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Stamp

Farmington Square Leadership Team

Executive Director:

Jessica Penland

Assistant Executive Director:

Rhonda Tebbetts

Community Relations Director:

Brandon Moglia

Wellness Director, 910/920:

Nicole Oberlander

Wellness Director, 940:

Taylor Nardi

Wellness Director, 950:

Mark Nott

Wellness Nurses:

Barb Cuevas & Diana Armouch

Business Office Director:

Shelly Kesterson/ Liliya Sotelo

Life Enrichment Director:

Amanda Bell

Dinning Services Director:

Melissa Bernik

Maintenance Director:

George Curtis

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

Farmington Square Salem News

October 2022 Newsletter



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Breast Cancer Awareness Month is Here!

Note: This 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.

October observes Breast Cancer Awareness! It's a month for wearing pink, promoting knowledge, raising research funds, supporting those in and through the cancer fight, and taking steps to help detect the disease in early stages.

This October, increase your awareness with some breast cancer facts and early detection information. Your knowledge could help a loved one, friend, or yourself.

What is Breast Cancer?

Cells are tissue building blocks and are where cancer starts. During cell growth, sometimes new cells that are not needed form and mutate, and old or damaged cells do not die as they ought to. In the breast, when these cells spread to surrounding tissues, breast cancer occurs. This process is often slow. If a lump can be felt, it may have been growing for years. Finding a lump in the breast does not necessarily mean one has cancer, though if one is found, seeing a physician for a clinical breast exam is recommended.

Breast cancer may occur in men or women, but affects women more often than men. According to the National Breast Cancer Foundation, Inc., (NCBFI) in 2022, 287,500 estimated new cases of breast cancer will have been diagnosed in women in the U.S., as well as 51,400 new cases of non-invasive breast cancer. For men in the U.S. in 2022, 2,710 men will have been diagnosed with breast cancer.

Early Detection is Key

There are ways to detect breast cancer early, such as regular self-examinations and clinical



Did you know? 1 in 8 women in the U.S. will be diagnosed with breast cancer in their lifetime. There is hope though: There are more than 3.8 million U.S. breast cancer survivors. (NBCFI)

screenings. Clinical screenings include mammograms (breast x-rays); clinical breast exams (where a trained provider feels for abnormalities); and in certain cases, breast MRIs (usually in addition to a screening mammogram). Learn more on screening options at cancer.org.

Men at high risk for breast cancer should discuss managing their risk with their doctor. Women should be familiar with how their breasts normally look and report changes to a medical provider. Women at average risk for breast cancer between 40-44 have the option to start annual mammograms. The American Cancer Society recommends average-risk women ages 45-54 get annual mammograms, earlier for those who are high-risk for breast cancer. Those 55+ can switch to every other year if in good health. Learn more about risk level at cancer.org.

Some Positive News

Death rates from breast cancer have been on the decline since 1990 due to better screening, early detection, increased awareness, and improved treatments. In addition, for women over 50 and older, in recent years breast cancer incidence rates have decreased. (NCBFI)

This month and in those to follow, we hope to encourage breast cancer awareness and continued learning. We welcome your feedback on this article on our Facebook page on the 1st.

Special Moments



Happy Birthday!

Those born in October are Libras (Sept. 23-Oct. 22) or Scorpios (Oct. 23-Nov. 21). Their birthstones are opals & tourmaline. Their birth flower is the Calendula. More American presidents have October birthdays than any other month!

Residents		
Nancy J.	10/12	910
Michael S.	10/18	940
Deanne M.	10/20	950
Coleen D.	10/27	910
Leota R.	10/29	940
Julie S.	10/30	950
Virginia W.	10/31	940

Staff		
Miguel E.	10/22	
Matthew W.	10/31	



October 2022 Highlights

October observes Breast Cancer Awareness, Dental Hygiene, Emotional Wellness, Financial Planning, Physical Therapy, and Protecting Hearing. It Celebrates: Apples, Arts, Humanities, Baking, Books, Caramel, Chili, Cookies, Pasta, Pizza, Sausage, Seafood, Stamp Collecting, Pears, Pineapples, Spinach, and Vegetarianism.

