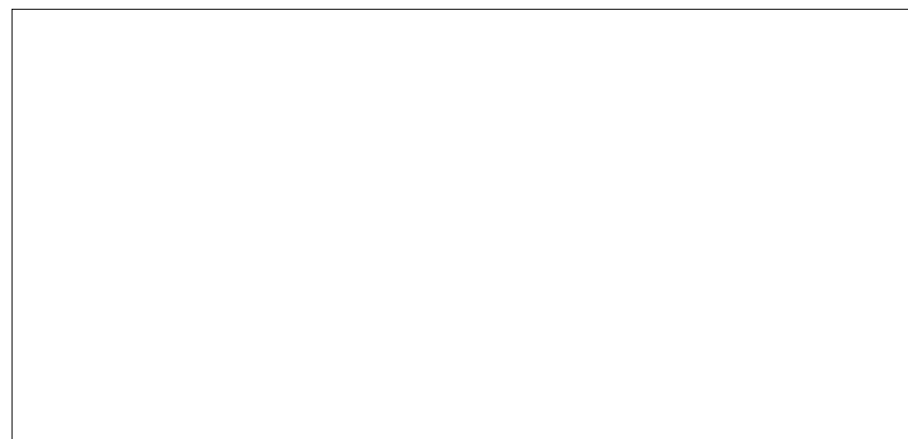




960 Boone Road SE
Salem, OR 97306

Stamp



Administrative Team:

Executive Director: Jessica Penland
Business Office Director: Shelly Kesterson
Community Relations Director: Sharon LaSalle
Wellness Dir.: Mark N./ Megan M./Nicole O.
Wellness Coordinator: Dawn Jones
Wellness Nurse: Diana Armouch
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

September 2021 Newsletter



2 Achieving Better Balance
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



Eloise H. 9/12 940

Joyce H. 9/20 910

Nancy W. 9/23 910



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!

"Changing colors of the leaves!" - Gloria

"Pumpkin pie! " - Shawna

"Halloween & smells of pumpkin spice " - Jessica

"Sweater weather & bon fires! " - Megan

"My birthday on Halloween! " - Virginia

"Cold brisk mornings!" - Alora

"Thanksgiving with family! " - Amanda



Staff Spotlight: Tiffany B.

We are excited to shine a light on our amazing Med Tech Tiffany! Tiffany has been part of our team since March and said that she fell in love with this job because of the close connections she has made with each resident — that they have become like the grandparents she has never had! Tiffany shared that after raising her brother and sister that she has had custody of for that last five years, she would like to go back to college and pursue a career in Nursing. Tiffany always has a positive attitude and said that she strives every day to stay humble and be happy. Thank you so much Tiffany for your dedication to Farmington Square and for bringing that happiness to those around you!



Resident Spotlight: Shirley M.

We are happy to shine a light on our sweet resident Shirley! Shirley has been part of our Farmington Square Family for almost 4 years now, and what a joy she is to be around! Shirley is always smiling and enjoys participating in all kinds of activities, like Sing alongs, balloon bat, gardening, outside strolls, and many others! Shirley was born in Nebraska and with her husband Roy raised 4 children. She has enjoyed cooking, quilting and crocheting and has a love for animals! We are so grateful to have shared so many wonderful years with Shirley and look forward to many more!

