



2730 Bailey Lane  
Eugene, OR 97401

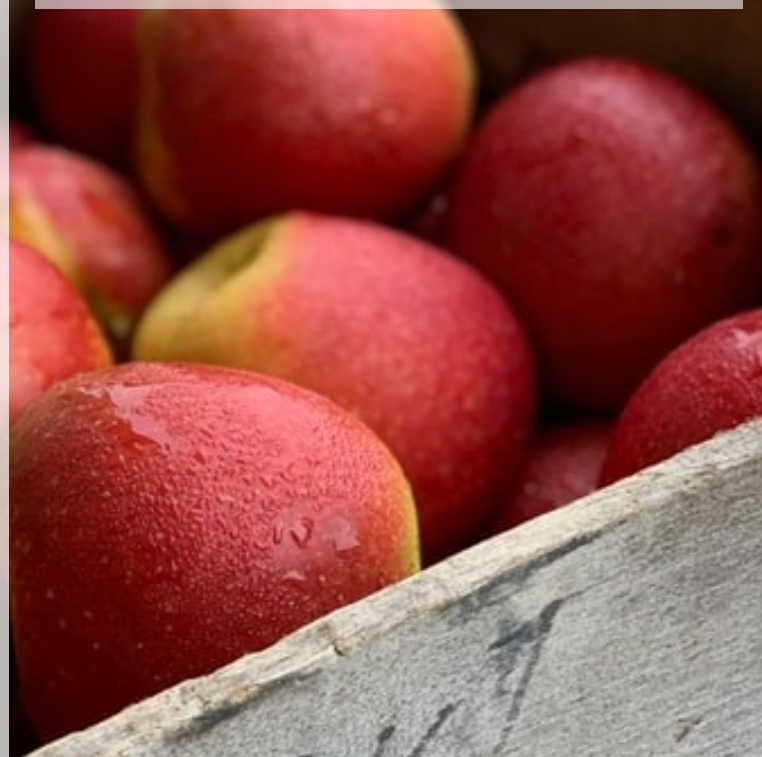
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**Wellness Director:**  
**Claudia Priest**  
**Business Office Director:**  
**Chelsea Hohenstein**  
**Life Enrichment Director:**  
**Kirsten Silva**  
**Maintenance Director:**  
**Brian Thompson**

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



# The Farmington Square Times

September 2022 Newsletter



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# Pain Points: Tips for Managing Chronic Pain

*Note: This article is for informational purposes and should not be mistaken for medical advice. Please consult a physician or other medical professional or specialist for all health matters.*

While pain is a fact of life, for some it is more than an occasional occurrence. One in five adults in America experiences chronic pain. It is one of the most common reasons adults seek medical care and it can last for months, years, and possibly for life.

There are many reasons a person may experience pain, including injury, illness, birth defect, and bodily wear and tear over time. Pain is personal, and everyone experiences it differently, making diagnosis and treatment difficult. However, there are several ways to combat pain, and find relief.

## Ways to Manage Pain (without or in conjunction with the use of pharmaceuticals):

- Regular exercise, particularly activities that are designed to improve flexibility and muscle tone (think yoga, Pilates, swimming) can be therapeutic and help you manage and even prevent pain. We suggest working with your medical provider to outline an appropriate exercise plan that meets your needs.
- In the same spirit as exercise, physical therapy is an excellent way to manage pain by treating it at its source. Maintaining your physical therapy exercises, even after your visits are over, can also help prevent future injury and pain to compromised joints and ligaments.
- Cognitive Behavioral Therapy is a form of psychotherapy that has been shown to be an effective way to manage pain and associated emotions through exercising mindfulness, ultimately improving quality of life. When pain is constant, it wears down more than just your body. Instances of depression and anxiety are higher in those who experience chronic pain.



There are various paths to relief. Strength and resistance training—like using elastic bands shown above—can improve muscle strength, decrease stiffness, and lead to some relief from pain. Aerobic exercise like walking and swimming are linked to weight loss and can reduce joint pressure, improving pain symptoms. Explore what may work for you.

