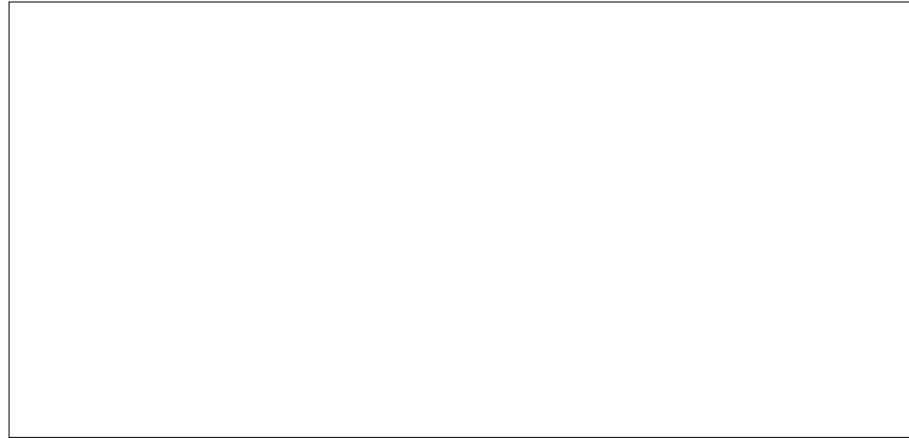




14420 SW Farmington Rd.
Beaverton, OR 97005

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

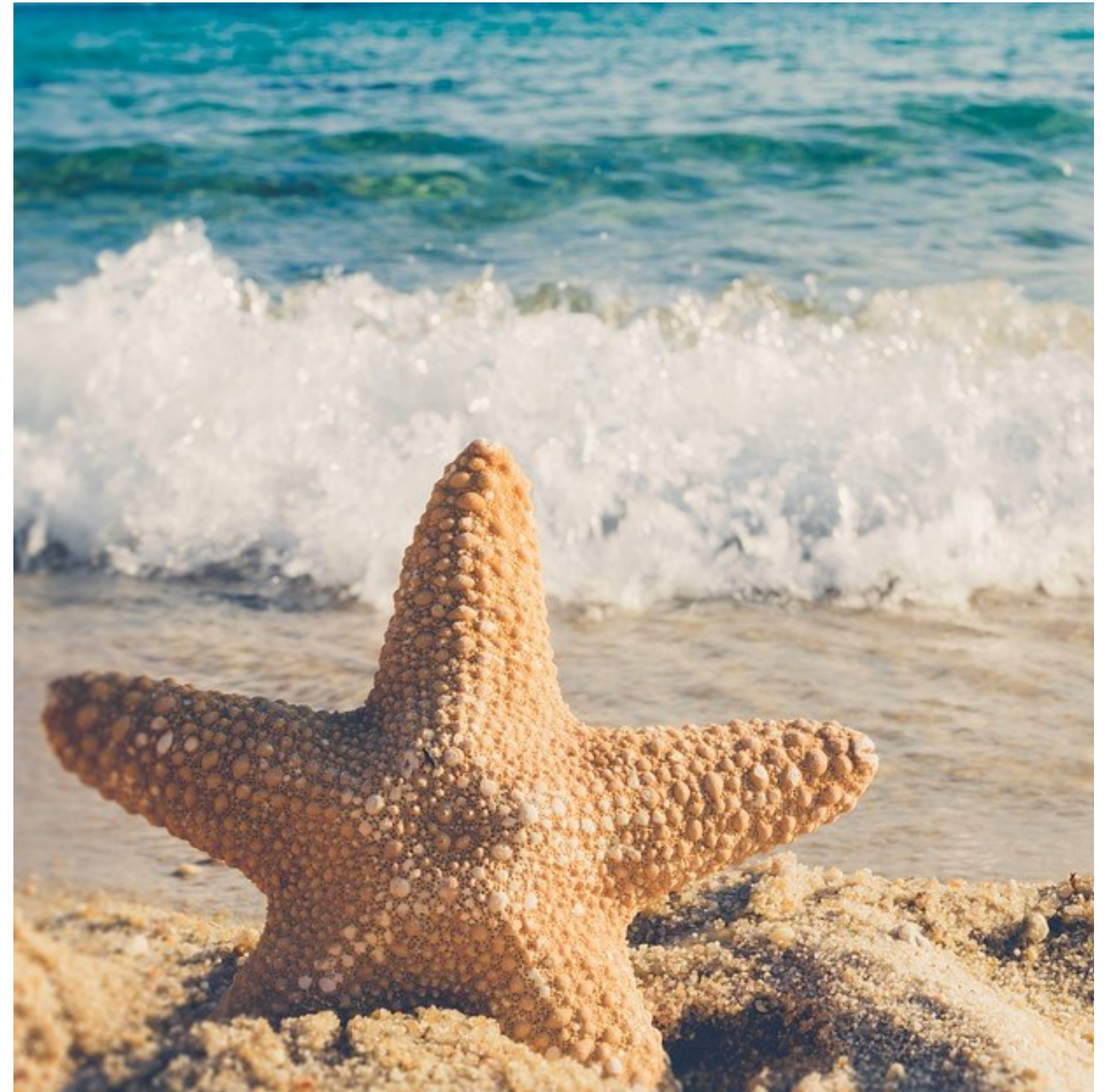


**Our mission is to create and
sustain comfortable,
caring environments for those
who depend on us.**

The Radiant Reader

August 2023

Farmington Square Newsletter



2 Ways to Increase Happiness
3 Team Spotlight
4 - 5 Activities Calendar

6 Highlights
7 Special Moments & Birthdays
8 Mission & Team

10 Ways to Increase Happiness: Some You Wouldn't Have Guessed!

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

"Come on get happy," so goes the Partridge Family theme song. But is it that easy? We hope to make it so with tips we've gathered toward happiness for older adults. Come on read along!

There are many different types of steps you can take to make a difference toward your happiness. Here are some actions to consider:

- **Keep connected.** Build and maintain social connections to boost mood, reduce stress, and improve self-esteem, per PsychCentral.
- Stop and smell the roses. Enjoy moments as they come by focusing on the present.
- **Brighten someone's day.** Lifting another person's mood with a kind comment can also benefit you by making you feel good.
- **Make your living space your own.** A recent study showed when living spaces reflect the personality and preferences of their inhabitants, older adults reported an increased sense of well-being.
