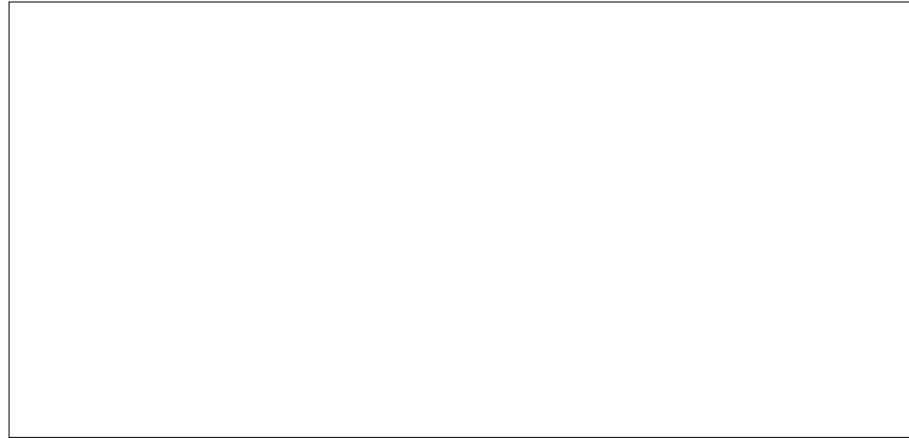




1655 NE 18th St.  
Gresham, OR 97030

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**Farmington Square Leadership Team**  
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**Executive Director:**  
**Malina Souliyalaovong**  
**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:**  
**Aaron Deeleuw**



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

# Farmington Square News

May 2023 Newsletter



**2 Staying on Top of Dental Care**  
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## Staying on Top of Dental Care

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

It's May and that means it's Dental Care Month, a time for all of us to focus on taking good care of our teeth. In observance, we're sharing best practices and information to help adults and older adults improve dental habits.

First comes the advice you've likely heard: make sure to brush your teeth twice a day, in the morning and at night. However, we'll expand on that. After breakfast and before bedtime are best times to do it, and at least two minutes of brushing is recommended. It's wise to use a toothpaste with the American Dental Association (ADA) Seal on it signifying the paste has fluoride for fighting plaque and decay, per Harvard Health. As for what type of toothbrush to use, the ADA suggests one with soft bristles—manual or powered as both work effectively.

Flossing is another smart part of the daily dental health process. The National Institute on Aging recommends using small circular motions and short back and forth strokes to do so, and making sure to rinse after. It's best to floss after meals, and more than once daily.

When it comes to diet, some foods are better than others for our teeth. Acidic foods can erode enamel and crunchy foods like chips can lead to build up between teeth. For dental health, try low-sugar dairy, lean proteins, less acidic fruits and vegetables, nuts, and high-fiber foods.

Certain conditions can affect dental health in



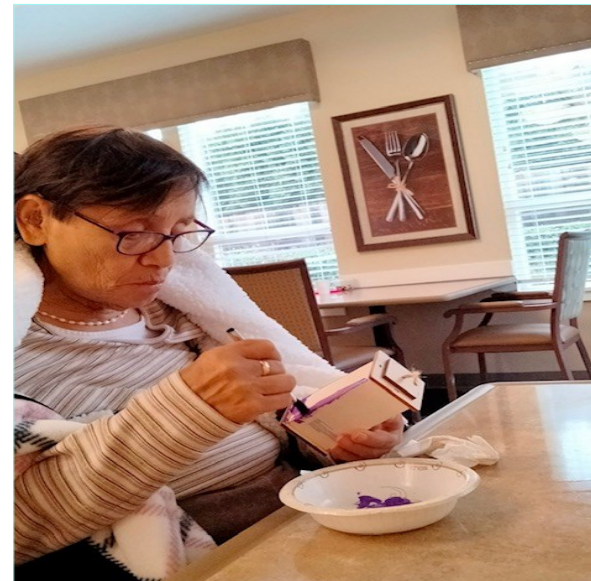
**Did you know? The ADA recommends replacing your toothbrush every three to four months to prevent bacteria build up on the brush.**

