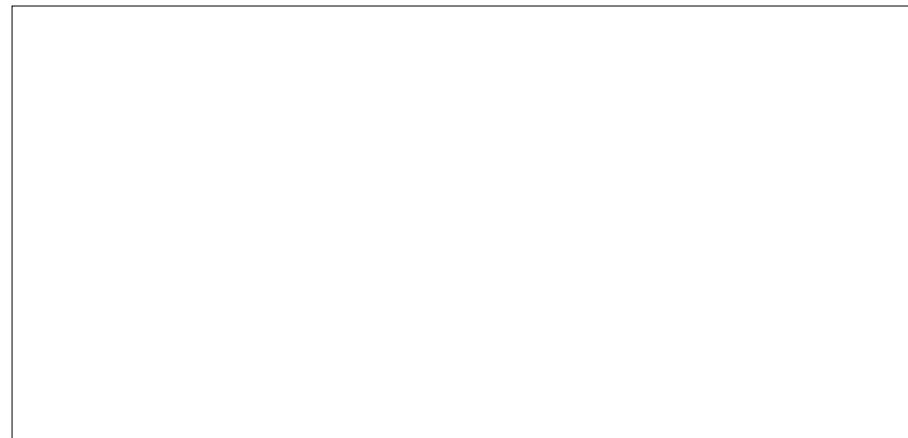




1530 Poplar Dr.
Medford, OR 97504

Stamp



Leadership Team

Phone: 541.770.9080

Email: infomedford@farmingtonsquare.com

Website: farmingtonsquare-medford.com

Facebook: [FarmingtonSquareMedford](https://www.facebook.com/FarmingtonSquareMedford)

Executive Director:

Joni Shale

Community Sales Director:

Charissa Robertson

Wellness Director:

Cheyenne Elwess

Business Office Director:

Brooke Whitehead

Life Enrichment Director:

Norma Hernandez

Dining Services Director:

Margaret Tepovac

Maintenance Director:

Shayne Putnam



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

The Farmington Times

March 2023 Newsletter



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

6 Highlights & Our ED's Corner
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 & Residents:

Pasty L.	3/04
Gary A.	3/16
Janna W.	3/19
Euel R.	3/17
Michael T.	3/25
Uao M.	3/06
Amber W.	3/03
Rhonda E.	3/11
Brooklyne H.	3/20
Shayne P.	3/30

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 |

Our Executive Director’s Corner

Dear residents, family members, and friends,

As we March into spring I find myself pondering the idea of “Luck”. A popular saying by Tennessee Williams is, “Luck is believing you’re lucky”. He is saying, Luck is just confidence in yourself and believing in positive outcomes.

It might be a little depressing to accept the fact, that Luck plays a role in health, especially when we put effort into staying healthy. We have to accept that there are sometimes things which are out of our control. However, our determination and positive thinking are not in vain. The things we do to stay healthy are proven to increase happiness and quality of life. If down the road, genetics or environmental factors lead to a health struggle, we can navigate through with the knowledge we did our best to cultivate our own Luck and lived better because of it.

So start doing proactive things today, to get healthier—no leprechaun required!

Warmly,

Joni



Staff Spotlight: Shyanne

Shyanne is our Wellness Coordinator and is quickly approaching her two year work anniversary.

Shyanne was born in Santa Rosa, California, but has lived in the Rogue Valley since 2007. She has a big family including two sisters, a brother and several nephews.

She does an amazing job with scheduling care staff and is always at the ready to help out when needed.

She also participates in meetings, events and activities with a great attitude and a smile.

When Shy isn’t hard at work, she enjoys the outdoors and sports, hiking, swimming, camping and listening to music.

We are blessed to have you as part of the team Shyanne!



Resident Spotlight: Roy


Roy is a lifelong resident of the Rogue Valley, born Aug. 30, 1924, in Butte Falls.

In 1941, he and two other men from his hometown enlisted in the Navy. Roy, then 17, had to get his mother's signature to make that possible for him.