## Pain Management for Seniors

As we age, our bodies become more susceptible to experiencing pain and injury. Additionally, those who experience cognitive impairment in the form of Alzheimer’s and other related dementia may find that pain management is complicated due to the difficulty they might experience in verbalizing the location and severity of pain.

It’s important to know that you and your loved ones don’t have to handle this alone. At our community, our care approach focuses on the individual needs of each resident, meeting them where they are. We incorporate the latest advances in building design and care philosophies to minimize the impact of our residents’ symptoms, enabling them to live comfortably and securely.

As with any medical topic, we suggest that your journey begins with an open conversation with your medical provider. Don’t be discouraged if it takes a while to find the answers you’re looking for – health is a journey after all.

# Special Moments



## In Our Words...

September 23rd marks the start of Autumn!  
These are our Fall Favorites:

“Football!” -Harvey

“The colors” -Bonnie

“The color of the leaves” -Anita

“The change of season, fall has a crisper smell and feel to it” -Al

“The colors, the days are usually dry and football! -Donna

“The pretty colors” -Nancy





# September 2022 Highlights

**September Observes: World Alzheimer's Awareness, Healthy Aging, Intergenerational Ties, Pain Awareness, Prostate Health, and Self-Care.**

**September Celebrates: Americana, Chicken, Classical Music, Honey, Little League, Mushrooms, Piano, Potatoes, Rice, Sewing, and Square Dancing.**

01 World Letter Writing Day  
 02 Coconut Day, College Colors Day, Food Bank Day  
 03 Bacon Day, U.S. Bowling League Day, Tailgating Day  
 04 Macadamia Nut Day, Wildlife Day  
 05 Labor Day, Beautician Week, Cheese Pizza Day  
 06 Coffee Ice Cream Day, Read a Book Day  
 07 Acorn Squash Day, Beer Day, Salami Day  
 08 Literacy Day, Ampersand Day  
 09 Sudoku Day, Teddy Bear Day, Wiener Schnitzel Day  
 10 World First Aid Day, Swap Ideas Day  
 11 Assisted Living Week, Grandparents' Day,  
 Day of Service & Remembrance  
 12 Chocolate Milkshake Day, Video Games Day  
 13 Bald Is Beautiful Day, Peanut Day, Ants on a Log Day  
 14 Cream Donut Day, Eat a Hoagie Day, Live Creative Day  
 15 Cheese Toast Day, Linguine Day, Online Learning Day  
 16 Raisin Bread Day, Guac Day, POW/MIA Recognition Day  
 17 Thank Police Day, House Cleaners' Day, Dance Day  
 18 Bamboo Day, Air Force Bday, Cheeseburger Day  
 19 Butterscotch Pudding Day, Talk Like a Pirate Day

20 Fried Rice Day, Pepperoni Pizza Day, Punch Day  
 21 World Alzheimer's Day, Chai Day, Pecan Cookie Day  
 22 Centenarians' Day, Hobbit Day, White Chocolate Day  
 23 Autumn Begins, Pot Pie Day, Snack Stick Day  
 24 Family Health & Fitness Day, Hunting & Fishing Day  
 25 Dining Staff Day, Daughters' Day, Quesadilla Day  
 26 HR Staff Day, Family Day, Dumpling Day, Pancake Day  
 27 Chocolate Milk Day, Scarf Day, Corned Beef Hash Day  
 28 Strawberry Cream Pie Day, Ladies Health Day  
 29 VFW Day, Coffee Day  
 30 Chewing Gum Day, Hot Cider Day, Love People Day

**"By all these lovely tokens, September days are here. With summer's best of weather and autumn's best of cheer." – Helen Hunt Jackson**



Those born in September are either Virgo (Aug. 23-Sept. 22) or Libra (Sept. 23-Oct. 22). The birthstone for September is sapphire. The birth flowers are asters and morning glory. Virgos are best known for being practical, loyal, and organized. Libras are balanced, social, and fair-minded. September has 11 of the top birthdates in the nation with more babies born on Sept. 9 than any other day of the year!

