

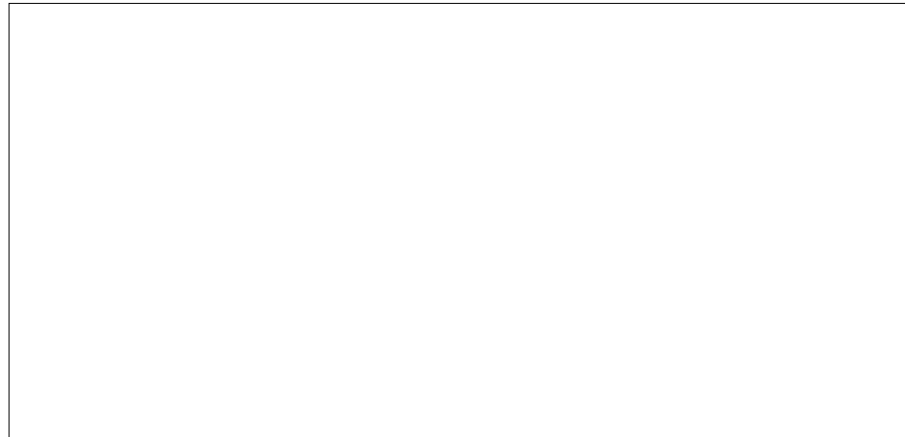


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Stamp



#### Leadership Team

Executive Director:  
Jessica Penland

Assistant Executive Director:  
Rhonda Tebbetts

Community Relations Director:  
Brandon Moglia

Wellness Dir.: Mark Nott / Nicole Oberlander  
Wellness Coordinators: Dawn Jones

Wellness Nurses:  
Barb Cuevas / Diana Armouch

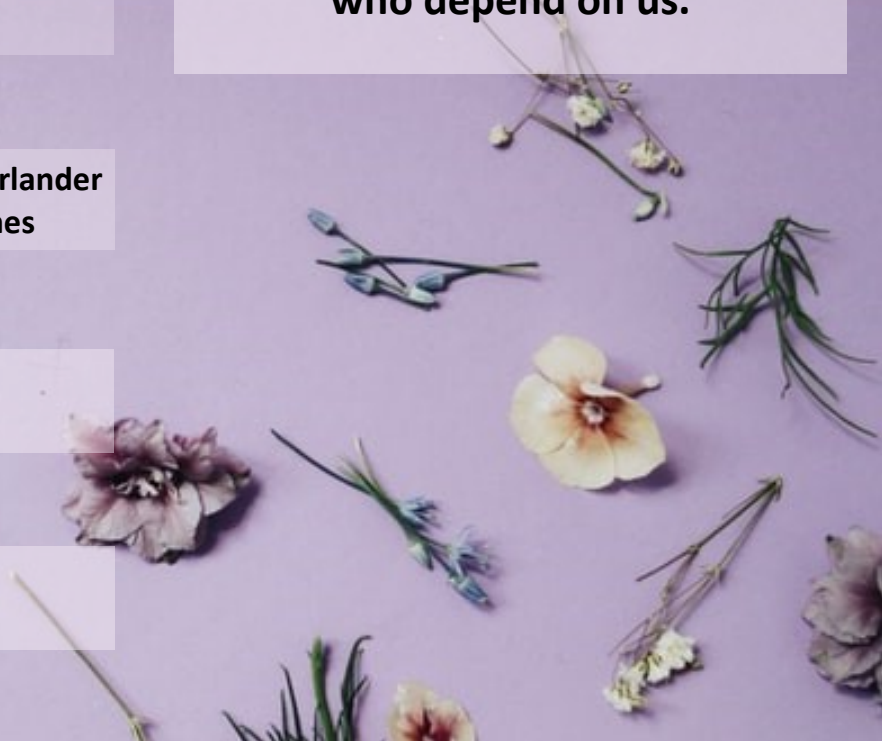
Business Office Director:  
Shelly Kesterson

Life Enrichment Director:  
Amanda Bell

Dining Services Director:  
Antonios Salama

Maintenance Director:  
George Curtis

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



# Farmington Square Salem News

March 2022 Newsletter



2 Caffeine: Friend or Foe?  
3 New Wellness Nurse Spotlight  
4 - 5 Activities Calendar

6 Highlights, Notes, In Our Words  
7 Special Moments & Birthdays  
8 Mission & Team



# 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!

Mark K.	3/19	920
Barbara B.	3/19	950
Mary M.	3/28	940

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, visit our website [farmingtonsquare-salem.com](http://farmingtonsquare-salem.com).