older adults, and one of them is dry mouth, when a person doesn't make enough saliva to keep their mouth wet. If you think you have dry mouth, be sure to let your dental professional know. It can increase the risk for cavities, tooth decay, and fungal infections. Dry mouth is a side effect of some medications and can be due to some conditions, like diabetes. Fortunately, according to the NIA, sipping water or sugarless drinks, or having hard candy, or tart gum, can help. Avoiding smoking, alcohol, acidic juices, and spicy or salty foods can also be beneficial.

Another area that older adults may need to pay attention to is denture care. For those with dentures, make sure to brush them every day with a denture-care product and soak them in water or a denture-cleaner at night. To help gums, avoid small crunchy foods that can get stuck under dentures, and leave dentures out of your mouth when you sleep.

We hope this information has been helpful to you this Dental Care Month. Let us know on our Facebook newsletter post on the 1st.

## Special Moments



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

**Virginia 05/01**  
**Marlene N. 05/06**  
**Patricia G. 05/08**  
**Erma S. 05/11**  
**Judith P. 05/12**  
**Marissa 05/15**  
**Tammy 05/16**  
**Liz 05/16**



# May 2023 Highlights

**Observes:** ALS, Improving Posture, Dental Care, Stroke Awareness, Mental Health Awareness, Blood Pressure Awareness, Brain Cancer, Skin Cancer

**Celebrates:** Older Americans, American Cheese, Drums, Asparagus, Our Military, Barbecues, Bicycles, Photography, Salad, Salsa, Strawberries, Eggs

01 Chocolate Parfait Day; Mother Goose Day	17 Cherry Cobbler Day; Idaho Day; Baking Day
02 Truffle Day; World Asthma Day	18 Cheese Souffle Day; Intl. Museum Day
03 Garden Meditation Day; Raspberry Popover Day	19 Nascar Day; Devil's Food Cake Day; Pizza Fun Day
04 Bird Day; Orange Juice Day; Star Wars Day	20 Pick Strawberries Day; Quiche Lorraine Day
05 Astronaut Day; Hoagie Day; Space Day	21 Strawberries & Cream Day; Thank a Server Day
06 Kentucky Derby; Crepe Suzette Day; Nurses' Day	22 Solitaire Day; Vanilla Pudding Day
07 Lemonade Day; Paste-Up Day; Leg of Lamb Day	23 Lucky Penny Day; Taffy Day; Library Staff Day
08 Coconut Cream Pie Day; Have a Coke Day	24 Brother's Day; Scavenger Hunt Day
09 Butterscotch Brownie Day; Lost Sock Talk Day	25 Tap Dance Day; Wine Day
10 Receptionists' Day; 3rd Shift Staff Day; WA Day	26 Paper Airplane Day; Road Trip Day
11 Twilight Zone Day; Eat What You Want Day	27 Grape Popsicle Day; Sunscreen Day
12 Limerick Day; Nutty Fudge Day	28 Brisket Day; Hamburger Day
13 Apple Pie Day; Fruit Cocktail Day; Mini Golf Day	29 Memorial Day; Paperclip Day; Cookie Day
14 Mother's Day; Buttermilk Biscuit Day	30 Creativity Day; Mint Julep Day
15 Chocolate Chip Day; Straw Hat Day	31 Macaroon Day; Senior Health & Fitness Day
16 Barbecue Day; Love a Tree Day; Mimosa Day	