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| 01 Day for Seniors; Hair Day; Homemade Cookies Day; Pumpkin Spice Day | 17 Bosses Day; Pasta Day |
| 02 Custodial Day; Cards Day; Fried Scallops Day | 18 Pharmacy Tech Day; Choco Cupcake Day; No Beard Day |
| 03 Smoothie Day; Consign Day; Chili Week | 19 Chamber of Commerce Day; Seafood Bisque Day |
| 04 Cinn. Bun Day; Golf Day; Taco Day; Fruit Day | 20 Chefs' Day; Chicken & Waffles Day |
| 05 Teachers' Day; Do Something Nice Day | 21 Nachos Day; Pumpkin Cheesecake Day; Reptile Day |
| 06 Mad Hatter Day; Noodle Day | 22 Color Day; Nut Day; Make A Difference Day |
| 07 Choco Pretzel Day; Frappe Day; Smile Day | 23 Mother-in-Laws' Day; Boston Cream Pie Day |
| 08 Podiatry Day; Pierogi Day; Chess Day | 24 Bologna Day; UN Day |
| 09 Clergy Day; Migratory Birds Day | 25 Pasta Day; Opera Day; Greasy Food Day |
| 10 Columbus Day; Native American Day; Decorate Cake Day; Park Walk Day | 26 Day of the Deployed; Pumpkin Day |
| 11 Sausage Pizza Day | 27 Black Cat Day; Civics Day; Navy Day |
| 12 ER Nurse Day; Gumbo Day; Fossil Day | 28 First Responders' Day; Breadstick Day |
| 13 Train Your Brain Day; Yorkshire Pudding Day | 29 Cat Day; Oatmeal Day; World Stroke Day |
| 14 Dessert Day | 30 Orthopedic Nurse Day |
| 15 Cheese Curd Day; I Love Lucy Day | 31 Halloween; Girl Scout Day; Caramel Apple Day |
| 16 Pharmacy Week; Cat Day; Sports Day | |

Sunflowers from our Garden



Business Office Director Spotlight: Shelly K.

We are honored and beyond proud to shine a light on our Business Office Director Shelly!

Shelly has been at Farmington Square for over 22 years and has worked diligently to make this community what it is today! We have laughed and cried together, gone through changes and survived pandemics together. Shelly truly is a Team Player and we have always been able to count on her no matter what!

Shelly is a proud military mom, who shines when she talks about her son Akota, her grandchildren, husband Todd, and even her dogs! Shelly loves to bake in her spare time and makes the most amazing desserts ever! Shelly is also a huge Stealers Football fan!

We love and appreciate you Shelly and thank you for all your years here at Farmington Square! You are not only a great BOD but a great friend to all of us!

Resident Spotlight: Jean R.

We at Farmington Square want to shine a light on our new resident Jean!

Jean was born in Salem and grew up in Beaverton. She has a daughter Rhonda, and a son Greg who lives in Spain!

Jean had a career as a legal secretary for a law firm in Portland and retired in Salem. She often likes doing word searches and watching her favorite TV programs, as well as taking part in Country Karaoke and Balloon Bat.

We are so happy to welcome Jean to our community! We look forward to getting to know her and her family better and making fun and exciting new memories together!

