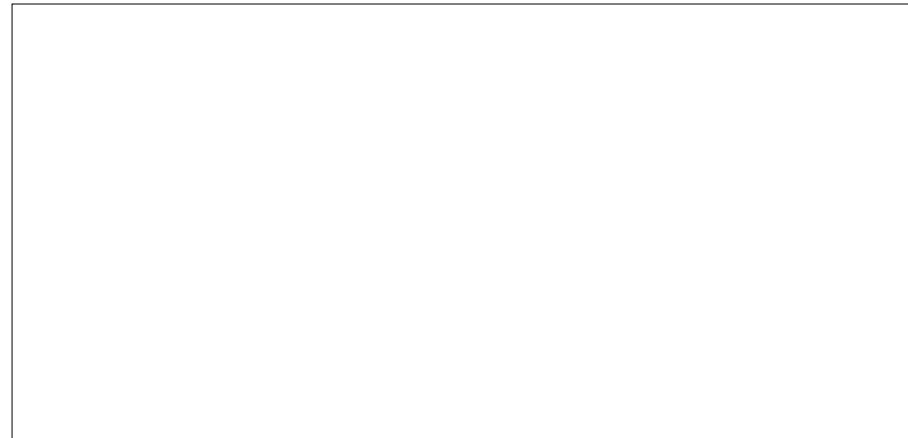




2730 Bailey Lane  
Eugene, OR 97401

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](mailto:info-eugene@farmingtonsquare.com)  
[www.farmingtonsquare-eugene.com](http://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

**November 2021 Newsletter**



2 Flu Prevention Steps  
3 Team & Resident 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.

## 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)

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

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!

<b>Residents Birthdays:</b>	<b>Employee Birthdays:</b>
Malcolm: Nov. 3rd	Nicole: Nov. 11th
Harvey: Nov. 8th	Jill: Nov. 23rd
Pat: Nov. 11th	
Al: Nov. 14th	
Jean: Nov. 24th	

- 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!



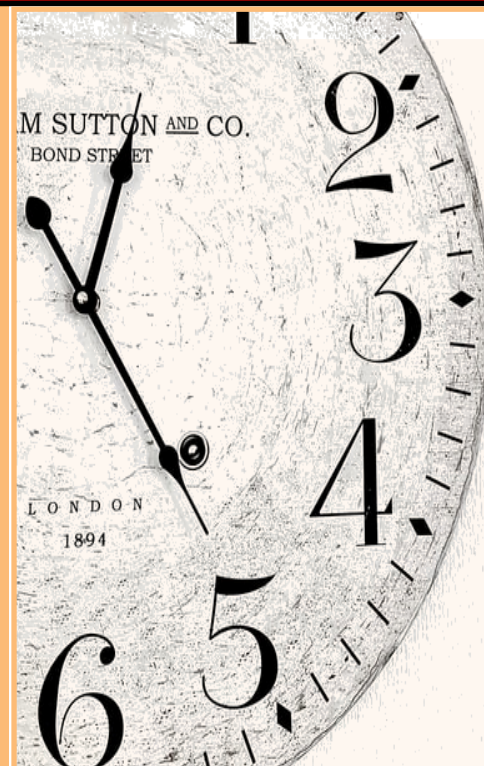
# November 2021 Highlights

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.



## RESIDENT SPOTLIGHT: Mel & Doris

Mel is from Nampa, Idaho. He worked as a commercial artist/painter and was in the Navy. He likes sports (golf & tennis), woodworking, painting/drawing, listening to music (big band, 30's-50's), watching TV (sports & news), and spending time with his wife Doris and their cat Sophie. His favorite food is steak & potatoes, his favorite color is violet, and his favorite holiday is Halloween. He is described as kind-hearted, creative, artistic, funny, caring and down to earth.

Doris is from Minneapolis, Minnesota and she was a housewife. She enjoys singing, dancing, listening to music (big band & Frank Sinatra, she also used to play the trumpet), reading, socializing with other residents and staff, and spending time with Mel and Sophie. Her favorite food is all (except fish), favorite color is red, and favorite holiday is Christmas. She is described as sweet, humorous, outgoing, caring and fun. They met on January 1, 1946 in Minneapolis at the USO gala. He drew a picture of her that night and still has it to this day.

Mel & Doris, thank you for being such a wonderful part of our Farmington Family. It is such a pleasure to care for you. We love you both!



## STAFF SPOTLIGHT: Tina

Tina has worked here for a little over three years. She has recently been promoted to a Med Tech. She is from Fort Hood, Texas. She previously worked as a bartender and a caregiver.