- **Learn.** Investing time and energy into learning brings a sense of purpose and increased feelings of positivity.
- **Laugh.** If you can tune into a source that will make you laugh each day, do it. Laughing lowers the stress hormone cortisol and increases endorphins for a happy boost.

Physical health also plays a large role in how we feel. The way that we treat our bodies can go a long way, even as we face conditions that affect us. Prioritizing some key areas can boost happiness.

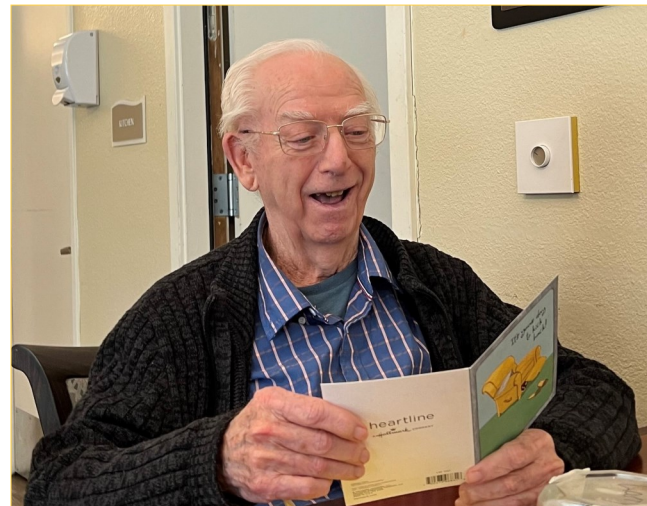


Try starting a daily gratitude journal. It can become your go-to happy spot!

- **Eat a healthy diet.** Make sure to consult your health professional to find out dietary advice specific to you. For most seniors, the plate should look like a rainbow with lean protein, fruits and vegetables, whole grains, and low-fat dairy, per the National Council on Aging. MyPlate.gov is a great source for plate specifics based on age.
- **Keep hydrated.** The NCOA recommends drinking small amounts of fluids consistently through the day.
- **Stay physically active.** Adults 65 and over ought to have a least 150 minutes of moderate intensity activity weekly, per the CDC.
- **Address hearing challenges and consider using a hearing aid to help with hearing loss.** The University of Michigan conducted a 2019 study that found seniors who got a hearing aid when diagnosed with hearing loss had reduced depression and anxiety, as well as a reduced risk for falling.

