



14420 SW Farmington Rd.  
Beaverton, OR 97005

Stamp

#### Administrative Team:

**Eric Printz**

Executive Director

**Kara Tobey**

Community Relations Director

**Isabelle Hein (A)**

Wellness Director

**Tiffany Milles (B)**

Wellness Director

**Maria Cotom-Pineda (C/D - Wellness)**

Assistant Executive Director

**Angela Gilmore**

Business Office Director

**Joan Alfano**

Registered Nurse

**Erika Silva**

Dietary Director

**Matt Theodore**

Maintenance Director

**Robert Baty**

Life Enrichment Director

**Grace Gonzalez**

Wellness Coordinator

Connect:

**503-626-2273**

**info-beaverton@farmingtonsquare.com**

**www.farmingtonsquare-beaverton.com**

**Facebook.com/**

**FarmingtonSquareBeaverton**

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



# The Radiant Reader

**November 2021**

**Farmington Square Newsletter**



2 Flu Prevention Steps

3 Team Spotlight

4 - 5 Activities Calendar

6 Highlights, Notes

7 Special Moments & Birthdays

8 Mission & Team



# Flu Prevention Steps for Seniors This Season

Autumn brings much to be excited for: gatherings, delicious foods, crisp air, and beautiful sights outdoors! Less exciting, the influenza virus, a respiratory illness that infects the nose, throat, and lungs, makes its rounds in fall, typically on through February.

Anyone can catch the flu, but those 65+ or at senior living communities are at increased risk for flu-related complications like pneumonia, bronchitis, or sinusitis. The good news is older adults can take actions to avoid the flu. The best for many is an annual flu vaccine early in the flu season, with approval from one’s medical professional.

All of us can benefit from knowing how to avoid getting and spreading the flu. It can spread in tiny drops when people with the flu cough, sneeze, or talk. The drops can transfer to nearby mouths, noses, or surfaces. Those with flu are most contagious in three to four days after their illness starts. They can pass it to others before or while aware they’re sick. Time between exposure and infection is often two days, but can be one to four.

Best preventions, aside from the flu vaccine for many, include: covering mouth and nose when coughing and sneezing; washing hands with soap and



## Differences Between Flu and a Cold

Flu is fast-coming and often brings fever, chills, cough, bodyache, headache, and tiredness. It only sometimes includes sneezing, sore throat, or stuffy nose. The flu can be tested for, and antiviral drugs exist for it. A cold brings gradual effects including a runny or stuffy nose, chest discomfort, cough, sore throat, sneezing, and sometimes fatigue and aches. Colds don’t often bring chills, fever, or headache. (CDC)

warm water for 15-20 seconds several times daily and after coughing/sneezing; and avoiding contact with eyes, nose, and mouth. Since the Covid-19 pandemic began, many have been wearing masks, social distancing, hand washing, and staying home when ill, which can help prevent the flu.

With many great habits in place, we’re set up to stand up to this year’s flu virus. We hope this information helps everyone navigate this year’s flu season!

*Follow your medical professional’s advice and speak with them before changing diet, exercise, or medications. This article is for informational use only and should not be considered medical advice.*

# Special Moments

**November 11th is Veterans Day!** It is a U.S. holiday that honors veterans of all wars. That day, and throughout the year, we thank all who have served for our great nation.



# Happy Birthday!

**Kay T. - 11/1**

**Barbara W. - 11/1**

**Virginia O. - 11/23**

- Those born in November are Scorpios (Oct. 23-Nov. 21) or Sagittarius (Nov. 22-Dec 21.)
- Their birthstone is topaz or citrine.
- Their birth flower is the Chrysanthemum, said to bring happiness and laughter!