OCTOBER 2022 Activities 910-920						
SUN	MON	TUE	WED	THU	FRI	SAT
<p>All activities subject to change per mandated health guidelines.</p>						<p>1 Day For Seniors</p> <p>9:30 Sit and be Fit IN2L</p> <p>10:00 Scenic Drive 910/20/50</p> <p>11:30 Family Feud IN2L</p> <p>2:00 Colorful Creations</p> <p>3:00 Common Sayings IN2L</p> <p>4:00 Skip- Bo</p> <p>6:00 Salt Box Movie IN2L</p>
<p>2</p> <p>9:30 Light & Lively Exercise</p> <p>10:00 Scenic Drive 910/20/40</p> <p>11:30 Bible Story Trivia</p> <p>1:30 Arm Chair Travel</p> <p>2:00 Church Sermon IN2L</p> <p>3:00 Happy Neuron IN2L</p> <p>4:30 Hymnals</p> <p>6:00 Sunday @ The Memories IN2L</p>	<p>3</p> <p>9:30 Chair Dancing IN2L</p> <p>10:00 Good News IN2L</p> <p>10:30 Balloon Burst</p> <p>11:00 Manicures & Massages</p> <p>1:30 Afternoon Stroll</p> <p>2:00 Skip- Bo</p> <p>4:00 WII Bowling</p> <p>4:30 1920's Juke Box</p>	<p>4</p> <p>9:30 Sit & be Fit IN2L</p> <p>10:00 Today in History</p> <p>10:30 Morning Walk</p> <p>11:00 Uno/ Cards</p> <p>11:30 Common Sayings IN2L</p> <p>2:00 Animal Trivia IN2L</p> <p>3:30 Scrabble</p> <p>4:30 Jokes & Laughter</p>	<p>5</p> <p>9:30 Exercise IN2L</p> <p>10:00 Good News IN2L</p> <p>10:30 Walking Group</p> <p>11:30 Dominoes/ Puzzles</p> <p>2:00 Skip- Bo</p> <p>4:30 Brain Teasers IN2L</p> <p>6:00 Game Show</p>	<p>6 Mad Hatter Day</p> <p>9:30 Conductorcise</p> <p>10:00 Today in History</p> <p>10:30 Happy Neuron IN2L</p> <p>11:00 Which Came First?</p> <p>11:30 Scrabble / Puzzles</p> <p>2:00 Mad Hatter Tea Cup Craft</p> <p>3:30 Tea Party!</p> <p>4:30 Alice in Wonderland Movie</p>	<p>7 Smile Day</p> <p>9:30 Chair Dancing IN2L</p> <p>10:00 Good News IN2L</p> <p>11:30 Funny People IN2L</p> <p>1:30 Uno/ Cards</p> <p>2:00 Manicures & Massages</p> <p>3:30 Family Feud</p> <p>4:00 Jokes & Laughter</p> <p>4:30 Rhythm & Blues Juke Box</p>	<p>8</p> <p>9:30 Sit and be Fit IN2L</p> <p>10:00 Scenic Drive 910/20/50</p> <p>11:30 Family Feud IN2L</p> <p>2:00 Colorful Creations</p> <p>3:00 Common Sayings IN2L</p> <p>4:00 Skip- Bo</p> <p>6:00 Salt Box Movie IN2L</p>
<p>9</p> <p>9:30 Light & Lively Exercise</p> <p>10:00 Scenic Drive 910/20/40</p> <p>11:30 Bible Story Trivia</p> <p>1:30 Arm Chair Travel</p> <p>2:00 Church Sermon IN2L</p> <p>3:00 Happy Neuron IN2L</p> <p>4:30 Hymnals</p> <p>6:00 Sunday @ The Memories IN2L</p>	<p>10</p> <p>9:30 Chair Dancing IN2L</p> <p>10:00 Good News IN2L</p> <p>10:30 Music w/ Chris in 960</p> <p>11:00 Manicures & Massages</p> <p>1:30 Afternoon Stroll</p> <p>2:00 Skip- Bo</p> <p>4:00 WII Bowling</p> <p>4:30 1930's Juke Box</p>	<p>11</p> <p>9:30 Sit & be Fit IN2L</p> <p>10:00 Today in History</p> <p>10:30 Morning Walk</p> <p>11:00 Uno/ Cards</p> <p>11:30 Pictionary IN2L</p> <p>2:00 Fall Trivia IN2L</p> <p>3:30 Scrabble</p> <p>4:30 Jokes & Laughter</p>	<p>12</p> <p>9:30 Exercise IN2L</p> <p>10:00 Trip to EZ Orchards / Donuts!