

# Bayberry Commons Assisted Living

# January 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Bayberry Commons ~ 2211 Laura Street ~ Springfield, Oregon 97477 ~</b> <b>541-744-7000 Susan Stuart-Clark ~ Life Enrichment</b> CREATING ENVIRONMENTS WHERE MOMENTS OF JOY, INDEPENDENCE, AND WELLNESS ARE THE FOCUS OF EACH AND EVERY DAY					1 <b>HAPPY NEW YEAR!</b> 7:00 AM Rose Parade 1:30 PM ROSE BOWL OREGON VS OHIO	2 Paper in the Lobby 10:15 Movie in the Theater Room 11:00 Pet Therapy –Ricky 2:00 to 3:00 Art Classes with Debbie in the Bistro
3 11:00 Paper in the Lobby 2:00 Hot Chocolate Social 3:00 Movie and Popcorn in the Theater Room “To Be Announced”	4 Hair Appointments 9:45 Fitness with Terri* 9:30-4:30 “Un Decorate” our Community with Susan 11:15 Bible Study ~ Thomas 3:00 Music ~ Harry Wagner	5 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	6 Hair Appointments 9:30 Balloon Ball with Gina 10:15 Scenic Drive ~ Susan 2:30 Music in the Atrium Sing along with Annadon 3:45 Support Group - Susan	7 9:45 Fitness with Terri* 11:00 Resident Meeting 1:30 Nickel Bingo with Ella 1:30 Grocery Shopping 2:30 Music in the Atrium with Humorist Stan Owenby	8 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	9 Paper in the Lobby 10:15 Movie in the Theater Room 2:00 to 3:00 Art Classes with Debbie in the Bistro
10 11:00 Paper in the Lobby 2:00 Hot Chocolate Social 3:00 Movie and Popcorn in the Theater Room “To Be Announced”	11 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 Byron by the Mailboxes	12 SP Dr. Appointments 9:45 Fitness with Terri* 12:45 Avon Sale with Lelia (purchase merchandise today) 1:30 Sweet Treat Bingo with Margaret Suttle 2:30 Exercise with Byron 6:00 Piano with Norma	13 Hair Appointments 9:30 Balloon Ball with Gina 10:15 Scenic Drive ~ Susan 1:00 Grocery Shopping 2:30 Ice Cream Social in the Bistro Music with Norma Foreman 3:45 Memory Enhancement	14 9:45 Fitness with Terri* 11:30 World Wide Hearing 1:30 Nickel Bingo with Ella 2:30 Music in the Atrium “The Hillbilly Band” 3:45 Memory Enhancement In the Theater Room~ Susan	15 9:45 Fitness with Terri* 10:30 Church with Chet 11:30 Lunch our at Home Town Buffet 2:30 Music in the Atrium “Blast From the Past” Blast From the Past	16 Paper in the Lobby 10:15 Movie in the Theater Room 2:00 to 3:00 Art Classes with Debbie in the Bistro
<b>17 National Activity Professional Week</b> 11:00 Paper in the Lobby 2:00 Hot Chocolate Social 3:00 Movie and Popcorn in the Theater Room	18 Hair Appointments 9:45 Fitness with Terri* 11:15 Bible Study ~ Thomas 1:30 Grocery Shopping 3:00 Massage Therapy~Byron 3:45 Memory Enhancement	19 SP Dr. Appointments 9:45 Fitness with Terri* 1:30 Sweet Treat Bingo with Margaret Suttle 2:30 Exercise with Byron 6:00 Piano with Norma	20 Hair Appointments 9:30 Balloon Ball with Gina 10:15 Scenic Drive ~ Susan 3:00 Music in the Atrium with “The Memory Tones” NAILS BY LISA ALL WEEK	21 9:45 Fitness with Terri* 1:30 Nickel Bingo with Ella 2:30 Music in the Atrium with “The Jambarinos Band” 3:45 Memory Enhancement In the Theater Room~ Susan	22 NAILS BY LISA ALL WEEK 9:45 Fitness with Terri* 10:30 Church with Chet 2:30 Music in the Atrium Ragtime Tillie and Banjo Bob 3:00 Reflexology ~ Sivaji	23 Paper in the Lobby 10:15 Movie in the Theater Room 2:00 Hot Cider Social with Anne in the Lobby
24 11:00 Paper in the Lobby 2:00 Hot Chocolate Social 3:00 Movie and Popcorn in the Theater Room “To Be Announced”	25 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 Theater Room with Susan	26 SP Dr. Appointments 9:45 Fitness with Terri* 11:00 Sew & Chat ~ Lobby 1:30 Sweet Treat Bingo with Margaret Suttle In the Bistro 2:30 Exercise with Byron 6:00 Piano with Norma in the Atrium	27 Hair Appointments 9:30 Balloon Ball with Gina 10:15 Scenic Drive ~ Susan 2:30 Zany Zoo Visit What will they bring???? 3:45 Memory Enhancement in Theater Room with Susan (Please bring your binders)	28 9:45 Fitness with Terri* 1:30 Nickel Bingo with Ella 3:00 Ice Cream Social in the Bistro <b>5:00 Complimentary Potato Bar</b> <b>Family and Community Invited!</b>	29 9:45 Fitness with Terri* 10:30 Church with Chet 2:30 Music in the Atrium “Baker City Limits” 3:45 Memory Enhancement in the r Room with Susan	30 Paper in the Lobby 10:15 Movie in the Theater Room 2:00 Hot Cider Social with Anne in the Lobby
31 11:00 Paper in the Lobby 2:00 Hot Chocolate Social 3:00 Movie and Popcorn in the Theater Room “To Be Announced”	<b>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</b> <b>Thank you to all of our volunteers who give their time and talent bring JOY to our residents...YOU DO MAKE A DIFFERENCE!</b> <b>♥ VOLUNTEERS ARE ALWAYS APPRECIATIATED AND WELCOME AT BAYBERRY ♥</b>					