## Our Executive Director's Corner

Dear residents, family members, and friends,

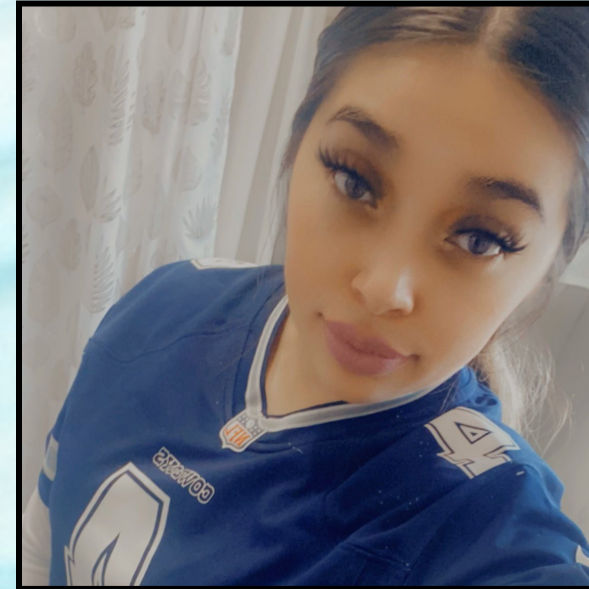
We are so excited to be going into the Month of May with all of you! May is full of so many special days to observe and we hope you are able to join us in celebrating all that we can.

We will be hosting a special Mother's Day Tea event on Mother's Day in honor of all of the wonderful mothers we are fortunate to see every day. We hope you can join us at 2 pm on Sunday, May 14th, to celebrate all mothers with pastries, warm tea, and warm hearts.

We invite you to join us on May 29th at 3 pm to honor Memorial Day at our afternoon social. We will be serving snacks and refreshments during our Memorial Day-inspired activities.

Sincerely,

Malina Souliyalaovong



**Staff Spotlight:**  
**Liz**

**This month's spotlight is definitely shining on Liz who is also the Employee Of The Month!**

**Liz joined our team as a dedicated caregiver and has since grown into a med tech who continues to impress us with her aspirational spirit.**

**Liz is a proud soccer mom to her little boy who is her pride and joy. Liz enjoys cooking, cleaning and rooting for her favorite football team: The Dallas Cowboys!**

**Thank you, Liz, for all you do every day for the residents and team here at FSG!**



**Resident Spotlight:**  
**Carol**

**This month's resident spotlight is shining on Carol!**

**Carol was born in Klamath Falls, OR. Carol put down roots in the Gresham/Portland area where she raised her two sons Cameron and Vince. Carol's beautiful family has continued to grow and she is a proud GREAT-grandma.**



**Carol is an active member of her church and is very social. While in the community, Carol can be found gardening, creating art or socializing with peers over coffee.**

