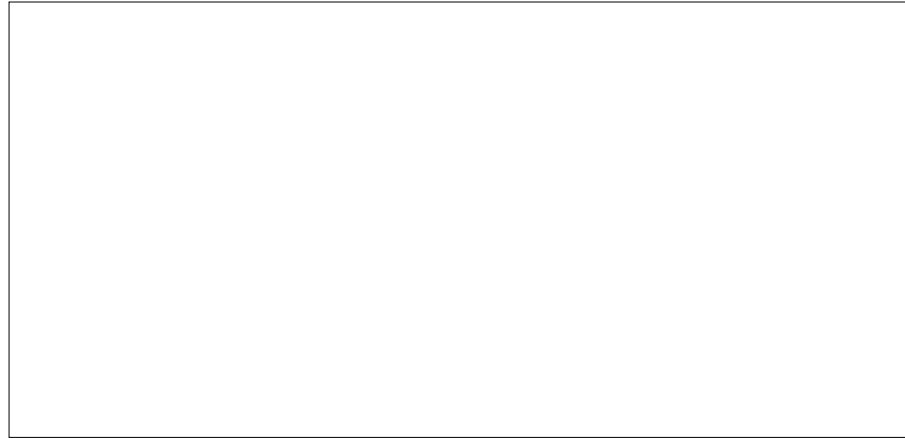




17950 SW 115th Ave
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Stamp



Leadership Team

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Executive Director:
Tawnya Theodore

Community Relations Director:
Randy Dickens

Wellness Director: Sally Campos,
Mara Campos Chan and Melissa Garza

Wellness Nurse:
Franciene Thompson

Business Office Director:
Jane Smith

Life Enrichment Director:
Anjee Thompson

Dining Services Director:

Maintenance Director:
Paul Burns

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



The Farmington 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!

Peggy: March 2

Bill: March 21

Marie: March 23

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-tualatin.com.



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

March 12th celebrates Plant a Flower Day!

We're sharing our favorite flowers!

"Yellow" - Ronnie

"Sunflowers" - Susan

"Roses" - Toddy

"Roses" - Bob

"Daffodils" - Bonnie



Staff Spotlight:
Caitlin

Hard work and dedication to our residents is evident in all that this Med Tech does in her daily routine! Caitlin's focus on making sure that each and every resident is cared for and feels loved and supported shows in all she does. During her off time, she enjoys spending time with her daughter who is in grade school. They love to be out in nature exploring all of the beauty that Oregon has to offer. Thank you for being a great team member!



Resident Spotlight:
Bonnie

This longtime supporter of higher education is one smart cookie. She has worked at the University in McMinnville for many years and still loves to hear about her school and the students there. She loves to solve problems and work on word puzzles. She also has a soft spot for her grandchildren and speaks of them often. We love her bright smile and her companionship with others. We're so glad you're here, Bonnie!