She really likes church activities, painting ceramics, long walks on the beach, and spending time with her husband, grandkids and dog. Her favorite food is chocolate, favorite color is purple, and favorite holiday is Christmas. She is described as passionate, expressive, witty, thorough, organized, a quick learner and a team player.

Fun fact: Tina's dad was in the military and when she was five they moved to Alaska. They hunted for all of their meat, including moose. She really enjoyed living there!

Tina, congratulations on your recent promotion! We are all very impressed and proud of you. Keep up the good work! You are a true Radiant Rockstar, we love you!



SUN	MON	TUE	WED	THU	FRI	SAT
All activities subject to change per mandated health guidelines.	1 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	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: Ohio Day* 2:30 Dominos 3:00 Pretty Nails & Manicures 4:30 Dinning Service Prep: Dinnertime	3 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	4 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	5 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 Scenic Bus Ride: Dexter Lake 2:30 Trivia Games* 3:00 Pretty Nails & Manicures 4:30 Dinning Service Prep: Dinnertime	6 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
	7 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:	8 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	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: Coffee & Conversation* 2:30 Dominos 3:00 Pretty Nails & Manicures 4:30 Dinning Service Prep: Dinnertime	10 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	11 9:15 Residents Focused Visits 10:45 Music Snacktivity: Sing-a-long with Katie S. 11:30 Dinning Service Prep: Lunchtime 1:00 Dice Games 2:00 Snacktivity: Veterans’ Day Sundaes 2:30 Exercise Fun: Walking Group 3:00 Sensory Games* 4:30 Dinning Service Prep: Dinnertime	12 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 Scenic Bus Ride: Whispering Meadows Equestrian Center 2:30 Trivia Games* 3:00 Pretty Nails & Manicures 4:30 Dinning Service Prep: Dinnertime
	14 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:	15 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	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: National Button Day* 2:30 Dominos 3:00 Pretty Nails & Manicures 4:30 Dinning Service Prep: Dinnertime	17 9:15 Exercise Fun: Balloon Ball 10:30 Snacktivity: Beauty & Grooming 11:30 Dinning Service Prep: Lunchtime 1:00 Trivia Games* 2:00 Creative Arts: Watercolor Painting* 2:30 Snacktivity: Pet Therapy with Caesar 3:00 Puzzles* 4:30 Dinning Service Prep: Dinnertime	18 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	19 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 Scenic Bus Ride: Shopping Trip 2:30 Trivia Games* 3:00 Pretty Nails & Manicures 4:30 Dinning Service Prep: Dinnertime
	21 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:	22 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	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: Coffee & Conversation* 2:30 Dominos 3:00 Pretty Nails & Manicures 4:30 Dinning Service Prep: Dinnertime	24 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	25 Happy Thanksgiving 9:15 Residents Focused Visits 10:30 Snacktivity: Beauty & Grooming 11:30 Dinning Service Prep: Lunchtime 1:00 Dice Games 2:00 Snacktivity: Thanksgiving Treats* 2:30 Exercise Fun: Walking Group 3:00 Sensory Games* 4:30 Dinning Service Prep: Dinnertime	26 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 Scenic Bus Ride: Cottage Grove 2:30 Trivia Games* 3:00 Pretty Nails & Manicures 4:30 Dinning Service Prep: Dinnertime
	28 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:	29 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* 2:45 Basil on Piano 3:30 Card Games* 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: National Mason Jar Day* 2:30 Dominos 3:00 Pretty Nails & Manicures 4:30 Dinning Service Prep: Dinnertime	November Highlights Nov. 2nd- National Ohio Day Nov. 11th– Sing-a-long with Katie S. & Veterans’ Day Sundaes Nov. 16th– National Button Day Nov. 17th– Pet Therapy with Caesar Nov. 20th– Birthday Cupcakes Nov. 25th– Thanksgiving Treats Nov. 29th– Basil on Piano Nov. 30th- National Mason Jar Day Every Friday there will be a scenic bus ride!		



