 <b>Shamrock Hunt!</b>	<b>18 March Madness</b> 9:30 Exercise IN2L 10:00 <b>Basket Ball Trivia</b> 11:00 Hang man / Sports IN2L 11:30 Walk Outside/ Birds 1-4pm <b>Outside / Window Visits</b> 3:00 <b>Basket Ball Bloopers</b> 4pm <b>Basket Ball / First Four</b> 4:30 Rock & Roll Juke Box	<b>19</b> 9:30 Sit and be Fit IN2L 10:00 <b>Good News IN2L</b> 10:30 <b>Table Top Basketball</b> 12:00 <b>Basket Ball/ First Round</b> 1:30 <b>Happy Neuron IN2L</b> 2:00 <b>Jewelry Making</b> 3:30 Pictionary IN2L 4:00 1920's Juke Box	<b>20 Spring is Here!</b> 9:30 Sit and be Fit IN2L 10:00 <b>Colorful Creations - Spring</b> 10:30 Outside Stoll 12:00 <b>Basket Ball/ First Round</b> 1:30 <b>B I N G O</b> in 910 3:30 <b>Nature Videos IN2L</b> 4:00 One on Ones 4:30 Reggae Juke Box
<b>21 French Bread Day</b> 9:30 Sit and be Fit IN2L 10:00 Brain Teasers IN2L 12:00 <b>Basket Ball/ Second Round</b> 11:30 <b>Bible Reading</b> 1:30 <b>Arm Chair Travel- France</b> 2:00 <b>Church Sermon IN2L</b> 3:00 <b>French Bread Pizza</b> 4:30 Hymnals	<b>22</b> 9:30 Chair Dancing IN2L 10:00 <b>Good News IN2L</b> 10:30 What did it Cost? IN2L 11:30 <b>Basket Ball/ Second Round</b> 1:30 <b>B I N G O</b> in 920 2:30 <b>Movie Matinee &amp; Popcorn</b> 4:00 Outside Stroll 4:30 1950's Juke Box	<b>23 Puppy Day</b> 9:30 Sit & be Fit IN2L 10:00 What did it Cost? IN2L 10:30 <b>Puppy Trivia IN2L</b> 11:00 Funny Puppy Videos 1-4 <b>Outside / Window Visits</b> 2:00 <b>Chef Chat w/ Antonios 920</b> 3:30 Puzzles IN2L 4:30 Jazz Juke Box	<b>24</b> 9:30 Exercise IN2L 10:00 <b>Happy Neuron IN2L</b> 10:30 Common Sayings IN2L 11:30 One on Ones 1:30 <b>Hand Massages</b> 3:00 <b>Ladies Tea Time</b> 4:00 Hang Man IN2L \ 4:30 Rhythm & Blues Juke Box	<b>25</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>Outside / Window Visits</b> 2:00 Family Feud IN2L 3:30 Pictionary IN2L 4:30 1980's Juke Box	<b>26 Wear Purple Day</b> <b>Wear Purple for Epilepsy</b> 9:30 Chair Dancing IN2L 10:00 <b>Purple Fan Craft</b> 11:30 Balloon Burst IN2L 1:30 <b>Finish the Phrase IN2L</b> 2:00 Animal Trivia IN2L 3:00 <b>Colorful Creations</b> 4:00 One on Ones 4:30 1930's Juke Box	<b>27 Passover at Sundown</b> 9:30 Chair Dancing IN2L 10:00 <b>Bible Trivia- Passover</b> 10:30 Write Letters to Family 11:30 Family Feud IN2L 1:30 <b>B I N G O</b> in 910 2:00 <b>Basket Ball/ Sweet 16</b> 3:30 <b>Arm Chair Travel - Israel</b> 4:30 <b>Spiritual Hymns</b>
