

# Bayberry Commons Assisted Living Community

# December 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>2211 Laura Street Springfield, Oregon 97477 ~ 541-744-7000</p>		<p>1 SP Dr. Appointments 9:45 Fitness with Terri* 11:00 Sew &amp; Chat in the Lobby 1:45 Food Meeting ~ Atrium 2:30 Sweet Treat Bingo with Margaret Suttle In the Bistro</p>	<p>2 Hair Appointments Bayberry Community Holiday decorating all day All residents welcome to help Susan "Deck the Halls!" 3:45 to 4:45 Memory Care Support Group ~ Private Dining Room</p>	<p>3 9:45 Fitness with Terri* 11:00 All Resident Meeting Holiday Decorating continues All residents welcome to help complete our communities Holiday Visual Cheer! 1:30 Nickel Bingo with Ella in the Bistro</p>	<p>4 9:45 Fitness with Terri* 10:30 Church with Chet 2:30 Music in the Atrium Sing Along with Annadon 7:15 ~ 7:45 First Baptist Family Connections Caroling in the Atrium</p>	<p>5 10:45 Trip to view 900 Nativity Scene Collections at the Church of Later Day Saints (sign up) 11:00 Pet Therapy with Ricky the Pug in the Lobby 2-3:00 Art Class with Debbie in the Bistro</p>
<p>6 11:00 Paper in the Lobby Cascade Chorus Christmas Show ~ Leave at 2:00 Reserve Tickets 2:00 Hot Cider Social 3:00 Movie in the Theater Room with Popcorn "White Christmas"</p>	<p>7 Hair Appointments 9:45 Fitness with Terri* 11:15 Bible Study ~ Thomas 2:30 Music in the Atrium with the Ya Po Ha Singers 3:00 Massage Therapy with Byron Hanks</p>	<p>8 SP Dr. Appointments 9:45 Fitness with Terri* 11:00 Sew &amp; Chat in the Lobby 1:30 Sweet Treat Bingo with Margaret Suttle In the Bistro 3:00 Reflexology with Savagi</p>	<p>9 Hair Appointments 9:30 Balloon Ball ~ Angela 10:30 Scenic Drive ~ Susan 1:30 Memory Enhancement In the Theater Room ~ Susan 3:00 Marist High School Jazz Choir "Reflections" in the Atrium</p>	<p>10 9:45 Fitness with Terri* 1:30 Nickel Bingo with Ella 2:30 Music in the Atrium with Stan Owenby 3:45 Memory Enhancement with Susan in the Theater Room</p>	<p>11 9:45 Fitness with Terri* 10:30 Church with Chet 12:30 Visit from Santa 2:30 Resident's Holiday Party Peppermint Ice Cream served 3:00 David Lamont "Elvis" Sing our favorite Holiday Songs</p>	<p>12 10:15 Movie in the Theater Room ~ Holiday Inn 2-3:00 Art Class with Debbie Clarke ~ Basic Drawing 2:30 Hot Cocoa Social~ In the Lobby with Anne</p>
<p>13 11:00 Paper in the Lobby 2:00 Hot Cider Social with Anne in the Atrium 3:00 Movie in the Theater Room with Popcorn "Miracle on 34<sup>th</sup> Street"</p>	<p>14 Hair Appointments 9:45 Fitness with Terri* 11:15 Bible Study ~ Thomas 2:00 Lutheran Open Table Communion ~ Theater Room 2:30 County Music Over Easy 3:00 Massage Therapy 4:30- 5:00 Campfire Carolers</p>	<p>15 SP Dr. Appointments 9:45 Fitness with Terri* 11:00 Sew &amp; Chat in the Lobby 1:30 Sweet Treat Bingo 3:00 Sharps and Flats Choir in the Atrium 7:00 Holiday Lights Drive</p>	<p>16 Hair Appointments 9:30 Core Strength ~ Susan* 10:30 Scenic Drive ~ Susan 2:30-3:30 Massage Therapy Lecture with Demonstration 7:00 Scotty Clark's Holiday Barber Shop Quartette in the Atrium</p>	<p>17 9:45 Fitness with