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

## March 12th celebrates Plant a Flower Day!

We're sharing our favorite flowers!

"Purple Lilacs" - Maggie

"Oriental Lilies" - Amanda

"Sunflowers" - Bill

"All Flowers" - Wilma

"Roses" - Vicky, Mary & Eunice



## RN Spotlight: Barb Cuevas

We at Farmington Square would love to welcome and shine a spotlight on our new Wellness Nurse Barb!

Barb has been a Registered Nurse for the last 15 years and has specialized in mental health and pharmacology.

She has worked with seniors at other communities and also through the VA. She shared that she enjoys taking special time out of her day to listen to stories of older adults' days past. Barb is a proud mother of a son and daughter and is expecting her first grandchild in May. In her spare time, she enjoys crafting and spending time with her German Shepherd and loves to celebrate Halloween!

Barb shared that she really loves our community and especially the delicious food that our chefs prepare.

We are delighted to have Barb on our Farmington Square Team and look forward to getting to know her even better!



# MARCH 2022 Activities 910-920

SUN	MON	TUE	WED	THU	FRI	SAT	
All activities subject to change per mandated health guidelines.	 <b>Happy Birthday!</b>  Mark K.     3/19   920 Barbara B.   3/19   950  Mary M.     3/28   940	1 Music Therapy Day  9:30   Sit & be Fit IN2L 10:00 <b>Book Club</b> 10:30   Today in History 11:00 <b>Name that Sound IN2L</b> 11:30 <b>Uno/ Cards</b> 2:00 <b>Colorful Creations</b> 3:30 <b>Scrabble</b> 4:30 <b>Therapeutic Music IN2L</b>	2  9:30   Exercise IN2L 10:00 <b>Good News IN2L</b> 10:30   Price is Right IN2L 11:30 <b>Scrabble / Puzzles</b> 2:00  3:30 <b>Skip- Bo</b> 4:30 <b>Brain Teasers IN2L</b> 6:00   Wheel Of Fortune	3 World Wildlife Day  9:30   Conductorcise 10:00 <b>Wildlife Animal Trivia IN2L</b> 10:30 <b>Bean Bag Toss</b> 11:00   Which Came First? 11:30 <b>Wild Colorful Creations!</b> 2:00 <b>Name that Animal Sound IN2L</b> 3:00 <b>Uno/ Cards</b> 4:30   Western Movies   IN2L	4  9:30   Chair Dancing IN2L 10:00 <b>Scenic Drive</b> 11:30   Sports Trivia IN2L 2:00 <b>Family Feud IN2L</b> 3:00 <b>Scrabble</b> 3:30   Balloon Burst 4:00 <b>Jokes &amp; Laughter</b> 4:30   Rhythm & Blues   Juke Box	5  9:30   Sit and be Fit IN2L 10:00 <b>Good News IN2L</b> 11:30 <b>Family Feud IN2L</b> 2:00  3:00 <b>Colorful Creations</b> 3:30 <b>Happy Neuron IN2L</b> 4:30 <b>Skip- Bo</b> 6:00 <b>Wheel Of Fortune</b>	
