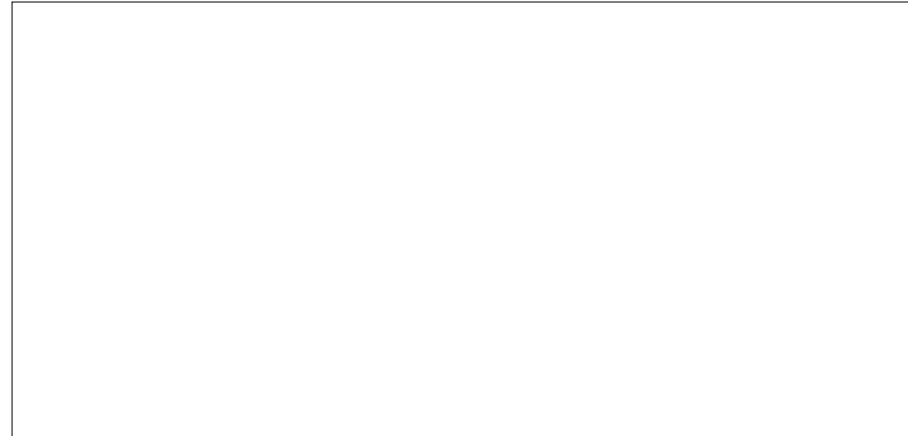




14420 SW Farmington Rd.  
Beaverton, OR 97005

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

October 2023

Farmington Square Beaverton Newsletter



**2 Hearing Health Tips & Tech**  
**3 Team Spotlight**  
**4 - 5 Activities Calendar**

**6 Highlights**  
**7 Special Moments & Birthdays**  
**8 Mission & Team**



# Hearing Health Tips & New Technologies

If you're struggling to hear certain sounds or voices that you've always been able to hear just fine, you may be facing a common issue: age-related hearing loss (known as presbycusis). It affects one in three adults over 65, and fortunately, there are various ways to treat it.

The causes of presbycusis include changes in the inner ear, middle ear, or in nerve paths to the brain. Other contributors may include prolonged exposure to loud noises, loss of hair cells, genetic factors, health conditions like heart disease or diabetes, and some medications, per John Hopkins Medicine. It is not a reversible condition so prevention (by avoiding loud noise exposure or wearing ear plugs) is wise.

If you're wondering if you're experiencing hearing loss, but are not sure, there are symptoms to look out for. Presbycusis often occurs gradually and subtly over time. You may find it harder than usual to hear soft voices, children's voices, and speech during background noise, and you may miss words in conversation, according to the American Academy of Audiology. You may also experience ear ringing or hear mumbled or slurred speech. To find out if you are in fact experiencing hearing loss, you'll want to seek a diagnosis from your health provider. You may be referred to a hearing specialist who can test if there are tones you're unable to hear.

When it comes to treatment options for hearing loss, the options are plentiful.

- Hearing Aids are widely used and just recently became available over the counter. Their technology moves forward with recent improvements such as directional



Did you know? Hearing loss affects 30-35% of adults between 65 and 75, and 40-50% of those 75 and older. (American Academy of Audiology)

- microphones that can help speech be understood over background noise.
- Cochlear implants can help by creating signals the brain interprets as sound.
- Telecoils can enhance hearing aids and cochlear implants.
- Assistive listening devices (a hearing loop system, FM system, or infrared system) help amplify sounds and can be used with or without hearing aids.
- Augmentative and alternative communication devices can help people express themselves via a picture board or text display.
- Alerting devices use sound, light, and vibrations to alert users of events. (National Institute on Deafness and Other Communication Disorders)

Let us know if this article has been helpful to you on our Facebook post for this month's newsletter.

# Special Moments



- Happy Birthday to our Residents & Staff:**
- Millie C. - Oct. 10
  - Carolyn W. - Oct. 11
  - Jennifer H. - Oct. 15
  - Jerry H. - Oct. 15
  - Nancy K. - Oct. 15
  - Rosa B. - Oct. 15
  - Ruthann C. - Oct. 20
  - Perry O. - Oct. 20
  - Kurt L. - Oct. 29
  - Gerardo D. - Oct. 3
  - Luisiana V. - Oct. 5
  - Adan G. - Oct. 20



# October 2023 Highlights

**Observes:** Breast Cancer Awareness, Chiropractors, Dental Hygiene, Emotional Well-ness, Financial Planning, Long-Term Care Planning, Organizing Medical Info, Physical Therapy, Protecting Hearing, and Talking About Prescriptions

**Celebrates:** Apples, Baking, Books, Caramel, Chili, Cookies, Pasta, Pizza, Sausage, Sea-food, Stamp Collecting, Pears, Pineapples, and Spinach

