



Staff Spotlight - Tanya, In Her Own Words

Ever since I took care of my grandparents back in 2008-2010, I knew caregiving was what I wanted to do. I love helping seniors who need assistance, and caring for them. I take pride in what I do and the difference I can make in someone's life.



Resident Spotlight - Samuel, In His Own Words

I am from Oregon. I have 4 sisters and 1 brother George who recently passed. I was a pickup and delivery driver and machinist. I enjoy reading and sightseeing. I like staying active by walking and exercising on equipment (new step). I enjoy Jazz and contemporary music. I like watching TV, comedy, drama, police mysteries, and sci-fi. I enjoy painting and new activities like Bingo. Some of my past activities are hiking, biking, and playing the coronet, trumpet and baritone.

The Month In Moments: Smiles, Celebrations, & Connections Shared!



A Fresh Look, More Connection!

You may notice a fresh look to our newsletter and calendar this month! We've introduced TSO Life, a new tool to support our Life Enrichment program and strengthen communication with residents and families. As our team learns the technology and gradually incorporates it into our planning, our focus remains on meaningful experiences, personal connections, and keeping you informed. We'll share more information and resources over the coming months. Thank you for your patience as we learn and make thoughtful updates along the way!



Birthday Celebrations!

Residents

- Fay W. 11/1
- Paula Y. 11/6
- Barbara P. 11/15
- Sam H. 11/19
- Richard N. 11/28

Team Members

- Maria F-H. 11/7
- Melissa L. 11/7
- Irene P. 11/18
- Kiyah F. 11/22
- Maria P. 11/22
- Melissa O. 11/26
- Georgia R. 11/26



Join Us This November!

Come join us as we honor the Veterans in our community and beyond. We will be recognizing our Veterans with certificates on Wednesday, November 11th.



October Outing Photos at Right:
Top: Sam at The Candy Basket
Bottom: Alzheimer's Walk: Doris, Rae, Fay, Kathy and Shauny



Monthly Message



Greetings Everyone!
November is here, and it's the time of year when we reflect on all the things we are thankful for. Here at Farmington Square Gresham, we are grateful all year long!

It has been a true pleasure caring for your loved ones throughout the year. We are incredibly thankful that you have placed your trust in us and allowed us to be a part of their lives. Our residents bring so much joy to our community, and we feel truly blessed to share in their lives and create Meaningful memories together.

