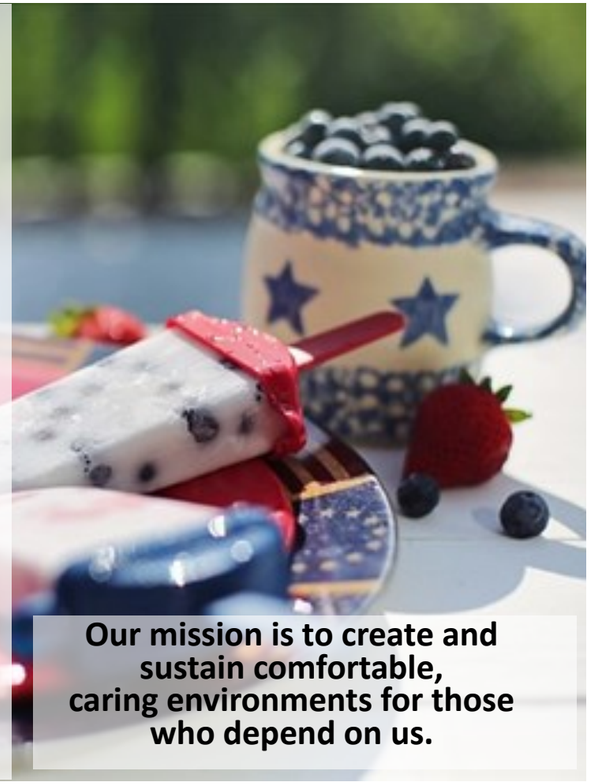
FARMINGTON SQUARE
14420 SW Farmington Rd.
Beaverton, OR 97005

Stamp

Leadership Team:
Phone: 503.626.2273
Email: info-Beaverton@farmingtonsquare.com
Website: farmingtonsquare-beaverton.com
Facebook: FarmingtonSquareBeaverton

Executive Director:
Tawnya Theodore
Community Relations Director:
Randy Dickens
Business Office Director:
Jane Smith
Wellness Director:
Cory Stevenson(A), Melissa Garza (B),
Marchelle Roberts (CD)
Wellness Coordinators:
Cathy Ayala & Adriana Cruz-Bautista
Life Enrichment Director:
Rob Baty
Dining Services Director:
Erika Silva
Maintenance Director:
Mike Fraser



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

The Radiant Reader

July 2023

Farmington Square Transitions Newsletter

2 All About UV Safety
3 Team Spotlight
4 - 5 Activities Calendar
6 Highlights
7 Special Moments & Birthdays
8 Mission & Team

All About UV Safety: Summer Skin Protection Tips

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

It's a delight for many when colder weather gives way to warm and hot sunny days that allow for fun outdoor activities. It's also a great time to refresh knowledge about sun safety. This UV Safety Month, tune in to learn some safety tips for greeting golden rays.

If you're one who loves to head out into the sunshine, you're likely drawn to its benefits, from stress reduction and the opportunity for physical activity to the Vitamin D boost it brings. That being said, it's smart to know about its risks. A little UV-ray knowledge can go a long way toward protecting you outside.

UV Rays are invisible and are part of energy from the sun (as well as from sun lamps and tanning beds). UV rays that reach the Earth include UVA and UVB. UVA rays have the lowest energy of UV rays, but can cause aging in skin cells and indirect damage to cell DNA. They can damage the skin, cause wrinkles, and may have a role in some skin cancers. UVB rays bring more energy, can damage skin cells directly, and bring sunburn. They are the cause of most skin cancers. (American Cancer Society).

