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

# The Farmington Square Times

July 2022 Newsletter



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# Social Wellness Efforts Impact Overall Health

July, with its warm weather and ample gathering opportunities, is the perfect occasion for **Social Wellness Month**. It's a time for celebrating connections and relationships with others, as well as support systems we have in place.

The counseling group Words of Wellness so-named the monthlong observance, but social wellness has long been valued. In July of 1905, Dr. Joseph Hersey Pratt pioneered group therapy among tuberculosis patients in Boston, making its mark for decades to follow. Then in 1948, the World Health Organization identified how social wellness positively impacts overall health.

According to the Mayo Clinic, research shows strong social nets positively impact our ability to handle stress, cardiovascular functions, and self-esteem. Harvard Medical School shared that studies indicate people with satisfying relationships have fewer health problems and live longer, while those lacking social ties may suffer from depression and cognitive decline in later life.

At our community, we encourage social wellness through group activities and events. Live music is an interactive opportunity we love opening our doors for. We welcome visitors and volunteers of all walks of life who share their time and talents with us. We also welcome the greater community to our events in the hope that connections will be made, and great times will be had.

## Steps Toward a More Social You

- To increase your social wellness, consider actions you can work into your daily life.
- Know you can start small. Wave, smile, and say, "Hi, How are you?" That can open doors for great conversation.



**The more, the merrier! Taking part in a holiday event can be a fun, easy way to naturally engage with others.**

- Take part in art, fitness, music, cooking gardening, spiritual, or game groups.
- Volunteer to share your experience with others or teach a skill to others.
- Be there for people by being present with them and being a good listener.
- Be an active conversationalist. Ask others questions in conversation, and let people know when you relate with them.
- Express gratitude and compliments toward others in a genuine manner.
- Enjoy others' successes with them.
- Schedule things on your calendar. It may encourage or remind you to engage more.

While social wellness is an area that takes time to grow, it's certainly one whose benefits can be felt after socializing. We hope that you find some of the suggestions here helpful if you're looking to grow in relationships with others. Let us know how these ideas work for you on our Facebook on the 1st!

# Special Moments



## Happy Birthday!

- Resident Birthdays:**  
**Donald:** July 3rd  
**Severina:** July 6th  
**Nancy:** July 11th  
**Sharon:** July 13th  
**Darlene:** July 16th  
**Doris:** July 29th

Those born in July are either Cancer (June 21-July 22) or Leo (July 23-August 22). The birthstone for July is ruby. The birth flowers for July are larkspurs (delphinium) and water lilies. July babies are said to have a sunny disposition and great self control.



# July 2022 Highlights

**July observes Eye Injury Prevention, Minority Mental Health, Social Wellness, and UV Safety. It celebrates: Blueberries, Baked Beans, Culinary Arts, Grilling, Horseradish, Hot Dogs, Ice Cream, Independent Retailers, Peaches, Picnics, and Watercolors!**

01 Unique Ice Cream Day; Gingersnap Day; Joke Day	20 Fortune Cookie Day; Hot Dog Day; Chess Day
02 Made in the USA Day	21 Junk Food Day
03 Chocolate Wafer Day; Beans Day; Fried Clam Day	22 Hammock Day; Mango Day; Penuche Fudge Day;
04 Independence Day; Caesar Salad Day	23 Gorgeous Grandma Day; Vanilla Ice Cream Day
05 Apple Turnover Day; Hawaii Day	24 Parents' Day; A. Earhart Day; Drive Thru Day
06 Fried Chicken Day; Hand Roll Day	25 Hire Veterans Day; Sundae Day; Wine/Cheese Day
07 Macaroni Day; Chocolate Day	26 Aunt & Uncle Day; Bagel Day; Coffee Shake Day
08 Chocolate Almonds Day; Freezer Pop Day	27 Crème Brûlée Day; Love Is Kind Day
09 Sugar Cookie Day; Collector Car Day; Kebab Day	28 Intern Day; Milk Chocolate Day; Chili Dog Day
10 Kitten Day; Pina Colada Day	29 Chicken Wing Day; Lasagna Day; Lipstick Day
11 US Pet Pics Day; 711 Day; Blueberry Muffin Day	30 Friends Day; Father-in-Law Day; Cheesecake Day
12 Jell-O Day; Pecan Pie Day	31 Avocado Day; Mutt Day; Raspberry Cake Day
13 Barbershop Music Day; French Fry Day	
14 Mac & Cheese Day; Tape Measure Day	
15 Gummi Worm Day; Tapioca Day; Horses Day	
16 Corn Fritters Day	
17 Peach Ice Cream Day; Ice Cream Day	
18 Caviar Day; Sour Candy Day	
19 Daiquiri Day	

