


Bayberry Commons Assisted Living Community

March 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	<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 ~ Harry Wagner Vocalist and Whistler</p>	<p>2 SP Dr. Appointments 9:45 Fitness with Terri* 1:45 Food Meeting ~ Atrium 2:30 Sweet Treat Bingo 2:30 Sit and Fit with Bryon 6:00 Piano with Norma in the Atrium</p>	<p>3 Hair Appointments 9:30 Balloon Ball with Gina 10:15 Scenic Drive ~ Susan 2:00 Memory Enhancement With Susan in the Theater 3:45 Support Group – Susan Stuart -Clark in the Private Dining Room</p>	<p>4 Hair Appointments 9:45 Fitness with Terri* 11:00 Resident Meeting 1:30 Nickel Bingo with Ella in the Bistro 3:00 Music in the Atrium The Memory Tones Choir</p>	<p>5 9:45 Fitness with Terri* 11:00 Resident Meeting 1:30 Nickel Bingo with Ella in the Bistro 2:30 Music in the Atrium Sing Along with Annadon</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 Sit and Fit with Bryon In the Atrium 6:00 Piano with Norma</p>	<p>10 Hair Appointments 9:30 Balloon Ball with Gina 10:15 Scenic Drive ~ Susan 3:00 Complimentary Walker Clinic ~ in the Atrium with Shari Short Medical Equipment Direct</p>	<p>11 Hair Appointments 9:45 Fitness with Terri* 12:00 World Wide Hearing 1:30 Nickel Bingo with Ella in the Bistro 3:00 Old Fashioned Hymn Sing Along with Cecile</p>	<p>12 9:45 Fitness with Terri* 10:30 Church with Chet 2:30 Music in the Atrium With Connie Shultz’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 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>15 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>16 SP Dr. Appointments 9:45 Fitness with Terri* 10:30 Sew & Chat ~ Lobby 1:30 Sweet Treat Bingo with Margaret Suttle 2:30 Sit and Fit with Bryon 6:00 Piano with Norma in the Atrium</p>	<p>17 Hair Appointments Happy St. Patrick’s Day 9:30 Balloon Ball ~ Gina 10:15 Scenic Drive ~ Susan 12:00 Traditional Irish Dinner guests sign up please 2:30 Irish Fiddling with Amy</p>	<p>18 Hair Appointments 9:45 Fitness with Terri* 1:30 Nickel Bingo with Ella in the Bistro 2:30 Music in the Atrium Humorist Stan Owenby 3:45 Memory Enhancement</p>	<p>19 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”</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 2:00 Hot Cider Social with Anne in the Lobby</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 Safeway 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 Sit and Fit with Bryon 6:00 Piano with Norma</p>	<p>24 Hair Appointments 9:30 Balloon Ball with Gina 10:15 Scenic Drive ~ Susan 2:30 Ice Cream Social In the Bistro Bring a friend!</p>	<p>25 Hair Appointments 9:45 Fitness with Terri* 1:30 Nickel Bingo with Ella in the Bistro 2:30 Music in the Atrium with Jamborinos 3:45 Memory Enhancement</p>	<p>26 9:45 Fitness with Terri* 10:30 Church with Chet 11:30 Lunch out at Izzy’s Pizza (sign up sheet) 2:30 Music in the Atrium with 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>29 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>30 SP Dr. Appointments 9:45 Fitness with Terri* 1:30 Sweet Treat Bingo with Margaret Suttle 2:30 Sit and Fit with Bryon 6:00 Piano with Norma in the Atrium</p>	<p>31 Hair Appointments 9:30 Balloon Ball with Gina 10:15 Scenic Drive ~ Susan 2:30 Music in the Atrium with the Hillbilly Band</p>	<p>Bayberry Commons Assisted Living 22 11 Laura Street Springfield, Oregon 97477 541-744-7000</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

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

Susan Stuart-Clark ~Life Enrichment ♥ Volunteers are always welcomed and appreciated at Bayberry Commons