Avoiding the harmful effects of the sun's rays, while enjoying the sun's benefits can be as easy as setting up some routine sun rules. Before you head outside, consider these tips from the American Academy of Dermatology:

- Know that even when it doesn't seem like the sun could affect you, it can. The sun's UV rays can reach you on cloudy or cool days, and they can reflect off of water, snow, sand, and cement.
- Apply a generous amount of broad-spectrum and water-resistant sunscreen with an SPF of at least 30 to all exposed skin 30 minutes before going out. Make sure to re-apply it every two hours and after sweating or going in water. Don't forget to cover your lips, ears, back of next and tops of feet and hands. Wearing an SPF 15 lip balm is also a good idea.
- Dress in protective clothing, such as a long-sleeved shirt and pants in tightly-woven fabric, along with a wide brimmed hat and sunglasses.
- Know when to seek shade. The sun's rays are strongest between 10 am and 4 pm.
- Be aware that some medications can make us more sensitive to the sun. Read labels carefully in case of sun restrictions.
- Check out your local UV Index online for the level of UV exposure currently in your area. The lower the number, the safer it is.

We hope you feel confident to embrace summer fun under the sun. Let us know your outdoor plans on our Facebook on the 1st.

Special Moments

Happy Birthday to our Residents & Staff:

Larry S. - July 3
Bob S. - July 10
Scott M. - July 10
Mary F. - July 14

Maricruz C. - July 9
Melody L. - July 24
Gina B. - July 27
Nichole C. - July 30

July 2023 Highlights

Observes: Eye Injury Prevention, Minority Mental Health, Social Wellness, and UV Safety
Celebrates: Blueberries, Baked Beans, Culinary Arts, Grilling, Horseradish, Hot Dogs, Ice Cream, Peaches, Picnics, and Watercolors

01: Postal Worker Day; Creative Ice Cream Day
02: Anisette Day; Wildland Firefighter Day
03: Chocolate Wafer Day; Fried Clams Day
04: Barbecued Spareribs Day; Caesar Salad Day
05: Apple Turnover Day; Graham Cracker Day
06: Fried Chicken Day; Hand Roll Day
07: Macaroni Day; Strawberry Sundae Day
08: Chocolate with Almonds Day; Freezer Pop Day
09: Dimples Day; Sugar Cookie Day
10: Clerihew Day; Kitten Day; Pina Colada Day
11: 7-Eleven Day; Blueberry Muffin Day; Mojito Day
12: Eat Jello Day; Pecan Pie Day; Simplicity Day
13: Barbershop Music Day; Beans 'N' Franks Day
14: Mac & Cheese Day; Collector Car Day; Fries Day
15: Love Horses Day; Tapioca Pudding Day
16: Corn Fritters Day; Ice Cream Day
17: Lottery Day; Peach Ice Cream Day; Emoji Day
18: Caviar Day; Sour Candy Day
19: Daiquiri Day; Hot Dog Day
20: Fortune Cookie Day; Lollipop Day; Moon Day
21: Be Someone Day; Junk Food Day
22: Mango Day; Penuche Fudge Day; Cowboy Day
23: Gorgeous Grandma Day; Parents' Day
24: Amelia Earhart Day; Drive-Thru Day
25: Hot Fudge Sundae Day; Wine & Cheese Day
26: Bagelfest Day; Coffee Milkshake Day
27: Intern Day; Crème Brûlée Day; Chili Dog Day
28: Milk Chocolate Day; Waterpark Day
29: Chicken Wing Day; Lasagna Day; Lipstick Day
30: Father-in-Law Day; Cheesecake Day
31: Avocado Day; Raspberry Cake Day; Mutt Day

Rekindling old friendships is always time well spent!

Staff Spotlight:
Brianna

Brianna is one of our Med Techs that has been working here at Farmington Square for just over 4 years. Her warm and caring approach to the residents, their family members, guests, and staff can't be missed. We deeply appreciate all that you do. She certainly reflects our values in creating and sustaining a comfortable caring environment.
From all of us,
thank you!

JULY 2023 Building A

Farmington Square
14420 SW Farmington Rd.
Beaverton, OR. 97005
503-626-2273

Activity schedule

Subject to cancellation per current mandated health guidelines.