**Residents**  
**Jim: Sept. 12th**  
**Anita: Sept. 16th**  
**Charlie: Sept. 28th**

**Staff**  
**Ellie: Sept. 5th**  
**Kayla: Sept. 5th**  
**Jackie: Sept. 16th**  
**Ashlee: Sept. 16th**  
**Johnetta: Sept. 20th**



## Staff Spotlight: Stormy



Stormy is the Receptionist here at FSE who has worked here for a little over a year. Here are some things our team had to say about her:

"Stormy I am so proud of you! You always go above and beyond, you're a very hard worker and we are incredibly lucky to have you!" - Kirsten

"Stormy – I cannot say enough to express how much you do for our residents, staff, and every visitor on campus. Thank you for always staying positive, brightening people's days, and helping whenever you see an opportunity. We are so lucky to have you on the team!" -Chelsea

"Stormy you are always willing to help out where you can with a great personality and positive attitude!" -Mary

"You are infectiously bubbly and extremely helpful." -Zee

"Hardworking, passionate and puts everyone first before herself." -Alyssa

"She is really nice and very outgoing!" - Ellie

"Stormy always has a smile on her face no matter how stressed she might be you would never know it. She is always going above and beyond and is ready to help whoever needs it. She is an asset to our team!!" -Jackie

"May you be proud of the work you do, the person you are and the difference you make." - Claudia

"She is very kind and is happy to help everybody" -Alejandro

"She brings a smile to work everyday and she makes visitors faces light up with her kindness." - Mason

"She is always willing to lend an ear and gives 110% at her job everyday. She is great at helping resident's and their families!" - Katelyn



## Resident Spotlight: Buck

Buck is originally from Oklahoma. He worked at Georgia Pacific and was also in the Navy.

He has always enjoyed traveling, camping, fishing, hunting, playing horseshoes and corn hole and going to the casino. He likes listening to country music, reorganizing his room, different foods, watching Westerns, telling stories about his military days, walks around the cottage, visits with family and doing puzzles.

His favorite beverage is coffee (he loves it). He is described as sweet, hardworking, caring, gentle, well dressed, quiet, kind hearted and a family man.

Buck, you are so sweet, have a great sense of humor and are a puzzle wiz! We are so happy to have you here with us!