Do you have a special tip for boosting your happiness that we haven't shared? We'd love to hear it on our Facebook post for this month's newsletter.

Special Moments



Happy Birthday to our Residents & Staff:

Ed F. - August 20
Pat U. - August 20

Samantha L. - August 3
Beatriz C. - August 14
Carmen L. - August 18

August 2023 Highlights

Observes: Children’s Eye Health, Eye Exams, Medic Alert Awareness, Immunizations, Water Quality, and Wellness

Celebrates: Black Businesses, Catfish, Crayons, Dogs, Family Fun, Goat Cheese, Golf, Happiness, Heading Back to School, Peace, and Sandwiches

01: Raspberry Cream Pie Day; Intl. Mahjong Day
02: Coloring Book Day; Ice Cream Sandwich Day
03: Georgia Day; Watermelon Day; IPA Day
04: Choc Chip Cookie Day; Beer Day
05: Oyster Day; Disc Golf Day; Mustard Day
06: Family Day; Root Beer Float Day; Sisters' Day
07: Lighthouse Day; Raspberries N’ Cream Day
08: Frozen Custard Day; Sleep Under Stars Night
09: Book Lovers Day; Rice Pudding Day
10: Connecticut Day; S’mores Day
11: Sons & Daughters’ Day; Raspberry Bombe Day
12: Julienne Fries Day; Vinyl Day; Bowling Day
13: Filet Mignon Day; Prosecco Day
14: Creamsicle Day; V-J Day; Spirit of ‘45 Day
15: Leathercraft Day; Lemon Meringue Pie Day

16: Airborne Day; Rum Day; Tell a Joke Day
17: Black Cat Day; Thrift Shop Day
18: Fajita Day; Ice Cream Pie Day; Pinot Noir Day
19: Aviation Day; Potato Day; Soft Ice Cream Day
20: Chocolate Pecan Pie Day; Radio Day
21: Seniors' Day; Spumoni Day
22: Be An Angel Day; Pecan Torte Day
23: Cuban Sandwich Day; Sponge Cake Day
24: Maryland Day; Peach Pie Day; Waffle Day
25: Banana Split Day; Park Service Founders Day
26: Cherry Popsicle Day; Dog Day
27: Just Because Day; Pots Dè Crème Day
28: Bow Tie Day; Cherry Turnover Day
29: Chop Suey Day; Lemon Juice Day
30: Beach Day; Toasted Marshmallow Day
31: Eat Outside Day; Trail Mix Day



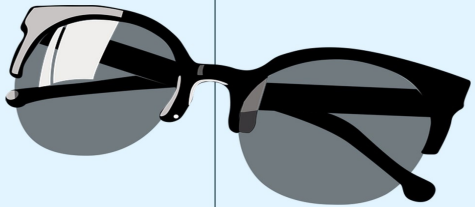
Staff Spotlight: Marchelle

Marchelle Roberts Wellness Director extraordinaire! Marchelle has been in the health care industry for just over 11 years. Marchelle first started as a caregiver and then was soon promoted to med tech and most recently Wellness Director. It was very important to Marchelle that she work in each position prior to taking a managerial role so she can best lead her team by example. Marchelle’s passion is memory care. She has four children, three daughters and one son. In her spare time, she enjoys crocheting, baking/cooking, photography and gardening. We are so excited to have Marchelle in our wellness department. Her star is shining bright.

AUGUST 2023 Building A

Farmington Square
14420 SW Farmington Rd.