Please look for a red time to indicate what may be changing

Example: 9:45 Fred Meyer

SUN	MON	TUE	WED	THU	FRI	SAT
						1 9:45 Gardening 10:00 Exercise 10:30 Snack & News 11:00 ***Wacky Word Games*** 1:30 Puzzles 2:30 Bingo/ Snack 3:30 Sing Along 6:00 Movie Night
2 9:30 Coffee/ News 9:45 Gardening 10:30 Snack 10:45 Bible Verse of the day 1:30 Bingo/Snack 2:30 Movie Matinee 6:00 Balloon Bounce	**3** 10:00 *Wacky Word Games* 10:30 Snack & News 11:15 Exercise 1:30 Bingo 2:30 Balloon Badminton 3:00 Afternoon Movie 6:00 Balloon Bounce	**4 Independence Day** 10:00 Exercise 10:30 Snack & News 11:00 *Wacky Word Games* 1:30 Bingo 2:30 Puzzles 3:00 Afternoon Movie **6:00 Firework Display**	**5** 9:45 Painting 10:00 Exercise 10:30 Snack & News 11:00 ***Wacky Word Games*** 1:30 **Ice Cream Social / Bingo** 2:45 ***Sing Along /Trivia*** 6:00 Balloon Bounce	**6** 9:45 Gardening 10:00 Exercise 10:30 Snack & News **11:00 Craft** 1:30 Bingo 2:30 ***This or That /Snack*** 3:00 Balloon Bounce 6:00 Puzzles	**7** 10:00 Exercise 10:30 Snack & News 11:00 ***Wacky Word Games*** 1:30 Bingo 2:45 Manicures/Snack 3:30 ***Sing Along*** 6:00 Puzzles	**8** 9:45 Gardening 10:00 Exercise 10:30 Snack & News 11:00 ***Wacky Word Games*** 1:30 Balloon Bounce 2:30 Bingo/ Snack 3:30 Sing Along 6:00 Movie Night
9 9:30 Coffee/ News 9:45 Gardening 10:30 Snack 10:45 Bible Verse of the day 1:30 Bingo/Snack **3:00 Music by Kyle Lewis** 6:00 Balloon Bounce	**10** **9:45 Scenic Drive** 11:00 *Wacky Word Games* 11:30 Exercise 1:30 Bingo 2:30 *Sing Along/Snack* 3:30 Afternoon Trivia 6:00 *Evening Movie*	**11** 9:45 Gardening 10:00 Exercise 10:30 Snack & News 11:00 ***Wacky Word Games*** 1:30 Bingo 2:45 Manicures/Snack 3:30 ***Sing Along*** 6:00 Puzzles	**12** 9:45 Painting 10:00 Exercise 10:30 Snack & News 11:00 ***Wacky Word Games*** 1:30 ***Rick Steve's Travel*** 2:45 **Ice Cream Social / Bingo** 6:00 Balloon Bounce	**13** 9:45 Gardening 10:00 Exercise 10:30 Snack & News **11:00 Craft** 1:30 Bingo 2:30 ***This or That /Snack*** 3:00 Balloon Bounce 6:00 Puzzles	**14** 10:00 Exercise 10:30 Snack & News 11:00 ***Wacky Word Games*** 1:30 Bingo 2:45 Manicures/Snack 3:30 ***Sing Along*** 6:00 Puzzles	**15** 9:45 Gardening 10:00 Exercise 10:30 Snack & News 11:00 ***Wacky Word Games*** 1:30 Puzzles 2:30 Bingo/ Snack 3:30 Sing Along 6:00 Movie Night