- |   |  |
|---|--|
| 01: Hair Day; Bake Cookies Day; Pumpkin Spice Day | 16: Boss's Day; Dictionary Day; Sports Day       |
| 02: Custodial Worker's Day; Fried Scallops Day    | 17: Pasta Day; Pharmacy Technician Day           |
| 03: Techies Day; Eat Fruit At Work Day            | 18: Chocolate Cupcake Day; No Beard Day          |
| 04: Cinnamon Bun Day; Golf Lover's Day; Taco Day  | 19: Kentucky Day; Seafood Bisque Day             |
| 05: Apple Betty Day; Do Something Nice Day        | 20: Brandied Fruit Day; Chicken & Waffles Day    |
| 06: Coaches Day; Mad Hatter Day; Noodle Day       | 21: Pumpkin Cheesecake Day; Reptiles Day         |
| 07: Chocolate Covered Pretzel Day; Frappe Day     | 22: Make a Dog's Day; Nut Day; Mother-in-Law Day |
| 08: American Touch Tag Day; Fluffernutter Day     | 23: Boston Cream Pie Day; TV Talk Show Host Day  |
| 09: Native American Day; Columbus Day             | 24: Bologna Day; Food Day; United Nations Day    |
| 10: Angel Food Cake Day; Cake Decorating Day      | 25: Greasy Food Day; Merry Music Day; Sour Day   |
| 11: Sausage Pizza Day; Fossil Day                 | 26: Day of the Deployed; Pumpkin Day; TN Day     |
| 12: Farmers' Day; Freethought Day; Gumbo Day      | 27: Black Cat Day; Breadstick Day; Navy Day      |
| 13: Train Your Brain Day; Yorkshire Pudding Day   | 28: Chocolate Day; First Responders Day          |
| 14: Dessert Day; Chess Day; I Love Yarn Day       | 29: Cat Day; Oatmeal Day; World Stroke Day       |
| 15: Aestheticians' Day; I Love Lucy Day           | 30: Candy Corn Day                               |
|   | 31: Caramel Apple Day; Knock-Knock Jokes Day     |



## Staff Spotlight: Gerardo

**Meet Gerardo, our Employee of the month. He is a wonderful asset to our residents and team.**

**He leads by example and is always glad to jump in when needed to give a helping hand. In his free time, he enjoys going to the beach or nearby rivers and lakes. We are so glad to have him on our team!**





