



14420 SW Farmington Rd.  
Beaverton, OR 97005

Stamp



**Leadership Team:**  
**Phone:** 503.626.2273  
**Email:** [info-Beaverton@farmingtonsquare.com](mailto:info-Beaverton@farmingtonsquare.com)  
**Website:** [farmingtonsquare-beaverton.com](http://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

September 2023

Farmington Square Newsletter



2 Support an End to Alzheimer's  
3 Team Spotlight  
4 - 5 Activities Calendar

6 Highlights  
7 Special Moments & Birthdays  
8 Mission & Team



# Ways to Support an End to Alzheimer's Disease

This autumn, our community is looking forward to the Alzheimer’s Association’s Walk to End Alzheimer’s. The walk takes place in more than 600 communities across the United States each year, fundraising toward Alzheimer’s care, support, and research. For those looking to take action toward an end to Alzheimer’s, here are some ways you can support the cause, from the walk and beyond.

- Walk in the Walk to End Alzheimer’s! Register for your local walk as part of a team or independently. Set up a Tribute or Memorial Page with fundraising support options at [act.alz.org](http://act.alz.org)

**Our local walk will be taking place:**

Saturday, October 14  
at The Oregon Zoo in Portland  
Times: TBD

(Subject to change. Please check [alz.org](http://alz.org))

- Participate in the Ride to End Alzheimer’s. You can bike ride anywhere for this Summer Challenge and raise funds toward research.
- Help with Research. TrialMatch is a free service that pairs potential participants with clinical studies. See: [trialmatch.alz.org](http://trialmatch.alz.org)
- Advocate. Urge congress to support the Alzheimer’s and dementia community. There are online fillable forms for contacting congress about vital issues at [alz.org/get-involved-now/advocate](http://alz.org/get-involved-now/advocate)
- Donate vehicles, boats, and RVs with the Donate-A-Car Program. Proceeds support the Alzheimer’s Association and may provide tax benefits. Call 855.277.6227.



**Alzheimer’s Fast Facts:** Americans who have Alzheimer’s is growing. More than 6.7 million Americans have Alzheimer’s and 1 in 3 seniors pass with Alzheimer’s or Dementia. Early diagnosis can provide medical, emotional, and social benefits; aid with clinical trial participation; enable people to be in control of their legal and financial wishes; and create cost savings in medical and long-term care.

- Be a Volunteer Support Group Facilitator, creating safe environments for sharing feelings or experiences of Alzheimer’s or dementia.
- Be a Volunteer Faith Outreach Representative, sharing information and free resources through the Alzheimer’s Association.
- Be a Volunteer Community Educator, providing education and expanding program reach. Vist: [volunteer.alz.org/Volunteeropportunities/becoming](http://volunteer.alz.org/Volunteeropportunities/becoming)
- Share on social media: The more accurate information about Alzheimer’s that is shared, the more people will support the fight against Alzheimer’s. Don’t forget to hashtag your efforts with #endalz.

Let us know on the first of the month on our facebook what efforts you’re excited about taking part in toward an end to Alzheimer’s!

# Special Moments



## Happy Birthday to our Residents & Staff:

Gen B. - Sept. 5  
Nell C. - Sept. 10  
Betty Jene B. - Sept. 20

Miryah C. - Sept. 2  
Maria C. - Sept. 8  
Carlos C. - Sept. 12  
Brittany M. - Sept. 12  
Haley H. - Sept. 27  
Brianna L. - Sept 28



# September 2023 Highlights

**Observes:** World Alzheimer's Awareness, Healthy Aging, Intergenerational Ties, Pain Awareness, Prostate Health, and Self-Care