</p> <p>10:30 Walking Group</p> <p>11:30 Dominoes/ Puzzles</p> <p>2:00 Pumpkin Donuts/ Apple Cider!</p> <p>4:00 Balloon Burst</p> <p>4:30 One on Ones</p>	<p>13 Train Your Brain Day</p> <p>9:30 Conductorcise</p> <p>10:00 Today in History</p> <p>10:30 Brain Teasers IN2L</p> <p>11:00 What did it cost? IN2L</p> <p>11:30 Jigsaw Puzzles</p> <p>2:00 Word Search IN2L</p> <p>3:00 Scrabble</p> <p>4:30 Western Movie IN2L</p>	<p>14</p> <p>9:30 Chair Dancing IN2L</p> <p>10:00 Good News IN2L</p> <p>11:30 Morning Walk</p> <p>1:30 Uno/ Cards</p> <p>2:00 Manicures & Massages</p> <p>3:00 Family Feud</p> <p>4:00 Balloon Burst</p> <p>4:30 Classical Juke Box</p>	<p>15</p> <p>9:30 Sit and be Fit IN2L</p> <p>10:00 Scenic Drive 910/20/50</p> <p>11:30 Family Feud IN2L</p> <p>2:00 Colorful Creations</p> <p>3:00 Common Sayings IN2L</p> <p>4:00 Skip- Bo</p> <p>6:00 Salt Box Movie IN2L</p>
<p>16 Sports Day</p> <p>9:30 Light & Lively Exercise</p> <p>10:00 Scenic Drive 910/20/40</p> <p>11:30 Bible Story Trivia</p> <p>1:30 Sports Bloopers IN2I</p> <p>2:00 Church Sermon IN2L</p> <p>3:00 Sports Trivia IN2L</p> <p>4:30 Hymnals</p> <p>6:00 Sunday @ The Memories IN2L</p>	<p>17</p> <p>9:30 Chair Dancing IN2L</p> <p>10:00 Good News IN2L</p> <p>10:30 Balloon Burst</p> <p>11:00 Manicures & Massages</p> <p>1:30 Afternoon Stroll</p> <p>2:00 Skip- Bo</p> <p>4:00 WII Bowling</p> <p>4:30 19240's Juke Box</p>	<p>18</p> <p>9:30 Sit & be Fit IN2L</p> <p>10:00 Today in History</p> <p>10:30 Morning Walk</p> <p>11:00 Uno/ Cards</p> <p>11:30 Common Sayings IN2L</p> <p>2:00 Animal Trivia IN2L</p> <p>3:30 Scrabble</p> <p>4:30 Jokes & Laughter</p>	<p>19</p> <p>9:30 Exercise IN2L</p> <p>10:00 Good News IN2L</p> <p>10:30 Walking Group</p> <p>11:30 Dominoes/ Puzzles</p> <p>2:00 Skip- Bo</p> <p>4:30 Brain Teasers IN2L</p> <p>6:00 Game Show</p>	<p>20</p> <p>9:30 Conductorcise</p> <p>10:00 Today in History</p> <p>10:30 Happy Neuron IN2L</p> <p>11:00 Which Came First?</p> <p>11:30 Scrabble / Puzzles</p> <p>2:00 Afternoon Stroll</p> <p>3:00 Uno/ Cards</p> <p>4:30 Classic Fall Movie IN2L</p>	<p>21 Nachos Day</p> <p>9:30 Chair Dancing IN2L</p> <p>10:00 Good News IN2L</p> <p>11:30 Family Feud</p> <p>1:30 Uno/ Cards</p> <p>2:00 Manicures & Massages</p> <p>3:00 Snack - Nachos!</p> <p>4:00 Balloon Burst</p> <p>4:30 Rock & Roll Juke Box</p>	<p>22</p> <p>9:30 Sit and be Fit IN2L</p> <p>10:00 Scenic Drive 910/20/50</p> <p>11:30 Family Feud IN2L</p> <p>2:00 Colorful Creations</p> <p>3:00 Common Sayings IN2L</p> <p>4:00 Skip- Bo</p> <p>6:00 Salt Box Movie IN2L</p>