Melissa Fisher,
Executive Director

November 2026

Farmington Square Gresham

ASSISTED CARE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
● 9:30 AM - Trip: First Baptist Church ● 10:00 AM - Pretty Hands/Nails, Astor ● 10:30 AM - Stories & Conversation ● 11:30 AM - Healthy Hands ● 1:00 PM - Bean Bag Toss, Barlow ● 2:30 PM - Sunday Matinee, Barlow ● 3:00 PM - Creative Coloring ● 4:30 PM - Healthy Hands ● 6:00 PM - Evening Movie 01	● 9:30 AM - Coffee & News ● 10:00 AM - Astor/Barlow Scenic Drive ● 10:30 AM - Chair Exercise, Barlow ● 11:30 AM - Healthy Hands ● 2:30 PM - Bingo, Emerald ● 3:30 PM - Trivia, Astor ● 4:30 PM - Healthy Hands ● 6:00 PM - Evening Movie 02	● 9:30 AM - Coffee & News ● 10:00 AM - Fall Crafts, Astor ● 10:30 AM - Fall Crafts, Barlow ● 11:30 AM - Healthy Hands ● 1:30 PM - Church, Emerald House ● 3:30 PM - Bean Bag Toss, Barlow ● 4:00 PM - UNO Cards, Astor ● 4:30 PM - Healthy Hands ● 6:00 PM - Evening Movie 03	● 9:30 AM - Coffee & News ● 9:30 AM - Dollar Tree, Sandy ● 10:00 AM - Chair Exercise, Astor ● 10:30 AM - Chair Exercise, Barlow ● 11:30 AM - Healthy Hands ● 2:30 PM - Tea Hat Social, Emerald ● 4:30 PM - Healthy Hands ● 6:00 PM - Evening Movie 04	● 9:30 AM - Coffee & News ● 10:00 AM - Chair Exercise, Astor ● 10:30 AM - Chair Exercise, Barlow ● 11:30 AM - Healthy Hands ● 1:15 PM - Trivia 2, Astor ● 2:15 PM - Trivia 2, Barlow ● 3:15 PM - Ring Toss, Astor ● 4:00 PM - Ring Toss, Barlow ● 4:30 PM - Healthy Hands ● 6:00 PM - Evening Movie 05	● 9:30 AM - Coffee & News ● 10:00 AM - Astor Resident Council ● 11:00 AM - Gratitude Videos, Astor ● 11:30 AM - Healthy Hands ● 1:30 PM - Build a Word, Astor ● 2:00 PM - Gratitude Videos, Barlow ● 3:30 PM - Music Trivia, Barlow ● 4:30 PM - Healthy Hands ● 6:00 PM - Evening Movie 06	● 9:30 AM - Coffee & News ● 10:00 AM - Chair Exercise, Astor ● 10:30 AM - Chair Exercise, Barlow ● 11:30 AM - Healthy Hands ● 1:00 PM - UNO, Astor ● 2:00 PM - Bean Bag Toss, Barlow ● 4:00 PM - Brain Teaser, Astor ● 4:30 PM - Healthy Hands ● 6:00 PM - Evening Movie 07
● 9:30 AM - Coffee & News ● 10:00 AM - Pretty Hands/Nails, Barlow ● 11:00 AM - Chair Exercise, Astor ● 11:30 AM - Healthy Hands ● 1:00 PM - Bean Bag Toss, Barlow ● 2:00 PM - Sunday Matinee, Emerald ● 2:30 PM - Sunday Matinee, Emerald ● 3:00 PM - Creative Coloring ● 4:30 PM - Healthy Hands ● 6:00 PM - Evening Movie 08	● 9:30 AM - Coffee & News ● 10:00 AM - Chair Exercise, Astor ● 10:00 AM - Scenic Drive, Crown ● 10:30 AM - Chair Exercise, Barlow ● 11:30 AM - Healthy Hands ● 2:30 PM - Bingo, Emerald ● 3:30 PM - Trivia, Astor ● 4:30 PM - Healthy Hands ● 6:00 PM - Evening Movie 09	● 9:30 AM - Coffee & News ● 10:00 AM - Chair Exercise, Astor ● 10:30 AM - Chair Exercise, Barlow ● 11:30 AM - Healthy Hands ● 1:30 PM - Church, Emerald House ● 3:30 PM - Music Trivia, Barlow ● 4:00 PM - UNO Cards, Astor ● 4:30 PM - Healthy Hands ● 6:00 PM - Evening Movie 10	● 9:30 AM - Coffee & News ● 9:30 AM - Shopping Bus, Goodwill ● 10:00 AM - Chair Exercise, Astor ● 10:30 AM - Chair Exercise, Barlow ● 11:30 AM - Healthy Hands ● 2:30 PM - Veterans Social, Barlow ● 4:30 PM - Healthy Hands ● 6:00 PM - Evening Movie 11	● 9:30 AM - Coffee & News ● 10:00 AM - Chair Exercise, Astor ● 10:30 AM - Chair Exercise, Barlow ● 11:30 AM - Healthy Hands ● 1:15 PM - Trivia 2, Astor ● 2:15 PM - Trivia 2, Barlow ● 3:15 PM - Ring Toss, Astor ● 4:00 PM - Ring Toss, Barlow ● 4:30 PM - Healthy Hands ● 6:00 PM - Evening Movie 12	● 9:30 AM - Coffee & News ● 10:00 AM - Trivia 2, Barlow ● 11:30 AM - Healthy Hands ● 1:00 PM - Build a Word, Barlow ● 2:30 PM - Phil Hall, Accordion Music ● 4:00 PM - Barlow Resident Council ● 4:30 PM - Healthy Hands ● 6:00 PM - Evening Movie 13	● 9:30 AM - Coffee & News ● 10:00 AM - Chair Exercise, Astor ● 10:30 AM - Chair Exercise, Barlow ● 11:30 AM - Healthy Hands ● 1:00 PM - UNO, Astor ● 2:00 PM - Bean Bag Toss, Barlow ● 4:00 PM - Brain Teaser, Astor ● 4:30 PM - Healthy Hands ● 6:00 PM - Evening Movie 14
● 9:30 AM - Coffee & News ● 10:00 AM - Pretty Hands/Nails, Astor ● 11:00 AM - Chair Exercise, Barlow ● 11:30 AM - Healthy Hands ● 1:00 PM - Bean Bag Toss, Barlow ● 2:30 PM - Sunday Matinee, Barlow ● 3:00 PM - Creative Coloring ● 4:30 PM - Healthy Hands ● 6:00 PM - Evening Movie 15	● 9:30 AM - Coffee & News ● 10:00 AM - Chair Exercise, Astor ● 10:00 AM - Chair Exercise, Barlow ● 11:30 AM - Healthy Hands ● 2:30 PM - Bingo, Emerald ● 3:30 PM - Trivia, Astor ● 4:30 PM - Healthy Hands ● 4:30 PM - Trivia Barlow ● 6:00 PM - Evening Movie 16	● 9:30 AM - Coffee & News ● 10:00 AM - Chair Exercise, Astor ● 10:30 AM - Chair Exercise, Barlow ● 11:30 AM - Healthy Hands ● 1:30 PM - Church, Emerald House ● 3:30 PM - Bean Bag Toss, Barlow ● 4:00 PM - UNO Cards, Astor ● 4:30 PM - Healthy Hands ● 6:00 PM - Evening Movie 17	● 9:30 AM - Coffee & News ● 9:30 AM - Shopping Bus, Walmart ● 10:00 AM - Chair Exercise, Barlow ● 10:30 AM - Chair Exercise, Astor ● 11:30 AM - Healthy Hands ● 2:30 PM - Birthday Party, Emerald ● 4:30 PM - Healthy Hands ● 6:00 PM - Evening Movie 18	● 9:30 AM - Coffee & News ● 10:00 AM - Chair Exercise, Astor ● 10:30 AM - Chair Exercise, Barlow ● 11:30 AM - Healthy Hands ● 1:15 PM - Trivia 2, Astor ● 2:15 PM - Trivia 2, Barlow ● 3:15 PM - Ring Toss, Astor ● 4:00 PM - Ring Toss, Barlow ● 4:30 PM - Healthy Hands ● 6:00 PM - Evening Movie 19	● 9:30 AM - Coffee & News ● 10:00 AM - Chair Exercise, Astor ● 10:30 AM - Chair Exercise, Barlow ● 11:30 AM - Healthy Hands ● 1:30 PM - Build a Word, Astor ● 2:30 PM - Music Trivia, Barlow ● 4:30 PM - Healthy Hands ● 6:00 PM - Evening Movie 20	● 9:30 AM - Coffee & News ● 10:00 AM - Chair Exercise, Astor ● 10:30 AM - Chair Exercise, Barlow ● 11:30 AM - Healthy Hands ● 12:00 PM - Outing NW Senior Theatre ● 1:00 PM - UNO, Astor ● 2:00 PM - Trivia, Barlow ● 4:00 PM - Brain Teaser, Astor ● 4:30 PM - Healthy Hands ● 6:00 PM - Evening Movie 21
