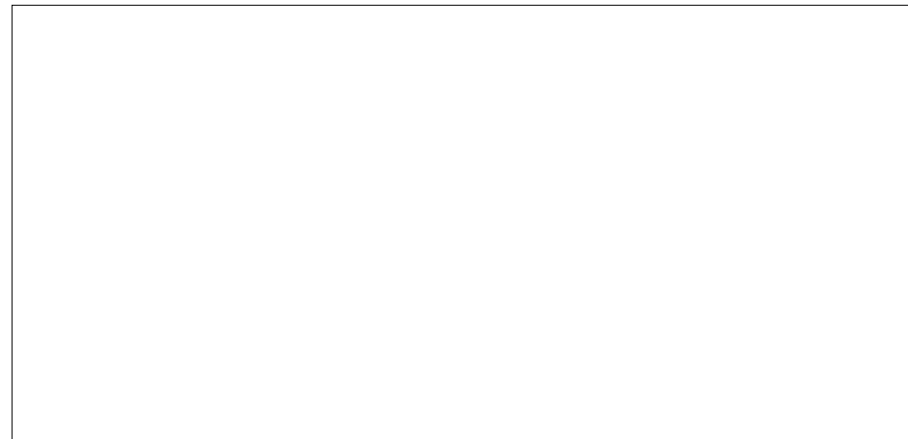




2730 Bailey Lane  
Eugene, OR 97401

Stamp



**Administrative Team:**

**Executive Director:** Jill Maher  
**Business Office Director:** Chelsea Hohenstein  
**Community Relations Director:** Cindy Benton  
**Wellness Nurse:** Judy Wilson RN  
**Wellness Director:** Barbara Schmidt  
**Wellness Director:** Mia Reeser  
**Maintenance Director:** Brian Thompson  
**Dining Services Director:** Tristin Hunt  
**Life Enrichment Director:** Kirsten Silva

**Connect:**

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**[Facebook.com/FarmingtonSquareEugene](https://www.facebook.com/FarmingtonSquareEugene)**

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

# The Farmington Square Times

September 2021 Newsletter



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**3 Team & Resident Spotlight**  
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# Achieving Better Balance & A More Active Lifestyle

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

Do you ever feel lightheaded upon standing or feel your surroundings spin when taking a step? These are signs of balance issues. Most stem from the inner ear, but can be related to medications, the circulatory system, or blood pressure, among other causes. Fortunately, balance issues can be improved with attention to health, and action.

In September, Balance Awareness Week takes place, the 19th-25th. In observance, we’re sharing causes and improvement ideas.

### Balance Issue Causes

Vertigo, lightheadedness, unsteadiness, and dizziness are four symptoms that can point to specific causes, per the Mayo Clinic. Causes are not limited to these, but can include: motion sickness, migraine, and Meniere's behind **vertigo**; cardiovascular issue or blood pressure change with movement behind **lightheadedness**; eyesight issue, medication, inner ear issue, leg nerve damage, or neurological issue behind **unsteadiness**; and inner ear issue, medication, or psychiatric issue behind **dizziness**. Balance disorders can bring about symptoms including but not limited to: confusion, disorientation, nausea and vomiting, diarrhea, changes in heart rate and blood pressure, fear, anxiety, or panic.

If you suspect you have an issue, speak with your medical professional for diagnosis and treatment. Depending on the issue, treatment can include medications to control dizziness and vomiting, balance retraining, inner ear



positioning procedures, surgery, change to diet (specific to the cause), and lifestyle change.

Lifestyle change many can benefit from is increased physical activity for muscle strength and flexibility. If your health professional approves, here are a few ideas to try, with a spotter present!

### Exercises

- Tai Chi or Chair Chi! This is meditation in motion, with movements that shift weight from foot to foot, helping posture and balance.
- Hold a chair and stand on one leg at a time for several intervals.
- Tightrope Walking: Hold arms straight out at your sides. Walk a straight line with a 1-2 second pause as your back leg lifts from the ground. Have head up and eyes fixed ahead.
- Wall Pushups: Stand arm’s length from a wall. Lean forward slightly with palms flat on wall at height and width of shoulders. Keep feet in place as you move your body forward. Gently push back until arms are straight.

Let us know if this information has been helpful to you on our facebook page!

## Special Moments



### Resident Birthdays

Anita R.: Sept. 16th

### Employee Birthdays

Kelley: Sept. 2nd  
Ellie: Sept. 5th  
Gen: Sept. 11th  
Ashlee: Sept. 16th  
Johnetta: Sept. 20th

Those born in September are either Virgo (Aug. 23-Sept. 22) or Libra (Sept. 23-Oct. 22). The birthstone for September is sapphire. The birth flowers for September are asters and morning glory. Virgos are best known for being practical, loyal, and organized. Libras are balanced, social, and fair-minded. September has 11 of the top birthdates in the nation with more babies born on September 9 than any other day of the year!