**Welcome Carol! We look forward to making memories with you!**



SUN	MON	TUE	WED	THU	FRI	SAT
All activities subject to change per mandated health guidelines.	1 9:15 Ball Toss 10:00 Music & Social 10:30 Bowling 11:30 Healthy Hands 1:00 IN2L Surprise 2:00 Puzzle Club 3:00 Cider, Snack and chat 4:30 Healthy Hands 6:00 Evening movie	2 9:15 Balance Training 10:00 Morning Game show 10:30 Church W Pastor Jerry 11:30 Healthy Hands 1:00 Pretty Nails 2:00 In2l Around the world 3:00 Coffee, Snack and Chat 4:30 Healthy Hands 6:00 Evening Movie	3 9:15 Chair Zumba 10:00 Riddles & Rhymes 10:30 Artist’s Hour 11:30 Healthy Hands 1:00 Ladies Group 2:00 Bowling 3:00 Tea, Snack and Chat 4:30 Healthy Hands 6:00 Evening Movie	4 9:15 Stretch & Flex 10:00 Morning News 10:30 Crafting 11:30 Healthy Hands 1:00 BINGO!! 2:00 IN2L Surprise 3:00 Afternoon Social 4:30 Healthy Hands 6:00 Evening Movie	5 Cinco De Mayo 9:15 IN2L Exercise 10:00 Crosswords & Tea 10:30 IN2L sing along 11:30 Healthy Hands 1:00 Ring Toss 2:00 Crafts 3:00 Tea, Snack and Chat 4:30 Healthy Hands 6:00 Evening Movie	6 9:15 Walking Group 10:00 IN2L Trivia 10:30 Resident choice 11:30 Healthy Hands 1:00 Beauty Hour 2:00 One on One 3:00 Juice, snack and chat 4:30 Healthy Hands 6:00 Evening Movie
7 9:15 Tai Chi 10:00 Daily Chronicles 10:30 Resident’s Choice 11:30 Healthy Hands 1:00 IN2L Trivia 2:00 Dice Game of Choice 3:00 Snack and Chat 4:30 Healthy Hands 6:00 Evening Movie	8 9:15 Ball Toss 10:00 Music & Social 10:30 Bowling 11:30 Healthy Hands 1:00 IN2L Surprise 2:00 Puzzle Club 3:00 Cider, Snack and chat 4:30 Healthy Hands 6:00 Evening Movie	9 9:15 Balance Training 10:00 Morning Game Show 10:30 Church W Pastor Jerry 11:30 Healthy Hands 1:00 Pretty Nails 2:00 In2l Around the world 3:00 Coffee, Snack and chat 4:30 Healthy Hands 6:00 Evening Movie	10 9:15 Chair Zumba 10:00 Riddles & Rhymes 10:30 Coffee and chat 11:30 Healthy Hands 1:00 Card Game 2:00 Men’s Group 3:00 Tea, Snack and Chat 4:30 Healthy Hands 6:00 Evening Movie	11 9:15 Stretch & Flex 10:00 Morning News 10:30 Crafting 11:30 Healthy Hands 1:00 BINGO!! 2:00 IN2L surprise 3:00 Afternoon Social 4:30 Healthy Hands 6:00 Evening Movie	12 9:15 IN2L Exercise 10:00 Crosswords & Tea 10:30 IN2L Sing Along 11:30 Healthy Hands 1:00 Ring Toss 2:00 Crafts 3:00 Tea, Snack and Chat 4:30 Healthy Hands 6:00 Evening Movie	13 9:15 Walking Group 10:00 IN2L Trivia 10:30 Resident choice 11:30 Healthy Hands 1:00 Beauty Hour 2:00 One on One 3:00 Juice, Snack and chat 4:30 Healthy Hands 6:00 Evening Movie
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28 9:15 Tai Chi 10:00 Daily Chronicles 10:30 Resident’s Choice 11:30 Healthy Hands 1:00 IN2L Holiday Trivia 2:00 Dice Game of Choice 3:00 Snack and Chat 4:30 Healthy Hands 6:00 Evening Movie	29 Memorial Day 9:15 Ball Toss 10:00 Music & Social 10:30 Bowling 11:30 Healthy Hands 1:00 IN2L Surprise 2:00 Puzzle Club 3:00 Memorial Day Party 4:30 Healthy Hands 6:00 Evening Movie	30 9:15 Balance Training 10:00 Morning Game Show 10:30 Church W Pastor Jerry 11:30 Healthy Hands 1:00 Pretty Nails 2:00 IN2L Around the world 3:00 Coffee, Snack and Chat 4:30 Healthy Hands 6:00 Evening Movie	31 9:15 Chair Zumba 10:00 Riddles & Rhymes 10:30 Coffee and Chat 11:30 Healthy Hands 1:00 Ring Toss 2:00 Ladies Group 3:00 Tea, Snack and Chat 4:30 Healthy Hands 6:00 Evening Movie	Spirit Week Monday 5/22 Fun T-Shirt Day Tuesday 5/23 Pajama Day Wednesday 5/24 Sporty/Sports Day Thursday 5/25 Throwback Thursday Friday 5/26 Comfy Shoes Day		



