


Cornell Estates

Events Calendar

January 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AC - Arts Center COL - Columbia Room - 1st fl CR - Cascade Room - 2nd fl ELR - East Living Room - 1st FA - Floor Alcove LIB - Library - 2nd fl ML - Main Lobby - 1st fl PC - Pacific Univ. Clinic - 1st PR - Party Room - 2nd fl RCY - Retirement Court Yard		Happy Birthday! Connie Sheets 1/2 Esther Chalmers 1/3 Stella Casey 1/4 Norm Nielson 1/4 Arlene Judah 1/5 Lois Sprecher 1/5	Happy Birthday! Germaine Koffman 1/9 Olga Valero 1/13 Deanna Lilly 1/14 Jane Doherty 1/17 Doris Mccollum 1/19	Happy Birthday! Elden Kellar 1/20 Susie Kinney 1/20 Julie Waibel 1/27 Barbara Ives 1/28 Herb Snook 1/28	1 NEW YEARS DAY 9:15 Stretch, Flex, Energize - PR 9:30 Catholic Communion - CR 10:00 2016 Brainstorm - CR 1:30 Bingo - PR 3:00 Friendly Visiting 3:00 The More You Know - CR	2 9:30 Silver Sneakers Walking Group - Meet in ML 11:00 Trip: Lunch & Tour at Whole Foods 6:00 Saturday Movie
3 9:30 Worship Service - PR 2:30 Bible Study - CR	4 8:00 Bus to Doctors & Errands 9:15 Stretch, Flex, Energize - PR 10:00 Cornell College - CR 1:30 No Bake Cooking Class - CR 3:00 Pretty Nails - ML	5 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 ELR 10:00 Read Aloud: Newsletter - ML 1:30 Wal-mart 1:30 Bingo - PR 6:00 Wii Games - PR	6 HEARING AWARENESS DAY 8:00 Bus to Doctors & Errands 9:15 Stretch, Flex, Energize - PR 9:50 Spanish Conversation - COL 10:00 Water Color Class - CR 10:00 Group Activities - AC 10:00 Free Hearing Assessments with Darin. 1:30 Resident's Meeting - PR	7 9:15 Functional Fitness - PR 10:00 Pretty Nails - ELR 10:00 Adult Coloring - CR 10:00 Trip: Mystery Ride 1:30 Bingo - PR 3:00 Assisted Happy Hour - ELR 4:00 Retirement Happy Hour - ML	8 NAME TAG DAY 9:15 Stretch, Flex, Energize - PR 9:30 Catholic Mass - CR 10:00 Group Activities - AC 1:30 Swing Hits with Matthew Casey - PR 3:00 Friendly Visiting 3:00 Card Games - CR	9 9:30 Silver Sneakers Walking Group - Meet in ML 10:00 Knit & Stitch - ML 1:30 Bingo - PR 6:00 Saturday Movie - ELR
10 9:30 Worship Service & Communion - PR 2:30 Bible Study - CR	11 8:00 Bus to Doctors & Errands 9:15 Stretch, Flex, Energize - PR 10:00 Cornell College - CR 2:30 Balance & Mobility - PR 3:00 Pretty Nails - ML	12 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 ELR 1:30 Safeway/Target/Bi-Mart/\$Tree 1:30 Bingo - PR 6:00 Wii Games - PR	13 8:00 Bus to Doctors & Errands 9:15 Stretch, Flex, Energize - PR 9:50 Spanish Conversation - COL 10:00 Janice the Card Lady - PR 1:30 Birthday Party with the Senior Serenaders - PR 3:00 Poetry Out Loud - 3FA	14 9:15 Functional Fitness - PR 10:00 Trip: Brunch at IHOP 10:00 Pretty Nails - ELR 1:30 Bingo - PR 3:00 Sing Along with Jan - ML 6:00 Fireside Chat - ML 6:30 Orenco Photography Club	15 NAME TAG DAY 9:15 Stretch, Flex, Energize - PR 9:30 Catholic Communion - CR 1:00 - 4:00 PU Ear Wax Clinic (sign up at the front desk) 1:30 Sig Unander: The Tale of Two Quakes - PR 3:00 Friendly Visiting 3:00 Arm Chair Travel - CR	16 9:30 Silver Sneakers Walking Group - Meet in ML 10:00 Knit & Stitch - ML 6:00 Saturday Movie - ELR
17 9:30 Worship Service - PR 2:30 Bible Study - CR	18 Martin Luther King Jr. Day NATIONAL DAY OF SERVICE 8:00 Bus to Doctors & Errands 9:15 Stretch, Flex, Energize - PR 10:00 Cornell College - CR 1:30 National Day of Service: Welcome Boxes - PR 3:00 Pretty Nails - ML	19 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 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	20 8:00 Bus to Doctors & Errands 9:15 Stretch, Flex, Energize - PR 9:50 Spanish Conversation - COL 10:00 Watercolor Class - CR 10:00 Group Activities - AC 1:30 Trivia Challenge - PR	21 9:15 Functional Fitness - PR 10:00 Adult Coloring - CR 10:00 Pretty Nails - ELR 1:30 EmpRes Bingo - PR 3:00 Assisted Happy Hour - ELR 4:00 Retirement Happy Hour - ML	22 NAME TAG DAY 9:15 Stretch, Flex, Energize - PR 9:30 Catholic Mass - CR 10:00 Group Activities - AC 1:30 Hearing Health: Key Strategies for staying Connected - PR 3:00 Friendly Visiting	23 9:30 Silver Sneakers Walking Group - Meet in ML 10:00 Knit & Stitch - ML 10:00 Trip: Stitches in Bloom At The Oregon Garden & Lunch 6:00 Saturday Movie - ELR
24 9:30 Worship Service - PR 2:30 Bible Study - CR	25 8:00 Bus to Doctors & Errands 9:15 Stretch, Flex, Energize - PR 10:00 Cornell College - CR 2:30 Balance & Mobility - PR 3:00 Pretty Nails - ML 3:00 Book Club - 3FA	26 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 ELR 10:00 Craft Corner - COL 1:30 Albertson's 1:30 Bingo - PR 3:00 Tea with Friends - CR 6:00 Wii Games - PR	27 8:00 Bus to Doctors & Errands 9:15 Stretch, Flex, Energize - PR 9:50 Spanish Conversation - COL 1:30 Meet Your Neighbor Party - With Brenda Sue - PR 3:00 Poetry Out Loud - 3FA	28 9:15 Functional Fitness - PR 9:30 Trip: Mystery Ride 10:00 Pretty Nails - ELR 1:00 Trip: Oregon Food Bank 1:30 Bingo - PR 3:00 Sing Along with Jan-ML 6:00 Themed Movie Night- PR	29 NAME TAG DAY 9:15 Stretch, Flex, Energize - PR 9:30 Catholic Communion - CR 10:00 Group Activities - AC 2:00 Inspire Your Heart With Art Resident Art Show - PR 3:00 Friendly Visiting 3:00 Food Committee - CR	30 9:30 Silver Sneakers Walking Group - Meet in ML 10:00 Knit & Stitch - ML 6:00 Saturday Movie - ELR
31 9:30 Worship Service - PR 2:30 Bible Study - CR	(Continued from 25)	(Continued from 26)	(Continued from 27)	(Continued from 28)	(Continued from 29)	(Continued from 30)