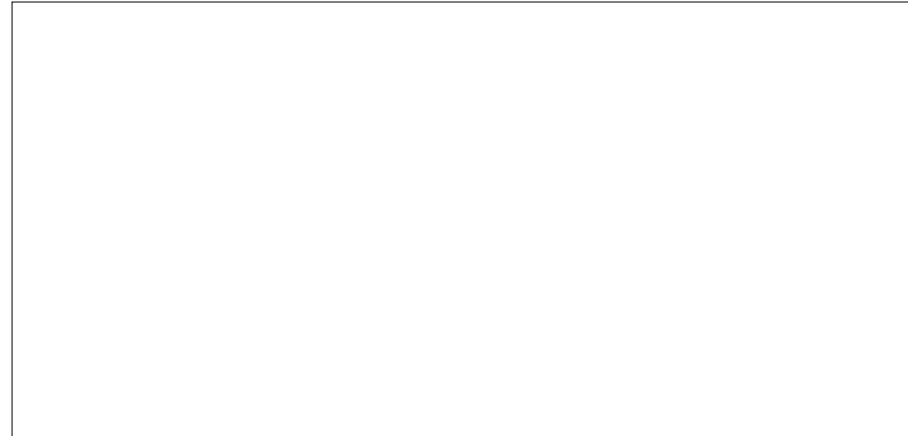




1655 NE 18th St.
Gresham, OR 97030

Stamp



Farmington Square Leadership Team
Phone: 503.665.1994
Email: info-Gresham@farmingtonsquare.com
Website: farmingtonsquare-gresham.com
Facebook: FarmingtonSquareGresham

Executive Director:
Malina Wheeler
Assistant Executive Director:
Melissa Fisher
Wellness Nurses:
Erika Pullen & Jessica Saray
Wellness Directors: Kalina Bounphisay,
Tammy Taylor, Jacqelyn Stahley
Business Office Director:
Monica Bounphisay
Dinning Service Director Devonna Ivery
Life Enrichment Director:
Renieta Hawkins
Maintenance Director:
Elijah Taylor



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

Farmington Square News

March 2023 Newsletter



2 Making Friends Over 60
3 Team & Resident Spotlight
4 - 5 Activities Calendar

6 Highlights & March Quotes
7 Special Moments & Birthdays
8 Mission & Team

Making Friends Over 60

Making friends at any age is all about seizing the social opportunities that come our way, and sometimes going out of our way to look for new ones. While older adults may not have a playground of potential friends all exploring simultaneously, they have plenty of avenues for gaining and maintaining friendships. Here are some tips for making new friends over 60.

Benefits to Seeking Out New Friendships

There are great benefits to increased social interactions and relationships. A 2019 study in “The Journals of Gerontology, Series B: Psychological Sciences and Social Sciences” determined seniors who engaged in social interactions outside of their inner circle experienced more positive moods, fewer negative emotions, and had higher levels of physical activity. Friends can also encourage us to follow healthier lifestyle habits, reduce the risk for health problems, and improve our confidence and self-worth, according to the Mayo Clinic.

Ways to Increase Your Net of Friends

Starting new friendships can be done in so many different ways. Step outside of your routine and explore options you may not have considered.

- Take part in a club or consider starting one focused on an area of your interest like baking, birding, books, exercise, fishing, gardening, knitting, or movies in your community.
- If you are religious or spiritual, take part in a local service or church group.
- Attend a class teaching something you've always wanted to learn where you'll be able to interact with other students and gain a skill. Even one-off painting sessions can lead to friendships!
- Seek out a support group if you are struggling through a tough time and need



Never underestimate the power of your smile or a wave. It signals to others that you're open for positive interactions.

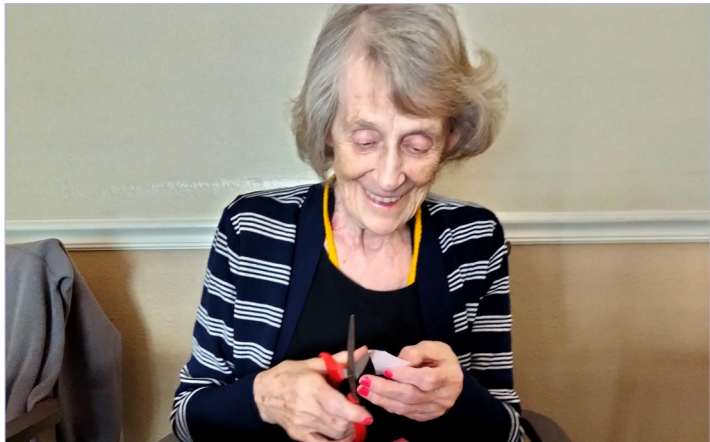
- some peer support or to feel less alone.
- Consider volunteering or participating in work for a charitable cause with other peers.
 - Look into the social calendar at your local senior or community center. Many offer way more than Bingo nowadays.
 - Refresh healthy connections from the past. If a relationship was good and time or distance led to a break, consider seeking out an old friend through social media or a mutual connection.