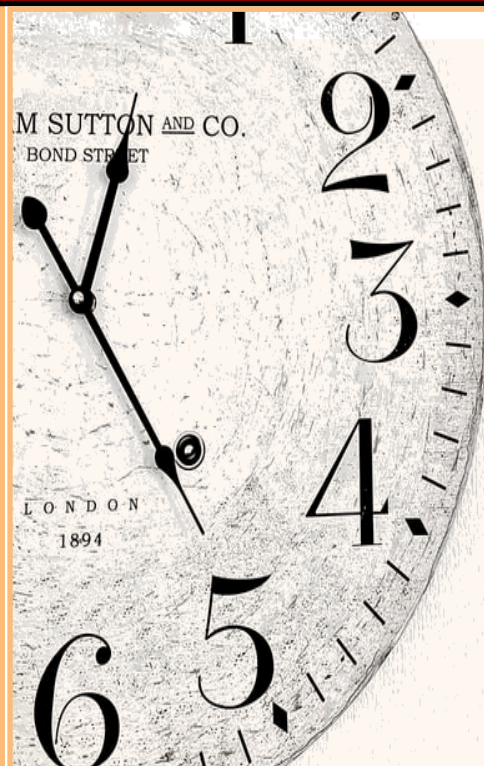
# November 2021 Highlights

November observes Alzheimer's Disease Month, Diabetes Month, Gratitude Month, and Native American Heritage Month. It celebrates such foods as: pomegranates, raisin bread, squash, and peanut butter. It is Novel Writing Month so it's a great time to work on writing!

- |  |   |
|--|---|
| 01 Calzone Day; Cinnamon Day               | 16 Button Day; Fast Food Day              |
| 02 Deviled Egg Day; Traffic Directors' Day | 17 Hike Day; Homemade Bread Day           |
| 03 Sandwich Day; Stress Awareness Day      | 18 Mickey's Birthday                      |
| 04 Candy Day; Men Make Dinner Day          | 19 Monopoly Day; Intl. Men's Day          |
| 05 Donut Day; Favorite Team Jersey Day     | 20 Peanut Butter Fudge Day                |
| 06 Nachos Day; Saxophone Day               | 21 Gingerbread Cookie Day; Stuffing Day   |
| 07 Bittersweet Almond Chocolate Day        | 22 Cranberry Relish Day                   |
| 08 Cappuccino Day                          | 23 Espresso Day; Cranberry Day            |
| 09 Louisiana Day; Scrapple Pork Day        | 24 Sardines Day; Jukebox Day              |
| 10 Vanilla Cupcake Day; Accounting Day     | 25 Thanksgiving Day; Parfait Day          |
| 11 Veterans' Day; Sundae Day               | 26 Cake Day; Native American Heritage Day |
| 12 Pizza with Works Day; French Dip Day    | 27 Bavarian Cream Pie Day; Small Biz Sat. |
| 13 World Kindness Day                      | 28 Hannukah Begins; French Toast Day      |
| 14 Pickle Day; Spicy Guacamole Day         | 29 Electronic Greetings Day               |
| 15 Recycle Day; Raisin Bran Cereal Day     | 30 Mason Jar Day; Mousse Day              |

## Regarding Covid-19:

Safety and comfort of our residents and staff remains our number one priority during the Coronavirus cases that have happened nationwide. We are following mandated health guidelines. Please note that all activities are subject to cancellation per current mandated health guidelines. To read a full list of measures taken, and our current visitor policy, please visit our website.



**Daylight Savings Time Ends!** On Sunday, November 7th, at 2 AM, turn your clocks back one hour. Enjoy more light in the morning.



## STAFF SPOTLIGHT: Kara Tobey

Kara loves spending time with older adults and helping families and seniors find their perfect home! She holds a degree in Gerontology and has been volunteering and working in the senior living field for 15-plus years. She is a Portland native and enjoys hiking, cooking, reading, writing and spending time with her four-pound Yorkie named Dash. She has a 23-year-old son and extended family in the area. Kara is thrilled to be in the role of Community Relations Director at Farmington Square of Beaverton and looks forward to getting to know everyone!



## STAFF SPOTLIGHT: ANA

At the age of 15, Miss Ana started taking care of her grandmother. From doing that, she realized that taking care of our elders was something that was really important to her. She started working here at Farmington Square on December 6th of 2000. She shared that she feels very blessed to be part of the Farmington family. We are very glad that you found us, as are the residents! Thank you Ana for all you do!