SUN	MON	TUE	WED	THU	FRI	SAT
All activities subject to change per mandated health guidelines.	1 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	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: Ohio Day* 2:30 Coffee & Conversation* 3:00 Pretty Nails & Manicures 4:00 Dinning Service Prep: Dinnertime 5:30 Yahtzee Night	3 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	4 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	5 9:15 Exercise Fun: Sit and Be Fit* 10:30 Snacktivity: Beauty & Grooming 11:00 Dinning Service Prep: Lunchtime 12:30 Yahtzee  2:00 Music Snacktivity: Performance by Robert M. 2:00 Scenic Bus Ride: Dexter Lake 3:00 Pretty Nails & Manicures 4:00 Dinning Service Prep: Dinnertime 5:30 Movie Night & Popcorn*	6 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 Balloon Volleyball Night
7 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	8 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	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: Coffee & Conversation* 2:30 Dominos 3:00 Pretty Nails & Manicures 4:00 Dinning Service Prep: Dinnertime 5:30 Yahtzee Night	10 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	11 9:15 Exercise Fun: Balloon Ball 10:00 Music Snacktivity: Sing-a-long with Katie S. 11:00 Dinning Service Prep: Lunchtime 12:30 B-I-N-G-O*  2:00 Snacktivity: Veterans' Day Sundaes 2:00 Church with Steve 3:30 Sensory Games* 4:00 Dinning Service Prep: Dinnertime 5:30 Board Game Night	12 9:15 Exercise Fun: Sit and Be Fit* 10:30 Snacktivity: Beauty & Grooming 11:00 Dinning Service Prep: Lunchtime 12:30 Yahtzee  2:00 Scenic Bus Ride: Whispering Meadows Equestrian Center 2:30 Trivia Games* 3:00 Pretty Nails & Manicures 4:00 Dinning Service Prep: Dinnertime 5:30 Movie Night & Popcorn*	13 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 Balloon Volleyball Night
14 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	15 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	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 Creative Arts Snacktivity: National Button Day* 3:00 Pretty Nails & Manicures 4:00 Dinning Service Prep: Dinnertime 5:30 Yahtzee Night	17 9:15 Exercise Fun: Tai Chi* 10:30 Snacktivity: Beauty & Grooming 11:00 Dinning Service Prep: Lunchtime 12:30 Word Games*  2:00 Snacktivity: Pet Therapy with Caesar 2:00 Creative Arts: Watercolor Painting* 3:00 Outdoor Games 4:00 Dinning Service Prep: Dinnertime 5:30 B-I-N-G-O* Night	18 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	19 9:15 Exercise Fun: Sit and Be Fit* 10:30 Snacktivity: Beauty & Grooming 11:00 Dinning Service Prep: Lunchtime 12:30 Yahtzee  2:00 Scenic Bus Ride: Shopping Trip 2:30 Trivia Games* 3:00 Pretty Nails & Manicures 4:00 Dinning Service Prep: Dinnertime 5:30 Movie Night & Popcorn*	20 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 Balloon Volleyball Night
21 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	22 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	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: Coffee & Conversation* 2:30 Dominos 3:00 Pretty Nails & Manicures 4:00 Dinning Service Prep: Dinnertime 5:30 Yahtzee Night	24 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	25 Happy Thanksgiving 9:15 Exercise Fun: Balloon Ball 10:30 Snacktivity: Thanksgiving Trivia* 11:00 Dinning Service Prep: Lunchtime 12:30 B-I-N-G-O*  2:00 Snacktivity: Thanksgiving Treats* 2:00 Snacktivity: Church with Steve 3:30 Sensory Games* 4:00 Dinning Service Prep: Dinnertime 5:30 Board Game Night	26 9:15 Exercise Fun: Sit and Be Fit* 10:30 Snacktivity: Beauty & Grooming 11:00 Dinning Service Prep: Lunchtime 12:30 Yahtzee  2:00 Scenic Bus Ride: Cottage Grove 2:30 Trivia Games* 3:00 Pretty Nails & Manicures 4:00 Dinning Service Prep: Dinnertime 5:30 Movie Night & Popcorn*	27 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 Balloon Volleyball Night
28 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	29 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 Music Snacktivity: Basil on Piano 2:30 Creative Arts: Adult Coloring* 3:00 Floral Arranging 4:00 Dinning Service Prep: Dinnertime 5:30 Penny Ante	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 Creative Arts Snacktivity: National Mason Jar Day* 2:30 Dominos 3:00 Pretty Nails & Manicures 4:00 Dinning Service Prep: Dinnertime 5:30 Yahtzee Night	November Highlights Nov. 2nd- National Ohio Day Nov 5th– Performance by Robert M. Nov. 11th– Sing-a-long with Katie S. & Veterans' Day Sundaes Nov. 16th– National Button Day Nov. 17th– Pet Therapy with Caesar Nov. 20th– Birthday Cupcakes Nov. 25th– Thanksgiving Treats Nov. 29th– Basil on Piano Nov. 30th- National Mason Jar Day Every Friday there will be a scenic bus ride!			