**Celebrates:** Americana, Chicken, Classical Music, Honey, Little League, Mushrooms, Piano, Potatoes, Rice, Sewing, and Square Dancing

|  |   |
|--|---|
| 01: Chianti Day; College Colors Day; Food Bank Day | 16: Raisin Bread Day; Guac Day; Play-Doh Day        |
| 02: V-J Day; World Beard Day; Tailgating Day       | 17: Apple Dumpling Day; Monte Cristo Day            |
| 03: Cinema Day; U.S. Bowling League Day            | 18: Air Force Birthday; Cheeseburger Day            |
| 04: Labor Day; Macadamia Nut Day; Wildlife Day     | 19: Butterscotch Pudding Day; Talk Like Pirates Day |
| 05: Cheese Pizza Day                               | 20: Fried Rice Day; Pepperoni Pizza Day; Punch Day  |
| 06: Coffee Ice Cream Day; Read A Book Day          | 21: Chai Day; New York Day; Pecan Cookie Day        |
| 07: Acorn Squash Day; Beer Lovers Day; Salami Day  | 22: Centenarian's Day; States and Capitals Day      |
| 08: Star Trek Day; World Ampersand Day             | 23: Fall Begins; Family Health & Fitness Day        |
| 09: Teddy Bear Day; Wiener Schnitzel Day           | 24: Cherries Jubilee Day; Punctuation Day           |
| 10: Grandparent's Day; Ideas Day; TV Dinner Day    | 25: Daughter's Day; Quesadilla Day; Family Day      |
| 11: Hot Cross Bun Day; Patriot Day                 | 26: Dumpling Day; Pancake Day                       |
| 12: Chocolate Milkshake Day; Ants on a Log Day     | 27: Women Health Fitness Day; Chocolate Milk Day    |
| 13: Peanut Day; Uncle Sam Day                      | 28: Good Neighbor Day; Strawberry Cream Pie Day     |
| 14: Cream Filled Donut Day; Eat a Hoagie Day       | 29: Coffee Day; VFW Day                             |
| 15: Cheese Toast Day; Felt Hat Day; Linguine Day   | 30: Chewing Gum Day; Hot Mulled Cider Day           |



## Staff Spotlight: Carlos

Our August employee of the month goes to Carlos! Carlos is one of our very dedicated MedTech's here at Farmington Square Beaverton. Carlos has worked for Radiant Senior Living for 15 years and spread his skills throughout various positions. He is our go to trainer for new team members and is always offering his support to pick up extra shifts when needed. In his downtime, he enjoys reading, traveling & spending time with his son Liam. We are so very grateful to have such a dedicated employee.

Join us in giving a huge shout out to Carlos!