SUN	MON	TUE	WED	THU	FRI	SAT
<div>All activities subject to change per mandated health guidelines.</div>				<div>1 9:15 Residents Focused Visits 10:30 Snacktivity: Beauty &amp; Grooming 11:15 Creative Arts: Collaging  1:00 Trivia Games* 2:00 Snacktivity: Performance by Gary B. (Cottage C) 3:00 Exercise Fun: Courtyard Walks 3:30 Tabletop Games 4:00 Books &amp; Magazines</div>	<div>2 9:15 Exercise Fun: Stretch &amp; Balloon Ball 10:30 Snacktivity: Beauty &amp; Grooming 11:00 Church*  1:00 Sensory Games* 2:00 Snacktivity: National College Colors Day* 2:30 Outdoor Games: Corn hole 3:30 Pretty Nails &amp; Manicures 4:00 Resident Focused Visits</div>	<div>3 9:15 Resident Focused Visits 10:30 Snacktivity: Beauty &amp; Grooming 1:00 B-I-N-G-O* 1:30 Scenic Bus Ride 2:00 Snacktivity: Virtual Vacation* 2:30 iN2L Games* 3:00 Exercise Fun: Music &amp; Movement* 4:00 Puzzle Time</div>
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<div>25 9:15 Residents Focused Visits 10:30 Snacktivity: Beauty &amp; Grooming 11:15 Card Games 1:00 Sensory Games: Woodworking Kit* 2:00 Snacktivity: iN2L Games* 3:00 Tabletop Games 3:30 Exercise Fun: Stretch &amp; Balloon Ball 4:15 Creative Arts: Adult Coloring</div>	<div>26 9:15 Exercise Fun: Music &amp; Movement 10:30 Snacktivity: Beauty &amp; Grooming 11:15 Resident Focused Visits 1:00 Puzzle Club* 2:45 Snacktivity: Basil on Piano 3:00 National Coffee Day  3:30 Card Games* 4:15 iN2L Trivia Games*</div>	<div>27 9:15 Resident Focused Visits 10:30 Snacktivity: Beauty &amp; Grooming 11:15 Books &amp; Magazines 1:00 Exercise Fun: Balloon Ball 2:00 Snacktivity: iN2L Games* 2:30 Outdoor Games: Bowling 3:30 Pretty Nails &amp; Manicures 4:15 Tabletop Games</div>	<div>28 9:15 Exercise Fun: Balloon Ball 10:30 Snacktivity: Beauty &amp; Grooming 11:15 Card Games* 1:00 Knitting Club* 2:00 Snacktivity: Resident Focused Visits 2:00 Creative Arts: Watercolor Painting* 3:00 Sing-a-long* 4:00 Puzzle Time</div>	<div>29 9:15 Residents Focused Visits 10:30 Snacktivity: Beauty &amp; Grooming 11:15 Creative Arts: Collaging 1:00 Trivia Games* 2:00 Snacktivity: Music &amp; Art* 3:00 Exercise Fun: Courtyard Walks 3:30 Tabletop Games 4:00 Books &amp; Magazines</div>	<div>30 9:15 Exercise Fun: Stretch &amp; Balloon Ball 10:30 Snacktivity: Beauty &amp; Grooming 11:00 Church* 1:00 Sensory Games*  2:00 Snacktivity: Garden Club 2:30 Outdoor Games: Corn hole 3:30 Pretty Nails &amp; Manicures 4:00 Resident Focused Visits</div>	<div>September Highlights Sep. 1st– Performance by Gary B. (Cottage C) Sep. 2nd– National College Colors Day Sep. 4th– National Wildlife Day Sep. 10th– FETCH Pet Therapy Sep. 12th– Chocolate Milkshake Day Sep. 15th– Sing-a-long with Katy S. (Cottage A @2pm &amp; Cottage C @2:30pm) Sep. 17th– National Dance Day &amp; Birthday Cupcakes Sep. 19th– Exercise with Katy (Cottage C) Sep. 21st– National New York Day Sep. 22nd National Ice Cream Cone Day Sep. 26th– National Coffee Day &amp; Basil on Piano (Cottage B @2pm &amp; Cottage A @2:45pm)</div>