Beaverton, OR. 97005
503-626-2273

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

SUN	MON	TUE	WED	THU	FRI	SAT
<div>Activity schedule</div> <div>Subject to cancellation per current mandated health guidelines.</div> <div>Please look for a red time to indicate what may be changing</div> <div>Example: 9:45 Fred Meyer</div>		<div>1</div> <div>9:45 Gardening</div> <div>10:00 Creating with Colors</div> <div>10:30 Coffee & News</div> <div>11:00 Exercise</div> <div>1:30 IN2L Games</div> <div>2:15 Manicures</div> <div>2:45 Bingo With Snack</div> <div>6:00 Evening Movie</div>	<div>2</div> <div>10:00 Fred Meyer</div> <div>10:00 Painting</div> <div>10:30 Snack</div> <div>11:30 Exercise</div> <div>1:30 Trivia/ Snack</div> <div>2:00 Card Games</div> <div>2:45 Ice Cream Social/ Bingo</div> <div>6:00 Puzzles</div>	<div>3</div> <div>9:45 Gardening</div> <div>10:00 Creating with Colors</div> <div>10:30 Coffee & News</div> <div>11:00 Exercise</div> <div>1:30 IN2L Games</div> <div>2:45 Bingo With Snack</div> <div>4:00 Poem of the day</div> <div>6:00 Evening Movie</div>	<div>4</div> <div>10:00 Morning Walk</div> <div>10:30 Card Games & Coffee</div> <div>11:15 Exercise</div> <div>1:30 Craft</div> <div>2:30 Reminisce/ Snack</div> <div>3:00 Bingo</div> <div>6:00 Puzzles</div>	<div>5</div> <div>9:45 Gardening</div> <div>10:00 Creating with Colors</div> <div>10:30 Word Games & Snack</div> <div>11:00 Exercise</div> <div>1:30 Afternoon Walk</div> <div>2:45 Bingo With Snack</div> <div>4:00 Poem of the day</div> <div>6:00 Evening Movie</div>
<div>6</div> <div>9:45 Gardening</div> <div>9:45 Watercolors</div> <div>10:00 Sit And Be Fit</div> <div>11:00 Charles Stanley/ Bible Study</div> <div>1:30 Movie and Snack</div> <div>3:00 Bingo</div> <div>6:00 Travel Video</div>	<div>7</div> <div>9:45 Scenic Drive</div> <div>10:30 Coffee & News</div> <div>11:30 Exercise</div> <div>1:30 Trivia/ Snack</div> <div>2:15 Reminisce</div> <div>3:00 Bingo</div> <div>4:00 Poem of the day</div> <div>6:00 Evening Movie</div>	<div>8</div> <div>9:45 Gardening</div> <div>10:00 Creating with Colors</div> <div>10:30 Coffee & News</div> <div>11:00 Exercise</div> <div>1:30 IN2L Games</div> <div>2:15 Manicures</div> <div>2:45 Bingo With Snack</div> <div>6:00 Evening Movie</div>	<div>9</div> <div>10:00 Fred Meyer</div> <div>10:00 Painting</div> <div>10:30 Snack</div> <div>11:30 Exercise</div> <div>1:30 Rick Steve's Travel</div> <div>2:45 Ice Cream Social/ Bingo</div> <div>6:00 Puzzles</div>	<div>10</div> <div>9:45 Gardening</div> <div>10:00 Creating with Colors</div> <div>10:30 Coffee & News</div> <div>11:00 Exercise</div> <div>1:30 IN2L Games</div> <div>2:45 Bingo With Snack</div> <div>4:00 Poem of the day</div> <div>6:00 Evening Movie</div>	<div>11</div> <div>10:00 Morning Walk</div> <div>10:30 Card Games & Coffee</div> <div>11:15 Exercise</div> <div>1:30 Craft</div> <div>2:30 Reminisce/ Snack</div> <div>3:00 Bingo</div> <div>6:00 Puzzles</div>	<div>12</div> <div>9:45 Gardening</div> <div>10:00 Creating with Colors</div> <div>10:30 Word Games & Snack</div> <div>11:00 Exercise</div> <div>1:30 Afternoon Walk</div> <div>2:45 Bingo With Snack</div> <div>4:00 Poem of the day</div> <div>6:00 Evening Movie</div>
<div>13</div> <div>9:45 Gardening</div> <div>9:45 Watercolors</div> <div>10:00 Sit And Be Fit</div> <div>11:00 Charles Stanley/ Bible Study</div> <div>1:30 Movie and Snack</div> <div>3:00 Bingo</div> <div>6:00 Travel Video</div>	<div>14</div> <div>9:45 Creating with Colors</div> <div>10:30 Coffee & News</div> <div>11:30 Exercise</div> <div>1:30 Trivia/ Snack</div> <div>2:00 Reminisce</div> <div>3:00 Bingo</div> <div>6:00 Evening Movie</div>	<div>15</div> <div>9:45 Gardening</div> <div>10:00 Creating with Colors</div> <div>10:30 Coffee & News</div> <div>11:00 Exercise</div> <div>1:30 IN2L Games</div> <div>2:15 Manicures</div> <div>2:45 