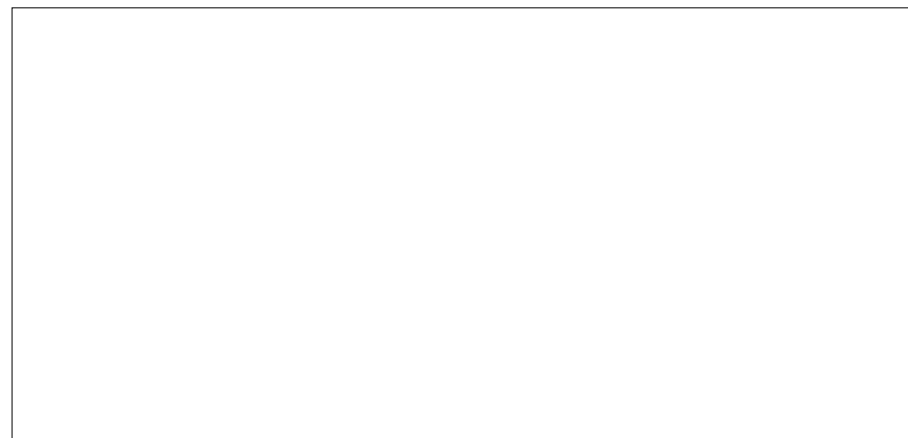




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Stamp



Leadership Team

Executive Director:

Tawnya Theodore

Community Relations Director:

Randy Dickens

Wellness Director, Alpine:

Sally Campos

Wellness Director, Beechwood:

Mara Campos Chan

Wellness Director, Ponderosa:

Melissa Garza

Wellness Nurse:

Franciene Thompson

Business Office Director:

Jane Smith

Life Enrichment Director:

Anjee Thompson

Dining Services Director:

Darett Miyashiro

Maintenance Director:

Paul Burns

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

The Farmington 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!

Nena: July 1
Barbara: July 4
Robert: July 7
Al: July 19
Marvin: July 26

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	

On July 12th & 13th

(Tuesday & Wednesday)

The Parking Lot will be resurfaced and painted. We will not be able to use or park in the lot at all.

We are sorry for the inconvenience!



Staff Spotlight: Carlos

Carlos has been working with Farmington Square communities for over 14 years. He enjoys traveling, trying new foods, and seeing all of the beautiful areas of Oregon.

Caring for his residents is important to him because he was close to his grandmother, but was very young when she needed care. He wants to make sure that everyone's grandparents have great care.

Thank you for doing such a great job Carlos!



Resident Spotlight: Tighe

Tighe has a heart warming smile and a gentle calm way about him. He is a retired pastor and after retiring worked at a coffee shop for fun. His favorite coffee drink is a mocha.

He loves hanging out with his grandchildren and great grands too. He likes to sing a variety of songs and even likes to play the drums. He has also worked with Lego Land doing tech work on the Mini Land!

We look forward to spending time getting to know him and hearing some fun stories!

Welcome Tighe!

SUN	MON	TUE	WED	THU	FRI	SAT
All activities subject to change per mandated health guidelines.		Happy Birthday Robert S, July 7th			1 9:30 Exercise IN2L 10:00 Word games 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	2 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
3 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	4 Independents Day 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	5 9:30 Exercise IN2L 10:00 Today In History 11:00 Travel to Texas 1:00 Trivia IN2L 2:00 Ball Toss 3:00 Coloring 4:00 One on One 6:00 Comedy TV	6 9:30 Exercise IN2L 10:00 Coloring IN2L 11:00 Word Games 1:00 Jokes and Poems 2:00 Card Game 3:00 Ball Toss 4:00 Game Show 6:00 Classic TV	7 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	8 9:30 Exercise IN2L 10:00 Word Games 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	9 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
10 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	11 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	12 9:30 Exercise IN2L 10:00 Today In History 11:00 Travel to Iran 1:00 Trivia IN2L 2:00 Ball Toss 3:00 Coloring 4:00 Puzzle Time 6:00 Comedy TV	13 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	14 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	15 9:30 Exercise IN2L 10:00 Word Games 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	16 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
17 Easter Sunday 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	18 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	19 9:30 Exercise IN2L 10:00 Today In History 11:00 Travel to Peru 1:00 Trivia IN2L 2:00 Ball Toss 3:00 Coloring 4:00 One on One 6:00 Comedy TV	20 9:30 Exercise IN2L 10:00 Coloring IN2L 11:00 Word Games 1:00 Jokes and Poems 2:00 Card Game 3:00 Ball Toss 4:00 Game Show 6:00 Classic TV	21 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	22 9:30 Exercise IN2L 10:00 Word Games 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	23 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
24 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	25 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	26 9:30 Exercise IN2L 10:00 Today In History 11:00 Travel to Maine 1:00 Trivia IN2L 2:00 Ball Toss 3:00 Coloring 4:00 One on One 6:00 Comedy TV	27 9:30 Exercise IN2L 10:00 Coloring IN2L 11:00 Word Games 1:00 Jokes and Poems 2:00 Card Game 3:00 Ball Toss 4:00 Game Show 6:00 Classic TV	28 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	29 9:30 Exercise IN2L 10:00 Word Games 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	30 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
31 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						

