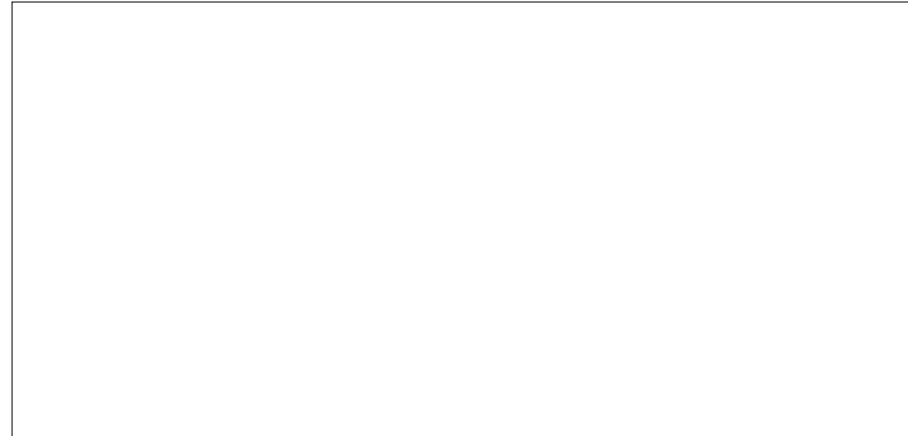




1655 NE 18th St.  
Gresham, OR 97030

Stamp



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

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

# Farmington Square News

**April 2023 Newsletter**



**2 Exercise & Strength Building Tips**  
**3 Team & Resident Spotlight**  
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# Exercise & Strength Building Tips for Older Adults

*Follow your doctor's instructions and consult with them before changing your diet, exercise routine, or supplements.*

Engaging in physical activity is a good idea at any age. While it's true that with aging, our bodies naturally lose muscle mass and strength, exercise is key to helping reverse that. This month, we're sharing how seniors can benefit from exercise and improve strength for a more active lifestyle.

## Why Being Active is Important

Physically active seniors can experience many benefits, including:

- Making activities of daily living much easier
- Reducing risk for falls and resulting injuries
- Helping control arthritis pain and joint swelling
- Lowering the risk of dementia
- Reducing anxiety and depression
- Improving mood and increasing socialization
- Improving physical function in frail adults (CDC, and Dept. of Health and Human Services)

## How Much Physical Activity is Appropriate?

Those who know the great benefits of exercise may be inspired to set goals, but make sure to follow recommended guidelines and instructions from your medical professional first.

Start slow if needed. Older adults who have been sedentary should begin exercising in short intervals of 5 to 10 minutes and build up gradually, per the CDC. Sitting less and doing any amount of moderate to vigorous exercise will bring some health benefits.

Older adults seeking substantial benefits should do 2.5 to 5 hours of moderate-intensity aerobic activity or one hour and 15 minutes to 2.5 hours of vigorous-intensity aerobic activity—or a combination of the two- throughout the week, according to the DHHS.

Some physical activity is better than none. Older adults—even those with health challenges—should set safe physical goals that meet their abilities.



## What Activities to Focus On

As for what exercise to do, there's no one size fits all program—and that makes planning exciting. Start a plan that you're enthusiastic to try.

Seniors ought to focus on aerobic activity (like walking, dancing, stationary bike riding, tennis, etc.) at least three days a week. Muscle strengthening (like using bands, hand held weights, or gardening with digging and lifting, etc.) should be done at least two days a week. A session of aerobic, strength, *and* balance work (like walking heel to toe or standing from sitting) is a great way to improve physical function.

Those with limited mobility can benefit greatly from chair exercises (like knee raises, arm lifts, and calf raises). Chair yoga is another wonderful exercise option. It has low impact on joints, but increases balance and flexibility. Also, Tai chi, which combines gentle movements and controlled breathing, can be great for strength building and balance. It can be done with modifications, while still being impactful. Using a stability ball is another way to make a workout gentler, but still effective for strength building.

We hope this article is helpful for your personal health journey. Let us know your fitness goals on our Facebook newsletter post on the 1st.

