

Bayberry Commons Assisted Living Community November 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>11:00 Paper in the Lobby 2:00 Root Beer Social with Anne in the Atrium 3:00 Documentary Series in the Theater Room to honor our WWII Veterans thruout November</p>	<p>1</p> <p>Hair Appointments 9:45 Fitness with Terri* 11:15 Bible Study ~ Thomas 1:30 Grocery Shopping 3:00 Massage Therapy 3:45 Memory Enhancement with Susan in the Theater</p>	<p>3</p> <p>SP Dr. Appointments 9:45 Fitness with Terri* 11:00 Sew & Chat in the Fireside Room 1:45 Food Meeting~ Atrium 2:30 Sweet Treat Bingo with Margaret Suttle In the Bistro</p>	<p>4</p> <p>Hair Appointments 9:30 Balloon Ball ~ Susan* 10:30 Scenic Drive ~ Susan 2:30 Hot Fudge Sundaes in the Bistro with Susan 3:45 Memory Care Family Support Group ~Private Dinning Room~ Susan Clark</p>	<p>5</p> <p>9:45 Fitness with Debb 11:00 All Resident Meeting in the Bistro 1:30 Nickel Bingo with Ella 2:30 Music in the Atrium with Stan Owenby</p>	<p>6</p> <p>9:45 Fitness with Terri* 10:30 Church with Chet 2:30 Music in the Atrium Sing Along with Annadon</p>	<p>7</p> <p>Paper in the Lobby 10:15 Movie in the Theater Room ~ Popcorn served 11:00 Pet Therapy with Ricky the Pug in the Lobby 2-3:00 Art Class with Debbie Clarke ~ Basic Drawing 2:30 Hot Cocoa Social</p>
<p>8</p> <p>11:00 Paper in the Lobby 2:00 Root Beer Social with Anne in the Atrium 3:00 Documentary Series in the Theater Room to honor our WWII Veterans thruout November</p>	<p>9</p> <p>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 3:45 Memory Enhancement</p>	<p>10</p> <p>SP Dr. Appointments 9:45 Fitness with Terri* 11:00 Sew & Chat in the Fireside Room 1:30 Sweet Treat Bingo with Margaret Suttle In the Bistro 3:00 Reflexology with Savari</p>	<p>11</p> <p>VETERANS DAY 9:30 Balloon Ball ~ Angela 11:00 Young Marines color guard ~ Atrium 3:30 Music with Stillwaters Folk and Patriotic Songs with Guitars with Frank Riah and Wayne Perry</p>	<p>12</p> <p>9:45 Fitness ~ Debb 11:00 World Wide Hearing Complimentary Cleaning & Battery Testing 1:30 Nickel Bingo with Ella 3:00 WW II Documentary with Memorabilia in Theater</p>	<p>13</p> <p>9:45 Fitness with Terri* 10:30 Church with Chet 11:30 Lunch at Gateway Chinese (sign up Please) Music in the Atrium with "Sing Along Favorites " with Cecile Betzer</p>	<p>14</p> <p>Paper in the Lobby 10:15 Movie in the Theater Room ~ Popcorn served "World War II Documentary 2-3:00 Art Class with Debbie Clarke ~ Basic Drawing 2:30 Hot Cocoa Social~ In the Lobby with Anne</p>
<p>18</p> <p>11:00 Paper in the Lobby 2:00 Root Beer Social with Anne in the Atrium 3:00 Documentary Series in the Theater Room to honor our WWII Veterans thruout November</p>	<p>19</p> <p>Hair Appointments 9:45 Fitness with Terri* 11:15 Bible Study ~ Thomas 1:30 Grocery Shopping 3:00 Massage Therapy With Byron Hanks 3:45 Memory Enhancement with Susan in the Theater</p>	<p>17</p> <p>SP Dr. Appointments 9:45 Fitness with Terri* 11:00 Sew & Chat in the Fireside Room 1:30 Sweet Treat Bingo with Margaret in the Bistro 3:00 Music in the Atrium with the Sharps and Flats</p>	<p>18</p> <p>Hair Appointments 9:30 Balloon Ball ~ Susan* 10:30 Scenic Drive ~ Susan 2:00 Heart Gallery ♥♥♥ Project for Lane County (Scrapbooking) All supplies Provided. All welcome ♥</p>	<p>19</p> <p>9:45 Fitness with Debb 10:45 Sew and Chat in the Fireside Room 2nd floor 2:30 Music in the Atrium with Classical Quintet "Silverwood"</p>	<p>20</p> <p>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>21</p> <p>Paper in the Lobby 10:15 Movie in the Theater Room ~ Popcorn served "World War II Documentary 2-3:00 Art Class with Debbie Clarke ~ Basic Drawing 2:30 Hot Cocoa Social ~ In the Lobby with Anne</p>
<p>22</p> <p>11:00 Paper in the Lobby 2:00 Root Beer Social with Anne in the Atrium 3:00 Documentary Series in the Theater Room to honor our WWII Veterans thruout November</p>	<p>23</p> <p>Hair Appointments 9:45 Fitness with Terri* 11:15 Bible Study ~ Thomas 1:30 Grocery Shopping 3:00 Massage Therapy 3:00 Sing Along with Scotty ~ Thankful Songs ~ Bistro</p>	<p>24</p> <p>SP Dr. Appointments 9:45 Fitness with Terri* 11:00 Sew & Chat in the Fireside Room 1:30 Sweet Treat Bingo with Margaret Suttle In the Bistro 3:00 Reflexology with Savari</p>	<p>25</p> <p>Hair Appointments 9:30 Balloon Ball ~ Susan* 10:30 Scenic Drive ~ Susan 2:00 to 4:00 Trip to "Festival of Trees" at Valley River Inn (sign up please)</p>	<p>26</p> <p>HAPPY THANKSGIVING FROM ALL OF US AT BAYBERRY COMMONS 12:00 Thanksgiving Dinner ...Please sign up if you will be attending</p>	<p>27</p> <p>9:45 Fitness with Terri* 10:30 Church with Chet 2:30 Music in the Atrium with Ragtime Tillie and Banjo Bob World War II Songs</p>	<p>28</p> <p>Paper in the Lobby 10:15 Movie in the Theater Room ~ Popcorn served "World War II Documentary 2:30 Hot Cocoa Social in the Lobby with Anne</p>
<p>29</p> <p>11:00 Paper in the Lobby 2:00 Root Beer Social with Anne in the Atrium 3:00 Documentary Series in the Theater Room to honor our WWII Veterans thruout November</p>	<p>30</p> <p>Hair Appointments 9:45 Fitness with Terri* 11:15 Bible Study ~ Thomas 3:00 Ice Cream Social in the Bistro Entertainment with talents of our own Norma Foreman playing piano favorites to sing with</p>	<p>2211 Laura Street Springfield, Oregon 97477 ~ 541-744-7000</p> <p>Susan Stuart-Clark ♥ Life Enrichment</p> <p>Nails by Lisa the Week of the 23rd 1:00 to 5:00</p>				

CREATING ENVIRONMENTS WHERE MOMENTS OF JOY, INDEPENDENCE, AND WELNESS 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