# September 2021 Highlights

**September is Healthy Aging Month, Cholesterol Education Month, Food Safety Education Month, and World Alzheimer's Month. It celebrates Hispanic Heritage, Sewing, Piano, Honey, Chicken, and Americana!**

01 Building & Code Staff Day; Write Letters Day	16 Cinnamon Raisin Bread Day; Guacamole Day
02 Blueberry Popsicle Day	17 Apple Dumpling Day; Country Music Day
03 Bowling League Day; College Colors Day	18 Cheeseburger Day; Dance Day
04 Macadamia Nut Day; Tailgating Day	19 Butterscotch Pudding Day
05 Cheese Pizza Day; Intl. Day of Charity	20 Pepperoni Pizza Day; String Cheese Day
06 Labor Day; Rosh Hashanah; Book Day	21 Chai Day; NY Day; World Alzheimer's Day
07 Acorn Squash Day; Salami Day	22 Centenarians' Day; White Chocolate Day
08 Intl. Literacy Day; Ampersand Day	23 Pot Pie Day; Snack Stick Day
09 Teddy Bear Day; Wiener Schnitzel Day	24 Cherries Jubilee Day; Punctuation Day
10 Swap Ideas Day; TV Dinner Day	25 Family Health & Fitness Day; Quesadilla Day;
11 Hot Cross Bun Day; Patriot Day	26 HR Prof's Day; Pancake Day; Dumpling Day
12 Assisted Living Week Kickoff; Grandparent Day	27 Family Day; Corned Beef Hash Day; Scarf Day
13 Peanut Day	28 Good Neighbor Day; North Carolina Day
14 Cream Filled Donut Day; Hoagie Day	29 Coffee Day; Women's Health Day
15 Yom Kippur; Learn Online Day; Linguine Day	30 Hot Mulled Cider Day; Love Others Day

**"O sweet September, thy first breezes bring. The dry leaf's rustle and the squirrel's laughter. The cool fresh air whence health and vigor spring. And promise of exceeding joy hereafter." — George Arnold, September Days**

**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.

## **Autumn Begins September 22!**

**Our residents and staff shared what they love most about Autumn!**

**"The beautiful red leaves" - Anita R.**

**"The weather and the kids going back to school; I love it!" - Donna**

**"The fact that its getting cooler and the leaves are falling, it's very pretty." - Anita G.**

**"The leaves falling" - Christine**

**"Summer is finally over!" - Jeani**

**"The colors of the leaves" - Carolyn**

**"The colors and the weather is just right. Not too hot and not too cold, my favorite time of the year!" - Dee**



## **Staff Spotlight: Josh**

Josh has been a server here for more than a year and a half. He is from Eugene and graduated from Sheldon High School. He loves playing video games on his PS4, watching anime, listening to Japanese music, reading light novels, and collecting manga (a style of Japanese comic books and novels). His favorite color is green, he really likes getting lemonades and rebels from Dutch Bros., and he loves to eat at Jung's Mongolian Grill. One of his favorite movies is The Princess Bride and most people don't know, but he likes to keep his room extremely cleaned and organized (things go in certain spots & he doesn't mind about anywhere else outside of his room)! He is described as polite, quiet, caring, punctual, reliable, and dedicated. Josh, you have really stepped up to the plate and it seems that you are comfortable in your role. Watching you engage and interact with fellow team members and residents has really impressed others, including our residents. Thank you for a job well done. Keep smiling! We enjoy it!!!



## **Resident Spotlight: Harvey**

Harvey is from Saskatchewan, Canada, but has lived in Oregon most of his life. He worked as a grocery store manager for Salem & North Bend Albertsons. He also worked at a printing shop doing paper deliveries, and at the Eugene Airport. His likes have included dancing, playing poker, reading, gardening, golfing, traveling with his wife Helen, collecting boat figurines (he has 28), playing cards with friends, and walking his dogs Charlie and Tweaky. Fun fact: Harvey used to play hockey at outdoor rinks! He also enjoys morning exercise, reading the newspaper, playing bingo, flower arranging, watching TV sports (hockey, baseball, football – Oregon Ducks & Seahawks), conversing with residents and staff, and visits with his friends and family. His favorite holiday is Christmas, his favorite color is green (for his wife Helen) and his favorite food is ice-cream ("Haagen-Dazs is the best" - he used to work there as well). Harvey is described as very friendly, social, caring, independent, polite, compassionate, strong and has a great sense of humor. Harvey, you are a joy to be around! We are all here for you and we love having you as part of our Farmington Family!!