# Special Moments



**Happy Birthday to our Staff & Residents:**

**Hazel 4/4**  
**Sherry 4/20**  
**Mary 4/22**  
**David B 4/28**

**Dashiell 4/1**  
**Danielle 4/11**  
**James 4/15**  
**Trey 4/24**



# April 2023 Highlights

**Observes:** Alcohol Awareness, Esophageal Cancer, Autism, Occupational Therapy, Parkinson's, Stress Awareness

**Celebrates:** Brunch, Afternoon Tea, Financial Literacy, Guitar, Decorating, Gardening, Jazz, Soft Pretzels, Poetry, Pecans, Volunteering

- |   |  |
|---|--|
| 01 Sourdough Bread Day; Handmade / DIY Day            | 16 Bean Counter Day; Eggs Benedict Day             |
| 02 PB&J Day; Ferrets Day; Geologists Day              | 17 Cheeseball Day; Ellis Island Day; Haiku Day     |
| 03 Chocolate Mousse Day; Film Score Day               | 18 Animal Crackers Day                             |
| 04 Vitamin C Day; Jeep 4x4 Day; Carrot Day            | 19 Banana Day; Garlic Day; North Dakota Day        |
| 05 Deep Dish Pizza Day; Nebraska Day; Walk Day        | 20 Cheddar Fries Day; Lima Bean Respect Day        |
| 06 Burrito Day; Caramel Popcorn Day; Table Tennis Day | 21 Chocolate Cashews Day; Creativity Day           |
| 07 Good Friday; Coffee Cake Day; World Health Day     | 22 Earth Day; Girl Scouts' Day; Jelly Bean Day     |
| 08 Empanada Day; Zoo Lovers Day                       | 23 Picnic Day; Talk Shakespearean Day              |
| 09 Easter; Love Antiques Day                          | 24 Pigs in a Blanket Day                           |
| 10 Cinnamon Crescent Day; Farm Animals Day            | 25 Zucchini Bread Day; Thank a Plumber Day         |
| 11 Barber Shop Quartet Day; Cheese Fondue Day         | 26 Denim Day; Admin. Staff Day; Pretzel Day        |
| 12 Colorado Day; Grilled Cheese Day; Licorice Day     | 27 Gummi Bear Day; Babe Ruth Day; Prime Rib Day    |
| 13 Peach Cobbler Day; Scrabble Day                    | 28 Arbor Day; Blueberry Pie Day; Superhero Day     |
| 14 Dolphin Day; Gardening Day; Pecan Day              | 29 First Ladies Day; Zipper Day; Shrimp Scampi Day |
| 15 Spiral Ham Day; Take a Wild Guess Day              | 30 Oatmeal Cookie Day; Hairstylists' Day           |

## Our Executive Director's Corner

Dear residents, family members, and friends,

We are excited to welcome spring and watch the flowers bloom. We are looking forward to planting our gardens with our residents and enjoying the spring weather.

We will be having a easter egg hunt on April 7th from 3pm to 5pm! Save the date and come join the fun!!!!



**Staff Spotlight:**  
**Anastacia**

Anastacia is our dedicated caregiver of the month. She always comes to work with a smile and greeting to those she passes by.

Anastacia was born and raised and Mexico. She has five beautiful children: two boys and three girls.

Anastacia has two sisters and a brother she loves and adores.

She loves to cook and bake for her love ones. We love having her as a part of our community .



**Resident Spotlight:**  
**Eleanor**

This month's spotlighted resident is our beloved Eleanor who was born and raised in Pennsylvania.

She has two beautiful children who she is dedicated and devoted to: a daughter and son. She loves them dearly.

Eleanor has one brother who she absolutely adores.

Eleanor loves to do word search on her free time, as well as play scrabble with one of our dedicated activity assistants.