SEPTEMBER 2021 Activities 910-920

SUN	MON	TUE	WED	THU	FRI	SAT
Happy Birthday!  Eloise H. 9/12 940 Joyce H. 9/20 910 Nancy W. 9/23 910	Take-Out/Lunch Delivery 9/7 Gold Dragon 12pm 9/14 Five Guys 12pm 9/21 Subway 12pm 9/28 Donatellos 12pm	Shopping/ Delivery 9/1 Walmart 10-12 9/8 Dollar Tree 10-12 9/15 Fred Meyer 10-12 9/22 Winco Food 10-12 9/29 Safeway 10-12	1 Write Letters Day! 9:30 Sit and be Fit IN2L 10:00 Family Feud 10:30 Morning Stroll / Flowers! 11:30 Scrabble 2:00 BINGO in 920 3:00 Write Letters to Family! 4:30 This or That IN2L 6:00 Salt Box TV IN2L	2 9:30 Conductorcise 10:00 Morning Stroll 10:30 Outside Stroll 11:00 Sports Trivia IN2L 11:30 Puzzles 2:00 Skip-Bo 3:00 Snacktivity– Saltbox TV IN2L 4:30 Today in History	3 College Colors Day! Wear Collage Colors! 9:30 Chair Dancing IN2L 10:00 Scenic Drive 11:30 Good News IN2L 1:30 Uno/Cards 2:00 Sports Trivia IN2L 3:30 Sports Bloopers! 4:00 Jokes & Laughter 4:30 instrumental Juke Box	4 9:30 Sit and be Fit IN2L 10:00 Morning Stroll 11:30 Family Feud IN2L 2:00 BINGO in 910 3:00 Colorful Creations 4:00 Skip-Bo 4:30 Ted Talks-IN2L 6:00 Salt Box TV IN2L
5 9:30 Light & Lively Exercise 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 6:00 Sunday @ The Memories IN2L	6 Labor Day 9:30 Chair Dancing 10:00 History of Labor Day 10:30 Creative Coloring 11:00 Manicures & Massages 1:30 Labor Day Trivia IN2L 2:00 Music W/ Chris in 950 4:00 WII Bowling 920 4:30 1920's Juke Box	7 9:30 Sit & be Fit IN2L 10:00 Book Club 10:30 Outside Stroll / Birds! 11:00 Word Search 11:30 Uno / Cards 2:00 Beading Necklaces/Bracelets 3:30 Skip - Bo 4:30 Laughter & Lemonade	8 9:30 Exercise IN2L 10:00 Morning Stroll/Smoky 10:30 Common Sayings IN2L 11:30 Dominoes 2:00 BINGO in 920 3:00 Ladies Tea Time 4:00 Skip-Bo 4:30 Free Rice Game IN2L	9 9:30 Conductorcise 10:00 Morning Stroll/Roses 10:30 Piggy Bankers IN2L 11:00 Which Came First? 11:30 Scrabble / Puzzles 2:00 Colorful Creations 3:00 Snacktivity-Saltbox TV IN2L 4:30 Today in History	10 9:30 Chair Dancing IN2L 10:00 Scenic Drive 11:30 Morning Stroll/ Birds! 2:00 Yahtzee! 3:00 Culture Club: Germany/pretzels 4:00 Jokes & Laughter 4:30 Oldies Juke Box	11 Patriot Day! 9:30 Sit and be Fit IN2L 10:00 Patriots in History 11:30 Patriotic Songs Karaoke 2:00 BINGO in 910 3:00 Colorful Creations 4:00 Skip-Bo 4:30 Ted Talks IN2L 6:00 Salt Box TV IN2L
12 Grandparent Day! 9:30 Light & Lively Exercise 10:00 Scenic Drive 11:30 Stories Of Grandparents 1:30 Arm Chair Travel 2:00 Church Sermon IN2L 3:00 Inspirational Seniors! IN2L 4:30 Hymnals 6:00 Sunday @ The Memories IN2L	13 9:30 Chair Dancing IN2L 10:00 Good News IN2L 10:30 Crafting Corner 11:00 Manicures & Massages 1:30 Family Feud 2:30 Monday Movie Matinee 4:00 WII Bowling 920 4:30 1930's Juke Box	14 9:30 Exercise IN2L 10:00 Book Club 10:30 Outside Stroll/ Flowers! 11:00 Brain Teasers IN2L 11:30 Scrabble / Puzzles 2:00 Resident Council in 910 3:30 Painting - Sun Flowers 4:30 Laughter & Lemonade	15 9:30 Sit and be Fit IN2L 10:00 Good News IN2L 10:30 Morning Stroll / Flowers! 