On that fateful day of Dec. 7, Roy and his newly minted Navy buddies went to a dance in Eagle Point. “Before the dance was over, the war had started,” he said. “I had no idea who Pearl Harbor was — I thought it was some old gal.”

Roy is pictured above being presented with a gold medallion proclaiming him a member of “The Greatest Generation” for his service during World War II.

Roy resides at Farmington Square with his wife Elva. They went to grade school together and connected later in life after both their spouses had passed away. They enjoy traveling and have been on eight cruises together!

SUN	MON	TUE	WED	THU	FRI	SAT
All activities subject to change per mandated health guidelines.	Resident Birthdays Pasty L 03/04 Gary A 03/16 Janna W 03/19 Michael T 03/25 Euel R 03/17	Employee Birthdays Rhonda E 03/11 Vao M 03/06 Amber W 03/03 Brooklyne H 03/20 Brenda T 03/29 Shayne P 03/30	1 World Music Therapy Day 9:00 Beauty Hour 10:00 Morning Yoga 11:00 IN2L Trivia 12:00 IN2L Radio 1:00 Ring Toss 2:00 Bingo/B IN2LG/A 3:00 Afternoon Walk 4:00 Fancy Nails 5:00 Music appreciation	2 Banana Cream Pie Day 9:00 Beauty Hour 10:00 Morning Yoga 11:00 IN2L Game 12:00 IN2L Radio 1:00 Parachutes Club 2:00 Bingo/B IN2L G/A 3:00 The Dance Club 4:00 Bowling 5:00 Music appreciation	3 9:00 Beauty Hour 10:00 Morning Yoga 11:00 IN2L Trivia 12:00 IN2L Radio 1:00 Puzzle Time 2:00 Bingo/B Color/A 3:00 Afternoon Walk 4:00 IN2L Game 5:00 Music appreciation	4 Marching Music Day 9:00 Beauty Hour 10:00 Morning Exercise 11:00 IN2L Game 12:00 IN2L Radio 1:00 Press Your Luck 2:00 Bingo/B Puzzle/A 3:00 Afternoon Walk 4:00 Fancy Nails 5:00 Music appreciation
5 9:00 Beauty Hour 10:00 Morning Exercise 11:00 IN2L Trivia 12:00 IN2L Radio 1:00 Tell Me a Joke IN2L 2:00 Bingo/B IN2L G/A 3:00 Church 4:00 Afternoon Walk 5:00 Music appreciation	6 Dresses Day 9:00 Beauty Hour 10:00 Morning Exercise 11:00 Bowling 12:00 IN2L Radio 1:00 Play Drums 2:00 Bingo/B Color/A 3:00 Afternoon Walk 4:00 One on One 5:00 Music appreciation	7 Cereal Day 9:00 Beauty Hour 10:00 Morning Exercise 11:00 Reading/ Name 5 12:00 IN2L Radio 1:00 IN2L Trivia 2:00 Bingo/B IN2L G/A 3:00 Afternoon Walk 4:00 Coffee Club 5:00 Music appreciation	8 Oregon Day 