



14420 SW Farmington Rd.  
Beaverton, OR 97005



#### 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  
**Miguel Mendoza**  
Maintenance Director  
**Robert Baty**  
Life Enrichment Director  
**Grace Gonzalez**  
Wellness Coordinator  
**Connect:**  
**503-626-2273**

[info-beaverton@farmingtonsquare.com](mailto:info-beaverton@farmingtonsquare.com)  
[www.farmingtonsquare-beaverton.com](http://www.farmingtonsquare-beaverton.com)  
[Facebook.com/  
FarmingtonSquareBeaverton](https://www.facebook.com/FarmingtonSquareBeaverton)



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

# The Radiant Reader

January 2022

Farmington Square Transitions Newsletter



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3 Team Spotlight  
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## Here's to You in 2022: Healthy New Year's Resolutions

A new year is a great time to focus on health and look at what great habits you have in place for yourself, and what areas you could improve upon. There's so many ways to approach taking on better habits, from exercise to sleep. These are just a few to consider!

### Get Social

Taking part in group activities, being with others, and sharing your feelings boosts overall health. Ways to bring out your social butterfly:

- Attend group activities. Set small social goals each time you take part. Greet and share an observation or compliment.
- Have your hearing and vision tested to ensure that you aren't missing things.
- Practice your favorite hobby in a common area. Others may join you!
- If religious, attend group services.
- Use IN2L with your Life Enrichment Director.

### Make Exercise Fun

Being active helps the whole body. Do some thinking about your favorite ways to be active and set small goals for daily activities (walking, dancing, stretching, lifting, bowling, golfing, or chair exercises). Work out with a buddy for motivation and safety. Share your successes!

### Hydrate

Dehydration can affect people of all ages, but especially older adults. Ask your health professional how much water you should get each day, as it varies from person to person. To make hydration fun, in addition to water, try foods like watermelon, spinach, cucumbers, green peppers, and celery. Ways to detect fluid intake is adequate include rarely feeling thirsty and colorless or light yellow urine.

### Prioritize Your Wellness

Reach out to your medical and dental health



**Goal Idea: Eat more blueberries! Did you know blueberries can: improve brain function, protect the body from unstable molecules, lower blood pressure, and help prevent heart disease? These little blue buddies pack quite the health punch!**

professionals as you head into 2022 to schedule wellness appointments. Staying on top of your well-being is the best gift you can give yourself.

### Sleep Well

Sleep quality can be compromised in many ways. Try these goals to improve your sleep:

- Follow a pre-sleep routine / sleep schedule
- Avoid late afternoon naps or caffeine
- Avoid screens, lights, & large pre-bed meals

### Have A Rainbow A Day...

It's true, the saying goes "an apple a day..." but a rainbow is more fun. When you eat, improve nutrition with a rainbow of different colored foods on your plate at each meal, with many colors coming from fruits and vegetables.

We wish you a healthy 2022! Let us know which of these focus areas spark your interest on our Facebook post on the 1st. 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!

**Annette N. - 1/3**

**Carmen P. - 1/6**

**Joan G. - 1/12**

**Larry B. - 1-21**

Those born in January are Capricorn (Jan. 1-19) or Aquarius (Jan. 20-31). Their birthstone is garnet, symbolizing love and was discovered in Ancient Egypt. Their birth flowers are Carnations and Snow Drops. Carnations are among few flowers that can bloom in the cold!



# January 2022 Highlights

January observes bath safety, mentoring, and braille literacy. It celebrates oatmeal, soup, hot tea, slow cooking, and Sunday suppers. It's Hobby Month so it's a great time to indulge in and share about hobbies!