		6  9:30   Light & Lively Exercise 10:00 <b>Scenic Drive</b> 11:30   Bible   Story Trivia 1:30 <b>Arm Chair Travel</b> 2:00 <b>Church Sermon IN2L</b> 3:00 <b>Happy Neuron IN2L</b> 4:30   Hymnals 6:00 <b>Sunday @ The Memories IN2L</b>	7  9:30   Chair Dancing 10:00 <b>Good News IN2L</b> 10:30   Balloon Burst 11:30 <b>Manicures &amp; Massages</b> 1:30   Family Feud 2:00 <b>Skip- Bo</b> 4:00   WII Bowling 4:30   1920's Juke Box	8 Oregon Day  9:30   Sit & be Fit IN2L 10:00 <b>Book Club</b> 10:30   Arm Chair Travel/ Oregon 11:00 <b>Uno/ Cards</b> 11:30 <b>Pictionary IN2L</b> 2:00   Oregon Trivia IN2L 3:30 <b>Scrabble</b> 4:30   Jokes & Laughter	9  9:30   Exercise IN2L 10:00 <b>Good News IN2L</b> 10:30   Common Sayings IN2L 11:30 <b>Dominoes/ Puzzles</b> 2:00  3:30 <b>Skip- Bo</b> 4:00 <b>Balloon Burst</b> 4:30   Jeopardy	10  9:30   Conductorcise 10:00   Today in History 10:30 <b>Bean Bag Toss</b> 11:00   Sports Trivia IN2L 11:30 <b>Puzzles</b> 2:00   Colorful Creations 3:00 <b>Scrabble</b> 4:30   Shirley Temple   IN2L	11  9:30   Chair Dancing IN2L 10:00 <b>Scenic Drive</b> 11:30 <b>History Trivia</b> 1:30 <b>Uno/ Cards</b> 2:00 <b>Brain Teasers IN2L</b> 3:00   Family Feud 4:00 <b>Jokes &amp; Laughter</b> 4:30   Classical   Juke Box
13  9:30   Light & Lively Exercise 10:00 <b>Scenic Drive</b> 11:30   Bible   Story Trivia 1:30 <b>Arm Chair Travel</b> 2:00 <b>Church Sermon IN2L</b> 3:00 <b>Happy Neuron IN2L</b> 4:30   Hymnals 6:00 <b>Sunday @ The Memories IN2L</b>	14  9:30   Chair Dancing IN2L 10:00 <b>Good News IN2L</b> 10:30   Balloon Burst 11:00 <b>Manicures &amp; Massages</b> 1:30   Family Feud 2:30 <b>Monday Movie Matinee</b> 4:00   WII Bowling 4:30   1930's Juke Box	15  9:30   Sit & be Fit IN2L 10:00 <b>Book Club</b> 10:30   Today in History 11:00 <b>Price is Right IN2L</b> 11:30 <b>Uno/ Cards</b> 2:00 <b>Colorful Creations</b> 3:30 <b>Scrabble</b> 4:30   Jokes & Laughter	16  9:30   Exercise IN2L 10:00 <b>Good News IN2L</b> 10:30   Price is Right IN2L 11:30 <b>Scrabble / Puzzles</b> 2:00  3:30 <b>Skip- Bo</b> 4:30 <b>Brain Teasers IN2L</b> 6:00   Wheel Of Fortune	17 St. Patrick's Day  9:30   Conductorcise 10:00 <b>History of St. Patty's Day</b> 10:30 <b>Balloon Burst IN2L</b> 11:00 <b>Shamrock Craft</b> 2:00 <b>St. Patty's Party in 950</b> 3:00   Afternoon Stroll 3:30   Uno/ Cards 4:30 <b>Irish Karaoke IN2L</b>	18  9:30   Chair Dancing IN2L 10:00 <b>Scenic Drive</b> 11:30   Sports Trivia IN2L 2:00 <b>Family Feud IN2L</b> 3:00 <b>Scrabble</b> 3:30   Balloon Burst 4:00 <b>Jokes &amp; Laughter</b> 4:30   Country   Juke Box	19  9:30   Sit and be Fit IN2L 10:00 <b>Good News IN2L</b> 11:30 <b>Family Feud IN2L</b> 2:00  3:00 <b>Colorful Creations</b> 3:30 <b>Happy Neuron IN2L</b> 4:30 <b>Skip- Bo</b> 6:00 <b>Wheel Of Fortune</b>	
