



960 Boone Road SE
Salem, OR 97306

Stamp



Administrative Team:

Executive Director: Jessica Penland
Business Office Director: Shelly Kesterson
Community Relations Director: Michael Giglio
Wellness Dir.: Mark N./ Megan M./Nicole O.
Wellness Coordinator: Dawn J. / Alora M.
Wellness Nurse: Diana Armouch
Dining Services Director: Antonios Salama
Maintenance Director: George Curtis
Life Enrichment Director: Amanda Bell

Connect:

503-363-2273
info-salem@farmingtonsquare.com
www.farmingtonsquare-salem.com
[Facebook.com/FarmingtonSquareSalem](https://www.facebook.com/FarmingtonSquareSalem)

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



Farmington Square Salem News

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.

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, body ache, 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



Happy Birthday!

- 11/10 Frank L. 920
- 11/25 Evelyn G. 910
- 11/25 Sandra B. 910



- 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



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.



RESIDENT SPOTLIGHT:

Vicki G.

We are happy to welcome and shine a light on our new resident Vicki! Vicki has only been here with us for a short while now, but she has already found a place in our hearts! Vicki was born in Washington and has a son and a wonderful husband Greg who visits every day. Together, they managed five restaurants. Vicki also has enjoyed sports, and you can always hear her singing along during karaoke! Vicki has a great sense of humor and is constantly cracking us all up with laughter! She shared that everyone she meets is very loving and kind here and we are so happy to have Vicki as part of our Farmington Square Family!



STAFF SPOTLIGHT:

Luis E.

We are proud to shine a light on one of our amazing Caregivers, Luis! Luis has been a team member at Farmington Square for over 14 years now and shared that he truly loves taking care of our residents! Luis is always willing to help whenever and wherever needed and works very hard to give each and every resident the care that they deserve! Luis is very patient, kind, and compassionate and is beloved by all the staff and residents alike. We greatly appreciate Luis and his many years of dedication to Farmington Square and look forward to many more years to come!