01 Bloody Mary Day; Set Resolutions	17 MLK Jr. Day; Hot Buttered Rum Day
02 Cream Puff Day; Science Fiction Day	18 Pooh Bear Day; Thesaurus Day
03 Chocolate Covered Cherry Day	19 Popcorn Day; World Quark Day
04 Spaghetti Day; Trivia Day; Braille Day	20 Cheese Lovers' Day; Buttercrunch Day
05 Whip Cream Day; Bird Day; Keto Day	21 Granola Bar Day; Squirrels Day
06 Bean Day; Tech Day; Shortbread Day	22 Blonde Brownie Day
07 Bobblehead Day; Tempura Day	23 Pie Day; Handwriting Day
08 Argyle Day; English Toffee Day	24 Compliment Day; Peanut Butter Day
09 Law Enforcement Day; Apricot Day	25 Opposite Day; Intl. Irish Coffee Day
10 Bittersweet Chocolate Day; Eagles Day	26 Green Juice Day; Peanut Brittle Day
11 Arkansas Day; Milk Day	27 Chocolate Cake Day
12 Pharmacists' Day; Chicken Curry Day	28 Kazoo Day; Blueberry Pancake Day
13 Stickers Day; Peach Melba Day	29 Corn Chip Day; Puzzle Day
14 Dress Pet Day; Pastrami Sandwich Day	30 Croissant Day
15 Hat Day; Bagel Day	31 Artsy Day; Backwards Day; Cocoa Day
16 Fig Newton Day; Eat Hot & Spicy Day;	

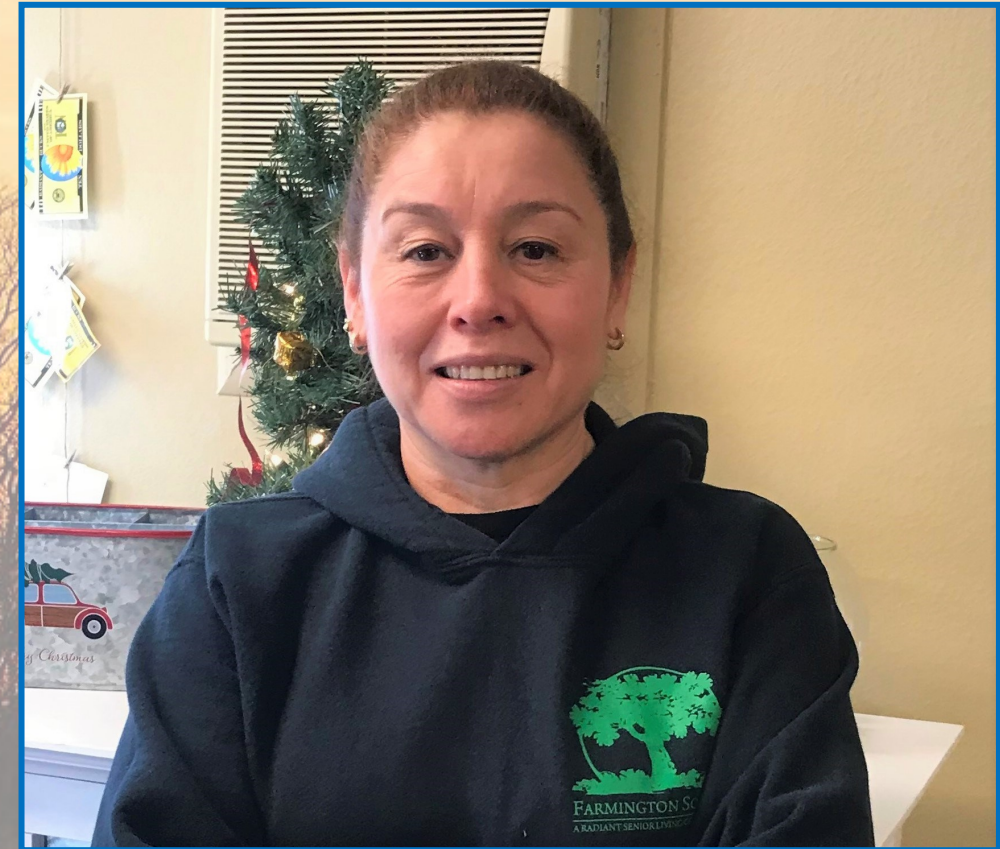


## Regarding Covid-19:

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.

Cheesy Talk! Jan. 20th is Cheese Lover's Day. For fun, some of us shared our favorite kinds of cheese!

"Queso Fresco" - Maria  
"Smoked Gouda" - Rob  
"Any and All French Cheese's" - Pat  
"Cheddar" - Brianna  
"Swiss" - Jerré  
"Provolone" - Angela  
"Gouda" - Joan  
"Havarti" - Erika



## TEAM SPOTLIGHT:

**-Norma-**

It is very apparent that Norma is a dedicated employee that strives to create and sustain a comfortable, caring environment for all residents dietary needs and desires.