20  9:30   Light & Lively Exercise 10:00 <b>Scenic Drive</b> 11:30   Bible   Story Trivia 1:30 <b>Arm Chair Travel</b> 2:00 <b>Church Sermon IN2L</b> 3:00 <b>Happy Neuron IN2L</b> 4:30   Hymnals 6:00 <b>Sunday @ The Memories IN2L</b>	21 Puppetry & Poetry Day  9:30   Chair Dancing 10:00 <b>Poetry Corner</b> 10:30   Balloon Burst 11:30 <b>Puppet Fun! / Photos</b> 1:30   Family Feud 2:00 <b>Skip- Bo</b> 4:00   WII Bowling 4:30   1940's Juke Box	22  9:30   Sit & be Fit IN2L 10:00 <b>Book Club</b> 10:30   Today in History 11:00 <b>Uno/ Cards</b> 11:30 <b>Pictionary IN2L</b> 2:00 <b>Resident/ Food Council /920</b> 3:30 <b>Scrabble</b> 4:30   Jokes & Laughter	23  9:30   Exercise IN2L 10:00 <b>Good News IN2L</b> 10:30   Common Sayings IN2L 11:30 <b>Dominoes/ Puzzles</b> 2:00  3:30 <b>Skip- Bo</b> 4:00 <b>Balloon Burst</b> 4:30   Jeopardy	24  9:30   Conductorcise 10:00   Today in History 10:30 <b>Bean Bag Toss</b> 11:00   Sports Trivia IN2L 11:30 <b>Puzzles</b> 2:00   Colorful Creations 3:00 <b>Scrabble</b> 4:30   Shirley Temple   IN2L	25  9:30   Chair Dancing IN2L 10:00 <b>Scenic Drive</b> 11:30 <b>History Trivia</b> 1:30 <b>Uno/ Cards</b> 2:00 <b>Brain Teasers IN2L</b> 3:00   Family Feud 4:00 <b>Jokes &amp; Laughter</b> 4:30   Oldies Juke Box	26  9:30   Sit and be Fit IN2L 10:00 <b>Good News IN2L</b> 11:30 <b>Family Feud IN2L</b> 2:00  3:00 <b>Colorful Creations</b> 3:30 <b>Happy Neuron IN2L</b> 4:30 <b>Skip- Bo</b> 6:00 <b>Jeopardy</b>	
27  9:30   Light & Lively Exercise 10:00 <b>Scenic Drive</b> 11:30   Bible   Story Trivia 1:30 <b>Arm Chair Travel</b> 2:00 <b>Church Sermon IN2L</b> 3:00 <b>Happy Neuron IN2L</b> 4:30   Hymnals 6:00 <b>Sunday @ The Memories IN2L</b>	28  9:30   Chair Dancing IN2L 10:00 <b>Good News IN2L</b> 10:30 <b>Music w/ Rachel 950</b> 11:30   Morning Stroll 1:30   Family Feud 2:30 <b>Monday Movie Matinee</b> 4:00   WII Bowling 4:30   1950's Juke Box	29  9:30   Sit & be Fit IN2L 10:00 <b>Book Club</b> 10:30   Today in History 11:00 <b>Price is Right IN2L</b> 11:30 <b>Uno/ Cards</b> 2:00 <b>Colorful Creations</b> 3:30 <b>Scrabble</b> 4:30   Jokes & Laughter	30  9:30   Exercise IN2L 10:00 <b>Good News IN2L</b> 10:30   Price is Right IN2L 11:30 <b>Scrabble / Puzzles</b> 2:00  3:30 <b>Skip- Bo</b> 4:30 <b>Brain Teasers IN2L</b> 6:00   Wheel Of Fortune	31 Crayon Day  9:30   Conductorcise 10:00   Today in History 10:30 <b>Bean Bag Toss</b> 11:00   Which Came First? 11:30 <b>Scrabble / Puzzles</b> 2:00 <b>Crayon Craft</b> 3:00 <b>Uno/ Cards</b> 4:30   I Love Lucy IN2L	<b>Shopping/ Delivery</b>  3/2   Walmart            10-12pm 3/9   Dollar Tree       10-12pm 3/16 Fred Meyer      10-12pm 3/23 Winco Food     10-12pm 3/30 Safeway           10-12pm		<b>Take-Out/Lunch Delivery</b>  3/4   Subway            12pm 3/11 Five Guys         12pm 3/18 Love Love        12pm 3/25 Donatellos       12pm