NOVEMBER 2021 Activities 910-920

SUN	MON	TUE	WED	THU	FRI	SAT
<div><div>Thanksgiving Blessings!</div></div>	<div>1</div> <div>9:30 Chair Dancing</div> <div>10:00 Good News IN2L</div> <div>10:30 Balloon Burst</div> <div>11:30 Manicures & Massages</div> <div>1:30 Family Feud</div> <div>2:30 Monday Movie Matinee</div> <div>4:00 Wii Bowling 920</div> <div>4:30 1920's Juke Box</div>	<div>2</div> <div>9:30 Sit & be Fit IN2L</div> <div>10:00 Book Club</div> <div>10:30 Today in History</div> <div>11:00 Word Search</div> <div>11:30 Uno / Cards</div> <div>2:00 Colorful Creations</div> <div>3:30 Skip - Bo</div> <div>4:30 Jokes & Laughter</div>	<div>3</div> <div>9:30 Sit and be Fit IN2L</div> <div>10:00 Good News IN2L</div> <div>10:30 Price is Right IN2L</div> <div>11:30 Scrabble / Puzzles</div> <div>2:00 B I N G O in 920</div> <div>3:00 Ladies Tea Time</div> <div>4:30 Brain Teasers IN2L</div> <div>6:00 Salt Box TV IN2L</div>	<div>4</div> <div>9:30 Conductorcise</div> <div>10:00 Today in History</div> <div>10:30 Outside Stroll</div> <div>11:00 Sports Trivia IN2L</div> <div>11:30 Puzzles</div> <div>2:00 Skip-Bo</div> <div>3:00 Snacktivity– Saltbox TV IN2L</div> <div>4:30 Leaved It To Beaver IN2L</div>	<div>5 Favorite Team Jersey Day!</div> <div>9:30 Chair Dancing IN2L</div> <div>10:00 Scenic Drive</div> <div>11:30 Good News IN2L</div> <div>1:30 Uno/Cards</div> <div>2:00 Brain Teasers IN2L</div> <div>3:30 Afternoon Stroll</div> <div>4:00 Jokes & Laughter</div> <div>4:30 Country Juke Box</div>	<div>6 Nachos Day!</div> <div>9:30 Sit and be Fit IN2L</div> <div>10:00 Good News IN2L</div> <div>11:30 Family Feud IN2L</div> <div>2:00 B I N G O in 910</div> <div>3:00 Snack– Nachos!</div> <div>4:00 Skip-Bo</div> <div>4:30 Ted Talks-IN2L</div> <div>6:00 Salt Box TV IN2L</div>
<div>7</div> <div>9:30 Light & Lively Exercise</div> <div>10:00 Scenic Drive</div> <div>11:30 Bible Story Trivia</div> <div>1:30 Arm Chair Travel</div> <div>2:00 Church Sermon IN2L</div> <div>3:00 Happy Neuron IN2L</div> <div>4:30 Hymnals</div> <div>6:00 Sunday @ The Memories IN2L</div>	<div>8</div> <div>9:30 Chair Dancing IN2L</div> <div>10:00 Good News IN2L</div> <div>10:30 Balloon Burst</div> <div>11:00 Manicures & Massages</div> <div>1:30 Family Feud</div> <div>2:30 Monday Movie Matinee</div> <div>4:00 Wii Bowling 920</div> <div>4:30 1930's Juke Box</div>	<div>9</div> <div>9:30 Sit & be Fit IN2L</div> <div>10:00 Book Club</div> <div>10:30 Today in History</div> <div>11:00 Word Search</div> <div>11:30 Uno / Cards</div> <div>2:00 Beading Necklaces/Bracelets</div> <div>3:30 Skip - Bo</div> <div>4:30 Jokes & Laughter</div>	<div>10 Vanilla Cupcake Day!</div> <div>9:30 Exercise IN2L</div> <div>10:00 Good News IN2L</div> <div>10:30 Common Sayings IN2L</div> <div>11:30 Dominoes</div> <div>2:00 B I N G O in 920</div> <div>3:00 Snack– Vanilla Cupcakes!</div> <div>4:00 Skip-Bo</div> <div>4:30 Free Rice Game IN2L</div>	<div>11 Veterans Day!</div> <div>9:30 Conductorcise</div> <div>10:00 Today in History - Veterans</div> <div>10:30 Veterans Trivia IN2L</div> <div>11:00 Which Came First?