11:30 Scrabble 2:00 BINGO in 920 3:00 Ladies Tea Time 4:30 This or That IN2L 6:00 Salt Box TV IN2L	16 Guacamole Day! 9:30 Conductorcise 10:00 Morning Stroll 10:30 Common Sayings IN2L 11:00 Animal Trivia IN2L 11:30 Puzzles 2:00 Skip-Bo 3:00 Chips & Guacamole! 4:30 Today in History	17 9:30 Chair Dancing IN2L 10:00 Scenic Drive 11:30 Good News IN2L 1:30 Uno/Cards 2:00 Brain Teasers IN2L 3:30 Afternoon Stroll 4:00 Jokes & Laughter 4:30 Classical Juke Box	18 9:30 Sit and be Fit IN2L 10:00 Morning Stroll 11:30 Family Feud IN2L 2:00 BINGO in 910 3:00 Colorful Creations 4:00 Skip-Bo 4:30 Ted Talks-IN2L 6:00 Salt Box TV IN2L
19 Butterscotch Pudding! 9:30 Light & Lively Exercise 10:00 Scenic Drive 11:30 Bible Trivia IN2L 1:30 Afternoon Stroll 2:00 Church Sermon IN2L 3:00 Butterscotch Pudding! 4:30 Southern Gospel 6:00 Sunday @ The Memories IN2L	20 9:30 Chair Dancing 10:00 Morning Stroll 10:30 Music W/ Rachel in 950 11:30 Manicures & Massages 1:30 Family Feud 2:30 Monday Movie Matinee 4:00 WII Bowling 920 4:30 1940's Juke Box	21 World Alzheimer's Day! Sign up for Alzheimer's Walk! 9:30 Sit & be Fit IN2L 10:00 Book Club 10:30 Outside Stroll / Birds! 11:00 Word Search 11:30 Uno / Cards 2:00 Food Council in 920 3:00 Brain Teasers IN2L 4:30 Jokes & Laughter	22 9:30 Exercise IN2L 10:00 Morning Stroll/Smoky 10:30 Common Sayings IN2L 11:30 Dominoes 2:00 BINGO in 920 3:00 Ladies Tea Time 4:00 Skip-Bo	23 9:30 Conductorcise 10:00 Morning Stroll/Roses 10:30 Piggy Bankers IN2L 11:00 Which Came First? 11:30 Scrabble / Puzzles 2:00 Colorful Creations 3:00 Snacktivity-Saltbox TV IN2L 4:30 Today in History	24 9:30 Chair Dancing IN2L 10:00 Scenic Drive 11:30 Morning Stroll/ Birds! 2:00 Yahtzee! 3:00 Culture Club: Boston/cream pie 4:00 Jokes & Laughter 4:30 Country Juke Box	25 Family Health Day! 9:30 Sit and be Fit IN2L 10:00 Morning Stroll 11:30 Jokes & Laughter IN2L 2:00 BINGO in 910 3:00 Colorful Creations 4:00 Skip-Bo 4:30 Ted Talks– Health IN2L 6:00 Salt Box TV IN2L
26 9:30 Light & Lively Exercise 10:00 Scenic Drive 11:30 Bible Story Trivia 1:30 Arm Chair Travel 2:00 Church Sermon IN2L 3:00 Happy Neuron IN2L 4:30 Hymnals 6:00 Sunday @ The Memories IN2L	27 9:30 Chair Dancing IN2L 10:00 Good News IN2L 10:30 Crafting Corner 11:00 Manicures & Massages 1:30 Family Feud 2:30 Monday Movie Matinee 4:00 WII Bowling 920 4:30 1950's Juke Box	28 9:30 Exercise IN2L 10:00 Book Club 10:30 Outside Stroll/ Flowers! 11:00 Brain Teasers IN2L 11:30 Scrabble / Puzzles 2:00 Creative Coloring 3:30 Skip - Bo 4:30 Laughter & Lemonade	29 Coffee Day! 9:30 Sit and be Fit IN2L 10:00 Good News IN2L 10:30 Morning Stroll / Flowers! 11:30 Scrabble 2:00 BINGO in 920 3:00 Coffee Bar & Treats! 4:30 This or That IN2L 6:00 Salt Box TV IN2L	30 9:30 Conductorcise 10:00 Morning Stroll 10:30 Common Sayings IN2L 11:00 Famous People Trivia IN2L 11:30 Puzzles 2:00 Skip-Bo 3:00 Snacktivity– Saltbox TV IN2L 4:30 Today in History	<div> <div> All activities subject to change per mandated health guidelines. </div>  </div>	