<b>28 Palm Sunday</b> 9:30 Exercise IN2L 10:00 <b>Palm Sunday Meaning IN2L</b> 10:30 Spiritual Songs IN2L 11:00 <b>Palm Sunday Craft</b> 1:00 <b>Basket Ball/ Sweet 16</b> 2:00 <b>Church Sermon IN2L</b> 3:30 <b>Arm Chair Travel - Jerusalem</b> 4:30 Contemporary Music	<b>29</b> 9:30 Exercise IN2L 10:30 <b>Finish the Phrase IN2L</b> 11:30 Word Search IN2L 1:30 <b>B I N G O</b> in 920 2:30 <b>Movie Matinee &amp; Popcorn</b> 4:30 Bowling 4:30 1960's Juke Box 7:00 <b>Basket Ball/ Elite Eight</b>	<b>30 Doctors' Day</b> 9:30 Exercise IN2L 10:00 <b>Book Club</b> 10:30 <b>Doctors in History IN2L</b> 1-4 <b>Outside / Window Visits</b> 2:00 <b>Doctors Thank You Cards</b> 3:00 <b>Gardening Club</b> 4:30 Big Band Juke Box 6:00 <b>Basket Ball/ Elite Eight</b>	<b>31</b> 9:30 Sit and be Fit IN2L 10:00 <b>Good News IN2L</b> 10:30 Morning Stroll 11:30 Manicures 1:30 One on Ones 3:00 <b>Ladies Tea Time</b> 4:00 What's that Sound? IN2L 4:30 Soul Music Juke Box	<b>Happy Birthday!</b> Larry J. 3/6 920 Mark K. 3/19 920 Mary M. 3/28 940 	<b>Shopping/ Delivery</b> 3/3 Walmart 10-12 3/10 Dollar Tree 10-12 3/17 Fred Meyer 10-12 3/24 Safeway 10-12 3/31 Winco 10-12	<b>Take Out/ Lunch Delivery</b> 3/2 KFC 12pm 3/9 Habaneros 12pm 3/16 Apple Bees 12pm 3/23 Donatellos 12pm 3/31 Gold Dragon 12pm





# MARCH 2021 Activities 940-950



SUN	MON	TUE	WED	THU	FRI	SAT	
All activities subject to change per mandated health guidelines. 	1 Love Peanut Butter Day  9:30 Exercise IN2L 10:00 Morning Stroll 10:30 Make Peanut Butter Cookies 11:30 Word Search IN2L 2:00  in 920 3:30 Sit & Sip– PB Cookies! 4:00 Country Karaoke IN2L 4:30 Bowling	2 Read Across America Day  9:30 Exercise IN2L 10:00 Red Cross History IN2L 10:30 Cross Canvas Painting 1-4 Outside / Window Visits 2:00 Resident Council 910 3:00 Snack & Chat 4:00 Common Sayings IN2L 4:30 Reminisce IN2L	3  9:30 Sit and be Fit IN2L 10:00 Good News IN2L 10:30 Morning Stroll 11:30 Manicures 1:30 Dart Ball 3:00 Coffee Corner 4:00 What's that Sound? IN2L 4:30 Sing a Long/ Piano IN2L	4 Sons' Day  9:30 Exercise IN2L 10:00 I Love you Sons' Cards 11:00 Stories of Son's 11:30 Walk Outside/ Birds 1-4pm Outside / Window Visits 2:30 Poetry Corner - Sons 3:30 Sit & Sip / Short Stories 4:00 Funny Babies IN2L	5 Staff Appreciation Day  9:30 Sit and be Fit IN2L 10:00 Good News IN2L 10:30 Staff Thank you Cards 11:30 Balloon Bat / Music 1:30 Happy Neuron IN2L 2:00 Which Came First? Trivia 3:00 Snack & Chat 4:00 Western Movies IN2L	6 Get Outside Day  9:30 Sit and be Fit IN2L 10:00 What did it Cost? IN2L 10:30 Outside Stroll 11:30 Jokes & Laughter IN2L 2:00  in 910 3:30 Coffee Corner 4:00 Funny Babies IN2L 4:30 Ring Toss	