# OCTOBER 2023 Building A



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SUN	MON	TUE	WED	THU	FRI	SAT
<b>1</b> 10:00 Morning News 10:30 Snack 10:45 Spiritual Hymns 11:15 Sing Along 1:30 Trivia/ Snack 2:45 Bingo 6:00 Balloon Bounce	<b>2</b> 10:00 Wacky Word Games 10:30 Snack & News 11:15 Exercise 1:30 Bingo/ Snack 2:45 Balloon Bounce 3:30 Afternoon Trivia 6:00 Evening Movie	<b>3</b> 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	<b>4</b> 10:00 Exercise 10:30 Snack & News 11:00 Wacky Word Games 1:30 Ice Cream Social/ Bingo <b>2:45 Making Cinnamon Bun</b> 3:30 Balloon Bounce 6:00 Evening Movie	<b>5</b> 10:00 Exercise 10:30 Snack & News 11:00 Wacky Word Games 1:30 Bingo/ Snack 2:30 Craft 3:30 Balloon Bounce 6:00 Puzzles	<b>6</b> 10:00 Exercise 10:30 Snack & News 11:00 Wacky Word Games <b>1:30 Mad Hatter Tea Party</b> 3:00 Bingo 6:00 Puzzles	<b>7</b> 10:00 Exercise 10:30 Snack & News 11:00 Trivia 1:30 Bingo/ Snack 2:45 Craft 3:30 Sing Along 6:00 Movie Night
<b>8</b> 10:00 Morning News 10:30 Snack 10:45 Spiritual Hymns 11:15 Sing Along 1:30 Trivia/ Snack 2:45 Bingo 6:00 Balloon Bounce	<b>9 Columbus Day</b> <b>9:45 Scenic Drive</b> 10:30 Snack & News 11:15 Exercise 1:30 Bingo/ Snack 2:45 Balloon Bounce 3:30 Afternoon Trivia 6:00 Evening Movie	<b>10</b> 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	<b>11</b> 10:00 Exercise 10:30 Snack & News 11:00 Wacky Word Games 1:30 Rick Steve's Travel 2:45 Ice Cream Social/ Bingo 3:30 Balloon Bounce 6:00 Evening Movie	<b>12</b> 10:00 Exercise 10:30 Snack & News 11:00 Wacky Word Games 1:30 Bingo/ Snack <b>3:00 Pink Ribbon Craft</b> 6:00 Puzzles	<b>13 Brest Cancer Awareness Day</b> 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	<b>14</b> 10:00 Exercise 10:30 Snack & News 11:00 Trivia 1:30 Bingo/ Snack <b>2:45 Yarn Craft</b> 3:30 Sing Along 6:00 Movie Night
<b>15</b> 10:00 Morning News 10:30 Snack 10:45 Spiritual Hymns 11:15 Sing Along 1:30 Trivia/ Snack 2:45 Bingo 6:00 Balloon Bounce	<b>16</b> 10:00 Wacky Word Games 10:30 Snack & News 11:15 Exercise 1:30 Bingo/ Snack 2:45 Balloon Bounce 3:30 Afternoon Trivia 6:00 Evening Movie	<b>17</b> 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	<b>18</b> 10:00 Exercise 10:30 Snack & News 11:00 Wacky Word Games 1:30 Ice Cream Social/ Bingo 2:45 Creating with Color 3:30 Balloon Bounce 6:00 Evening Movie	<b>19</b> 10:00 Exercise 10:30 Snack & News 11:00 Wacky Word Games 1:30 Bingo/ Snack 2:30 Craft 3:30 Balloon Bounce 6:00 Puzzles	<b>20</b> 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	<b>21</b> 10:00 Exercise 10:30 Snack & News 11:00 Reptile Trivia 1:30 Bingo/ Snack <b>2:45 Turtle Craft</b> 3:30 Sing Along 6:00 Movie Night
<b>22</b> 10:00 Morning News 10:30 Snack 10:45 Spiritual Hymns 11:15 Sing Along 1:30 Trivia/ Snack 2:45 Bingo 6:00 Balloon Bounce	<b>23</b> <b>9:45 Scenic Drive</b> 10:30 Snack & News 11:15 Exercise 1:30 Bingo/ Snack 2:45 Balloon Bounce 3:30 Afternoon Trivia 6:00 Evening Movie	<b>24</b> 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	<b>25</b> 10:00 Exercise 10:30 Snack & News 11:00 Wacky Word Games 1:30 Ice Cream Social/ Bingo 2:45 Halloween Coloring 3:30 Balloon Bounce 6:00 Evening Movie	<b>26</b> 10:00 Exercise 10:30 Snack & News 11:00 Wacky Word Games 1:30 Bingo/ Snack <b>2:45 Pumkin Craft</b> 3:30 Balloon Bounce 6:00 Puzzles	<b>27</b> 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	<b>28</b> 10:00 Exercise 10:30 Snack & News 11:00 Trivia 1:30 Bingo/ Snack <b>2:45 Mask Craft</b> 3:30 Sing Along 6:00 Movie Night
<b>29</b> 10:00 Morning News 10:30 Snack 10:45 Spiritual Hymns 11:15 Sing Along 1:30 Trivia/ Snack 2:45 Bingo 6:00 Balloon Bounce	<b>30</b> 10:00 Wacky Word Games 10:30 Snack & News 11:15 Exercise 1:30 Bingo/ Snack 2:45 Balloon Bounce 3:30 Afternoon Trivia 6:00 Evening Movie	<b>31 Halloween</b> 10:00 Exercise 10:30 Snack & News 11:00 Wacky Word Games <b>1:00 Halloween Party</b> 2:00 Bingo 3:30 Sing Along 6:00 Puzzles	<b>Activity schedule</b>  <b>Subject to cancellation per current mandated health guidelines.</b>  <b>Please look for a red time to indicate what may be changing</b>  <b>Example: 9:45 Fred Meyer</b>			