Thank you Norma, for all you do!





# JANUARY 2022 Building A

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<i>SUN</i>	<i>MON</i>	<i>TUE</i>	<i>WED</i>	<i>THU</i>	<i>FRI</i>	<i>SAT</i>
<b>2 (1st in last box)</b> 9:30 Coffee/ News 10:00 Puzzles 10:30 Snack 10:45 <a href="#">Bible Verse of the day</a> 1:30 Bingo/Snack 2:30 Movie Matinee 6:00 Balloon Bounce	<b>3</b> 10:00 Exercise 10:30 Snack & News 11:00 <a href="#">Wacky Word Games</a> 1:30 Bingo 2:30 Balloon Badminton 3:00 Afternoon Movie 6:00 Puzzles	<b>4</b> 10:00 Exercise 10:30 Snack & News 11:00 Wacky Word Games 1:30 Reminisce 2:30 Sing Along/ Snack 3:00 Bingo 6:00 Puzzles	<b>5</b> 9:45 Painting <b>9:45 Fred Meyer</b> 10:30 Snack & News 11:00 <a href="#">Wacky Word Games</a> 11:30 Exercise 1:30 <a href="#">Sing Along /Trivia</a> <b>2:45 Ice Cream Social / Bingo</b> 6:00 Puzzles	<b>6</b> <b>9:45 Library Trip</b> 10:30 Snack 11:30 Exercise 1:30 Bean Bag Toss 2:30 <a href="#">Reminisce /Snack</a> 3:00 Bingo 6:00 Balloon Bounce	<b>7</b> 10:00 Exercise 10:30 Snack & News 11:00 <a href="#">Wacky Word Games</a> 1:30 <a href="#">Trivia/Snack</a> 2:15 <a href="#">Sing Along</a> 3:00 Bingo 6:00 Puzzles	<b>8</b> 10:00 Exercise 10:30 Snack & News 11:00 Wacky Word Games 1:30 Manicures/ Snack 2:30 Bingo 3:30 Balloon Badminton 6:00 Movie Night
<b>9</b> 9:30 Coffee/ News 10:00 Puzzles 10:30 Snack 10:45 <a href="#">Bible Verse of the day</a> 1:30 Bingo/Snack 2:30 Movie Matinee 6:00 Balloon Bounce	<b>10</b> <b>9:45 Scenic Drive</b> 11:00 <a href="#">Wacky Word Games</a> 11:30 Exercise 1:30 Bingo 2:30 <a href="#">Sing Along/Snack</a> 3:30 Afternoon Movie 6:00 <a href="#">Evening Movie</a>	<b>11</b> 10:00 Exercise 10:30 Snack & News 11:00 Wacky Word Games 1:30 Reminisce 2:30 Sing Along/ Snack 3:00 Bingo 6:00 Puzzles	<b>12</b> 9:45 Painting <b>9:45 Fred Meyer</b> 10:30 Snack & News 11:00 <a href="#">Wacky Word Games</a> 11:30 Exercise 1:30 <a href="#">Sing Along /Trivia</a> <b>2:45 Ice Cream Social / Bingo</b> 6:00 Puzzles	<b>13</b> 10:00 Exercise 10:30 Snack & News 11:00 <a href="#">Wacky Word Games</a> 1:00 Movie Matinee <b>1:15 Elsie Stuhr</b> 1:45 Snack 4:00 Painting 6:00 Balloon Bounce	<b>14</b> 10:00 Exercise 10:30 Snack & News 11:00 <a href="#">Wacky Word Games</a> 1:30 <a href="#">Trivia/Snack</a> 2:15 <a href="#">Sing Along</a> 3:00 Bingo 6:00 Puzzles	<b>15</b> 10:00 Exercise 10:30 Snack & News 11:00 Wacky Word Games 1:30 Manicures/ Snack 2:30 Bingo 3:30 Balloon Badminton 6:00 Movie Night
<b>16</b> 9:30 Coffee/ News 10:00 Puzzles 10:30 Snack 10:45 <a href="#">Bible Verse of the day</a> 1:30 Bingo/Snack 2:30 Movie Matinee 6:00 Balloon Bounce	<b>17 Martin Luther King Jr.</b> 10:00 Exercise 10:30 Snack & News 11:00 <a href="#">Wacky Word Games</a> 1:30 Bingo 2:30 Balloon Badminton 3:00 Afternoon Movie 6:00 Puzzles	<b>18</b> 10:00 Exercise 10:30 Snack & News 11:00 Wacky Word Games 1:30 Reminisce 2:30 Sing Along/ Snack 3:00 Bingo 6:00 Puzzles	<b>19</b> 9:45 Painting <b>9:45 Fred Meyer</b> 10:30 Snack & News 11:00 <a href="#">Wacky Word Games</a> 11:30 Exercise 1:30 <a href="#">Sing Along /Trivia</a> <b>2:45 Ice Cream Social / Bingo</b> 6:00 Puzzles	<b>20</b> <b>9:45 Library Trip</b> 10:30 Snack 11:30 Exercise 1:30 Bean Bag Toss 2:30 <a href="#">Reminisce /Snack</a> 3:00 Bingo 6:00 Balloon Bounce	<b>21</b> 10:00 Exercise 10:30 Snack & News 11:00 <a href="#">Wacky Word Games</a> 1:30 <a href="#">Trivia/Snack</a> 2:15 <a href="#">Sing Along</a> 3:00 Bingo 6:00 Puzzles	<b>22</b> 10:00 Exercise 10:30 Snack & News 11:00 Wacky Word Games 1:30 Manicures/ Snack 2:30 Bingo 3:30 Balloon Badminton 6:00 Movie Night
