



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
Life Enrichment Director: Kirsten Silva

Connect:

541-344-7902
info-eugene@farmingtonsquare.com
www.farmingtonsquare-eugene.com
[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

October 2021 Newsletter



2 Physical Therapy Benefits
3 Team & Resident Spotlight
4 - 5 Activities Calendar

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

Physical Therapy for Improved Quality of Life

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

You may think of a physical therapist as one to go to for healing and strengthening after an injury. While physical therapists are great for that, they also do much more. Physical therapists can help people by diagnosing physical conditions, improving movement, managing pain, restoring function, and preventing disabilities, according to the American Physical Therapy Association.

Physical therapists help people through all stages of life with care, education, and treatment plans that aim to improve overall quality of life. They may approach issues with proper stretching techniques, strengthening and core-focused exercises, ice and heat, or ultrasound, to name a few approaches.

This Physical Therapy Month, we've delved into five ways physical therapy can help people, especially older adults.

5 Potential Physical Therapy Benefits

Improved Movement: Physical therapists can identify, diagnose, and treat movement challenges, and in some cases can help people to avoid having surgery.

Pain Relief or Prevention: Physical therapy can provide long-term pain solutions with exercises, joint and soft tissue mobilization, ice/heat therapy, ultrasound, and electrical stimulation for relief or restoring function.



Did you know? There are many physical therapy focus areas, including but not limited to: orthopedic, neurological, vestibular, and cardiovascular!

Management of Issues with Diabetes: Physical therapists can help prescribe and teach exercise for lowering blood glucose levels, treat chronic pain, improve walking ability, treat sores, help with assistive devices, and restore normal movement and balance.

Management of Issues As We Age: Physical Therapists may be able to help with managing arthritis, managing pain, osteoporosis and/or recovering from procedures like joint replacements. They may also be able to help prevent or recover from falls with exercises.

Strengthening After a Stroke: Physical therapists can help improve function and balance with Constraint-Induced Movement Therapy, functional electrical stimulation, and motor imagery, among others.

For those who haven’t tried physical therapy, but are interested, a great first step would be to reach out to a local physical therapist and see how they might be able to play a positive role in healthy living. Let us know if this information has been helpful to you on our facebook page!

Special Moments



Happy Birthday!

Residents Birthdays:	Employee Birthdays :
Bill F.: Oct. 4th	Ted : Oct. 26th
Alex: Oct. 7th	Andy: Oct. 29th
Rosemary: Oct. 30th	

Those born in October are Libras (Sept. 23-Oct. 22) or Scorpios (Oct. 23-Nov. 21). Their birthstones are opals & tourmaline. Their birth flower is the Calendula. More American presidents have October birthdays than any other month!

October 2021 Highlights

October is Emotional Wellness Month, Physical Therapy Month, Dental Hygiene Month, and Breast Cancer Awareness Month. It celebrates Chili, Pretzels, Global Diversity, Adopting Shelter Dogs, and World Space Week!

01 Intl. Seniors Day; Homemade Cookies Day	17 Pasta Day
02 Custodial Workers' Day; Fried Scallops Day	18 Chocolate Cupcake Day; No Beard Day
03 Techies' Day	19 Seafood Bisque Day; Kentucky Day
04 Golf Love Day; Taco Day; Cinnamon Bun Day	20 Confident Youth Day; Medical Asst. Day
05 Nice Act Day; International Teachers' Day	21 Pumpkin Cheesecake Day; Reptile Day
06 Mad Hatter Day; Pumpkin Seed Day	22 Color Day; Nut Day; Make a Dog's Day
07 Frappe Day; Chocolate Pretzel Day	23 Boston Cream Pie Day; Make Difference Day
08 Fluffernutter Day; Pierogi Day; Heroes Day	24 Bologna Day; Mother-In-Laws' Day
09 Leif Ericson Day; Chess Day; I Love Yarn Day	25 Greasy Food Day; Sourest Day
10 Decorate Cake Day; Clergy Appreciation Day	26 Pumpkin Day; Mincemeat Day
11 Native Americans' Day; Columbus Day	27 Navy Day; American Beer Day; Black Cat Day
12 World Arthritis Day; Farmers' Day	28 Chocolate Day; First Responders' Day
13 Navy Birthday; Train Brain Day; Fossil Day	29 Cat Day; Oatmeal Day; Nevada Day
14 Dessert Day	30 Candy Corn Day
15 I Love Lucy Day; Bosses Day	31 Halloween; Girl Scout Founder's Day
16 Global Cat Day; Sports Day; Sweetest Day	

"I wish that every day was Saturday and every month was October." - Charmaine J. Forde

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.

October 14 is Dessert Day!

Our residents and staff shared their favorites!