● 9:30 AM - Coffee & News ● 10:00 AM - Pretty Hands/Nails, Barlow ● 11:00 AM - Chair Exercise, Astor ● 11:30 AM - Healthy Hands ● 1:00 PM - Bean Bag Toss, Barlow ● 2:00 PM - Sunday Matinee, Emerald ● 2:30 PM - Sunday Matinee, Barlow ● 3:00 PM - Creative Coloring ● 4:30 PM - Healthy Hands ● 6:00 PM - Evening Movie 22	● 9:30 AM - Coffee & News ● 10:00 AM - Chair Exercise, Astor ● 10:00 AM - Scenic Drive, D/E ● 10:30 AM - Chair Exercise, Barlow ● 11:30 AM - Healthy Hands ● 2:30 PM - Bingo, Emerald ● 3:30 PM - Trivia, Astor ● 4:30 PM - Healthy Hands ● 4:30 PM - Trivia Barlow ● 6:00 PM - Evening Movie 23	● 9:30 AM - Coffee & News ● 10:00 AM - Morning Walk Astor/Barlow ● 11:30 AM - Healthy Hands ● 1:30 PM - Church, Emerald House ● 3:30 PM - Everyday Life Trivia ● 4:00 PM - UNO Cards, Astor ● 4:30 PM - Healthy Hands ● 6:00 PM - Evening Movie 24	● 9:30 AM - Coffee & News ● 9:30 AM - Shopping Bus, Fred Meyer ● 10:00 AM - Chair Exercise, Barlow ● 10:30 AM - Chair Exercise, Astor ● 11:30 AM - Healthy Hands ● 2:00 PM - Canvas Painting ● 3:15 PM - Canvas Painting ● 4:30 PM - Healthy Hands ● 6:00 PM - Evening Movie 25	● 9:30 AM - Coffee & News ● 10:00 AM - Reminisce & Social, Emerald ● 11:30 AM - Healthy Hands ● 1:30 PM - Ring Toss, Astor ● 2:15 PM - Ring Toss, Barlow ● 3:00 PM - Thanksgiving Trivia, Astor ● 3:30 PM - Trivia, Barlow ● 4:30 PM - Healthy Hands ● 6:00 PM - Evening Movie 26	● 9:30 AM - Coffee & News ● 10:00 AM - Chair Exercise, Astor ● 10:30 AM - Chair Exercise, Barlow ● 11:30 AM - Healthy Hands ● 1:30 PM - Build a Word ● 2:30 PM - Kyle Lewis Performs, Em. ● 4:00 PM - Afternoon stroll ● 4:30 PM - Healthy Hands ● 6:00 PM - Evening Movie 27	● 9:30 AM - Coffee & News ● 10:00 AM - Chair Exercise, Astor ● 10:30 AM - Chair Exercise, Barlow ● 11:30 AM - Healthy Hands ● 1:00 PM - UNO, Astor ● 2:00 PM - Bean Bag Toss, Barlow ● 4:00 PM - Brain Teaser, Astor ● 4:30 PM - Healthy Hands ● 6:00 PM - Evening Movie 28
● 9:30 AM - Coffee & News ● 10:00 AM - Pretty Hands/Nails, Astor ● 11:00 AM - Chair Exercise, Barlow ● 11:30 AM - Healthy Hands ● 1:00 PM - Bean Bag Toss, Barlow ● 2:30 PM - Sunday Matinee, Emerald ● 3:00 PM - Creative Coloring ● 4:30 PM - Healthy Hands ● 6:00 PM - Evening Movie 29	● 9:30 AM - Coffee & News ● 11:00 AM - Outing, Lunch at IHOP ● 11:30 AM - Healthy Hands ● 3:00 PM - Mason Jar Craft, Astor ● 4:00 PM - Mason Jar Craft, Barlow ● 4:30 PM - Healthy Hands ● 6:00 PM - Evening Movie 30		Dimensions ● Spiritual Wellness ● Emotional Wellness ● Physical Wellness ● Social Wellness ● Intellectual / Cognitive Wellness			