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14 Happy Mother’s Day 9:15 Tai Chi 10:00 Daily Chronicles 10:30 Music and relax 11:30 Healthy Hands 1:00 IN2L Trivia 2:00 Mothers day Tea 3:00 Coffee, Snack, Chat 4:30 Healthy Hands 6:00 Evening Movie	15 9:15 Ball Toss 10:00 Music & Social 10:30 Bowling 11:30 Healthy Hands 1:00 IN2L Trivia 2:00 Arts and Crafts 3:00 Tea, Snack and chat 4:30 Healthy Hands 6:00 Evening movie	16 9:15 Balance Training 10:00 IN2L Sing Along 10:30 Church W Pastor Jerry 11:30 Healthy Hands 1:00 Pretty Nails 2:00 Game shows 3:00 Coffee, Snack and Chat 4:30 Healthy Hands 6:00 Evening Movie	17 9:15 Chair Zumba 10:00 Riddles & Rhymes 10:30 Color Sorting 11:30 Healthy Hands 1:00 Walking Group 2:00 Bowling 3:00 Ladies Group 4:30 Healthy Hands 6:00 Evening Movie	18 9:15 Stretch & Flex 10:00 Morning News 10:30 Crafting 11:30 Healthy Hands 1:00 BINGO!! 2:00 Mens Group 3:00 Afternoon Social 4:30 Healthy Hands 6:00 Evening Movie	19 9:15 IN2L Exercise 10:00 Crosswords & Tea 10:30 IN2L Travel to France 11:30 Healthy Hands 1:00 Ring Toss 2:00 Crafts 3:00 Tea, Snack, CHat 4:30 Healthy Hands 6:00 Evening Movie	20 9:15 Walking Group 10:00 IN2L Trivia 10:30 Sing Along 11:30 Healthy Hands 1:00 Pretty Nails 2:00 Garden Time 3:00 Snack and chat 4:30 Healthy Hands 6:00 Evening Movie
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<div> <div>MAY 2023</div> <div>Farmington Square Gresham • Diamond/Emerald 1655 NE 18th St., Gresham, OR 97030 • 503-665-1994</div> </div>						
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<div>All activities subject to change per mandated health guidelines.</div>	<div>1</div> <div>9:15 Chair Chi</div> <div>10:00 Riddles &amp; Juice</div> <div>10:30 Color Sorting</div> <div>11:30 Healthy Hands</div> <div>1:00 IN2L Trivial Games</div> <div>2:00 Laughing yoga</div> <div>3:00 Sing Along and Snack</div> <div>4:30 Healthy Hands</div> <div>6:00 Evening Movie</div>	<div>2</div> <div>9:15 Sit N Be Fit</div> <div>10:00 Music &amp; Memories</div> <div>10:30 Church W Pastor Jerry</div> <div>11:30 Healthy Hands</div> <div>1:00 IN2L Games</div> <div>2:00 Sorting/Folding</div> <div>3:00 Crafts &amp; Snack</div> <div>4:30 Healthy Hands</div> <div>6:00 Evening Movie</div>	<div>3</div> <div>9:15 Exercise</div> <div>10:00 Rhyme Time</div> <div>10:30 Today In History</div> <div>11:30 Healthy Hands</div> <div>1:00 Ladies Group</div> <div>2:00 IN2L trivia</div> <div>3:00 Snack and Chat</div> <div>4:30 Healthy Hands</div> <div>6:00 Evening Movie</div>	<div>4</div> <div>9:15 Stretch &amp; Flex</div> <div>10:00 Puzzles and Tea</div> <div>10:30 IN2L Reminiscing</div> <div>11:30 Healthy Hands</div> <div>1:00 Cooking Club</div> <div>2:00 Men’s Group</div> <div>3:00 Afternoon Social</div> <div>4:30 Healthy