How to Break the Ice

When it comes to making a first approach in a social situation, you can start small. The act of simply saying hello and asking a question can lead into a conversation. If you need to start smaller, for residents at senior living communities, spending time in common areas or leaving your door open at times you would welcome social interactions can increase possibilities for them to take place.

Let us know if our tips have been helpful for your friendship quest, and please share any ideas that you think our readers would find helpful on our Facebook on the first.

Special Moments



Happy Birthday to our Staff and Residents:

- Cyrus: March 4th
- Bonnie: March 7th
- Billie: March 7th
- Carolee: March 10th
- Jo: March 12th
- Karl: March 24th
- Beverly: March 26th
- Shauny: March 5th
- Tu: March 6th
- Angelina: March 13th
- Renieta: March 15th
- Christina: March 15th
- Ionita: March 24th
- Susan: March 26th
- Perla: March 29th
- Sandra: March 29th

March 2023 Highlights

Observes: Multiple Sclerosis, Cerebral Palsy, Endometriosis, Developmental Disabilities, Brain Injury Awareness, Caffeine Awareness, Hemophilia

Celebrates: Noodles, Peanuts, Women's History, Nutrition, Celery, Crafting, Athletic Training

01 PB Lover's Day; World Music Therapy Day	18 Corn Dog Day; Lacy Oatmeal Cookie Day
02 Banana Cream Pie Day; Read In America Day	19 Certified Nurses' Day; Chocolate Caramel Day
03 Mulled Wine Day; Employee Appreciation Day	20 Spring Begins; Ravioli Day; Flour Day
04 Marching Music Day; Pound Cake Day; Sons' Day	21 3-D Day; Strawberries Day; French Bread Day
05 Cheese Doodle Day	22 Bavarian Crepes Day; West Virginia Day
06 Oreo Cookie Day; White Choc. Cheesecake Day	23 Chip Dip Day; Melba Toast Day; Tamale Day
07 Flapjack Day; Tennis Day; Alex. Graham Bell Day	24 Cheesesteak Day; Choco Raisin Day; Cocktail Day
08 Intl. Women's Day; Oregon Day	25 Medal of Honor Day; Intl. Waffle Day
09 Barbie Day; Popcorn Day; Meatball Day	26 Nougat Day; Spinach Day
10 Blueberry Popover Day; Bagpipe Day; Ranch Day	27 Spanish Paella Day; World Theatre Day
11 Oatmeal Nut Waffle Day; Johnny Appleseed Day	28 Black Forest Cake Day; Food on a Stick Day;
12 Daylight Savings; Plant a Flower Day	World Piano Day
13 Coconut Torte Day; Good Samaritan Day	29 Lemon Chiffon Cake Day; Nevada Day
14 Butterflies Day; Pi Day; Potato Chip Day	30 Doctors' Day; Park Walking Day;
15 Kansas Day; Pears Helene Day; Shoe Drive Day	Virtual Vacation Day
16 Artichoke Hearts Day; Panda Day	31 Tater Day; Prom Day; Clams on Half Shell Day;
17 St. Patrick's Day; Corned Beef & Cabbage Day	Cream Cheese Frosting Day

March is Here!

We are excited to jump into spring and watch all the flowers bloom.
Our residents are looking forward to planting gardens and watching them grow.

Here are a few fun quotes about this month and the start of Spring!

"Today is the day when bold kites fly, When cumulus clouds roar across the sky.
When robins return, when children cheer, When light rain beckons spring to appear."
— Robert McCracken, Spring

"Springtime is the land awakening.
The March winds are the morning yawn."
— Lewis Grizzard

"March is the month of expectation."
- Emily Dickinson



Staff Spotlight: Stefanie

Stefanie is a dedicated Med Tech and our employee of the month for March. She always goes above and beyond for our residents and fellow staff!

Stefanie is a devoted mother of two beautiful daughters, In witch she loves to spend time with at the beach .

Stefanie says she enjoys building bonds with the residents.



Resident Spotlight: Bonnie

This month's spotlight is on our beloved Bonnie!! Bonnie was born in Oklahoma.

Bonnie is a dedicated and devoted mother. She has a twin sister who is her best friend.

Bonnie enjoys dancing and doing arts and crafts. She loves going on outings and sight seeing.