9:00 Beauty Hour 10:00 Morning Exercise 11:00 Reading/Name 5 12:00 IN2L Radio 1:00 Table Game 2:00 Bingo/B Puzzle/A 4:00 Fancy Nails 5:00 Music appreciation	9 Popcorn Lovers' Day 9:00 Beauty Hour 10:00 Morning Exercise 11:00 Reading/Name 5 12:00 IN2L Radio 1:00 Parachute 2:00 Bingo Tournament 3:00 Afternoon Walk 4:00 Movie&Popcorn 5:00 Music appreciation	10 Ranch Day 9:00 Beauty Hour 10:00 Morning Exercise 11:00 Press Your Luck 12:00 IN2L Radio 1:00 Table Game 2:00 Bingo /B Color/A 3:00 Afternoon Walk 4:00 One on One 5:00 Music appreciation	11 9:00 Beauty Hour 10:00 Morning Exercise 11:00 IN2L Karaoke 12:00 IN2L Radio 1:00 Puzzle 2:00 Bingo/B IN2L G/A 3:00 Afternoon Walk 4:00 Family Feud 5:00 Music appreciation
12 Plant a Flower Day 9:00 Beauty Hour 10:00 Morning Exercise 11:00 Bean Bags 12:00 IN2L Radio 1:00 IN2L Trivia 2:00 Bingo/B Color/A 3:00 Church 4:00 Afternoon Walk 5:00 Music appreciation	13 Coconut Torte Day 9:00 Beauty Hour 10:00 Morning Yoga 11:00 Balloon Toss 12:00 IN2L Radio 1:00 Table Game 2:00 Bingo/B Reading/A 3:00 Afternoon Walk 4:00 One on One 5:00 Music appreciation	14 Potato Chip Day 9:00 Beauty Hour 10:00 Morning Yoga 11:00 Family Feud 12:00 IN2L Radio 1:00 IN2L Karaoke 2:00 Bingo Club 3:00 Coffee Social Time 4:00 Afternoon Walk 5:00 Music appreciation	15 9:00 Beauty Hour 10:00 Morning Yoga 11:00 Reading/Name 5 12:00 IN2L Radio 1:00 Parachutes Club 2:00 Bingo/B Color/A 3:00 Afternoon Walk 4:00 Fancy Nails 5:00 Music appreciation	16 Panda Day 9:00 Beauty Hour 10:00 Morning Yoga 11:00 Name 5/Reading 12:00 IN2L Radio 1:00 Table Game 2:00 Bingo/B Color/A 3:00 Afternoon Walk 4:00 One on One 5:00 Music appreciation	17 St. Patrick's Day 9:00 Beauty Hour 10:00 Morning Yoga 11:00 Reading Club 12:00 IN2L Radio 1:00 IN2L Karaoke 2:00 Bingo/B IN2L G/A 3:00 St. Patrick's 4:00 IN2L Movie 5:00 Music appreciation	18 Corn Dog Day 9:00 Beauty Hour 10:00 Morning Yoga 11:00 IN2L Game 12:00 IN2L Radio 1:00 Puzzle 2:00 Bingo/B Reading/A 3:00 Afternoon Walk 4:00 IN2L Movie 5:00 Music appreciation
