

Life Enrichment Calendar for October 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Bayberry Commons Assisted Living ~ 2211 Laura Street Springfield, Oregon 97477 ~ 541-744-7000 Susan Stuart-Clark ♥ Life Enrichment Harvest Costume Party 30th ~ Come dressed in your favorite Pajamas! Friday at 2:30 Entertainment with "The Hillbilly Band"</p>				<p>1 9:45 Fitness with Terri* 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>2 9:45 Fitness with Debb 10:30 Church with Chet 2:00 Multi Community Bunco in the Bistro 2:30 Music in the Atrium with "Over Easy" Perk playing the spoons</p>	<p>3 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 Ice Tea Social ~ Lobby</p>
<p>4 11:00 Paper in the Lobby 2:00 Root Beer Social with Anne in the Atrium 3:00 Movie in the Theater Room with Popcorn "To be Announced"</p>	<p>5 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>6 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>7 Hair Appointments 9:30 Balloon Ball ~ Susan* 10:30 Scenic Drive ~ Susan 2:30 Ice Cream Social-Bistro 3:45 Memory Care Family Support Group meet in the Private Dining Room Facilitator ~ Susan Clark</p>	<p>8 9:45 Fitness with Terri* 11:00 World Wide Hearing Complimentary Cleaning & Battery Testing 1:30 Nickel Bingo with Ella 3:45 Memory Enhancement</p>	<p>9 9:45 Fitness with Debb 10:30 Church with Chet 2:30 Music in the Atrium Stringed Quintet "Capriccio"</p>	<p>10 Paper in the Lobby 10:15 Movie in the Theater Room ~ Popcorn served "To be Announced" 2-3:00 Art Class with Debbie Clarke ~ Basic Drawing 2:30 Ice Tea Social ~ In the Lobby with Anne</p>
<p>11 Memory Walk Day 11:00 Paper in the Lobby Alton Baker Park Sign in 1:00 Start @ 2:00 2:00 Root Beer Social with Anne in the Atrium 3:00 Movie in the Theater Room with Poncorn</p>	<p>12 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>13 SP Dr. Appointments 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</p>	<p>14 Hair Appointments 9:30 Balloon Ball ~ Susan* 10:30 Scenic Drive ~ Susan 12:00 Resident Birthday Recognition with Cake 2:30 Hot Fudge Sundaes in the Bistro</p>	<p>15 9:45 Fitness with Terri* 11:00 Garden Club ~ Bistro Discussion on winter barrels 1:30 Nickel Bingo with Ella 2:30 Music in the Atrium "Piano Favorites with Cecile"</p>	<p>16 9:45 Fitness with Debb 10:30 Church with Chet 2:30 Music in the Atrium With Jim and Mary Kelley's "Blast From the Past"</p>	<p>17 Paper in the Lobby 10:15 Movie in the Theater Room ~ Popcorn served "To be Announced" 2-3:00 Art Class with Debbie Clarke ~ Basic Drawing 2:30 Ice Tea Social ~ In the Lobby with Anne</p>
<p>18 11:00 Paper in the Lobby 2:00 Root Beer Social with Anne in the Atrium 3:00 Movie in the Theater Room with Popcorn "To be Announced"</p>	<p>19 Hair Appointments 9:45 Fitness with Terri* 11:15 Bible Study ~ Thomas 2:30 Music in the Atrium with the Memory Tones 3:00 Massage Therapy 3:30 Grocery Shopping</p>	<p>20 SP Dr. Appointments 9:45 Fitness with Terri* 1:30 Sweet Treat Bingo with Margaret Suttle In the Bistro 3:00 Music in the Atrium Sing Along with Annadon</p>	<p>21 Hair Appointments 9:30 Balloon Ball ~ Susan* 10:30 Scenic Drive ~ Susan 2:00 Visit to Lone Pine Farms Pumpkin Patch Sign up please 3:00 Matinee and Popcorn</p>	<p>22 9:45 Fitness with Terri* 10:45 Pumpkin Painting in the Bistro 1:30 Nickel Bingo with Ella 3:30 Emerald Valley Dog Obedience Demonstration</p>	<p>23 9:45 Fitness with Debb 10:30 Church with Chet 2:30 Music in the Atrium Ragtime Tillie ~Banjo Bob 3:45 Memory Enhancement with Susan in the Theater</p>	<p>24 Paper in the Lobby 10:15 Movie in the Theater Room ~ Popcorn served "To Be Announced" 2:30 Ice Tea Social ~ In the Lobby with Anne</p>
<p>25 Nails by Lisa Mon-Friday 12:00 to 5:00 11:00 Paper in the Lobby 2:00 Root Beer Social with Anne in the Atrium 3:00 Movie in the Theater Room with Popcorn</p>	<p>26 Hair Appointments 9:45 Fitness with Terri* 11:15 Bible Study ~ Thomas 2:30 Music in the Atrium with the Ya Po Ha Choir 3:00 Massage Therapy with Byron</p>	<p>27 SP Dr. Appointments 9:45 Fitness with Terri* 1:30 Sweet Treat Bingo with Margaret Suttle In the Bistro 3:00 Reflexology ~ Sivaji 3:30 Coffee in the Lobby With Friends</p>	<p>28 Hair Appointments 9:30 Balloon Ball ~ Susan* 10:30 Scenic Drive ~ Susan 2:30 Music in the Atrium "The Old Time Fiddlers" 3:45 Memory Enhancement with Susan in the Theater</p>	<p>29 Nails by Lisa Week 9:45 Fitness with Terri* 11:00 Sew and Chat in the Fireside Room 2nd Floor 11:30 Out to Lunch at the Sizzler (sign up please) 1:30 Nickel Bingo with Ella in the Bistro</p>	<p>30 9:45 Fitness with Debb 10:30 Pumpkin Patch Preschool visit for Treats 2:30 Harvest Costume Party Entertainment by "The Hillbilly Band" COME DRESSED IN YOUR FAVORITE PAJAMAS!!!!</p>	<p>31 Paper in the Lobby 10:15 Movie in the Theater Room ~ Popcorn served "To be Announced" 2:30 Hot Cocoa Social in the Lobby with Anne</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