"Pie" - Donna

"French vanilla ice-cream" - Aria

"Cheesecake" - Stormy

"Brownies with chocolate sauce" - Elizabeth

"Apple pie" -Jean

"Crème Brulee from Ruth's Chris Steak House " - Cindy

"Rhubarb pie" - Bill

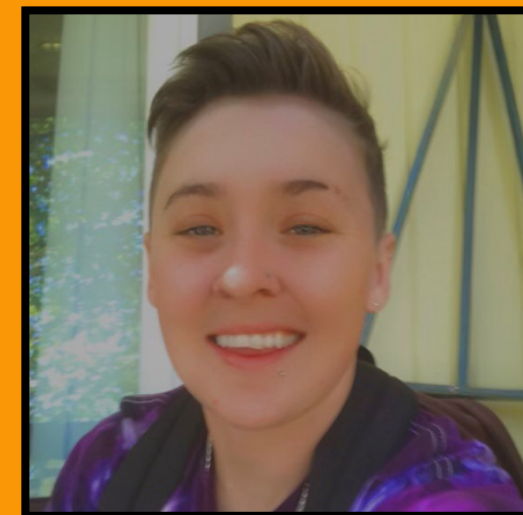


Resident Spotlight: Duane & Rosemary

Duane is from Eugene. He was the Battalion Chief for the Eugene Fire Department and was in the U.S. Army for 4 years. He likes boating, boat building, antique figurines, WWII history, carpentry, puzzles, baseball (Mariners), walks, watching news & weather, and listening to old time folk & country music. He built his own home, and even one on Bailey Lane. He used to be part of the Branch 15 Engine Club. His favorite food is taters with gravy & roast beef, his favorite color is blue, and his favorite holiday is Christmas. He is described as sweet, quiet, kind, calm, generous, tender and has a great sense of humor. Rosemary is from Los Angeles. She was a homemaker and her family means the world to her. She loves genealogy, reading, traveling, camping, boating, spending time with family, puzzles, floral arranging, listening to soft & western music, walks and watching weather & the news. Her favorite food is chocolate, her favorite color is blue, and she loves all holidays, especially decorating for them. She is described as very nice, polite, outgoing, kind, loving, fun, proactive, positive & witty. Fun fact: These two met on Christmas in 1950. Duane came home on leave from the army and Rosemary was working at the Register Guard. A coworker of hers mentioned that her brother was home from the army & needed a date. By spring of

1951, they were engaged. Soon after, Duane had to leave to Germany for a year and they were married in 1952.

Duane and Rosemary, we are so happy to have you here at Farmington Square! Welcome to the Radiant Family!!



Staff Spotlight: Courtney

Courtney is a Life Enrichment Assistant who has worked here for two months. She is originally from Beaverton, but grew up in Las Vegas. Courtney enjoys skateboarding, camping, beach trips, going on adventures with family and friends, collecting coins, watching Disney & documentaries, listening to hip-hop and country music, and making people laugh. Her favorite holiday is "New Years because everyone comes up with these crazy ideas, plus it's always full of fun" and her favorite "season is fall because my favorite sound is leaves cracking." Courtney is described as kind-hearted, unique, strong, funny, compassionate and very patient. Fun Fact: Courtney won two presidential fitness awards in high school and elementary school. Courtney, we are so lucky to have you here! You're an amazing team player, full of heart and compassion; filling each day with love and joy for our residents!

OCTOBER 2021

Farmington Square Eugene • Cottage A • 2730 Bailey Lane Eugene, OR 97401 • 541-344-7902