19 Read to Me Day 9:00 Beauty Hour 10:00 Morning Yoga 11:00 IN2L Game 12:00 IN2L Radio 1:00 Craft Club 2:00 Bingo/B Reading/A 3:00 Afternoon Walk 4:00 Church 5:00 Music appreciation	20 Spring Begins 9:00 Beauty Hour 10:00 Morning Yoga 11:00 Reading/Name 5 12:00 IN2L Radio 1:00 Press Your Luck 2:00 Bingo/B Color/A 3:00 Afternoon Walk 4:00 IN2L Karaoke 5:00 Music appreciation	21 French Bread Day 9:00 Beauty Hour 10:00 Morning Yoga 11:00 Reading Club 12:00 IN2L Radio 1:00 Parachutes Club 2:00 Bingo/B IN2L G/A 3:00 Afternoon Walk 4:00 One on One 5:00 Music appreciation	22 9:00 Beauty Hour 10:00 Morning Exercise 11:00 Reading/Name 5 12:00 IN2L Radio 1:00 IN2L Trivia 2:00 Bingo/B IN2L G/A 3:00 Afternoon Walk 4:00 Fancy Nails 5:00 Music appreciation	23 Puppy Day 9:00 Beauty Hour 10:00 Morning Exercise 11:00 Reading/Name 5 12:00 IN2L Radio 1:00 Bowling 2:00 Bingo/B Color/A 3:00 Afternoon Walk 4:00 One on One 5:00 Music appreciation	24 Cocktail Day 9:00 Beauty Hour 10:00 Morning Yoga 11:00 Reading Club 12:00 IN2L Radio 1:00 IN2L Game 2:00 Bingo/B IN2L G/A 3:00 Music Club 4:00 IN2L Movie 5:00 Music appreciation	25 9:00 Beauty Hour 10:00 Morning Yoga 11:00 IN2L Karaoke 12:00 IN2L Radio 1:00 Puzzle Club 2:00 Bingo/B Reading/A 3:00 Afternoon Walk 4:00 Fancy Nails 5:00 Music appreciation
26 9:00 Beauty Hour 10:00 Morning Exercise 11:00 Bowling 12:00 IN2L Radio 1:00 Afternoon Walk 2:00 Bingo/B IN2L G/A 3:00 Church 4:00 Reading Club 5:00 Music appreciation	27 World Theatre Day 9:00 Beauty Hour 10:00 Morning Exercise 11:00 Bean Bags 12:00 IN2L Radio 1:00 Paint Club 2:00 Bingo/B IN2L G/A 3:00 Afternoon Walk 4:00 Reading Club 5:00 Music appreciation	28 World Piano Day 9:00 Beauty Hour 10:00 Morning Yoga 11:00 Tell Me a Joke 12:00 IN2L Radio 1:00 Bowling 2:00 Bingo/B Table G/A 3:00 Afternoon Walk 4:00 One on One 5:00 Music appreciation	29 9:00 Beauty Hour 10:00 Morning Exercise 11:00 Reading Club 12:00 IN2L Radio 1:00 IN2L Trivia 2:00 Bingo/B Table G/A 3:00 Afternoon Walk 4:00 Fancy Nails 5:00 Music appreciation	30 Park Walking Day 9:00 Beauty Hour 10:00 Morning Exercise 11:00 Reading/Name 5 12:00 IN2L Radio 1:00 Ring Toss 2:00 Bingo/B IN2L G/A 3:00 Walking Club 4:00 One on One 5:00 Music appreciation	31 9:00 Beauty Hour 10:00 Morning Yoga 11:00 Reading Club 12:00 IN2L Radio 1:00 Puzzle Club 2:00 Bingo/B IN2L G/A 3:00 Afternoon Walk 4:00 IN2L Movie 5:00 Music appreciation	