# SEPTEMBER 2022

Farmington Square Eugene

Cottage B

2730 Bailey Lane Eugene, OR 97401

541-344-7902

SUN	MON	TUE	WED	THU	FRI	SAT
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<p>11 9:15 Exercise Fun: Stretch &amp; Balloon Ball 10:30 Snacktivity: Beauty &amp; Grooming 11:15 Resident Focused Visits 12:30 Yahtzee 2:00 Snacktivity: Sing-a-long* 3:00 Sensory Games: Blocks 3:30 Tabletop Games 5:30 Card Game Night: Uno</p>	<p>12 9:15 Exercise Fun: Sit and Be Fit* 10:30 Snacktivity: Beauty &amp; Grooming 11:15 Resident Focused Visits 12:30 <b>B-I-N-G-O*</b> 2:00 Snacktivity: <b>Chocolate Milkshake Day</b> 2:45 Floral Arranging 3:30 Card Games: Go Fish 5:30 Exercise Fun*</p>	<p>13 9:15 Exercise Fun: Music &amp; Movement* 10:30 Snacktivity: Beauty &amp; Grooming 11:15 Resident Focused Visits 12:30 <b>B-I-N-G-O*</b> 2:00 Snacktivity: Coffee &amp; Conversation* 2:30 Outdoor Games: Corn hole 3:00 Pretty Nails &amp; Manicures 5:30 Yahtzee Night</p>	<p>14 9:15 Exercise Fun: Tai Chi* 10:30 Snacktivity: Beauty &amp; Grooming 11:15 Resident Focused Visits 12:30 Word Games: Trivia* 2:00 Snacktivity: Travel on iN2L* 2:00 Creative Arts: Watercolor Painting* 3:00 Card Games: Go Fish 5:30 <b>B-I-N-G-O*</b> Night</p>	<p>15 9:15 Exercise Fun: Balloon Ball 10:30 Snacktivity: Beauty &amp; Grooming 11:15 Resident Focused Visits 12:30 <b>B-I-N-G-O*</b> 2:30 Snacktivity: <b>Sing-a-long with Katy S.</b> 3:00 Exercise Fun: Courtyard Walks 3:30 Sensory Games: Name That Sound* 5:30 Card Game Night: Uno</p>	<p>16 9:15 Exercise Fun: Sit and Be Fit* 10:30 Snacktivity: Beauty &amp; Grooming 11:15 Resident Focused Visits 12:30 Yahtzee 2:00 Card Games: Crazy 8's 2:30 <b>Garden Club</b> 3:00 Pretty Nails &amp; Manicures 5:30 Movie Night &amp; Popcorn*</p>	<p>17 9:15 Exercise Fun: Music &amp; Movement* 10:30 Snacktivity: Beauty &amp; Grooming 11:15 <b>National Dance Day*</b> 12:30 <b>B-I-N-G-O*</b> 1:30 <b>Scenic Bus Ride</b> 2:00 Snacktivity: <b>Birthday Cupcakes</b> 3:00 Outdoor Games: Basketball 5:30 Balloon Volleyball Night</p>
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<p>25 9:15 Exercise Fun: Stretch &amp; Balloon Ball 10:30 Snacktivity: Beauty &amp; Grooming 11:15 Resident Focused Visits 12:30 Yahtzee 2:00 Snacktivity: Sing-a-long* 3:00 Sensory Games: Blocks 3:30 Tabletop Games 5:30 Card Game Night: Uno</p>	<p>26 9:15 Exercise Fun: Sit and Be Fit* 10:30 Snacktivity: Beauty &amp; Grooming 11:15 Resident Focused Visits 12:30 <b>B-I-N-G-O*</b> 2:00 Snacktivity: <b>Basil on Piano &amp; National Coffee Day</b> 2:45 Floral Arranging 3:45 Card Games: Go Fish 5:30 Exercise Fun*</p>	<p>27 9:15 Exercise Fun: Music &amp; Movement* 10:30 Snacktivity: Beauty &amp; Grooming 11:15 Resident Focused Visits 12:30 <b>B-I-N-G-O*</b> 2:00 Snacktivity: Coffee &amp; Conversation* 2:30 3:00 Pretty Nails &amp; Manicures 5:30 Yahtzee Night</p>	<p>28 9:15 Exercise Fun: Tai Chi* 10:30 Snacktivity: Beauty &amp; Grooming 11:15 Resident Focused Visits 12:30 Word Games: Trivia* 2:00 Snacktivity: Travel on iN2L* 2:00 Creative Arts: Watercolor Painting* 3:00 Card Games: Go Fish 5:30 <b>B-I-N-G-O*</b> Night</p>	<p>29 9:15 Exercise Fun: Balloon Ball 10:30 Snacktivity: Beauty &amp; Grooming 11:15 Resident Focused Visits 12:30 <b>B-I-N-G-O*</b> 2:00 Snacktivity: iN2L Games* 3:00 Exercise Fun: Courtyard Walks 3:30 Sensory Games: Name That Sound* 5:30 Card Game Night: Uno</p>	<p>30 9:15 Exercise Fun: Sit and Be Fit* 10:30 Snacktivity: Beauty &amp; Grooming 11:15 Resident Focused Visits 12:30 Yahtzee 2:00 Card Games: Crazy 8's 2:30 <b>Garden Club</b> 3:00 Pretty Nails &amp; Manicures 5:30 Movie Night &amp; Popcorn*</p>	<p><b>September Highlights</b> Sep. 1st— Performance by Gary B. (Cottage C) Sep. 2nd— National College Colors Day Sep. 4th— National Wildlife Day Sep. 10th— FETCH Pet Therapy Sep. 12th— Chocolate Milkshake Day Sep. 15th— Sing-a-long with Katy S. (Cottage A @2pm &amp; Cottage C @2:30pm) Sep. 17th— National Dance Day &amp; Birthday Cupcakes Sep. 19th— Exercise with Katy (Cottage C) Sep. 21st— National New York Day Sep. 22nd— National Ice Cream Cone Day Sep. 26th— National Coffee Day &amp; Basil on Piano (Cottage B @2pm &amp; Cottage A @2:45pm)</p>