	7 Cereal Day  9:30 Sit and be Fit IN2L 10:00 Fruit Loop Rainbow Craft! 10:30 Morning Walk 11:30 Bible Reading 1:30 Arm Chair Travel 2:00 Church Sermon IN2L 3:00 Snack - Cereal Bars! 4:00 Ring Toss	8 Intl. Womens' Day  9:30 Chair Dancing IN2L 10:00 Good News IN2L 10:30 Women's History IN2L 11:30 Bean Bag Toss 2:00  in 920 3:30 Snack & Chat 4:00 Manicures & Massages 4:30 Nature Slide Shows IN2L	9  9:30 Sit & be Fit IN2L 10:00 What did it Cost? IN2L 10:30 Brain Teasers IN2L 11:00 Pictionary IN2L 1-4 Outside / Window Visits 2:00 Resident Council 920 3:00 Coffee Corner 4:00 Bean Bag Toss	10  9:30 Exercise IN2L 10:00 Happy Neuron IN2L 10:30 Common Sayings IN2L 11:30 Balloon Bat / Music 1:30 Hand Massages 3:00 Sit & Sip / Short Stories 4:00 Bowling 4:30 Balloon Burst IN2L	11  9:30 Sit and be Fit IN2L 10:00 Paint Ceramic Planters 10:30 Ring Toss 11:30 Which Came First? Trivia 1-4pm Outside / Window Visits 2:00 Family Feud IN2L 3:30 Snack & Chat 4:00 Common Sayings IN2L	12 Plant a Flower Day  9:30 Chair Dancing IN2L 10:00 Plant Flower Fun! 11:30 Sing a long Music IN2L 1:30 Photos of Flower Pots! 2:00 Flower Trivia IN2L 3:00 Coffee Corner 4:00 One on Ones 4:30 Classic TV IN2L	13  9:30 Chair Dancing IN2L 10:00 Balloon Bat / Music 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
	14 Start Daylight Saving Time  9:30 Exercise IN2L 10:00 Daylight Saving's History 10:30 Spiritual Songs IN2L 11:30 Bible Trivia IN2L 1:30 Afternoon Stroll 2:00 Church Sermon IN2L 3:00 Sit & Sip/ Short Stories 4:00 Balloon Bat / Music	15  9:30 Exercise IN2L 10:00 Morning Stroll 10:30 Finish the Phrase IN2L 11:30 Word Search IN2L 2:00  in 920 3:30 Sit & Sip/ Short Stories 4:00 Country Karaoke IN2L 4:30 Bowling	16  9:30 Exercise IN2L 10:00 Word Search 10:30 Discussion Starters 11:00 Pictionary IN2L 1-4 Outside / Window Visits 2:00 Chef Chat w/ Antonios 910 3:00 Snack & Chat 4:00 Common Sayings IN2L	17 St. Patrick's Day!  9:30 Sit and be Fit IN2L 10:00 Shamrock Craft 11:00 Arm Chair Travel - Ireland 11:30 Manicures 1:30 Dart Ball 2:00 St. Patty's Day Celebration! 3:00 Snack– Shamrock shakes 4:30 Irish Karaoke IN2L	18  9:30 Exercise IN2L 10:00 Dart Ball 11:00 Word Puzzles IN2L 11:30 Walk Outside/ Birds 1-4pm Outside / Window Visits 2:30 One on Ones 3:30 Sit & Sip / Short Stories 4:00 Funny Babies IN2L	19 Certified Nurses Day  9:30 Sit and be Fit IN2L 10:00 Good News IN2L 10:30 Nurses in History 11:30 Balloon Bat / Music 1:30 Happy Neuron IN2L 2:00 Nurse Appreciation Craft 3:00 Snack & Chat 4:00 Western Movies IN2L	20 Spring is Here!  9:30 Sit and be Fit IN2L 10:00 Colorful Creations - Spring 10:30 Outside Stoll 11:30 Jokes & Laughter IN2L 2:00  in 910 3:30 Coffee Corner 4:00 Nature Videos IN2L 4:30 Ring Toss