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| <div>17</div> <div>9:30 Coffee/ News</div> <div>9:45 Gardening</div> <div>10:30 Snack</div> <div>10:45 Bible Verse of the day</div> <div>1:30 Bingo/ Snack</div> <div>2:45 This or That</div> <div>6:00 Balloon Bounce</div> | <div>18</div> <div>10:00 Wacky Word Games</div> <div>10:30 Snack &amp; News</div> <div>11:15 Exercise</div> <div>1:30 Bingo/ Snack</div> <div>2:45 Balloon Badminton</div> <div>3:30 Afternoon Trivia</div> <div>6:00 Balloon Bounce</div>          | <div>19</div> <div>9:45 Gardening</div> <div>10:00 Exercise</div> <div>10:30 Snack &amp; News</div> <div>11:00 Wacky Word Games</div> <div>1:30 Bingo</div> <div>2:45 Manicures/ Snack</div> <div>3:30 Sing Along</div> <div>6:00 Puzzles</div>                               | <div>20</div> <div>9:45 Painting</div> <div>10:00 Exercise</div> <div>10:30 Snack &amp; News</div> <div>11:00 Wacky Word Games</div> <div>1:30 Ice Cream Social/ Bingo</div> <div>2:45 Sing Along/ Trivia</div> <div>6:00 Balloon Bounce</div>  | <div>21</div> <div>9:45 Gardening</div> <div>10:00 Exercise</div> <div>10:30 Snack &amp; News</div> <div>11:00 This or That</div> <div>1:30 Mini Golf</div> <div>2:30 Bingo/ Snack</div> <div>3:00 Balloon Bounce</div> <div>6:00 Puzzles</div>            | <div>22</div> <div>10:00 Exercise</div> <div>10:30 Snack &amp; News</div> <div>11:00 Wacky Word Games</div> <div>1:30 Bingo</div> <div>2:45 Manicures/ Snack</div> <div>3:30 Sing Along</div> <div>6:00 Puzzles</div>               | <div>23</div> <div>9:45 Gardening</div> <div>10:00 Exercise</div> <div>10:30 Snack &amp; News</div> <div>11:00 Rabbit Trivia</div> <div>1:30 Puzzles</div> <div>2:30 Bingo/ Snack</div> <div>3:30 Sing Along</div> <div>6:00 Movie Night</div>    |
| <div>24</div> <div>9:30 Coffee/ News</div> <div>9:45 Gardening</div> <div>10:30 Snack</div> <div>10:45 Bible Verse of the day</div> <div>1:30 Bingo/ Snack</div> <div>2:45 This or That</div> <div>6:00 Balloon Bounce</div> | <div>25</div> <div>9:45 Scenic Drive</div> <div>11:00 Wacky Word Games/ Snack</div> <div>11:30 Exercise</div> <div>1:30 Bingo</div> <div>2:45 Sing Along/ Snack</div> <div>3:30 Afternoon Trivia</div> <div>6:00 Evening Movie</div>                | <div>26 Johnny Appleseed Day</div> <div>9:45 Gardening</div> <div>10:00 Exercise</div> <div>10:30 Snack &amp; News</div> <div>11:00 Wacky Word Games</div> <div>1:30 Bingo/ Apple Sampling</div> <div>2:45 Manicures</div> <div>3:30 Sing Along</div> <div>6:00 Puzzles</div> | <div>27</div> <div>9:45 Painting</div> <div>10:00 Exercise</div> <div>10:30 Snack &amp; News</div> <div>11:00 Wacky Word Games</div> <div>1:30 Ice Cream Social/ Bingo</div> <div>2:45 Sing Along/ Trivia</div> <div>6:00 Balloon Bounce</div>  | <div>28</div> <div>9:45 Gardening</div> <div>10:00 Exercise</div> <div>10:30 Snack &amp; News</div> <div>11:00 Craft</div> <div>1:30 Bingo</div> <div>2:30 This or That/ Snack</div> <div>3:00 Balloon Bounce</div> <div>6:00 Puzzles</div>                | <div>29</div> <div>10:00 Exercise</div> <div>10:30 Snack &amp; News</div> <div>11:00 Wacky Word Games</div> <div>1:30 Bingo/ Snack Coffee Things</div> <div>2:45 Manicures</div> <div>3:30 Sing Along</div> <div>6:00 Puzzles</div> | <div>30</div> <div>9:45 Gardening</div> <div>10:00 Exercise</div> <div>10:30 Snack &amp; News</div> <div>11:00 Wacky Word Games</div> <div>1:30 Puzzles</div> <div>2:30 Bingo/ Snack</div> <div>3:30 Sing Along</div> <div>6:00 Movie Night</div> |