Hands</div> <div>6:00 Evening Movie</div>	<div>5 Cinco De Mayo</div> <div>9:15 Chair Yoga</div> <div>10:00 Morning Stories</div> <div>10:30 Games &amp; Cocoa</div> <div>11:30 Healthy Hands</div> <div>1:00 Sounds of Nature</div> <div>2:00 IN2L travel to Mexico</div> <div>3:00 Art and Snack</div> <div>4:30 Healthy Hands</div> <div>6:00 Evening Movie</div>	<div>10</div> <div>9:15 Balloon Toss</div> <div>10:00 Coffee &amp; Chat</div> <div>10:30 Spiritual Hymns</div> <div>11:30 Healthy Hands</div> <div>1:00 Walking Group</div> <div>2:00 Ring Toss</div> <div>3:00 IN2L Game/Snack</div> <div>4:30 Healthy Hands</div> <div>6:00 Evening Movie</div>
<div>7</div> <div>9:15 Ball Toss</div> <div>10:00 Wordsearch &amp; Water</div> <div>10:30 Daily Chronicles</div> <div>11:30 Healthy Hands</div> <div>1:00 Spring Crafts</div> <div>2:00 Sort and Fold</div> <div>3:00 Trivia And Snack</div> <div>4:30 Healthy Hands</div> <div>6:00 Evening Movie</div>	<div>8</div> <div>9:15 Chair Chi</div> <div>10:00 Riddles &amp; Juice</div> <div>10:30 Color Sorting</div> <div>11:30 Healthy Hands</div> <div>1:00 IN2L Trivial Games</div> <div>2:00 Craft of choice</div> <div>3:00 Sing Along/ Snack</div> <div>4:30 Healthy Hands</div> <div>6:00 Evening Movie</div>	<div>9</div> <div>9:15 Sit N Be Fit</div> <div>10:00 Music &amp; Memories</div> <div>10:30 Church W Pastor Jerry</div> <div>11:30 Healthy Hands</div> <div>1:00 IN2L Games</div> <div>2:00 Sorting/Folding</div> <div>3:00 Crafts &amp; Snack</div> <div>4:30 Healthy Hands</div> <div>6:00 Evening Movie</div>	<div>10</div> <div>9:15 Exercise</div> <div>10:00 Rhyme Time</div> <div>10:30 Today In History</div> <div>11:30 Healthy Hands</div> <div>1:00 Ladies Group</div> <div>2:00 IN2L Games</div> <div>3:00 Snack and Chat</div> <div>4:30 Healthy Hands</div> <div>6:00 Evening Movie</div>	<div>11</div> <div>9:15 Stretch &amp; Flex</div> <div>10:00 Puzzles and Tea</div> <div>10:30 IN2L Reminiscing</div> <div>11:30 Healthy Hands</div> <div>1:00 Cooking Club</div> <div>2:00 Men’s Group</div> <div>3:00 Afternoon Social</div> <div>4:30 Healthy Hands</div> <div>6:00 Evening Movie</div>	<div>12</div> <div>9:15 Chair Yoga</div> <div>10:00 Morning Stories</div> <div>10:30 Games &amp; Cocoa</div> <div>11:30 Healthy Hands</div> <div>1:00 Sounds of Nature</div> <div>2:00 IN2L travel to Spain</div> <div>3:00 Art and Snack</div> <div>4:30 Healthy Hands</div> <div>6:00 Evening Movie</div>	<div>10</div> <div>9:15 Balloon Toss</div> <div>10:00 Coffee &amp; Chat</div> <div>10:30 Spiritual Hymns</div> <div>11:30 Healthy Hands</div> <div>1:00 Walking Group</div> <div>2:00 Ring Toss</div> <div>3:00 IN2L Game/Snack</div> <div>4:30 Healthy Hands</div> <div>6:00 Evening Movie</div>