Bonnie brings so much joy, laughter and excitement to our community.

MARCH 2023

Farmington Square Gresham • 1655 NE 18th St., Gresham, OR 97030 • 503-665-1994 Astor/Barlow

SUN	MON	TUE	WED	THU	FRI	SAT
All activities subject to change per mandated health guidelines.	Spirit week 13th Pajama Day 14th Sports day 15th Funny t-shirt day 16th Panda Day 17th Shamrock day		1 9:15 Balloon Toss 9:45 Beauty Hour 11:00 IN2L Travel 11:30 Healthy Hands 2:00 Dice Games 3:00 Snack & Coffee 3:30 Appreciation Cards 4:30 Healthy Hands 6:00 Evening Movies	2 9:15 Sit and Fit 9:45 IN2L Karaoke 11:00 Appreciation Cards 11:30 Healthy Hands 1:00 Men's Group 2:00 Residents Choice 3:00 Snack/ Drink 3:30 Walking Group 4:30 Healthy Hands 6:00 Evening Movie	3 9:15 Healthy Stretches 9:45 IN2L Trivia 10:45 Women's Group 11:30 Healthy Hands 1:00 Pretty Nails 2:00 Hand out Cards 3:00 Snack and coffee 4:00 Laughing Yoga 4:30 Healthy hands 6:00 Evening Movie	4 9:15 Sit N Size 9:45 IN2L resident choice 11:30 Healthy Hands 1:00 Fun with food 2:00 Walking Group 3:00 Snack and Tea 4:00 Water the garden 4:30 Healthy Hands 6:00 Evening Movie
5 9:15 Sit & Fit 10:00 Dice Game 11:00 Sing Aloud IN2L 11:30 Healthy Hands 1:00 Bowling 2:00 Praise & Worship 3:00 Snack/ Drink 3:30 Walking Group 4:30 Healthy Hands 6:00 Evening Movie	6 9:15 Exercise Bingo 10:00 Resident Choice 11:00 Arts & Crafts 11:30 Healthy Hands 1:00 Walking Group 2:00 Cards Games 3:00 Snack/Tea Time 3:30 IN2L Trivia 4:30 Healthy Hands 6:00 Evening Movie	7 9:15 Shake It Out 9: 45 IN2L Sing Along 10:30 Pastor Jerry 11:30 Healthy hands 1:00 Gardening group 2:00 IN2L music n Dance 3:00 Snack n talk 4:00 In2L Trivia 4:30 Healthy Hands 6:00 Evening Movie	8 9:15 Balloon Toss 9:45 Beauty Hour 11:00 IN2L Travel 11:30 Healthy Hands 2:00 Dice Games 3:00 Snack & Coffee 3:30 Painting 4:30 Healthy Hands 6:00 Evening Movies	9 9:15 Sit and Fit 9:45 IN2L Karaoke 11:00 Arts and crafts 11:30 Healthy Hands 1:00 Men's Group 2:00 Residents Choice 3:00 Snack/ Drink 3:30 Walking Group 4:30 Healthy Hands 6:00 Evening Movie	10 9:15 Healthy Stretches 9:45 IN2L Trivia 10:45 Women's Group 11:30 Healthy Hands 1:00 Pretty Nails 2:00 Walking Group 3:00 Snack and coffee 4:00 Laughing Yoga 4:30 Healthy hands 6:00 Evening Movie	11 9:15 Sit N Size 9:45 IN2L resident choice 11:30 Healthy Hands 1:00 Fun with food 2:00 Walking Group 3:00 Snack and Tea 4:00 Water the garden 4:30 Healthy Hands 6:00 Evening Movie
12 9:15 Sit & Fit 10:00 Dice game 11:00 Sing Aloud IN2L 11:30 Healthy Hands 1:00 Plant A Flower 2:00 Praise & Worship 3:00 Snack/ Drink 3:30 Walking Group 4:30 Healthy Hands 6:00 Evening Movie	13 9:15 Exercise Bingo 10:00 Resident Choice 11:00 Arts & Crafts 11:30 Healthy Hands 1:00 Walking Group 2:00 Cards Games 3:00 Snack/Tea Time 3:30 IN2L Trivia 4:30 Healthy Hands 6:00 Evening Movie	14 9:15 Shake It Out 9: 45 IN2L Sing Along 10:30 Pastor Jerry 11:30 Healthy hands 1:00 Gardening group 2:00 IN2L music n Dance 3:00 Snack n talk 4:00 In2L Trivia 4:30 Healthy Hands 6:00 Evening Movie	15 9:15 Balloon Toss 9:45 Beauty Hour 11:00 IN2L Travel 11:30 Healthy Hands 2:00 Dice Games 