She brings joy to our community



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<b>2</b> 9:15 Sit And Fit 9:45 IN2I Travel 10:30 Dice game of choice 11:30 Healthy Hands 1:00 Fun with Food 2:00 Walking Group 3:00 Snack and drink of choice 3:30 Bingo IN2L 4:00 Laughing yoga 4:30 Healthy Hands 6:00 Evening Movie	<b>3</b> 9:15 Chair Chi 9:45 Brain Fitness IN2L 10:45 Beauty Hour 11:45 Healthy Hands 1:00 Big Pin Bowling 2:00 Watering Plants 2:30 walking Group 3:00 Snack and social 3:30 Painting 4:30 Healthy Hands 6:00 Evening Movie	<b>4</b> 9:15 Chair Yoga 9:45 IN2L Trivia 10:30 Church with Jerry 11:30 Healthy Hands 1:00 Walking Group 2:00 IN2L Games 3:00 Snack and laughs 3:30 Card game of choice 4:30 Healthy Hands 6:00 evening movies	<b>5</b> 9:15 Balloon Toss 9:45 Residents Choice 10:00 Pretty Nails 11:00 Walking Group 11:30 Healthy Hands 1:00 Scenic Drive 2:00 Dancing To The Beat 3:00 Snacks and reminiscing 3:30 Bingo 4:30 Healthy hands 6:00 Evening movie	<b>6</b> 9:15 Healthy Stretches 9:45 Pin and Spin 10:45 Aroma Therapy 11:30 Healthy hands 1:00 Beauty Hour 2:00 Dice game of choice 2:30 Laughter Yoga 3:00 Snack and relax 3:30 Name that flower 4:30 Healthy Hands 6:00 Evening Movie	<b>7</b> 9:15 sit and fit 9:45 Sing Aloud 10:45 Watering Garden 11:30 Healthy Hands 1:00 Bingo IN2L 2:00 Women’s group 2:30 IN2L Travel to Mexico 3:00 Snacks time social 3:30 Fun With Food 4:30 Healthy Hands 6:00 Evening Movies	<b>8</b> 9:15 Sit And Stretch 9:45 Read Aloud 10:45 Easter Crafts 11:30 Healthy Hands 1:00 Men’s Group 1:30 Resident choice 2:30 Game shows 3:00 Snack and sing 3:30 Beauty hour 4:30 Healthy hands 6:00 Evening Movie
<b>9</b> 9:15 Sit And Fit 9:45 IN2I Travel 10:30 Dying Easter Eggs 11:30 Healthy Hands 1:00 Fun with Food 2:00 Easter Egg Hunt!! 3:00 Snack and drink of choice 4:00 Laughing yoga 4:30 Healthy Hands 6:00 Evening Movie	<b>10</b> 9:15 Chair Chi 9:45 Brain Fitness IN2L 10:45 Beauty Hour 11:45 Healthy Hands 1:00 Big Pin Bowling 2:00 Watering Plants 2:30 walking Group 3:00 Snack and social 3:30 Painting 4:30 Healthy Hands 6:00 Evening Movie	<b>11</b> 9:15 Chair Yoga 9:45 IN2I Trivia 10:30 Church/Jerry 11:30 Healthy Hands 1:00 Walking Group 2:00 IN2L Games 3:00 Snack and laughs 3:30 Card game of choice 4:30 Healthy Hands 6:00 evening movies	<b>12</b> 9:15 Balloon Toss 9:45 Residents Choice 10:00 Pretty Nails 11:00 Walking Group 11:30 Healthy Hands 1:00 Scenic Drive 2:00 Dancing To The Beat 3:00 Snacks and reminiscing 3:30 Bingo 4:30 Healthy hands 6:00 Evening movie	<b>13</b> 9:15 Healthy Stretches 9:45 Pin and Spin 10:45 Aroma Therapy 11:30 Healthy hands 1:00 Beauty Hour 2:00 Dice game of choice 2:30 Laughter Yoga 3:00 Snack and relax 3:30 Scrabble Day!!! 4:30 Healthy Hands 6:00 Evening Movie	<b>14</b> 9:15 sit and fit 9:45 Sing Aloud 10:45 Watering Garden 11:30 Healthy Hands 1:00 Bingo IN2L 2:00 Women’s group 2:30 IN2L Travel to Europe 3:00 Snacks time social 3:30 Fun With Food 4:30 Healthy Hands 6:00 Evening Movies	<b>15</b> 9:15 Sit And Stretch 9:45 Read Aloud 10:45 Art And crafts 11:30 Healthy Hands 1:00 Men’s Group 1:30 Residents choice 2:30 Game shows 3:00 Snack and sing 3:30 Beauty hour 4:30 Healthy hands 6:00 Evening Movie