</div> <div>11:30 Scrabble / Puzzles</div> <div>2:00 Veterans Day Craft !</div> <div>3:00 Snacktivity-Saltbox TV IN2L</div> <div>4:30 Patriotic Songs Karaoke!</div>	<div>12</div> <div>9:30 Chair Dancing IN2L</div> <div>10:00 Scenic Drive</div> <div>11:30 Colorful Creations!</div> <div>2:00 Music w / Chris in 950</div> <div>3:30 Balloon Burst</div> <div>4:00 Jokes & Laughter</div> <div>4:30 Rhythm & Blues Juke Box</div>	<div>13 World Kindness Day!</div> <div>9:30 Sit and be Fit IN2L</div> <div>10:00 Good News IN2L</div> <div>11:30 Family Feud IN2L</div> <div>2:00 B I N G O in 910</div> <div>3:00 Colorful Creations</div> <div>4:00 Skip-Bo</div> <div>4:30 Ted Talks-IN2L</div> <div>6:00 Salt Box TV IN2L</div>
<div>14</div> <div>9:30 Light & Lively Exercise</div> <div>10:00 Scenic Drive</div> <div>11:30 Bible Trivia IN2L</div> <div>1:30 Afternoon Stroll</div> <div>2:00 Church Sermon IN2L</div> <div>3:30 Happy Neuron IN2L</div> <div>4:30 Southern Gospel</div> <div>6:00 Sunday @ The Memories IN2L</div>	<div>15</div> <div>9:30 Chair Dancing</div> <div>10:00 Good News IN2L</div> <div>10:30 Music w / Rachel in 950</div> <div>11:30 Manicures & Massages</div> <div>1:30 Family Feud</div> <div>2:30 Monday Movie Matinee</div> <div>4:00 Wii Bowling 920</div> <div>4:30 1940's Juke Box</div>	<div>16</div> <div>9:30 Sit & be Fit IN2L</div> <div>10:00 Book Club</div> <div>10:30 Today in History</div> <div>11:00 Word Search</div> <div>11:30 Uno / Cards</div> <div>2:00 Colorful Creations</div> <div>3:30 Skip - Bo</div> <div>4:30 Jokes & Laughter</div>	<div>17</div> <div>9:30 Sit and be Fit IN2L</div> <div>10:00 Good News IN2L</div> <div>10:30 Price is Right IN2L</div> <div>11:30 Scrabble / Puzzles</div> <div>2:00 B I N G O in 920</div> <div>3:00 Ladies Tea Time</div> <div>4:30 Brain Teasers IN2L</div> <div>6:00 Salt Box TV IN2L</div>	<div>18 Mickey's Birthday!</div> <div>9:30 Conductorcise</div> <div>10:00 History of Mickey</div> <div>10:30 Outside Stroll</div> <div>11:00 Trivia IN2L</div> <div>11:30 Puzzles</div> <div>2:00 Mickey Mouse Coloring!</div> <div>3:00 Snacktivity– Saltbox TV IN2L</div> <div>4:30 Mickey Mouse Movie!</div>	<div>19</div> <div>9:30 Chair Dancing IN2L</div> <div>10:00 Scenic Drive</div> <div>11:30 Good News IN2L</div> <div>1:30 Uno/Cards</div> <div>2:00 Brain Teasers IN2L</div> <div>3:30 Afternoon Stroll</div> <div>4:00 Jokes & Laughter</div> <div>4:30 Oldies Juke Box</div>	<div>20</div> <div>9:30 Sit and be Fit IN2L</div> <div>10:00 Good News IN2L</div> <div>11:30 Family Feud IN2L</div> <div>2:00 B I N G O in 910</div> <div>3:00 Colorful Creations</div> <div>4:00 Skip-Bo</div> <div>4:30 Ted Talks-IN2L</div> <div>6:00 Salt Box TV IN2L</div>