<p>23</p> <p>9:30 Light & Lively Exercise</p> <p>10:00 Scenic Drive 910/20/40</p> <p>11:30 Bible Story Trivia</p> <p>1:30 Arm Chair Travel</p> <p>2:00 Church Sermon IN2L</p> <p>3:00 Happy Neuron IN2L</p> <p>4:30 Hymnals</p> <p>6:00 Sunday @ The Memories IN2L</p>	<p>24</p> <p>9:30 Chair Dancing</p> <p>10:00 Good News IN2L</p> <p>10:30 Balloon Burst</p> <p>11:30 Manicures & Massages</p> <p>1:30 Family Feud</p> <p>2:00 Resident/ Food Council Meeting/ 920</p> <p>4:00 WII Bowling</p> <p>4:30 1950's Juke Box</p>	<p>25</p> <p>9:30 Sit & be Fit IN2L</p> <p>10:00 Today In History</p> <p>10:30 Morning Walk</p> <p>11:00 Uno/ Cards</p> <p>11:30 Pictionary IN2L</p> <p>2:00 Animal Trivia IN2L</p> <p>3:30 Scrabble</p> <p>4:30 Jokes & Laughter</p>	<p>26 Pumpkin Day </p> <p>9:30 Exercise IN2L</p> <p>10:00 Good News IN2L</p> <p>10:30 Walking Group</p> <p>11:30 Dominoes/ Puzzles</p> <p>1:30 Pumpkin Decorating!</p> <p>4:00 Balloon Burst</p> <p>4:30 One on Ones</p>	<p>27 Trick or Treat Event!!!</p> <p>Wear Halloween Costumes!</p> <p>9:30 Conductorcise</p> <p>10:00 Halloween Mask Craft</p> <p>10:30 Brain Teasers IN2L</p> <p>11:00 What did it cost? IN2L</p> <p>11:30 Colorful Creations - Halloween</p> <p>3:30-5:30 Trick or Treating Event !!!</p> <p>Passing out Candy and Goodies Outside Each Building!</p>	<p>28</p> <p>9:30 Chair Dancing IN2L</p> <p>10:30 Halloween Music w/ Rachel in 960</p> <p>11:30 Morning Walk</p> <p>1:30 Uno/ Cards</p> <p>2:00 Manicures & Massages</p> <p>3:00 Family Feud</p> <p>4:00 Balloon Burst</p> <p>4:30 Big Band Juke Box</p>	<p>29</p> <p>9:30 Sit and be Fit IN2L</p> <p>10:00 Scenic Drive 910/20/50</p> <p>11:30 Family Feud IN2L</p> <p>2:00 Colorful Creations</p> <p>3:00 Common Sayings IN2L</p> <p>4:00 Skip- Bo</p> <p>6:00 Salt Box Movie IN2L</p>
<p>30</p> <p>9:30 Light & Lively Exercise</p> <p>10:00 Scenic Drive 910/20/40</p> <p>11:30 Bible Story Trivia</p> <p>1:30 Arm Chair Travel</p> <p>2:00 Church Sermon IN2L</p> <p>3:00 Happy Neuron IN2L</p> <p>4:30 Hymnals</p> <p>6:00 Sunday @ The Memories IN2L</p>	<p>31 Halloween Day </p> <p>9:30 Chair Dancing IN2L</p> <p>10:00 Halloween Trivia IN2L</p> <p>10:30 Balloon Burst –Halloween</p> <p>11:00 Halloween Balloon Burst IN2L</p> <p>1:30 Halloween Craft</p> <p>3:30 Halloween Treats!</p> <p>4:00 WII Bowling</p> <p>6:00 Hocus Pocus Movie !</p>	<p><u>Happy Birthday</u> </p> <p>Nancy J. 10/12 910</p> <p>Michael S. 10/18 940</p> <p>Deanne M. 10/20 950</p> <p>Coleen D. 10/27 910</p> <p>Leota R. 10/29 940</p> <p>Julie S. 10/30 950</p> <p>Virginia W. 10/31 940</p>	<p><u>Take-Out/Lunch Outing</u></p> <p>10/7 Love Love 12pm</p> <p>10/12 EZ Orchards 10am</p> <p>10/14 Five Guys 12pm</p> <p>10/21 Taco Bell 12pm</p> <p>10/28 Donatello's 12pm</p>	<p><u>Shopping/ Delivery</u></p> <p>10/7 Walmart 2pm</p> <p>10/14 Dollar Tree 2pm</p> <p>10/21 Fred Meyer 2pm</p> <p>10/28 WinCo Foods 2pm</p>		