Bingo With Snack</div> <div>6:00 Evening Movie</div>	<div>16</div> <div>10:00 Fred Meyer</div> <div>10:00 Painting</div> <div>10:30 Snack</div> <div>11:30 Exercise</div> <div>1:30 Ice Cream Social / Bingo</div> <div>3:00 Music By Dom Franko</div> <div>6:00 Balloon Bounce</div>	<div>17</div> <div>9:45 Gardening</div> <div>10:00 Creating with Colors</div> <div>10:30 Coffee & News</div> <div>11:00 Exercise</div> <div>1:30 IN2L Games</div> <div>2:45 Bingo With Snack</div> <div>4:00 Poem of the day</div> <div>6:00 Evening Movie</div>	<div>18</div> <div>10:00 Morning Walk</div> <div>10:30 Card Games & Coffee</div> <div>11:15 Exercise</div> <div>1:30 Craft</div> <div>2:30 Reminisce/ Snack</div> <div>3:00 Bingo</div> <div>6:00 Puzzles</div>	<div>19</div> <div>9:45 Gardening</div> <div>10:00 Creating with Colors</div> <div>10:30 Word Games & Snack</div> <div>11:00 Exercise</div> <div>1:30 Afternoon Walk</div> <div>2:45 Bingo With Snack</div> <div>4:00 Poem of the day</div> <div>6:00 Evening Movie</div>
<div>20</div> <div>9:45 Gardening</div> <div>9:45 Watercolors</div> <div>10:00 Sit And Be Fit</div> <div>11:00 Charles Stanley/ Bible Study</div> <div>1:30 Movie and Snack</div> <div>3:00 Bingo</div> <div>6:00 Travel Video</div>	<div>21</div> <div>9:45 Scenic Drive</div> <div>10:30 Coffee & News</div> <div>11:30 Exercise</div> <div>1:30 Resident Council</div> <div>3:00 Bingo/ Snack</div> <div>6:00 Balloon Bounce</div>	<div>22</div> <div>9:45 Gardening</div> <div>10:00 Creating with Colors</div> <div>10:30 Coffee & News</div> <div>11:00 Exercise</div> <div>1:30 IN2L Games</div> <div>2:15 Manicures</div> <div>2:45 Bingo With Snack</div> <div>6:00 Evening Movie</div>	<div>23</div> <div>10:00 Fred Meyer</div> <div>10:00 Painting</div> <div>10:30 Snack</div> <div>11:30 Exercise</div> <div>1:30 Trivia/ Snack</div> <div>2:00 Card Games</div> <div>2:45 Ice Cream Social/ Bingo</div> <div>6:00 Puzzles</div>	<div>24</div> <div>9:45 Gardening</div> <div>10:00 Creating with Colors</div> <div>10:30 Coffee & News</div> <div>11:00 Exercise</div> <div>1:30 IN2L Games</div> <div>2:45 Bingo With Snack</div> <div>4:00 Poem of the day</div> <div>6:00 Evening Movie</div>	<div>25</div> <div>10:00 Morning Walk</div> <div>10:30 Card Games & Coffee</div> <div>11:15 Exercise</div> <div>1:30 Craft</div> <div>2:30 Reminisce/ Snack</div> <div>3:00 Bingo</div> <div>6:00 Puzzles</div>	<div>26</div> <div>9:45 Gardening</div> <div>10:00 Creating with Colors</div> <div>10:30 Word Games & Snack</div> <div>11:00 Exercise</div> <div>1:30 Afternoon Walk</div> <div>2:45 Bingo With Snack</div> <div>4:00 Poem of the day</div> <div>6:00 Evening Movie</div>
<div>27</div> <div>9:45 Gardening</div> <div>9:45 Watercolors</div> <div>10:00 Sit And Be Fit</div> <div>11:00 Charles Stanley/ Bible Study</div> <div>1:30 Movie and Snack</div> <div>3:00 Bingo</div> <div>6:00 Travel Video</div>	<div>28</div> <div>9:45 Creating with Colors</div> <div>10:30 Coffee & News</div> <div>11:30 Exercise</div> <div>1:30 Trivia/ Snack</div> <div>2:00 Reminisce</div> <div>3:00 Bingo</div> <div>6:00 Evening Movie</div>	<div>29</div> <div>9:45 Gardening</div> <div>10:00 Creating with Colors</div> <div>10:30 Coffee & News</div> <div>11:00 Exercise</div> <div>1:30 IN2L Games</div> <div>2:15 Manicures</div> <div>2:45 Bingo With Snack</div> <div>6:00 Evening Movie</div>	<div>30</div> <div>10:00 Fred Meyer</div> <div>10:00 Painting</div> <div>10:30 Snack</div> <div>11:30 Exercise</div> <div>1:30 Trivia/ Snack</div> <div>2:00 Card Games</div> <div>2:45 Ice Cream Social/ Bingo</div> <div>6:00 Puzzles</div>	<div>31</div> <div>9:45 Gardening</div> <div>10:00 Creating with Colors</div> <div>10:30 Coffee & News</div> <div>11:00 Exercise</div> <div>1:30 IN2L Games</div> <div>2:45 Bingo With Snack</div> <div>4:00 Poem of the day</div> <div>6:00 Evening Movie</div>		