SEPTEMBER 2021 Activities 940-950

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Happy Birthday!  Eloise H. 9/12 940 Joyce H. 9/20 910 Nancy W. 9/23 910	Take-Out/Lunch Delivery 9/7 Gold Dragon 12pm 9/14 Five Guys 12pm 9/21 Subway 12pm 9/28 Donatellos 12pm	Shopping/ Delivery 9/1 Walmart 10-12 9/8 Dollar Tree 10-12 9/15 Fred Meyer 10-12 9/22 Winco Food 10-12 9/29 Safeway 10-12	1 Write Letters Day! 9:30 Sit and be Fit IN2L 10:00 Family Feud 10:30 Morning Stroll / Flowers! 11:30 Pictionary 2:00  3:00 Write Letters to Family! 4:30 This or That IN2L 6:00 Salt Box TV IN2L	2 9:30 Conductorcise 10:00 Morning Stroll 10:30 Outside Stroll 11:00 Sports Trivia IN2L 11:30 Puzzles 2:00 Country Karaoke 3:00 Snacktivity– Saltbox TV IN2L 4:30 Ring Toss	3 College Colors Day! Wear Collage Colors! 9:30 Chair Dancing IN2L 10:00 Balloon Bat 11:30 Good News IN2L 1:30 Sports Pictionary 2:00 Sports Trivia IN2L 3:30 Sports Bloopers! 4:00 Jokes & Laughter 6:00 Wheel of Fortune !	4 9:30 Sit and be Fit IN2L 10:00 Scenic Drive in 950 11:30 Family Feud IN2L 2:00  3:00 Colorful Creations 4:00 Bean Bag Toss 4:30 Ted Talks-IN2L 6:00 Salt Box TV IN2L
5 9:30 Light & Lively Exercise 10:00 Balloon Bat 11:30 Bible Trivia IN2L 1:30 Afternoon Stroll 2:00 Church Sermon IN2L 3:30 Happy Neuron IN2L 4:30 Southern Gospel 6:00 Sunday @ The Memories IN2L	6 Labor Day 9:30 Chair Dancing 10:00 Scenic Drive in 940 10:30 History of Labor Day 11:00 Manicures & Massages 1:30 Labor Day Trivia IN2L 2:00 Music W/ Chris in 950 4:00 Bowling 4:30 1920's Juke Box	7 9:30 Sit & be Fit IN2L 10:00 Book Club 10:30 Outside Stroll / Birds! 11:00 Word Search 11:30 Matching game IN2L 2:00 Beading Necklaces/Bracelets 3:30 Ring Toss 4:30 Laughter & Lemonade	8 9:30 Exercise IN2L 10:00 Morning Stroll/Smoky 10:30 Common Sayings IN2L 11:30 Dominoes/ Puzzles 2:00  3:00 Ladies Tea Time 4:00 Balloon Bat 4:30 Free Rice Game IN2L	9 9:30 Conductorcise 10:00 Morning Stroll/Roses 10:30 Piggy Bankers IN2L 11:00 Which Came First? 11:30 Scrabble / Puzzles 2:00 Colorful Creations 3:00 Snacktivity-Saltbox TV IN2L 4:30 Bean Bag Toss	10 9:30 Chair Dancing IN2L 10:00 Bean Bag Toss 11:30 Morning Stroll/ Birds! 2:00 Manicures & Massages 3:00 Culture Club: Germany/pretzels 4:00 Jokes & Laughter 4:30 Oldies Juke Box 6:00 Jeopardy!	11 Patriot Day! 9:30 Sit and be Fit IN2L 10:00 Scenic Drive in 950 11:30 Patriotic Songs Karaoke 2:00  3:00 Colorful Creations 4:00 Balloon Bat 4:30 Ted Talks IN2L 6:00 Salt Box TV IN2L
12 Grandparent Day! 9:30 Light & Lively Exercise 10:00 Good News IN2L 11:30 Stories Of Grandparents 1:30 Ring Toss 2:00 Church Sermon IN2L 3:00 Inspirational Seniors! IN2L 4:30 Hymnals 6:00 Sunday @ The Memories IN2L	13 9:30 Chair Dancing IN2L 10:00 Scenic Drive in 940 10:30 Crafting Corner 11:00 Manicures & Massages 1:30 Family Feud 2:30 Monday Movie Matinee 4:00 Bowling 4:30 1930's Juke Box	14 9:30 Exercise IN2L 10:00 Book Club 10:30 Outside Stroll/ Flowers! 11:00 Common Sayings 11:30 Scrabble / Puzzles 2:00 Painting - Sun Flowers 3:30 Balloon Bat 4:30 Laughter & Lemonade	15 9:30 Sit and be Fit IN2L 10:00 Good News IN2L 10:30 Morning Stroll / Flowers! 