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SUN	MON	TUE	WED	THU	FRI	SAT
All activities subject to change per mandated health guidelines.		Happy Birthday Barbara, July 4th Al, July 19th Marvin July 26th			1 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	2 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
3 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	4 Independents Day 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	5 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	6 9:30 Exercise IN2L 10:00 Snack and Chat 11:00 Read Aloud 1:00 Jokes and Poems 2:00 Crafts and Create 3:00 Ring Toss 4:00 Game Show 6:00 How its Made IN2L	7 9:30 Exercise IN2L 10:00 Snack and Show 11:00 One on One 1:00 Word Game 2:00 Bingo 3:00 Travel Show IN2L 4:00 Ball Toss 6:00 Drama TV	8 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	9 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
10 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	11 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	12 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	13 9:30 Exercise IN2L 10:00 Snack and Chat 11:00 Read Aloud 1:00 Jokes and Poems 2:00 Crafts and Create 3:00 Ring Toss 4:00 Game Show 6:00 Classic TV	14 9:30 Exercise IN2L 10:00 Snack and Show 11:00 One on One 1:00 Word Game 2:00 Bingo 3:00 Travel Show IN2L 4:00 Ball Toss 6:00 Drama TV	15 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	16 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
17 Easter Sunday 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	18 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	19 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	20 9:30 Exercise IN2L 10:00 Snack and Chat 11:00 Read Aloud 1:00 Jokes and Poems 2:00 Crafts and Create 3:00 Ring Toss 4:00 Game Show 6:00 How its Made IN2L	21 9:30 Exercise IN2L 10:00 Snack and Show 11:00 One on One 1:00 Word Game 2:00 Bingo 3:00 Travel Show IN2L 4:00 Ball Toss 6:00 Drama TV	22 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	23 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
24 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	25 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	26 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	27 9:30 Exercise IN2L 10:00 Snack and Chat 11:00 Read Aloud 1:00 Jokes and Poems 2:00 Crafts and Create 3:00 Ring Toss 4:00 Game Show 6:00 How its Made IN2L	28 9:30 Exercise IN2L 10:00 Snack and Show 11:00 One on One 1:00 Word Game 2:00 Bingo 3:00 Travel Show IN2L 4:00 Ball Toss 6:00 Drama TV	259 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	30 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
31 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						

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SUN	MON	TUE	WED	THU	FRI	SAT
All activities subject to change per mandated health guidelines.		Happy Birthday Nena, July 1st			1 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	2 9:3 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
3 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	4 Independents Day 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	5 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	6 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 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	8 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	9 9:3 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 Zoo Tour Video 6:00 Music IN2L
10 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	11 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	12 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	13 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	14 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	15 Good Friday 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	16 9:3 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
17 Easter Sunday 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 5:00 Dinner	18 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 5:00 Dinner	19 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 5:00 Dinner	20 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	21 9:30 Exercise IN2L 10:00 Card Games 11:30 One on One 1:00 RESIDENT COUNCIL 2:00 Book Club 3:00 Trivia IN2L 4:00 Corn Hole 6:00 History Video IN2L	22 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	23 9:3 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
24 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	25 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	26 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	27 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	28 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	29 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	30 9:3 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
31 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						