# NOVEMBER 2021 Building A

**Farmington Square**  
**14420 SW Farmington Rd.**

**Beaverton, OR. 97005**  
**503-626-2273**

<i>SUN</i>	<i>MON</i>	<i>TUE</i>	<i>WED</i>	<i>THU</i>	<i>FRI</i>	<i>SAT</i>
	<b>1</b> 10:00 Exercise 10:30 Snack & News 11:00 <i>Wacky Word Games</i> 1:30 Bingo 2:45 <i>Snack</i> 3:00 Trivia 6:00 Puzzles	<b>2 Election Day</b> 10:00 Exercise 10:30 Snack 11:00 <i>Wacky Word Games</i> 1:30 Balloon Badminton 2:15 <i>Trivia/Snack</i> 3:00 Bingo 6:00 <i>Evening Movie</i>	<b>3</b> 9:45 Painting <b>9:45 Fred Meyer</b> 10:30 Snack & News 11:00 <i>Wacky Word Games</i> 11:30 Exercise 1:30 <i>Sing Along /Trivia</i> <b>2:45 Ice Cream Social / Bingo</b> 6:00 Puzzles	<b>4</b> <b>9:45 Scenic Drive</b> 10:30 Snack 11:30 Exercise 1:30 Bean Bag Toss 2:30 <i>Reminisce /Snack</i> 3:00 Bingo 6:00 Balloon Bounce	<b>5</b> 10:00 Exercise 10:30 Snack & News 11:00 <i>Wacky Word Games</i> 1:30 <i>Trivia/Snack</i> 2:15 <i>Sing Along</i> 3:00 Bingo 6:00 Puzzles	<b>6</b> 10:00 Exercise 10:30 Snack & News 11:00 Wacky Word Games 1:30 Reminisce/ Snack 2:30 Bingo 3:30 Balloon Badminton 6:00 Movie Night
<b>7 Daylight Savings Time</b> 9:30 Coffee/ News 10:00 Puzzles 10:30 Snack 10:45 <i>Bible Verse of the day</i> 1:30 Bingo/Snack 2:30 Movie Matinee 6:00 Balloon Bounce	<b>8</b> 10:00 Exercise 10:30 Snack & News 11:00 <i>Wacky Word Games</i> 1:30 Bingo 2:45 <i>Snack</i> 3:00 Trivia 6:00 Puzzles	<b>9</b> 10:00 Exercise 10:30 Snack 11:00 <i>Wacky Word Games</i> 1:30 Balloon Badminton 2:15 <i>Trivia/Snack</i> 3:00 Bingo 6:00 <i>Evening Movie</i>	<b>10</b> 9:45 Painting <b>9:45 Fred Meyer</b> 10:30 Snack & News 11:00 <i>Wacky Word Games</i> 11:30 Exercise 1:30 <i>Sing Along /Trivia</i> <b>2:45 Ice Cream Social / Bingo</b> 6:00 Puzzles	<b>11 Veterans Day</b> 10:00 Exercise 10:30 Snack & News 11:00 <i>Wacky Word Games</i> 1:00 Movie Matinee <b>1:15 Elsie Stuhr</b> 1:45 Snack 4:00 Painting 6:00 Balloon Bounce	<b>12</b> 10:00 Exercise 10:30 Snack & News 11:00 <i>Wacky Word Games</i> 1:30 <i>Trivia/Snack</i> 2:15 <i>Sing Along</i> 3:00 Bingo 6:00 Puzzles	<b>13</b> 10:00 Exercise 10:30 Snack & News 11:00 Wacky Word Games 1:30 Reminisce/ Snack 2:30 Bingo 3:30 Balloon Badminton 6:00 Movie Night
