



FARMINGTON
SQUARE

960 Boone Road SE
Salem, OR 97306

Stamp

Administrative Team:

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

Connect:

503-363-2273
info-salem@farmingtonsquare.com
www.farmingtonsquare-salem.com
Facebook.com/FarmingtonSquareSalem

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

Farmington Square Salem News

May 2021 Newsletter 910 - 920



2 Arthritis Facts & Care Tips
3 Team & Resident Spotlight
4 - 5 Activities Calendar

6 Highlights, Notes, In Our Words
7 Special Moments & Birthdays
8 Mission & Team

Hands On Arthritis Facts and Care Tips

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

This May marks National Arthritis Month to bring attention to the condition of joint pain and joint disease.

For those wondering whether they have Arthritis, it's best to go through a primary care provider or Rheumatologist for a diagnosis. In general, Arthritis symptoms may come and go and include mild to severe swelling, pain, stiffness, and decreased motion range. It can also limit one’s ability to do some daily activities.

Read on to learn about arthritis types and ways to help arthritic conditions.

Types of Arthritis

- Osteoarthritis is the most common Arthritis type. Risk factors include family history, overweightness, age, and prior injuries. Those with non-severe Osteoarthritis can help the condition with a healthy weight, proper exercise, rest per activity level - especially during flare ups, avoiding repetitive movements, strengthening muscles by joints, and hot/cold therapy.
- Inflammatory Arthritis is another type. Rheumatoid and Psoriatic Arthritis are in this category. It occurs when the immune system creates inflammation to rid of what it falsely sees as infection. It occurs in people with genetic predisposition and environmental risk factors, like smoking. Early diagnosis and strong treatment are key in slowing the condition.



American Adults Diagnosed: 54 million+
Americans Likely to Have Arthritis: 91 million
Types of Arthritis That Exist: Over 100
Working Adults With Arthritis: 60%

Arthritis Pain Management Tips:

Are you dealing with Arthritis pain? Try some of the below tips for potential relief:

- Create a plan with your rheumatologist.
- Be aware of, and track, your warning signs, like a dull hand ache or daytime sleepiness.
- Stay up to date on vaccinations and wash hands frequently to avoid infections which could trigger a flare.
- Stay on top of your emotional health. Anxiety and stress can raise inflammation.
- Slow your movements, but continue moving to avoid stiff joints.
- Do hot & cold therapy, no more than 15 minute intervals, two to four times a day.
- Sleep on a schedule with lights off, devices off, and have no caffeine hours before bed.

We hope you find pain relief this National Arthritis Month. Let us know if you’ve found this helpful or received relief from these tips!

Special Moments



Happy Birthday!



Sharon S. May 3 910
Lynn R. May 7 910
Gary H. May 17 950



Those born in May are Taurus (May 1-20) and Gemini (May 21-June 20). The birthstones for May are emerald and pearl. The birth flower for May is lily of the valley. A UK study showed that May is the luckiest month in which to be born!

May 2021 Highlights

May observes Blood Pressure Education, Asthma Awareness, and Osteoporosis. It celebrates BBQs, Nurses, Photography, & Seniors!

01 Kentucky Derby; Scrapbook Day; Fit Day	16 BBQ Day; Sea Monkey Day; Mimosa Day
02 Lemonade Day; Truffle Day; Tuna Day	17 Cherry Cobbler Day; Walnut Day
03 Garden Meditation Day; Textiles Day	18 Cheese Souffle Day; Intl. Museum Day
04 Firefighters Day; Teacher's Day; Bird Day	19 Devil's Food Cake Day; Juice Slush Day
05 Astronaut Day; Cartoon Day; Hoagie Day	20 Quiche Day; Pick Strawberries Day
06 Nurses Day; Beverage Day	21 Waitstaff Day; Pizza Party Day; Tea Day
07 Space Day; Military Spouse Day	22 Solitaire Day; Vanilla Pudding Day
08 Mother's Day; Coke Day; Mini Golf Day	23 Lucky Penny Day; Taffy Day; Turtle Day
09 Lost Sock Memorial Day; Moscato Day	24 Brother's Day; Scavenger Hunt Day
10 Shrimp Day; Hamster Day	25 Tap Dance Day; Wine Day; Geek Pride Day
11 Twilight Zone Day; Eat Whatever Day	26 Sr. Health/Fitness Day; Paper Airplane Day
12 Intl. Nurses Day; Receptionists' Day;	27 Grape Popsicle Day
Third Shift Workers' Day	28 Burger Day; Road Trip Day; Brisket Day
13 Apple Pie Day; Fruit Cocktail Day	29 Paperclip Day; Coq Au Vin Day
14 Buttermilk Biscuit Day; Chicken Dance Day	30 Water Flowers Day; Mint Julep Day
15 Chocolate Chip Day; Armed Forces Day;	31 Memorial Day; Macaroon Day; Smile Day
World Baking 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.