# SEPTEMBER 2021

Farmington Square Eugene

Cottage A

2730 Bailey Lane Eugene, OR 97401

541-344-7902

SUN	MON	TUE	WED	THU	FRI	SAT
<p>All activities subject to change per mandated health guidelines.</p>	<p><b>September Highlights</b>            Sep. 3rd: College Colors Day &amp; Virtual Pet Visits            Sep. 5th– National Cheese Pizza Day            Sep. 13th-17th Assisted Living Week: Spirit Week            Sep. 14th: National Virginia Day            Sep. 18th: National Cheeseburger Day            Sep. 20th: Basil on Piano            Sep. 21st: National New York Day            Sep. 25th: Birthday Cupcakes            Sep. 28th: National North Carolina Day            Sep. 29th: Coffee Day</p>	 	<p><b>1</b>            9:15 Exercise Fun: Stretching &amp; Balloon Ball            10:30 Snackivity: Beauty &amp; Grooming            11:00 Trivia*            11:30 Dining Service Prep: Lunchtime            1:00 Dice Games            2:00 Snackivity: Watercolor Painting            3:00 Puzzles*             3:30 Resident Focus Visits            4:30 Dining Service Prep: Dinnertime</p>	<p><b>2</b>            9:15 Resident Focused Visits            10:30 Snackivity: Beauty &amp; Grooming            11:00 Walking Group            11:30 Dining Service Prep: Lunchtime            1:00 B-I-N-G-O*            2:30 Snackivity: Travel on iN2L*            3:30 Card Games*            4:00 Exercise Fun: Balloon Ball            4:30 Dining Service Prep: Dinnertime</p>	<p><b>3</b>            9:15 Exercise Fun: Stretching &amp; Balloon Ball            10:30 Snackivity: <b>Virtual Pet Visits</b>            11:00 Church*            11:30 Dining Service Prep: Lunchtime            1:00 Yahtzee            2:00 Snackivity: Movie &amp; Popcorn*            3:00 Pretty Nails &amp; Manicures            4:30 Dining Service Prep: Dinnertime            College Colors Day: Represent your favorite college sports team by showing off their team gear/colors!</p>	<p><b>4</b>            9:15 Resident Focused Visits            10:30 Snackivity: Beauty &amp; Grooming            11:00 Sensory Games*            11:30 Dining Service Prep: Lunchtime            1:00 B-I-N-G-O*            2:00 Snackivity: Collaging            3:00 Outdoor Games            4:00 Exercise Fun: Stretching &amp; Tai Chi*            4:30 Dining Service Prep: Dinnertime</p>
<p><b>5</b>            9:15 Resident Focused Visits            10:30 Snackivity: Beauty &amp; Grooming            11:00 Sensory Games*            11:30 Dining Service Prep: Lunchtime            1:00 iN2L Games*             2:00 Snackivity: <b>National Cheese Pizza Day</b>            3:00 Outdoor Games            3:30 Exercise Fun: Stretching &amp; Balloon Ball            4:30 Dining Service Prep: Dinnertime</p>	<p><b>6</b>            9:15 Exercise Fun: Music &amp; Movement*            10:30 Snackivity: Beauty &amp; Grooming            11:00 Matching Games*            11:30 Dining Service Prep: Lunchtime            1:00 Adult Coloring            2:00 Snackivity: Travel on iN2L            3:00 Resident Focused Visits            4:30 Dining Service Prep: Dinnertime</p>	<p><b>7</b>            9:15 Resident Focused Visits            10:30 Snackivity: Beauty &amp; Grooming            11:00 Card Games*            11:30 Dining Service Prep: Lunchtime            1:00 B-I-N-G-O*            2:30 Snackivity: Coffee &amp; Conversation            3:00 Pretty Nails &amp; Manicures            4:00 Exercise Fun: Stretching &amp; Tai Chi            4:30 Dining Service Prep: Dinnertime</p>	<p><b>8</b>            9:15 Exercise Fun: Stretching &amp; Balloon Ball            10:30 Snackivity: Beauty &amp; Grooming            11:00 Trivia*            11:30 Dining Service Prep: Lunchtime            1:00 Dice Games            2:00 Snackivity: Watercolor Painting            3:00 Puzzles*            3:30 Resident Focus Visits            4:30 Dining Service Prep: Dinnertime</p>	<p><b>9</b>            9:15 Resident Focused Visits            10:30 Snackivity: Beauty &amp; Grooming            11:00 Walking Group            11:30 Dining Service Prep: Lunchtime            1:00 B-I-N-G-O*            2:30 Snackivity: Travel on iN2L*            3:30 Card Games*             4:00 Exercise Fun: Balloon Ball            4:30 Dining Service Prep: Dinnertime</p>	<p><b>10</b>            9:15 Exercise Fun: Stretching &amp; Balloon Ball            10:30 Snackivity: Beauty &amp; Grooming            11:00 Church*            11:30 Dining Service Prep: Lunchtime            1:00 Yahtzee            2:00 Snackivity: Movie &amp; Popcorn*            3:00 Pretty Nails &amp; Manicures            4:30 Dining Service Prep: Dinnertime</p>	<p><b>11</b>            9:15 Resident Focused Visits            10:30 Snackivity: Beauty &amp; Grooming            11:00 Sensory Games*            11:30 Dining Service Prep: Lunchtime            1:00 B-I-N-G-O*            2:00 Snackivity: Collaging            3:00 Outdoor Games            4:00 Exercise Fun: Stretching &amp; Tai Chi*            4:30 Dining Service Prep: Dinnertime</p>
<p><b>12</b>            9:15 Resident Focused Visits            10:30 Snackivity: Beauty &amp; Grooming            11:00 Sensory Games*            11:30 Dining Service Prep: Lunchtime            1:00 iN2L Games*            2:00 Snackivity: Sing-a-long*            3:00 Outdoor Games            3:30 Exercise Fun: Stretching &amp; Balloon Ball            4:30 Dining Service Prep: Dinnertime</p>	<p><b>13</b>            9:15 Exercise Fun: Music &amp; Movement*            10:30 Snackivity: Beauty &amp; Grooming            11:00 Matching Games*            11:30 Dining Service Prep: Lunchtime            1:00 Adult Coloring            2:00 Snackivity: Floral Arranging            3:00 Resident Focused Visits            4:30 Dining Service Prep: Dinnertime            Spirit Week: Pajama Day </p>	<p><b>14</b>            9:15 Resident Focused Visits            10:30 Snackivity: Beauty &amp; Grooming            11:00 Card Games*            11:30 Dining Service Prep: Lunchtime            1:00 B-I-N-G-O*            2:30 Snackivity: <b>National Virginia Day*</b>            3:00 Pretty Nails &amp; Manicures            4:00 Exercise Fun: Stretching &amp; Tai Chi            4:30 Dining Service Prep: Dinnertime            Spirit Week: Decades Day </p>	