<b>14</b> 9:30 Coffee/ News 10:00 Puzzles 10:30 Snack 10:45 <i>Bible Verse of the day</i> 1:30 Bingo/Snack 2:30 Movie Matinee 6:00 Balloon Bounce	<b>15</b> 10:00 Exercise 10:30 Snack & News 11:00 <i>Wacky Word Games</i> 1:30 Bingo 2:45 <i>Snack</i> 3:00 Trivia 6:00 Puzzles	<b>16</b> 10:00 Exercise 10:30 Snack 11:00 <i>Wacky Word Games</i> 1:30 Balloon Badminton 2:15 <i>Trivia/Snack</i> 3:00 Bingo 6:00 <i>Evening Movie</i>	<b>17</b> 9:45 Painting <b>9:45 Fred Meyer</b> 10:30 Snack & News 11:00 <i>Wacky Word Games</i> 11:30 Exercise 1:30 <i>Sing Along /Trivia</i> <b>2:45 Ice Cream Social / Bingo</b> 6:00 Puzzles	<b>18</b> <b>9:45 Scenic Drive</b> 10:30 Snack 11:30 Exercise 1:30 Bean Bag Toss 2:30 <i>Reminisce /Snack</i> 3:00 Bingo 6:00 Balloon Bounce	<b>19</b> 10:00 Exercise 10:30 Snack & News 11:00 <i>Wacky Word Games</i> 1:30 <i>Trivia/Snack</i> 2:15 <i>Sing Along</i> 3:00 Bingo 6:00 Puzzles	<b>20</b> 10:00 Exercise 10:30 Snack & News 11:00 Wacky Word Games 1:30 Reminisce/ Snack 2:30 Bingo 3:30 Balloon Badminton 6:00 Movie Night
<b>21</b> 9:30 Coffee/ News 10:00 Puzzles 10:30 Snack 10:45 <i>Bible Verse of the day</i> 1:30 Bingo/Snack 2:30 Movie Matinee 6:00 Balloon Bounce	<b>22</b> 10:00 Exercise 10:30 Snack & News 11:00 <i>Wacky Word Games</i> 1:30 Bingo 2:45 <i>Snack</i> 3:00 Trivia 6:00 Puzzles	<b>23</b> 10:00 Exercise 10:30 Snack 11:00 <i>Wacky Word Games</i> 1:30 Balloon Badminton 2:15 <i>Trivia/Snack</i> 3:00 Bingo 6:00 <i>Evening Movie</i>	<b>24</b> 9:45 Painting <b>9:45 Fred Meyer</b> 10:30 Snack & News 11:00 <i>Wacky Word Games</i> 11:30 Exercise 1:30 <i>Sing Along /Trivia</i> <b>2:45 Ice Cream Social / Bingo</b> 6:00 Puzzles	<b>25 Happy Thanksgiving</b> 10:00 Exercise 10:30 Snack & News 11:00 <i>Wacky Word Games</i> 1:00 Movie Matinee <b>1:15 Elsie Stuhr</b> 1:45 Snack 4:00 Painting 6:00 Balloon Bounce	<b>26</b> 10:00 Exercise 10:30 Snack & News 11:00 <i>Wacky Word Games</i> 1:30 <i>Trivia/Snack</i> 2:15 <i>Sing Along</i> 3:00 Bingo 6:00 Puzzles	<b>27</b> 10:00 Exercise 10:30 Snack & News 11:00 Wacky Word Games 1:30 Reminisce/ Snack 2:30 Bingo 3:30 Balloon Badminton 6:00 Movie Night
<b>28</b> 9:30 Coffee/ News 10:00 Puzzles 10:30 Snack 10:45 <i>Bible Verse of the day</i> 1:30 Bingo/Snack 2:30 Movie Matinee 6:00 Balloon Bounce	<b>29 First Day of Hanukkah</b> 10:00 Exercise 10:30 Snack & News 11:00 <i>Wacky Word Games</i> 1:30 Bingo 2:45 <i>Snack</i> 3:00 Trivia 6:00 Puzzles	<b>30</b> 10:00 Exercise 10:30 Snack 11:00 <i>Wacky Word Games</i> 1:30 Balloon Badminton 2:15 <i>Trivia/Snack</i> 3:00 Bingo 6:00 <i>Evening Movie</i>	<p><b>Activity schedule</b></p> <p><b>Subject to cancellation per current mandated health guidelines.</b></p> <p><b>Please look for a <u>red time</u> to indicate what may be changing</b></p> <p><b>Example: <b>9:45</b> Fred Meyer</b></p>			