SUN	MON	TUE	WED	THU	FRI	SAT
31 Halloween 9:15 Resident Focused Visits 10:30 Snacktivity: Beauty & Grooming 11:30 Dinning Service Prep: Lunchtime 1:00 Halloween Trivia* 2:00 Snacktivity: Halloween Party* 3:00 Outdoor Games* 3:30 Exercise Fun: Stretching & Balloon Ball 4:30 Dinning Service Prep: Dinnertime	All activities subject to change per mandated health guidelines.	October Highlights Oct. 4th– Golf Lovers' Day Oct. 8th– Sing-a-long with Katie Oct. 9th– Chess Day Oct. 12th– Halloween Crafts Oct. 14th– Dessert Day Oct. 16th– Sports Day Oct. 19th– Kentucky Day Oct. 22nd– Chili Cook Off Oct. 23rd– Birthday Cupcakes Oct. 25th– Basil on Piano Oct. 26th– Pumpkin Day: Decorating Pumpkins Oct. 31st– Halloween Party	 	 	1 9:15 Exercise Fun: Stretching & Balloon Ball 10:30 Snacktivity: Beauty & Grooming 11:00 Church* 11:30 Dinning Service Prep: Lunchtime 1:00 Sensory Games* 2:00 Snacktivity: Card Games* 2:30 Trivia Games* 3:00 Pretty Nails & Manicures 4:30 Dinning Service Prep: Dinnertime	2 9:15 Resident Focused Visits 10:30 Snacktivity: Beauty & Grooming 11:30 Dinning Service Prep: Lunchtime 1:00 B-I-N-G-O* 2:00 Snacktivity: Virtual Vacation* 2:00 Creative Arts* 3:00 Outdoor Games 4:30 Dinning Service Prep: Dinnertime
3 9:15 Resident Focused Visits 10:30 Snacktivity: Beauty & Grooming 11:30 Dinning Service Prep: Lunchtime 1:00 iN2L Games* 2:00 Snacktivity: Sensory Games 3:00 Outdoor Games* 3:30 Exercise Fun: Stretching & Balloon Ball 4:30 Dinning Service Prep: Dinnertime	4 9:15 Exercise Fun: Music & Movement 10:30 Snacktivity: Beauty & Grooming 11:30 Dinning Service Prep: Lunchtime 1:00 Puzzles* 2:00 Snacktivity: Travel on iN2L* 2:30 Creative Arts: Adult Coloring* 3:30 Golf Lovers' Day* 4:30 Dinning Service Prep: Dinnertime 	5 9:15 Resident Focused Visits 10:30 Snacktivity: Beauty & Grooming 11:30 Dinning Service Prep: Lunchtime 1:00 B-I-N-G-O* 2:00 Snacktivity: Coffee & Conversation* 2:30 Dominos 3:00 Pretty Nails & Manicures 4:30 Dinning Service Prep: Dinnertime	6 9:15 Exercise Fun: Balloon Ball 10:30 Snacktivity: Beauty & Grooming 11:30 Dinning Service Prep: Lunchtime 1:00 Trivia Games* 2:00 Snacktivity: Travel on iN2L* 2:00 Creative Arts: Watercolor Painting* 3:00 Puzzles* 4:30 Dinning Service Prep: Dinnertime	7 9:15 Residents Focused Visits 10:30 Snacktivity: Beauty & Grooming 11:30 Dinning Service Prep: Lunchtime 1:00 Dice Games 2:00 Snacktivity: Music & Art* 2:30 Exercise Fun: Walking Group 3:00 Sensory Games* 4:30 Dinning Service Prep: Dinnertime	8 9:15 Exercise Fun: Stretching & Balloon Ball 10:30 Snacktivity: Beauty & Grooming 11:00 Church* 11:30 Dinning Service Prep: Lunchtime 1:00 Sensory Games* 2:00 Snacktivity: Card Games* 2:45 Sing-a-long with Katie 3:00 Pretty Nails & Manicures 4:30 Dinning Service Prep: Dinnertime 	9 9:15 Resident Focused Visits 10:30 Snacktivity: Beauty & Grooming 11:30 Dinning Service Prep: Lunchtime 1:00 B-I-N-G-O* 2:00 Snacktivity: Chess Day* 2:00 Creative Arts* 3:00 Outdoor Games 4:30 Dinning Service Prep: Dinnertime 
10 9:15 Resident Focused Visits 10:30 Snacktivity: Beauty & Grooming 11:30 Dinning Service Prep: Lunchtime 1:00 iN2L Games* 2:00 Snacktivity: Sensory Games* 3:00 Outdoor Games 3:30 Exercise Fun: Stretching & Balloon Ball 4:30 Dinning Service Prep: Dinnertime	11 9:15 Exercise Fun: Music & Movement 10:30 Snacktivity: Beauty & Grooming 11:30 Dinning Service Prep: Lunchtime 1:00 Puzzles* 2:00 Snacktivity: Floral Arranging 2:30 Creative Arts: Adult Coloring* 3:30 Card Games* 4:30 Dinning Service Prep: Dinnertime	12 9:15 Resident Focused Visits 10:30 Snacktivity: Beauty & Grooming 11:30 Dinning Service Prep: Lunchtime 1:00 B-I-N-G-O* 2:00 Snacktivity: Halloween Crafts 2:30 Dominos 3:00 Pretty Nails & Manicures 4:30 Dinning Service Prep: Dinnertime 	13 9:15 Exercise Fun: Balloon Ball 10:30 Snacktivity: Beauty & Grooming 11:30 Dinning Service Prep: Lunchtime 1:00 Trivia Games* 2:00 Snacktivity: Travel on iN2L* 2:00 Creative Arts: Watercolor Painting* 3:00 Puzzles* 4:30 Dinning Service Prep: Dinnertime	14 9:15 Residents Focused Visits 10:30 Snacktivity: Beauty & Grooming 11:30 Dinning Service Prep: Lunchtime 1:00 Dice