May 6th is Beverage Day!

Our residents and staff shared their favorite drinks!

"Diet Dr. Pepper!" - Peggy

"Hot Cocoa w/ Milk !" - Barbara

"Coke!" - Manuel

"Pepsi & Cranberry Juice!" - Janyce

"Hot Green Tea" - Donald

"Coffee w/ Cream & Sugar" - Shirley

"Orange Juice" - Gary

"Salted Caramel Mocha" - Amanda



Staff Spotlight:
Maria R.

We are so excited to show appreciation for Maria Reglado who has been a part of our Farmington Square Team for 13 years!

Maria is an exceptional employee, who really puts the Care in Caregiving! She treats everyone with love and compassion and she enjoys knowing that by helping others, she is making a difference in their lives! Her favorite part of the job is listening to the Residents share their stories of time past, which reminds her of her very own Grandparents and brings a closer connection between her and those she cares for.

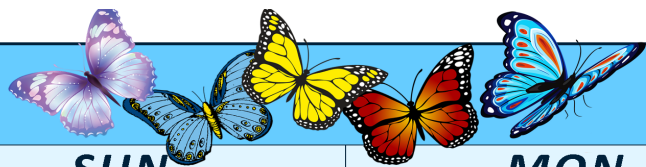
We thank you Maria for all your many years of continued dedication to Farmington Square and appreciate all that you do!



Resident Spotlight:
Shirley M.

We would like to shine a light on our new resident Shirley! Shirley has been with us for just a short while now, but she has already made some very close and endearing relationships with other residents and staff alike. She is a social butterfly who loves to visit with others. She enjoys activities like gardening, outside strolls, and loves listening and singing along to Oldies!

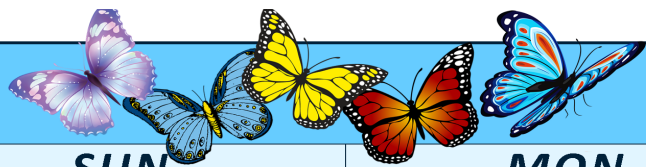
She has been a true joy to be around and we are so thankful that she has chosen Farmington Square!