<p><b>15</b>            9:15 Exercise Fun: Stretching &amp; Balloon Ball            10:30 Snackivity: Beauty &amp; Grooming            11:00 Trivia*            11:30 Dining Service Prep: Lunchtime            1:00 Dice Games            2:00 Snackivity: Watercolor Painting            3:00 Puzzles*            3:30 Resident Focus Visits            4:30 Dining Service Prep: Dinnertime            Spirit Week: Crazy Sock Day </p>	<p><b>16</b>            9:15 Resident Focused Visits            10:30 Snackivity: Beauty &amp; Grooming            11:00 Walking Group            11:30 Dining Service Prep: Lunchtime            1:00 B-I-N-G-O*            2:30 Snackivity: Travel on iN2L*            3:30 Card Games*            4:00 Exercise Fun: Balloon Ball            4:30 Dining Service Prep: Dinnertime            Spirit Week: Holiday Day </p>	<p><b>17</b>            9:15 Exercise Fun: Stretching &amp; Balloon Ball            10:30 Snackivity: Beauty &amp; Grooming            11:00 Church*            11:30 Dining Service Prep: Lunchtime            1:00 Yahtzee            2:00 Snackivity: Movie &amp; Popcorn*            3:00 Pretty Nails &amp; Manicures            4:30 Dining Service Prep: Dinnertime            Spirit Week: Hawaiian Day </p>	<p><b>18</b>            9:15 Resident Focused Visits            10:30 Snackivity: Beauty &amp; Grooming            11:00 Sensory Games*            11:30 Dining Service Prep: Lunchtime            1:00 B-I-N-G-O*            2:00 Snackivity: <b>National Cheeseburger Day</b>             3:00 Outdoor Games            4:00 Exercise Fun: Stretching &amp; Tai Chi*            4:30 Dining Service Prep: Dinnertime</p>
<p><b>19</b>            9:15 Resident Focused Visits            10:30 Snackivity: Beauty &amp; Grooming            11:00 Sensory Games*            11:30 Dining Service Prep: Lunchtime            1:00 iN2L Games*            2:00 Snackivity: Sing-a-long*            3:00 Outdoor Games            3:30 Exercise Fun: Stretching &amp; Balloon Ball            4:30 Dining Service Prep: Dinnertime</p>	<p><b>20</b>            9:15 Exercise Fun: Music &amp; Movement*            10:30 Snackivity: Beauty &amp; Grooming            11:00 Matching Games*            11:30 Dining Service Prep: Lunchtime            1:00 Adult Coloring            2:00 Snackivity: Travel on iN2L            3:00 <b>Basil on Piano</b>            4:30 Dining Service Prep: Dinnertime</p>	<p><b>21</b>            9:15 Resident Focused Visits            10:30 Snackivity: Beauty &amp; Grooming            11:00 Card Games*            11:30 Dining Service Prep: Lunchtime            1:00 B-I-N-G-O*            2:30 Snackivity: <b>National New York Day*</b>            3:00 Pretty Nails &amp; Manicures            4:00 Exercise Fun: Stretching &amp; Tai Chi            4:30 Dining Service Prep: Dinnertime</p>	<p><b>22</b>            9:15 Exercise Fun: Stretching &amp; Balloon Ball            10:30 Snackivity: Beauty &amp; Grooming            11:00 Trivia*            11:30 Dining Service Prep: Lunchtime            1:00 Dice Games            2:00 Snackivity: Watercolor Painting            3:00 Puzzles*            3:30 Resident Focus Visits            4:30 Dining Service Prep: Dinnertime</p>	<p><b>23</b>            9:15 Resident Focused Visits            10:30 Snackivity: Beauty &amp; Grooming            11:00 Walking Group            11:30 Dining Service Prep: Lunchtime            1:00 B-I-N-G-O*            2:30 Snackivity: Travel on iN2L*            3:30 Card Games*            4:00 Exercise Fun: Balloon Ball            4:30 Dining Service Prep: Dinnertime</p>	<p><b>24</b>            9:15 Exercise Fun: Stretching &amp; Balloon Ball            10:30 Snackivity: Beauty &amp; Grooming            11:00 Church*            11:30 Dining Service Prep: Lunchtime            1:00 Yahtzee            2:00 Snackivity: Movie &amp; Popcorn*            3:00 Pretty Nails &amp; Manicures            4:30 Dining Service Prep: Dinnertime</p>	<p><b>25</b>            9:15 Resident Focused Visits            10:30 Snackivity: Beauty &amp; Grooming            11:00 Sensory Games*            11:30 Dining Service Prep: Lunchtime            1:00 B-I-N-G-O*            2:00 Snackivity: <b>Birthday Cupcakes</b>            3:00 Outdoor Games            4:00 Exercise Fun: Stretching &amp; Tai Chi*            4:30 Dining Service Prep: Dinnertime</p>
<p><b>26</b>            9:15 Resident Focused Visits            10:30 Snackivity: Beauty &amp; Grooming            11:00 Sensory Games*            11:30 Dining Service Prep: Lunchtime            1:00 iN2L Games*            2:00 Snackivity: Sing-a-long*            3:00 Outdoor Games            3:30 Exercise Fun: Stretching &amp; Balloon Ball            4:30 Dining Service Prep: Dinnertime</p>	<p><b>27</b>            9:15 Exercise Fun: Music &amp; Movement*            10:30 Snackivity: Beauty &amp; Grooming            11:00 Matching Games*            11:30 Dining Service Prep: Lunchtime            1:00 Adult Coloring             2:00 Snackivity: Floral Arranging            3:00 Resident Focused Visits            4:30 Dining Service Prep: Dinnertime</p>	<p><b>28</b>            9:15 Resident Focused Visits            10:30 Snackivity: Beauty &amp; Grooming            11:00 Card Games*            11:30 Dining Service Prep: Lunchtime            1:00 B-I-N-G-O*            2:30 Snackivity: <b>National North Carolina Day*</b>            3:00 Pretty Nails &amp; Manicures            4:00 Exercise Fun: Stretching &amp; Tai Chi            4:30 Dining Service Prep: Dinnertime</p>	<p><b>29</b>            9:15 Exercise Fun: Stretching &amp; Balloon Ball            10:30 Snackivity: Beauty &amp; Grooming            11:00 Trivia*            11:30 Dining Service Prep: Lunchtime            1:00 Dice Games            2:00 Snackivity: <b>Coffee Day</b>             3:00 Puzzles*            3:30 Resident Focus Visits            4:30 Dining Service Prep: Dinnertime</p>	<p><b>30</b>            9:15 Resident Focused Visits            10:30 Snackivity: Beauty &amp; Grooming            11:00 Walking Group            11:30 Dining Service Prep: Lunchtime            1:00 B-I-N-G-O*            2:30 Snackivity: Travel on iN2L*            3:30 Card Games*            4:00 Exercise Fun: Balloon Ball            4:30 Dining Service Prep: Dinnertime</p>	 	 