MARCH 2023

Farmington Square • C/D • 1530 Poplar Dr., Medford, OR 97504 • 541-770-9080

SUN	MON	TUE	WED	THU	FRI	SAT
All activities subject to change per mandated health guidelines.	Resident Birthdays	Employee Birthdays	1 World Music Therapy Day 9:00 Reading Club/D 10:00 Morning Yoga/C 11:00 IN2L Trivia/D 12:00 IN2L Radio 1:00 Card-O/C 2:00 Bingo/D 3:00 Afternoon Walk/C 4:00 Bowling/D 5:00 Music appreciation	2 Banana Cream Pie Day 9:00 Reading Club/C 10:00 Morning Yoga/D 11:00 IN2L Game/C 12:00 IN2L Radio 1:00 Croquet/D 2:00 Bingo/C 3:00 The Dance Club 4:00 Play UNO /C 5:00 Music appreciation	3 9:00 Reading Club/D 10:00 Morning Yoga/C 11:00 IN2L Trivia/D 12:00 IN2L Radio 1:00 Card-O/C 2:00 Bingo/D 3:00 Afternoon Walk/C 4:00 Family Feud/D 5:00 Music appreciation	4 Marching Music Day 9:00 Morning Yoga/C 10:00 Reading Club/D 11:00 IN2L Game/C 12:00 IN2L Radio 1:00 Press Your Luck/D 2:00 Bingo/C 3:00 Movie Time/D 4:00 Afternoon Walk/C 5:00 Music appreciation
5 9:00 Reading Club/D 10:00 Morning Exercise/C 11:00 IN2L Trivia/D 12:00 IN2L Radio 1:00 Tell Me a Joke IN2L 2:00 Bingo/C 3:00 Church/D 4:00 Afternoon Walk/C 5:00 Music appreciation	6 Dresses Day 9:00 Reading Club/D 10:00 Morning Exercise/C 11:00 Card-O/D 12:00 IN2L Radio 1:00 Play Drums/C 2:00 Bingo/D 3:00 Afternoon Walk/C 4:00 One on One/D 5:00 Music appreciation	7 Cereal Day 9:00 Reading Club/C 10:00 Morning Exercise/D 11:00 Play UNO/C 12:00 IN2L Radio 1:00 IN2L Trivia/D 2:00 Bingo/C 3:00 Afternoon Walk/D 4:00 Coffee Club/C 5:00 Music appreciation	8 Oregon Day 9:00 Reading Club/D 10:00 Morning Exercise/C 11:00 Family Feud/D 12:00 IN2L Radio 1:00 Resident Club 2:00 Bingo/D 3:00 Afternoon Walk//C 4:00 Fancy Nails 5:00 Music appreciation	9 Popcorn Lovers' Day 9:00 Reading Club/D 10:00 Morning Exercise/C 11:00 Play UNO/D 12:00 IN2L Radio 1:00 Paint/C 2:00 Bingo Tournament 3:00 Popcorn & Movie 4:00 Tell Me a Joke IN2L 5:00 Music appreciation	10 Ranch Day 9:00 Reading Club/C 10:00 Morning Exercise/D 11:00 Press Your Luck/C 12:00 IN2L Radio 1:00 Play UNO/D 2:00 Bingo /C 3:00 Afternoon Walk/D 4:00 One on One/C 5:00 Music appreciation	11 9:00 Reading Club/D 10:00 Morning Walk/C 11:00 IN2L Trivia/D 12:00 IN2L Radio 1:00 Card-O/C 2:00 Bingo/D 3:00 Afternoon Walk/C 4:00 Family Feud/D 5:00 Music appreciation
12 Plant a Flower Day 9:00 Reading Club/C 10:00 Morning Exercise/D 11:00 Puzzles/C 12:00 IN2L Radio 1:00 Card-O/D 2:00 Bingo/C 3:00 Church/D 4:00 Afternoon Walk/C 5:00 Music appreciation	13 Coconut Torte Day 9:00 Reading Club/D 10:00 Morning Yoga/C 11:00 Play UNO/D 12:00 IN2L Radio 1:00 Croquet/C 2:00 Bingo/D 3:00 Afternoon Walk/C 4:00 One on One/D 5:00 Music appreciation	14 Potato Chip Day 9:00 Reading Club/C 10:00 Morning Yoga/D 11:00 Family Feud/C 12:00 IN2L Radio 1:00 IN2L Karaoke/D 2:00 Bingo Club 3:00 Afternoon Walk/D 4:00 Coffee Social Time 5:00 Music appreciation	15 9:00 Reading Club/C 10:00 Morning Yoga/D 11:00 Craft/C 12:00 IN2L Radio 1:00 Parachutes Club/D 2:00 Bingo/C 3:00 Afternoon