



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AC - Arts Center COL-Columbia Rm-1st fl CR-Cascade Rm- 2nd fl ELR-East Living Rm-1st fl FA - Floor Alcove LIB - Library - 2nd floor ML - Main Lobby - 1st fl	HAPPY BIRTHDAY! Marcelo Tse 5/9 Anne Matthes 5/16 Bev Beam 5/17 Dorothy Hermens 5/19	HAPPY BIRTHDAY! June Martin 5/24 Mark Bonham 5/27 Charles Krug 5/28 Maxine Erdman 5/31 Lydia Calhoun 5/31	¹ Smart Step Hearing 8:00—3:30 Bus to Doctors 8:30 Seated Exercise-PR 9:15 Seated Yoga -PR 10:00 Coffee with Friends-CR 10:00 Community Gardening-ML 1:30 Trivia with Library- PR 3:00 AL Group Activity-AC 6:00 Skipbo-AC	² 8:30 Seated Exercise-PR 9:00 Trip to Sesame Donuts 9:15 Strength & Balance - PR 10:00 American Sign Language Class-CR 1:30 National Day of Prayer-PR 6:00 Pokeno-COL	³ 8:30 Seated Exercise-PR 9:15 Stretch, Flex, Energize-PR 9:00 Catholic Communion - CR 10:00 Pretty Nails - PR 1:30 Oregon History: A Step Back in Time – PR 2:30 Dish Round Up 3:00 Boost Your Memory-AC 6:00 Skipbo- AC	⁴ 9:15 Walking Group- ML 10:00 Adult Coloring- CR 10:00 Knit & Stitch-ML 1:30 Movie- PR 2:00 Bible Study w/Fran-COL 6:00 Skipbo-CR
⁵ 9:30 Worship Service -PR 2:30 Bible Study - CR	⁶ 8:00—3:30 Bus to Doctors 9:15 Stretch, Flex, Energize PR 10:00 Cornell College - CR 1:30 Movie & Popcorn -PR 3:00 AL Group Activity-AC 6:00 Skipbo- AC	⁷ 8:00 - 11:00 Bus to Doctors 8:30 Seated Exercise-PR 9:00 Writers Group-CR 9:15 Strength & Balance - PR 10:00 AL Group Activity-AC 11:00 Blood Pressure Clinic-ML 1:30 Young at Heart Readers Group-PR 1:30 Fred Myer 2:30 Dish Round Up	⁸ 8:00—3:30 Bus to Doctors 8:30 Seated Exercise-PR 9:15 Seated Yoga -PR 10:00 Anyone Can Draw!-CR 10:00 Community Gardening-ML 1:30 Birthday Party with the Senior Serenaders- PR 6:00 Skipbo- AC	⁹ 8:30 Seated Exercise-PR 9:15 Strength & Balance - PR 10:00 Anyone Can Paint!- CR 11:30 Trip to Salam Restaurant 1:00 Bingo - PR 3:00 AL Group Activity-AC 6:00 Pokeno-COL 6:30 Orenco Photography Club -PR	¹⁰ 8:30 Seated Exercise-PR 9:15 Stretch, Flex, Energize PR 9:00 Catholic Communion - CR 10:00 Pretty Nails - PR 1:45 Visit from Rose Festival Princesses PR 2:30 Dish Round Up 6:00 Skipbo- AC	¹¹ 9:15 Walking Group- ML 10:00 Adult Coloring- CR 2:00 Mother's Day Tea- PR 2:00 Bible Study w/Fran-COL 6:00 Skipbo-CR