<div>2 Gingerbread Cookie Day!</div> <div>9:30 Light & Lively Exercise</div> <div>10:00 Scenic Drive</div> <div>11:30 Bible Story Trivia</div> <div>1:30 Arm Chair Travel</div> <div>2:00 Church Sermon IN2L</div> <div>2:00 Decorating Cookies!</div> <div>4:30 Hymnals</div> <div>6:00 Sunday @ The Memories IN2L</div>	<div>22</div> <div>9:30 Chair Dancing IN2L</div> <div>10:00 Good News IN2L</div> <div>10:30 Balloon Burst</div> <div>11:00 Manicures & Massages</div> <div>1:30 Family Feud</div> <div>2:30 Monday Movie Matinee</div> <div>4:00 Wii Bowling 920</div> <div>4:30 1950's Juke Box</div>	<div>23</div> <div>9:30 Exercise IN2L</div> <div>10:00 Book Club</div> <div>10:30 Today in History</div> <div>11:00 Price is Right IN2L</div> <div>11:30 Word Search</div> <div>2:00 Resident / Food Council 920</div> <div>3:30 Skip - Bo</div> <div>4:30 Jokes & Laughter</div>	<div>24</div> <div>9:30 Exercise IN2L</div> <div>10:00 Good News IN2L</div> <div>10:30 Common Sayings IN2L</div> <div>11:30 Dominoes</div> <div>2:00 B I N G O in 920</div> <div>3:00 Ladies Tea Time</div> <div>4:00 Skip-Bo</div> <div>4:30 Free Rice Game IN2L</div>	<div>25 Happy Thanksgiving!</div> <div>9:30 Conductorcise</div> <div>10:00 Today in History</div> <div>10:30 Piggy Bankers IN2L</div> <div>11:00 Which Came First?</div> <div>11:30 Scrabble / Puzzles</div> <div>2:00 Thanksgiving Craft!</div> <div>3:00 Snacktivity-Saltbox TV IN2L</div> <div>4:30 I Love Lucy IN2L</div>	<div>26</div> <div>9:30 Chair Dancing IN2L</div> <div>10:00 Scenic Drive</div> <div>11:30 Colorful Creations!</div> <div>2:00 Balloon Burst</div> <div>3:00 Culture Club: Texas / Cheetos</div> <div>4:00 Jokes & Laughter</div> <div>4:30 Classical Juke Box</div>	<div>27</div> <div>9:30 Sit and be Fit IN2L</div> <div>10:00 Good News IN2L</div> <div>11:30 Family Feud IN2L</div> <div>2:00 B I N G O in 910</div> <div>3:00 Colorful Creations</div> <div>4:00 Skip-Bo</div> <div>4:30 Ted Talks-IN2L</div> <div>6:00 Salt Box TV IN2L</div>
<div>28</div> <div>9:30 Light & Lively Exercise</div> <div>10:00 Scenic Drive</div> <div>11:30 Bible Trivia IN2L</div> <div>1:30 Afternoon Stroll</div> <div>2:00 Church Sermon IN2L</div> <div>3:30 Happy Neuron IN2L</div> <div>4:30 Southern Gospel</div> <div>6:00 Sunday @ The Memories IN2L</div>	<div>29</div> <div>9:30 Chair Dancing</div> <div>10:00 Good News IN2L</div> <div>10:30 Balloon Burst</div> <div>11:30 Manicures & Massages</div> <div>1:30 Family Feud</div> <div>2:30 Monday Movie Matinee</div> <div>4:00 Wii Bowling 920</div> <div>4:30 1960's Juke Box</div>	<div>30 Mason Jar Day!</div> <div>9:30 Sit & be Fit IN2L</div> <div>10:00 Book Club</div> <div>10:30 Today in History</div> <div>11:00 Word Search</div> <div>11:30 Uno / Cards</div> <div>2:00 Mason Jar Craft!</div> <div>3:30 Skip - Bo</div> <div>4:30 Jokes & Laughter</div>	<div>Happy Birthday</div> <div>11/10 Frank L. 920</div> <div>11/25 Evelyn G. 910</div> <div>11/25 Sandra B. 910</div>	<div>Take-Out/Lunch Delivery</div> <div>11/2 Love Love 12pm</div> <div>11/9 Five Guys 12pm</div> <div>11/16 Subway 12pm</div> <div>11/23 Gold Dragon 12pm</div> <div>11/30 Donatello's 12pm</div>	<div>Shopping/ Delivery</div> <div>11/3 Walmart 10-12</div> <div>11/10 Dollar Tree 10-12</div> <div>11/17 Fred Meyer 10-12</div> <div>10/24 Winco Food 10-12</div>	<div>All activities subject to change per mandated health guidelines.</div>