AUGUST 2023 Building CD

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

SUN	MON	TUE	WED	THU	FRI	SAT
<div>Activity schedule</div> <div>Subject to cancellation per current mandated health guidelines.</div> <div>Please look for a red time to indicate what may be changing</div> <div>Example: 9:45 Fred Meyer</div>		<div>1</div> <div>9:45 Gardening</div> <div>10:00 Daily Chronicle</div> <div>10:30 Sing Along / Snack</div> <div>11:30 Balloon Bounce</div> <div>1:30 Travel</div> <div>2:00 Reminisce/ Snack</div> <div>3:00 Bingo</div> <div>6:00 Movie</div>	<div>2</div> <div>10:00 Beauty Hour</div> <div>10:30 Sing Along/ Snack</div> <div>11:00 Exercise</div> <div>11:30 Aroma Therapy</div> <div>1:30 Bingo</div> <div>2:00 Trivia/ Snack</div> <div>3:00 Pretty Nails</div> <div>6:00 Nature Relax</div>	<div>3</div> <div>9:45 Gardening</div> <div>10:00 Memory Bio/ Snack</div> <div>11:00 Sorting</div> <div>11:30 Exercise</div> <div>1:30 Balloon Bat</div> <div>2:00 Trivia/ Snack</div> <div>3:00 Bingo</div> <div>6:00 Nature Relax</div>	<div>4</div> <div>10:00 Daily Chronicle</div> <div>10:30 Sing Along/ Snack</div> <div>11:00 Exercise</div> <div>11:30 Reminisce</div> <div>1:30 Bingo</div> <div>2:00 Old Commercials/Snack</div> <div>3:00 Balloon Bat</div> <div>6:00 National Parks</div>	<div>5</div> <div>9:45 Gardening</div> <div>10:00 Sing Along/ Snack</div> <div>11:00 Balloon Toss</div> <div>11:30 Trivia</div> <div>1:30 Puzzle/Cards/Folding</div> <div>2:00 Reminisce/ Snack</div> <div>3:00 Bingo</div> <div>6:00 National Parks</div>
<div>6</div> <div>9:45 Gardening</div> <div>10:00 Today in History /Snack</div> <div>11:00 Conductor Exercise</div> <div>11:30 Good News Network</div> <div>1:30 Spiritual Hymns</div> <div>2:00 Balloon Bounce</div> <div>3:00 Bingo</div> <div>6:00 Travel Videos</div>	<div>7</div> <div>10:00 Today in History</div> <div>10:30 Sing Along/Snack</div> <div>11:00 Discussion Starters</div> <div>11:30 Seated Stretching</div> <div>1:30 Bingo</div> <div>2:00 Old Commercials/Snack</div> <div>3:00 Balloon Bat</div> <div>6:00 Nature Relax</div>	<div>8</div> <div>9:45 Gardening</div> <div>10:00 Daily Chronicle</div> <div>10:30 Sing Along / Snack</div> <div>11:30 Balloon Bounce</div> <div>1:30 Travel</div> <div>2:00 Reminisce/ Snack</div> <div>3:00 Bingo</div> <div>6:00 Movie</div>	<div>9</div> <div>10:00 Beauty Hour</div> <div>10:30 Sing Along/ Snack</div> <div>11:00 Exercise</div> <div>11:30 Aroma Therapy</div> <div>1:30 Rick Steve’s Travel</div> <div>2:00 Trivia/ Snack</div> <div>3:00 Bingo</div> <div>6:00 Nature Relax</div>	<div>10</div> <div>9:45 Gardening</div> <div>10:00 Memory Bio/ Snack</div> <div>11:00 Sorting</div> <div>11:30 Exercise</div> <div>1:30 