# NOVEMBER 2021 Building B

Farmington Square  
14420 SW Farmington Rd.

Beaverton, OR. 97005  
503-626-2273

SUN	MON	TUE	WED	THU	FRI	SAT
	<b>1</b>  <b>9:45 Scenic Drive</b> 10:30 Coffee & News 11:00 Exercise 1:30 <i>Trivia/ Snack</i> 2:00 Craft 3:00 Bingo 4:00 Poem of the day 6:00 Evening Movie	<b>2 Election Day</b>  10:00 Watercolors & Snack 10:30 <i>Coffee &amp; News</i> 11:00 Exercise 1:30 <i>Name That Tune</i> 2:45 <i>Bingo</i> With Snack 4:00 Poem of the day 6:00 Evening Movie	<b>3</b>  9:45 Painting <b>9:45 Fred Meyer</b> 10:30 Snack 1:30 <i>Seated Stretching</i> 2:00 <i>Trivia/ Snack</i> <b>2:45 Ice Cream Social/ Bingo</b> 6:00 Puzzles	<b>4</b>  <b>9:45 Library Outing</b> 10:00 Snack 11:00 <i>Word Games</i> 1:30 Exercise 2:45 Snack 3:00 <i>Bingo</i> 6:00 Evening Movie	<b>5</b>  10:00 Table Games 10:30 Coffee & News 11:00 Exercise 1:30 Craft 2:30 <i>Reminisce/</i> Snack 3:00 <i>Bingo</i> 6:00 Puzzles	<b>6</b>  10:00 Watercolors & Snack 10:30 <i>Coffee &amp; News</i> 11:00 Exercise 1:30 Balloon Badminton 2:45 <i>Bingo</i> With Snack 4:00 Poem of the day 6:00 Evening Movie
<b>7 Daylight Savings Time</b>  9:30 Snack 9:45 Watercolors 10:00 <i>Sit And Be Fit</i> 11:00 Bible Study 1:30 Movie and Snack 3:00 Bingo 6:00 Travel Video	<b>8</b>  9:45 Watercolors 10:30 Coffee & News 11:00 Exercise 1:30 <i>Trivia/ Snack</i> 2:00 Craft 3:00 Bingo 6:00 Evening Movie	<b>9</b>  10:00 Watercolors & Snack 10:30 <i>Coffee &amp; News</i> 11:00 Exercise 1:30 <i>Name That Tune</i> 2:45 <i>Bingo</i> With Snack 4:00 Poem of the day 6:00 Evening Movie	<b>10</b>  9:45 Painting <b>9:45 Fred Meyer</b> 10:30 Snack 1:30 <i>Seated Stretching</i> 2:00 <i>Trivia/ Snack</i> <b>2:45 Ice Cream Social/ Bingo</b> 6:00 Puzzles	<b>11 Veterans Day</b>  10:00 Table Games 10:30 <i>Coffee &amp; News</i> 11:00 Exercise <b>1:15 Elsie Stuhr</b> 1:45 Snack 4:00 Poem Of The Day 6:00 Evening Movie	<b>12</b>  10:00 Table Games 10:30 Coffee & News 11:00 Exercise 1:30 Craft 2:30 <i>Reminisce/</i> Snack 3:00 <i>Bingo</i> 6:00 Puzzles	<b>13</b>  10:00 Watercolors & Snack 10:30 <i>Coffee &amp; News</i> 11:00 Exercise 1:30 Balloon Badminton 2:45 <i>Bingo</i> With Snack 4:00 Poem of the day 6:00 Evening Movie