SUN	MON	TUE	WED	THU	FRI	SAT
<div>All activities subject to change per mandated health guidelines.</div>	<div>September Highlights Sep. 1st– Steven on Piano Sep. 3rd: College Colors Day &amp; Virtual Pet Visits Sep. 5th– National Cheese Pizza Day Sep. 13th-17th Assisted Living Week: Spirit Week Sep. 14th: National Virginia Day Sep. 18th: National Cheeseburger Day Sep. 20th: Basil on Piano Sep. 21st: National New York Day Sep. 24th– Sing-a-long with Katie Sep. 25th: Birthday Cupcakes Sep. 28th: National North Carolina Day Sep. 29th: Coffee Day</div>	<div></div>	<div>1 9:15 Exercise Fun: Tai Chi* 10:30 Snacktivity: Beauty &amp; Grooming 11:00 Dinning Service Prep: Lunchtime 1:00 Steven on Piano 2:00 Snacktivity: Travel on iN2L* 2:00 Creative Arts: Watercolor Painting* 3:00 Outdoor Games 4:00 Dinning Service Prep: Dinnertime 5:30 B-I-N-G-O* Night</div>	<div>2 9:15 Exercise Fun: Balloon Ball 10:30 Snacktivity: Beauty &amp; Grooming 11:00 Dinning Service Prep: Lunchtime 12:30 B-I-N-G-O* 2:00 Snacktivity: Music &amp; Art* 2:30 Exercise Fun: Walking Group 3:00 Sensory Games* 4:00 Dinning Service Prep: Dinnertime 5:30 Board Game Night</div>	<div>3 9:15 Exercise Fun: Sit and Be Fit* 10:30 Snacktivity: Virtual Pet Visits 11:00 Church* 11:00 Dinning Service Prep: Lunchtime 12:30 Yahtzee 2:00 Snacktivity: Card Games* 2:30 Trivia Games* 3:00 Pretty Nails &amp; Manicures 4:00 Dinning Service Prep: Dinnertime</div> <div>College Colors Day: Represent your favorite college sports team by showing off their team gear/ colors!</div>	<div>4 9:15 Exercise Fun: Music &amp; Movement* 10:30 Snacktivity: Beauty &amp; Grooming 11:00 Dinning Service Prep: Lunchtime 12:30 B-I-N-G-O* 2:00 Snacktivity: Virtual Vacation* 2:00 Creative Arts* 3:00 Outdoor Games 4:00 Dinning Service Prep: Dinnertime 5:30 Card Game Night*</div>
<div>5 9:15 Exercise Fun: Stretching &amp; Balloon Ball 10:30 Snacktivity: Beauty &amp; Grooming (All) 11:00 Dinning Service Prep: Lunchtime 12:30 Yahtzee 2:00 Snacktivity: National Cheese Pizza Day 3:00 Outdoor Games 3:30 Card Games* 4:00 Dinning Service Prep: Dinnertime 5:30 Shake Loose a Memory</div>	<div>6 9:15 Exercise Fun: Sit and Be Fit* 10:30 Snacktivity: Beauty &amp; Grooming 11:00 Dinning Service Prep: Lunchtime 12:30 B-I-N-G-O* 2:00 Snacktivity: Floral Arranging 2:30 Creative Arts: Adult Coloring 3:30 Card Games* 4:00 Dinning Service Prep: Dinnertime 5:30 Penny Ante</div>	<div>7 9:15 Exercise Fun: Music &amp; Movement* 10:30 Snacktivity: Beauty &amp; Grooming 11:00 Dinning Service Prep: Lunchtime 12:30 B-I-N-G-O* 2:00 Snacktivity: Coffee &amp; Conversation* 2:30 Dominos 3:00 Pretty Nails &amp; Manicures 4:00 Dinning Service Prep: Dinnertime 5:30 Yahtzee Night</div>	<div>8 9:15 Exercise Fun: Tai Chi* 10:30 Snacktivity: Beauty &amp; Grooming 11:00 Dinning Service Prep: Lunchtime 12:30 Word Games* 2:00 Snacktivity: Travel on iN2L* 2:00 Creative Arts: Watercolor Painting* 3:00 Outdoor Games 4:00 Dinning Service Prep: Dinnertime 5:30 B-I-N-G-O* Night</div>	<div>9 9:15 Exercise Fun: Balloon Ball 10:30 Snacktivity: Beauty &amp; Grooming 11:00 Dinning Service Prep: Lunchtime 12:30 B-I-N-G-O* 2:00 Snacktivity: Music &amp; Art* 2:30 Exercise