



2730 Bailey Lane  
Eugene, OR 97401

Stamp



### Leadership Team

Phone: 541.344.902

Email: [info-eugene@farmingtonsquare.com](mailto:info-eugene@farmingtonsquare.com)

Executive Director:  
Jill Maher

Community Relations Director:  
Cindy Benton

Business Office Director:  
Chelsea Hohenstein

Wellness Nurse:  
Judy Wilson, RN

Life Enrichment Director:  
Kirsten Silva

Maintenance Director:  
Brian Thompson

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

# The Farmington Square Times

March 2022 Newsletter



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# Spilling the Beans on Caffeine: Is Your Cup of Joe a Friend ...or a Foe?

Most of us have a relationship with caffeine - whether we love it to love it, or wish we didn't want it. It's in coffee, soda, and tea that we drink (unless we opt for decaf, though even *that* has a little), and we turn to it in times of tiredness for a quick energy boost.

This National Caffeine Awareness Month, we've set out to unearth facts about caffeine that are worth poring over.

First off, if you're wondering what exactly caffeine is, ponder no further. Caffeine is a bitter stimulant substance whose chemical name is trimethylxanthine. It occurs naturally in the fruit, leaves, and beans of coffee, cacao, and guarana plants. Human-made caffeine also exists and is added to some medicines, foods, and drinks.

When consumed, caffeine is typically absorbed by the human body within 45 minutes. An average 8-ounce cup of coffee has 95 milligrams of caffeine, but can vary. According to the Mayo Clinic, up to 400 milligrams of caffeine per day is safe for most healthy adults. Though, there are different recommendations for pregnant and breastfeeding women, and the American Academy of Pediatrics discourages caffeine for children.

There are both pros and cons to caffeine intake for adults. On the upside, it can increase energy, speed up reaction times,



**Did you know? Caffeine can be found in chocolate. It can also be hidden in some yogurt, ice cream, and protein bars! If seeking a non-caffeinated energy boost, consider having some blueberries!**

and aid in concentration. Coffee, specifically, is said to have some health benefits, from slowing cognitive decline in older adults to protecting against certain cancers and Type Two Diabetes. As for drawbacks, it may bring on stomach acid release (heartburn), increase blood pressure, and act as a diuretic. It can also interact poorly with some medications. For some with caffeine sensitivity, even small amounts can cause restlessness, sleep issues, and anxiety.

An area where opinions vary is its level of addictiveness. The facts are: it does raise dopamine a little, and can bring withdrawal symptoms if one stops intake.

So...Stick with or skip? For those who enjoy caffeinated beverages or foods, as with anything, it's best to enjoy in moderation. Let us know your thoughts about caffeine in our newsletter post on our facebook.

## Special Moments



## Happy Birthday!

- |                            |                             |
|----------------------------|-----------------------------|
| <b>Resident Birthdays:</b> | <b>Employee Birthdays:</b>  |
| <b>Duane: March 5th</b>    | <b>Crystal: March 4th</b>   |
| <b>Libby: March 8th</b>    | <b>Alejandro: March 7th</b> |
| <b>Carolyn: March 10th</b> | <b>Alyssa: March 8th</b>    |
| <b>Jerry: March 12th</b>   | <b>Jermaine: March 12th</b> |
| <b>Loya: March 17th</b>    | <b>Kirsten: March 16th</b>  |

Those born in March are Pisces (Feb. 19 - March 20) and Aries (March 21 - April 19). The birthstones for March are aquamarine and bloodstone (which is dark green). The birth flowers for March are the daffodil and jonquil. March babies are said to have a sunny disposition!





# March 2022 Highlights

March observes Women's History Month, Nutrition Month, and Save Your Vision Month. It celebrates crafting, aviation, and cleaning!

- |  |   |
|--|---|
| 01 Peanut Butter Day; Music Therapy Day  | 17 St. Patrick's Day                        |
| 02 Banana Cream Pie Day; Read Day        | 18 Lacy Cookie Day; Sloppy Joe Day          |
| 03 Cold Cuts Day; World Wildlife Day     | 19 Certified Nurses Day; Poultry Day        |
| 04 Marching Music Day; Pound Cake Day    | 20 Spring Begins; Ravioli Day; Corn Dog Day |
| 05 Employee Appreciation Day             | 21 French Bread Day; Puppetry & Poetry Day  |
| 06 Dentists' Day; Oreo Day; Dress Day    | 22 Bavarian Crepes Day; West Virginia Day   |
| 07 Cereal Day; Flapjack Day              | 23 Chip Dip Day; Puppy Day; Tamale Day      |
| 08 Intl. Women's Day; Oregon Day         | 24 Cheesesteak Day; Chocolate Raisins Day   |
| 09 Barbie Day; Meatball Day              | 25 Swedish Waffle Day; Physicians' Week     |
| 10 Blueberry Popover Day; Bagpipe Day    | 26 Nougat Day; Spinach Day                  |
| 11 Oatmeal Nut Waffles Day; Plumbing Day | 27 Spanish Paella Day; World Theatre Day    |
| 12 Girl Scouts Day; Plant a Flower Day   | 28 Black Forest Cake Day; Food on Stick Day |
| 13 Coconut Torte Day; K9 Veterans Day    | 29 Vietnam Vet Day; Nevada Day; Piano Day   |
| 14 Child Craft Day; Spider Day; Chip Day | 30 Doctors' Day; Park Walk Day              |
| 15 Pears Helene Day; Health Care HR Week | 31 Crayon Day; Tater Day                    |
| 16 Artichoke Hearts Day; Panda Day       |   |

Spring forward! Sunday, March 13, set your clocks forward one hour!