<b>14</b>  9:30 Snack 9:45 Watercolors 10:00 <i>Sit And Be Fit</i> 11:00 Bible Study 1:30 Movie and Snack 3:00 Bingo 6:00 Travel Video	<b>15</b>  <b>9:45 Scenic Drive</b> 10:30 Coffee & News 11:00 Exercise 1:30 <i>Trivia/ Snack</i> 2:00 Craft 3:00 Bingo 4:00 Poem of the day 6:00 Evening Movie	<b>16</b>  10:00 Watercolors & Snack <b>10:30 Resident Council/ Snack</b> 1:30 Exercise 2:00 Gardening 2:45 <i>Bingo</i> With Snack 4:00 Poem of the day 6:00 Evening Movie	<b>17</b>  9:45 Painting <b>9:45 Fred Meyer</b> 10:30 Snack 1:30 <i>Seated Stretching</i> 2:00 <i>Trivia/ Snack</i> <b>2:45 Ice Cream Social/ Bingo</b> 6:00 Puzzles	<b>18</b>  <b>9:45 Library Outing</b> 10:00 Snack 11:00 <i>Word Games</i> 1:30 Exercise 2:45 Snack 3:00 <i>Bingo</i> 6:00 Evening Movie	<b>19</b>  10:00 Table Games 10:30 Coffee & News 11:00 Exercise 1:30 Craft 2:30 <i>Reminisce/</i> Snack 3:00 <i>Bingo</i> 6:00 Puzzles	<b>20</b>  10:00 Watercolors & Snack 10:30 <i>Coffee &amp; News</i> 11:00 Exercise 1:30 Balloon Badminton 2:45 <i>Bingo</i> With Snack 4:00 Poem of the day 6:00 Evening Movie
<b>21</b>  9:30 Snack 9:45 Watercolors 10:00 <i>Sit And Be Fit</i> 11:00 Bible Study 1:30 Movie and Snack 3:00 Bingo 6:00 Travel Video	<b>22</b>  9:45 Watercolors 10:30 Coffee & News 11:00 Exercise 1:30 <i>Trivia/ Snack</i> 2:00 Craft 3:00 Bingo 6:00 Evening Movie	<b>23</b>  10:00 Watercolors & Snack 10:30 <i>Coffee &amp; News</i> 11:00 Exercise 1:30 <i>Name That Tune</i> 2:45 <i>Bingo</i> With Snack 4:00 Poem of the day 6:00 Evening Movie	<b>24</b>  9:45 Painting <b>9:45 Fred Meyer</b> 10:30 Snack 1:30 <i>Seated Stretching</i> 2:00 <i>Trivia/ Snack</i> <b>2:45 Ice Cream Social/ Bingo</b> 6:00 Puzzles	<b>25 Happy Thanksgiving</b>  10:00 Table Games 10:30 <i>Coffee &amp; News</i> 11:00 Exercise <b>1:15 Elsie Stuhr</b> 1:45 Snack 4:00 Poem Of The Day 6:00 Evening Movie	<b>26</b>  10:00 Table Games 10:30 Coffee & News 11:00 Exercise 1:30 Craft 2:30 <i>Reminisce/</i> Snack 3:00 <i>Bingo</i> 6:00 Puzzles	<b>27</b>  10:00 Watercolors & Snack 10:30 <i>Coffee &amp; News</i> 11:00 Exercise 1:30 Balloon Badminton 2:45 <i>Bingo</i> With Snack 4:00 Poem of the day 6:00 Evening Movie
<b>28</b>  9:30 Snack 9:45 Watercolors 10:00 <i>Sit And Be Fit</i> 11:00 Bible Study 1:30 Movie and Snack 3:00 Bingo 6:00 Travel Video	<b>29 First Day of Hanukkah</b>  9:45 Watercolors 10:30 Coffee & News 11:00 Exercise 1:30 <i>Trivia/ Snack</i> 2:00 Craft 3:00 Bingo 6:00 Evening Movie	<b>30</b>  10:00 Watercolors & Snack 10:30 <i>Coffee &amp; News</i> 11:00 Exercise 1:30 <i>Name That Tune</i> 2:45 <i>Bingo</i> With Snack 4:00 Poem of the day 6:00 Evening Movie	<p align="center"> <b>Activity schedule</b>  <b>Subject to cancellation per current mandated health guidelines.</b>  <b>Please look for a <u>red time</u> to indicate what may be changing</b>  <b>Example: 9:45 Fred Meyer</b> </p>			