<div>14 Happy Mother’s Day</div> <div>9:15 Ball Toss</div> <div>10:00 Wordsearch &amp; Water</div> <div>10:30 Daily Chronicles</div> <div>11:30 Healthy Hands</div> <div>1:00 Spring Crafts</div> <div>2:00 Mothers Day Tea</div> <div>3:00 Trivia and Snack</div> <div>4:30 Healthy Hands</div> <div>6:00 Evening Movie</div>	<div>15</div> <div>9:15 Chair Chi</div> <div>10:00 Riddles &amp; Juice</div> <div>10:30 Color Sorting</div> <div>11:30 Healthy Hands</div> <div>1:00 IN2L Trivial Games</div> <div>2:00 laughing yoga</div> <div>3:00 Sing Along/ Snack</div> <div>4:30 Healthy Hands</div> <div>6:00 Evening Movie</div>	<div>16</div> <div>9:15 Sit N Be Fit</div> <div>10:00 Music &amp; Memories</div> <div>10:30 Church W Pastor Jerry</div> <div>11:30 Healthy Hands</div> <div>1:00 Sorting and Folding</div> <div>2:00 IN2L Games</div> <div>3:00 Crafts &amp; Snack</div> <div>4:30 Healthy Hands</div> <div>6:00 Evening Movie</div>	<div>17</div> <div>9:15 Exercise</div> <div>10:00 Rhyme Time</div> <div>10:30 Today In History</div> <div>11:30 Healthy Hands</div> <div>1:00 Ladies Group</div> <div>2:00 IN2L Trivia</div> <div>3:00 Snack and Chat</div> <div>4:30 Healthy Hands</div> <div>6:00 Evening Movie</div>	<div>18</div> <div>9:15 Stretch &amp; Flex</div> <div>10:00 Puzzles and Tea</div> <div>10:30 IN2L Reminiscing</div> <div>11:30 Healthy Hands</div> <div>1:00 Cooking Club</div> <div>2:00 Men’s Group</div> <div>3:00 Afternoon Social</div> <div>4:30 Healthy Hands</div> <div>6:00 Evening Movie</div>	<div>19</div> <div>9:15 Chair Yoga</div> <div>10:00 Morning Stories</div> <div>10:30 Games &amp; Cocoa</div> <div>11:30 Healthy Hands</div> <div>1:00 Sounds of Nature</div> <div>2:00 IN2L Travel to Australia</div> <div>3:00 Art and Snack</div> <div>4:30 Healthy Hands</div> <div>6:00 Evening Movie</div>	<div>10</div> <div>9:15 Balloon Toss</div> <div>10:00 Coffee &amp; Chat</div> <div>10:30 Spiritual Hymns</div> <div>11:30 Healthy Hands</div> <div>1:00 Walking Group</div> <div>2:00 Ring Toss</div> <div>3:00 IN2L Game/Snack</div> <div>4:30 Healthy Hands</div> <div>6:00 Evening Movie</div>
<div>21</div> <div>9:15 Ball Toss</div> <div>10:00 Wordsearch &amp; Water</div> <div>10:30 Daily Chronicles</div> <div>11:30 Healthy Hands</div> <div>1:00 Spring Crafts</div> <div>2:00 Sort and Fold</div> <div>3:00 Trivia and Snack</div> <div>4:30 Healthy Hands</div> <div>6:00 Evening Movie</div>	<div>22</div> <div>9:15 Chair Chi</div> <div>10:00 Riddles &amp; Juice</div> <div>10:30 Color sorting</div> <div>11:30 Healthy Hands</div> <div>1:00 IN2L Trivial Games</div> <div>2:00 Flower making</div> <div>3:00 Sing Along/ Snack</div> <div>4:30 Healthy Hands</div> <div>6:00 Evening Movie</div>	<div>23</div> <div>9:15 Sit N Be Fit</div> <div>10:00 Music &amp; Memories</div> <div>10:30 Church W Pastor Jerry</div> <div>11:30 Healthy Hands</div> <div>1:00 IN2L