## Regarding Covid-19:

Safety and comfort of our residents and staff remains our first 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: [farmingtonsquare-eugene.com](http://farmingtonsquare-eugene.com).



Visit our facebook at:  
[Facebook.com/  
FarmingtonSquare  
Eugene](https://www.facebook.com/FarmingtonSquareEugene)

## March 12th celebrates Plant a Flower Day!

We're sharing our favorite flowers!

"Irises" - Darwin

"Succulents" - Alyssa

"Carnations" - Shirley

"Roses" - Wanda

"Gardenias" - Alex



## Staff Spotlight:

Jill

Jill was born and raised in Oregon City. She has lived in California, Hawaii, and all over Oregon. She has always had a care-taking/giving mindset and has worked in senior care since 2000.

She loves traveling (her favorite vacay spots are Nicaragua and Hawaii), collecting anything related to sea turtles (they are her spirit animal), and spending time with her family (especially her grandkids). She is an avid sports fan (specifically all things Oregon Ducks).

Her favorite holiday is her birthday (the whole month of November, to be exact), her favorite food is ribeye with baked potatoes and asparagus, and her favorite colors are green and yellow (of course).

She is described as compassionate, dedicated, energetic, loving, hard-working, very talkative, nurturing, and always a team player.

Fun Fact: Her dream car is a 66 mustang! Jill, you always go above and beyond for every person that you meet. Your dedication to the residents care is admirable and we are lucky to have you as our fearless leader! Thank you for all that you do and more, you have no idea how appreciated you are by all!



## Resident Spotlight:

Lee

Lee is from Liberty, Texas. She used to work as a cafeteria manager in various schools for the Los Angeles Unified School District. She really likes to laugh and have fun, go for walks, exercise, travel (she has been to Alaska, New Orleans, Las Vegas & New York!), church, watch police shows, converse with residents & staff, and she loves fishing and going to the beach.

Her favorite holiday is Christmas (her grandma used to make all her favorite foods); her favorite foods are fried chicken, stuffing, blueberry pie, black walnut ice-cream & peach cobbler; and her favorite color is blue. She is described as very sweet, humorous, honest, friendly, caring, family-oriented, empathetic, witty and a snazzy dresser.

Fun Fact: Her son Clay said "there were two cakes she made when I was young. One was called Watergate cake and the other was called sock it to me cake."

Lee, you have such a beautiful spirit and gorgeous smile! We are very lucky to have you and so excited to get to know you better! Welcome to the Farmington family!