Terri* 1:30 Nickel Bingo with Ella 2:30 Ice Cream Social Peppermint Ice Cream served 3:30 Preschool Visit to hand out Cards to Residents and sing single Bells</p>	<p>18 9:45 Fitness with Terri* 10:30 Church with Chet 2:30 Music in the Atrium Jim and Mary Kelley's Blast from the Past 6:30 Staff Holiday Party In the Atrium</p>	<p>19 10:15 Movie in the Theater Room ~ "Elf" 10:15 Book Mark Gift with card Visit in the Bistro 2-3:00 Art Class with Debbie Clarke ~ Basic Drawing 2:30 Hot Cocoa Social~ In the Lobby with Anne</p>
<p>20 11:00 Paper in the Lobby 2:00 Hot Cider Social with Anne in the Atrium 3:00 Movie in the Theater Room with Popcorn "Christmas Carol"</p>	<p>21 Hair Appointments 9:45 Fitness with Terri* 11:15 Bible Study ~ Thomas 1:-5 Nails by Lisa Week 1:30 Grocery Shopping 3:45 Memory Enhancement 7:00 Dickens Carolers</p>	<p>22 SP Dr. Appointments 9:45 Fitness with Terri* 11:00 Sew &amp; Chat in the Lobby 1:30 Sweet Treat Bingo with Margaret in the Bistro 3:00 Reflexology with Savagi 7:00 Holiday Lights Drive</p>	<p>23 Hair Appointments 9:30 Core Strength ~ Susan* 10:30 Scenic Drive ~ Susan 2:30 Music in the Atrium with the Memory Tones 3:45 Memory Enhancement with Susan in the Theater</p>	<p>24 9:45 Fitness with Terri* 11:30 Out to Lunch by popular request at Arby's 1:30 Nickel Bingo with Ella in the Bistro 2:30 Music in the Atrium with Old Time Fiddlers</p>	<p>25 Seasons Greetings From all of us at Bayberry! <b>12:00 Holiday Meal (please sign up if you are planning to attend or if you will be gone)</b></p>	<p>26 Paper in the Lobby 10:15 Movie in the Theater Room ~ Popcorn served "Christmas in Connecticut" 2:30 Hot Cocoa Social~ In the Lobby with Anne</p>
<p>27 11:00 Paper in the Lobby 2:00 Hot Cider Social with Anne in the Atrium 3:00 Movie in the Theater Room with Popcorn "It's a Wonderful Life" with Jimmy Stewart"</p>	<p>28 Hair Appointments 9:45 Fitness with Terri* 11:15 Bible Study ~ Thomas 1:30 Grocery Shopping 3:00 Music in the Atrium with vocalist and whistler Harry Waggnor</p>	<p>29 SP Dr. Appointments 9:45 Fitness with Terri* 11:00 Sew &amp; Chat in the Lobby 1:30 Sweet Treat Bingo with Margaret in the Bistro 3:00 Coffee in the Lobby</p>	<p>30 Hair Appointments 9:30 Core Strength ~ Susan* 10:30 Scenic Drive ~ Susan 2:30 Invincible Vince the Magician in the Atrium 3:45 Memory Enhancement With Susan in the Theater Room</p>	<p>31 9:45 Fitness with Terri* 1:30 Nickel Bingo with Ella 2:30 Happy After Noon Year Party entertainment with D "n" A ~ Refreshments</p>	<p><b>Volunteers are always welcome at Bayberry! A special Thank you to all our volunteers who give their time and talent bringing JOY to our residents! YOU DO MAKE A DIFFERENCE! Susan Stuart-Clark ~ Life Enrichment</b></p>	

**CREATING ENVIRONMENTS WHERE MOMENTS OF JOY, INDEPENDENCE, AND WELLNESS ARE THE FOCUS OF EACH AND EVERY DAY**  
**Arthritis Foundation Exercise Program conducted 4 days per week, by Certified Instructors Terri Lee Sears\* and Susan Stuart-Clark\* Arthritis Foundation Exercises Are a Low Impact, joint-safe exercise program helps decrease arthritis pain and relieve stiffness**