OCTOBER 2022 Activities 940-950



SUN	MON	TUE	WED	THU	FRI	SAT
All activities subject to change per mandated health guidelines.						1 Day For Seniors
						9:30 Sit and be Fit IN2L 10:00 Scenic Drive 910/20/50 11:30 Family Feud IN2L 2:00  3:30 Snack & Chat 4:00 Colorful Creations 6:00 Salt Box Movie IN2L
2	3	4	5	6 Mad Hatter Day	7 Smile Day	8
9:30 Light & Lively Exercise 10:00 Scenic Drive 910/20/40 11:30 Bible Story Trivia 1:30 Arm Chair Travel 2:00 Church Sermon IN2L 3:00 Snack & Chat 4:30 Hymnals 6:00 Sunday @ The Memories IN2L	9:30 Chair Dancing IN2L 10:00 Good News IN2L 10:30 Balloon Bat w/ Music 11:00 Manicures & Massages 1:30 Family Feud 2:00 Sing a Long IN2L 3:00 Sit & Sip 4:30 Bowling 4:30 1920's Juke Box	9:30 Sit & be Fit IN2L 10:00 Today in History 10:30 Morning Walk 11:00 Bean Bag Toss 11:30 Common Sayings IN2L 2:00 Animal Trivia IN2L 3:30 Snack & Chat 4:30 Funny Animals IN2L	9:30 Exercise IN2L 10:00 Good News IN2L 10:30 Walking Group 11:30 Dominoes/ Puzzles 2:00  3:30 Sit & Sip 4:30 Ring Toss 6:00 Disney Halloween Movie	9:30 Conductorcise 10:00 Today in History 10:30 Balloon Bat w/ Music 11:00 Which Came First? 11:30 Scrabble / Puzzles 2:00 Mad Hatter Tea Cup Craft 3:30 Tea Party! 4:30 Alice in Wonderland Movie	9:30 Chair Dancing IN2L 10:00 Good News IN2L 11:30 Funny People IN2L 1:30 Family Feud 2:00 Manicures & Massages 3:30 Sit & Sip 4:00 Jokes & Laughter 4:30 Rhythm & Blues Juke Box	9:30 Sit and be Fit IN2L 10:00 Scenic Drive 910/20/50 11:30 Family Feud IN2L 2:00  3:30 Snack & Chat 4:00 Colorful Creations 6:00 Salt Box Movie IN2L
9	10	11	12	13 Train Your Brain Day	14	15
9:30 Light & Lively Exercise 10:00 Scenic Drive 910/20/40 11:30 Bible Story Trivia 1:30 Arm Chair Travel 2:00 Church Sermon IN2L 3:00 Snack & Chat 4:30 Hymnals 6:00 Sunday @ The Memories IN2L	9:30 Chair Dancing IN2L 10:00 Good News IN2L 10:30 Music w/ Chris in 960 11:00 Manicures & Massages 1:30 Sing a Long IN2L 3:00 Sit & Sip 4:00 Bowling 4:30 1930's Juke Box	9:30 Sit & be Fit IN2L 10:00 Today in History 10:30 Morning Walk 11:00 Bean Bag Toss 11:30 Pictionary IN2L 2:00 Fall Trivia IN2L 3:30 Snack & Chat 4:30 Jokes & Laughter	9:30 Exercise IN2L 10:00 Trip to EZ Orchards / Donuts! 10:30 Walking Group 11:30 Dominoes/ Puzzles 2:00  3:30 Pumpkin Donuts/ Apple Cider! 4:00 Balloon Burst 4:30 One on Ones	9:30 Conductorcise 10:00 Today in History 10:30 Balloon Bat w/ Music 11:00 What did it cost? IN2L 11:30 Scrabble /Puzzles 2:00 Word Search IN2L 3:00 Snack & Chat 4:30 Western Movie IN2L	9:30 Chair Dancing IN2L 10:00 Good News IN2L 11:30 Ring Toss 1:30 Family Feud 2:00 Manicures & Massages 3:00 Sit & Sip 4:00 Balloon Burst 4:30 Classical Juke Box	9:30 Sit and be Fit IN2L 10:00 Scenic Drive 910/20/50 11:30 Family Feud IN2L 2:00  3:30 Snack & Chat 4:00 Colorful Creations 6:00 Salt Box Movie IN2L
16 Sports Day	17	18	19	20	21 Nachos Day	22
