




Cornell Estates

Events Calendar

February 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 8:00 Bus to Doctors & Errands 9:15 Stretch, Flex, Energize - PR 10:00 Cornell College - CR 11:00-2:00 Laddie Boy Designs - ML 1:30 Cornell Choir Meeting - PR 2:30 Balance & Mobility - PR 3:00 Pretty Nails - ML	2 PU DENTAL CLINIC 8:00 - 11:00 Bus to Doctors Appt 9:00 Write Your Life Story - CR 9:15 SS Strength & Balance - PR 9:15 Walk About Scavenger Hunt - Meet in the ELR 10:00 Read Aloud: Newsletter ML 1:30 Fred Meyer 1:30 Bingo - PR 3:00 Monte Watters - ML 6:00 Wii Games - PR	3 HEARING AWARENESS DAY 8:00 Bus to Doctors & Errands 9:15 Stretch, Flex, Energize - PR 9:50 Spanish Conversation - COL 10:00 Group Activities - AC 10:00 Water Color Class - CR 1:30 Resident's Meeting - PR 3:00 Music Hour - ML	4 9:15 Functional Fitness - PR 10:00 Adult Coloring - CR 10:00 Pretty Nails - ELR 11:00 Trip: Fresh Thyme Soup Company 1:30 Bingo - PR 3:00 Assisted Happy Hour - ELR 4:00 Retirement Happy Hour - AL	5 NAME TAG DAY 8:00 - 11:00 Bus to Doctors Appt 9:15 Stretch, Flex, Energize - PR 9:30 Catholic Communion - CR 10:00 SLP Students - PR 1:30 Martial Arts Demonstration 3:00 Friendly Visiting 3:00 Arm Chair Travel - PR 6:00 Scrabble Night - CR	6 9:30 Silver Sneakers Walking Group - Meet in ML 10:00 Knit & Stitch - ML 6:00 Saturday Movie
7 9:30 Worship Service - PR 2:30 Bible Study - CR 3:30 Super Bowl Party! - PR	8 8:00 Bus to Doctors & Errands 9:15 Stretch, Flex, Energize - PR 10:00 Cornell College - CR 1:30 Cornell Choir Practice - PR 2:30 Balance & Mobility - PR 3:00 Pretty Nails - ML	9 PU DENTAL CLINIC 8:00 - 11:00 Bus to Doctors Appt 9:00 Write Your Life Story - CR 9:15 SS Strength & Balance - PR 9:15 Walk About Scavenger Hunt - Meet in the ELR 10:00 Craft Corner: Valentine's Centerpieces - COL 1:30 Safeway/Target/Bi-Mart/\$Tree 1:30 Bingo - PR 6:00 Wii Games - PR	10 8:00 Bus to Doctors & Errands 9:15 Stretch, Flex, Energize - PR 9:50 Spanish Conversation - COL 10:00 Group Activities - AC 10:00 Janice the Card Lady - PR 1:30 Birthday Party with the Senior Serenaders - PR 3:00 Poetry Out Loud - 3FA 3:00 Men's Club - CR	11 9:15 Functional Fitness - PR 10:00 Adult Coloring - CR 10:00 Pretty Nails - ELR 1:00 Trip: Oregon Rail Heritage Center in Portland 1:30 Bingo - PR 3:00 Music Sing Along w/ Jan - ML 6:30 Orenco Photography Club	12 NAME TAG DAY 8:00 - 11:00 Bus to Doctors Appt 9:15 Stretch, Flex, Energize - PR 9:30 Catholic Mass - CR 2:00 Bean Bag Baseball - PR 3:00 Valentine's Cards - CR 3:00 Friendly Visiting 6:00 Scrabble Night - CR	13 9:30 Silver Sneakers Walking Group - Meet in ML 10:00 Knit & Stitch - ML 2:00 Conchords Chorale Valentine's Concert: "The Trouble with Trebles" - PR 6:00 Saturday Movie - ELR