SUN	MON	TUE	WED	THU	FRI	SAT
All activities subject to change per mandated health guidelines.	1 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*	2 10:45 Exercise Fun: Tai Chi* 12:30 B-I-N-G-O* 2:00 Ohio Day* 3:00 Pretty Nails & Manicures 4:00 Story Time*  Personal Shopper Day: 11am-2pm	3 10:45 Resident Focused Visits 12:30 Word Games/Crossword Puzzle* 2:00 Exercise Fun: Stretching & weights 3:00 Creative Arts* 4:00 Puzzles*	4 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	5 10:45 Exercise Fun: Stretching & Balloon Ball 12:30 Yahtzee 2:00 Scenic Bus Ride: Dexter Lake 3:00 Pretty Nails & Manicures 4:00 Card Games* Personal Shopper Day: 1:30pm-4:30pm	6 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
	7 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*	8 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*	9 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	10 10:45 Resident Focused Visits 12:30 Word Games/Crossword Puzzle* 2:00 Exercise Fun: Stretching & weights 3:00 Creative Arts* 4:00 Puzzles*	11 10:45 Beauty & Grooming 12:30 B-I-N-G-O* Buck Thursday 2:00 Veterans' Day Sundaes 2:30 Exercise Fun: Walking Group 3:00 Church with Steve 4:00 Exercise Fun: Stretching & Balloon Ball	12 10:45 Exercise Fun: Stretching & Balloon Ball 12:30 Yahtzee 2:00 Scenic Bus Ride: Whispering Meadows Equestrian Center 3:00 Pretty Nails & Manicures 4:00 Card Games* Personal Shopper Day: 1:30pm-4:30pm
	14 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*	15 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*	16 10:45 Exercise Fun: Tai Chi* 12:30 B-I-N-G-O* 2:00 Reverence Karate Class with Alex 3:00 National Button Day* 4:00 Pretty Nails & Manicures  Personal Shopper Day: 11am-2pm	17 10:45 Resident Focused Visits 12:30 Word Games/Crossword Puzzle* 2:00 Performance by Gus R. 3:00 Pet Therapy with Caesar 3:30 Exercise Fun: Stretching & weights 4:00 Puzzles*	18 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	19 10:45 Exercise Fun: Stretching & Balloon Ball 12:30 Yahtzee 2:00 Scenic Bus Ride: Shopping Trip 3:00 Pretty Nails & Manicures 4:00 Card Games* Personal Shopper Day: 1:30pm-4:30pm
	21 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*	22 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*	23 10:45 Exercise Fun: Tai Chi* 12:30 B-I-N-G-O* 2:00 Resident Council 3:00 Pretty Nails & Manicures 4:00 Story Time*  Personal Shopper Day: 11am-2pm	24 10:45 Resident Focused Visits 12:30 Word Games/Crossword Puzzle* 2:00 Exercise Fun: Stretching & weights 3:00 Creative Arts* 4:00 Puzzles*	25 Happy Thanksgiving 10:45 Beauty & Grooming 12:30 B-I-N-G-O* Buck Thursday 2:00 Exercise Fun: Walking Group 2:30 Thanksgiving Treats 3:00 Church with Steve 4:00 Exercise Fun: Stretching & Balloon Ball	26 10:45 Exercise Fun: Stretching & Balloon Ball 12:30 Yahtzee 2:00 Scenic Bus Ride: Cottage Grove 3:00 Pretty Nails & Manicures 4:00 Card Games* Personal Shopper Day: 1:30pm-4:30pm
	28 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*	29 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*	30 10:45 Exercise Fun: Tai Chi* 12:30 B-I-N-G-O* 2:00 National Mason Jar Day* 3:00 Pretty Nails & Manicures 4:00 Story Time*  Personal Shopper Day: 11am-2pm	<div>November Highlights</div> <div>Nov. 2nd- National Ohio Day</div> <div>Nov. 11th– Veterans' Day Sundaes</div> <div>Nov. 16th– Reverence Karate Class with Alex &amp; National Button Day</div> <div>Nov. 17th Performance by Gus R. &amp; Pet Therapy with Caesar</div> <div>Nov. 20th– Birthday Cupcakes</div> <div>Nov. 23rd– Resident Council</div> <div>Nov. 25th– Thanksgiving Treats</div> <div>Nov. 30th- National Mason Jar Day</div> <div>Every Friday there will be a scenic bus ride!</div>		