MARCH 2022

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<div>20 9:15 Resident Focused Visits 10:30 Snacktivity: Beauty &amp; Grooming 11:30 Dinning Service Prep: Lunchtime 1:00 iN2L Games* 2:00 Snacktivity: Sensory Games* 3:00 Tabletop Games 3:30 Exercise Fun: Stretching &amp; Balloon Ball 4:30 Dinning Service Prep: Dinnertime</div>	<div>21 9:15 Exercise Fun: Music &amp; Movement 10:30 Snacktivity: Beauty &amp; Grooming 11:30 Dinning Service Prep: Lunchtime 1:00 Puzzle Club* 2:00 Resident Focused Visits 3:00 Creative Arts: Poetry Day 4:00 Card Games* 4:30 Dinning Service Prep: Dinnertime</div>	<div>22 9:15 Resident Focused Visits 10:30 Snacktivity: Beauty &amp; Grooming 11:30 Dinning Service Prep: Lunchtime 1:00 Exercise Fun: Balloon Ball 2:00 Snacktivity: Coffee &amp; Conversation* 2:30 Dominos 3:00 Pretty Nails &amp; Manicures 4:30 Dinning Service Prep: Dinnertime</div>	<div>23 9:15 Exercise Fun: Balloon Ball 10:30 Snacktivity: National Puppy Day: FETCH Pet Therapy 11:30 Dinning Service Prep: Lunchtime 1:00 Trivia Games* 2:00 Snacktivity: iN2L* or Performance by Katie S. (Cottage B) 2:00 Creative Arts: Watercolor Painting* 3:00 Sensory Games* 4:30 Dinning Service Prep: Dinnertime</div>	<div>24 9:15 Residents Focused Visits 10:30 Snacktivity: Beauty &amp; Grooming 11:30 Dinning Service Prep: Lunchtime 1:00 Dice Games 2:00 Snacktivity: Music &amp; Art* 2:30 Exercise Fun: Walking Group 3:00 Tabletop Games 4:30 Dinning Service Prep: Dinnertime</div>	<div>25 9:15 Exercise Fun: Stretching &amp; Balloon Ball 10:30 Snacktivity: Beauty &amp; Grooming 11:00 Church* 11:30 Dinning Service Prep: Lunchtime 1:00 Sensory Games* 2:00 Resident Focused Visits 2:30 Movie &amp; Popcorn* 3:00 Pretty Nails &amp; Manicures 4:30 Dinning Service Prep: Dinnertime</div>	<div>26 9:15 Resident Focused Visits 10:30 Snacktivity: Beauty &amp; Grooming 11:30 Dinning Service Prep: Lunchtime 1:00 B-I-N-G-O* 1:30 Scenic Bus Ride 2:00 Snacktivity: Birthday Cupcakes 2:30 Trivia: iN2L* 3:00 Exercise Fun: Music &amp; Movement* 4:30 Dinning Service Prep: Dinnertime</div>
<div>27 9:15 Resident Focused Visits 10:30 Snacktivity: Beauty &amp; Grooming 11:30 Dinning Service Prep: Lunchtime 1:00 iN2L Games* 2:00 Snacktivity: Sensory Games* 3:00 Tabletop Games 3:30 Exercise Fun: Stretching &amp; Balloon Ball 4:30 Dinning Service Prep: Dinnertime</div>	<div>28 9:15 Exercise Fun: Music &amp; Movement 10:30 Snacktivity: Beauty &amp; Grooming 11:30 Dinning Service Prep: Lunchtime 1:00 Puzzle Club* 2:00 Resident Focused Visits or Basil on Piano (Cottage B) 3:00 Creative Arts: Adult Coloring* 4:00 Card Games* 4:30 Dinning Service Prep: Dinnertime</div>	<div>29 9:15 Resident Focused Visits 10:30 Snacktivity: Beauty &amp; Grooming 11:30 Dinning Service Prep: Lunchtime 1:00 Exercise Fun: Balloon Ball 2:00 Snacktivity: National Nevada Day* 2:30 Dominos 3:00 Pretty Nails &amp; Manicures 4:30 Dinning Service Prep: Dinnertime</div>	<div>30 9:15 Exercise Fun: Balloon Ball 10:30 Snacktivity: Beauty &amp; Grooming 11:30 Dinning Service Prep: Lunchtime 1:00 Trivia Games* 2:00 Snacktivity: iN2L* 2:00 Creative Arts: Watercolor Painting* 3:00 Sensory Games* 4:30 Dinning Service Prep: Dinnertime</div>	<div>31 9:15 Residents Focused Visits 10:30 Snacktivity: Beauty &amp; Grooming 11:30 Dinning Service Prep: Lunchtime 1:00 Dice Games 2:00 Snacktivity: Music &amp; Art* 2:30 Exercise Fun: Walking Group 3:00 Tabletop Games 4:30 Dinning Service Prep: Dinnertime</div>	<div></div>	<div>March Highlights March 1st— National Music Therapy Day March 3rd— World Wildlife Day March 4th— Performance by Wade (Cottage B) &amp; Performance by Gus R. (Cottage C) March 6th— National Oreo Day March 8th— Presentation by Tim F. March 12th— Plant a Flower Day March 15th— Exercise Fun: Karate with Alex (Cottage C) March 17th— St. Patrick's Day March 21st— Poetry Day March 23rd— National Puppy Day: FETCH Pet Therapy &amp; Performance by Katie S. March 26th— Birthday Cupcakes March 28th— Basil on Piano (Cottage B &amp; C) March 29th— National Nevada Day</div>