Games 2:00 Snacktivity: Dessert Day* 2:30 Exercise Fun: Walking Group 3:00 Sensory Games* 4:30 Dinning Service Prep: Dinnertime 	15 9:15 Exercise Fun: Stretching & Balloon Ball 10:30 Snacktivity: Beauty & Grooming 11:00 Church* 11:30 Dinning Service Prep: Lunchtime 1:00 Sensory Games* 2:00 Snacktivity: Card Games* 2:30 Trivia Games* 3:00 Pretty Nails & Manicures 4:30 Dinning Service Prep: Dinnertime	16 9:15 Resident Focused Visits 10:30 Snacktivity: Beauty & Grooming 11:30 Dinning Service Prep: Lunchtime 1:00 B-I-N-G-O* 2:00 Snacktivity: Sports Day* 2:00 Creative Arts* 3:00 Outdoor Games 4:30 Dinning Service Prep: Dinnertime 
17 9:15 Resident Focused Visits 10:30 Snacktivity: Beauty & Grooming 11:30 Dinning Service Prep: Lunchtime 1:00 iN2L Games* 2:00 Snacktivity: Sensory Games* 3:00 Outdoor Games 3:30 Exercise Fun: Stretching & Balloon Ball 4:30 Dinning Service Prep: Dinnertime	18 9:15 Exercise Fun: Music & Movement 10:30 Snacktivity: Beauty & Grooming 11:30 Dinning Service Prep: Lunchtime 1:00 Puzzles* 2:00 Snacktivity: Travel on iN2L* 2:30 Creative Arts: Adult Coloring* 3:30 Card Games* 4:30 Dinning Service Prep: Dinnertime	19 9:15 Resident Focused Visits 10:30 Snacktivity: Beauty & Grooming 11:30 Dinning Service Prep: Lunchtime 1:00 B-I-N-G-O* 2:00 Snacktivity: Kentucky Day* 2:30 Dominos 3:00 Pretty Nails & Manicures 4:30 Dinning Service Prep: Dinnertime	20 9:15 Exercise Fun: Balloon Ball 10:30 Snacktivity: Beauty & Grooming 11:30 Dinning Service Prep: Lunchtime 1:00 Trivia Games* 2:00 Snacktivity: Travel on iN2L* 2:00 Creative Arts: Watercolor Painting* 3:00 Puzzles* 4:30 Dinning Service Prep: Dinnertime	21 9:15 Residents Focused Visits 10:30 Snacktivity: Beauty & Grooming 11:30 Dinning Service Prep: Lunchtime 1:00 Dice Games 2:00 Snacktivity: Music & Art* 2:30 Exercise Fun: Walking Group 3:00 Sensory Games* 4:30 Dinning Service Prep: Dinnertime	22 9:15 Exercise Fun: Stretching & Balloon Ball 10:30 Snacktivity: Beauty & Grooming 11:00 Church* 11:30 Dinning Service Prep: Lunchtime 1:00 Sensory Games* 2:00 Snacktivity: Chili Cook-Off 2:30 Trivia Games* 3:00 Pretty Nails & Manicures 4:30 Dinning Service Prep: Dinnertime 	23 9:15 Resident Focused Visits 10:30 Snacktivity: Beauty & Grooming 11:30 Dinning Service Prep: Lunchtime 1:00 B-I-N-G-O* 2:00 Snacktivity: Birthday Cupcakes 2:00 Creative Arts* 3:00 Outdoor Games 4:0 Dinning Service Prep: Dinnertime 
24 9:15 Resident Focused Visits 10:30 Snacktivity: Beauty & Grooming 11:30 Dinning Service Prep: Lunchtime 1:00 iN2L Games* 2:00 Snacktivity: Sensory Games* 3:00 Outdoor Games 3:30 Exercise Fun: Stretching & Balloon Ball 4:30 Dinning Service Prep: Dinnertime	25 9:15 Exercise Fun: Music & Movement 10:30 Snacktivity: Beauty & Grooming 11:30 Dinning Service Prep: Lunchtime 1:00 Floral Arranging 2:00 Travel on iN2L* 2:45 Snacktivity: Basil on Piano 4:30 Dinning Service Prep: Dinnertime	26 9:15 Resident Focused Visits 10:30 Snacktivity: Beauty & Grooming 11:30 Dinning Service Prep: Lunchtime 1:00 B-I-N-G-O* 2:00 Snacktivity: Pumpkin Decorating 3:00 Pretty Nails & Manicures 4:30 Dinning Service Prep: Dinnertime 	27 9:15 Exercise Fun: Balloon Ball 10:30 Snacktivity: Beauty & Grooming 11:30 Dinning Service Prep: Lunchtime 1:00 Trivia Games* 2:00 Snacktivity: Travel on iN2L* 2:00 Creative Arts: Watercolor Painting* 3:00 Puzzles* 4:30 Dinning Service Prep: Dinnertime	28 9:15 Residents Focused Visits 10:30 Snacktivity: Beauty & Grooming 11:30 Dinning Service Prep: Lunchtime 1:00 Dice Games 2:00 Snacktivity: Music & Art* 2:30 Exercise Fun: Walking Group 3:00 Sensory Games* 4:30 Dinning Service Prep: Dinnertime	29 9:15 Exercise Fun: Stretching & Balloon Ball 10:30 Snacktivity: Beauty & Grooming 11:00 Church* 11:30 Dinning Service Prep: Lunchtime 1:00 Sensory Games* 2:00 Snacktivity: Card Games* 2:30 Trivia Games* 3:00 Pretty Nails & Manicures 4:30 Dinning Service Prep: Dinnertime	30 9:15 Resident Focused Visits 10:30 Snacktivity: Beauty & Grooming 11:30 Dinning Service Prep: Lunchtime 1:00 B-I-N-G-O* 2:00 Snacktivity: Virtual Vacation* 2:00 Creative Arts* 3:00 Outdoor Games 4:30 Dinning Service Prep: Dinnertime