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<div>All activities subject to change per mandated health guidelines.</div>				<div>1 11:15 Beauty &amp; Grooming  12:45 B-I-N-G-O* 2:00 Performance by Gary B. (Cottage C) 2:30 Trivia Games* 3:00 Resident Focused Visits 3:30 Dominos 4:00 Card Games*</div>	<div>2 11:15 Beauty &amp; Grooming 12:45 Yahtzee 2:00 Exercise: Stretch &amp; Balloon Ball 2:45 National College Colors Day* 3:30 Pretty Nails &amp; Manicures 4:00 Board Games*  Personal Shopper Day: 1:30-4:30pm</div>	<div>3 11:15 Exercise Fun: Tai Chi* 12:45 B-I-N-G-O* 1:30 Scenic Bus Ride 2:00 Creative Arts* 3:00 Outdoor/Indoor Games: Golf 3:30 Dice Games 4:00 Resident Focused Visits</div>
<div>4 11:15 Beauty &amp; Grooming 12:45 Yahtzee 2:00 Exercise: Stretch &amp; Balloon Ball 3:00 Out/Indoor Games: Corn hole 3:30 National Wildlife Day*  4:00 Card Games* 4:30 Resident Focus Visits</div>	<div>5 11:15 Beauty &amp; Grooming 12:45 B-I-N-G-O* 2:00 Floral Arranging 3:00 Word Games: Family Feud* 3:30 Exercise Fun: Community Walks 4:00 Creative Arts* 4:30 Resident Focused Visits</div>	<div>6 11:15 Beauty &amp; Grooming 12:45 Yahtzee 2:00 Exercise Fun: Tai Chi* 3:00 Pretty Nails &amp; Manicures 4:00 Puzzle Club* 4:30 Resident Focused Visits  Personal Shopper Day: 11am – 2pm</div>	<div>7 11:15 Beauty &amp; Grooming 12:45 Word Games/Crossword Puzzle* 2:00 Exercise Fun: Stretch &amp; Weights 2:45 Sensory Games: Name That Sound* 3:15 Board Games 4:00 Creative Arts* 4:30 Resident Focused Visits</div>	<div>8 11:15 Beauty &amp; Grooming 12:45 B-I-N-G-O* 2:00 Exercise Fun: Community Walks 2:30 Trivia Games* 3:00 Resident Focused Visits 3:30 Dominos 4:00 Card Games*</div>	<div>9 11:15 Beauty &amp; Grooming 12:45 Yahtzee 2:00 Exercise: Stretch &amp; Balloon Ball 2:45 Resident Focused Visits 3:30 Pretty Nails &amp; Manicures 4:00 Board Games*  Personal Shopper Day: 1:30-4:30pm</div>	<div>10 10:00 FETCH Pet Therapy 1:15 Exercise Fun: Tai Chi* 12:45 B-I-N-G-O* 1:30 Scenic Bus Ride 2:00 Creative Arts* 3:00 Outdoor/Indoor Games: Golf 3:30 Dice Games 4:00 Resident Focused Visits</div>
<div>11 11:15 Beauty &amp; Grooming 12:45 Yahtzee 2:00 Exercise: Stretch &amp; Balloon Ball 3:00 Out/Indoor Games: Corn hole 3:30 iN2L Games* 4:00 Card Games* 4:30 Resident Focus Visits</div>	<div>12 11:15 Beauty &amp; Grooming 12:45 B-I-N-G-O*  2:00 Chocolate Milkshake Day 3:00 Floral Arranging 3:45 Word Games: Family Feud* 4:15 Exercise Fun: Community Walks 4:45 Resident Focused Visits</div>	<div>13 11:15 Beauty &amp; Grooming 12:45 Yahtzee 2:00 Exercise Fun: Tai Chi* 3:00 Pretty Nails &amp; Manicures 4:00 Puzzle Club* 4:30 Resident Focused Visits  Personal Shopper Day: 11am – 2pm</div>	