


# Cornell Estates

# Events Calendar

# September 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p align="center"><b>September is National Healthy Aging Month</b></p>		<p><b>1</b></p> <p>8:00 - 11:00 Bus to Doctors Appt 9:15 Walking Club - ELR 9:15 SS Strength &amp; Balance - PR 10:00 Community Gardening - ML 11:00-2:00 Jewelry Repair - ML 1:30 Wal-mart 1:30 Bingo - PR 3:00 Read Aloud Newsletter - ML</p>	<p><b>2 HEARING AWARENESS DAY</b></p> <p>8:00 Bus to Doctors &amp; Errands 9:15 Stretch, Flex, Energize - PR 9:50 Spanish Conversation - COL 10:00 Water Color Class - CR 10:00 Current Events - ELR 10:00 Free Hearing Assessments 1:30 Resident's Meeting - PR</p>	<p><b>3</b></p> <p>9:15 Functional Fitness - PR 9:15 Group Activities - AC 9:30 Trip: Swan Island Dahlias 10:00 Pretty Nails - ELR 1:30 Bingo - PR 2:00 Laughter Tai Chi - RCY 3:00 Assisted Happy Hour - ELR 4:00 Retirement Happy Hour - ML</p>	<p><b>4 NAME TAG DAY</b></p> <p>8:00-11:00 Bus to Doctor Appt 9:15 Stretch, Flex, Energize - PR 9:30 Catholic Communion - CR 10:00 Current Events - ELR 1:30 Michael Baker Music - PR 3:00 Friendly Visiting 3:00 Arm Chair Travel - CR</p>	<p><b>5</b></p> <p>9:30 SilverSneakers Walking Group - Meet in the ML</p> <p>6:00 Saturday Movie</p>
		<p><b>6</b></p> <p>9:30 Worship Service - PR</p> <p>2:30 Bible Study - CR</p>	<p><b>7 LABOR DAY</b></p> <p>8:00 Bus to Doctors &amp; Errands 9:15 Stretch, Flex, Energize - PR 10:00 Cornell College - CR 1:30 Craft Corner - CR 2:30 Balance &amp; Mobility - PR 3:00 Current Events - ELR 3:00 Pretty Nails - ML</p>	<p><b>8 PU DENTAL CLINIC</b></p> <p>8:00 - 11:00 Bus to Doctors 9:00 Write Your Life Story - CR 9:15 Walking Club - ELR 9:15 SS Strength &amp; Balance - PR 10:00 Community Gardening - ML 1:30 Safeway/Target/Bi-Mart/\$Tree 1:30 Bingo - PR 3:00 Tomato 101 with Arden - CR</p>	<p><b>9 HEARING AWARENESS DAY</b></p> <p>8:00 Bus to Doctors &amp; Errands 9:00-12:00 Flu Shot Clinic - PR 9:50 Spanish Conversation - COL 10:00 Current Events - ELR 10:00 Janice the Card Lady - PR 1:30 Birthday Party- PR 3:00 Poetry Out Loud - 3FA</p>	<p><b>10</b></p> <p>9:15 Functional Fitness - PR 9:15 Trip: Mystery Ride 10:00 Cornell Theatre - CR 10:00 Pretty Nails - ELR 1:30 ENCORE Kick-off and Celebration! - PR 3:00 Music Sing-along w/ Jan - ML 6:30 Orenco Photography Club - PR</p>
<p><b>13</b></p> <p>9:30 Worship Service &amp; Communion - PR</p> <p>2:30 Bible Study - CR</p>	<p><b>14</b></p> <p>8:00 Bus to Doctors &amp; Errands 9:15 Stretch, Flex, Energize - PR 10:00 Cornell College - CR 1:30 Craft Corner 2:30 Balance &amp; Mobility - PR 3:00 Pretty Nails - ML 3:00 Current Events - ELR</p>	<p><b>15</b></p> <p>8:00 - 11:00 Bus to Doctors 9:00 Write Your Life Story - CR 9:15 Walking Club - ELR 9:15 SS Strength &amp; Balance - PR 10:00 Community Gardening - ML 1:30 Winco/JoAnn/Kohls 1:30 Bingo - PR 2:30 Fused Glass Pendants - CR</p>	<p><b>16 HEARING AWARENESS DAY</b></p> <p>8:00 Bus to Doctors &amp; Errands 9:15 Stretch, Flex, Energize - PR 9:50 Spanish Conversation - COL 10:00 Watercolor Class - CR 10:00 Current Events - ELR 1:30 C.A.R.E. Project - CR 3:00 Music Request Hour - PR</p>	