3:00 Snack & Coffee 3:30 Painting 4:30 Healthy Hands 6:00 Evening Movies	16 9:15 Sit and Fit 9:45 IN2L Karaoke 11:00 Arts and crafts 11:30 Healthy Hands 1:00 Men's Group 2:00 Residents Choice 3:00 Snack/ Drink 3:30 Walking Group 4:30 Healthy Hands 6:00 Evening Movie	17 9:15 Healthy Stretches 9:45 IN2L Trivia 10:45 Women's Group 11:30 Healthy Hands 1:00 Pretty Nails 2:00 Walking Group 3:00 St Patty's day Party 4:00 Laughing Yoga 4:30 Healthy hands 6:00 Evening Movie	18 9:15 Sit N Size 9:45 IN2L resident choice 11:30 Healthy Hands 1:00 Fun with food 2:00 Walking Group 3:00 Snack and Tea 4:00 Water the garden 4:30 Healthy Hands 6:00 Evening Movie
19 9:15 Sit & Fit 10:00 Dice Games 11:00 Sing Aloud IN2L 11:30 Healthy Hands 1:00 Bowling 2:00 Praise & Worship 3:00 Snack/ Drink 3:30 Walking Group 4:30 Healthy Hands 6:00 Evening Movie	20 9:15 Exercise Bingo 10:00 Resident Choice 11:00 Arts & Crafts 11:30 Healthy Hands 1:00 Walking Group 2:00 Cards Games 3:00 Snack/Tea Time 3:30 IN2L Trivia 4:30 Healthy Hands 6:00 Evening Movie	21 9:15 Shake It Out 9: 45 IN2L Sing Along 10:30 Pastor Jerry 11:30 Healthy hands 1:00 Gardening group 2:00 IN2L music n Dance 3:00 Snack n talk 4:00 In2L Trivia 4:30 Healthy Hands 6:00 Evening Movie	22 9:15 Balloon Toss 9:45 Beauty Hour 11:00 IN2L Travel 11:30 Healthy Hands 2:00 Dice Games 3:00 Snack & Coffee 3:00 Painting 4:30 Healthy Hands 6:00 Evening Movies	23 9:15 Sit and Fit 9:45 IN2L Karaoke 11:00 Arts and crafts 11:30 Healthy Hands 1:00 Men's Group 2:00 Residents Choice 3:00 Snack/ Drink 3:30 Walking Group 4:30 Healthy Hands 6:00 Evening Movie	24 9:15 Healthy Stretches 9:45 IN2L Trivia 10:45 Women's Group 11:30 Healthy Hands 1:00 Pretty Nails 2:00 Walking Group 3:00 Snack and coffee 4:00 Laughing Yoga 4:30 Healthy hands 6:00 Evening Movie	25 9:15 Sit N Size 9:45 IN2L resident choice 11:30 Healthy Hands 1:00 Fun with food 2:00 Walking Group 3:00 Snack and Tea 4:00 Water the garden 4:30 Healthy Hands 6:00 Evening Movie
26 9:15 Sit & Fit 10:00 Dice Games 11:00 Sing Aloud IN2L 11:30 Healthy Hands 1:00 Bowling 2:00 Praise & Worship 3:00 Snack/ Drink 3:30 Walking Group 4:30 Healthy Hands 6:00 Evening Movie	27 9:15 Exercise Bingo 10:00 Resident Choice 11:00 Arts & Crafts 11:30 Healthy Hands 1:00 Walking Group 2:00 Cards Games 3:00 Snack/Tea Time 3:30 IN2L Trivia 4:30 Healthy Hands 6:00 Evening Movie	28 9:15 Shake It Out 9: 45 IN2L Sing Along 10:30 Pastor Jerry 11:30 Healthy hands 1:00 Gardening group 2:00 IN2L music n Dance 3:00 Snack n talk 4:00 In2L Trivia 4:30 Healthy Hands 6:00 Evening Movie	29 9:15 Balloon Toss 9:45 Beauty Hour 11:00 IN2L Travel 11:30 Healthy Hands 2:00 Dice Games 3:00 Snack & Coffee 3:30 Painting 4:30 Healthy Hands 6:00 Evening Movies	30 9:15 Sit and Fit 9:45 IN2L Karaoke 11:00 Arts and crafts 11:30 Healthy Hands 1:00 Men's Group 2:00 Residents Choice 3:00 Snack/ Drink 3:30 Walking Group 4:30 Healthy Hands 6:00 Evening Movie	31 9:15 Healthy Stretches 9:45 IN2L Trivia 10:45 Women's Group 11:30 Healthy Hands 1:00 Pretty Nails 2:00 Walking group 3:00 Snack and coffee 4:00 Laughing Yoga 4:30 Healthy hands 6:00 Evening Movie	