## In Our Words...

July celebrates ice cream so we asked residents and team members their favorite ice cream flavors and combinations. Here's what they shared!

"Cookies & cream" -Jim

"Vanilla with lots of hot fudge" -Tina

"Chocolate with chocolate sauce, you can't have too much chocolate" -Jeani

"Mint chocolate chip and whipped cream" - Alyssa

"Banana split with hot fudge, strawberry sauce, butterscotch and caramel. " -Carolyn

"Strawberry or vanilla with chocolate sauce – Jerry

"Vanilla with strawberries or chocolate with chocolate syrup" -Wanda

"Vanilla with chocolate sauce" -Duane

"Cotton candy ice cream!" -Katelyn



**Staff Spotlight: Rhonda**

Rhonda is a Life Enrichment Assistant who has worked here for a year. She is from Los Gatos, CA. She studied early childhood education at Lane Community College. She previously worked for Senior & Disabled Services for 15 years as a live-in caregiver. She really enjoys gardening, cooking, art, creative writing, and spending time with her family. She also enjoys listening to all types of music and watching Handmaids Tale & Stanger Things. Her favorite food is Mexican, favorite animal is cats, and favorite Holiday is Christmas.

**Fun Fact:** She is an awesome drummer! She used to be a part of a garage band that played old rock and roll and blues songs! Rhonda is described as strong, humorous, hardworking, very sweet, compassionate, dedicated, and a team player. Rhonda, you have no idea how appreciated you are, we really couldn't this without you. Thank you for all that you do and more!








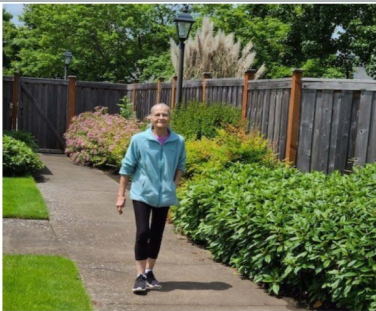



**Resident Spotlight: Bill**





Bill is from Sisseton, South Dakota. He used to be a truck driver. He has long enjoyed playing cards, reading (especially books by Lois L' Amour); listening to waltz music, and watching old westerns and Wheel of Fortune. He loves golfing, and golfing competitions. He also has loved traveling (he's been to Arizona 8 times), and he has enjoyed hunting pheasants. He really likes to play bingo and Yahtzee. His favorite food is pot roast with mashed potatoes and gravy, pumpkin pie from Costco – also hot buttered rum, his favorite animal is dogs; and favorite Holiday is Thanksgiving.

**Fun Fact:** He absolutely loves music and dancing! He is described as cute, straightforward, has a great sense of humor, adorable, kind, considerate, outgoing, tells great stories, and overall a wonderful person. Bill, we are so excited to have you here at FSE. You are such a sweet, loving and caring person. We can't wait to get to know you better and hear all the great stories you have to share.