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30 AM - Trip: First Baptist Church 9:30 AM - News & Conversation 10:00 AM - Pretty Hands/Nails 11:00 AM - Chair Exercise 11:30 AM - Healthy Hands 1:00 PM - Bean Bag Toss 2:30 PM - Sunday Matinee 3:00 PM - Creative Coloring 4:30 PM - Healthy Hands 6:00 PM - Evening Movie	9:30 AM - Coffee & News 10:00 AM - Balloon Toss 10:30 AM - Chair Exercise 11:00 AM - Morning Stroll 11:30 AM - Healthy Hands 1:00 PM - Music Trivia 2:30 PM - Bingo 4:00 PM - Dance with Me 4:30 PM - Healthy Hands 6:00 PM - Evening Movie	9:30 AM - Coffee & News 10:00 AM - Creative Coloring 10:30 AM - Hand Care/Sing Along 11:30 AM - Healthy Hands 1:30 PM - Church, Emerald House 3:00 PM - Brain Teaser 3:30 PM - Bean Bag Toss 4:30 PM - Healthy Hands 6:00 PM - Evening Movie	9:30 AM - Dollar Tree, Sandy 9:30 AM - Coffee & News 10:00 AM - Pretty Hand/Hand Massage 10:30 AM - Everybody Exercise 11:30 AM - Healthy Hands 1:00 PM - Music Trivia 2:30 PM - Tea Hat Social, Emerald 4:00 PM - Bean Bag Toss 4:30 PM - Healthy Hands 6:00 PM - Evening Movie	9:30 AM - Coffee & News 10:00 AM - Painting, Fall Coloring 11:00 AM - Chair Exercise 11:30 AM - Healthy Hands 1:00 PM - Balloon Toss 3:00 PM - Bean Bag Toss 4:00 PM - Dance with Me 4:30 PM - Healthy Hands 6:00 PM - Evening Movie	9:30 AM - Coffee & News 10:00 AM - Hand Massage 11:00 AM - Balloon Toss 11:30 AM - Healthy Hands 1:15 PM - Sing Along 3:30 PM - Walking Groups 4:00 PM - Bean Bag Toss/Ring Toss 4:30 PM - Healthy Hands 6:00 PM - Evening Movie	9:30 AM - Coffee & News 10:00 AM - Chair Exercise 10:30 AM - Reminisce 11:00 AM - Creative Coloring 11:30 AM - Healthy Hands 1:00 PM - Brain Teaser 2:00 PM - Bean Bag Toss 4:00 PM - Sing Along 4:30 PM - Healthy Hands 6:00 PM - Evening Movie
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9:30 AM - News & Conversation 10:00 AM - Pretty Hands/Nails 11:00 AM - Chair Exercise 11:30 AM - Healthy Hands 1:00 PM - Bean Bag Toss 2:30 PM - Sunday Matinee 3:00 PM - Creative Coloring 4:30 PM - Healthy Hands 6:00 PM - Evening Movie	9:30 AM - Coffee & News 10:00 AM - Balloon Toss 10:30 AM - Chair Exercise 11:00 AM - Morning Stroll 11:00 AM - Outing, Lunch at IHOP 11:30 AM - Healthy Hands 1:00 PM - Music Trivia 2:30 PM - Bingo 4:00 PM - Dance with Me 4:30 PM - Healthy Hands 6:00 PM - Evening Movie		Dimensions - Spiritual Wellness - Social Wellness - Physical Wellness - Environmental Wellness - Intellectual / Cognitive Wellness - Emotional Wellness			