# MARCH 2022

Farmington Square Eugene













• Cottage B

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• 541-344-7902

SUN	MON	TUE	WED	THU	FRI	SAT
<p><b>All activities subject to change per mandated health guidelines.</b></p>		<p><b>1</b></p> <p>9:15 <b>National Music Therapy Day: Music &amp; Movement</b> </p> <p>10:30 Snacktivity: Beauty &amp; Grooming</p> <p>11:00 Dinning Service Prep: Lunchtime</p> <p>12:30 <b>B-I-N-G-O*</b></p> <p>2:00 Snacktivity: Coffee &amp; Conversation*</p> <p>2:30 <b>Puzzle Club*</b></p> <p>3:00 Pretty Nails &amp; Manicures</p> <p>4:00 Dinning Service Prep: Dinnertime</p> <p>5:30 Yahtzee Night</p>	<p><b>2</b></p> <p>9:15 Exercise Fun: Tai Chi*</p> <p>10:30 Snacktivity: Beauty &amp; Grooming</p> <p>11:00 Dinning Service Prep: Lunchtime</p> <p>12:30 Word Games*</p> <p>2:00 Snacktivity: Travel on iN2L*</p> <p>2:00 Creative Arts: Watercolor Painting*</p> <p>3:00 Card Games</p> <p>4:00 Dinning Service Prep: Dinnertime</p> <p>5:30 <b>B-I-N-G-O*</b> Night</p>	<p><b>3</b></p> <p>9:15 Exercise Fun: Balloon Ball</p> <p>10:30 Snacktivity: Beauty &amp; Grooming</p> <p>11:00 Dinning Service Prep: Lunchtime</p> <p>12:30 <b>B-I-N-G-O*</b></p> <p>2:00 Snacktivity: <b>World Wildlife Day</b></p> <p>3:00 Exercise Fun: Walking Group</p> <p>3:30 Sensory Games*</p> <p>4:00 Dinning Service Prep: Dinnertime</p> <p>5:30 Board Game Night</p>	<p><b>4</b></p> <p>9:15 Exercise Fun: Sit and Be Fit*</p> <p>10:15 Snacktivity: <b>Performance by Wade B.</b></p> <p>11:00 Dinning Service Prep: Lunchtime</p> <p>12:30 Yahtzee</p> <p>2:00 Resident Focused Visits or <b>Performance by Gus R.</b> (Cottage C)</p> <p>2:30 Trivia Games*</p> <p>3:00 Pretty Nails &amp; Manicures</p> <p>4:00 Dinning Service Prep: Dinnertime</p> <p>5:30 Movie Night &amp; Popcorn*</p> 	<p><b>5</b></p> <p>9:15 Exercise Fun: Music &amp; Movement*</p> <p>10:30 Snacktivity: Beauty &amp; Grooming</p> <p>11:00 Dinning Service Prep: Lunchtime</p> <p>12:30 <b>B-I-N-G-O*</b></p> <p>1:30 <b>Scenic Bus Ride</b></p> <p>2:00 Snacktivity: Virtual Vacation*</p> <p>3:00 Indoor/Outdoor Games</p> <p>4:00 Dinning Service Prep: Dinnertime</p> <p>5:30 Balloon Volleyball Night</p>
<p><b>6</b></p> <p>9:15 Exercise Fun: Stretching &amp; Balloon Ball</p> <p>10:30 Snacktivity: Beauty &amp; Grooming</p> <p>11:00 Dinning Service Prep: Lunchtime</p> <p>12:30 Yahtzee</p> <p>2:00 Snacktivity: <b>National Oreo Day</b> </p> <p>3:00 Sensory Games*</p> <p>3:30 Card Games*</p> <p>4:00 Dinning Service Prep: Dinnertime</p> <p>5:30 Shake Loose a Memory</p>	<p><b>7</b></p> <p>9:15 Exercise Fun: Sit and Be Fit*</p> <p>10:30 Snacktivity: Beauty &amp; Grooming</p> <p>11:00 Dinning Service Prep: Lunchtime</p> <p>12:30 <b>B-I-N-G-O*</b></p> <p>2:00 Snacktivity: Floral Arranging</p> <p>2:30 Creative Arts: Adult Coloring*</p> <p>3:30 Card Games*</p> <p>4:00 Dinning Service Prep: Dinnertime</p> <p>5:30 Exercise Fun*</p>	<p><b>8</b></p> <p>9:15 Exercise Fun: Music &amp; Movement*</p> <p>10:30 Snacktivity: Beauty &amp; Grooming or <b>Presentation by Tim F.</b> (Cottage C) </p> <p>11:00 Dinning Service Prep: Lunchtime</p> <p>12:30 <b>B-I-N-G-O*</b></p> <p>2:00 Snacktivity: Coffee &amp; Conversation*</p> <p>2:30 <b>Puzzle Club*</b></p> <p>3:00 Pretty Nails &amp; Manicures</p> <p>4:00 Dinning Service Prep: Dinnertime</p>	<p><b>9</b></p> <p>9:15 Exercise Fun: Tai Chi*</p> <p>10:30 Snacktivity: Beauty &amp; Grooming</p> <p>11:00 Dinning Service Prep: Lunchtime</p> <p>12:30 Word Games*</p> <p>2:00 Snacktivity: Travel on iN2L*</p> <p>2:00 Creative Arts: Watercolor Painting*</p> <p>3:00 Card Games</p> <p>4:00 Dinning Service Prep: Dinnertime</p> <p>5:30 <b>B-I-N-G-O*</b> Night</p>	<p><b>10</b></p> <p>9:15 Exercise Fun: Balloon Ball</p> <p>10:30 Snacktivity: Beauty &amp; Grooming</p> <p>11:00 Dinning Service Prep: Lunchtime</p> <p>12:30 <b>B-I-N-G-O*</b></p> <p>2:00 Snacktivity: Resident Focused Visits</p> <p>3:00 Exercise Fun: Walking Group</p> <p>3:30 Sensory Games*</p> <p>4:00 Dinning Service Prep: Dinnertime</p> <p>5:30 Board Game Night</p>	<p><b>11</b></p> <p>9:15 Exercise Fun: Sit and Be Fit*</p> <p>10:30 Snacktivity: Beauty &amp; Grooming</p> <p>11:00 Dinning Service Prep: Lunchtime</p> <p>12:30 Yahtzee</p> <p>2:00 Resident Focused Visits</p> <p>2:30 Trivia Games*</p> <p>3:00 Pretty Nails &amp; Manicures</p> <p>4:00 Dinning Service Prep: Dinnertime</p> <p>5:30 Movie Night &amp; Popcorn*</p>	<p><b>12</b></p> <p>9:15 Exercise Fun: Music &amp; Movement*</p> <p>10:30 Snacktivity: Beauty &amp; Grooming</p> <p>11:00 Dinning Service Prep: Lunchtime</p> <p>12:30 <b>B-I-N-G-O*</b></p> <p>1:30 <b>Scenic Bus Ride</b></p> <p>2:00 Snacktivity: <b>Plant a Flower Day</b> </p> <p>3:00 Indoor/Outdoor Games</p> <p>4:00 Dinning Service Prep: Dinnertime</p> <p>5:30 Balloon Volleyball Night</p>