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<div>24 9:15 Resident Focused Visits 10:30 Snacktivity: Beauty &amp; Grooming 11:30 Dinning Service Prep: Lunchtime 1:00 iN2L Games* 2:00 Snacktivity: Self-care Day 3:00 Tabletop Games 3:30 Exercise Fun: Stretching &amp; Balloon Ball 4:30 Dining Service Prep: Dinnertime</div>	<div>25 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 Snacktivity: Wine &amp; Cheese Day &amp; 3:00 Creative Arts: Adult Coloring* 4:00 Card Games* 4:30 Dining 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 Exercise Fun: Balloon Ball 2:00 Snacktivity: Outdoor Games 2:30 Dominos 3:00 Pretty Nails &amp; Manicures 4:30 Dining Service Prep: Dinnertime</div>	<div>27 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 Dining Service Prep: Dinnertime</div>	<div>28 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 Dining Service Prep: Dinnertime</div>	<div>29 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 Exercise Class with Katy (Cottage C) 2:30 Movie &amp; Popcorn* 3:00 Pretty Nails &amp; Manicures 4:30 Dining Service Prep: Dinnertime</div>	<div>30 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 Dining Service Prep: Dinnertime</div>
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<p>3</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 Dining Service Prep: Dinnertime</p> <p>5:30 Shake Loose a Memory</p>	<p>4</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-I-N-G-O*</p> <p>2:00 Snacktivity: Independence Day Goodies &amp; Performance by Wade (Cottage C)</p> <p>2:30 Card Games*</p> <p>3:30 Floral Arranging</p> <p>4:00 Dining Service Prep: Dinnertime</p> <p>5:30 Exercise Fun*</p>	<p>5</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-I-N-G-O*</p> <p>2:00 Snacktivity: Coffee &amp; Conversation*</p> <p>2:30 National Hawaii Day*</p> <p>3:00 Pretty Nails &amp; Manicures</p> <p>4:00 Dining Service Prep: Dinnertime</p> <p>5:30 Yahtzee Night</p>	<p>6</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 iNZL*</p> <p>2:00 Creative Arts: Watercolor Painting*</p> <p>3:00 Card Games</p> <p>4:00 Dining Service Prep: Dinnertime</p> <p>5:30 B-I-N-G-O* Night</p>	<p>7</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-I-N-G-O*</p> <p>2:00 Snacktivity: Performance by The Porch Band (Cottage C)</p> <p>3:00 Exercise Fun: Walking Group</p> <p>3:30 Sensory Games*</p> <p>4:00 Dining Service Prep: Dinnertime</p> <p>5:30 Board Game Night</p>	<p>8</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 Dining Service Prep: Dinnertime</p> <p>5:30 Movie Night &amp; Popcorn*</p>	<p>9</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-I-N-G-O*</p> <p>1:30 Scenic Bus Ride</p> <p>2:00 Snacktivity: Virtual Vacation*</p> <p>3:00 Indoor/Outdoor Games</p> <p>4:00 Dining Service Prep: Dinnertime</p> <p>5:30 Balloon Volleyball Night</p>
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<p>17</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: Ice Cream Day</p> <p>3:00 Sensory Games*</p> <p>3:30 Card Games*</p> <p>4:00 Dining Service Prep: Dinnertime</p> <p>5:30 Shake Loose a Memory</p>	<p>18</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-I-N-G-O*</p> <p>2:00 Snacktivity: Basil on Piano</p> <p>3:00 Floral Arranging</p> <p>3:30 Card Games*</p> <p>4:00 Dining Service Prep: Dinnertime</p> <p>5:30 Exercise Fun*</p>	<p>19</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-I-N-G-O*</p> <p>2:00 Snacktivity: Coffee &amp; Conversation*</p> <p>2:30</p> <p>3:00 