Games</div> <div>2:00 Sorting/Folding</div> <div>3:00 Crafts &amp; Snack</div> <div>4:30 Healthy Hands</div> <div>6:00 Evening Movie</div>	<div>24</div> <div>9:15 Exercise</div> <div>10:00 Rhyme Time</div> <div>10:30 Today In History</div> <div>11:30 Healthy Hands</div> <div>1:00 Ladies Group</div> <div>2:00 IN2L Games</div> <div>3:00 Snack and Chat</div> <div>4:30 Healthy Hands</div> <div>6:00 Evening Movie</div>	<div>25</div> <div>9:15 Stretch &amp; Flex</div> <div>10:00 Puzzles and Tea</div> <div>10:30 IN2L Reminiscing</div> <div>11:30 Healthy Hands</div> <div>1:00 Cooking Club</div> <div>2:00 Men’s Group</div> <div>3:00 Afternoon Social</div> <div>4:30 Healthy Hands</div> <div>6:00 Evening Movie</div>	<div>26</div> <div>9:15 Chair Yoga</div> <div>10:00 Morning Stories</div> <div>10:30 Games &amp; Cocoa</div> <div>11:30 Healthy Hands</div> <div>1:00 Sounds of Nature</div> <div>2:00 IN2L Travel to Ireland</div> <div>3:00 Art and Snack</div> <div>4:30 Healthy Hands</div> <div>6:00 Evening Movie</div>	<div>10</div> <div>9:15 Balloon Toss</div> <div>10:00 Coffee &amp; Chat</div> <div>10:30 Spiritual Hymns</div> <div>11:30 Healthy Hands</div> <div>1:00 Walking Group</div> <div>2:00 Ring Toss</div> <div>3:00 IN2L Game/Snack</div> <div>4:30 Healthy Hands</div> <div>6:00 Evening Movie</div>
<div>28</div> <div>9:15 Ball Toss</div> <div>10:00 Wordsearch &amp; Water</div> <div>10:30 Daily Chronicles</div> <div>11:30 Healthy Hands</div> <div>1:00 Sort and old</div> <div>2:00 Game Hour</div> <div>3:00 Trivia and Snack</div> <div>4:30 Healthy Hands</div> <div>6:00 Evening Movie</div>	<div>29 Memorial Day</div> <div>9:15 Chair Chi</div> <div>10:00 Riddles &amp; Juice</div> <div>10:30 Color Sorting</div> <div>11:30 Healthy Hands</div> <div>1:00 IN2L Trivial Games</div> <div>2:00 Crafts of choice</div> <div>3:00 Memorial Day Party</div> <div>4:30 Healthy Hands</div> <div>6:00 Evening Movie</div>	<div>30</div> <div>9:15 Sit N Be Fit</div> <div>10:00 Music &amp; Memories</div> <div>10:30 Church W Pastor Jerry</div> <div>11:30 Healthy Hands</div> <div>1:00 IN2L Games</div> <div>2:00 Sorting/Folding</div> <div>3:00 Crafts &amp; Snack</div> <div>4:30 Healthy Hands</div> <div>6:00 Evening Movie</div>	<div>31</div> <div>9:15 Exercise</div> <div>10:00 Rhyme Time</div> <div>10:30 Today In History</div> <div>11:30 Healthy Hands</div> <div>1:00 Ladies Group</div> <div>2:00 IN2L Trivia</div> <div>3:00 Snack and Chat</div> <div>4:30 Healthy Hands</div> <div>6:00 Evening Movie</div>	<div>Spirit Week</div> <div>Monday 5/22</div> <div>Fun T-Shirt Day</div> <div>Tuesday 5/23</div> <div>Pajama Day</div> <div>Wednesday 5/24</div> <div>Sporty/Sports Day</div> <div>Thursday 5/25</div> <div>Throwback Thursday</div> <div>Friday 5/26</div> <div>Comfy Shoes Day</div>	