16 9:30 Coffee/ News 9:45 Gardening 10:30 Snack 10:45 Bible Verse of the day 1:30 Bingo/Snack 2:30 Movie Matinee 6:00 Balloon Bounce	**17** 10:00 *Wacky Word Games* 10:30 Snack & News 11:15 Exercise 1:30 Bingo 2:30 Balloon Badminton 3:00 Afternoon Movie 6:00 Balloon Bounce	**18** 9:45 Gardening 10:00 Exercise 10:30 Snack & News 11:00 ***Wacky Word Games*** 1:30 Bingo 2:45 Manicures/Snack 3:30 ***Sing Along*** 6:00 Puzzles	**19** 9:45 Painting 10:00 Exercise 10:30 Snack & News 11:00 ***Wacky Word Games*** 1:30 Bingo **3:15 Music by Blake Johnstone** 6:00 Balloon Bounce	**20** 9:45 Gardening 10:00 Exercise 10:30 Snack & News **11:00 Craft** 1:30 Bingo 2:30 ***This or That /Snack*** 3:00 Balloon Bounce 6:00 Puzzles	**21** 10:00 Exercise 10:30 Snack & News 11:00 ***Wacky Word Games*** 1:30 Bingo 2:45 Manicures/Snack 3:30 ***Sing Along*** 6:00 Puzzles	**22** 9:45 Gardening 10:00 Exercise 10:30 Snack & News 11:00 ***Wacky Word Games*** 1:30 Balloon Bounce 2:30 Bingo/ Snack 3:30 Sing Along 6:00 Movie Night
23 9:30 Coffee/ News 9:45 Gardening 10:30 Snack 10:45 Bible Verse of the day 1:30 Bingo/Snack 2:30 Movie Matinee 6:00 Balloon Bounce	**24** **9:45 Scenic Drive** 11:00 *Wacky Word Games* 11:30 Exercise 1:30 Bingo 2:30 *Sing Along/Snack* 3:30 Afternoon Trivia 6:00 *Evening Movie*	**25** 9:45 Gardening 10:00 Exercise 10:30 Snack & News 11:00 ***Wacky Word Games*** 1:30 Bingo 2:45 Manicures/Snack 3:30 ***Sing Along*** 6:00 Puzzles	**26** 9:45 Painting 10:00 Exercise 10:30 Snack & News 11:00 ***Wacky Word Games*** 1:30 **Ice Cream Social / Bingo** 2:45 ***Sing Along /Trivia*** 6:00 Balloon Bounce	**27** 9:45 Gardening 10:00 Exercise 10:30 Snack & News **11:00 Craft** 1:30 Bingo 2:30 ***This or That /Snack*** 3:00 Balloon Bounce 6:00 Puzzles	**28** 10:00 Exercise 10:30 Snack & News 11:00 ***Wacky Word Games*** 1:30 Bingo 2:45 Manicures/Snack 3:30 ***Sing Along*** 6:00 Puzzles	**29** 9:45 Gardening 10:00 Exercise 10:30 Snack & News 11:00 ***Wacky Word Games*** 1:30 Puzzles 2:30 Bingo/ Snack 3:30 Sing Along 6:00 Movie Night
30 9:30 Coffee/ News 9:45 Gardening 10:30 Snack 10:45 Bible Verse of the day 1:30 Bingo/Snack 2:30 Movie Matinee 6:00 Balloon Bounce	**31** 10:00 *Wacky Word Games* 10:30 Snack & News 11:15 Exercise 1:30 Bingo 2:30 Balloon Badminton 3:00 Afternoon Movie 6:00 Balloon Bounce					