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| <div>10</div> <div>9:45 Gardening</div> <div>9:45 Watercolors</div> <div>10:00 Sit And Be Fit</div> <div>11:00 <b>Charles Stanley/ Bible Study</b></div> <div>1:30 Movie and Snack</div> <div>3:00 <b>Bingo</b></div> <div>6:00 Travel Video</div> | <div>11</div> <div>9:45 Creating with Colors</div> <div>10:30 Coffee &amp; News</div> <div>11:30 Exercise</div> <div>1:30 <b>Trivia/ Snack</b></div> <div>2:00 Reminisce</div> <div>3:00 <b>Bingo</b></div> <div>6:00 Evening Movie</div>                                  | <div>12</div> <div>9:45 Gardening</div> <div>10:00 Creating with Colors</div> <div>10:30 <b>Coffee &amp; News</b></div> <div>11:00 Exercise</div> <div>1:30 <b>IN2L Games</b></div> <div>2:15 Manicures</div> <div>2:45 <b>Bingo</b> with Snack</div> <div>6:00 Evening Movie</div>                                      | <div>13</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/ <b>Bingo</b></div> <div>6:00 Puzzles</div> | <div>14</div> <div>9:45 Gardening</div> <div>10:00 Creating with Colors</div> <div>10:30 <b>Coffee &amp; News</b></div> <div>11:00 Exercise</div> <div>1:30 <b>IN2L Games</b></div> <div>2:45 <b>Bingo</b> With Snack</div> <div>4:00 Poem of the day</div> <div>6:00 Evening Movie</div> | <div>15</div> <div>10:00 Morning Walk</div> <div>10:30 Card Games &amp; Coffee</div> <div>11:15 Exercise</div> <div>1:30 <b>Hat Craft</b></div> <div>2:30 <b>Reminisce/</b> Snack</div> <div>3:00 <b>Bingo</b></div> <div>6:00 Puzzles</div>    | <div>16</div> <div>9:45 Gardening</div> <div>10:00 Creating with Colors</div> <div>10:30 <b>Word Games</b> &amp; Snack</div> <div>11:00 Exercise</div> <div>1:30 Afternoon Walk</div> <div>2:45 <b>Bingo</b> With Snack</div> <div>4:00 Poem of the day</div> <div>6:00 Evening Movie</div> |
| <div>17</div> <div>9:45 Gardening</div> <div>9:45 Watercolors</div> <div>10:00 Sit And Be Fit</div> <div>11:00 <b>Charles Stanley/ Bible Study</b></div> <div>1:30 Movie and Snack</div> <div>3:00 <b>Bingo</b></div> <div>6:00 Travel Video</div> | <div>18</div> <div>9:45 <b>Scenic Drive</b></div> <div>10:30 Coffee &amp; News</div> <div>11:30 Exercise</div> <div>1:30 <b>Resident Council</b></div> <div>3:00 <b>Bingo</b> /Snack</div> <div>6:00 Balloon Bounce</div>  | <div>19</div> <div>9:45 Gardening</div> <div>10:00 Creating with Colors</div> <div>10:30 <b>Coffee &amp; News</b></div> <div>11:00 Exercise</div> <div>1:30 <b>IN2L Games</b></div> <div>2:15 Manicures</div> <div>2:45 <b>Bingo</b> with Snack</div> <div>6:00 Evening Movie</div>                                      | <div>20</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/ <b>Bingo</b></div> <div>6:00 Puzzles</div> | <div>21</div> <div>9:45 Gardening</div> <div>10:00 Creating with Colors</div> <div>10:30 <b>Coffee &amp; News</b></div> <div>11:00 Exercise</div> <div>1:30 <b>IN2L Games</b></div> <div>2:45 <b>Bingo</b> With Snack</div> <div>4:00 Poem of the day</div> <div>6:00 Evening Movie</div> | <div>22</div> <div>10:00 Morning Walk</div> <div>10:30 Card Games &amp; Coffee</div> <div>11:15 Exercise</div> <div>1:30 Craft</div> <div>2:30 <b>Reminisce/</b> Snack</div> <div>3:00 <b>Bingo</b></div> <div>6:00 Puzzles</div>               | <div>23</div> <div>9:45 Gardening</div> <div>10:00 Creating with Colors</div> <div>10:30 <b>Word Games</b> &amp; Snack</div> <div>11:00 Exercise</div> <div>1:30 Afternoon Walk</div> <div>2:45 <b>Bingo</b> With Snack</div> <div>4:00 Poem of the day</div> <div>6:00 Evening Movie</div> |
| <div>24</div> <div>9:45 Gardening</div> <div>9:45 Watercolors</div> <div>10:00 Sit And Be Fit</div> <div>11:00 <b>Charles Stanley/ Bible Study</b></div> <div>1:30 Movie and Snack</div> <div>3:00 <b>Bingo</b></div> <div>6:00 Travel Video</div> | <div>25</div> <div>9:45 Creating with Colors</div> <div>10:30 Coffee &amp; News</div> <div>11:30 Exercise</div> <div>1:30 <b>Trivia/ Snack</b></div> <div>2:00 Reminisce</div> <div>3:00 <b>Bingo</b></div> <div>6:00 Evening Movie</div>                                  | <div>26 Johnny Appleseed Day</div> <div>9:45 Gardening</div> <div>10:00 Creating with Colors</div> <div>10:30 <b>Coffee &amp; News</b></div> <div>11:00 Exercise</div> <div>1:30 <b>IN2L Games</b></div> <div>2:15 Manicures</div> <div>2:45 <b>Bingo</b> with <b>Apple Sampling</b></div> <div>6:00 Evening Movie</div> | <div>27</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/ <b>Bingo</b></div> <div>6:00 Puzzles</div> | <div>28</div> <div>9:45 Gardening</div> <div>10:00 Creating with Colors</div> <div>10:30 <b>Coffee &amp; News</b></div> <div>11:00 Exercise</div> <div>1:30 <b>IN2L Games</b></div> <div>2:45 <b>Bingo</b> With Snack</div> <div>4:00 Poem of the day</div> <div>6:00 Evening Movie</div> | <div>29</div> <div>10:00 Morning Walk</div> <div>10:30 Card Games &amp; <b>Coffee Things</b></div> <div>11:15 Exercise</div> <div>1:30 Craft</div> <div>2:30 <b>Reminisce/</b> Snack</div> <div>3:00 <b>Bingo</b></div> <div>6:00 Puzzles</div> | <div>30</div> <div>9:45 Gardening</div> <div>10:00 Creating with Colors</div> <div>10:30 <b>Word Games</b> &amp; Snack</div> <div>11:00 Exercise</div> <div>1:30 Afternoon Walk</div> <div>2:45 <b>Bingo</b> With Snack</div> <div>4:00 Poem of the day</div> <div>6:00 Evening Movie</div> |