MARCH 2022

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SUN	MON	TUE	WED	THU	FRI	SAT
All activities subject to change per mandated health guidelines.		1 9:30 Exercise IN2L 10:00 Today In History 11:00 Travel to Mexico 1:00 Trivia IN2L 2:00 Ball Toss 3:00 Coloring 4:00 One on One 6:00 Comedy TV	2 9:30 Exercise IN2L 10:00 Coloring IN2L 11:00 Hang man 1:00 Jokes and Poems 2:00 Card Game 3:00 Ball Toss 4:00 Game Show 6:00 Classic TV	3 9:30 Exercise IN2L 10:00 Trivia IN2L 11:00 Puzzle Time 1:00 Word Game 2:00 Art Project 3:00 Travel Show IN2L 4:00 Ball Toss 6:00 Drama TV	4 9:30 Exercise IN2L 10:00 Hangman 10:00 Sing Along 1:00 Trivia IN2L 2:00 Read Aloud 3:00 Church Songs IN2L 4:00 Travel Show IN2L 6:00 Comedy TV	5 9:30 Exercise IN2L 10:00 Snack and Chat 11:00 Games IN2L 1:00 Trivia 2:00 Balloon Toss 3:00 Today in History 4:00 Concert IN2L 6:00 Western Show
6 9:30 Exercise IN2L 10:00 Brain Game IN2L 11:00 Walking Group 1:00 Bible Study IN2L 2:00 Games 3:00 Noodle Tennis 4:00 Trivia IN2L 6:00 Comedy TV	7 9:30 Exercise IN2L 10:00 Trivia IN2L 11:00 Word Games IN2L 1:00 Balloon Toss 2:00 Brain Games 3:00 Funny Videos 4:00 Trivia IN2L 6:00 History Show	8 9:30 Exercise IN2L 10:00 Today In History 11:00 Travel to Montana 1:00 Trivia IN2L 2:00 Ball Toss 3:00 Coloring 4:00 One on One 6:00 Comedy TV	9 9:30 Exercise IN2L 10:00 Coloring IN2L 11:00 Hang man 1:00 Jokes and Poems 2:00 Card Game 3:00 Ball Toss 4:00 Game Show 6:00 Classic TV	10 9:30 Exercise IN2L 10:00 Trivia IN2L 11:00 Puzzle Time 1:00 Word Game 2:00 Art Project 3:00 Travel Show IN2L 4:00 Ball Toss 6:00 Drama TV	11 9:30 Exercise IN2L 10:00 Hangman 10:00 Sing Along 1:00 Trivia IN2L 2:00 Read Aloud 3:00 Church Songs IN2L 4:00 Travel Show IN2L 6:00 Comedy TV	12 9:30 Exercise IN2L 10:00 Snack and Chat 11:00 Games IN2L 1:00 Trivia 2:00 Balloon Toss 3:00 Today in History 4:00 Concert IN2L 6:00 Western Show
13 9:30 Exercise IN2L 10:00 Brain Game IN2L 11:00 Walking Group 1:00 Bible Study IN2L 2:00 Games 3:00 Noodle Tennis 4:00 Trivia IN2L 6:00 Comedy TV	14 9:30 Exercise IN2L 10:00 Trivia IN2L 11:00 Word Games IN2L 1:00 Balloon Toss 2:00 Brain Games 3:00 Funny Videos 4:00 Trivia IN2L 6:00 History Show	15 9:30 Exercise IN2L 10:00 Today In History 11:00 Travel to Germany 1:00 Trivia IN2L 2:00 Ball Toss 3:00 Coloring 4:00 Puzzle Time 6:00 Comedy TV	16 