MARCH 2023

Farmington Square Gresham •

1655 NE 18th St., Gresham, OR 97030 •

503-665-1994 Diamond/Emerald

SUN	MON	TUE	WED	THU	FRI	SAT
All activities subject to change per mandated health guidelines.	Spirit week 13th Pajama Day 14th Sports day 15th Funny t-shirt day 16th Panda Day 17th Shamrock day		1 9:15 Music 9:30 Balloon toss 10:00 Game show 11:00 Walking Group 11:30 Healthy hands 1:00 Appreciation Cards 2:00 IN2I Trivia 3:00 Snack & Tea 4:30 Healthy Hands 6:00 Evening Movie	2 9:15 Healthy Stretches IN2L 10:00 Building with blocks 11:00 Family feud IN2L 11:30 Healthy Hands 1:00 Appreciation Cards 2:00 Walking Group 3:00 Snack & Drink 4:00 Reminiscing iN2L 4:30 Healthy Hands 6:00 Evening Movie	3 9:15 Balloon Toss 9:45 The Price Is Right IN2L 10:30 Beauty Hour 11:30 Healthy Hands 1:00 Hand Out Cards 2:00 Sing Aloud 3:00 Snack/Drinks 3:30 Fun With Food 4:30 Healthy Hands 6:00 Evening Movie	4 9:15 Aroma Therapy 9:45 Sit & Fit 10:30 Bubble Popper 11:30 Healthy Hands 1:00 Pin & Spin 2:00 Matching Card 3:00 Snack/Coffee 4:30 Healthy Hands 6:00 Evening Movie
5 9:15 Exercise Bingo 9:45 Puzzle 10:45 Brain Fitness IN2L 11:30 Praise & Worship 1:00 Dancing To The Beat 2:00 Reading Aloud IN2L 3:00 Snack/Tea Time 3:30 IN2L Travel 4:30 Healthy Hands 6:00 Evening Movie	6 9:15 Balloon Toss 9:45 Beauty Hour 10:45 IN2I Trivia 11:30 Healthy Hands 1:00 Big Pin Bowling 2:00 Memory Lane 3:00 Snack/Drink 3:30 IN2L Bubble Popper 4:30 Healthy Hands 6:00 Evening Movie	7 9:15 Sit & Fit 9:45 Puzzle 10:30 Church/Jerry 11:30 Healthy hands 1:00 Walking Group 2:00 Movie & Snack 4:00 IN2L Games 4:30 Healthy Hands 6:00 Evening Movie	8 9:15 Balloon toss 10:00 IN2L Travel 1:00 Walking Group 11:30 Healthy hands 1:00 Plant A Flower Craft 2:00 IN2I Trivia 3:00 Snack & Coffee 4:00 IN2L Sing Along 4:30 Healthy Hands 6:00 Evening Movie	9 9:15 Healthy Stretches IN2L 9:45 Match The Cards IN2L 10:15 Arts and crafts 11:00 Family Feud IN2L 11:30 Healthy Hands 1:00 Fun with food 2:00 Walking Group 3:00 Snack & Drink 3:30 Laughing Yoga 4:30 Healthy Hands	10 9:15 Balloon Toss 9:45 The Price Is Right IN2L 10:30 Beauty Hour 11:30 Healthy Hands 1:00 Color Coordination 2:00 Sing Aloud 3:00 Snack/Drinks/ Think 4:00 Pin Or Spin IN2L 4:30 Healthy Hands 6:00 Evening Movie	11 9:15 Aroma Therapy 9:45 Sit & Fit 10:30 Building with blocks 11:30 Healthy Hands 1:00 Pin & Spin 2:00 Matching Card 3:00 Snack/Coffee 4:30 Healthy Hands 6:00 Evening Movie
12 9:15 Exercise Bingo 9:45 Puzzle 10:45 Brain Fitness I 11:30 Praise & Worship 1:00 Dancing To The Beat 2:00 Reading Aloud IN2L 3:00 Snack/Tea Time 3:30 IN2L Travel 4:30 Healthy Hands 6:00 Evening Movie	 13 9:15 Balloon Toss 9:45 Beauty Hour 10:45 IN2I Trivia 11:30 Healthy Hands 1:00 Big Pin Bowling 2:00 Memory Lane 3:00 Snack/Drink 3:30 IN2L Bubble Popper 4:30 Healthy Hands 6:00 Evening Movie	14 9:15 Sit & Fit 9:45 Puzzle 10:30 Church/Jerry 11:30 Healthy hands 1:00 Walking Group 2:00 Movie & Snack 4:00 IN2L Games 4:30 Healthy Hands 6:00 Evening movie	15 9:15 Chair Yoga 10:00 Game show 11:00 Walking Group 11:30 Healthy hands 1:00 St. Patrick Crafts 2:00 IN2I Trivia 3:00 Snack & Juice 4:00 IN2L Sing Along 