# SEPTEMBER 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 <u>red time</u> to indicate what may be changing</div> <div>Example: 9:45 Fred Meyer</div>   |  |   |   |   | <div>1</div> <div>10:00 Daily Chronicle</div> <div>10:30 Sing Along/ Snack</div> <div>11:00 Seated Stretching</div> <div>11:30 Reminisce</div> <div>1:30 Bingo</div> <div>2:00 Trivia/ Snack</div> <div>3:00 Balloon Bat</div> <div>6:00 National Parks</div>  |
|   | <div>4 Labor Day</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 Balloon Bat</div> <div>2:00 Old Commercials/ Snack</div> <div>3:00 Bingo</div> <div>6:00 Nature Relax</div> | <div>5</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 Rick Steve's Travel/ Snack</div> <div>2:00 Reminisce</div> <div>3:00 Bingo</div> <div>6:00 Movie</div>                      | <div>6</div> <div>10:00 Beauty Hour</div> <div>10:30 Sing Along/ Snack</div> <div>11:00 Chair Exercise</div> <div>11:30 This or That</div> <div>1:30 Pretty Nails</div> <div>2:00 Trivia/ Snack</div> <div>3:00 Bingo</div> <div>6:00 Nature Relax</div>                          | <div>7</div> <div>9:45 Gardening</div> <div>10:00 Memory Bio/ Snack</div> <div>11:00 Sorting</div> <div>11:30 Chair Exercise</div> <div>1:30 Balloon Bat</div> <div>2:00 Old Commercials/ Snack</div> <div>3:00 Bingo</div> <div>6:00 Nature Relax</div>  | <div>8</div> <div>10:00 Daily Chronicle</div> <div>10:30 Sing Along/ Snack</div> <div>11:00 Seated Stretching</div> <div>11:30 Reminisce</div> <div>1:30 Bingo</div> <div>2:00 Trivia/ Snack</div> <div>3:00 Balloon Bat</div> <div>6:00 National Parks</div> | <div>9</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>10</div> <div>9:45 Gardening</div> <div>10:00 Today in History/ Snack</div> <div>11:00 Chair 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/ Snack</div> <div>6:00 Rick Steve's Travel</div>       | <div>11</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 Balloon Bat</div> <div>2:00 Old Commercials/ Snack</div> <div>3:00 Bingo</div> <div>6:00 Nature Relax</div> | <div>12</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 Rick Steve's Travel/ Snack</div> <div>2:00 Reminisce</div> <div>3:00 Bingo</div> <div>6:00 Movie</div>                      | <div>13</div> <div>10:00 Beauty Hour</div> <div>10:30 Sing Along/ Snack</div> <div>11:00 Chair Exercise</div> <div>11:30 This or That</div> <div>1:30 Rick Steve's Travel</div> <div>3:00 Music by Dom Franko</div> <div>6:00 Nature Relax</div>          | <div>14</div> <div>9:45 Gardening</div> <div>10:00 Memory Bio/ Snack</div> <div>11:00 Sorting</div> <div>11:30 Chair Exercise</div> <div>1:30 Balloon Bat</div> <div>2:00 Old Commercials/ Snack</div> <div>3:00 Bingo</div> <div>6:00 Nature Relax</div>     | <div>15</div> <div>10:00 Daily Chronicle</div> <div>10:30 Sing Along/ Snack</div> <div>11:00 Seated Stretching</div> <div>11:30 Reminisce</div> <div>1:30 Bingo</div> <div>2:00 Trivia/ Snack</div> <div>3:00 Balloon Bat</div> <div>6:00 National Parks</div> |