Fun: Walking Group 3:00 Sensory Games* 4:00 Dinning Service Prep: Dinnertime 5:30 Board Game Night</div>	<div>10 9:15 Exercise Fun: Sit and Be Fit* 10:30 Snacktivity: Beauty &amp; Grooming 11:00 Church* 11:00 Dinning Service Prep: Lunchtime 12:30 Yahtzee 2:00 Snacktivity: Card Games* 2:30 Trivia Games* 3:00 Pretty Nails &amp; Manicures 4:00 Dinning Service Prep: Dinnertime 5:30 Movie Night &amp; Popcorn*</div>	<div>11 9:15 Exercise Fun: Music &amp; Movement* 10:30 Snacktivity: Beauty &amp; Grooming 11:00 Dinning Service Prep: Lunchtime 12:30 B-I-N-G-O* 2:00 Snacktivity: Virtual Vacation* 2:00 Creative Arts* 3:00 Outdoor Games 4:00 Dinning Service Prep: Dinnertime 5:30 Card Game Night*</div>
<div>12 9:15 Exercise Fun: Stretching &amp; Balloon Ball 10:30 Snacktivity: Beauty &amp; Grooming (All) 11:00 Dinning Service Prep: Lunchtime 12:30 Yahtzee 2:00 Snacktivity: Sing-a-long* 3:00 Outdoor Games 3:30 Card Games* 4:00 Dinning Service Prep: Dinnertime 5:30 Shake Loose a Memory</div>	<div>13 9:15 Exercise Fun: Sit and Be Fit* 10:30 Snacktivity: Beauty &amp; Grooming 11:00 Dinning Service Prep: Lunchtime 12:30 B-I-N-G-O* 2:00 Snacktivity: Floral Arranging 2:30 Creative Arts: Adult Coloring 3:30 Card Games* 4:00 Dinning Service Prep: Dinnertime 5:30 Penny Ante Spirit Week: Pajama Day</div>	<div>14 9:15 Exercise Fun: Music &amp; Movement* 10:30 Snacktivity: Beauty &amp; Grooming 11:00 Dinning Service Prep: Lunchtime 12:30 B-I-N-G-O* 2:00 Snacktivity: National Virginia Day* 2:30 Dominos 3:00 Pretty Nails &amp; Manicures 4:00 Dinning Service Prep: Dinnertime 5:30 Yahtzee Night Spirit Week: Decades Day</div>	<div>15 9:15 Exercise Fun: Tai Chi* 10:30 Snacktivity: Beauty &amp; Grooming 11:00 Dinning Service Prep: Lunchtime 12:30 Word Games* 2:00 Snacktivity: Travel on iN2L* 2:00 Creative Arts: Watercolor Painting* 3:00 Outdoor Games 4:00 Dinning Service Prep: Dinnertime 5:30 B-I-N-G-O* Night Spirit Week: Crazy Sock Day</div>	<div>16 9:15 Exercise Fun: Balloon Ball 10:30 Snacktivity: Beauty &amp; Grooming 11:00 Dinning Service Prep: Lunchtime 12:30 B-I-N-G-O* 2:00 Snacktivity: Music &amp; Art* 2:30 Exercise Fun: Walking Group 3:00 Sensory Games* 4:00 Dinning Service Prep: Dinnertime 5:30 Board Game Night Spirit Week: Holiday Day</div>	<div>17 9:15 Exercise Fun: Sit and Be Fit* 10:30 Snacktivity: Beauty &amp; Grooming 11:00 Church* 11:00 Dinning Service Prep: Lunchtime 12:30 Yahtzee 2:00 Snacktivity: Card Games* 2:30 Trivia Games* 3:00 Pretty Nails &amp; Manicures 4:00 Dinning Service Prep: Dinnertime 5:30 Movie Night &amp; Popcorn* Spirit Week: Hawaiian Day</div>	<div>18 9:15 Exercise Fun: Music &amp; Movement* 10:30 Snacktivity: Beauty &amp; Grooming 11:00 Dinning Service Prep: Lunchtime 12:30 B-I-N-G-O* 2:00 Snacktivity: National Cheeseburger Day 3:00 Outdoor Games 4:00 Dinning Service Prep: Dinnertime 5:30 Card Game Night*</div>