<p><b>13</b></p> <p>9:15 Exercise Fun: Stretching &amp; Balloon Ball</p> <p>10:30 Snacktivity: Beauty &amp; Grooming</p> <p>11:00 Dinning Service Prep: Lunchtime</p> <p>12:30 Yahtzee</p> <p>2:00 Snacktivity: Sing-a-long*</p> <p>3:00 Sensory Games*</p> <p>3:30 Card Games*</p> <p>4:00 Dinning Service Prep: Dinnertime</p> <p>5:30 Shake Loose a Memory</p>	<p><b>14</b></p> <p>9:15 Exercise Fun: Sit and Be Fit*</p> <p>10:30 Snacktivity: Beauty &amp; Grooming</p> <p>11:00 Dinning Service Prep: Lunchtime</p> <p>12:30 <b>B-I-N-G-O*</b></p> <p>2:00 Snacktivity: Floral Arranging</p> <p>2:30 Creative Arts: Adult Coloring*</p> <p>3:30 Card Games* </p> <p>4:00 Dinning Service Prep: Dinnertime</p> <p>5:30 Exercise Fun*</p>	<p><b>15</b></p> <p>9:15 Exercise Fun: Music &amp; Movement*</p> <p>10:30 Snacktivity: Beauty &amp; Grooming</p> <p>11:00 Dinning Service Prep: Lunchtime</p> <p>12:30 <b>B-I-N-G-O*</b></p> <p>1:30 <b>Exercise Fun: Karate with Alex</b> (Cottage C)</p> <p>2:00 Snacktivity: Coffee &amp; Conversation*</p> <p>2:30 <b>Puzzle Club*</b></p> <p>3:00 Pretty Nails &amp; Manicures</p> <p>4:00 Dinning Service Prep: Dinnertime</p> <p>5:30 Yahtzee Night</p>	<p><b>16</b></p> <p>9:15 Exercise Fun: Tai Chi*</p> <p>10:30 Snacktivity: Beauty &amp; Grooming</p> <p>11:00 Dinning Service Prep: Lunchtime</p> <p>12:30 Word Games*</p> <p>2:00 Snacktivity: Travel on iN2L*</p> <p>2:00 Creative Arts: Watercolor Painting*</p> <p>3:00 Card Games</p> <p>4:00 Dinning Service Prep: Dinnertime</p> <p>5:30 <b>B-I-N-G-O*</b> Night</p>	<p><b>17</b></p> <p>9:15 Exercise Fun: Balloon Ball</p> <p>10:30 Snacktivity: Beauty &amp; Grooming</p> <p>11:00 Dinning Service Prep: Lunchtime</p> <p>12:30 <b>B-I-N-G-O*</b></p> <p>2:00 Snacktivity: <b>St. Patrick's Day</b> </p> <p>3:00 Exercise Fun: Walking Group</p> <p>3:30 Sensory Games*</p> <p>4:00 Dinning Service Prep: Dinnertime</p> <p>5:30 Board Game Night</p>	<p><b>18</b></p> <p>9:15 Exercise Fun: Sit and Be Fit*</p> <p>10:30 Snacktivity: Beauty &amp; Grooming</p> <p>11:00 Dinning Service Prep: Lunchtime</p> <p>12:30 Yahtzee</p> <p>2:00 Resident Focused Visits</p> <p>2:30 Trivia Games*</p> <p>3:00 Pretty Nails &amp; Manicures</p> <p>4:00 Dinning Service Prep: Dinnertime</p> <p>5:30 Movie Night &amp; Popcorn*</p>	<p><b>19</b></p> <p>9:15 Exercise Fun: Music &amp; Movement*</p> <p>10:30 Snacktivity: Beauty &amp; Grooming</p> <p>11:00 Dinning Service Prep: Lunchtime</p> <p>12:30 <b>B-I-N-G-O*</b></p> <p>1:30 <b>Scenic Bus Ride</b></p> <p>2:00 Snacktivity: Virtual Vacation*</p> <p>3:00 Indoor/Outdoor Games</p> <p>4:00 Dinning Service Prep: Dinnertime</p> <p>5:30 Balloon Volleyball Night</p>
<p><b>20</b></p> <p>9:15 Exercise Fun: Stretching &amp; Balloon Ball</p> <p>10:30 Snacktivity: Beauty &amp; Grooming</p> <p>11:00 Dinning Service Prep: Lunchtime</p> <p>12:30 Yahtzee</p> <p>2:00 Snacktivity: Sing-a-long*</p> <p>3:00 Sensory Games*</p> <p>3:30 Card Games*</p> <p>4:00 Dinning Service Prep: Dinnertime</p> <p>5:30 Shake Loose a Memory</p>	<p><b>21</b></p> <p>9:15 Exercise Fun: Sit and Be Fit*</p> <p>10:30 Snacktivity: Beauty &amp; Grooming</p> <p>11:00 Dinning Service Prep: Lunchtime</p> <p>12:30 <b>B-I-N-G-O*</b></p> <p>2:00 Snacktivity: Floral Arranging</p> <p>2:30 Creative Arts: <b>Poetry Day</b></p> <p>3:30 Card Games*</p> <p>4:00 Dinning Service Prep: Dinnertime</p> <p>5:30 Exercise Fun*</p>	<p><b>22</b></p> <p>9:15 Exercise Fun: Music &amp; Movement*</p> <p>10:30 Snacktivity: Beauty &amp; Grooming</p> <p>11:00 Dinning Service Prep: Lunchtime</p> <p>12:30 <b>B-I-N-G-O*</b></p> <p>2:00 Snacktivity: Coffee &amp; Conversation*</p> <p>2:30 <b>Puzzle Club*</b></p> <p>3:00 Pretty Nails &amp; Manicures</p> <p>4:00 Dinning Service Prep: Dinnertime</p> <p>5:30 Yahtzee Night</p>	<p><b>23</b></p> <p>9:15 Exercise Fun: Tai Chi* </p> <p>10:00 <b>National Puppy Day: FETCH Pet Therapy</b></p> <p>10:30 Snacktivity: Beauty &amp; Grooming</p> <p>11:00 Dinning Service Prep: Lunchtime</p> <p>12:30 Word Games*</p> <p>2:00 Snacktivity: <b>Performance by Katie S.