|   | <div>17</div> <div>9:45 Gardening</div> <div>10:00 Today in History/ Snack</div> <div>11:00 Chair 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/ Snack</div> <div>6:00 Rick Steve's Travel</div>       | <div>18</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 Balloon Bat</div> <div>2:00 Old Commercials/ Snack</div> <div>3:00 Bingo</div> <div>6:00 Nature Relax</div> | <div>19</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 Rick Steve's Travel/ Snack</div> <div>2:00 Reminisce</div> <div>3:00 Bingo</div> <div>6:00 Movie</div>                      | <div>20</div> <div>10:00 Beauty Hour</div> <div>10:30 Sing Along/ Snack</div> <div>11:00 Chair Exercise</div> <div>11:30 This or That</div> <div>1:30 Pretty Nails</div> <div>2:00 Trivia/ Snack</div> <div>3:00 Bingo</div> <div>6:00 Nature Relax</div> | <div>21</div> <div>9:45 Gardening</div> <div>10:00 Memory Bio/ Snack</div> <div>11:00 Sorting</div> <div>11:30 Chair Exercise</div> <div>1:30 Balloon Bat</div> <div>2:00 Old Commercials/ Snack</div> <div>3:00 Bingo</div> <div>6:00 Nature Relax</div>     | <div>22</div> <div>10:00 Daily Chronicle</div> <div>10:30 Sing Along/ Snack</div> <div>11:00 Seated Stretching</div> <div>11:30 Reminisce</div> <div>1:30 Bingo</div> <div>2:00 Trivia/ Snack</div> <div>3:00 Balloon Bat</div> <div>6:00 National Parks</div> |
|   | <div>24</div> <div>9:45 Gardening</div> <div>10:00 Today in History/ Snack</div> <div>11:00 Chair 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/ Snack</div> <div>6:00 Rick Steve's Travel</div>       | <div>25</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 Balloon Bat</div> <div>2:00 Old Commercials/ Snack</div> <div>3:00 Bingo</div> <div>6:00 Nature Relax</div> | <div>26 Johnny Appleseed Day</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 Rick Steve's Travel/ Snack</div> <div>2:00 Reminisce</div> <div>3:00 Bingo</div> <div>6:00 Movie</div> | <div>27</div> <div>10:00 Beauty Hour</div> <div>10:30 Sing Along/ Snack</div> <div>11:00 Chair Exercise</div> <div>11:30 This or That</div> <div>1:30 Pretty Nails</div> <div>2:00 Trivia/ Snack</div> <div>3:00 Bingo</div> <div>6:00 Nature Relax</div> | <div>28</div> <div>9:45 Gardening</div> <div>10:00 Memory Bio/ Snack</div> <div>11:00 Sorting</div> <div>11:30 Chair Exercise</div> <div>1:30 Balloon Bat</div> <div>2:00 Old Commercials/ Snack</div> <div>3:00 Bingo</div> <div>6:00 Nature Relax</div>     | <div>29</div> <div>10:00 Daily Chronicle</div> <div>10:30 Sing Along/ Snack</div> <div>11:00 Seated Stretching</div> <div>11:30 Reminisce</div> <div>1:30 Bingo</div> <div>2:00 Trivia/ Snack</div> <div>3:00 Balloon Bat</div> <div>6:00 National Parks</div> |
|   | <div>30</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>                               |  |   |   |   |  |