# OCTOBER 2023 Building B



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



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SUN	MON	TUE	WED	THU	FRI	SAT
<b>1</b> 10:00 Beauty Hour 10:30 Snack 11:00 Exercise 11:30 Daily Chronical 1:30 Spiritual Hymns 2:00 Balloon Bounce 3:00 Bingo 6:00 Evening Movie	<b>2</b> 10:00 Manicure Monday 10:30 Snack 11:00 Exercise 11:30 Daily Chronical 1:30 Balloon Toss 2:30 Trivia 3:00 Bingo 6:00 Sorting	<b>3</b> 10:00 Beautiful You 10:30 Snack 11:00 Sit And Be Fit 11:30 Current Events 1:30 Chair Hockey 2:00 Sorting 3:00 Bingo 6:00 Beach Ball Toss	<b>4</b> 10:00 Pretty Nails 10:30 Snack 11:00 Seated Stretching 11:30 Current Events 1:30 Balloon Bounce 2:00 Creating with color 3:00 Bingo 6:00 Sorting	<b>5</b> 10:00 Daily Chronical 10:30 Snack 11:00 Exercise 11:30 Current Events 1:30 Chair Hockey 2:00 Sorting 3:00 Bingo 6:00 Beach Ball Toss	<b>6</b> 10:00 Heavenly Hair 10:30 Snack 11:00 Exercise 11:30 Current Events 1:30 Parachute Fun 2:00 Trivia 3:00 Bingo 6:00 Beach Ball Toss	<b>7</b> 10:00 Pretty Nails 10:30 Snack 11:00 Seated Stretching 11:30 Current Events 1:30 Balloon Bounce 2:00 Creating with color 3:00 Bingo 6:00 Sorting
<b>8</b> 10:00 Beauty Hour 10:30 Snack 11:00 Exercise 11:30 Daily Chronical 1:30 Spiritual Hymns 2:00 Balloon Bounce 3:00 Bingo 6:00 Evening Movie	<b>9 Columbus Day</b> 10:00 Manicure Monday 10:30 Snack 11:00 Exercise 11:30 Daily Chronical 1:30 Balloon Toss 2:30 Trivia 3:00 Bingo 6:00 Sorting	<b>10</b> 10:00 Beautiful You 10:30 Snack 11:00 Sit And Be Fit 11:30 Current Events 1:30 Chair Hockey 2:00 Sorting 3:00 Bingo 6:00 Beach Ball Toss	<b>11</b> 10:00 Pretty Nails 10:30 Snack 11:00 Seated Stretching 11:30 Current Events 1:30 Rick Steve's Travel 2:30 Creating with color 3:00 Bingo 6:00 Sorting	<b>12</b> 10:00 Daily Chronical 10:30 Snack 11:00 Exercise 11:30 Current Events 1:30 Chair Hockey 2:00 Sorting 3:00 Bingo 6:00 Beach Ball Toss	<b>13</b> 10:00 Heavenly Hair 10:30 Snack 11:00 Exercise 11:30 Current Events 1:30 Parachute Fun 2:00 Trivia 3:00 Bingo 6:00 Beach Ball Toss	<b>14</b> 10:00 Pretty Nails 10:30 Snack 11:00 Seated Stretching 11:30 Current Events 1:30 Balloon Bounce 2:00 Creating with color 3:00 Bingo 6:00 Sorting
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<b>22</b> 10:00 Beauty Hour 10:30 Snack 11:00 Exercise 11:30 Daily Chronical 1:30 Spiritual Hymns 2:00 Balloon Bounce 3:00 Bingo 6:00 Evening Movie	<b>23</b> 10:00 Manicure Monday 10:30 Snack 11:00 Exercise 11:30 Daily Chronical 1:30 Balloon Toss 2:30 Trivia 3:00 Bingo 6:00 Sorting	<b>24</b> 10:00 Beautiful You 10:30 Snack 11:00 Sit And Be Fit 11:30 Current Events 1:30 Chair Hockey 2:00 Sorting 3:00 Bingo 6:00 Beach Ball Toss	<b>25</b> 10:00 Pretty Nails 10:30 Snack 11:00 Seated Stretching 11:30 Current Events 1:30 Balloon Bounce 2:00 Creating with color 3:00 Bingo 6:00 Sorting	<b>26</b> 10:00 Daily Chronical 10:30 Snack 11:00 Exercise 11:30 Current Events 1:30 Chair Hockey 2:00 Sorting 3:00 Bingo 6:00 Beach Ball Toss	<b>27</b> 10:00 Heavenly Hair 10:30 Snack 11:00 Exercise 11:30 Current Events 1:30 Parachute Fun 2:00 Trivia 3:00 Bingo 6:00 Beach Ball Toss	<b>28</b> 10:00 Pretty Nails 10:30 Snack 11:00 Seated Stretching 11:30 Current Events 1:30 Balloon Bounce 2:00 Creating with color 3:00 Bingo 6:00 Sorting
<b>29</b> 10:00 Beauty Hour 10:30 Snack 11:00 Exercise 11:30 Daily Chronical 1:30 Spiritual Hymns 2:00 Balloon Bounce 3:00 Bingo 6:00 Evening Movie	<b>30</b> 10:00 Manicure Monday 10:30 Snack 11:00 Exercise 11:30 Daily Chronical 1:30 Balloon Toss 2:30 Trivia 3:00 Bingo 6:00 Sorting	<b>31 Halloween</b> 10:00 Beautiful You 10:30 Snack 11:00 Sit And Be Fit 11:30 Current Events 1:30 Chair Hockey <b>2:00 Halloween Party</b> 3:00 Bingo 6:00 Beach Ball Toss	<b>Activity schedule</b>  Subject to cancellation per current mandated health guidelines. Please look for a <b>red time</b> to indicate what may be changing Example: <b>9:45</b> Fred Meyer			