Balloon Bat</div> <div>2:00 Trivia/ Snack</div> <div>3:00 Bingo</div> <div>6:00 Nature Relax</div>	<div>11</div> <div>10:00 Daily Chronicle</div> <div>10:30 Sing Along/ Snack</div> <div>11:00 Exercise</div> <div>11:30 Reminisce</div> <div>1:30 Bingo</div> <div>2:00 Old Commercials/Snack</div> <div>3:00 Balloon Bat</div> <div>6:00 National Parks</div>	<div>12</div> <div>9:45 Gardening</div> <div>10:00 Sing Along/ Snack</div> <div>11:00 Balloon Toss</div> <div>11:30 Trivia</div> <div>1:30 Puzzle/Cards/Folding</div> <div>2:00 Reminisce/ Snack</div> <div>3:00 Bingo</div> <div>6:00 National Parks</div>
<div>13</div> <div>9:45 Gardening</div> <div>10:00 Today in History /Snack</div> <div>11:00 Conductor Exercise</div> <div>11:30 Good News Network</div> <div>1:30 Spiritual Hymns</div> <div>2:00 Balloon Bounce</div> <div>3:00 Bingo</div> <div>6:00 Travel Videos</div>	<div>14</div> <div>10:00 Today in History</div> <div>10:30 Sing Along/Snack</div> <div>11:00 Discussion Starters</div> <div>11:30 Seated Stretching</div> <div>1:30 Bingo</div> <div>2:00 Old Commercials/Snack</div> <div>3:00 Balloon Bat</div> <div>6:00 Nature Relax</div>	<div>15</div> <div>9:45 Gardening</div> <div>10:00 Daily Chronicle</div> <div>10:30 Sing Along / Snack</div> <div>11:30 Balloon Bounce</div> <div>1:30 Travel</div> <div>2:00 Reminisce/ Snack</div> <div>3:00 Bingo</div> <div>6:00 Movie</div>	<div>16</div> <div>10:00 Beauty Hour</div> <div>10:30 Sing Along/ Snack</div> <div>11:00 Exercise</div> <div>11:30 Aroma Therapy</div> <div>1:30 Bingo</div> <div>2:00 Trivia/ Snack</div> <div>3:00 Pretty Nails</div> <div>6:00 Nature Relax</div>	<div>17</div> <div>9:45 Gardening</div> <div>10:00 Memory Bio/ Snack</div> <div>11:00 Sorting</div> <div>11:30 Exercise</div> <div>1:30 Balloon Bat</div> <div>2:00 Trivia/ Snack</div> <div>3:00 Bingo</div> <div>6:00 Nature Relax</div>	<div>18</div> <div>10:00 Daily Chronicle</div> <div>10:30 Sing Along/ Snack</div> <div>11:00 Exercise</div> <div>11:30 Reminisce</div> <div>1:30 Bingo</div> <div>2:00 Old Commercials/Snack</div> <div>3:00 Balloon Bat</div> <div>6:00 National Parks</div>	<div>19</div> <div>9:45 Gardening</div> <div>10:00 Sing Along/ Snack</div> <div>11:00 Balloon Toss</div> <div>11:30 Trivia</div> <div>1:30 Puzzle/Cards/Folding</div> <div>2:00 Reminisce/ Snack</div> <div>3:00 Bingo</div> <div>6:00 National Parks</div>