Pretty Nails &amp; Manicures</p> <p>4:00 Dining Service Prep: Dinnertime</p> <p>5:30 Yahtzee Night</p>	<p>20</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: National Moon Day*</p> <p>2:00 Creative Arts: Watercolor Painting*</p> <p>3:00 Card Games</p> <p>4:00 Dining Service Prep: Dinnertime</p> <p>5:30 B-I-N-G-O* Night</p>	<p>21</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-I-N-G-O*</p> <p>2:00 Snacktivity: Outdoor Games</p> <p>3:00 Exercise Fun: Walking Group</p> <p>3:30 Sensory Games*</p> <p>4:00 Dining Service Prep: Dinnertime</p> <p>5:30 Board Game Night</p>	<p>22</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 Dining Service Prep: Dinnertime</p> <p>5:30 Movie Night &amp; Popcorn*</p>	<p>23</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-I-N-G-O*</p> <p>1:30 Scenic Bus Ride</p> <p>2:00 Snacktivity: Virtual Vacation*</p> <p>3:00 Indoor/Outdoor Games</p> <p>4:00 Dining Service Prep: Dinnertime</p> <p>5:30 Balloon Volleyball Night</p>
<p>24</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: Self-care Day</p> <p>3:00 Sensory Games*</p> <p>3:30 Card Games*</p> <p>4:00 Dining Service Prep: Dinnertime</p> <p>5:30 Shake Loose a Memory</p>	<p>25</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-I-N-G-O*</p> <p>2:00 Snacktivity: Wine &amp; Cheese Day</p> <p>3:00 Floral Arranging</p> <p>3:30 Card Games*</p> <p>4:00 Dining Service Prep: Dinnertime</p> <p>5:30 Exercise Fun*</p>	<p>26</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-I-N-G-O*</p> <p>2:00 Snacktivity: Coffee &amp; Conversation*</p> <p>2:30</p> <p>3:00 Pretty Nails &amp; Manicures</p> <p>4:00 Dining Service Prep: Dinnertime</p> <p>5:30 Yahtzee Night</p>	<p>27</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 iNZL*</p> <p>2:00 Creative Arts: Watercolor Painting*</p> <p>3:00 Card Games</p> <p>4:00 Dining Service Prep: Dinnertime</p> <p>5:30 B-I-N-G-O* Night</p>	<p>28</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-I-N-G-O*</p> <p>2:00 Snacktivity: Outdoor Games</p> <p>3:00 Exercise Fun: Walking Group</p> <p>3:30 Sensory Games*</p> <p>4:00 Dining Service Prep: Dinnertime</p> <p>5:30 Board Game Night</p>	<p>29</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 Exercise Class with Katy (Cottage C)</p> <p>2:30 Trivia Games*</p> <p>3:00 Pretty Nails &amp; Manicures</p> <p>4:00 Dining Service Prep: Dinnertime</p> <p>5:30 Movie Night &amp; Popcorn*</p>	<p>30</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-I-N-G-O*</p> <p>1:30 Scenic Bus Ride</p> <p>2:00 Snacktivity: Birthday Cupcakes</p> <p>3:00 Indoor/Outdoor Games</p> <p>4:00 Dining Service Prep: Dinnertime</p> <p>5:30 Balloon Volleyball Night</p>
<p>31</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 Dining Service Prep: Dinnertime</p> <p>5:30 Shake Loose a Memory</p>	<p>July Highlights</p> <p>July 4th— Independence Day Goodies &amp; Performance by Wade (Cottage C @2pm)</p> <p>July 5th— National Hawaii Day</p> <p>July 7th— Performance by The Porch Band (Cottage C)</p> <p>July 8th— FETCH Pet Therapy Program</p> <p>July 10th— Pina Colada Day</p> <p>July 15th— Performance by Gary B. (Cottage C @2pm)</p> <p>July 17th— Ice Cream Day</p> <p>July 18th— Basil on Piano (Cottage B @2pm &amp; Cottage A @2:45pm)</p> <p>July 20th— National Moon Day</p> <p>July 24th— Self-care Day</p> <p>July 25th— Wine &amp; Cheese Day</p> <p>July 29th— Exercise Class with Katy @2pm (Cottage C)</p> <p>July 30th— Birthday Cupcakes</p>					