Walk/D 4:00 Fancy Nails/C 5:00 Music appreciation	16 Panda Day 9:00 Reading Club/D 10:00 Morning Yoga/C 11:00 Name 5/D 12:00 IN2L Radio 1:00 Croquet/C 2:00 Bingo/D 3:00 Afternoon Walk/C 4:00 One on One/D 5:00 Music appreciation	17 St. Patrick's Day 9:00 Reading Club/C 10:00 Morning Yoga/D 11:00 Golf Club/C 12:00 IN2L Radio 1:00 Tell Me a Joke/D 2:00 Bingo/C 3:00 St. Patrick's 4:00 IN2L Movie/C 5:00 Music appreciation	18 Corn Dog Day 9:00 Reading Club/D 10:00 Morning Yoga/C 11:00 IN2L Game/D 12:00 IN2L Radio 1:00 Play UNO/C 2:00 Bingo/D 3:00 Afternoon Walk/C 4:00 IN2L Movie/D 5:00 Music appreciation
19 Read to Me Day 9:00 Reading Club/C 10:00 Morning Yoga/D 11:00 IN2L Game/C 12:00 IN2L Radio 1:00 Bowling/D 2:00 Bingo/C 3:00 Afternoon Walk/D 4:00 Church/C 5:00 Music appreciation	20 Spring Begins 9:00 Reading Club/D 10:00 Morning Yoga/C 11:00 Golf Club/D 12:00 IN2L Radio 1:00 Parachutes Club/C 2:00 Bingo/D 3:00 Afternoon Walk/C 4:00 IN2L Karaoke/D 5:00 Music appreciation	21 French Bread Day 9:00 Reading Club/C 10:00 Morning Yoga/D 11:00 Press Your Luck/C 12:00 IN2L Radio 1:00 IN2L Karaoke/D 2:00 Bingo/C 3:00 Afternoon Walk/D 4:00 One on One/C 5:00 Music appreciation	22 9:00 Reading Club/D 10:00 Morning Exercise/C 11:00 Name 5/D 12:00 IN2L Radio 1:00 IN2L Trivia/C 2:00 Bingo/D 3:00 Afternoon Walk/C 4:00 Fancy Nails/D 5:00 Music appreciation	23 Puppy Day 9:00 Reading Club/C 10:00 Crater Rock M. 11:00 Paint/C 12:00 IN2L Radio 1:00 Card-O/D 2:00 Bingo/C 3:00 Afternoon Walk/D 4:00 One on One/C 5:00 Music appreciation	24 Cocktail Day 9:00 Reading Club/D 10:00 Morning Yoga/C 11:00 IN2L Karaoke/D 12:00 IN2L Radio 1:00 Bowling/C 2:00 Bingo/D 3:00 Music Club 4:00 IN2L Movie/D 5:00 Music appreciation	25 9:00 Reading Club/C 10:00 Morning Yoga/D 11:00 IN2L Karaoke/C 12:00 IN2L Radio 1:00 Golf Club/D 2:00 Bingo/C 3:00 Afternoon Walk/D 4:00 Puzzle Time/C 5:00 Music appreciation
26 9:00 Reading Club/D 10:00 Morning Exercise/C 11:00 IN2L Trivia/D 12:00 IN2L Radio 1:00 Afternoon Walk/C 2:00 Bingo/D 3:00 Church/C 4:00 IN2L Karaoke/D 5:00 Music appreciation	27 World Theatre Day 9:00 Reading Club/C 10:00 Morning Exercise/D 11:00 Craft/C 12:00 IN2L Radio 1:00 Croquet/D 2:00 Bingo/C 3:00 Afternoon Walk/D 4:00 One on One/C 5:00 Music appreciation	28 World Piano Day 9:00 Reading Club/D 10:00 Morning Yoga/C 11:00 Tell Me a Joke/D 12:00 IN2L Radio 1:00 Bowling/C 2:00 Bingo/D 3:00 Afternoon Walk/C 4:00 One on One/D 5:00 Music appreciation	29 9:00 Reading Club/C 10:00 Morning Exercise/D 11:00 IN2L Trivia/C 12:00 IN2L Radio 1:00 Croquet/D 2:00 Bingo/C 3:00 Afternoon Walk/D 4:00 Fancy Nails/C 5:00 Music appreciation	30 Park Walking Day 9:00 Reading Club/D 10:00 Morning Exercise/C 11:00 Bowling/D 12:00 IN2L Radio 1:00 Card-O/C 2:00 Bingo/D 3:00 Walking Club 4:00 One on One/D 5:00 Music appreciation	31 9:00 Reading Club/C 10:00 Morning Yoga/D 11:00 IN2L Trivia/C 12:00 IN2L Radio 1:00 Bowling/D 2:00 Bingo/C 3:00 Afternoon Walk/D 4:00 IN2L Movie/C 5:00 Music appreciation	