<div>19 9:15 Exercise Fun: Stretching &amp; Balloon Ball 10:30 Snacktivity: Beauty &amp; Grooming (All) 11:00 Dinning Service Prep: Lunchtime 12:30 Yahtzee 2:00 Snacktivity: Sing-a-long* 3:00 Outdoor Games 3:30 Card Games* 4:00 Dinning Service Prep: Dinnertime 5:30 Shake Loose a Memory</div>	<div>20 9:15 Exercise Fun: Sit and Be Fit* 10:30 Snacktivity: Beauty &amp; Grooming 11:00 Dinning Service Prep: Lunchtime 12:30 B-I-N-G-O* 2:00 Snacktivity: Basil on Piano 3:30 Card Games* 4:00 Dinning Service Prep: Dinnertime 5:30 Floral Arranging</div>	<div>21 9:15 Exercise Fun: Music &amp; Movement* 10:30 Snacktivity: Beauty &amp; Grooming 11:00 Dinning Service Prep: Lunchtime 12:30 B-I-N-G-O* 2:00 Snacktivity: National New York Day* 2:30 Dominos 3:00 Pretty Nails &amp; Manicures 4:00 Dinning Service Prep: Dinnertime 5:30 Yahtzee Night</div>	<div>22 9:15 Exercise Fun: Tai Chi* 10:30 Snacktivity: Beauty &amp; Grooming 11:00 Dinning Service Prep: Lunchtime 12:30 Word Games* 2:00 Snacktivity: Travel on iN2L* 2:00 Creative Arts: Watercolor Painting* 3:00 Outdoor Games 4:00 Dinning Service Prep: Dinnertime 5:30 B-I-N-G-O* Night</div>	<div>23 9:15 Exercise Fun: Balloon Ball 10:30 Snacktivity: Beauty &amp; Grooming 11:00 Dinning Service Prep: Lunchtime 12:30 B-I-N-G-O* 2:00 Snacktivity: Music &amp; Art* 2:30 Exercise Fun: Walking Group 3:00 Sensory Games* 4:00 Dinning Service Prep: Dinnertime 5:30 Board Game Night</div>	<div>24 9:15 Exercise Fun: Sit and Be Fit* 10:30 Snacktivity: Beauty &amp; Grooming 11:00 Church* 11:00 Dinning Service Prep: Lunchtime 12:30 Yahtzee 2:00 Snacktivity: Sing-a-long with Katie 3:00 Pretty Nails &amp; Manicures 4:00 Dinning Service Prep: Dinnertime 5:30 Movie Night &amp; Popcorn*</div>	<div>25 9:15 Exercise Fun: Music &amp; Movement* 10:30 Snacktivity: Beauty &amp; Grooming 11:00 Dinning Service Prep: Lunchtime 12:30 B-I-N-G-O* 2:00 Snacktivity: Birthday Cupcakes 2:00 Creative Arts* 3:00 Outdoor Games 4:00 Dinning Service Prep: Dinnertime 5:30 Card Game Night*</div>
<div>26 9:15 Exercise Fun: Stretching &amp; Balloon Ball 10:30 Snacktivity: Beauty &amp; Grooming (All) 11:00 Dinning Service Prep: Lunchtime 12:30 Yahtzee 2:00 Snacktivity: Sing-a-long* 3:00 Outdoor Games 3:30 Card Games* 4:00 Dinning Service Prep: Dinnertime 5:30 Shake Loose a Memory</div>	<div>27 9:15 Exercise Fun: Sit and Be Fit* 10:30 Snacktivity: Beauty &amp; Grooming 11:00 Dinning Service Prep: Lunchtime 12:30 B-I-N-G-O* 2:00 Snacktivity: Floral Arranging 2:30 Creative Arts: Adult Coloring 3:30 Card Games* 4:00 Dinning Service Prep: Dinnertime 5:30 Penny Ante</div>	<div>28 9:15 Exercise Fun: Music &amp; Movement* 10:30 Snacktivity: Beauty &amp; Grooming 11:00 Dinning Service Prep: Lunchtime 12:30 B-I-N-G-O* 2:00 Snacktivity: National North Carolina Day* 2:30 Dominos 3:00 Pretty Nails &amp; Manicures 4:00 Dinning Service Prep: Dinnertime 5:30 Yahtzee Night</div>	<div>29 9:15 Exercise Fun: Tai Chi* 10:30 Snacktivity: Beauty &amp; Grooming 11:00 Dinning Service Prep: Lunchtime 12:30 Word Games* 2:00 Snacktivity: Travel on iN2L* 2:00 Creative Arts: Coffee Day 3:00 Outdoor Games 4:00 Dinning Service Prep: Dinnertime 5:30 B-I-N-G-O* Night</div>	<div>30 9:15 Exercise Fun: Balloon Ball 10:30 Snacktivity: Beauty &amp; Grooming 11:00 Dinning Service Prep: Lunchtime 12:30 B-I-N-G-O* 2:00 Snacktivity: Music &amp; Art* 2:30 Exercise Fun: Walking Group 3:00 Sensory Games* 4:00 Dinning Service Prep: Dinnertime 5:30 Board Game Night</div>	<div></div>	<div></div>