JULY 2023 Building B

Farmington Square
14420 SW Farmington Rd.
Beaverton, OR. 97005
503-626-2273

Activity schedule

Subject to cancellation per current mandated health guidelines.

Please look for a red time to indicate what may be changing

Example: 9:45 Fred Meyer

SUN	MON	TUE	WED	THU	FRI	SAT
						1 9:45 Gardening 10:00 Creating with Colors & Snack 10:30 ***Word Games*** 11:00 Exercise 1:30 Afternoon Walk 2:45 ***Bingo*** With Snack 4:00 Poem of the day 6:00 Evening Movie
2 9:45 Gardening 9:45 Watercolors 10:00 Sit And Be Fit 10:30 Charles Stanley / Bible Study 1:30 Movie and Snack 3:00 Bingo 6:00 Travel Video	**3** **9:45 Scenic Drive** 10:30 Coffee & News 11:30 Exercise 1:30 Trivia/ Snack 2:15 Reminisce 3:00 Bingo 4:00 Poem of the day 6:00 Evening Movie	**4 Independence Day** 9:45 Gardening 10:00 Creating with Colors & Snack 10:30 ***Coffee & News*** 11:00 Exercise 1:30 ***IN2L Games*** 2:15 Manicures 2:45 ***Bingo*** With Snack **6:00 Firework Display**	**5** **10:00 Fred Meyer** 10:00 Painting 10:30 Snack 11:30 Exercise 1:30 Trivia/ Snack 2:00 Card Games 2:45 Ice Cream Social/ Bingo 6:00 Puzzles	**6** 9:45 Gardening 10:00 Creating with Colors & Snack 10:30 ***Coffee & News*** 11:00 Exercise 1:30 ***IN2L Games*** 2:45 ***Bingo*** With Snack 4:00 Poem of the day 6:00 Evening Movie	**7** 10:00 Morning Walk 10:30 Card Games & Coffee 11:15 Exercise 1:30 Craft 2:30 ***Reminisce/*** Snack 3:00 ***Bingo*** 6:00 Puzzles	**8** 9:45 Gardening 10:00 Creating with Colors & Snack 10:30 ***Word Games*** 11:00 Exercise 1:30 Afternoon Walk 2:45 ***Bingo*** With Snack 4:00 Poem of the day 6:00 Evening Movie
9 9:45 Gardening 9:45 Watercolors 10:00 Sit And Be Fit 10:30 Charles Stanley / Bible Study 1:30 Movie and Snack **3:00 Music by Kyle Lewis** 6:00 Travel Video	**10** 9:45 Creating with Colors 10:30 Coffee & News 11:30 Exercise 1:30 ***Trivia/ Snack*** 2:00 Reminisce 3:00 Bingo 6:00 Evening Movie	**11** 9:45 Gardening 10:00 Creating with Colors & Snack 10:30 ***Coffee & News*** 11:00 Exercise 1:30 ***IN2L Games*** 2:15 Manicures 2:45 ***Bingo*** With Snack 6:00 Evening Movie	**12** **10:00 Fred Meyer** 10:00 Painting 10:30 Snack 11:30 Exercise 1:30 Card Games 2:45 Ice Cream Social/ Bingo 6:00 Puzzles	**13** 9:45 Gardening 10:00 Creating with Colors & Snack 10:30 ***Coffee & News*** 11:00 Exercise 1:30 ***IN2L Games*** 2:45 ***Bingo*** With Snack 4:00 Poem of the day 6:00 Evening Movie	**14** 10:00 Morning Walk 10:30 Card Games & Coffee 11:15 Exercise 1:30 Craft 2:30 ***Reminisce/*** Snack 3:00 ***Bingo*** 6:00 Puzzles	**15** 9:45 Gardening 10:00 Creating with Colors & Snack 10:30 ***Word Games*** 11:00 Exercise 1:30 Afternoon Walk 2:45 ***Bingo*** With Snack 4:00 Poem of the day 6:00 Evening Movie