# MARCH 2022 Activities 940-950

SUN	MON	TUE	WED	THU	FRI	SAT
<b>All activities subject to change per mandated health guidelines.</b>	 <b>Happy Birthday!</b> Mark K. 3/19 920 Barbara B. 3/19 950 Mary M. 3/28 940	<b>1 Music Therapy Day</b> 9:30 Sit & be Fit IN2L 10:00 <b>Book Club</b> 10:30 Today in History 11:00 <b>Name that Sound IN2L</b> 11:30 <b>Sing a long IN2L</b> 2:00 <b>Colorful Creations</b> 3:30 <b>Snack &amp; Chat</b> 4:30 <b>Therapeutic Music IN2L</b>	<b>2</b> 9:30 Exercise IN2L 10:00 <b>Good News IN2L</b> 10:30 Price is Right IN2L 11:30 <b>Balloon Bat</b> 2:00  3:30 <b>Sit &amp; Sip</b> 4:30 <b>Brain Teasers IN2L</b> 6:00 Wheel Of Fortune	<b>3 World Wildlife Day</b> 9:30 Conductorcise 10:00 <b>Wildlife Animal Trivia IN2L</b> 10:30 <b>Bean Bag Toss</b> 11:00 Which Came First? 11:30 <b>Wild Colorful Creations!</b> 2:00 <b>Name that Animal Sound IN2L</b> 3:00 <b>Snack &amp; Chat</b> 4:30 Western Movies IN2L	<b>4</b> 9:30 Chair Dancing IN2L 10:00 <b>Good News IN2L</b> 11:30 Sports Trivia IN2L 2:00 <b>Family Feud IN2L</b> 3:00 <b>Sit &amp; Sip</b> 3:30 Balloon Burst 4:00 <b>Jokes &amp; Laughter</b> 4:30 Rhythm & Blues Juke Box	<b>5</b> 9:30 Sit and be Fit IN2L 10:00 <b>Scenic Drive in 950</b> 11:30 <b>Family Feud IN2L</b> 2:00  3:00 <b>Colorful Creations</b> 3:30 <b>Snack &amp; Chat</b> 4:30 <b>Balloon Bat</b> 6:00 <b>Wheel Of Fortune</b>
<b>6</b> 9:30 Light & Lively Exercise 10:00 <b>Good News IN2L</b> 11:30 Bible Story Trivia 1:30 <b>Ring Toss</b> 2:00 <b>Church Sermon IN2L</b> 3:00 <b>Snack &amp; Chat</b> 4:30 Hymnals 6:00 <b>Sunday @ The Memories IN2L</b>	<b>7</b> 9:30 Chair Dancing 10:00 <b>Scenic Drive in 940</b> 10:30 Balloon Burst 11:30 <b>Manicures &amp; Massages</b> 1:30 Family Feud 2:00 <b>Bean Bag Toss</b> 3:00 <b>Sit &amp; Sip</b> 4:30 1920's Juke Box	<b>8 Oregon Day</b> 9:30 Sit & be Fit IN2L 10:00 <b>Book Club</b> 10:30 Arm Chair Travel/ Oregon 11:00 <b>Name that Sound IN2L</b> 11:30 <b>Pictionary IN2L</b> 2:00 Oregon Trivia IN2L 3:30 <b>Snack &amp; Chat</b> 4:30 Jokes & Laughter	<b>9</b> 9:30 Exercise IN2L 10:00 <b>Good News IN2L</b> 10:30 Common Sayings IN2L 11:30 <b>Dominoes/ Puzzles</b> 2:00  3:30 <b>Sit &amp; Sip</b> 4:00 <b>Balloon Burst</b> 4:30 Jeopardy	<b>10</b> 9:30 Conductorcise 10:00 Today in History 10:30 <b>Bean Bag Toss</b> 11:00 Sports Trivia IN2L 11:30 <b>Puzzles</b> 2:00 Colorful Creations 3:00 <b>Snack &amp; Music</b> 4:30 Shirley Temple IN2L	<b>11</b> 