9:30 Exercise IN2L 10:00 Coloring IN2L 11:00 One on One 1:00 Jokes and Poems 2:00 Card Game 3:00 Ball Toss 4:00 Game Show 6:00 Classic TV	17 St. Patrick's Day 9:30 Exercise IN2L 10:00 Trivia IN2L 11:00 Puzzle Time 1:00 Word Game 2:00 Art Project 3:00 Travel Show IN2L 4:00 Ball Toss 6:00 Drama TV	18 9:30 Exercise IN2L 10:00 Hangman 10:00 Sing Along 1:00 Trivia IN2L 2:00 Read Aloud 3:00 Church Songs IN2L 4:00 Travel Show IN2L 6:00 Comedy TV	19 9:30 Exercise IN2L 10:00 Snack and Chat 11:00 Games IN2L 1:00 Trivia 2:00 Balloon Toss 3:00 Today in History 4:00 Concert IN2L 6:00 Western Show
20 9:30 Exercise IN2L 10:00 Brain Game IN2L 11:00 Walking Group 1:00 Bible Study IN2L 2:00 Games 3:00 Noodle Tennis 4:00 Trivia IN2L 6:00 Comedy TV	21 9:30 Exercise IN2L 10:00 Trivia IN2L 11:00 Word Games IN2L 1:00 Balloon Toss 2:00 Brain Games 3:00 Funny Videos 4:00 Trivia IN2L 6:00 History Show	22 9:30 Exercise IN2L 10:00 Today In History 11:00 Travel to Spain 1:00 Trivia IN2L 2:00 Ball Toss 3:00 Coloring 4:00 One on One 6:00 Comedy TV	23 9:30 Exercise IN2L 10:00 Coloring IN2L 11:00 Hang man 1:00 Jokes and Poems 2:00 Card Game 3:00 Ball Toss 4:00 Game Show 6:00 Classic TV	24 9:30 Exercise IN2L 10:00 Trivia IN2L 11:00 Puzzle Time 1:00 Word Game 2:00 Art Project 3:00 Travel Show IN2L 4:00 Ball Toss 6:00 Drama TV	25 9:30 Exercise IN2L 10:00 Hangman 10:00 Sing Along 1:00 Trivia IN2L 2:00 Read Aloud 3:00 Church Songs IN2L 4:00 Travel Show IN2L 6:00 Comedy TV	26 9:30 Exercise IN2L 10:00 Snack and Chat 11:00 Games IN2L 1:00 Trivia 2:00 Balloon Toss 3:00 Today in History 4:00 Concert IN2L 6:00 Western Show
27 9:30 Exercise IN2L 10:00 Brain Game IN2L 11:00 Walking Group 1:00 Bible Study IN2L 2:00 Games 3:00 Noodle Tennis 4:00 Trivia IN2L 6:00 Comedy TV	28 9:30 Exercise IN2L 10:00 Trivia IN2L 11:00 Word Games IN2L 1:00 Balloon Toss 2:00 Brain Games 3:00 Funny Videos 4:00 Trivia IN2L 6:00 History Show	29 9:30 Exercise IN2L 10:00 Today In History 11:00 Travel to california 1:00 Trivia IN2L 2:00 Ball Toss 3:00 Coloring 4:00 One on One 6:00 Comedy TV	30 9:30 Exercise IN2L 10:00 Coloring IN2L 11:00 Hang man 1:00 Jokes and Poems 2:00 Card Game 3:00 Ball Toss 4:00 Game Show 6:00 Classic TV	31 9:30 Exercise IN2L 10:00 Trivia IN2L 11:00 Puzzle Time 1:00 Word Game 2:00 Art Project 3:00 Travel Show IN2L 4:00 Ball Toss 6:00 Drama TV		