<b>23</b> 9:30 Coffee/ News 10:00 Puzzles 10:30 Snack 10:45 <a href="#">Bible Verse of the day</a> 1:30 Bingo/Snack 2:30 Movie Matinee 6:00 Balloon Bounce	<b>24</b> <b>9:45 Scenic Drive</b> 11:00 <a href="#">Wacky Word Games</a> 11:30 Exercise 1:30 Bingo 2:30 <a href="#">Sing Along/Snack</a> 3:30 Afternoon Movie 6:00 <a href="#">Evening Movie</a>	<b>25</b> 10:00 Exercise 10:30 Snack & News 11:00 Wacky Word Games 1:30 Reminisce 2:30 Sing Along/ Snack 3:00 Bingo 6:00 Puzzles	<b>26</b> 9:45 Painting <b>9:45 Fred Meyer</b> 10:30 Snack & News 11:00 <a href="#">Wacky Word Games</a> 11:30 Exercise 1:30 <a href="#">Sing Along /Trivia</a> <b>2:45 Ice Cream Social / Bingo</b> 6:00 Puzzles	<b>27</b> 10:00 Exercise 10:30 Snack & News 11:00 <a href="#">Wacky Word Games</a> 1:00 Movie Matinee <b>1:15 Elsie Stuhr</b> 1:45 Snack 4:00 Painting 6:00 Balloon Bounce	<b>28</b> 10:00 Exercise 10:30 Snack & News 11:00 <a href="#">Wacky Word Games</a> 1:30 <a href="#">Trivia/Snack</a> 2:15 <a href="#">Sing Along</a> 3:00 Bingo 6:00 Puzzles	<b>29</b> 10:00 Exercise 10:30 Snack & News 11:00 Wacky Word Games 1:30 Manicures/ Snack 2:30 Bingo 3:30 Balloon Badminton 6:00 Movie Night
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2 (1st in last box)  9:30 Snack 9:45 Watercolors 10:00 <b>Sit And Be Fit</b> 11:00 Bible Study 1:30 Movie and Snack 3:00 Bingo 6:00 Travel Video	3  9:45 Watercolors 10:30 Coffee & News 11:00 Exercise 1:30 <b>Trivia/ Snack</b> 2:00 Craft 3:00 Bingo 6:00 Evening Movie	4  10:00 Watercolors & Snack 10:30 <b>Coffee &amp; News</b> 11:00 Exercise 1:30 <b>Name That Tune</b> 2:45 <b>Bingo</b> With Snack 4:00 Poem of the day 6:00 Evening Movie	5  9:45 Painting <b>9:45 Fred Meyer</b> 10:30 Snack 1:30 <b>Seated Stretching</b> 2:00 <b>Trivia/ Snack</b> <b>2:45 Ice Cream Social/ Bingo</b> 6:00 Puzzles	6  <b>9:45 Library Outing</b> 10:00 Snack 11:00 <b>Word Games</b> 1:30 Exercise 2:45 Snack 3:00 <b>Bingo</b> 6:00 Evening Movie	7  10:00 Table Games 10:30 Coffee & News 11:00 Exercise 1:30 Craft 2:30 <b>Reminisce/</b> Snack 3:00 <b>Bingo</b> 6:00 Puzzles	8  10:00 Watercolors & Snack 10:30 <b>Coffee &amp; News</b> 11:00 Exercise 1:30 Balloon Badminton 2:45 <b>Bingo</b> With Snack 4:00 Poem of the day 6:00 Evening Movie
9  9:30 Snack 9:45 Watercolors 10:00 <b>Sit And Be Fit</b> 11:00 Bible Study 1:30 Movie and Snack 3:00 Bingo 6:00 Travel Video	10  9:45 Watercolors 10:30 Coffee & News 11:00 Exercise 1:30 <b>Trivia/ Snack</b> 2:00 Craft 3:00 Bingo 6:00 Evening Movie	11  10:00 Watercolors & Snack 10:30 <b>Coffee &amp; News</b> 11:00 Exercise 1:30 <b>Name That Tune</b> 2:45 <b>Bingo</b> With Snack 4:00 Poem of the day 6:00 Evening Movie	12  9:45 Painting <b>9:45 Fred Meyer</b> 10:30 Snack 1:30 <b>Seated Stretching</b> 