OCTOBER 2021

Farmington Square Eugene • Cottage B • 2730 Bailey Lane Eugene, OR 97401

541-344-7902

SUN	MON	TUE	WED	THU	FRI	SAT
31 Halloween 9:15 Exercise Fun: Stretching & Balloon Ball 10:30 Snacktivity: Beauty & Grooming 11:00 Dinning Service Prep: Lunchtime 12:30 Yahtzee 2:00 Snacktivity: Halloween Party 3:00 Outdoor Games 3:30 Card Games* 4:00 Dinning Service Prep: Dinnertime 5:30 Shake Loose a Memory 	All activities subject to change per mandated health guidelines.	<u>October Highlights</u> Oct. 4th— Golf Lovers' Day Oct. 8th— Sing-a-long with Katie Oct. 9th— Chess Day Oct. 12th— Halloween Crafts Oct. 14th— Dessert Day Oct. 16th- Sports Day Oct. 19th— Kentucky Day Oct. 22nd— Chili Cook Off Oct. 23rd— Birthday Cupcakes Oct. 25th— Basil on Piano Oct. 26th— Pumpkin Day: Decorating Pumpkins Oct. 31st— Halloween Party Church with Steve every Thursday	 	 	1 9:15 Exercise Fun: Sit and Be Fit* 10:30 Snacktivity: Beauty & Grooming 11:00 Dinning Service Prep: Lunchtime 12:30 Yahtzee 2:00 Snacktivity: Card Games* 2:30 Trivia Games* 3:00 Pretty Nails & Manicures 4:00 Dinning Service Prep: Dinnertime 5:30 Movie Night & Popcorn*	2 9:15 Exercise Fun: Music & Movement* 10:30 Snacktivity: Beauty & 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*
3 9:15 Exercise Fun: Stretching & Balloon Ball 10:30 Snacktivity: Beauty & Grooming 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	4 9:15 Exercise Fun: Sit and Be Fit* 10:30 Snacktivity: Beauty & 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 Golf Lovers' Day 4:00 Dinning Service Prep: Dinnertime 5:30 Penny Ante 	5 9:15 Exercise Fun: Music & Movement* 10:30 Snacktivity: Beauty & Grooming 11:00 Dinning Service Prep: Lunchtime 12:30 B-I-N-G-O* 2:00 Snacktivity: Coffee & Conversation* 2:30 Dominos 3:00 Pretty Nails & Manicures 4:00 Dinning Service Prep: Dinnertime 5:30 Yahtzee Night	6 9:15 Exercise Fun: Tai Chi* 10:30 Snacktivity: Beauty & 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	7 9:15 Exercise Fun: Balloon Ball 10:30 Snacktivity: Beauty & Grooming 11:00 Dinning Service Prep: Lunchtime 12:30 B-I-N-G-O* 2:00 Snacktivity: Church with Steve 3:00 Exercise Fun: Walking Group 3:30 Sensory Games* 4:00 Dinning Service Prep: Dinnertime 5:30 Board Game Night	8 9:15 Exercise Fun: Sit and Be Fit* 10:30 Snacktivity: Beauty & Grooming 11:00 Dinning Service Prep: Lunchtime 12:30 Yahtzee 2:00 Snacktivity: Sing-a-long with Katie 2:30 Trivia Games* 3:00 Pretty Nails & Manicures 4:00 Dinning Service Prep: Dinnertime 5:30 Movie Night & Popcorn* 	9 9:15 Exercise Fun: Music & Movement* 10:30 Snacktivity: Beauty & Grooming 11:00 Dinning Service Prep: Lunchtime 12:30 B-I-N-G-O* 2:00 Snacktivity: Chess Day 2:00 Creative Arts* 3:00 Outdoor Games 4:00 Dinning Service Prep: Dinnertime 5:30 Card Game Night* 
10 9:15 Exercise Fun: Stretching & Balloon Ball 10:30 Snacktivity: Beauty & Grooming 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	11 9:15 Exercise Fun: Sit and Be Fit* 10:30 Snacktivity: Beauty & 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	12 9:15 Exercise Fun: Music & Movement* 10:30 Snacktivity: Beauty & Grooming 11:00 Dinning Service Prep: Lunchtime 12:30 B-I-N-G-O* 2:00 Snacktivity: Halloween Crafts 2:30 Dominos 3:00 Pretty Nails & Manicures 4:00 Dinning Service Prep: Dinnertime 5:30 Yahtzee Night 	13 9:15 Exercise Fun: Tai Chi* 10:30 Snacktivity: Beauty & 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	14 9:15 Exercise Fun: Balloon Ball 10:30 Snacktivity: Beauty & Grooming 