<div>14 11:15 Beauty &amp; Grooming 12:45 Word Games/Crossword Puzzle* 2:00 Exercise Fun: Stretch &amp; Weights 2:30 Resident Council 3:15 Board Games 4:00 Creative Arts* 4:30 Resident Focused Visits</div>	<div>15 11:15 Beauty &amp; Grooming 12:45 B-I-N-G-O* 2:00 Exercise Fun: Community Walks 2:30 Sing-a-long with Katy S. 3:00 Resident Focused Visits 3:30 Dominos 4:00 Card Games*</div>	<div>16 11:15 Beauty &amp; Grooming 12:45 Yahtzee 2:00 Exercise: Stretch &amp; Balloon Ball 2:45 Resident Focused Visits 3:30 Pretty Nails &amp; Manicures 4:00 Board Games*  Personal Shopper Day: 1:30-4:30pm</div>	<div>17 11:15 Exercise Fun: Tai Chi* 12:45 B-I-N-G-O* 1:30 Scenic Bus Ride 2:00 National Dance Day*  2:30 Birthday Cupcakes 3:00 Outdoor/Indoor Games: Golf 3:30 Dice Games 4:00 Resident Focused Visits</div>
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<div>25 11:15 Beauty &amp; Grooming 12:45 Yahtzee 2:00 Exercise: Stretch &amp; Balloon Ball 3:00 Out/Indoor Games: Corn hole 3:30 iN2L Games* 4:00 Card Games* 4:30 Resident Focus Visits</div>	<div>26 11:15 Beauty &amp; Grooming 12:45 B-I-N-G-O* 2:00 National Coffee Day &amp; Basil on Piano (Cottage B)  2:30 Floral Arranging 3:00 Word Games: Family Feud* 3:30 Exercise Fun: Community Walks 4:00 Creative Arts* 4:30 Resident Focused Visits</div>	<div>27 11:15 Beauty &amp; Grooming 12:45 Yahtzee 2:00 Exercise Fun: Tai Chi* 3:00 Pretty Nails &amp; Manicures 4:00 Puzzle Club* 4:30 Resident Focused Visits  Personal Shopper Day: 11am – 2pm</div>	<div>28 11:15 Beauty &amp; Grooming 12:45 Word Games/Crossword Puzzle* 2:00 Exercise Fun: Stretch &amp; Weights 2:45 Sensory Games: Name That Sound* 3:15 Board Games 4:00 Creative Arts* 4:30 Resident Focused Visits</div>	<div>29 11:15 Beauty &amp; Grooming 12:45 B-I-N-G-O* 2:00 Exercise Fun: Community Walks 2:30 Trivia Games* 3:00 Resident Focused Visits 3:30 Dominos 4:00 Card Games*</div>	<div>30 11:15 Beauty &amp; Grooming 12:45 Yahtzee 2:00 Exercise: Stretch &amp; Balloon Ball 2:45 Resident Focused Visits 3:30 Pretty Nails &amp; Manicures 4:00 Board Games*   Personal Shopper Day: 1:30-4:30pm</div>	<div>September Highlights Sep. 1st– Performance by Gary B. (Cottage C) Sep. 2nd– National College Colors Day Sep. 4th– National Wildlife Day Sep. 10th– FETCH Pet Therapy Sep. 12th– Chocolate Milkshake Day Sep. 14th– Resident Council Sep. 15th– Sing-a-long with Katy S. (Cottage A @2pm &amp; Cottage C @2:30pm) Sep. 17th– National Dance Day &amp; Birthday Cupcakes Sep. 19th– Exercise with Katy (Cottage C) Sep. 21st– National New York Day Sep. 22nd– National Ice Cream Cone Day Sep. 26th– National Coffee Day &amp; Basil on Piano (Cottage B @2pm &amp; Cottage A @2:45pm)</div>