# NOVEMBER 2021 Building CD

Farmington Square  
14420 SW Farmington Rd.

Beaverton, OR. 97005  
503-626-2273

SUN	MON	TUE	WED	THU	FRI	SAT
	<b>1</b> 10:00 Beauty Hour 10:30 <i>Sing Along / Snack</i> 11:00 Aroma Therapy 11:30 Balloon Bounce <b>1:30 Scenic Drive</b> 3:00 <i>Bingo/ Snack</i> 6:00 <i>Movie</i>	<b>2 Election Day</b> 10:00 Pretty Nails 10:30 <i>Sing Along/Snack</i> 11:00 Sorting/ Folding 11:30 Seated Stretching 1:30 <i>Bingo</i> 2:00 <i>Old Commercials/Snack</i> 3:00 Balloon Bat 6:00 <i>Nature Relax</i>	<b>3</b> 10:00 Beauty Hour 10:30 Exercise/ Snack 11:00 <i>Sing Along</i> 11:30 Reminisce 1:30 Bingo 2:00 Tea Time / Snack 3:00 Balloon Bat 6:00 <i>National Parks</i>	<b>4</b> 10:00 Pretty Nails 10:30 <i>Memory Bio/ Snack</i> 11:00 <i>Sorting</i> 11:30 <i>Exercise</i> 1:30 Sing Along 2:00 Craft/ Snack 3:00 <i>Bingo</i> 6:00 <i>Nature Relax</i>	<b>5</b> 10:00 Beauty Hour 10:30 <i>Sing Along/ Snack</i> 11:00 Exercise 11:30 Aroma Therapy 1:30 <i>Bingo</i> 2:00 <i>Trivia/ Snack</i> 3:00 Pretty Nails 6:00 <i>Nature Relax</i>	<b>6</b> 10:00 Beauty Hour 10:30 <i>Sing Along/ Snack</i> 11:00 Balloon Toss 11:30 Trivia 1:30 Puzzle/Cards/Folding 2:00 <i>Reminisce/ Snack</i> 3:00 <i>Bingo</i> 6:00 <i>National Parks</i>
<b>7 Daylight Savings Time</b> 10:00 Beauty Hour 10:30 Snack 11:00 <i>Conductor Exercise</i> 11:30 <i>Good News Network</i> 1:30 <i>Bible Study</i> 2:00 Balloon Bounce 3:00 <i>Bingo</i> 6:00 <i>Travel Videos</i>	<b>8</b> 10:00 Beauty Hour 10:30 <i>Sing Along / Snack</i> 11:00 Aroma Therapy 11:30 Balloon Bounce 1:30 <i>Travel</i> 2:00 <i>Reminisce/ Snack</i> 3:00 <i>Bingo</i> 6:00 <i>Movie</i>	<b>9</b> 10:00 Pretty Nails 10:30 <i>Sing Along/Snack</i> 11:00 Sorting/ Folding 11:30 Seated Stretching 1:30 <i>Bingo</i> 2:00 <i>Old Commercials/Snack</i> 3:00 Balloon Bat 6:00 <i>Nature Relax</i>	<b>10</b> 10:00 Beauty Hour 10:30 Exercise/ Snack 11:00 <i>Sing Along</i> 11:30 Reminisce 1:30 Bingo 2:00 Tea Time / Snack 3:00 Balloon Bat 6:00 <i>National Parks</i>	<b>11 Veterans Day</b> 10:00 Pretty Nails 10:30 <i>Memory Bio/ Snack</i> 11:00 <i>Sorting</i> 11:30 <i>Exercise</i> 1:30 Sing Along 2:00 Craft/ Snack 3:00 <i>Bingo</i> 6:00 <i>Nature Relax</i>	<b>12</b> 10:00 Beauty Hour 10:30 <i>Sing Along/ Snack</i> 11:00 Exercise 11:30 Aroma Therapy 1:30 <i>Bingo</i> 2:00 <i>Trivia/ Snack</i> 3:00 Pretty Nails 6:00 <i>Nature Relax</i>	<b>13</b> 10:00 Beauty Hour 10:30 <i>Sing Along/ Snack</i> 11:00 Balloon Toss 11:30 Trivia 1:30 Puzzle/Cards/Folding 2:00 <i>Reminisce/ Snack</i> 3:00 <i>Bingo</i> 6:00 <i>National Parks</i>
