


# Cornell Estates

# Events Calendar

# October 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AC - Arts Center COL - Columbia Room - 1st fl CR - Cascade Room - 2nd fl ELR - East Living Room FA - Floor Alcove LIB - Library - 2nd fl ML - Main Lobby - 1st fl PC - Pacific Univ. Clinic PR - Party Room - 2nd fl RCY - Retirement Court Yard	<b>Happy Birthday!</b>  Mary Jo Uecker 10/1 Betty Tellhed 10/2 Peg Owens 10/5 James Weathers 10/6 Beppy Hunter 10/7 Vickie Larkins 10/7	<b>Happy Birthday!</b>  Millie Hinger 10/11 Vera Buelt 10/16 Norm Edmisten 10/16 Thais Sanders 10/24 Veronica Scouler 10/25 Joan Dummer 10/26		1  9:15 Functional Fitness - PR 9:15 Group Activities - AC 10:00 Cornell Theatre - CR 10:00 Pretty Nails - ELR 10:45 Trip: Lunch at Vivi's Vietnamese Noodle House 1:30 Bingo - PR 3:00 Assisted Happy Hour - ELR 4:00 Retirement Happy Hour - ML	2 <b>NAME TAG DAY</b>  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 Pacific University: Study of Cognitive Training and Meditation on Memory - PR 3:00 Friendly Visiting 3:00 Fall Door Decorations- CR	3 <b>HILLSDOER DAY</b>  9:30 Silver Sneakers Walking Group - Meet in ML  6:00 Movie Night in the ELR
4  9:30 Worship Service - PR  2:30 Bible Study - CR	5 <b>FLU SHOT CLINIC</b>  8:00 Bus to Doctors & Errands 9:15 Stretch, Flex, Energize - PR 10:00 Cornell College - CR 11:00-2:00 Jewelry Repair - ML 1:30 Cornell Choir Practice - PR 2:30 Balance & Mobility - PR 3:00 Pretty Nails - ML 6:00 Movie Night in the ELR	6  8:00 - 11:00 Bus to Doctors Appt 9:00 Write Your Life Story- CR 9:15 Walking Club - ELR 10:00 Read Aloud: Newsletter - ML 1:30 Fred Meyer 1:30 Bingo - PR 3:00 Monte Watters - ML 6:00 Evening News and Current Events - ML	7 <b>HEARING AWARENESS DAY</b>  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 Free Hearing Assessments 1:30 Resident's Meeting - PR 3:00 Music Request Hour- PR 6:00 Movie Night in the ELR	8  9:15 Functional Fitness - PR 9:15 Group Activities - AC 10:00 Cornell Theatre - CR 10:00 Pretty Nails - ELR 1:30 Bingo - PR 3:00 Music Sing-along w/ Jan - ML 6:00 Game Night - CR 6:30 Orenco Photography Club - PR	9 <b>NAME TAG DAY</b>  8:00-11:00 Bus to Doctors Appt 9:15 Stretch, Flex, Energize - PR 9:30 Catholic Mass - CR 1:30 Travelogue with Bob Kuest:Road Trip Part 2-PR 3:00 Friendly Visiting 3:00 The More You Know: The Columbus Day Storm- CR	10  9:30 Silver Sneakers Walking Group - Meet in ML 10:00 Knit & Stitch - ML 1:30 Trip: The Addams Family At Hart Theatre  6:00 Movie Night in the ELR
11  9:30 Worship Service & Communion - PR  2:30 Bible Study - CR	12 <b>COLUMBUS DAY</b>  8:00 Bus to Doctors & Errands 9:15 Stretch, Flex, Energize - PR 10:00 Cornell College - CR 1:30 Cornell Choir - PR 2:30 Balance & Mobility - PR 3:00 Pretty Nails - ML 6:00 Movie Night in the ELR	13 <b>PU DENTAL CLINIC</b>  8:00 - 11:00 Bus to Doctors 8:45 SMART Readers to Mooberry 9:00 Write Your Life Story - CR 9:15 Walking Club - ELR 10:00 Community Gardening - ML 1:30 Safeway/Target/Bi-Mart/\$Tree 1:30 Bingo - PR 6:00 Evening News and Current Events - ML	14 <b>HEARING AWARENESS DAY</b>  8:00 Bus to Doctors & Errands 9:15 Stretch, Flex, Energize - PR 9:50 Spanish Conversation - COL 10:00 Stories of our neighbors: Favorite Fall Meals- CR 1:30 The Westernaires! - PR 3:00 Poetry