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30 AM - Beautiful You 9:30 AM - Trip: First Baptist Church 10:00 AM - Coffee & News 10:30 AM - TV Devotion 11:00 AM - Balloon Toss 11:30 AM - Healthy Hands 1:00 PM - Creative Coloring 2:30 PM - Sunday Matinee, Barlow 3:00 PM - Sing Along, ElderSong 4:30 PM - Healthy Hands 01	9:30 AM - Manicure/Hand Massage 10:00 AM - Coffee & News 10:00 AM - Say It With Music Trivia 11:00 AM - Chair Exercise 11:30 AM - Healthy Hands 1:00 PM - Bean Bag Toss 3:30 PM - Creative Coloring 4:00 PM - Dance with Me 4:30 PM - Healthy Hands 6:00 PM - Evening Movie 02	9:30 AM - Coffee & News 10:00 AM - Balloon Toss 10:30 AM - Walk with me 11:00 AM - Singalong 11:30 AM - Healthy Hands 1:30 PM - Church, Emerald House 3:00 PM - Bean Bag Toss 3:30 PM - Painting, Fall Coloring 4:00 PM - Dance with Me 4:30 PM - Healthy Hands 6:00 PM - Evening Movie 03	9:30 AM - Coffee & News 9:30 AM - Dollar Tree, Sandy 10:00 AM - Music Trivia 11:00 AM - Chair Exercise 11:30 AM - Healthy Hands 1:15 PM - Singalong 2:30 PM - Tea Hat Social, Emerald 4:00 PM - Dance with Me 4:30 PM - Healthy Hands 6:00 PM - Evening Movie 04	9:30 AM - Coffee & News 10:00 AM - Sit & Stretch 11:00 AM - Chair Exercise 11:30 AM - Healthy Hands 1:15 PM - Walk with me 3:00 PM - Singalong 4:00 PM - Dance with Me 4:30 PM - Healthy Hands 6:00 PM - Evening Movie 05	9:30 AM - Coffee & News 10:00 AM - Pretty Nails 11:00 AM - Chair Exercise 11:30 AM - Healthy Hands 1:00 PM - Painting, Fall Coloring 2:00 PM - Reminisce/Story time 3:00 PM - Walk with Me 4:00 PM - Dance with Me 4:30 PM - Healthy Hands 6:00 PM - Evening Movie 06	9:30 AM - Coffee & News 10:00 AM - Balloon Toss 10:30 AM - Story Time/ Reminisce 11:00 AM - Chair Exercise 11:30 AM - Healthy Hands 1:00 PM - Brain Games 2:00 PM - Ring Toss 3:00 PM - Pretty Nails/ Hand Massage 4:30 PM - Healthy Hands 6:00 PM - Evening Movie 07
9:30 AM - Coffee & News 9:30 AM - Beautiful You 10:30 AM - TV Devotion 11:00 AM - Balloon Toss 11:30 AM - Healthy Hands 1:00 PM - Creative Coloring 2:30 PM - Sunday Matinee, Emerald 3:00 PM - Sing Along with ElderSong 4:30 PM - Healthy Hands 6:00 PM - Evening Movie 08	9:30 AM - Coffee & News 9:30 AM - Manicure/Hand Massage 10:00 AM - Scenic Drive, Crown 11:00 AM - Chair Exercise 11:30 AM - Healthy Hands 1:00 PM - Bean Bag Toss 2:30 PM - Bingo, Emerald 3:30 PM - Creative Coloring 4:30 PM - Healthy Hands 6:00 PM - Evening Movie 09	9:30 AM - Coffee & News 10:00 AM - Balloon Toss 10:30 AM - Walk with me 11:00 AM - Singalong 11:30 AM - Healthy Hands 1:30 PM - Church, Emerald House 3:00 PM - Bean Bag Toss 3:30 PM - Painting, Fall Coloring 4:00 PM - Dance with Me 4:30 PM - Healthy Hands 6:00 PM - Evening Movie 10	9:30 AM - Coffee & News 9:30 AM - Shopping Bus, Goodwill 