11:00 Dinning Service Prep: Lunchtime 12:30 B-I-N-G-O* 2:00 Snacktivity: Dessert Day 2:00 Church with Steve 3:00 Sensory Games* 4:00 Dinning Service Prep: Dinnertime 5:30 Board Game Night 	15 9:15 Exercise Fun: Sit and Be Fit* 10:30 Snacktivity: Beauty & Grooming 11:00 Dinning Service Prep: Lunchtime 12:30 Yahtzee 2:00 Snacktivity: Card Games* 2:30 Trivia Games* 3:00 Pretty Nails & Manicures 4:00 Dinning Service Prep: Dinnertime 5:30 Movie Night & Popcorn*	16 9:15 Exercise Fun: Music & Movement* 10:30 Snacktivity: Beauty & Grooming 11:00 Dinning Service Prep: Lunchtime 12:30 B-I-N-G-O* 2:00 Snacktivity: Sports Day 2:00 Creative Arts* 3:00 Outdoor Games 4:00 Dinning Service Prep: Dinnertime 5:30 Card Game Night* 
17 9:15 Exercise Fun: Stretching & Balloon Ball 10:30 Snacktivity: Beauty & Grooming 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	18 9:15 Exercise Fun: Sit and Be Fit* 10:30 Snacktivity: Beauty & 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	19 9:15 Exercise Fun: Music & Movement* 10:30 Snacktivity: Beauty & Grooming 11:00 Dinning Service Prep: Lunchtime 12:30 B-I-N-G-O* 2:00 Snacktivity: Kentucky Day 2:30 Dominos 3:00 Pretty Nails & Manicures 4:00 Dinning Service Prep: Dinnertime 5:30 Yahtzee Night	20 9:15 Exercise Fun: Tai Chi* 10:30 Snacktivity: Beauty & 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	21 9:15 Exercise Fun: Balloon Ball 10:30 Snacktivity: Beauty & Grooming 11:00 Dinning Service Prep: Lunchtime 12:30 B-I-N-G-O* 2:00 Snacktivity: Church with Steve 3:00 Exercise Fun: Walking Group 3:30 Sensory Games* 4:00 Dinning Service Prep: Dinnertime 5:30 Board Game Night	22 9:15 Exercise Fun: Sit and Be Fit* 10:30 Snacktivity: Beauty & Grooming 11:00 Dinning Service Prep: Lunchtime 12:30 Yahtzee 2:00 Snacktivity: Chili Cook-Off 2:30 Trivia Games* 3:00 Pretty Nails & Manicures 4:00 Dinning Service Prep: Dinnertime 5:30 Movie Night & Popcorn* 	23 9:15 Exercise Fun: Music & Movement* 10:30 Snacktivity: Beauty & 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* 
24 9:15 Exercise Fun: Stretching & Balloon Ball 10:30 Snacktivity: Beauty & Grooming 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	25 9:15 Exercise Fun: Sit and Be Fit* 10:30 Snacktivity: Beauty & Grooming 11:00 Dinning Service Prep: Lunchtime 12:30 B-I-N-G-O* 2:00 Snacktivity: Basil on Piano 2:30 Creative Arts: Adult Coloring* 3:30 Floral Arranging 4:00 Dinning Service Prep: Dinnertime 5:30 Penny Ante	26 9:15 Exercise Fun: Music & Movement* 10:30 Snacktivity: Beauty & Grooming 11:00 Dinning Service Prep: Lunchtime 12:30 B-I-N-G-O* 2:00 Snacktivity: Pumpkin Decorating 2:30 Dominos 3:00 Pretty Nails & Manicures 4:00 Dinning Service Prep: Dinnertime 5:30 Yahtzee Night 	27 9:15 Exercise Fun: Tai Chi* 10:30 Snacktivity: Beauty & 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	28 9:15 Exercise Fun: Balloon Ball 10:30 Snacktivity: Beauty & Grooming 11:00 Dinning Service Prep: Lunchtime 12:30 B-I-N-G-O* 2:00 Snacktivity: Church with Steve 3:00 Exercise Fun: Walking Group 3:30 Sensory Games* 4:00 Dinning Service Prep: Dinnertime 5:30 Board Game Night	29 9:15 Exercise Fun: Sit and Be Fit* 10:30 Snacktivity: Beauty & Grooming 11:00 Dinning Service Prep: Lunchtime 12:30 Yahtzee 2:00 Snacktivity: Card Games* 2:30 Trivia Games* 3:00 Pretty Nails & Manicures 4:00 Dinning Service Prep: Dinnertime 5:30 Movie Night & Popcorn*	30 9:15 Exercise Fun: Music & Movement* 10:30 Snacktivity: Beauty & 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*