11:30 Pictionary 2:00  3:00 Ladies Tea Time 4:30 This or That IN2L 6:00 Salt Box TV IN2L	16 Guacamole Day! 9:30 Conductorcise 10:00 Morning Stroll 10:30 Common Sayings IN2L 11:00 Animal Trivia IN2L 11:30 Puzzles 2:00 Oldies Karaoke 3:00 Chips & Guacamole! 4:30 Today in History	17 9:30 Chair Dancing IN2L 10:00 Balloon Bat 11:30 Good News IN2L 1:30 Pictionary 2:00 Brain Teasers IN2L 3:30 Afternoon Stroll 4:00 Jokes & Laughter 6:00 Wheel of Fortune !	18 9:30 Sit and be Fit IN2L 10:00 Scenic Drive in 950 11:30 Family Feud IN2L 2:00  3:00 Colorful Creations 4:00 Bean Bag Toss 4:30 Ted Talks-IN2L 6:00 Salt Box TV IN2L
19 Butterscotch Pudding! 9:30 Light & Lively Exercise 10:00 Balloon Bat 11:30 Bible Trivia IN2L 1:30 Afternoon Stroll 2:00 Church Sermon IN2L 3:00 Butterscotch Pudding! 4:30 Southern Gospel 6:00 Sunday @ The Memories IN2L	20 9:30 Chair Dancing 10:00 Morning Stroll 10:30 Music W/ Rachel in 950 11:30 Manicures & Massages 1:30 Family Feud 2:30 Monday Movie Matinee 4:00 Bowling 4:30 1940's Juke Box	21 World Alzheimer's Day! Sign up for Alzheimer's Walk! 9:30 Sit & be Fit IN2L 10:00 Book Club 10:30 Outside Stroll / Birds! 11:00 Word Search 11:30 Matching game IN2L 2:00 Ring Toss 3:00 Brain Teasers IN2L 4:30 Jokes & Laughter	22 9:30 Exercise IN2L 10:00 Morning Stroll/Smoky 10:30 Common Sayings IN2L 11:30 Dominoes/ Puzzles 2:00  3:00 Ladies Tea Time 4:00 Balloon Bat 4:30 Free Rice Game IN2L	23 9:30 Conductorcise 10:00 Morning Stroll/Roses 10:30 Piggy Bankers IN2L 11:00 Which Came First? 11:30 Scrabble / Puzzles 2:00 Colorful Creations 3:00 Snacktivity-Saltbox TV IN2L 4:30 Ring Toss	24 9:30 Chair Dancing IN2L 10:00 Bean Bag Toss 11:30 Morning Stroll/ Birds! 2:00 Manicures & Massages 3:00 Culture Club: Boston/cream pie 4:00 Jokes & Laughter 4:30 Country Juke Box 6:00 Jeopardy!	25 Family Health Day! 9:30 Sit and be Fit IN2L 10:00 Scenic Drive in 950 11:30 Jokes & Laughter IN2L 2:00  3:00 Colorful Creations 4:00 Balloon Bat 4:30 Ted Talks– Health IN2L 6:00 Salt Box TV IN2L
26 9:30 Light & Lively Exercise 10:00 Good News IN2L 11:30 Bible Story Trivia 1:30 Ring Toss 2:00 Church Sermon IN2L 3:00 Happy Neuron IN2L 4:30 Hymnals 6:00 Sunday @ The Memories IN2L	27 9:30 Chair Dancing IN2L 10:00 Scenic Drive in 940 10:30 Crafting Corner 11:00 Manicures & Massages 1:30 Family Feud 2:30 Monday Movie Matinee 4:00 Bowling 4:30 1950's Juke Box	28 9:30 Exercise IN2L 10:00 Book Club 10:30 Outside Stroll/ Flowers! 11:00 Common Sayings 11:30 Scrabble / Puzzles 2:00 Creative Coloring 3:30 Balloon Bat 4:30 Laughter & Lemonade	29 Coffee Day! 9:30 Sit and be Fit IN2L 10:00 Good News IN2L 10:30 Morning Stroll / Flowers! 11:30 Pictionary 2:00  3:00 Coffee Bar & Treats! 4:30 This or That IN2L 6:00 Salt Box TV IN2L	30 9:30 Conductorcise 10:00 Morning Stroll 10:30 Common Sayings IN2L 11:00 Famous People Trivia IN2L 11:30 Puzzles 2:00 Standards Karaoke 3:00 Snacktivity– Saltbox TV IN2L 4:30 Bean Bag Toss	<div> <div> All activities subject to change per mandated health guidelines. </div>  </div>	