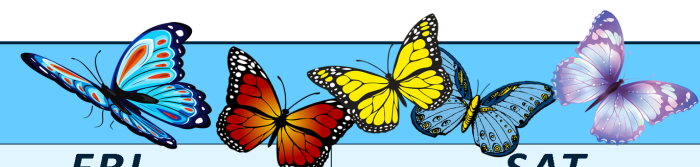
MAY 2021 Activities 910-920














SUN	MON	TUE	WED	THU	FRI	SAT	
2 (1st in last box) 9:30 Exercise IN2L 10:00 Scenic Drive 11:30 Bible Trivia IN2L 1:30 Afternoon Stroll 2:00 Church Sermon IN2L 3:30 Happy Neuron IN2L 4:30 Southern Gospel	3 9:30 Chair Dancing IN2L 10:00 Good News IN2L 10:30 What did it Cost? IN2L 11:00 Manicures & Massages 1:30 B I N G O in 920 2:30 Movie Matinee & Popcorn 4:00 Outside Stroll 4:30 1920's Juke Box	4 9:30 Sit & be Fit IN2L 10:00 Book Club 10:30 Brain Teasers IN2L 11:00 Outside Stroll 11:30 Uno / Cards 2:00 Resident Council 910 3:30 History Trivia 4:30 Lemonade & Laughter	5 Cinco de Mayo! 9:30 Sit and be Fit IN2L 10:00 History of Cinco de Mayo 10:30 Morning Stroll/ Flowers! 11:30 Garden Group 2:00 Cinco De Mayo Craft 2:30 Arm Chair Travel- Mexico 3:00 Chips, Salsa & Guacamole 4:30 Mariachi Music Juke Box	6 9:30 Sit and be Fit IN2L 10:00 Colorful Creations 10:30 Piggy Bankers IN2L 11:00 Which Came First? Trivia 11:30 One on Ones 2:00 Afternoon Stroll/ Birds! 3:30 Family Feud IN2L 4:30 Blues Juke Box	7 9:30 Exercise IN2L 10:00 Scenic Drive 11:30 Good News IN2L 1:30 One on Ones 2:00 Manicures & Massages 3:00 Scrabble / Puzzles 4:00 Arm Chair Travel - Germany 4:30 Dance Music	8 9:30 Sit and be Fit IN2L 10:00 Morning Stroll 11:30 Jokes & Laughter IN2L 2:00 B I N G O in 910 3:00 Mothers Day Cards Craft 4:00 One on Ones 4:30 Rat Pack Juke Box	
9 Mothers Day! 9:30 Sit and be Fit IN2L 10:00 Scenic Drive 11:30 Bible Reading 1:30 Mothers Day Craft 2:00 Church Sermon IN2L 3:00 Mothers Day Trivia 4:30 Contemporary Christian	10 9:30 Exercise IN2L 10:00 Morning Stroll 10:30 Finish the Phrase IN2L 11:30 Word Search IN2L 1:30 B I N G O in 920 2:30 Garden Group 4:00 WII Bowling 920 4:30 1940's Juke Box	11 9:30 Exercise IN2L 10:00 Book Club 10:30 Outside Stroll 11:00 Common Sayings In2L 11:30 Scrabble / Puzzles 2:00 Resident Council 920 3:30 Balloon Burst IN2L 4:30 Lemonade & Laughter	12 9:30 Exercise IN2L 10:00 Happy Neuron IN2L 10:30 Common Sayings IN2L 11:30 Manicures & Massages 2:00 Poetry Corner 3:00 Ladies Tea Time 4:00 Arm Chair Travel - England 4:30 Reggae Music Juke Box	13 Apple Pie Day! 9:30 Sit and be Fit IN2L 10:00 Men's Coffee & Donuts 10:30 Outside Stroll 11:00 Sports Trivia IN2L 11:30 One on Ones 2:00 Scrabble / Puzzles 3:00 Apple Pie! 4:30 Rock & Roll Juke Box	14 9:30 Chair Dancing IN2L 10:00 Scenic Drive 11:30 Morning Stroll/ Birds! 1:30 Happy Neuron IN2L 2:00 Afternoon Stroll/ Birds! 3:00 Uno / Cards 4:00 One on Ones 4:30 Jazz Music	15 Chocolate Chip Day! 9:30 Chair Dancing IN2L 10:00 Outside Stroll 11:30 Family Feud IN2L 2:00 B I N G O in 910 3:30 Arm Chair Travel - Maine 4:00 One on Ones 4:30 Honky Tonk Juke Box	