16 9:45 Gardening 9:45 Watercolors 10:00 Sit And Be Fit 10:30 Charles Stanley / Bible Study 1:30 Movie and Snack 3:00 Bingo 6:00 Travel Video	**17** **9:45 Scenic Drive** 10:30 Coffee & News 11:30 Exercise **1:30 Resident Council** 3:00 Bingo/Snack 6:00 Balloon Bounce	**18** 9:45 Gardening 10:00 Creating with Colors & Snack 10:30 ***Coffee & News*** 11:00 Exercise 1:30 ***IN2L Games*** 2:15 Manicures 2:45 ***Bingo*** With Snack 6:00 Evening Movie	**19** **10:00 Fred Meyer** 10:00 Painting 10:30 Snack 11:30 Exercise 1:30 Bean Bag Toss 2:00 Card Games **3:15 Music by Blake Johnstone** 6:00 Balloon Bounce	**20** 9:45 Gardening 10:00 Creating with Colors & Snack 10:30 ***Coffee & News*** 11:00 Exercise 1:30 ***IN2L Games*** 2:45 ***Bingo*** With Snack 4:00 Poem of the day 6:00 Evening Movie	**21** 10:00 Morning Walk 10:30 Card Games & Coffee 11:15 Exercise 1:30 Craft 2:30 ***Reminisce/*** Snack 3:00 ***Bingo*** 6:00 Puzzles	**22** 9:45 Gardening 10:00 Creating with Colors & Snack 10:30 ***Word Games*** 11:00 Exercise 1:30 Afternoon Walk 2:45 ***Bingo*** With Snack 4:00 Poem of the day 6:00 Evening Movie
23 9:45 Gardening 9:45 Watercolors 10:00 Sit And Be Fit 10:30 Charles Stanley / Bible Study 1:30 Movie and Snack 3:00 Bingo 6:00 Travel Video	**24** 9:45 Creating with Colors 10:30 Coffee & News 11:30 Exercise 1:30 ***Trivia/ Snack*** 2:00 Reminisce 3:00 Bingo 6:00 Evening Movie	**25** 9:45 Gardening 10:00 Creating with Colors & Snack 10:30 ***Coffee & News*** 11:00 Exercise 1:30 ***IN2L Games*** 2:15 Manicures 2:45 ***Bingo*** With Snack 6:00 Evening Movie	**26** **10:00 Fred Meyer** 10:00 Painting 10:30 Snack 11:30 Exercise 1:30 Trivia/ Snack 2:00 Card Games 2:45 Ice Cream Social/ Bingo 6:00 Puzzles	**27** 9:45 Gardening 10:00 Creating with Colors & Snack 10:30 ***Coffee & News*** 11:00 Exercise 1:30 ***IN2L Games*** 2:45 ***Bingo*** With Snack 4:00 Poem of the day 6:00 Evening Movie	**28** 10:00 Morning Walk 10:30 Card Games & Coffee 11:15 Exercise 1:30 Craft 2:30 ***Reminisce/*** Snack 3:00 ***Bingo*** 6:00 Puzzles	**29** 9:45 Gardening 10:00 Creating with Colors & Snack 10:30 ***Word Games*** 11:00 Exercise 1:30 Afternoon Walk 2:45 ***Bingo*** With Snack 4:00 Poem of the day 6:00 Evening Movie
30 9:45 Gardening 9:45 Watercolors 10:00 Sit And Be Fit 10:30 Charles Stanley / Bible Study 1:30 Movie and Snack 3:00 Bingo 6:00 Travel Video	**31** 9:45 Creating with Colors 10:30 Coffee & News 11:30 Exercise 1:30 ***Trivia/ Snack*** 2:00 Reminisce 3:00 Bingo 6:00 Evening Movie					