4:30 Healthy Hands 6:00 Evening Movie	16 9:15 Healthy stretches IN2L 9:45 Match The Cards IN2L 10:15 Arts & Crafts 11:30 Healthy Hands 1:00 IN2L card Match 2:00 Walking Group 3:00 Snack & Drink 3:30 Family Feud 4:30 Healthy Hands 6:00 Evening movie	17 9:15 Balloon Toss 9:45 The Price Is Right IN2L 10:30 Beauty Hour 11:30 Healthy hands 1:00 Sip & See 2:00 Sing Aloud 3:00 Snack/Drinks/ Think 4:00 Pin Or Spin IN2L 4:30 Healthy Hands 6:00 Evening Movie	 18 9:15 Aroma Therapy 9:45 Sit & Fit 10:30 Bubble Popper 11:30 Healthy Hands 1:00 Pin & Spin 2:00 Matching Card 3:00 Snack/Coffee 4:30 Healthy Hands 6:00 Evening Movie
19 9:15 Exercise Bingo 9:45 Puzzle 10:45 Brain Fitness IN2L 11:30 Praise & Worship 1:00 Dancing To The Beat 2:00 Reading Aloud IN2L 3:00 Snack/Tea Time 3:30 IN2L Travel 4:30 Healthy Hands 6:00 Evening Movie	20 9:15 Balloon Toss 9:45 Beauty Hour 10:45 IN2I Trivia 11:30 Healthy Hands 1:00 Big Pin Bowling 2:00 Memory Lane 3:00 Snack/Drink 3:30 IN2L Bubble Popper 4:30 Healthy Hands 6:00 Evening Movie	21 9:15 Sit & Fit 9:45 Puzzle 10:30 Church/Jerry 11:30 Healthy hands 1:00 Walking Group 2:00 IN2L/ Animal 3: Snack & laugh 4:30 Healthy Hands 6:00 Evening Movie	22 9:15 Balloon toss 10:00 Game show 11:00 Walking Group 11:30 Healthy hands 1:00 Sip & Paint 2:00 IN2I Trivia 3:00 Snack & Tea 4:00 IN2L Sing Along 4:30 Healthy Hands 6:00 Evening Movie	23 9:15 Healthy Stretches IN2L 10:00 Arts & Crafts 11:00 Family Feud 11:30 Healthy Hands 1:00 Pretty Nails 2:00 Walking Group 3:00 Snack & Drink 3:30 Laughing Yoga 4:30 Healthy Hands 6:00 Evening movie	24 9:15 Balloon Toss 9:45 The Price Is Right IN2L 10:30 Beauty Hour 11:30 Healthy Hands 1:00 Ball Drop 2:00 Sing Aloud 3:00 Snack/Drinks/ Think 4:00 Pin Or Spin IN2L 4:30 Healthy Hands 6:00 Evening Movie	25 9:15 Aroma Therapy 9:45 Sit & Fit 10:30 Building with blocks 11:30 Healthy Hands 1:00 Pin & Spin 2:00 Matching Card 3:00 Snack/Coffee 4:30 Healthy Hands 6:00 Evening Movie
26 9:15 Exercise Bingo 9:45 Puzzle 10:45 Brain Fitness IN2L 11:30 Praise & Worship 1:00 Dancing To The Beat 2:00 Reading Aloud IN2L 3:00 Snack/Tea Time 3:30 IN2L Travel 4:30 Healthy Hands 6:00 Evening Movie	27 9:15 Balloon Toss 9:45 Beauty Hour 10:45 IN2I Trivia 11:30 Healthy Hands 1:00 Big Pin Bowling 2:00 Memory Lane 3:00 Snack/Drink 3:30 IN2L Bubble Popper 4:30 Healthy Hands 6:00 Evening Movie	28 9:15 Sit & Fit 9:45 Puzzle 10:30 Church/Jerry 11:30 Healthy hands 1:00 Walking Group 2:00 IN2L Travel 3:00 Snack & Chat 4:00 IN2L Games 4:30 Healthy Hands 6:00 Evening Movie	29 9:15 Balloon toss 10:00 Game show 11:00 Walking Group 11:30 Healthy hands 1:00 Building With Blocks 2:00 IN2I Trivia 3:00 Snack & Drink 4:00 IN2L Sing Along 4:30 Healthy Hands 6:00 Evening Movie	30 9:15 Healthy stretches IN2L 9:45 Match The Cards IN2L 10:30 Building with Blocks 11:30 Healthy Hands 1:00 Pretty Nails 2:00 Walking Group 3:00 Snack & Drink 3:30 Laughter Yoga 4:30 Healthy Hands 6:00 Evening Movie	31 9:15 Balloon Toss 9:45 The Price Is Right IN2L 10:30 Beauty Hour 11:30 Healthy Hands 1:00 March Madness 2:00 Sing Aloud 3:00 Snack/Drinks/ Think 4:00 Pin Or Spin IN2L 4:30 Healthy Hands 6:00 Evening Movie	