NOVEMBER 2021 Activities 940-950

SUN	MON	TUE	WED	THU	FRI	SAT
	1 9:30 Chair Dancing 10:00 Scenic Drive 940 10:30 Balloon Burst 11:30 Manicures & Massages 1:30 Family Feud 2:30 Monday Movie Matinee 4:00 Bowling 4:30 1920's Juke Box	2 9:30 Sit & be Fit IN2L 10:00 Book Club 10:30 Today in History 11:00 Word Search 11:30 Balloon Bat 2:00 Colorful Creations 3:30 Snack & Chat 4:30 Jokes & Laughter	3 9:30 Sit and be Fit IN2L 10:00 Good News IN2L 10:30 Price is Right IN2L 11:30 Scrabble / Puzzles 2:00 B I N G O in 920 3:00 Ladies Tea Time 4:30 Brain Teasers IN2L 6:00 Salt Box TV IN2L	4 9:30 Conductorcise 10:00 Today in History 10:30 Outside Stroll 11:00 Sports Trivia IN2L 11:30 Pictionary 2:00 Colorful Creations! 3:00 Snacktivity– Saltbox TV IN2L 4:30 Leaved It To Beaver IN2L	5 Favorite Team Jersey Day! 9:30 Chair Dancing IN2L 10:00 Balloon Bat 11:30 Good News IN2L 1:30 Ring Toss 2:00 Brain Teasers IN2L 3:00 Afternoon Snack 4:00 Jokes & Laughter 4:30 Country Juke Box	6 Nachos Day! 9:30 Sit and be Fit IN2L 10:00 Scenic Drive in 950 11:30 Family Feud IN2L 2:00 B I N G O in 910 3:00 Snack– Nachos! 4:00 Bean Bag Toss 4:30 Sing a Longs IN2L 6:00 Salt Box TV IN2L
	7 9:30 Light & Lively Exercise 10:00 Good News IN2L 11:30 Bible Story Trivia 1:30 Arm Chair Travel 2:00 Church Sermon IN2L 3:00 Afternoon Snack 4:30 Hymnals 6:00 Sunday @ The Memories IN2L	8 9:30 Chair Dancing IN2L 10:00 Scenic Drive 940 10:30 Balloon Burst 11:00 Manicures & Massages 1:30 Family Feud 2:30 Monday Movie Matinee 4:00 Bowling 4:30 1930's Juke Box	9 9:30 Sit & be Fit IN2L 10:00 Book Club 10:30 Today in History 11:00 Word Search 11:30 Balloon Bat 2:00 Beading Necklaces/Bracelets 3:30 Snack & Chat 4:30 Jokes & Laughter	10 Vanilla Cupcake Day! 9:30 Exercise IN2L 10:00 Good News IN2L 10:30 Common Sayings IN2L 11:30 Dominoes/ Trivia 2:00 B I N G O in 920 3:00 Snack– Vanilla Cupcakes! 4:00 Brain Teasers IN2L 4:30 Country Karaoke	11 Veterans Day! 9:30 Conductorcise 10:00 Today in History - Veterans 10:30 Veterans Trivia IN2L 11:00 Which Came First? 11:30 Puzzles 2:00 Veterans Day Craft ! 3:00 Snacktivity-Saltbox TV IN2L 4:30 Patriotic Songs Karaoke!	12 9:30 Chair Dancing IN2L 10:00 Balloon Bat 11:30 Colorful Creations! 2:00 Music w / Chris in 950 3:00 Afternoon Snack 3:30 Balloon Burst 4:00 Jokes & Laughter 4:30 Rhythm & Blues Juke Box
14 9:30 Light & Lively Exercise 10:00 Good News IN2L 11:30 Bible Trivia IN2L 1:30 Balloon Bat 2:00 Church Sermon IN2L 3:00 Afternoon Snack 4:30 Southern Gospel 6:00 Sunday @ The Memories IN2L	15 9:30 Chair Dancing 10:00 Scenic Drive 940 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	16 9:30 Sit & be Fit IN2L 10:00 Book Club 10:30 Today in History 11:00 Word Search 11:30 Balloon Bat 2:00 Colorful Creations 3:30 Snack & Chat 4:30 Jokes & Laughter	17 9:30 Sit and be Fit IN2L 10:00 Good News IN2L 10:30 Price is Right IN2L 11:30 Scrabble / Puzzles 2:00 B I N G O in 920 3:00 Ladies Tea Time 4:30 Brain Teasers IN2L 6:00 Salt Box TV IN2L	18 Mickey's Birthday! 