


# Cornell Estates

# Events Calendar

# October 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 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>  Betty Tellhed 10/2 Peg Owens 10/5 Beppy Hunter 10/7 Vickie Larkins 10/7 Dave Johnosn 10/9	<b>Happy Birthday!</b>  Betty Lillegard 10/23 Veronica Scouler 10/25 Joan Dummer 10/26 Marjorie Garrett 10/29				1  9:30 Silver Sneakers Walking Group - Meet in ML 10:00 Knit & Stitch - ML 6:30 Trip: "Tea for Three" at Hart Theatre
2  9:30 Worship Service - PR  2:30 Bible Study - CR	3 <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 3:00 Supporting Each Other in the Challenges we Face - CR	4 <b>PU DENTAL CLINIC</b>  8:00 - 11:00 Bus to Doctors Appt 9:00 Write Your Life Story- CR 9:15 SS Strength & Balance - PR 9:15 Read Aloud: Newsletter - ML 10:00 Viewing of "Garden Time"PR 1:30 Fred Meyer 1:30 Bingo - PR 3:00 Fall Door Decoration CraftCR 6:00 Wii Games - PR	5 <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 1:30 Pinnochle—1FA 2:30 Men's Club - CR	6  9:15 Functional Fitness - PR 10:00 Adult Coloring - 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 6:00 Pokeno - CR	7 <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 Matthew Casey Swing Hits 3:00 Friendly Visiting 3:00 The More You Know- CR	8  9:30 Silver Sneakers Walking Group - Meet in ML 10:00 Knit & Stitch - ML 1:30 Curves Presentation PR
9  9:30 Worship Service & Communion - PR  2:30 Bible Study - CR	10 <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 3:00 Supporting Each Other in the Challenges we Face - CR 3:00 Interview Committee Meeting	11  8:00 - 11:00 Bus to Doctors 8:45 SMART Readers to Mooberry 9:15 SS Strength & Balance - PR 9:00 Write Your Life Story - CR 9:15 Stories for the Soul- ML 1:30 Safeway/Target/Bi-Mart/\$Tree 1:30 Bingo - PR 6:00 Wii Games - PR	12 <b>HEARING AWARENESS DAY</b>  8:00 Bus to Doctors & Errands 9:15 Stretch, Flex, Energize - PR 9:50 Spanish Conversation - COL 10:00 Group Activities - AC 10:00 Jan the Card Lady - PR 1:00 Mountain Man Candy - PR 1:30 Birthday Party with the Senior Serenaders - PR 1:30 Pinnochle- 1FA 3:00 Poetry Out Loud - 3FA	13  9:15 Functional Fitness - PR 9:15 Trip: Columbia River Gorge Scenic Drive 10:00 Adult Coloring - CR 10:00 Pretty Nails - ELR 1:30 Bingo - PR 3:00 Music Sing-along w/ Jan - ML 6:00 Pokeno - CR 6:30 Orenco Photography Club	14 <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 Group Activities - AC 1:30 Health Lecture with Tuality Healthcare: Flu Prevention - PR 3:00 Friendly Visiting 3:00 Arm Chair Travel - PR	15  9:30 Silver Sneakers Walking Group - Meet in ML 10:00 Knit & Stitch - ML 1:30 Harvest Wreaths and Pumpkin Crafts - PR
16  9:30 Worship Service - PR  2:30 Bible Study - CR	17  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 Book Club- LIB 3:00 Supporting Each Other in the Challenges we Face - CR	18 <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 SS Strength & Balance - PR 9:15 Stories for the Soul - ML 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	19 <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 Group Activities - AC 1:30 Roy Torley: Oregon Geology: What's in your Backyard? 1:30 Pinnochle- 1FA 3:00 Crochet Necklace Making-CR	20  9:15 Functional Fitness - PR 10:00 Adult Coloring - 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 Pokeno - CR	21 <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 Group Activities - AC 1:30 Halloween Movie and Popcorn: Hocus Pocus -PR 3:00 Friendly Visiting 3:00 Food Committee - CR	22  9:30 Silver Sneakers Walking Group - Meet in ML 10:00 Knit & Stitch - ML
23  9:30 Worship Service - PR  2:30 Bible Study - CR	24  8:00 Bus to Doctors & Errands 9:15 Stretch, Flex, Energize - P 10:00 Cornell College - CR 2:00 Peter and the Star Catcher by Liberty High School - PR 3:00 Pretty Nails - ML	25  8:00 - 11:00 Bus to Doctors 8:45 SMART Readers to Mooberry 9:00 Write Your Life Story - CR 9:15 SS Strength & Balance - PR 9:15 Stories for the Soul - ML 1:30 Albertson's 1:30 Bingo - PR 3:00 Tea with Friends - CR 6:00 Wii Games - PR	26 <b>HEARING AWARENESS DAY</b>  8:00 Bus to Doctors & Errands 9:15 Stretch, Flex, Energize - PR 9:50 Spanish Conversation - COL 10:00 Group Activities - AC 1:30 Portland Tap Connection Halloween Show!- PR 1:30 Pinnochle- 1FA 3:00 Poetry Out Loud - 3FA	27  9:15 Functional Fitness - PR 10:00 Adult Coloring - CR 10:00 Pretty Nails - ELR 1:30 Trip: Plum Hill Winery Tour and Tasting 1:30 Bingo - PR 3:00 Music Sing-along w/ Jan - ML 6:00 Pokeno - CR	28 <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 Halloween Mask Making and Costume Prep - CR 3:00 Friendly Visiting 3:00 Chat with Cindy Lovell - PR	29  9:30 Silver Sneakers Walking Group - Meet in ML 10:00 Knit & Stitch - ML
30  9:30 Worship Service - PR  2:30 Bible Study - CR	31  8:00 Bus to Doctors & Errands 9:15 Stretch, Flex, Energize - P 10:00 Cornell College - CR 2:00 MONSTER MASH HALLOWEEN PARTY - PR 6:00 - 7:30 Trick or Treat! 