<b>16</b> 9:15 Sit And Fit 9:45 IN2I Travel 10:30 Dice game of choice 11:30 Healthy Hands 1:00 Fun with Food 2:00 Walking Group 3:00 Snack and drink of choice 4:00 Laughing yoga 4:30 Healthy Hands 6:00 Evening Movie	<b>17</b> 9:15 Chair Chi 9:45 Brain Fitness IN2L 10:45 Beauty Hour 11:45 Healthy Hands 1:00 Big Pin Bowling 2:00 Watering Plants 2:30 walking Group 3:00 Snack and social 3:30 Painting 4:30 Healthy Hands 6:00 Evening Movie	<b>18</b> 9:15 Chair Yoga 9:45 IN2L Trivia 10:30 Church/Jerry 11:30 Healthy Hands 1:00 Walking Group 2:00 IN2L Games 3:00 Snack and laughs 3:30 Card game of choice 4:30 Healthy Hands 6:00 evening movies	<b>19</b> 9:15 Balloon Toss 9:45 Residents Choice 10:00 Pretty Nails 11:00 Walking Group 11:30 Healthy Hands 1:00 Scenic Drive 2:00 Dancing To The Beat 3:00 Snacks and reminiscing 3:30 Bingo 4:30 Healthy hands 6:00 Evening movie	<b>20</b> 9:15 Healthy Stretches 9:45 Pin and Spin 10:45 Aroma Therapy 11:30 Healthy hands 1:00 Beauty Hour 2:00 Dice Game of choice 2:30 Laughter Yoga 3:00 Snack and relax 3:30 Travel to Italy 4:30 Healthy Hands 6:00 Evening Movie	<b>21</b> 9:15 sit and fit 9:45 Sing Aloud 10:45 Watering Garden 11:30 Healthy Hands 1:00 Bingo IN2L 2:00 Women’s group 2:30 IN2L Travel to China 3:00 Snacks time social 3:30 Fun With Food 4:30 Healthy Hands 6:00 Evening Movies	<b>22</b> 9:15 Sit And Stretch 9:45 Read Aloud 10:45 Art And crafts 11:30 Healthy Hands 1:00 Men’s Walking Group 1:30 Resident choice 2:30 Game shows 3:00 Snack and sing 3:30 Beauty hour 4:30 Healthy Hands 6:00 Evening Movie
<b>23</b> 9:15 Sit And Fit 9:45 IN2I Travel 10:30 Dice game of choice 11:30 Healthy Hands 1:00 Fun with Food 2:00 Walking Group 3:00 Snack and drink of choice 4:00 Laughing yoga 4:30 Healthy Hands 6:00 Evening Movie	<b>24</b> 9:15 Chair Chi 9:45 Brain Fitness IN2L 10:45 Beauty Hour 11:45 Healthy Hands 1:00 Big Pin Bowling 2:00 Watering Plants 2:30 walking Group 3:00 Snack and social 3:30 Painting 4:30 Healthy Hands 6:00 Evening Movie	<b>25</b> 9:15 Chair Yoga 9:45 IN2L Trivia 10:30 Church/Jerry 11:30 Healthy Hands 1:00 Walking Group 2:00 IN2L Games 3:00 Snack and laughs 3:30 Card game of choice 4:30 Healthy Hands 6:00 evening movies	<b>26</b> 9:15 Balloon Toss 9:45 Residents Choice 10:00 Pretty Nails 11:00 Walking Group 11:30 Healthy Hands 1:00 Scenic Drive 2:00 Dancing To The Beat 3:00 Snacks and reminiscing 3:30 Bingo 4:30 Healthy hands 6:00 Evening movie	<b>27</b> 9:15 Healthy Stretches 9:45 Pin and Spin 10:45 Aroma Therapy 11:30 Healthy hands 1:00 Beauty Hour 2:00 Dice game of choice 2:30 Laughter Yoga 3:00 Snack and relax 3:30 Story telling 4:30 Healthy Hands 6:00 Evening Movie	<b>28</b> 9:15 sit and fit 9:45 Sing Aloud 10:45 Watering Garden 11:30 Healthy Hands 1:00 Bingo IN2L 2:00 Women’s group 2:30 IN2L Travel to Hawaii 3:00 Snacks time social 3:30 Fun With Food 4:30 Healthy Hands 6:00 Evening Movies	<b>29</b> 9:15 Sit And Stretch 9:45 Read Aloud 10:45 Art And crafts 11:30 Healthy Hands 1:00 Men’s Walking Group 1:30 Residents choice 2:30 Game shows 3:00 Snack and sing 3:30 Beauty hour 4:30 Healthy Hands 6:00 Evening Movie
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APRIL 2023