MARCH 2022

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SUN	MON	TUE	WED	THU	FRI	SAT
All activities subject to change per mandated health guidelines.		1 9:30 Exercise IN2L 10:00 Trivia IN2L 11:00 Bible Study 1:00 One on One 2:00 Bingo 3:00 Coloring 4:00 Puzzle Time 6:00 Documentary	2 9:30 Exercise IN2L 10:00 Read Aloud 11:00 Word Games 1:00 Jokes and Poems 2:00 Crafts and Create 3:00 Ring Toss 4:00 Game Show 6:00 How its Made IN2L	3 9:30 Exercise IN2L 10:00 Walking Group 11:00 One on One 1:00 Word Game 2:00 Art Project 3:00 Travel Show IN2L 4:00 Ball Toss 6:00 Drama TV	4 9:30 Exercise IN2L 10:00 Bible Study 11:00 Sing Along 1:00 Trivia IN2L 2:00 Card Games 3:00 Read Aloud 4:00 Travel Show IN2L 6:00 Comedy TV	5 9:30 Exercise IN2L 10:00 Snack and Chat 11:00 Games IN2L 1:00 Trivia 2:00 Word Games 3:00 Today in History 4:00 Concert IN2L 6:00 Western Show
6 9:30 Exercise IN2L 10:00 Brain Game IN2L 11:00 Walking Group 1:00 Bible Study IN2L 2:00 Games 3:00 Puzzle Time 4:00 Trivia IN2L 6:00 Comedy TV	7 9:30 Exercise IN2L 10:00 Trivia IN2L 11:00 Word Games IN2L 1:00 Ball Toss 2:00 Brain Games 3:00 Walking Club 4:00 Trivia IN2L 6:00 Western Movie	8 9:30 Exercise IN2L 10:00 Trivia IN2L 11:00 Bible Study 1:00 One on One 2:00 Bingo 3:00 Coloring 4:00 Puzzle Time 6:00 Comedy TV	9 9:30 Exercise IN2L 10:00 Read Aloud 11:00 Word Games 1:00 Jokes and Poems 2:00 Crafts and Create 3:00 Ring Toss 4:00 Game Show 6:00 How its Made IN2L	10 9:30 Exercise IN2L 10:00 Walking Group 11:00 One on One 1:00 Word Game 2:00 Art Project 3:00 Travel Show IN2L 4:00 Ball Toss 6:00 Drama TV	11 9:30 Exercise IN2L 10:00 Bible Study 11:00 Sing Along 1:00 Trivia IN2L 2:00 Card Games 3:00 Read Aloud 4:00 Travel Show IN2L 6:00 Comedy TV	12 9:30 Exercise IN2L 10:00 Snack and Chat 11:00 Games IN2L 1:00 Trivia 2:00 Word Games 3:00 Today in History 4:00 Concert IN2L 6:00 Western Show
13 9:30 Exercise IN2L 10:00 Brain Game IN2L 11:00 Walking Group 1:00 Bible Study IN2L 2:00 Games 3:00 Puzzle Time 4:00 Trivia IN2L 6:00 Comedy TV	14 9:30 Exercise IN2L 10:00 Trivia IN2L 11:00 Word Games IN2L 1:00 Ball Toss 2:00 Brain Games 3:00 Walking Club 4:00 Trivia IN2L 6:00 History Show	15 9:30 Exercise IN2L 10:00 Trivia IN2L 11:00 Bible Study 1:00 One on One 2:00 Bingo 3:00 Coloring 4:00 Puzzle Time 6:00 Documentary	16 9:30 Exercise IN2L 10:00 Sounds Like IN2L 11:00 Word Games 1:00 Jokes and Poems 2:00 Crafts and Create 3:00 Ring Toss 4:00 Game Show 6:00 Classic TV	17 St. Patrick's Day 9:30 Exercise IN2L 10:00 Walking Group 11:00 One on One 1:00 Word Game 2:00 Art Project 3:00 Travel Show IN2L 4:00 Ball Toss 6:00 Drama TV	18 9:30 Exercise IN2L 10:00 Bible Study 11:00 Sing Along 1:00 Trivia IN2L 2:00 Card Games 3:00 Read Aloud 4:00 Travel Show IN2L 6:00 How its Made IN2L	19 9:30 Exercise IN2L 10:00 Snack and Chat 11:00 Games IN2L 1:00 Trivia 2:00 Word Games 3:00 Today in History 4:00 Concert IN2L 6:00 Western Show
20 9:30 Exercise IN2L 10:00 Brain Game IN2L 11:00 Walking Group 1:00 Bible Study IN2L 2:00 Games 3:00 Puzzle Time 4:00 Trivia IN2L 6:00 Comedy TV	21 9:30 Exercise IN2L 10:00 Trivia IN2L 11:00 Word Games IN2L 1:00 Ball Toss 2:00 Brain Games 3:00 Walking Club 4:00 Trivia IN2L 6:00 Western Movie	22 9:30 Exercise IN2L 10:00 Trivia IN2L 11:00 Bible Study 1:00 One on One 2:00 Bingo 3:00 Coloring 4:00 Puzzle Time 6:00 Comedy TV	23 9:30 Exercise IN2L 10:00 Read Aloud 11:00 Word Games 1:00 Jokes and Poems 2:00 Crafts and Create 3:00 Ring Toss 4:00 Game Show 6:00 How its Made IN2L	24 9:30 Exercise IN2L 10:00 Walking Group 11:00 One on One 1:00 Word Game 2:00 Art Project 3:00 Travel Show IN2L 4:00 Ball Toss 6:00 Drama TV	25 9:30 Exercise IN2L 10:00 Bible Study 11:00 Sing Along 1:00 Trivia IN2L 2:00 Card Games 3:00 Read Aloud 4:00 Travel Show IN2L 6:00 Comedy TV	26 9:30 Exercise IN2L 10:00 Snack and Chat 11:00 Games IN2L 1:00 Trivia 2:00 Word Games 3:00 Today in History 4:00 Concert IN2L 6:00 Western Show
27 9:30 Exercise IN2L 10:00 Brain Game IN2L 11:00 Walking Group 1:00 Bible Study IN2L 2:00 Games 3:00 Puzzle Time 4:00 Trivia IN2L 6:00 Comedy TV	28 9:30 Exercise IN2L 10:00 Trivia IN2L 11:00 Word Games IN2L 1:00 Ball Toss 2:00 Brain Games 3:00 Walking Club 4:00 Trivia IN2L 6:00 History Show	29 9:30 Exercise IN2L 10:00 Trivia IN2L 11:00 Bible Study 1:00 One on One 2:00 Bingo 3:00 Coloring 4:00 Puzzle Time 6:00 Comedy TV	30 9:30 Exercise IN2L 10:00 Read Aloud 11:00 Hang man 1:00 Jokes and Poems 2:00 Crafts and Create 3:00 Ring Toss 4:00 Game Show 6:00 How its Made IN2L	31 9:30 Exercise IN2L 10:00 Walking Group 11:00 One on One 1:00 Word Game 2:00 Art Project 3:00 Travel Show IN2L 4:00 Ball Toss 6:00 Drama TV		Happy Birthday Peggy: March 2nd Bill: March 21st Marie: March 23rd