</b></p> <p>2:00 Creative Arts: Watercolor Painting*</p> <p>3:00 Card Games</p> <p>4:00 Dinning Service Prep: Dinnertime</p> <p>5:30 <b>B-I-N-G-O*</b> Night</p>	<p><b>24</b></p> <p>9:15 Exercise Fun: Balloon Ball</p> <p>10:30 Snacktivity: Beauty &amp; Grooming</p> <p>11:00 Dinning Service Prep: Lunchtime</p> <p>12:30 <b>B-I-N-G-O*</b></p> <p>2:00 Snacktivity: Resident Focused Visits</p> <p>3:00 Exercise Fun: Walking Group</p> <p>3:30 Sensory Games*</p> <p>4:00 Dinning Service Prep: Dinnertime</p> <p>5:30 Board Game Night</p>	<p><b>25</b></p> <p>9:15 Exercise Fun: Sit and Be Fit*</p> <p>10:30 Snacktivity: Beauty &amp; Grooming</p> <p>11:00 Dinning Service Prep: Lunchtime</p> <p>12:30 Yahtzee</p> <p>2:00 Resident Focused Visits</p> <p>2:30 Trivia Games*</p> <p>3:00 Pretty Nails &amp; Manicures</p> <p>4:00 Dinning Service Prep: Dinnertime</p> <p>5:30 Movie Night &amp; Popcorn*</p>	<p><b>26</b></p> <p>9:15 Exercise Fun: Music &amp; Movement*</p> <p>10:30 Snacktivity: Beauty &amp; Grooming</p> <p>11:00 Dinning Service Prep: Lunchtime</p> <p>12:30 <b>B-I-N-G-O*</b></p> <p>1:30 <b>Scenic Bus Ride</b> </p> <p>2:00 Snacktivity: <b>Birthday Cupcakes</b></p> <p>3:00 Indoor/Outdoor Games</p> <p>4:00 Dinning Service Prep: Dinnertime</p> <p>5:30 Balloon Volleyball Night</p>
<p><b>27</b></p> <p>9:15 Exercise Fun: Stretching &amp; Balloon Ball</p> <p>10:30 Snacktivity: Beauty &amp; Grooming</p> <p>11:00 Dinning Service Prep: Lunchtime</p> <p>12:30 Yahtzee</p> <p>2:00 Snacktivity: Sing-a-long*</p> <p>3:00 Sensory Games*</p> <p>3:30 Card Games*</p> <p>4:00 Dinning Service Prep: Dinnertime</p> <p>5:30 Shake Loose a Memory</p>	<p><b>28</b></p> <p>9:15 Exercise Fun: Sit and Be Fit*</p> <p>10:30 Snacktivity: Beauty &amp; Grooming</p> <p>11:00 Dinning Service Prep: Lunchtime</p> <p>12:30 <b>B-I-N-G-O*</b></p> <p>2:00 Snacktivity: <b>Basil on Piano</b> </p> <p>2:30 Creative Arts: Floral Arranging</p> <p>3:30 Card Games*</p> <p>4:00 Dinning Service Prep: Dinnertime</p> <p>5:30 Exercise Fun*</p>	<p><b>29</b></p> <p>9:15 Exercise Fun: Music &amp; Movement*</p> <p>10:30 Snacktivity: Beauty &amp; Grooming</p> <p>11:00 Dinning Service Prep: Lunchtime</p> <p>12:30 <b>B-I-N-G-O*</b></p> <p>2:00 Snacktivity: <b>National Nevada Day*</b></p> <p>2:30 <b>Puzzle Club*</b></p> <p>3:00 Pretty Nails &amp; Manicures</p> <p>4:00 Dinning Service Prep: Dinnertime</p> <p>5:30 Yahtzee Night</p>	<p><b>30</b></p> <p>9:15 Exercise Fun: Tai Chi*</p> <p>10:30 Snacktivity: Beauty &amp; Grooming</p> <p>11:00 Dinning Service Prep: Lunchtime</p> <p>12:30 Word Games*</p> <p>2:00 Snacktivity: Travel on iN2L*</p> <p>2:00 Creative Arts: Watercolor Painting*</p> <p>3:00 Card Games</p> <p>4:00 Dinning Service Prep: Dinnertime</p> <p>5:30 <b>B-I-N-G-O*</b> Night</p>	<p><b>31</b></p> <p>9:15 Exercise Fun: Balloon Ball</p> <p>10:30 Snacktivity: Beauty &amp; Grooming</p> <p>11:00 Dinning Service Prep: Lunchtime</p> <p>12:30 <b>B-I-N-G-O*</b></p> <p>2:00 Snacktivity: Resident Focused Visits</p> <p>3:00 Exercise Fun: Walking Group</p> <p>3:30 Sensory Games*</p> <p>4:00 Dinning Service Prep: Dinnertime</p> <p>5:30 Board Game Night</p>	 	<p><b>March Highlights</b></p> <p>March 1st– National Music Therapy Day</p> <p>March 3rd– World Wildlife Day</p> <p>March 4th– Performance by Wade (Cottage B) &amp; Performance by Gus R. (Cottage C)</p> <p>March 6th– National Oreo Day</p> <p>March 8th– Presentation by Tim F.</p> <p>March 12th– Plant a Flower Day</p> <p>March 15th– Exercise Fun: Karate with Alex (Cottage C)</p> <p>March 17th– St. Patrick's Day</p> <p>March 21st– Poetry Day</p> <p>March 23rd– National Puppy Day: FETCH Pet Therapy &amp; Performance by Katie S.</p> <p>March 26th– Birthday Cupcakes</p> <p>March 28th– Basil on Piano (Cottage B &amp; C)</p> <p>March 29th– National Nevada Day</p>