MARCH 2023

Farmington Square Gresham • 1655 NE 18th St., Gresham, OR 97030 • 503-665-1994 Crown

SUN	MON	TUE	WED	THU	FRI	SAT
All activities subject to change per mandated health guidelines.	Spirit Week 13th Pajama Day 14th Sports day 15th Funny t-shirt day 16th Panda Day 17th Shamrock day		1 9:15 Laughter Yoga 9:45 Gardening 11:00 IN2L Travel 11:30 Healthy Hands 2:00 Walking group 3:00 Snack & Coffee 3:30 Appreciation Cards 4:30 Healthy Hands 6:00 Evening Movie	2 9:15 Balloon Toss 9:45 Game show's 11:00 IN2L Trivia 11:30 Healthy Hands 2:00 Women's Group 3:00 Snack & Coffee 3:30 Walking Group 4:30 Healthy Hands 6:00 Evening Movie	3 9:15 Sit n size 9:45 Arts n crafts 11:00 IN2L Music 11:30 Healthy Hands 2:00 Hand Out Cards 3:00 Snack & Coffee 3:30 Color sorting 4:30 Healthy Hands 6:00 Evening Movies	4 9:15 Healthy Stretches 9:45 Bubble popper 11:00 IN2L Card match 11:30 Healthy Hands 2:00 walking Group 3:00 Snack & Coffee 3:30 Bowling 4:30 Healthy Hands 6:00 Evening Movie
5 9:15 Balloon Toss 9:45 Pretty Nails 11:00 IN2L Bubble pop 11:30 Healthy Hands 2:00 Ball Toss 3:00 Snack & Coffee 3:30 Walking Group 4:30 Healthy Hands 6:00 Evening Movie	6 9:15 Sit and Fit 9:45 Beauty Hour 11:00 IN2L Travel 11:30 Healthy Hands 2:00 Color Coordination 3:00 Snack & Tea 3:30 Build With Blocks 4:30 Healthy Hands 6:00 Evening Movie	7 9:15 Chair Yoga 9:45 Read Aloud 10:30 Pastor Jerry 11:30 Healthy Hands 2:00 Four Leaf Clovers 3:00 Snack & Coffee 3:30 Fun With Food 4:30 Healthy Hands 6:00 Evening Movie	8 9:15 Laughter Yoga 9:45 Gardening 11:00 IN2L Travel 11:30 Healthy Hands 2:00 Walking group 3:00 Snack & Coffee 3:30 Appreciation Cards 4:30 Healthy Hands 6:00 Evening movie	9 9:15 Balloon Toss 9:45 Game show's 11:00 IN2L Trivia 11:30 Healthy Hands 2:00 Women's Group 3:00 Snack & Coffee 3:30 Walking Group 4:30 Healthy Hands 6:00 Evening Movie	10 9:15 Sit n size 9:45 Arts n crafts 11:00 IN2L Music 11:30 Healthy Hands 2:00 Water the garden 3:00 Snack & Coffee 3:30 Color sorting 4:30 Healthy Hands 6:00 Evening Movie	11 9:15 Healthy Stretches 9:45 Bubble popper 11:00 IN2L Card match 11:30 Healthy Hands 2:00 walking Group 3:00 Snack & Coffee 3:30 Bowling 4:30 Healthy Hands 6:00 Evening Movie
12 9:15 Balloon Toss 9:45 Pretty Nails 11:00 IN2L Bubble pop 11:30 Healthy Hands 2:00 Plant A Flower 3:00 Snack & Coffee 3:30 Walking Group 4:30 Healthy Hands 6:00 Evening Movie	 13 9:15 Sit and Fit 9:45 Beauty Hour 11:00 IN2L Travel 11:30 Healthy Hands 2:00 Color Coordination 3:00 Snack & Tea 3:30 Build With Blocks 4:30 Healthy Hands 6:00 Evening Movie	14 9:15 Chair Yoga 9:45 Read Aloud 10:30 Pastor Jerry 11:30 Healthy Hands 2:00 Four Leaf Clovers 3:00 Snack & Coffee 3:30 Fun With Food 4:30 Healthy Hands 6:00 Evening Movie	15 9:15 Laughter Yoga 9:45 Gardening 11:00 IN2L Travel 11:30 Healthy Hands 2:00 Walking group 3:00 Snack & Coffee 3:30 Men's Group 4:30 Healthy Hands 6:00 Evening Movie	16 9:15 Balloon Toss 9:45 Game show's 11:00 IN2L Trivia 11:30 Healthy Hands 2:00 Women's Group 3:00 Snack & Coffee 3:30 Walking Group 4:30 Healthy Hands 6:00 Evening Movie	17 9:15 Sit n size 9:45 Arts n crafts 11:00 IN2L Music 11:30 Healthy Hands 2:00 St Patty's day Party 3:00 Snack & Coffee 3:30 Color sorting 4:30 Healthy Hands 6:00 Evening Movie	18 9:15 Healthy Stretches 9:45 Bubble popper 11:00 IN2L Card match 11:30 Healthy Hands 2:00 walking Group 3:00 Snack & Coffee 3:30 Bowling 4:30 Healthy Hands 6:00 Evening Movie
19 9:15 Balloon Toss 9:45 Pretty Nails 11:00 IN2L Bubble pop 11:30 Healthy Hands 2:00 Ball Toss 3:00 Snack & Coffee 3:30 Walking Group 4:30 Healthy Hands 6:00 Evening Movie	20 9:15 Sit and Fit 9:45 Beauty Hour 11:00 IN2L Travel 11:30 Healthy Hands 2:00 Color Coordination 3:00 Snack & Tea 3:30 Build With Blocks 4:30 Healthy Hands 6:00 Evening Movie	21 9:15 Chair Yoga 9:45 Read Aloud 10:30 Pastor Jerry 11:30 Healthy Hands 2:00 Four Leaf Clovers 3:00 Snack & Coffee 3:30 Fun With Food 4:30 Healthy Hands 6:00 Evening Movie	22 9:15 Laughter Yoga 9:45 Gardening 11:00 IN2L Travel 11:30 Healthy Hands 2:00 Walking group 3:00 Snack & Coffee 3:30 Men's Group 4:30 Healthy Hands 6:00 Evening Movie	23 9:15 Balloon Toss 9:45 Game show's 11:00 IN2L Trivia 11:30 Healthy Hands 2:00 Women's Group 3:00 Snack & Coffee 3:30 Walking Group 4:30 Healthy Hands 6:00 Evening Movie	24 9:15 Sit n size 9:45 Arts n crafts 11:00 IN2L Music 11:30 Healthy Hands 2:00 Water the garden 3:00 Snack & Coffee 3:30 Color sorting 4:30 Healthy Hands 6:00 Evening Movie	25 9:15 Healthy Stretches 9:45 Bubble popper 11:00 IN2L Card match 11:30 Healthy Hands 2:00 walking Group 3:00 Snack & Coffee 3:30 Bowling 4:30 Healthy Hands 6:00 Evening Movie
26 9:15 Balloon Toss 9:45 Pretty Nails 11:00 IN2L Bubble pop 11:30 Healthy Hands 2:00 Ball Toss 3:00 Snack & Coffee 3:30 Walking Group 4:30 Healthy Hands 6:00 Evening Movie	27 9:15 Sit and Fit 9:45 Beauty Hour 11:00 IN2L Travel 11:30 Healthy Hands 2:00 Color Coordination 3:00 Snack & Tea 3:30 Build With Blocks 4:30 Healthy Hands 6:00 Evening Movie	7 9:15 Chair Yoga 9:45 Read Aloud 10:30 Pastor Jerry 11:30 Healthy Hands 2:00 Four Leaf Clovers 3:00 Snack & Coffee 3:30 Fun With Food 4:30 Healthy Hands 6:00 Evening Movie	29 9:15 Laughter Yoga 9:45 Gardening 11:00 IN2L Travel 11:30 Healthy Hands 2:00 Walking group 3:00 Snack & Coffee 3:30 Men's Group 4:30 Healthy Hands 6:00 Evening Movie	30 9:15 Balloon Toss 9:45 Game show's 11:00 IN2L Trivia 11:30 Healthy Hands 2:00 Women's Group 3:00 Snack & Coffee 3:30 Walking Group 4:30 Healthy Hands 6:00 Evening Movie	31 9:15 Sit n size 9:45 Arts n crafts 11:00 IN2L Music 11:30 Healthy Hands 2:00 Water the garden 3:00 Snack & Coffee 3:30 Color sorting 4:30 Healthy Hands 6:00 Evening Movie	