16 BBQ Day! 9:30 Exercise IN2L 10:00 Scenic Drive 10:30 Spiritual Songs IN2L 12:00 Burgers & Dogs BBQ 1:30 Afternoon Stroll 2:00 Church Sermon IN2L 3:30 Happy Neuron IN2L 4:30 inspirational	17 9:30 Chair Dancing IN2L 10:00 Good News IN2L 10:30 What did it Cost? IN2L 11:00 Manicures & Massages 1:30 B I N G O in 920 2:30 Movie Matinee & Popcorn 4:00 Outside Stroll 4:30 1930's Juke Box	18 9:30 Sit & be Fit IN2L 10:00 Book Club 10:30 Brain Teasers IN2L 11:00 Outside Stroll 11:30 Uno / Cards 2:00 Chef Chat w/ Antonios 910 3:30 History Trivia 4:30 Lemonade & Laughter	19 9:30 Sit and be Fit IN2L 10:00 Good News IN2L 10:30 Morning Stroll / Flowers! 11:30 Garden Group 2:00 Nature Trivia 3:00 Arm Chair Travel - Ireland 4:00 What's that Sound? IN2L 4:30 Soul Music Juke Box	20 9:30 Sit and be Fit IN2L 10:00 Colorful Creations 10:30 Piggy Bankers IN2L 11:00 Which Came First? Trivia 11:30 One on Ones 2:00 Afternoon Stroll/ Birds! 3:30 Family Feud IN2L 4:30 Swing Juke Box	21 Pizza Party Day! 9:30 Exercise IN2L 10:00 Scenic Drive 11:30 Good News IN2L 1:30 One on Ones 2:00 Manicures & Massages 3:00 Scrabble / Puzzles 4:00 Arm Chair Travel - Italy 4:30 Italian Music 5:00 Pizza Party!	22 9:30 Sit and be Fit IN2L 10:00 Morning Stroll 11:30 Jokes & Laughter IN2L 2:00 B I N G O in 910 3:00 Colorful Creations 4:00 One on Ones 4:30 1960's Juke Box	
23 9:30 Sit and be Fit IN2L 10:00 Scenic Drive 10:30 Morning Walk 11:30 Bible Reading 1:30 Arm Chair Travel 2:00 Church Sermon IN2L 3:00 Brain Teasers IN2L 4:30 Hymnals	24 Scavenger Hunt Day! 9:30 Exercise IN2L 10:00 Morning Stroll 10:30 Finish the Phrase IN2L 11:30 Word Search IN2L 1:30 B I N G O in 920 2:30 Scavenger Hunt! 4:00 WII Bowling 920 4:30 1950's Juke Box	25 9:30 Exercise IN2L 10:00 Book Club 10:30 Outside Stroll 11:00 Common Sayings In2L 11:30 Scrabble / Puzzles 2:00 Chef Chat w/ Antonios 920 3:30 Balloon Burst IN2L 4:30 Lemonade & Laughter	26 9:30 Exercise IN2L 10:00 Happy Neuron IN2L 10:30 Common Sayings IN2L 11:30 Manicures & Massages 2:00 Poetry Corner 3:00 Ladies Tea Time 4:00 Arm Chair Travel - Scotland 4:30 Country Music Juke Box	27 9:30 Sit and be Fit IN2L 10:00 Men's Coffee & Donuts 10:30 Outside Stroll 11:00 Animal Trivia IN2L 11:30 One on Ones 2:00 Scrabble / Puzzles 3:30 Garden Group 4:30 Rhythm & Blues Juke Box	28 Road Trip Day! 9:30 Chair Dancing IN2L 10:00 Scenic Drive 11:30 Road Trip - Route 66 1:30 Favorite Road Trip Stories 2:00 Afternoon Stroll/ Birds! 3:00 Uno / Cards 4:00 One on Ones 6:00 Planes , Trains & Automobiles	29 9:30 Chair Dancing IN2L 10:00 Outside Stroll 11:30 Family Feud IN2L 2:00 B I N G O in 910 3:30 Arm Chair Travel - Maine 4:00 One on Ones 4:30 New Wave Juke Box	
30 9:30 Exercise IN2L 10:00 Scenic Drive 10:30 Spiritual Songs IN2L 11:30 Bible Trivia IN2L 1:30 Afternoon Stroll 2:00 Church Sermon IN2L 3:30 Happy Neuron IN2L 4:30 Gospel	31 Memorial Day 9:30 Chair Dancing IN2L 10:00 Good News IN2L 10:30 Memorial Day Poems 11:00 Tribute to Veterans IN2L 1:30 B I N G O in 920 2:30 Memorial Day Trivia 4:00 Outside Stroll 4:30 Patriotic Music IN2L	All activities subject to change per mandated health guidelines.		Happy Birthday! Sharon S. 5/3 910 Lynn R. 5/7 910 Gary H. 5/17 950	Take-Out/Lunch Delivery 5/4 Gold Dragon 12pm 5/11 Subway 12pm 5/18 Taco Bell 12pm 5/25 Donatellos 12pm	Shopping/ Delivery 5/5 Walmart 10-12 pm 5/12 Dollar Tree 10-12pm 5/19 Fred Meyer 10-12 pm 5/26 Winco Food 10-12pm	1st Kentucky Derby Day! 9:30 Sit and be Fit IN2L 10:00 Morning Stroll 11:30 Kentucky Derby Hats 2:00 B I N G O in 910 3:00 Arm Chair Travel - Kentucky 4:00 History of Kentucky Derby 4:30 Folk Music Juke Box