9:30 Chair Dancing IN2L 10:00 <b>Good News IN2L</b> 11:30 <b>History Trivia</b> 1:30 <b>Ring Toss</b> 2:00 <b>Brain Teasers IN2L</b> 3:00 <b>Sit &amp; Sip</b> 4:00 <b>Jokes &amp; Laughter</b> 4:30 Classical Juke Box	<b>12 Plant a Flower Day</b> 9:30 Sit and be Fit IN2L 10:00 <b>Scenic Drive in 950</b> 10:30 <b>Planting in Gardens</b> 2:00  3:00 <b>Colorful Creations</b> 3:30 <b>Snack &amp; Chat</b> 4:30 <b>Balloon Bat</b> 6:00 <b>Jeopardy</b>
<b>13</b> 9:30 Light & Lively Exercise 10:00 <b>Good News IN2L</b> 11:30 Bible Story Trivia 1:30 <b>Ring Toss</b> 2:00 <b>Church Sermon IN2L</b> 3:00 <b>Snack &amp; Chat</b> 4:30 Hymnals 6:00 <b>Sunday @ The Memories IN2L</b>	<b>14</b> 9:30 Chair Dancing IN2L 10:00 <b>Scenic Drive in 940</b> 10:30 <b>Bean Bag Toss</b> 11:00 <b>Manicures &amp; Massages</b> 1:30 Family Feud 2:30 <b>Monday Movie Matinee</b> 3:00 <b>Sit &amp; Sip</b> 4:30 1930's Juke Box	<b>15</b> 9:30 Sit & be Fit IN2L 10:00 <b>Book Club</b> 10:30 Today in History 11:00 <b>Price is Right IN2L</b> 11:30 <b>Name that Sound IN2L</b> 2:00 <b>Colorful Creations</b> 3:30 <b>Snack &amp; Chat</b> 4:30 Jokes & Laughter	<b>16</b> 9:30 Exercise IN2L 10:00 <b>Good News IN2L</b> 10:30 Price is Right IN2L 11:30 <b>Balloon Bat</b> 2:00  3:30 <b>Sit &amp; Sip</b> 4:30 <b>Brain Teasers IN2L</b> 6:00 Wheel Of Fortune	<b>17 St. Patrick's Day</b> 9:30 Conductorcise 10:00 <b>History of St. Patty's Day</b> 10:30 <b>Balloon Burst IN2L</b> 11:00 <b>Shamrock Craft</b> 2:00 <b>St. Patty's Party in 950</b> 3:00 Afternoon Stroll 3:30 <b>Snack &amp; Chat</b> 4:30 <b>Irish Karaoke IN2L</b>	<b>18</b> 9:30 Chair Dancing IN2L 10:00 <b>Good News IN2L</b> 11:30 Sports Trivia IN2L 2:00 <b>Family Feud IN2L</b> 3:00 <b>Sit &amp; Sip</b> 3:30 Balloon Burst 4:00 <b>Jokes &amp; Laughter</b> 4:30 Country Juke Box	<b>19</b> 9:30 Sit and be Fit IN2L 10:00 <b>Scenic Drive in 950</b> 11:30 <b>Family Feud IN2L</b> 2:00  3:00 <b>Colorful Creations</b> 3:30 <b>Snack &amp; Chat</b> 4:30 <b>Balloon Bat</b> 6:00 <b>Wheel Of Fortune</b>
<b>20</b> 9:30 Light & Lively Exercise 10:00 <b>Good News IN2L</b> 11:30 Bible Story Trivia 1:30 <b>Ring Toss</b> 2:00 <b>Church Sermon IN2L</b> 3:00 <b>Snack &amp; Chat</b> 4:30 Hymnals 6:00 <b>Sunday @ The Memories IN2L</b>	<b>21 Puppetry &amp; Poetry Day</b> 9:30 Chair Dancing 10:00 <b>Scenic Drive in 940</b> 10:30 <b>Bean Bag Toss</b> 11:30 <b>Puppet Fun! / Photos</b> 1:30 Family Feud 2:00 <b>Poetry