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<div>All activities subject to change per mandated health guidelines.</div>	<div></div>	<div>1 11:15 National Music Therapy Day: Music &amp; Movement  12:30 Yahtzee 2:00 Puzzle Club* 3:00 Pretty Nails &amp; Manicures 4:00 Story Time*  Personal Shopper Day: 11am-2pm</div>	<div>2 11:15 Resident Focused Visits 12:30 Word Games/Crossword Puzzle* 2:00 Exercise Fun: Stretching &amp; weights 2:35 Sensory Games 4:00 Creative Arts*</div>	<div>3 11:15 Beauty &amp; Grooming 12:30 B-I-N-G-O* 2:00 Exercise Fun: Walking Group 2:30 World Wildlife Day 3:00 Resident Focused Visits 4:00 Exercise Fun: Stretching &amp; Balloon Ball</div>	<div>4 10:15 Performance by Wade B. (Cottage B)  11:15 Exercise Fun: Stretching &amp; Balloon Ball 12:30 Yahtzee 2:30 Performance by Gus R. 3:00 Pretty Nails &amp; Manicures 4:00 Card Games* 6:15 Movie Night &amp; Popcorn Personal Shopper Day: 1:30pm-4:30pm</div>	<div>5 11:15 Exercise Fun: Tai Chi* 12:30 B-I-N-G-O* 1:30 Scenic Bus Ride 2:00 Creative Arts* 3:00 Outdoor/Indoor Games 4:00 Resident Focus Visits</div>
<div>6 11:15 Beauty &amp; Grooming 12:30 Yahtzee 2:00 National Oreo Day  3:00 Outdoor/Indoor Games 3:30 Resident Focus Visits 4:00 Card Games*</div>	<div>7 11:15 Resident Focused Visits 12:30 B-I-N-G-O* 2:00 Floral Arranging 3:00 Word Games* 3:30 Walking Group 4:00 Creative Arts*</div>	<div>8 10:30 Presentation by Tim F.  11:15 Exercise Fun: Tai Chi* 12:30 Yahtzee 2:00 Puzzle Club* 3:00 Pretty Nails &amp; Manicures 4:00 Story Time*  Personal Shopper Day: 11am-2pm</div>	<div>9 11:15 Resident Focused Visits 12:30 Word Games/Crossword Puzzle* 2:00 Exercise Fun: Stretching &amp; weights 2:35 Sensory Games 4:00 Creative Arts*</div>	<div>10 11:15 Beauty &amp; Grooming 12:30 B-I-N-G-O* 2:00 Exercise Fun: Walking Group 2:30 Trivia Games* 3:00 Resident Focused Visits 4:00 Exercise Fun: Stretching &amp; Balloon Ball</div>	<div>11 11:15 Exercise Fun: Stretching &amp; Balloon Ball 12:30 Yahtzee 2:00 Resident Focused Visits 3:00 Pretty Nails &amp; Manicures 4:00 Card Games* 6:15 Movie Night &amp; Popcorn Personal Shopper Day: 1:30pm-4:30pm</div>	<div>12 11:15 Exercise Fun: Tai Chi* 12:30 B-I-N-G-O*  1:30 Scenic Bus Ride 2:00 Plant a Flower Day 3:00 Outdoor/Indoor Games 4:00 Resident Focus Visits</div>
<div>13 11:15 Beauty &amp; Grooming 12:30 Yahtzee 2:00 Exercise Fun: Stretching &amp; Balloon Ball 3:00 Outdoor/Indoor Games 3:30 Resident Focus Visits 4:00 Card Games* </div>	<div>14 11:15 Resident Focused Visits 12:30 B-I-N-G-O* 2:00 Floral Arranging 3:00 Word Games* 3:30 Walking Group 4:00 Creative Arts*</div>	<div>15 11:15 Exercise Fun: Tai Chi* 12:30 Yahtzee 1:30 Exercise Fun: Karate with Alex 2:00 Puzzle Club* 3:00 Pretty Nails &amp; Manicures 4:00 Story Time*  Personal Shopper Day: 11am-2pm</div>	<div>16 11:15 Resident Focused Visits 12:30 Word Games/Crossword Puzzle* 2:00 Exercise Fun: Stretching &amp; weights 2:35 Resident Council 4:00 Creative Arts*</div>	<div>17 11:15 Beauty &amp; Grooming 12:30 B-I-N-G-O*  2:00 St. Patrick's Day 2:30 Trivia Games* 3:00 Resident Focused Visits 4:00 Exercise Fun: Stretching &amp; Balloon Ball</div>	<div>18 11:15 Exercise Fun: Stretching &amp; Balloon Ball 12:30 Yahtzee 2:00 Resident Focused Visits 3:00 Pretty Nails &amp; Manicures 4:00 Card Games* 6:15 Movie Night &amp; Popcorn Personal Shopper Day: 1:30pm-4:30pm</div>	<div>19 11:15 Exercise Fun: Tai Chi* 12:30 B-I-N-G-O* 1:30 Scenic Bus Ride 2:00 Creative Arts* 3:00 Outdoor/Indoor Games 4:00 Resident Focus Visits</div>