9:30 Light & Lively Exercise 10:00 Scenic Drive 910/20/40 11:30 Bible Story Trivia 1:30 Sports Bloopers IN2L 2:00 Church Sermon IN2L 3:00 Snack & Chat 4:30 Hymnals 6:00 Sunday @ The Memories IN2L	9:30 Chair Dancing IN2L 10:00 Good News IN2L 10:30 Balloon Bat w/ Music 11:00 Manicures & Massages 1:30 Family Feud 2:00 Sing a Long IN2L 3:00 Sit & Sip 4:30 Bowling 4:30 1940's Juke Box	9:30 Sit & be Fit IN2L 10:00 Today in History 10:30 Morning Walk 11:00 Bean Bag Toss 11:30 Common Sayings IN2L 2:00 Animal Trivia IN2L 3:30 Snack & Chat 4:30 Funny Babies IN2L	9:30 Exercise IN2L 10:00 Good News IN2L 10:30 Walking Group 11:30 Dominoes/ Puzzles 2:00  3:30 Sit & Sip 4:30 Ring Toss 6:00 Disney Halloween Movie	9:30 Conductorcise 10:00 Today in History 10:30 Balloon Bat w/ Music 11:00 Which Came First? 11:30 Scrabble / Puzzles 2:00 Afternoon Stroll 3:00 Snack & Chat 4:30 Classic Fall Movie IN2L	9:30 Chair Dancing IN2L 10:00 Good News IN2L 11:30 Ring Toss 1:30 Family Feud 2:00 Manicures & Massages 3:00 Snack - Nachos! 4:00 Balloon Burst 4:30 Rock & Roll Juke Box	9:30 Sit and be Fit IN2L 10:00 Scenic Drive 910/20/50 11:30 Family Feud IN2L 2:00  3:30 Snack & Chat 4:00 Colorful Creations 6:00 Salt Box Movie IN2L
23	24	25	26 Pumpkin Day 	27 Trick or Treat Event!!! Wear Halloween Costumes!	28	29
9:30 Light & Lively Exercise 10:00 Scenic Drive 910/20/40 11:30 Bible Story Trivia 1:30 Arm Chair Travel 2:00 Church Sermon IN2L 3:00 Snack & Chat 4:30 Hymnals 6:00 Sunday @ The Memories IN2L	9:30 Chair Dancing 10:00 Good News IN2L 10:30 Balloon Bat w/ Music 11:30 Manicures & Massages 1:30 Family Feud 2:00 Sing a Long IN2L 3:00 Sit & Sip 4:00 Bowling 4:30 1950's Juke Box 	9:30 Sit & be Fit IN2L 10:00 Today In History 10:30 Morning Walk 11:00 Bean Bag Toss 11:30 Pictionary IN2L 2:00 Animal Trivia IN2L 3:30 Snack & Chat 4:30 Jokes & Laughter	9:30 Exercise IN2L 10:00 Good News IN2L 10:30 Walking Group 11:30 Dominoes/ Puzzles 1:30 Pumpkin Decorating! 3:00 Sit & Sip 4:00 Balloon Burst 4:30 One on Ones	9:30 Conductorcise 10:00 Halloween Mask Craft 10:30 Balloon Bat w/ Music 11:00 What did it cost? IN2L 11:30 Colorful Creations - Halloween 3:30-5:30 Trick or Treating Event !!! Passing out Candy and Goodies Outside Each Building!	9:30 Chair Dancing IN2L 10:30 Halloween Music w/ Rachel in 960 11:30 Morning Walk 1:30 Family Feud 2:00 Manicures & Massages 3:00 Sit & Sip 4:00 Balloon Burst 4:30 Big Band Juke Box	9:30 Sit and be Fit IN2L 10:00 Scenic Drive 910/20/50 11:30 Family Feud IN2L 2:00  3:30 Snack & Chat 4:00 Colorful Creations 6:00 Salt Box Movie IN2L
30	31 Halloween Day 	Happy Birthday  Nancy J. 10/12 910 Michael S. 10/18 940 Deanne M. 10/20 950 Coleen D. 10/27 910 Leota R. 10/29 940 Julie S. 10/30 950 Virginia W. 10/31 940	Take-Out/Lunch Outing 10/7 Love Love 12pm 10/12 EZ Orchards 10am 10/14 Five Guys 12pm 10/21 Taco Bell 12pm 10/28 Donatello's 12pm	Shopping/ Delivery 10/7 Walmart 2pm 10/14 Dollar Tree 2pm 10/21 Fred Meyer 2pm 10/28 WinCo Foods 2pm		