	21 French Bread Day  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– France 2:00 Church Sermon IN2L 3:00 Snack & Chat - French Bread 4:00 Ring Toss	22  9:30 Chair Dancing IN2L 10:00 Good News IN2L 10:30 What did it Cost? IN2L 11:30 Outside Stroll 2:00  in 920 3:30 Snack & Chat 4:00 Bean Bag Toss 4:30 Nature Slide Shows IN2L	23 Puppy Day  9:30 Sit & be Fit IN2L 10:00 What did it Cost? IN2L 10:30 Puppy Trivia IN2L 11:00 Funny Puppy Videos 1-4 Outside / Window Visits 2:00 Chef Chat w/ Antonios 920 3:00 Coffee Corner 4:00 Bean Bag Toss	24  9:30 Exercise IN2L 10:00 Happy Neuron IN2L 10:30 Common Sayings IN2L 11:30 Balloon Bat / Music 1:30 Hand Massages 3:00 Sit & Sip/ Short Stories 4:00 Bowling 4:30 Balloon Burst IN2L	25  9:30 Sit and be Fit IN2L 10:00 Colorful Creations 10:30 Ring Toss 11:30 Which Came First? Trivia 1-4pm Outside / Window Visits 2:00 Family Feud IN2L 3:30 Snack & Chat 4:00 Common Sayings IN2L	26 Wear Purple Day Wear Purple for Epilepsy 9:30 Chair Dancing IN2L 10:00 Purple Fan Craft 11:30 Sing a long Music IN2L 1:30 Finish the Phrase IN2L 2:00 Animal Trivia IN2L 3:00 Coffee Corner 4:00 One on Ones 4:30 Classic TV IN2L	27 Passover at Sundown  9:30 Chair Dancing IN2L 10:00 Bible Trivia– Passover 10:30 Write Letters to Family 11:30 Family Feud IN2L 2:00  in 910 3:30 Sit & Sip 4:00 Spiritual Hymns IN2L 4:30 One on Ones
	28 Palm Sunday  9:30 Exercise IN2L 10:00 Palm Sunday Meaning IN2L 10:30 Spiritual Songs IN2L 11:00 Palm Sunday Craft 1:30 Afternoon Stroll 2:00 Church Sermon IN2L 3:00 Sit & Sip/ Short Stories 4:00 Balloon Bat / Music	29  9:30 Exercise IN2L 10:00 Morning Stroll 10:30 Finish the Phrase IN2L 11:30 Word Search IN2L 2:00  in 920 3:30 Sit & Sip/ Short Stories 4:00 Country Karaoke IN2L 4:30 Bowling	30 Doctors' Day  9:30 Exercise IN2L 10:00 Word Search - Doctors 10:30 Doctors in History IN2L 11:00 Pictionary IN2L 1-4 Outside / Window Visits 2:00 Doctors Thank You Cards 3:00 Snack & Chat 4:00 Common Sayings IN2L	31  9:30 Sit and be Fit IN2L 10:00 Good News IN2L 10:30 Morning Stroll 11:30 Manicures 1:30 Dart Ball 3:00 Coffee Corner 4:00 What's that Sound? IN2L 4:30 Sing a Long/ Piano IN2L	Happy Birthday! Larry J. 3/6 920 Mark K. 3/19 920 Mary M. 3/28 940 	Shopping/ Delivery 3/3 Walmart 10-12 3/10 Dollar Tree 10-12 3/17 Fred Meyer 10-12 3/24 Safeway 10-12 3/31 Winco 10-12	Take Out/ Lunch Delivery 3/2 KFC 12pm 3/9 Habaneros 12pm 3/16 Apple Bees 12pm 3/23 Donatellos 12pm 3/31 Gold Dragon 12pm