<p><b>17</b></p> <p>9:15 Functional Fitness - PR 9:15 Group Activities - AC 9:30 Trip: Mt Angel Oktoberfest 10:00 Pretty Nails - ELR 1:30 EmpRes Bingo - PR 3:00 Assisted Happy Hour - ELR 4:00 Retirement Happy Hour - ML</p>	<p><b>18 NAME TAG DAY</b></p> <p>9:15 Stretch, Flex, Energize - PR 9:30 Catholic Communion - CR 10:00 Current Events - ELR 1:00-4:00 Ear Wax Clinic 1:30 "From a Name to a Number" - PR 3:00 The More You Know - CR 3:00 Friendly Visiting</p>	<p><b>19</b></p> <p>9:30 SilverSneakers Walking Group - Meet in the ML</p> <p>10:00 Vets Talk with VFW -</p> <p>6:00 Saturday Movie - ELR</p>
<p><b>20</b></p> <p>9:30 Worship Service - PR</p> <p>2:30 Bible Study - CR</p>	<p><b>21</b></p> <p>8:00 Bus to Doctors &amp; Errands 9:15 Stretch, Flex, Energize - PR 10:00 Cornell College - CR 1:30 Cornell Choir Meeting - PR 1:30 Craft Corner - CR 2:30 Balance &amp; Mobility - PR 3:00 Pretty Nails - ML 3:00 Current Events - ELR</p>	<p><b>22 PU DENTAL CLINIC</b></p> <p>8:00 - 11:00 Bus to Doctors 9:00 Write Your Life Story - CR 9:15 Walking Club - ELR 9:15 SS Strength &amp; Balance - PR 10:00 Adelante Materials - PR 1:30 Albertson's 1:30 Bingo - PR 3:00 Boost Your Memory - CR</p>	<p><b>23 HEARING AWARENESS DAY</b></p> <p>8:00 Bus to Doctors &amp; Errands 9:15 Stretch, Flex, Energize - PR 9:50 Spanish Conversation - COL 10:00 Current Events - ELR 1:30 Kim and Terry's South of The Border Show - PR 3:00 Poetry Out Loud - 3FA 6:15 Bingo with Bobbie - PR</p>	<p><b>24</b></p> <p>9:15 Functional Fitness - PR 9:15 Group Activities - AC 10:00 Alzheimer's Association: Communication Strategies CR 10:00 Pretty Nails - ELR 1:30 Trip: Oregon Heritage Farms 1:30 Bingo - PR 3:00 Music Sing-along w/ Jan - ML</p>	<p><b>25 NAME TAG DAY</b></p> <p>8:00-11:00 Bus to Doctor Appt 9:15 Stretch, Flex, Energize - PR 9:30 Catholic Mass - CR 10:00 Current Events - ELR 1:30 Movie Day and Popcorn-PR 3:00 Friendly Visiting 3:00 Food Committee - CR</p>	<p><b>26</b></p> <p>9:30 SilverSneakers Walking Group - Meet in the ML</p> <p>6:00 Saturday Movie - ELR</p>
<p><b>27</b></p> <p>9:30 Worship Service - PR</p> <p>2:30 Bible Study - CR</p>	<p><b>28</b></p> <p>8:00 Bus to Doctors &amp; 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 &amp; Mobility - PR 3:00 Pretty Nails - ML 3:00 Book Club - LIB</p>	<p><b>29</b></p> <p>8:00 - 11:00 Bus to Doctors 9:00 Write Your Life Story - CR 9:15 Walking Club - ELR 9:15 SS Strength &amp; Balance - PR 10:00 Community Gardening - ML 1:30 New Seasons Market 1:30 Bingo - PR 3:00 Tea With Friends - CR</p>	<p><b>30</b></p> <p>8:00 Bus to Doctors &amp; Errands 9:15 Stretch, Flex, Energize - PR 9:50 Spanish Conversation - COL 10:00 Current Events - ELR 1:30 Tech Talk with John Lucas 3:00 Music Request Hour- PR</p>	<p align="center"><b>Happy Birthday!</b></p> <p><b>Loretta Sloan 9/3</b></p> <p><b>Pearl Pfaff 9/3</b></p> <p><b>Rosann Prusynski 9/3</b></p> <p><b>Jim Pavis 9/5</b></p>	<p align="center"><b>Happy Birthday!</b></p> <p><b>Ginny Astrue 9/6</b></p> <p><b>Hazel Seagren 9/10</b></p> <p><b>Dee Sandness 9/14</b></p> <p><b>Shirley Weathers 9/23</b></p>	<p>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</p>