Out Loud - 3FA 6:00 Movie Night in the ELR	15  9:15 Functional Fitness - PR 9:15 Trip: Mystery Ride 10:00 Cornell Theatre - CR 10:00 Pretty Nails - ELR 1:30 Trip: Plumper Pumpkin Patch 1:30 EmpRes Bingo - PR 3:00 Assisted Happy Hour - ELR 4:00 Retirement Happy Hour - ML 6:00 Game Night - CR	16 <b>NAME TAG DAY</b>  8:00-11:00 Bus to Doctors Appt 9:15 Stretch, Flex, Energize - PR 9:30 Catholic Communion - CR 1:30 October Harvest Birthday Party- PR 3:00 Friendly Visiting 3:00 Arm Chair Travel: Washington D.C. - CR	17  9:30 Silver Sneakers Walking Group - Meet in ML 10:00 Books on Wheels 1:30 Bingo - PR  6:00 Movie Night in the ELR
18  9:30 Worship Service - PR  2:30 Bible Study - CR	19  8:00 Bus to Doctors & Errands 9:15 Stretch, Flex, Energize - PR 10:00 Cornell College - CR 1:30 Cornell Choir - PR 2:30 Balance & Mobility - PR 3:00 Pretty Nails - ML 3:00 Current Events - ELR 6:00 Movie Night in the ELR	20  8:00 - 11:00 Bus to Doctors 8:45 SMART Readers to Mooberry 9:00 Write Your Life Story - CR 9:15 Walking Club - ELR 10:00 Adelante Materials - PR 1:30 Winco/JoAnn/Kohls 1:30 Bingo - PR 3:00 Boost Your Memory - CR 6:00 Evening News and Current Events - ML	21 <b>HEARING AWARENESS DAY</b>  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 Current Events - ELR 1:30 Rice Rock and Mineral Presentation - PR 3:00 Harvest Wreaths and Pumpkin Crafts - PR	22  9:15 Functional Fitness - PR 9:15 Group Activities - AC 10:00 Cornell Theatre - CR 10:00 Pretty Nails - ELR 1:30 Trip: Police Station Tour 1:30 Adelante Conversation - CR 1:30 Bingo - PR 3:00 Music Sing-along w/ Jan - ML 6:00 Game Night - CR	23 <b>NAME TAG DAY</b>  8:00-11:00 Bus to Doctors Appt 9:15 Stretch, Flex, Energize - PR 9:30 Catholic Mass - CR 10:00 SLP Students - PR 1:30 Movie and Popcorn -PR 3:00 Friendly Visiting 3:00 Food Committee - CR	24  9:30 Silver Sneakers Walking Group - Meet in ML 10:00 Knit & Stitch - ML 1:30 Halloween Mask Making- CR  6:00 Movie Night in the ELR
25  9:30 Worship Service - PR  2:30 Bible Study - CR	26  8:00 Bus to Doctors & Errands 9:15 Stretch, Flex, Energize - PR 10:00 Current Events - ELR 10:00 Cornell College - CR 1:30 Cornell Choir - PR 2:30 Balance & Mobility - PR 3:00 Pretty Nails - ML 3:00 Book Club - LIB	27 <b>PU DENTAL CLINIC</b>  8:00 - 11:00 Bus to Doctors 8:45 SMART Readers to Mooberry 9:00 Write Your Life Story - CR 9:15 Walking Club - ELR 10:00 Stan Lasley - ML 1:30 Albertson's 1:30 Bingo - PR 3:00 Tea with Friends - CR 6:00 Evening News and Current Events - ML	28 <b>HEARING AWARENESS DAY</b>  8:00 Bus to Doctors & Errands 9:15 Stretch, Flex, Energize - PR 9:50 Spanish Conversation - COL 10:00 Stories of our neighbors: Halloween Memories - CR 1:30 Trivia Challenge! - PR 3:00 Poetry Out Loud - 3FA	29  9:15 Functional Fitness - PR 9:30 Trip: Mystery Ride 10:00 Cornell Theatre - PR 10:00 Pretty Nails - ELR 1:00 Trip: Dapper & Wise Roaster And Insomnia Coffee Co. 1:30 Bingo - PR 6:00 Game night - CR	30 <b>NAME TAG DAY</b>  8:00-11:00 Bus to Doctors Appt 9:15 Stretch, Flex, Energize - PR 9:30 Catholic Mass - CR 10:00 Current Events - ELR 2:00 Monster Mash Costume Party - PR 3:00 Friendly Visiting	31 <b>HALLOWEEN</b>  9:30 Silver Sneakers Walking Group - Meet in ML 10:00 Books on Wheels 1:30 Bingo - PR  6:00 - 7:30 Trick or Treat!