Corner</b> 3:00 <b>Sit &amp; Sip</b> 4:30 1940's Juke Box	<b>22</b> 9:30 Sit & be Fit IN2L 10:00 <b>Book Club</b> 10:30 Today in History 11:00 <b>Name that Sound IN2L</b> 11:30 <b>Pictionary IN2L</b> 2:00 <b>Colorful Creations</b> 3:30 <b>Snack &amp; Chat</b> 4:30 Jokes & Laughter	<b>23</b> 9:30 Exercise IN2L 10:00 <b>Good News IN2L</b> 10:30 Common Sayings IN2L 11:30 <b>Dominoes/ Puzzles</b> 2:00  3:30 <b>Sit &amp; Sip</b> 4:00 <b>Balloon Burst</b> 4:30 Jeopardy	<b>24</b> 9:30 Conductorcise 10:00 Today in History 10:30 <b>Bean Bag Toss</b> 11:00 Sports Trivia IN2L 11:30 <b>Puzzles</b> 2:00 Colorful Creations 3:00 <b>Snack &amp; Music</b> 4:30 Shirley Temple IN2L	<b>25</b> 9:30 Chair Dancing IN2L 10:00 <b>Good News IN2L</b> 11:30 <b>History Trivia</b> 1:30 <b>Ring Toss</b> 2:00 <b>Brain Teasers IN2L</b> 3:00 <b>Sit &amp; Sip</b> 4:00 <b>Jokes &amp; Laughter</b> 4:30 Oldies Juke Box	<b>26</b> 9:30 Sit and be Fit IN2L 10:00 <b>Scenic Drive in 950</b> 11:30 <b>Family Feud IN2L</b> 2:00  3:00 <b>Colorful Creations</b> 3:30 <b>Snack &amp; Chat</b> 4:30 <b>Balloon Bat</b> 6:00 <b>Jeopardy</b>
<b>27</b> 9:30 Light & Lively Exercise 10:00 <b>Good News IN2L</b> 11:30 Bible Story Trivia 1:30 <b>Ring Toss</b> 2:00 <b>Church Sermon IN2L</b> 3:00 <b>Snack &amp; Chat</b> 4:30 Hymnals 6:00 <b>Sunday @ The Memories IN2L</b>	<b>28</b> 9:30 Chair Dancing IN2L 10:00 <b>Scenic Drive in 940</b> 10:30 <b>Music w/ Rachel 950</b> 11:30 Morning Stroll 1:30 Family Feud 2:30 <b>Monday Movie Matinee</b> 3:00 <b>Sit &amp; Sip</b> 4:30 1950's Juke Box	<b>29</b> 9:30 Sit & be Fit IN2L 10:00 <b>Book Club</b> 10:30 Today in History 11:00 <b>Price is Right IN2L</b> 11:30 <b>Name that Sound IN2L</b> 2:00 <b>Colorful Creations</b> 3:30 <b>Snack &amp; Chat</b> 4:30 Jokes & Laughter	<b>30</b> 9:30 Exercise IN2L 10:00 <b>Good News IN2L</b> 10:30 Price is Right IN2L 11:30 <b>Balloon Bat</b> 2:00  3:30 <b>Sit &amp; Sip</b> 4:30 <b>Brain Teasers IN2L</b> 6:00 Wheel Of Fortune	<b>31 Crayon Day</b> 9:30 Conductorcise 10:00 Today in History 10:30 <b>Bean Bag Toss</b> 11:00 Which Came First? 11:30 <b>Scrabble / Puzzles</b> 2:00 <b>Crayon Craft</b> 3:00 <b>Snack &amp; Music</b> 4:30 I Love Lucy IN2L	<b>Shopping/ Delivery</b> 3/2 Walmart 10-12pm 3/9 Dollar Tree 10-12pm 3/16 Fred Meyer 10-12pm 3/23 Winco Food 10-12pm 3/30 Safeway 10-12pm	<b>Take-Out/Lunch Delivery</b> 3/4 Subway 12pm 3/11 Five Guys 12pm 3/18 Love Love 12pm 3/25 Donatellos 12pm