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<b>2</b> 9:15 Sit And Fit 9:45 IN2I Travel 10:30 Arts And crafts 11:30 Healthy Hands 1:00 Fun with Food 2:00 Walking Group 3:00 Snack/Food 4:00 Laughing yoga 4:30 Healthy hands 6:00 Evening Movie	<b>3</b> 9:15 Chair Yoga 9:45 IN2I Trivia 10:30 Ball drop 11:30 Healthy Hands 1:00 Bowling 2:00 Woman's Group 3:00 Snack/ Coffee 4:00 Color Sorting 4:30 Healthy Hands 6:00 Evening Movie	<b>4</b> 9:15 Balloon Toss 9:45 Building with Blocks 10:30 Church with Jerry 11:30 Healthy Hands 1:00 Painting Wooden Eggs 2:00 Men's Group 3:00 Snack/ Tea 4:00 IN2L Matching Cards 4:30 Healthy Hands 6:00 Evening Movie	<b>5</b> 9:15 Exercise 9:45 Bubble Popper 10:30 Arts And Crafts 11:30 Healthy Hands 1:00 Scenic Drive 2:30 Reading Aloud 3:00 Snack/Drink 3:30 Reminiscing 4:00 Setting Table 4:30 Healthy Hands 6:00 Evening Movie	<b>6</b> 9:15 Laughing Yoga 9:45 Memory Cards 10:30 Manicures 11:30 Healthy Hands 1:00 Sip And paint 2:00 Aromatherapy 3:00 Beauty hour 3:00 Sack/Tea 3:30 Color Coordination 4:00 Healthy Hands 6:00 Evening Movie	<b>7</b> 9:15 Dancing To The Beat 9:45 Memory Moments 10:30 Egg Stuffing/Candy 11:30 Healthy Hands 1:00 Walking group 2:00 Beauty Hour 3:00 Refreshments/Snack 3:30 Bowling 4:30 Healthy Hands 6:00 evening Movie	<b>8</b> 9:15 Chair Chi 9:45 Massaging Memory 10: 30 Sing aloud 11:30 Healthy Hands 1:00 Kick Ball 1:30 Arts And Crafts 2:30 Bubble popping 3:00 Snack/ Hot Chocolate 3:30 IN2L surprise 4:30 Healthy Hands 6:00 Evening Movie
<b>9</b> 9:15 Sit And Fit 9:45 IN2I Travel 10:30 Dying Easter Eggs 11:30 Healthy Hands 1:00 Fun with Food 2:00 Easter Egg Hunt!! 3:00 Snack/Food 4:00 Laughing yoga 4:30 Healthy Hands 6:00 Evening Movie	<b>10</b> 9:15 Chair Yoga 9:45 IN2I Trivia 10:30 Ball drop 11:30 Healthy Hands 1:00 Bowling 2:00 Woman's Group 3:00 Snack/ Coffee 4:00 Color Sorting 4:30 Healthy Hands 6:00 Evening Movie	<b>11</b> 9:15 Balloon Toss 9:45 Building with Blocks 10:30 Church With Jerry 11:30 Healthy Hands 1:00 Painting 2:00 Men's Group 3:00 Snack/ Tea 4:00 IN2L Matching Cards 4:30 Healthy Hands 6:00 Evening Movie	<b>12</b> 9:15 Exercise 9:45 Bubble Popper 10:30 Arts And Crafts 11:30 Healthy Hands 1:00 Scenic Drive 2:30 Reading Aloud 3:00 Snack/Drink 3:30 Reminiscing 4:00 Setting The Table 4:30 Healthy Hands 6:00 Evening Movie	<b>13</b> 9:15 Laughing Yoga 9:45 Memory Cards 10:30 Manicures 11:30 Healthy Hands 1:00 Sip And paint 2:00 Aromatherapy 2:30 Beauty hour 3:00 Sack/Tea 3:30 Color Coordination 4:00 Healthy Hands 6:00 Evening Movie	<b>14</b> 9:15 Dancing To The Beat 9:45 Memory Moments 10:30 Ball Drop 11:30 Healthy Hands 1:00 Walking group 2:00 Beauty Hour 3:00 Refreshments/Snack 3:30 Bowling 4:30 Healthy Hands 6:00 evening Movie	<b>15</b> 9:15 Chair Chi 9:45 Massaging Memory 10: 30 Sing aloud 11:30 Healthy Hands 1:00 Kick Ball 1:30 Arts And Crafts 2:30 Bubble popping 3:00 Snack/ Hot Chocolate 3:30 IN2L surprise 4:30 Healthy Hands 6:00 Evening Movie