OCTOBER 2021

Farmington Square Eugene

Cottage C

2730 Bailey Lane Eugene, OR 97401

541-344-7902

SUN	MON	TUE	WED	THU	FRI	SAT
31 Halloween 10:45 Beauty & Grooming 12:30 Yahtzee 2:00 Halloween Party 3:00 Outdoor/Indoor Games 3:30 Resident Focus Visits 4:00 Card Games* 	All activities subject to change per mandated health guidelines.	<u>October Highlights</u> Oct. 1st- Tai Chi, For a Happy Healthy Community Oct. 4th- Golf Lovers' Day Oct. 7th & 21st- Bingo Buck Thursday Oct. 9th- Chess Day Oct. 12th- Halloween Crafts Oct. 14th- Dessert Day Oct. 15th- Dr. Delusion's Illusion's Comedy Magic & Illusions Show Oct. 16th- Sports Day Oct. 19th- Reverence Karate Class with Alex Oct. 20th- Resident Council Oct. 22nd- Chili Cook Off Oct. 23rd- Birthday Cupcakes Oct. 26th- Pumpkin Day: Decorating Pumpkins Oct. 29th- Day Trip: Valley River Center Oct. 31st- Halloween Party Person Shopper Days are every Tuesday & Friday Church with Steve every Thursday	 	 	1 10:45 Exercise Fun: Stretching & Balloon Ball 12:30 Yahtzee 2:00 Tai Chi, For a Happy Healthy Community 3:00 Pretty Nails & Manicures 4:00 Card Games* Personal Shopper Day: 1:30pm-4:30pm	2 10:45 Exercise Fun: Tai Chi* 11:30 Resident Focused Visits 12:30 B-I-N-G-O* 2:00 Creative Arts* 3:00 Outdoor/Indoor Games 4:00 Resident Focus Visits
3 10:45 Beauty & Grooming 12:30 Yahtzee 2:00 Exercise Fun: Stretching & Balloon Ball 3:00 Outdoor/Indoor Games 3:30 Resident Focus Visits 4:00 Card Games*	4 10:45 Resident Focused Visits 12:30 B-I-N-G-O* 2:00 Golf Lovers' Day* 3:00 Floral Arranging 3:30 Walking Group 4:00 Creative Arts* 	5 10:45 Exercise Fun: Tai Chi* 12:30 B-I-N-G-O* 2:00 Coffee & Conversation* 3:00 Pretty Nails & Manicures 4:00 Story Time* Personal Shopper Day: 11am-2pm	6 10:45 Resident Focused Visits 12:30 Word Games/Crossword Puzzle* 2:00 Exercise Fun: Stretching & weights 3:00 Creative Arts* 4:00 Puzzles*	7 10:45 Beauty & Grooming 12:30 B-I-N-G-O* Buck Thursday  2:00 Exercise Fun: Walking Group 2:30 Trivia Games* 3:00 Church with Steve 4:00 Exercise Fun: Stretching & Balloon Ball	8 10:45 Exercise Fun: Stretching & Balloon Ball 12:30 Yahtzee 2:00 Movie & Popcorn 3:00 Pretty Nails & Manicures 4:00 Card Games* Personal Shopper Day: 1:30pm-4:30pm	9 10:45 Exercise Fun: Tai Chi* 11:30 Resident Focused Visits 12:30 B-I-N-G-O* 2:00 Chess Day  3:00 Outdoor/Indoor Games 4:00 Resident Focus Visits
10 10:45 Beauty & Grooming 12:30 Yahtzee 2:00 Exercise Fun: Stretching & Balloon Ball 3:00 Outdoor/Indoor Games 3:30 Resident Focus Visits 4:00 Card Games*	11 10:45 Resident Focused Visits 12:30 B-I-N-G-O* 2:00 Strategy & Target Games* 3:00 Word Games* 3:30 Walking Group 4:00 Creative Arts*	12 10:45 Exercise Fun: Tai Chi* 12:30 B-I-N-G-O* 2:00 Halloween Crafts  3:00 Pretty Nails & Manicures 4:00 Story Time* Personal Shopper Day: 11am-2pm	13 10:45 