# JULY 2022

Farmington Square Eugene

• Cottage C

• 2730 Bailey Lane Eugene, OR 97401

• 541-344-7902

SUN	MON	TUE	WED	THU	FRI	SAT
<p><b>All activities subject to change per mandated health guidelines.</b></p>					<p>1 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* Personal Shopper Day: 1:30pm-4:30pm</p>	<p>2 11:15 Exercise Fun: Tai Chi* 12:30 <b>B-I-N-G-O*</b> 1:30 <b>Scenic Bus Ride</b> 2:00 Creative Arts* 3:00 Outdoor/Indoor Games 4:00 Resident Focus Visits</p>
<p>3 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*</p>	<p>4 11:15 Resident Focused Visits 12:30 <b>B-I-N-G-O*</b> 2:00 <b>Independence Day Goodies &amp; Performance by Wade</b> (Cottage C) 3:00 Floral Arranging 3:30 Walking Group 4:00 Creative Arts*</p>	<p>5 11:15 Exercise Fun: Tai Chi* 12:30 Yahtzee 2:00 <b>National Hawaii Day*</b> 3:00 Pretty Nails &amp; Manicures 4:00 Resident Focused Visits Personal Shopper Day: 11am – 2pm</p>	<p>6 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*</p>	<p>7 11:15 Beauty &amp; Grooming 12:30 <b>B-I-N-G-O*</b> 2:00 <b>Performance by The Porch Band</b> 2:30 Trivia Games* 3:00 Resident Focused Visits 4:00 Exercise Fun: Stretching &amp; Balloon Ball</p>	<p>8 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* Personal Shopper Day: 1:30pm-4:30pm</p>	<p>9 11:15 Exercise Fun: Tai Chi* 12:30 <b>B-I-N-G-O*</b> 1:30 <b>Scenic Bus Ride</b> 2:00 Creative Arts* 3:00 Outdoor/Indoor Games 4:00 Resident Focus Visits</p>
<p>10 11:15 Beauty &amp; Grooming 12:30 Yahtzee 2:00 Exercise Fun: Stretching &amp; Balloon Ball &amp; <b>Pina Colada Day</b> 3:00 Outdoor/Indoor Games 3:30 Resident Focus Visits 4:00 Card Games*</p>	<p>11 11:15 Resident Focused Visits 12:30 <b>B-I-N-G-O*</b> 2:00 Floral Arranging 3:00 Word Games* 3:30 Walking Group 4:00 Creative Arts*</p>	<p>12 11:15 Exercise Fun: Tai Chi* 12:30 Yahtzee 2:00 <b>Puzzle Club*</b> 3:00 Pretty Nails &amp; Manicures 4:00 Resident Focused Visits Personal Shopper Day: 11am – 2pm</p>	<p>13 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*</p>	<p>14 11:15 Beauty &amp; Grooming 12:30 <b>B-I-N-G-O*</b> 2:00 Exercise Fun: Walking Group 2:30 Trivia Games* 3:00 Resident Focused Visits 4:00 Exercise Fun: Stretching &amp; Balloon Ball</p>	<p>15 11:15 Exercise Fun: Stretching &amp; Balloon Ball 12:30 Yahtzee 2:00 <b>Performance by Gary B.</b> (Cottage C) 3:00 Pretty Nails &amp; Manicures 4:00 Card Games* Personal Shopper Day: 1:30pm-4:30pm</p>	<p>16 11:15 Exercise Fun: Tai Chi* 12:30 <b>B-I-N-G-O*</b> 1:30 <b>Scenic Bus Ride</b> 2:00 Creative Arts* 3:00 Outdoor/Indoor Games 4:00 Resident Focus Visits</p>