SUN	MON	TUE	WED	THU	FRI	SAT
All activities subject to change per mandated health guidelines.		1 9:30 Exercise IN2L 10:00 Trivia IN2L 11:00 Spa Time 1:00 Art Museum tour 2:00 Cribbage/ Games 3:00 One on One Visit 4:00 Walking Group 6:00 Music IN2L 7:00 Movie	2 9:30 Exercise IN2L 10:00 News and Chat 11:00 Read Aloud 1:00 Card Games 2:00 Scenic Drive 3:00 Spa Time 4:00 Puzzles Time 6:00 Funny TV Show 7:00 Movie IN2L	3 9:30 Exercise IN2L 10:00 Card Games 11:30 One on One 1:00 Art Class 2:00 Book Club 3:00 Trivia IN2L 4:00 Corn Hole 6:00 History Video IN2L 7:00 Movie IN2L	4 9:30 Chair Stretching 10:00 Games IN2L 11:00 Card Games 1:00 Scrabble 2:00 Bible Study 3:00 Craft 4:00 Trivia IN2L 5:00 Dinner 6:00 Funny TV Show	5 9:30 0 Exercise IN2L 10:30 BINGO 11:00 Puzzle Time 1:00 Spa Time 2:00 One On One 3:00 Walking Group 4:00 Travel Show 6:00 Music IN2L 7:00 Movie
	6 9:30 Bible Study 10:00 Exercise IN2L 11:00 Board Games 1:00 Trivia IN2L 2:00 Word Search 3:00 Walk n Roll walking 4:00 Past Times IN2L 6:00 Movie IN2L	7 9:30 Exercise IN2L 10:00 Snack and News 11:00 Read Aloud 1:00 One on One 2:00 News and Chat 3:00 Cards 4:00 Funny Videos 6:00 Music IN2L 7:00 Movie IN2L	8 9:30 Exercise IN2L 10:00 Trivia IN2L 11:00 Spa Time 1:00 Art Video 2:00 Cribbage/ Games 3:00 One on One Visit 4:00 Walking Group 6:00 Music IN2L 7:00 Movie	9 8 9:30 Exercise IN2L 10:00 News and Chat 11:00 How Much Does it Cost 1:00 Card Games 2:00 Scenic Drive 3:00 Spa Time 4:00 Puzzles Time 6:00 Funny TV Show 7:00 Movie IN2L	10 9:30 Exercise IN2L 10:00 Card Games 11:30 One on One 1:00 Art Class 2:00 Book Club 3:00 Trivia IN2L 4:00 Corn Hole 6:00 History Video IN2L 7:00 Movie IN2L	11 9:30 Chair Stretching 10:00 Games IN2L 11:00 Card Games 1:00 Scrabble 2:00 Bible Study 3:00 Craft 4:00 Trivia IN2L 6:00 Funny TV Show 7:00 Movie
	13 9:30 Bible Study 10:00 Exercise IN2L 11:00 Board Games 1:00 Trivia IN2L 2:00 Word Search 3:00 Walk n Roll walking 4:00 Past Times IN2L 6:00 Movie IN2L	14 9:30 Exercise IN2L 10:00 Snack and News 11:00 Read Aloud 1:00 One on One 2:00 News and Chat 3:00 Cards 4:00 Funny Videos 6:00 Music IN2L 7:00 Movie IN2L	15 9:30 Exercise IN2L 10:00 Trivia IN2L 11:00 Spa Time 1:00 Art Project 2:00 Cribbage/ Games 3:00 One on One Visit 4:00 Walking Group 6:00 Music IN2L 7:00 Movie	16 9:30 Exercise IN2L 10:00 News and Chat 11:00 Bible Study 1:00 Card Games 2:00 Scenic Drive 3:00 Spa Time 4:00 Puzzles Time 6:00 Funny TV Show 7:00 Movie IN2L	17 St Patrick’s Day 9:30 Exercise IN2L 10:00 Card Games 11:30 One on One 1:00 Art Class 2:00 Book Club 3:00 Trivia IN2L 4:00 Corn Hole 6:00 History Video IN2L 7:00 Movie IN2L	18 9:30 Chair Stretching 10:00 Games IN2L 11:00 Card Games 1:00 Scrabble 2:00 Bible Study 3:00 Craft 4:00 Trivia IN2L 6:00 Funny TV Show 7:00 Movie
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	27 9:30 Bible Study 10:00 Exercise IN2L 11:00 Board Games 1:00 Trivia IN2L 2:00 Word Search 3:00 Walk n Roll walking 4:00 Past Times IN2L 6:00 Movie IN2L	28 9:30 Exercise IN2L 10:00 Snack and News 11:00 Read Aloud 1:00 One on One 2:00 News and Chat 3:00 Cards 4:00 Funny Videos 6:00 Music IN2L	22 9:30 Exercise IN2L 10:00 Trivia IN2L 11:00 Spa Time 1:00 Art Project 2:00 Cribbage/ Games 3:00 One on One Visit 4:00 Walking Group 5:00 Dinner 6:00 Music IN2L	23 9:30 Exercise IN2L 10:00 News and Chat 11:00 Bible Study 1:00 Card Games 2:00 Scenic Drive 3:00 Spa Time 4:00 Puzzles Time 6:00 Funny TV Show 7:00 Movie IN2L	24 9:30 Exercise IN2L 10:00 Card Games 11:30 One on One 1:00 Art Class 2:00 Book Club 3:00 Trivia IN2L 4:00 Corn Hole 6:00 History Video IN2L 7:00 Movie IN2L	Happy Birthday Marie: March 23rd