MAY 2021 Activities 940-950



SUN	MON	TUE	WED	THU	FRI	SAT
2 (1st in last box) 9:30 Exercise IN2L 10:00 Good News IN2L 11:30 Bible Trivia IN2L 1:30 Afternoon Stroll 2:00 Church Sermon IN2L 3:30 Ring Toss 4:30 Southern Gospel	3 9:30 Chair Dancing IN2L 10:00 Scenic Drive 11:30 Manicures & Massages 1:30  2:30 Movie Matinee & Popcorn 4:00 Afternoon Stroll 4:30 1920's Juke Box	4 9:30 Sit & be Fit IN2L 10:00 Book Club 10:30 Brain Teasers IN2L 11:00 Outside Stroll 11:30 Dominoes 2:00 Bean Bag Toss 3:30 History Trivia 4:30 Lemonade & Laughter	5 Cinco de Mayo! 9:30 Sit and be Fit IN2L 10:00 History of Cinco de Mayo 10:30 Morning Stroll/ Flowers! 11:30 Garden Group 2:00 Cinco De Mayo Craft 2:30 Arm Chair Travel- Mexico 3:00 Chips, Salsa & Guacamole 4:30 Mariachi Music Juke Box	6 9:30 Sit and be Fit IN2L 10:00 Colorful Creations 10:30 Balloon Bat 11:00 Which Came First? Trivia 11:30 One on Ones 2:00 Afternoon Stroll/ Birds! 3:30 Family Feud IN2L 4:30 Blues Juke Box	7 9:30 Exercise IN2L 10:00 Today In History IN2L 11:30 Good News IN2L 1:30 One on Ones 2:00 Manicures & Massages 3:00 Ball Dart Game 4:00 Arm Chair Travel - Germany 4:30 Dance Music	8 9:30 Sit and be Fit IN2L 10:00 Scenic Drive 11:30 Jokes & Laughter IN2L 2:00  3:00 Mothers Day Cards Craft 4:00 One on Ones 4:30 Rat Pack Juke Box
9 Mothers Day! 9:30 Sit and be Fit IN2L 10:00 Balloon Bat 11:30 Bible Reading 1:30 Mothers Day Craft 2:00 Church Sermon IN2L 3:00 Mothers Day Trivia 4:30 Contemporary Christian	10 9:30 Exercise IN2L 10:00 Scenic Drive 10:30 Outside Stroll 11:30 Word Search IN2L 1:30  in 920 2:30 Garden Group 4:00 Bowling 4:30 1940's Juke Box	11 9:30 Exercise IN2L 10:00 Book Club 10:30 Outside Stroll 11:00 Finish he Phrase In2L 11:30 One on Ones 2:00 Balloon Bat 3:30 Balloon Burst IN2L 4:30 Lemonade & Laughter	12 9:30 Exercise IN2L 10:00 Ball Dart Game 10:30 Common Sayings IN2L 11:30 Manicures & Massages 2:00 Poetry Corner 3:00 Ladies Tea Time 4:00 Arm Chair Travel - England 4:30 Reggae Music Juke Box	13 Apple Pie Day! 9:30 Sit and be Fit IN2L 10:00 Men's Coffee & Donuts 10:30 Outside Stroll 11:00 Sports Trivia IN2L 11:30 One on Ones 2:00 Ring Toss 3:00 Apple Pie! 4:30 Rock & Roll Juke Box	14 9:30 Chair Dancing IN2L 10:00 Balloon Bat 11:30 Morning Stroll/ Birds! 1:30 Happy Neuron IN2L 2:00 Afternoon Stroll/ Birds! 3:00 Dominoes 4:00 One on Ones 4:30 Jazz Music	15 Chocolate Chip Day! 9:30 Chair Dancing IN2L 10:00 Scenic Drive 11:30 Family Feud IN2L 2:00  3:00 Chocolate Chi Cookies! 3:30 Arm Chair Travel - Oregon 4:00 One on Ones 4:30 Honky Tonk Juke Box