<b>14</b> 10:00 Beauty Hour 10:30 Snack 11:00 <i>Conductor Exercise</i> 11:30 <i>Good News Network</i> 1:30 <i>Bible Study</i> 2:00 Balloon Bounce 3:00 <i>Bingo</i> 6:00 <i>Travel Videos</i>	<b>15</b> 10:00 Beauty Hour 10:30 <i>Sing Along / Snack</i> 11:00 Aroma Therapy 11:30 Balloon Bounce <b>1:30 Scenic Drive</b> 3:00 <i>Bingo/ Snack</i> 6:00 <i>Movie</i>	<b>16</b> 10:00 Pretty Nails 10:30 <i>Sing Along/Snack</i> 11:00 Sorting/ Folding 11:30 Seated Stretching 1:30 <i>Bingo</i> 2:00 <i>Old Commercials/Snack</i> 3:00 Balloon Bat 6:00 <i>Nature Relax</i>	<b>17</b> 10:00 Beauty Hour 10:30 Exercise/ Snack 11:00 <i>Sing Along</i> 11:30 Reminisce 1:30 Bingo 2:00 Tea Time / Snack 3:00 Balloon Bat 6:00 <i>National Parks</i>	<b>18</b> 10:00 Pretty Nails 10:30 <i>Memory Bio/ Snack</i> 11:00 <i>Sorting</i> 11:30 <i>Exercise</i> 1:30 Sing Along 2:00 Craft/ Snack 3:00 <i>Bingo</i> 6:00 <i>Nature Relax</i>	<b>19</b> 10:00 Beauty Hour 10:30 <i>Sing Along/ Snack</i> 11:00 Exercise 11:30 Aroma Therapy 1:30 <i>Bingo</i> 2:00 <i>Trivia/ Snack</i> 3:00 Pretty Nails 6:00 <i>Nature Relax</i>	<b>20</b> 10:00 Beauty Hour 10:30 <i>Sing Along/ Snack</i> 11:00 Balloon Toss 11:30 Trivia 1:30 Puzzle/Cards/Folding 2:00 <i>Reminisce/ Snack</i> 3:00 <i>Bingo</i> 6:00 <i>National Parks</i>
<b>21</b> 10:00 Beauty Hour 10:30 Snack 11:00 <i>Conductor Exercise</i> 11:30 <i>Good News Network</i> 1:30 <i>Bible Study</i> 2:00 Balloon Bounce 3:00 <i>Bingo</i> 6:00 <i>Travel Videos</i>	<b>22</b> 10:00 Beauty Hour 10:30 <i>Sing Along / Snack</i> 11:00 Aroma Therapy 11:30 Balloon Bounce 1:30 <i>Travel</i> 2:00 <i>Reminisce/ Snack</i> 3:00 <i>Bingo</i> 6:00 <i>Movie</i>	<b>23</b> 10:00 Pretty Nails 10:30 <i>Sing Along/Snack</i> 11:00 Sorting/ Folding 11:30 Seated Stretching 1:30 <i>Bingo</i> 2:00 <i>Old Commercials/Snack</i> 3:00 Balloon Bat 6:00 <i>Nature Relax</i>	<b>24</b> 10:00 Beauty Hour 10:30 Exercise/ Snack 11:00 <i>Sing Along</i> 11:30 Reminisce 1:30 Bingo 2:00 Tea Time / Snack 3:00 Balloon Bat 6:00 <i>National Parks</i>	<b>25 Happy Thanksgiving</b> 10:00 Pretty Nails 10:30 <i>Memory Bio/ Snack</i> 11:00 <i>Sorting</i> 11:30 <i>Exercise</i> 1:30 Sing Along 2:00 Craft/ Snack 3:00 <i>Bingo</i> 6:00 <i>Nature Relax</i>	<b>26</b> 10:00 Beauty Hour 10:30 <i>Sing Along/ Snack</i> 11:00 Exercise 11:30 Aroma Therapy 1:30 <i>Bingo</i> 2:00 <i>Trivia/ Snack</i> 3:00 Pretty Nails 6:00 <i>Nature Relax</i>	<b>27</b> 10:00 Beauty Hour 10:30 <i>Sing Along/ Snack</i> 11:00 Balloon Toss 11:30 Trivia 1:30 Puzzle/Cards/Folding 2:00 <i>Reminisce/ Snack</i> 3:00 <i>Bingo</i> 6:00 <i>National Parks</i>
<b>28</b> 10:00 Beauty Hour 10:30 Snack 11:00 <i>Conductor Exercise</i> 11:30 <i>Good News Network</i> 1:30 <i>Bible Study</i> 2:00 Balloon Bounce 3:00 <i>Bingo</i> 6:00 <i>Travel Videos</i>	<b>29 First Day of Hanukkah</b> 10:00 Beauty Hour 10:30 <i>Sing Along / Snack</i> 11:00 Aroma Therapy 11:30 Balloon Bounce 1:30 <i>Travel</i> 2:00 <i>Reminisce/ Snack</i> 3:00 <i>Bingo</i> 6:00 <i>Movie</i>	<b>30</b> 10:00 Pretty Nails 10:30 <i>Sing Along/Snack</i> 11:00 Sorting/ Folding 11:30 Seated Stretching 1:30 <i>Bingo</i> 2:00 <i>Old Commercials/Snack</i> 3:00 Balloon Bat 6:00 <i>Nature Relax</i>	<p align="center"> <b>Activity schedule</b>  <b>Subject to cancellation per current mandated health guidelines.</b>  <b>Please look for a <u>red time</u> to indicate what may be changing</b>  <b>Example: 9:45 Fred Meyer</b> </p>			