2:00 <b>Trivia/ Snack</b> <b>2:45 Ice Cream Social/ Bingo</b> 6:00 Puzzles	13  10:00 Table Games 10:30 <b>Coffee &amp; News</b> 11:00 Exercise <b>1:15 Elsie Stuhr</b> 1:45 Snack 4:00 Poem Of The Day 6:00 Evening Movie	14  10:00 Table Games 10:30 Coffee & News 11:00 Exercise 1:30 Craft 2:30 <b>Reminisce/</b> Snack 3:00 <b>Bingo</b> 6:00 Puzzles	15  10:00 Watercolors & Snack 10:30 <b>Coffee &amp; News</b> 11:00 Exercise 1:30 Balloon Badminton 2:45 <b>Bingo</b> With Snack 4:00 Poem of the day 6:00 Evening Movie
16  9:30 Snack 9:45 Watercolors 10:00 <b>Sit And Be Fit</b> 11:00 Bible Study 1:30 Movie and Snack 3:00 Bingo 6:00 Travel Video	17 <b>Martin Luther King Jr.</b>  <b>9:45 Scenic Drive</b> 10:30 Coffee & News 11:00 Exercise 1:30 <b>Trivia/ Snack</b> 2:00 Craft 3:00 Bingo 4:00 Poem of the day 6:00 Evening Movie	18  10:00 Watercolors & Snack 10:30 <b>Coffee &amp; News</b> 11:00 Exercise 1:30 <b>Name That Tune</b> 2:45 <b>Bingo</b> With Snack 4:00 Poem of the day 6:00 Evening Movie	19  9:45 Painting <b>9:45 Fred Meyer</b> 10:30 Snack 1:30 <b>Seated Stretching</b> 2:00 <b>Trivia/ Snack</b> <b>2:45 Ice Cream Social/ Bingo</b> 6:00 Puzzles	20  <b>9:45 Library Outing</b> 10:00 Snack 11:00 <b>Word Games</b> 1:30 Exercise 2:45 Snack 3:00 <b>Bingo</b> 6:00 Evening Movie	21  10:00 Table Games 10:30 Coffee & News 11:00 Exercise 1:30 Craft 2:30 <b>Reminisce/</b> Snack 3:00 <b>Bingo</b> 6:00 Puzzles	22  10:00 Watercolors & Snack 10:30 <b>Coffee &amp; News</b> 11:00 Exercise 1:30 Balloon Badminton 2:45 <b>Bingo</b> With Snack 4:00 Poem of the day 6:00 Evening Movie
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2 (1st in last box)	3	4	5	6	7	8
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>	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>	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>	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>	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>	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>	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>
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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>	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>	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>	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>	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>	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>	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>
23	24	25	26	27	28	29
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>	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>	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>	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>	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>	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>	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>
30	31	<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: 9:45 Fred Meyer</b></p>				1st <b>New Year's Day</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>	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>					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>