10:00 AM - Music Trivia 11:00 AM - Chair Exercise 11:30 AM - Healthy Hands 1:15 PM - Singalong 2:30 PM - Veterans Social, Barlow 4:00 PM - Dance with Me 4:30 PM - Healthy Hands 6:00 PM - Evening Movie 11	9:30 AM - Coffee & News 10:00 AM - Sit & Stretch 11:00 AM - Chair Exercise 11:30 AM - Healthy Hands 1:15 PM - Walk with me 2:15 PM - Bean Bag Toss 3:00 PM - Singalong 3:00 PM - Creative Coloring 4:00 PM - Dance with Me 4:30 PM - Healthy Hands 6:00 PM - Evening Movie 12	9:30 AM - Coffee & News 10:00 AM - Pretty Nails 11:00 AM - Chair Exercise 11:30 AM - Healthy Hands 1:00 PM - Painting, Fall Coloring 2:30 PM - Phil Hall, Accordion Music 3:00 PM - Walk with me 4:00 PM - Dance with Me 4:30 PM - Healthy Hands 6:00 PM - Evening Movie 13	9:30 AM - Coffee & News 10:00 AM - Balloon Toss 10:30 AM - Story Time/ Reminisce 11:00 AM - Chair Exercise 11:30 AM - Healthy Hands 1:00 PM - Brain Games 2:00 PM - Ring Toss 3:00 PM - Pretty Nails/ Hand Massage 4:30 PM - Healthy Hands 6:00 PM - Evening Movie 14
9:30 AM - Coffee & News 9:30 AM - Beautiful You 10:30 AM - TV Devotion 11:00 AM - Balloon Toss 11:30 AM - Healthy Hands 1:00 PM - Creative Coloring 2:30 PM - Sunday Matinee, Barlow 3:00 PM - Sing Along with ElderSong 4:30 PM - Healthy Hands 6:00 PM - Evening Movie 15	9:30 AM - Coffee & News 9:30 AM - Manicure/Hand Massage 11:00 AM - Chair Exercise 11:30 AM - Healthy Hands 1:00 PM - Bean Bag Toss 2:30 PM - Bingo, Emerald 3:30 PM - Creative Coloring 4:00 PM - Dance with Me 4:30 PM - Healthy Hands 6:00 PM - Evening Movie 16	9:30 AM - Coffee & News 10:00 AM - Balloon Toss 10:30 AM - Walk with me 11:00 AM - Singalong 11:30 AM - Healthy Hands 1:30 PM - Church, Emerald House 3:00 PM - Bean Bag Toss 3:30 PM - Painting, Fall Coloring 4:00 PM - Dance with Me 4:30 PM - Healthy Hands 6:00 PM - Evening Movie 17	9:30 AM - Coffee & News 9:30 AM - Shopping Bus, Walmart 10:00 AM - Music Trivia 11:00 AM - Chair Exercise 11:30 AM - Healthy Hands 1:15 PM - Singalong 2:30 PM - Birthday Party, Emerald 4:00 PM - Dance with Me 4:30 PM - Healthy Hands 6:00 PM - Evening Movie 18	9:30 AM - Coffee & News 10:00 AM - Sit & Stretch 11:00 AM - Chair Exercise 11:30 AM - Healthy Hands 1:15 PM - Walk with me 2:15 PM - Bean Bag Toss 3:00 PM - Singalong 3:00 PM - Creative Coloring 4:00 PM - Dance with Me 4:30 PM - Healthy Hands 6:00 PM - Evening Movie 19	9:30 AM - Coffee & News 10:00 AM - Pretty Nails 11:00 AM - Chair Exercise 11:30 AM - Healthy Hands 1:00 PM - Painting, Fall Coloring 2:00 PM - Crown, Resident Council 3:00 PM - Walk with me 4:00 PM - Dance with Me 4:30 PM - Healthy Hands 6:00 PM - Evening Movie 20	9:30 AM - Coffee & News 10:00 AM - Balloon Toss 10:30 AM - Story Time/ Reminisce 11:00 AM - Chair Exercise 11:30 AM - Healthy Hands 12:00 PM - Outing NW Senior Theatre 1:00 PM - Brain Games 2:00 PM - Ring Toss 3:00 PM - Pretty Nails/ Hand Massage 4:30 PM - Healthy Hands 6:00 PM - Evening Movie 21