Resident Focused Visits 12:30 Word Games/Crossword Puzzle* 2:00 Exercise Fun: Stretching & weights 3:00 Creative Arts* 4:00 Puzzles*	14 10:45 Beauty & Grooming 12:30 B-I-N-G-O* 2:00 Dessert Day  2:30 Trivia Games* 3:00 Church with Steve 4:00 Exercise Fun: Stretching & Balloon Ball	15 10:45 Exercise Fun: Stretching & Balloon Ball 12:30 Yahtzee 2:00 Dr. Delusion's Illusion's Comedy Magic & Illusions Show  3:00 Pretty Nails & Manicures 4:00 Card Games* Personal Shopper Day: 1:30pm-4:30pm	16 10:45 Exercise Fun: Tai Chi* 11:30 Resident Focused Visits 12:30 B-I-N-G-O* 2:00 Sports Day  3:00 Outdoor/Indoor Games 4:00 Resident Focus Visits
17 10:45 Beauty & Grooming 12:30 Yahtzee 2:00 Exercise Fun: Stretching & Balloon Ball 3:00 Outdoor/Indoor Games 3:30 Resident Focus Visits 4:00 Card Games*	18 10:45 Resident Focused Visits 12:30 B-I-N-G-O* 2:00 Strategy & Target Games* 3:00 Floral Arranging 3:30 Walking Group 4:00 Creative Arts*	19 10:45 Exercise Fun: Tai Chi* 12:30 B-I-N-G-O* 2:00 Reverence Karate Class with Alex  3:00 Pretty Nails & Manicures 4:00 Story Time* Personal Shopper Day: 11am-2pm	20 10:45 Resident Focused Visits 12:30 Word Games/Crossword Puzzle* 2:30 Resident Council 3:30 Creative Arts* 4:00 Puzzles*	21 10:45 Beauty & Grooming 12:30 B-I-N-G-O* Buck Thursday  2:00 Exercise Fun: Walking Group 2:30 Trivia Games* 3:00 Church with Steve 4:00 Exercise Fun: Stretching & Balloon Ball	22 10:45 Exercise Fun: Stretching & Balloon Ball 12:30 Yahtzee 2:30 Chili Cook-Off  3:00 Pretty Nails & Manicures 4:00 Card Games* Personal Shopper Day: 1:30pm-4:30pm	23 10:45 Exercise Fun: Tai Chi* 11:30 Resident Focused Visits 12:30 B-I-N-G-O* 2:00 Birthday Cupcakes  3:00 Outdoor/Indoor Games 4:00 Resident Focus Visits
24 10:45 Beauty & Grooming 12:30 Yahtzee 2:00 Exercise Fun: Stretching & Balloon Ball 3:00 Outdoor/Indoor Games 3:30 Resident Focus Visits 4:00 Card Games*	25 10:45 Resident Focused Visits 12:30 B-I-N-G-O* 2:00 Strategy & Target Games* 3:00 Word Games* 3:30 Walking Group 4:00 Creative Arts*	26 10:45 Exercise Fun: Tai Chi* 12:30 B-I-N-G-O* 2:00 Pumpkin Day : Decorating Pumpkins  3:00 Pretty Nails & Manicures 4:00 Story Time* Personal Shopper Day: 11am-2pm	27 10:45 Resident Focused Visits 12:30 Word Games/Crossword Puzzle* 2:00 Exercise Fun: Stretching & weights 3:00 Creative Arts* 4:00 Puzzles*	28 10:45 Beauty & Grooming 12:30 B-I-N-G-O* 2:00 Exercise Fun: Walking Group 2:30 Trivia Games* 3:00 Church with Steve 4:00 Exercise Fun: Stretching & Balloon Ball	29 10:45 Exercise Fun: Stretching & Balloon Ball 12:30 Yahtzee 2:00 Day Trip: Valley River Center 3:00 Pretty Nails & Manicures 4:00 Card Games* Personal Shopper Day: 1:30pm-4:30pm	30 10:45 Exercise Fun: Tai Chi* 11:30 Resident Focused Visits 12:30 B-I-N-G-O* 2:00 Creative Arts* 3:00 Outdoor/Indoor Games 4:00 Resident Focus Visits