# SEPTEMBER 2021

Farmington Square Eugene

• Cottage C

• 2730 Bailey Lane Eugene, OR 97401

• 541-344-7902

SUN	MON	TUE	WED	THU	FRI	SAT
<p>All activities subject to change per mandated health guidelines.</p>	<p>September Highlights</p> <p>Sep. 3rd: College Colors Day</p> <p>Sep. 5th— National Cheese Pizza Day</p> <p>Sep. 8th— Virtual Tai Chi with Aaron</p> <p>Sep. 13th-17th Assisted Living Week: Spirit Week</p> <p>Sep. 14th: National Virginia Day</p> <p>Sep. 15th: Resident Council</p> <p>Sep. 18th: National Cheeseburger Day</p> <p>Sep. 21st: National New York Day</p> <p>Sep. 24th— Sing-a-long with Katie</p> <p>Sep. 25th: Birthday Cupcakes</p> <p>Sep. 28th: National North Carolina Day</p> <p>Sep. 29th: Coffee Day</p>	 	<p>1</p> <p>10:45 Resident Focused Visits</p> <p>12:30 Word Games/Crossword Puzzle*</p> <p>2:00 Exercise Fun: Stretching &amp; weights</p> <p>3:00 Creative Arts*</p> <p>4:00 Puzzles* </p>	<p>2</p> <p>10:45 Beauty &amp; Grooming</p> <p>12:30 B-I-N-G-O*</p> <p>2:00 Exercise Fun: Walking Group</p> <p>3:00 Sensory Games*</p> <p>3:30 Trivia Games</p> <p>4:00 Exercise Fun: Stretching &amp;</p>	<p>3</p> <p>10:45 Exercise Fun: Stretching &amp; Balloon Ball</p> <p>12:30 Yahtzee</p> <p>2:00 Movie &amp; Popcorn</p> <p>3:00 Pretty Nails &amp; Manicures</p> <p>4:00 Card Games* </p> <p>College Colors Day: Represent your favorite college sports team by showing off their team gear/colors!</p>	<p>4</p> <p>10:45 Exercise Fun: Tai Chi*</p> <p>11:00 Church*</p> <p>12:30 B-I-N-G-O*</p> <p>2:00 Creative Arts*</p> <p>3:00 Outdoor/Indoor Games</p> <p>4:00 Resident Focus Visits</p>
	<p>5</p> <p>10:45 Beauty &amp; Grooming</p> <p>12:30 Yahtzee </p> <p>2:00 National Cheese Pizza Day</p> <p>3:00 Outdoor/Indoor Games</p> <p>3:30 Resident Focus Visits</p> <p>4:00 Card Games</p>	<p>6</p> <p>10:45 Resident Focused Visits</p> <p>12:30 B-I-N-G-O*</p> <p>2:00 Floral Arranging</p> <p>3:00 Word Games*</p> <p>3:30 Walking Group</p> <p>4:00 Creative Arts*</p>	<p>7</p> <p>10:45 Exercise Fun: Tai Chi*</p> <p>12:30 B-I-N-G-O*</p> <p>2:00 Coffee &amp; Conversation*</p> <p>3:00 Pretty Nails &amp; Manicures</p> <p>4:00 Story Time</p>	<p>8</p> <p>10:00 Exercise Fun: Virtual Tai Chi with Aaron</p> <p>12:30 Word Games/Crossword Puzzle*</p> <p>2:00 Resident Focused Visits</p> <p>3:00 Creative Arts*</p> <p>4:00 Puzzles*</p>	<p>9</p> <p>10:45 Beauty &amp; Grooming</p> <p>12:30 B-I-N-G-O*</p> <p>2:00 Exercise Fun: Walking Group</p> <p>3:00 Sensory Games*</p> <p>3:30 Trivia Games</p> <p>4:00 Exercise Fun: Stretching &amp;</p>	<p>10</p> <p>10:45 Exercise Fun: Stretching &amp; Balloon Ball</p> <p>12:30 Yahtzee</p> <p>2:00 Movie &amp; Popcorn</p> <p>3:00 Pretty Nails &amp; Manicures</p> <p>4:00 Card Games*</p>
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	<p>19</p> <p>10:45 Beauty &amp; Grooming</p> <p>12:30 Yahtzee</p> <p>2:00 Exercise Fun: Stretching &amp; Balloon Ball</p> <p>3:00 Outdoor/Indoor Games</p> <p>3:30 Resident Focus Visits</p> <p>4:00 Card Games</p>	<p>20</p> <p>10:45 Resident Focused Visits</p> <p>12:30 B-I-N-G-O* </p> <p>2:00 Floral Arranging</p> <p>3:00 Word Games*</p> <p>3:30 Walking Group</p> <p>4:00 Creative Arts*</p>	<p>21</p> <p>10:45 Exercise Fun: Tai Chi*</p> <p>12:30 B-I-N-G-O*</p> <p>2:00 National New York Day*</p> <p>3:00 Pretty Nails &amp; Manicures</p> <p>4:00 Story Time</p>	<p>22</p> <p>10:45 Resident Focused Visits</p> <p>12:30 Word Games/Crossword Puzzle*</p> <p>2:00 Exercise Fun: Stretching &amp; weights</p> <p>3:00 Creative Arts*</p> <p>4:00 Puzzles*</p>	<p>23</p> <p>10:45 Beauty &amp; Grooming</p> <p>12:30 B-I-N-G-O*</p> <p>2:00 Exercise Fun: Walking Group</p> <p>3:00 Sensory Games*</p> <p>3:30 Trivia Games</p> <p>4:00 Exercise Fun: Stretching &amp;</p>	<p>24</p> <p>10:45 Exercise Fun: Stretching &amp; Balloon Ball</p> <p>12:30 Yahtzee</p> <p>2:45 Sing-a-long with Katie</p> <p>3:30 Pretty Nails &amp; Manicures</p> <p>4:00 Card Games*</p>
<p>26</p> <p>10:45 Beauty &amp; Grooming</p> <p>12:30 Yahtzee</p> <p>2:00 Exercise Fun: Stretching &amp; Balloon Ball</p> <p>3:00 Outdoor/Indoor Games</p> <p>3:30 Resident Focus Visits</p> <p>4:00 Card Games</p>	<p>27</p> <p>10:45 Resident Focused Visits</p> <p>12:30 B-I-N-G-O*</p> <p>2:00 Strategy &amp; Target Games*</p> <p>3:00 Word Games*</p> <p>3:30 Walking Group</p> <p>4:00 Creative Arts*</p>	<p>28</p> <p>10:45 Exercise Fun: Tai Chi*</p> <p>12:30 B-I-N-G-O*</p> <p>2:00 National North Carolina Day*</p> <p>3:00 Pretty Nails &amp; Manicures</p> <p>4:00 Story Time</p>	<p>29</p> <p>8 10:45 Resident Focused Visits</p> <p>12:30 Word Games/Crossword Puzzle*</p> <p>2:00 Coffee Day </p> <p>3:00 Creative Arts*</p> <p>4:00 Puzzles*</p>	<p>30</p> <p>10:45 Beauty &amp; Grooming</p> <p>12:30 B-I-N-G-O*</p> <p>2:00 Exercise Fun: Walking Group</p> <p>3:00 Sensory Games*</p> <p>3:30 Trivia Games</p> <p>4:00 Exercise Fun: Stretching &amp;</p>	 	 