16 BBQ Day! 9:30 Exercise IN2L 10:00 Good News IN2L 10:30 Spiritual Songs IN2L 12:00 Burgers & Dogs BBQ 1:30 Afternoon Stroll 2:00 Church Sermon IN2L 3:30 Ring Toss 4:30 inspirational	17 9:30 Chair Dancing IN2L 10:00 Scenic Drive 11:30 Manicures & Massages 1:30  2:30 Movie Matinee & Popcorn 4:00 Afternoon Stroll 4:30 1930's Juke Box	18 9:30 Sit & be Fit IN2L 10:00 Book Club 10:30 Brain Teasers IN2L 11:00 Outside Stroll 11:30 Dominoes 2:00 Bean Bag Toss 3:30 History Trivia 4:30 Lemonade & Laughter	19 9:30 Sit and be Fit IN2L 10:00 Good News IN2L 10:30 Morning Stroll / Flowers! 11:30 Garden Group 2:00 Nature Trivia 3:00 Arm Chair Travel - Ireland 4:00 What's that Sound? IN2L 4:30 Soul Music Juke Box	20 9:30 Sit and be Fit IN2L 10:00 Colorful Creations 10:30 Balloon Bat 11:00 Which Came First? Trivia 11:30 One on Ones 2:00 Afternoon Stroll/ Birds! 3:30 Family Feud IN2L 4:30 Swing Juke Box	21 Pizza Party Day! 9:30 Exercise IN2L 10:00 Today In History IN2L 11:30 Good News IN2L 1:30 One on Ones 2:00 Manicures & Massages 3:00 Ball Dart Game 4:00 Arm Chair Travel - Italy 4:30 Italian Music 5:00 Pizza Party!	22 9:30 Sit and be Fit IN2L 10:00 Scenic Drive 11:30 Jokes & Laughter IN2L 2:00  3:00 Colorful Creations 4:00 One on Ones 4:30 1960's Juke Box
23 9:30 Sit and be Fit IN2L 10:00 Balloon Bat 11:30 Bible Reading 1:30 Arm Chair Travel 2:00 Church Sermon IN2L 3:00 Brain Teasers IN2L 4:30 Hymnals	24 Scavenger Hunt Day! 9:30 Exercise IN2L 10:00 Scenic Drive 11:30 Word Search IN2L 1:30  in 920 2:30 Scavenger Hunt! 4:00 Bowling 920 4:30 1950's Juke Box	25 9:30 Exercise IN2L 10:00 Book Club 10:30 Outside Stroll 11:00 Finish he Phrase In2L 11:30 One on Ones 2:00 Balloon Bat 3:30 Balloon Burst IN2L 4:30 Lemonade & Laughter	26 9:30 Exercise IN2L 10:00 Ball Dart Game 10:30 Common Sayings IN2L 11:30 Manicures & Massages 2:00 Poetry Corner 3:00 Ladies Tea Time 4:00 Arm Chair Travel - Scotland 4:30 Country Music Juke Box	27 9:30 Sit and be Fit IN2L 10:00 Men's Coffee & Donuts 10:30 Outside Stroll 11:00 Animal Trivia IN2L 11:30 One on Ones 2:00 Ring Toss 3:30 Garden Group 4:30 Rhythm & Blues Juke Box	28 Road Trip Day! 9:30 Chair Dancing IN2L 10:00 Balloon Bat 11:30 Road Trip- Route 66 1:30 Favorite Road Trip Stories 2:00 Afternoon Stroll/ Birds! 3:00 Dominoes 4:00 One on Ones 6:00 Planes , Trains & Automobiles	29 9:30 Chair Dancing IN2L 10:00 Scenic Drive 11:30 Family Feud IN2L 2:00  3:30 Arm Chair Travel - Maine 4:00 One on Ones 4:30 New Wave Juke Box
30 9:30 Exercise IN2L 10:00 Good News IN2L 10:30 Spiritual Songs IN2L 11:30 Bible Trivia IN2L 1:30 Afternoon Stroll 2:00 Church Sermon IN2L 3:30 Ring Toss 4:30 Gospel	31 Memorial Day 9:30 Chair Dancing IN2L 10:00 Scenic Drive 11:30 Tribute to Veterans IN2L 1:30  2:30 Memorial Day Trivia 4:00 Outside Stroll 4:30 Patriotic Music IN2L	All activities subject to change per mandated health guidelines.	Happy Birthday!  Sharon S. 5/3 910 Lynn R. 5/7 910 Gary H. 5/17 950	Take-Out/Lunch Delivery 5/4 Gold Dragon 12pm 5/11 Subway 12pm 5/18 Taco Bell 12pm 5/25 Donatellos 12pm	Shopping/ Delivery 5/5 Walmart 10-12 pm 5/12 Dollar Tree 10-12pm 5/19 Fred Meyer 10-12 pm 5/26 Winco Food 10-12pm	1st Kentucky Derby Day! 9:30 Sit and be Fit IN2L 10:00 Scenic Drive 11:30 Kentucky Derby Hats 2:00  3:00 Arm Chair Travel - Kentucky 4:00 History of Kentucky Derby 4:30 Folk Music Juke Box