JULY 2023 Building CD

Farmington Square
14420 SW Farmington Rd.
Beaverton, OR. 97005
503-626-2273

Activity schedule

Subject to cancellation per current mandated health guidelines.

Please look for a red time to indicate what may be changing

Example: 9:45 Fred Meyer

SUN	MON	TUE	WED	THU	FRI	SAT
						1 9:45 Gardening 10:00 ***Sing Along/ Snack*** 11:00 Balloon Toss 11:30 Trivia 1:30 Puzzle/Cards/Folding 2:00 ***Reminisce/ Snack*** 3:00 ***Bingo*** 6:00 ***National Parks***
2 9:45 Gardening 10:00 ***Today in History /***Snack 11:00 ***Conductor Exercise*** 11:30 ***Good News Network*** 1:30 ***Spiritual Hymns*** 2:00 Balloon Bounce 3:00 ***Bingo*** 6:00 ***Travel Videos***	**3** 10:00 ***Today in History*** 10:30 ***Sing Along/Snack*** 11:00 ***Discussion Starters*** 11:30 Seated Stretching 1:30 ***Bingo*** 2:00 ***Old Commercials/Snack*** 3:00 Balloon Bat 6:00 ***Nature Relax***	**4 Independence Day** 9:45 Gardening 10:00 Daily Chronicle 10:30 ***Sing Along / Snack*** 11:30 Balloon Bounce 1:30 ***Travel*** 2:00 ***Reminisce/ Snack*** 3:00 ***Bingo*** 6:00 ***Movie***	**5** 10:00 Beauty Hour 10:30 ***Sing Along/ Snack*** 11:00 Exercise 11:30 Aroma Therapy 1:30 ***Bingo*** 2:00 ***Trivia/ Snack*** **3:00 Music by Dom Franko** 6:00 ***Nature Relax***	**6** 9:45 Gardening 10:00 ***Memory Bio/ Snack*** 11:00 *Sorting* 11:30 *Exercise* 1:30 Balloon Bat 2:00 Trivia/ Snack 3:00 ***Bingo*** 6:00 ***Nature Relax***	**7** 10:00 Daily Chronicle 10:30 ***Sing Along***/ Snack 11:00 Exercise 11:30 Reminisce 1:30 Bingo 2:00 ***Old Commercials/Snack*** 3:00 Balloon Bat 6:00 ***National Parks***	**8** 9:45 Gardening 10:00 ***Sing Along/ Snack*** 11:00 Balloon Toss 11:30 Trivia 1:30 Puzzle/Cards/Folding 2:00 ***Reminisce/ Snack*** 3:00 ***Bingo*** 6:00 ***National Parks***
9 9:45 Gardening 10:00 ***Today in History /***Snack 11:00 ***Conductor Exercise*** 11:30 ***Good News Network*** 1:30 ***Spiritual Hymns*** 2:00 Balloon Bounce 3:00 ***Bingo*** 6:00 ***Travel Videos***	**10** 10:00 ***Today in History*** 10:30 ***Sing Along/Snack*** 11:00 ***Discussion Starters*** 11:30 Seated Stretching 1:30 ***Bingo*** 2:00 ***Old Commercials/Snack*** 3:00 Balloon Bat 6:00 ***Nature Relax***	**11** 9:45 Gardening 10:00 Daily Chronicle 10:30 ***Sing Along / Snack*** 11:30 Balloon Bounce 1:30 ***Travel*** 2:00 ***Reminisce/ Snack*** 3:00 ***Bingo*** 6:00 ***Movie***	**12** 10:00 Beauty Hour 10:30 ***Sing Along/ Snack*** 11:00 Exercise 11:30 Aroma Therapy 2:30 ***Trivia/ Snack*** 3:00 Pretty Nails 6:00 ***Nature Relax***	**13** 9:45 Gardening 10:00 ***Memory Bio/ Snack*** 11:00 *Sorting* 11:30 *Exercise* 1:30 Balloon Bat 2:00 Trivia/ Snack 3:00 ***Bingo*** 6:00 ***Nature Relax***	**14** 10:00 Daily Chronicle 10:30 ***Sing Along***/ Snack 11:00 Exercise 11:30 Reminisce 1:30 Bingo 2:00 ***Old Commercials/Snack*** 3:00 Balloon Bat 6:00 ***National Parks***	**15** 9:45 Gardening 10:00 ***Sing Along/ Snack*** 11:00 Balloon Toss 11:30 Trivia 1:30 Puzzle/Cards/Folding 2:00 ***Reminisce/ Snack*** 3:00 ***Bingo*** 6:00 ***National Parks***