14 HAPPY VALENTINE'S DAY 9:30 Worship Service & Communion - PR 2:30 Bible Study - CR	15 PRESIDENT'S DAY 8:00 Bus to Doctors & Errands 9:15 Stretch, Flex, Energize - PR 10:00 Cornell College - CR 1:30 Cornell Choir Practice - PR 2:30 Balance & Mobility - PR 3:00 Pretty Nails - ML	16 PU DENTAL CLINIC 8:00 - 11:00 Bus to Doctors 9:00 Write Your Life Story - CR 9:15 SS Strength & Balance - PR 9:15 Walk About Scavenger Hunt - Meet in the ELR 10:00 Adelante Materials - PR 1:30 Winco/JoAnn/Kohls 1:30 Bingo - PR 3:00 Boost Your Memory - CR 6:00 Wii Games - PR	17 8:00 Bus to Doctors & Errands 9:15 Stretch, Flex, Energize - PR 9:50 Spanish Conversation - COL 10:00 Group Activities - AC 10:00 Watercolor Class - CR 1:30 President's Day Speaker: Illinois Doug - PR	18 9:15 Functional Fitness - PR 10:00 Adult Coloring - CR 10:00 Pretty Nails - ELR 1:30 EmpRes Bingo - PR 1:30 Trip: STASH Tea Facility Tour and Tasting 3:00 Assisted Happy Hour - ELR 4:00 Retirement Happy Hour - ML	19 NAME TAG DAY 8:00 - 11:00 Bus to Doctors Appt 9:15 Stretch, Flex, Energize - PR 9:30 Catholic Communion - CR 10:00 SLP Students - PR 1:30 Reader's Theatre - PR 3:00 Friendly Visiting 3:00 The More You Know - CR 6:00 Suzuki Academy of Strings Violin Performance - PR	20 9:30 Silver Sneakers Walking Group - Meet in ML 7:45 Trip: Hillsboro High Senior Citizen Breakfast (FREE) 10:00 Knit & Stitch - ML 11:00 - 1:00 Girl Scout Cookie Sale - ML 6:00 Saturday Movie - ELR
21 9:30 Worship Service - PR 2:30 Bible Study - CR	22 8:00 Bus to Doctors & Errands 9:15 Stretch, Flex, Energize - PR 10:00 Cornell College - CR 1:30 Cornell Choir Practice - PR 2:30 Balance & Mobility - PR 3:00 Pretty Nails - ML	23 PU DENTAL CLINIC 8:00 - 11:00 Bus to Doctors 9:00 Write Your Life Story - CR 9:15 SS Strength & Balance - PR 9:15 Walk About Scavenger Hunt - Meet in the ELR 1:30 Albertson's 1:30 Bingo - PR 3:00 Tea with Friends - CR 6:00 Wii Games - PR	24 8:00 Bus to Doctors & Errands 9:15 Stretch, Flex, Energize - PR 9:50 Spanish Conversation - COL 10:00 Genealogy 101 - CR 10:00 Group Activities - AC 1:30 Music with Mario - PR 3:00 Poetry Out Loud - 3FA	25 9:15 Functional Fitness - PR 10:00 Adult Coloring - CR 10:00 Pretty Nails - ELR 1:30 Bingo - PR 3:00 Music Sing-along w/ Jan - ML 6:00 Themed Movie Night - PR	26 NAME TAG DAY 8:00 - 11:00 Bus to Doctors Appt 9:15 Stretch, Flex, Energize - PR 9:30 Catholic Mass - CR 1:30 Monthly Health Lecture: Bone & Joint Pain - PR 3:00 Friendly Visiting 3:00 Food Committee - CR 6:00 Scrabble Night - CR	27 9:30 Silver Sneakers Walking Group - Meet in ML 10:00 Knit & Stitch - ML 1:30 Trip: Portland Opera at Walters Arts Center 6:00 Saturday Movie - ELR
28 9:30 Worship Service - PR 2:30 Bible Study - CR 2:30 LDS Service - PR	29 LEAP DAY 8:00 Bus to Doctors & Errands 9:15 Stretch, Flex, Energize - PR 10:00 Cornell College - CR 1:30 Cornell Choir Practice - PR 2:30 Balance & Mobility - PR 3:00 Pretty Nails - ML 3:00 Book Club - LIB		Happy Birthday! Frank Colly 2/4 Violet Aquino 2/5 Tamiko Gage 2/7 Phyllis Burell 2/9 Bess Loos 2/12	Happy Birthday! Robert Plumb 2/15 Arden Sheets 2/17 Frank Reding 2/20 Shig Mukai 2/24 Roy Benson 2/28	"To Love and Be Loved is to Feel the Sun from Both Sides" 	AC - Arts Center COL - Columbia Room - 1st fl CR - Cascade Room - 2nd fl ELR - East Living Room - 1st fl FA - Floor Alcove LIB - Library - 2nd fl ML - Main Lobby - 1st fl PC - Pacific Univ. Clinic - 1st fl PR - Party Room - 2nd fl RCY - Retirement Court Yard SR - Sewing Room - 3rd fl