<div>20</div> <div>9:45 Gardening</div> <div>10:00 Today in History /Snack</div> <div>11:00 Conductor Exercise</div> <div>11:30 Good News Network</div> <div>1:30 Spiritual Hymns</div> <div>2:00 Balloon Bounce</div> <div>3:00 Bingo</div> <div>6:00 Travel Videos</div>	<div>21</div> <div>10:00 Today in History</div> <div>10:30 Sing Along/Snack</div> <div>11:00 Discussion Starters</div> <div>11:30 Seated Stretching</div> <div>1:30 Bingo</div> <div>2:00 Old Commercials/Snack</div> <div>3:00 Balloon Bat</div> <div>6:00 Nature Relax</div>	<div>22</div> <div>9:45 Gardening</div> <div>10:00 Daily Chronicle</div> <div>10:30 Sing Along / Snack</div> <div>11:30 Balloon Bounce</div> <div>1:30 Travel</div> <div>2:00 Reminisce/ Snack</div> <div>3:00 Bingo</div> <div>6:00 Movie</div>	<div>23</div> <div>10:00 Beauty Hour</div> <div>10:30 Sing Along/ Snack</div> <div>11:00 Exercise</div> <div>11:30 Aroma Therapy</div> <div>1:30 Bingo</div> <div>2:00 Trivia/ Snack</div> <div>3:00 Pretty Nails</div> <div>6:00 Nature Relax</div>	<div>24</div> <div>9:45 Gardening</div> <div>10:00 Memory Bio/ Snack</div> <div>11:00 Sorting</div> <div>11:30 Exercise</div> <div>1:30 Balloon Bat</div> <div>2:00 Trivia/ Snack</div> <div>3:00 Bingo</div> <div>6:00 Nature Relax</div>	<div>25</div> <div>10:00 Daily Chronicle</div> <div>10:30 Sing Along/ Snack</div> <div>11:00 Exercise</div> <div>11:30 Reminisce</div> <div>1:30 Bingo</div> <div>2:00 Old Commercials/Snack</div> <div>3:00 Balloon Bat</div> <div>6:00 National Parks</div>	<div>26</div> <div>9:45 Gardening</div> <div>10:00 Sing Along/ Snack</div> <div>11:00 Balloon Toss</div> <div>11:30 Trivia</div> <div>1:30 Puzzle/Cards/Folding</div> <div>2:00 Reminisce/ Snack</div> <div>3:00 Bingo</div> <div>6:00 National Parks</div>
<div>27</div> <div>9:45 Gardening</div> <div>10:00 Today in History /Snack</div> <div>11:00 Conductor Exercise</div> <div>11:30 Good News Network</div> <div>1:30 Spiritual Hymns</div> <div>2:00 Balloon Bounce</div> <div>3:00 Bingo</div> <div>6:00 Travel Videos</div>	<div>28</div> <div>10:00 Today in History</div> <div>10:30 Sing Along/Snack</div> <div>11:00 Discussion Starters</div> <div>11:30 Seated Stretching</div> <div>1:30 Bingo</div> <div>2:00 Old Commercials/Snack</div> <div>3:00 Music By Blake Johnston</div> <div>6:00 Nature Relax</div>	<div>29</div> <div>9:45 Gardening</div> <div>10:00 Daily Chronicle</div> <div>10:30 Sing Along / Snack</div> <div>11:30 Balloon Bounce</div> <div>1:30 Travel</div> <div>2:00 Reminisce/ Snack</div> <div>3:00 Bingo</div> <div>6:00 Movie</div>	<div>30</div> <div>10:00 Beauty Hour</div> <div>10:30 Sing Along/ Snack</div> <div>11:00 Exercise</div> <div>11:30 Aroma Therapy</div> <div>1:30 Bingo</div> <div>2:00 Trivia/ Snack</div> <div>3:00 Pretty Nails</div> <div>6:00 Nature Relax</div>	<div>31</div> <div>9:45 Gardening</div> <div>10:00 Memory Bio/ Snack</div> <div>11:00 Sorting</div> <div>11:30 Exercise</div> <div>1:30 Balloon Bat</div> <div>2:00 Trivia/ Snack</div> <div>3:00 Bingo</div> <div>6:00 Nature Relax</div>		