9:30 Conductorcise 10:00 History of Mickey 10:30 Outside Stroll 11:00 Animal Trivia IN2L 11:30 Pictionary 2:00 Mickey Mouse Coloring! 3:00 Snacktivity– Saltbox TV IN2L 4:30 Mickey Mouse Movie!	19 9:30 Chair Dancing IN2L 10:00 Balloon Bat 11:30 Good News IN2L 1:30 Ring Toss 2:00 Brain Teasers IN2L 3:00 Afternoon Snack 4:00 Jokes & Laughter 4:30 Oldies Juke Box	20 9:30 Sit and be Fit IN2L 10:00 Scenic Drive in 950 11:30 Family Feud IN2L 2:00 B I N G O in 910 3:00 Snack & Chat 4:00 Bean Bag Toss 4:30 Sing a Longs IN2L 6:00 Salt Box TV IN2L
22 Gingerbread Cookie Day! 9:30 Light & Lively Exercise 10:00 Good News IN2L 11:30 Bible Story Trivia 1:30 Arm Chair Travel 2:00 Church Sermon IN2L 2:30 Decorating Cookies! 3:30 Afternoon Snack 6:00 Sunday @ The Memories IN2L	22 9:30 Chair Dancing IN2L 10:00 Scenic Drive 940 10:30 Balloon Burst 11:00 Manicures & Massages 1:30 Family Feud 2:30 Monday Movie Matinee 4:00 Bowling 4:30 1950's Juke Box	23 9:30 Exercise IN2L 10:00 Book Club 10:30 Today in History 11:00 Price is Right IN2L 11:30 Word Search 2:00 Balloon Bat 3:30 Snack & Chat 4:30 Jokes & Laughter	24 9:30 Exercise IN2L 10:00 Good News IN2L 10:30 Common Sayings IN2L 11:30 Dominoes/ Trivia 2:00 B I N G O in 920 3:00 Ladies Tea Time 4:00 Brain Teasers IN2L 4:30 Oldies Karaoke	25 Happy Thanksgiving! 9:30 Conductorcise 10:00 Today in History 10:30 Piggy Bankers IN2L 11:00 Which Came First? 11:30 Scrabble / Puzzles 2:00 Thanksgiving Craft! 3:00 Snacktivity-Saltbox TV IN2L 4:30 I Love Lucy IN2L	26 9:30 Chair Dancing IN2L 10:00 Balloon Bat 11:30 Colorful Creations! 2:00 Balloon Burst 3:00 Culture Club: Texas / Cheetos 4:00 Jokes & Laughter 4:30 Classical Juke Box	27 9:30 Sit and be Fit IN2L 10:00 Scenic Drive in 950 11:30 Family Feud IN2L 2:00 B I N G O in 910 3:00 Snack & Chat 4:00 Bean Bag Toss 4:30 Sing a Longs IN2L 6:00 Salt Box TV IN2L
28 9:30 Light & Lively Exercise 10:00 Good News IN2L 11:30 Bible Trivia IN2L 1:30 Balloon Bat 2:00 Church Sermon IN2L 3:30 Afternoon Snack 4:30 Southern Gospel 6:00 Sunday @ The Memories IN2L	29 9:30 Chair Dancing 10:00 Scenic Drive 940 10:30 Balloon Burst 11:30 Manicures & Massages 1:30 Family Feud 2:30 Monday Movie Matinee 4:00 Bowling 4:30 1960's Juke Box	30 Mason Jar Day! 9:30 Sit & be Fit IN2L 10:00 Book Club 10:30 Today in History 11:00 Word Search 11:30 Balloon Bat 2:00 Mason Jar Craft! 3:30 Snack & Chat 4:30 Jokes & Laughter	Happy Birthday 11/10 Frank L. 920 11/25 Evelyn G. 910 11/25 Sandra B. 910	Take-Out/Lunch Delivery 11/2 Love Love 12pm 11/9 Five Guys 12pm 11/16 Subway 12pm 11/23 Gold Dragon 12pm 11/30 Donatello's 12pm	Shopping/ Delivery 11/3 Walmart 10-12 11/10 Dollar Tree 10-12 11/17 Fred Meyer 10-12 10/24 Winco Food 10-12	All activities subject to change per mandated health guidelines.