<p>17 11:15 Beauty &amp; Grooming 12:30 Yahtzee 2:00 <b>Ice Cream Day</b> 3:00 Outdoor/Indoor Games 3:30 Resident Focus Visits 4:00 Card Games*</p>	<p>18 11:15 Resident Focused Visits 12:30 <b>B-I-N-G-O*</b> 2:00 Floral Arranging or <b>Basil on Piano</b> (Cottage B) 3:00 Word Games* 3:30 Walking Group 4:00 Creative Arts*</p>	<p>19 11:15 Exercise Fun: Tai Chi* 12:30 Yahtzee 2:00 <b>Puzzle Club*</b> 3:00 Pretty Nails &amp; Manicures 4:00 Resident Focused Visits Personal Shopper Day: 11am – 2pm</p>	<p>20 11:15 Resident Focused Visits 12:30 Word Games/Crossword Puzzle* 2:00 Exercise Fun: Stretching &amp; weights 2:30 <b>Resident Council</b> 3:30 <b>National Moon Day*</b> 4:00 Creative Arts*</p>	<p>21 11:15 Beauty &amp; Grooming 12:30 <b>B-I-N-G-O*</b> 2:00 Exercise Fun: Walking Group 2:30 Trivia Games* 3:00 Resident Focused Visits 4:00 Exercise Fun: Stretching &amp; Balloon Ball</p>	<p>22 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* Personal Shopper Day: 1:30pm-4:30pm</p>	<p>23 11:15 Exercise Fun: Tai Chi* 12:30 <b>B-I-N-G-O*</b> 1:30 <b>Scenic Bus Ride</b> 2:00 Creative Arts* 3:00 Outdoor/Indoor Games 4:00 Resident Focus Visits</p>
<p>24 11:15 Beauty &amp; Grooming 12:30 Yahtzee 2:00 <b>Self-care Day</b> 3:00 Outdoor/Indoor Games 3:30 Resident Focus Visits 4:00 Card Games*</p>	<p>25 11:15 Resident Focused Visits 12:30 <b>B-I-N-G-O*</b> 2:00 Floral Arranging 3:00 <b>Wine &amp; Cheese Day</b> 3:30 Walking Group 4:00 Creative Arts*</p>	<p>26 11:15 Exercise Fun: Tai Chi* 12:30 Yahtzee 2:00 <b>Puzzle Club*</b> 3:00 Pretty Nails &amp; Manicures 4:00 Resident Focused Visits Personal Shopper Day: 11am – 2pm</p>	<p>27 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*</p>	<p>28 11:15 Beauty &amp; Grooming 12:30 <b>B-I-N-G-O*</b> 2:00 Exercise Fun: Walking Group 2:30 Trivia Games* 3:00 Resident Focused Visits 4:00 Exercise Fun: Stretching &amp; Balloon Ball</p>	<p>29 11:15 Exercise Fun: Stretching &amp; Balloon Ball 12:30 Yahtzee 2:00 <b>Exercise Class with Katy</b> 3:00 Pretty Nails &amp; Manicures 4:00 Card Games* Personal Shopper Day: 1:30pm-4:30pm</p>	<p>30 11:15 Exercise Fun: Tai Chi* 12:30 <b>B-I-N-G-O*</b> 1:30 <b>Scenic Bus Ride</b> 2:00 <b>Birthday Cupcakes</b> 3:00 Outdoor/Indoor Games 4:00 Resident Focus Visits</p>
<p>31 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*</p>	<p><u>July Highlights</u> July 4th– Independence Day Goodies &amp; Performance by Wade July 5th– National Hawaii Day July 7th– Performance by The Porch Band (Cottage C) July 8th– FETCH Pet Therapy Program July 10th– Pina Colada Day July 15th– Performance by Gary B. July 17th– Ice Cream Day July 18th– Basil on Piano (Cottage B @2pm &amp; Cottage A @2:45pm) July 20th– National Moon Day &amp; Resident Council July 24th– Self-care Day July 25th– Wine &amp; Cheese Day July 29th– Exercise Class with Katy @2pm July 30th– Birthday Cupcakes</p>	