

Bayberry Commons Assisted Living

February 2010

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|---|---|--|--|
| <p>2211 Laura Street Springfield, Oregon 97477 541-744-7000</p> | <p>1 Hair Appointments 9:45 Fitness with Terri* 11:15 Bible Study ~ Thomas 1:30 Grocery Shopping 3:00 Massage Therapy with Bryon by the Mailboxes 3:00 Music in the Atrium with Harrv Warner</p> | <p>2 SP Dr. Appointments 9:45 Fitness with Terri* 1:45 Food Meeting ~ Atrium 2:30 Sweet Treat Bingo 2:30 Exercise with Byron 6:00 Piano with Norma in the Atrium</p> | <p>3 Hair Appointments 9:30 Balloon Ball with Gina 10:15 Scenic Drive ~ Susan 2:30 Ice Cream Social in the Bistro 3:45 Support Group – Susan Stuart Clark in the Private Dinning Room</p> | <p>4 Hair Appointments 9:45 Fitness with Terri* 11:00 Resident Meeting 1:30 Nickel Bingo with Ella in the Bistro 2:30 Music in the Atrium with Stan Owenby</p> | <p>5 9:45 Fitness with Terri* 10:30 Church with Chet 2:30 Music in the Atrium Sing Along with Annadon 3:45 Memory Enhancement with Susan</p> | <p>6 Paper in the Lobby 10:15 Movie in the Theater Room “To Be Announced” 11:00 Pet Therapy –Ricky 2:00 to 3:00 Art Classes with Debbie in the Bistro</p> |
| <p>7 11:00 Paper in the Lobby 2:00 Hot Chocolate Social 3:00 Movie and Popcorn in the Theater Room “To Be Announced”</p> | <p>8 Hair Appointments 9:45 Fitness with Terri* 11:15 Bible Study ~ Thomas 2:00 Lutheran Open Table Communion in the Theater 2:30 Music with Over Easy 3:00 Massage Therapy with Bryon by the Mailboxes</p> | <p>9 SP Dr. Appointments 9:45 Fitness with Terri* 12:45 Avon with Leila 1:30 Sweet Treat Bingo with Margaret Suttle 2:30 Exercise with Byron 6:30 Complimentary Dessert Sweets for your Sweetie”</p> | <p>10 Hair Appointments 9:30 Balloon Ball with Gina 10:15 Scenic Drive ~ Susan 3:00 Ice Cream Social in the Bistro/Delta Gamma Music with Nuvere’s Record Collection Bring a Friend!</p> | <p>11 Hair Appointments 9:45 Fitness with Terri* 1:30 Nickel Bingo with Ella in the Bistro 1:30~ 3:30 Lane County Historical Museum Tour</p> | <p>12 9:45 Fitness with Terri* 10:30 Church with Chet 2:30 Music in the Atrium Connie’s Easy listening Piano 3:00 Reflexology ~ Sivaji</p> | <p>13 Paper in the Lobby 10:15 Movie in the Theater Room “To Be Announced” 2:00 to 3:00 Art Classes with Debbie in the Bistro 2:00 Hot Cider Social with Anne in the Lobby</p> |
| <p>14 VALENTINES DAY 11:00 Paper in the Lobby 2:00 Hot Chocolate Social 3:00 VALENTINES DAY DESSERT ENTERTAINMENT BY Gary Duel Live</p> | <p>15 Hair Appointments NAILS BY LISA ALL WEEK 9:45 Fitness with Terri* 11:15 Bible Study ~ Thomas 1:30 Grocery Shopping 3:00 Massage Therapy with Bryon by the Mailboxes 3:45 Memory Enhancement</p> | <p>16 SP Dr. Appointments 9:45 Fitness with Terri* 10:30 Sew & Chat ~ Lobby 1:30 Sweet Treat Bingo with Margaret Suttle 2:30 Exercise with Byron 6:00 Piano with Norma in the Atrium</p> | <p>17 Hair Appointments NAILS BY LISA ALL WEEK 9:30 Balloon Ball with Gina 10:15 Scenic Drive ~ Susan 2:30 Music in the Atrium Sing Along with Annadon and Friends</p> | <p>18 Hair Appointments 9:45 Fitness with Terri* 1:30 Nickel Bingo with Ella in the Bistro 3:00 Emerald Valley Dog Obedience Demonstration 2nd Floor Balcony</p> | <p>19 NAILS BY LISA WEEK 9:45 Fitness with Terri* 10:30 Church with Chet 2:30 Music in the Atrium “Blast From the Past” 3:45 Memory Enhancement with Susan in the Theater</p> | <p>20 Paper in the Lobby 10:15 Movie ~ Theater Rm. “To Be Announced” 2:00 to 3:00 Art Classes with Debbie in the Bistro 2:30 to 4:00 Family Birthday Party for Margaret Arney Residents are invited!</p> |
| <p>21 11:00 Paper in the Lobby 2:00 Hot Chocolate Social 3:00 Movie and Popcorn in the Theater Room “To Be Announced”</p> | <p>22 Hair Appointments 9:45 Fitness with Terri* 11:15 Bible Study ~ Thomas 1:30 Grocery Shopping at Albertsons 3:00 Massage Therapy with Bryon by the Mailboxes 3:45 Memory Enhancement</p> | <p>23 SP Dr. Appointments 9:45 Fitness with Terri* 10:30 Sew & Chat ~ Lobby 1:45 Christina’s Boutique 1:30 Sweet Treat Bingo with Margaret Suttle 2:30 Exercise with Byron 6:00 Piano with Norma</p> | <p>24 Hair Appointments 9:30 Balloon Ball with Gina 10:15 Scenic Drive ~ Susan 2:30 Music in the Atrium Old Fashioned Hymn with Cecile</p> | <p>25 Hair Appointments 9:45 Fitness with Terri* 10:30 Sew and Chat in the Lobby 1:30 Nickel Bingo with Ella 3:00 Hot Fudge Sundaes in the Bistro ~ Bring a Friend!</p> | <p>26 9:45 Fitness with Terri* 10:30 Church with Chet 11:30 Lunch out at Gateway Sizzler (sign up sheet) 2:30 Music in the Atrium Ragtime Tillie and Banjo Bob</p> | <p>27 Paper in the Lobby 10:15 Movie in the Theater Room “To Be Announced” 2:00 Hot Cider Social with Anne in the Lobby</p> |
| <p>28 11:00 Paper in the Lobby 2:00 Hot Chocolate Social 3:00 Movie and Popcorn in the Theater Room “To Be Announced”</p> | <p>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 ~ Tuesdays at 2:30 Sit and Fit with Bryon Hanks ♥ VOLUNTEERS ARE ALWAYS APPRECIATED AND WELCOME AT BAYBERRY ♥ Susan Stuart-Clark ~ Life Enrichment Director</p> | | | | | |

CREATING ENVIRONMENTS WHERE MOMENTS OF JOY, INDEPENDENCE, AND WELLNESS ARE THE FOCUS OF EACH AND EVERY DAY