9:30 AM - Coffee & News 9:30 AM - Beautiful You 10:30 AM - TV Devotion 11:00 AM - Balloon Toss 11:30 AM - Healthy Hands 1:00 PM - Creative Coloring 2:30 PM - Sunday Matinee, Emerald 3:00 PM - Sing Along with ElderSong 4:30 PM - Healthy Hands 6:00 PM - Evening Movie 22	9:30 AM - Coffee & News 9:30 AM - Manicure/Hand Massage 11:00 AM - Chair Exercise 11:30 AM - Healthy Hands 1:00 PM - Bean Bag Toss 2:30 PM - Bingo, Emerald 3:30 PM - Creative Coloring 4:00 PM - Dance with Me 4:30 PM - Healthy Hands 6:00 PM - Evening Movie 23	9:30 AM - Coffee & News 10:00 AM - Balloon Toss 10:30 AM - Walk with me 11:00 AM - Singalong 11:30 AM - Healthy Hands 1:30 PM - Church, Emerald House 3:00 PM - Bean Bag Toss 3:30 PM - Painting, Fall Coloring 4:00 PM - Dance with Me 4:30 PM - Healthy Hands 6:00 PM - Evening Movie 24	9:30 AM - Coffee & News 9:30 AM - Shopping Bus, Fred Meyer 10:00 AM - Music Trivia 11:00 AM - Chair Exercise 11:30 AM - Healthy Hands 1:15 PM - Singalong 3:30 PM - Painting, Fall Coloring 4:00 PM - Dance with Me 4:30 PM - Healthy Hands 6:00 PM - Evening Movie 25	9:30 AM - Coffee & News 10:00 AM - Sit & Stretch 10:00 AM - Reminisce & Social, Emerald 11:00 AM - Chair Exercise 11:30 AM - Healthy Hands 1:15 PM - Walk with me 3:00 PM - Singalong 3:00 PM - Creative Coloring 4:00 PM - Dance with Me 4:30 PM - Healthy Hands 6:00 PM - Evening Movie 26	9:30 AM - Coffee & News 10:00 AM - Pretty Nails 11:00 AM - Chair Exercise 11:30 AM - Healthy Hands 1:00 PM - Painting, Fall Coloring 2:30 PM - Kyle Lewis Performs, Em. 3:00 PM - Walk with me 4:00 PM - Dance with Me 4:30 PM - Healthy Hands 6:00 PM - Evening Movie 27	9:30 AM - Coffee & News 10:00 AM - Balloon Toss 10:30 AM - Story Time/ Reminisce 11:00 AM - Chair Exercise 11:30 AM - Healthy Hands 1:00 PM - Brain Games 2:00 PM - Ring Toss 3:00 PM - Pretty Nails/ Hand Massage 4:30 PM - Healthy Hands 6:00 PM - Evening Movie 28
9:30 AM - Coffee & News 9:30 AM - Beautiful You 10:30 AM - TV Devotion 11:00 AM - Balloon Toss 11:30 AM - Healthy Hands 1:00 PM - Creative Coloring 2:30 PM - Sunday Matinee, Barlow 3:00 PM - Sing Along with ElderSong 4:30 PM - Healthy Hands 6:00 PM - Evening Movie 29	9:30 AM - Coffee & News 9:30 AM - Manicure/Hand Massage 11:00 AM - Outing, Lunch at IHOP 11:00 AM - Chair Exercise 11:30 AM - Healthy Hands 1:00 PM - Bean Bag Toss 2:30 PM - Bingo, Emerald 3:30 PM - Creative Coloring 4:30 PM - Healthy Hands 6:00 PM - Evening Movie 30		Dimensions - Social Wellness - Spiritual Wellness - Intellectual / Cognitive Wellness - Physical Wellness - Emotional Wellness - Environmental Wellness			

* Activities are subject to change