<div>20 11:15 Beauty &amp; Grooming 12:30 Yahtzee 2:00 Exercise Fun: Stretching &amp; Balloon Ball 3:00 Outdoor/Indoor Games 3:30 Resident Focus Visits 4:00 Card Games*</div>	<div>21 11:15 Resident Focused Visits 12:30 B-I-N-G-O* 2:00 Floral Arranging 3:00 Poetry Day * 3:30 Walking Group 4:00 Creative Arts*</div>	<div>22 11:15 Exercise Fun: Tai Chi* 12:30 Yahtzee 2:00 Puzzle Club* 3:00 Pretty Nails &amp; Manicures 4:00 Story Time*  Personal Shopper Day: 11am-2pm</div>	<div>23 10:45 National Puppy Day: FETCH Pet Therapy  12:30 Word Games/Crossword Puzzle* 2:00 Exercise Fun: Stretching &amp; weights 2:40 Performance by Katie S. 4:00 Creative Arts*</div>	<div>24 11:15 Beauty &amp; Grooming 12:30 B-I-N-G-O* 2:00 Exercise Fun: Walking Group 2:30 Trivia Games* 3:00 Resident Focused Visits 4:00 Exercise Fun: Stretching &amp; Balloon Ball</div>	<div>25 11:15 Exercise Fun: Stretching &amp; Balloon Ball 12:30 Yahtzee 2:00 Resident Focused Visits 3:00 Pretty Nails &amp; Manicures 4:00 Card Games* 6:15 Movie Night &amp; Popcorn Personal Shopper Day: 1:30pm-4:30pm</div>	<div>26 11:15 Exercise Fun: Tai Chi* 12:30 B-I-N-G-O* 1:30 Scenic Bus Ride 2:00 Birthday Cupcakes  3:00 Outdoor/Indoor Games 4:00 Resident Focus Visits</div>
<div>27 11:15 Beauty &amp; Grooming 12:30 Yahtzee 2:00 Exercise Fun: Stretching &amp; Balloon Ball 3:00 Outdoor/Indoor Games 3:30 Resident Focus Visits 4:00 Card Games*</div>	<div>28 11:15 Resident Focused Visits 12:30 B-I-N-G-O* 2:00 Floral Arranging 3:00 Basil on Piano  3:30 Walking Group 4:00 Creative Arts*</div>	<div>29 11:15 Exercise Fun: Tai Chi* 12:30 Yahtzee 2:00 Puzzle Club* 3:00 Pretty Nails &amp; Manicures 4:00 National Nevada Day*  Personal Shopper Day: 11am-2pm</div>	<div>30 11:15 Resident Focused Visits 12:30 Word Games/Crossword Puzzle* 2:00 Exercise Fun: Stretching &amp; weights 2:35 Sensory Games 4:00 Creative Arts*</div>	<div>31 11:15 Beauty &amp; Grooming 12:30 B-I-N-G-O* 2:00 Exercise Fun: Walking Group 2:30 Trivia Games* 3:00 Resident Focused Visits 4:00 Exercise Fun: Stretching &amp; Balloon Ball</div>	<div></div>	<div>March Highlights March 1st— National Music Therapy Day March 3rd— World Wildlife Day March 4th— Performance by Wade (Cottage B) &amp; Performance by Gus R. March 6th— National Oreo Day March 8th— Presentation by Tim F. March 12th— Plant a Flower Day March 15th— Exercise Fun: Karate with Alex March 16th— Resident Council March 17th— St. Patrick's Day March 21st— Poetry Day March 23rd— National Puppy Day: FETCH Pet Therapy &amp; Performance by Katie S. March 26th— Birthday Cupcakes March 28th— Basil on Piano (Cottage B &amp; C) March 29th— National Nevada Day</div>