16 9:45 Gardening 10:00 ***Today in History /***Snack 11:00 ***Conductor Exercise*** 11:30 ***Good News Network*** 1:30 ***Spiritual Hymns*** 2:00 Balloon Bounce 3:00 ***Bingo*** 6:00 ***Travel Videos***	**17** 10:00 ***Today in History*** 10:30 ***Sing Along/Snack*** 11:00 ***Discussion Starters*** 11:30 Seated Stretching 1:30 ***Bingo*** 2:00 ***Old Commercials/Snack*** 3:00 Balloon Bat 6:00 ***Nature Relax***	**18** 9:45 Gardening 10:00 Daily Chronicle 10:30 ***Sing Along / Snack*** 11:30 Balloon Bounce 1:30 ***Travel*** 2:00 ***Reminisce/ Snack*** 3:00 ***Bingo*** 6:00 ***Movie***	**19** 10:00 Beauty Hour 10:30 ***Sing Along/ Snack*** 11:00 Exercise 11:30 Aroma Therapy 1:30 ***Bingo*** 2:00 ***Trivia/ Snack*** 3:00 Pretty Nails 6:00 ***Nature Relax***	**20** 9:45 Gardening 10:00 ***Memory Bio/ Snack*** 11:00 *Sorting* 11:30 *Exercise* 1:30 Balloon Bat 2:00 Trivia/ Snack 3:00 ***Bingo*** 6:00 ***Nature Relax***	**21** 10:00 Daily Chronicle 10:30 ***Sing Along***/ Snack 11:00 Exercise 11:30 Reminisce 1:30 Bingo 2:00 ***Old Commercials/Snack*** 3:00 Balloon Bat 6:00 ***National Parks***	**22** 9:45 Gardening 10:00 ***Sing Along/ Snack*** 11:00 Balloon Toss 11:30 Trivia 1:30 Puzzle/Cards/Folding 2:00 ***Reminisce/ Snack*** 3:00 ***Bingo*** 6:00 ***National Parks***
23 9:45 Gardening 10:00 ***Today in History /***Snack 11:00 ***Conductor Exercise*** 11:30 ***Good News Network*** 1:30 ***Spiritual Hymns*** 2:00 Balloon Bounce 3:00 ***Bingo*** 6:00 ***Travel Videos***	**24** 10:00 ***Today in History*** 10:30 ***Sing Along/Snack*** 11:00 ***Discussion Starters*** 11:30 Seated Stretching 1:30 ***Bingo*** 2:00 ***Old Commercials/Snack*** 3:00 Balloon Bat 6:00 ***Nature Relax***	**25** 9:45 Gardening 10:00 Daily Chronicle 10:30 ***Sing Along / Snack*** 11:30 Balloon Bounce 1:30 ***Travel*** 2:00 ***Reminisce/ Snack*** 3:00 ***Bingo*** 6:00 ***Movie***	**26** 10:00 Beauty Hour 10:30 ***Sing Along/ Snack*** 11:00 Exercise 11:30 Aroma Therapy 1:30 ***Bingo*** 2:00 ***Trivia/ Snack*** 3:00 Pretty Nails 6:00 ***Nature Relax***	**27** 9:45 Gardening 10:00 ***Memory Bio/ Snack*** 11:00 *Sorting* 11:30 *Exercise* 1:30 Balloon Bat 2:00 Trivia/ Snack 3:00 ***Bingo*** 6:00 ***Nature Relax***	**28** 10:00 Daily Chronicle 10:30 ***Sing Along***/ Snack 11:00 Exercise 11:30 Reminisce 1:30 Bingo 2:00 ***Old Commercials/Snack*** 3:00 Balloon Bat 6:00 ***National Parks***	**29** 9:45 Gardening 10:00 ***Sing Along/ Snack*** 11:00 Balloon Toss 11:30 Trivia 1:30 Puzzle/Cards/Folding 2:00 ***Reminisce/ Snack*** 3:00 ***Bingo*** 6:00 ***National Parks***
30 9:45 Gardening 10:00 ***Today in History /***Snack 11:00 ***Conductor Exercise*** 11:30 ***Good News Network*** 1:30 ***Spiritual Hymns*** 2:00 Balloon Bounce 3:00 ***Bingo*** 6:00 ***Travel Videos***	**31** 10:00 ***Today in History*** 10:30 ***Sing Along/Snack*** 11:00 ***Discussion Starters*** 11:30 Seated Stretching 1:30 ***Bingo*** 2:00 ***Old Commercials/Snack*** 3:00 Balloon Bat 6:00 ***Nature Relax***					