<b>16</b> 9:15 Sit And Fit 9:45 IN2I Travel 10:30 Arts And crafts 11:30 Healthy Hands 1:00 Fun with Food 2:00 Walking Group 3:00 Snack/Food 4:00 Laughing yoga 4:30 Healthy Hands 6:00 Evening Movie	<b>17</b> 9:15 Chair Yoga 9:45 IN2I Trivia 10:30 Ball drop 11:30 Healthy Hands 1:00 Bowling 2:00 Woman's Group 3:00 Snack/ Coffee 4:00 Color Sorting 4:30 Healthy Hands 6:00 Evening Movie	<b>18</b> 9:15 Balloon Toss 9:45 Building with Blocks 10:30 Church with Jerry 11:30 Healthy Hands 1:00 Painting 2:00 Men's Group 3:00 Snack/ Tea 4:00 IN2L Matching Cards 4:15 Healthy Hands 6:00 Evening Movie	<b>19</b> 9:15 Exercise 9:45 Bubble Popper 10:30 Arts And Crafts 11:30 Healthy Hands 1:00 Scenic Drive 2:30 Reading Aloud 3:00 Snack/Drink 3:30 Reminiscing 4:15 Healthy Hands 6:00 Evening Movie	<b>20</b> 9:15 Laughing Yoga 9:45 Memory Cards 10:30 Manicures 11:30 Healthy Hands 1:00 Sip And paint 2:00 Aromatherapy 2:30 Beauty Hour 3:00 Sack/Tea 3:30 Color Coordination 4:00 Healthy Hands 6:00 Evening Movie	<b>21</b> 9:15 Dancing To The Beat 9:45 Memory Moments 10:30 IN2L Travel 11:30 Healthy Hands 1:00 Walking group 2:00 Beauty Hour 3:00 Refreshments/Snack 3:30 Bowling 4:30 Healthy Hands 6:00 Evening Movie	<b>22</b> 9:15 Chair Chi 9:45 Massaging Memory 10: 30 Sing aloud 11:30 Healthy Hands 1:00 Kick Ball 1:30 Arts And Crafts 2:30 Bubble popping 3:00 Snack/ Hot Chocolate 3:30 IN2L surprise 4:30 Healthy Hands 6:00 Evening Movie
<b>23</b> 9:15 Sit And Fit 9:45 IN2I Travel 10:30 Arts And crafts 11:30 Healthy Hands 1:00 Fun with Food 2:00 Walking Group 3:00 Snack/Food 4:00 Laughing yoga 4:30 Healthy Hands 6:00 Evening Movie	<b>24</b> 9:15 Chair Yoga 9:45 IN2I Trivia 10:30 Ball drop 11:30 Healthy Hands 1:00 Bowling 2:00 Woman's Group 3:00 Snack/ Coffee 4:00 Color Sorting 4:30 Healthy Hands 6:00 Evening Movie	<b>25</b> 9:15 Balloon Toss 9:45 Building with Blocks 10:30 Church With Jerry 11:30 Healthy Hands 1:00 Painting 2:00 Men's Group 3:00 Snack/ Tea 4:00 IN2L Matching Cards 4:30 Healthy Hands 6:00 Evening Movie	<b>26</b> 9:15 Exercise 9:45 Bubble Popper 10:30 Arts And Crafts 11:30 Healthy Hands 1:00 Scenic Drive 2:30 Reading Aloud 3:00 Snack/Drink 3:30 Reminiscing 4:15 Healthy Hands 6:00 Evening Movie	<b>27</b> 9:15 Laughing Yoga 9:45 Memory Cards 10:30 Manicures 11:30 Healthy Hands 1:00 Sip And paint 2:00 Aromatherapy 2:30 Beauty hour 3:00 Sack/Tea 3:30 Color Coordination 4:30Healthy Hands	<b>28</b> 9:15 Dancing To The Beat 9:45 Memory Moments 10:30 IN2L Travel 11:30 Healthy Hands 1:00 Walking group 2:00 Beauty Hour 3:00 Refreshments/Snack 3:30 Bowling 4:30 Healthy Hands 6:00 evening Movie	<b>29</b> 9:15 Chair Chi 9:45 Massaging Memory 10: 30 Sing aloud 11:30 Healthy Hands 1:00 Kick Ball 1:30 Arts And Crafts 2:30 Bubble popping 3:00 Snack/ Hot Chocolate 3:30 IN2L surprise 4:30 Healthy Hands
<b>30</b> 9:15 Sit And Fit 9:45 IN2I Travel 10:30 Arts And crafts 11:30 Healthy Hands 1:00 Fun with Food 2:00 Walking Group 3:00 Snack/Food 4:00 Laughing yoga 4:30 Healthy Hands 6:00 Evening Movie						