¹² 9:30 Worship Service & Communion - PR 2:30 Bible Study - CR	¹³ 8:00—3:30 Bus to Doctors 9:15 Stretch, Flex, Energize PR 10:00 Cornell College - CR 1:30 Movie & Popcorn -PR 3:00 AL Group Activity-AC 6:00 Skipbo- AC	¹⁴ 8:00 - 11:00 Bus to Doctors 8:30 Seated Exercise-PR 9:00 Writers Group-CR 9:15 Strength & Balance - PR 10:00 AL Group Activity-AC 11:00 Blood Pressure Clinic ML 1:00 Bingo - PR 1:30 Bimart 2:30 Dish Round Up 6:00 Poker-COL	¹⁵ 8:00—3:30 Bus to Doctors 8:30 Seated Exercise-PR 9:15 Seated Yoga -PR 10:00 Anyone Can Draw!-CR 1:00 Spanish Conversation-COL 1:30 Residents Meeting-PR 1:30 Card Lady-PR Hallway 3:00 AL Group Activity- AC 6:00 Skipbo-AC	¹⁶ 8:30 Seated Exercise -PR 9:15 Strength & Balance - PR 10:00 American Sign Language Class-CR 12:45 Trip to NW Senior Theatre 1:00 Bingo - PR 3:00 Music Sing-along w/Jan-PR 6:00 Pokeno-COL	¹⁷ 8:30 Seated Exercise-PR 9:15 Stretch, Flex, Energize PR 9:00 Catholic Communion-CR 10:00 Pretty Nails - PR 1:00-4:00 Ear Wax Clinic-DO 2:30 Dish Round Up 3:00 Happy Hour with Gordon Herman- PR 6:00 Skipbo- AC	¹⁸ 9:15 Walking Group- ML 10:00 Adult Coloring- CR 1:30 Bingo- PR 2:00 Bible Study w/Fran-COL 6:00 Skipbo-CR
¹⁹ 9:30 Worship Service-PR 2:30 Bible Study - CR	²⁰ 8:00—3:30 Bus to Doctors 9:15 Stretch, Flex, Energize PR 10:00 Cornell College - CR 1:30 Movie & Popcorn -PR 3:00 AL Group Activity-AC 6:00 Skipbo- AC	²¹ 8:00 - 11:00 Bus to Doctors 8:30 Seated Exercise-PR 9:00 Writers Group-CR 9:15 Strength & Balance - PR 10:00 AL Group Activity-AC 11:00 Blood Pressure Clinic-ML 1:00 Bingo - PR 1:30 Albertsons 2:30 Dish Round Up 6:00 Poker-COL	²² WEAR A FUNNY HAT! 8:00—3:30 Bus to Doctors 8:30 Seated Exercise-PR 9:15 Seated Yoga -PR 10:00 Anyone Can Draw!-CR 10:00 Community Gardening-ML 1:00 Spanish Conversation COL 1:30 Beanbag Baseball- PR 6:00 Skipbo-AC	²³ 8:30 Seated Exercise-PR 9:15 Strength & Balance - PR 10:00 Anyone Can Paint!- CR 11:30 Trip to Rhododendron Garden & Picnic Lunch 1:00 Bingo - PR 3:00 AL Group Activity-AC 6:00 Pokeno-COL	²⁴ 8:30 Seated Exercise-PR 9:15 Stretch, Flex, Energize PR 9:00 Catholic Communion - CR 10:00 Pretty Nails - PR 11:30-12:30 Phil Hall/Accordion 1:30 Bowling-PR 2:30 Dish Round Up 3:00 Boost Your Memory- AC 6:00 Skipbo- AC	²⁵ 9:15 Walking Group- ML 10:00 Adult Coloring- CR 1:30 Movie- PR 2:00 Bible Study w/Fran-COL 6:00 Skipbo-CR
²⁶ 9:30 Worship Service -PR 2:30 Bible Study - CR	²⁷ 8:00—3:30 Bus to Doctors 9:15 Stretch, Flex, Energize PR 10:00 Cornell College - CR 1:30 Movie & Popcorn -PR 3:00 AL Group Activity-AC 6:00 Skipbo- AC	²⁸ 8:00 - 11:00 Bus to Doctors 8:30 Seated Exercise-PR 9:00 Writers Group-CR 9:15 Strength & Balance - PR 10:00 AL Group Activity-AC 11:00 Blood Pressure Clinic-ML 1:00 Bingo - PR 1:30 Walmart 2:30 Dish Round Up 6:00 Poker-COL	²⁹ 8:00—3:30 Bus to Doctors 8:30 Seated Exercise-PR 9:15 Seated Yoga -PR 10:00 Anyone Can Draw!-CR 10:00 Community Gardening-ML 1:00 Spanish Conversation COL 2:00 Tea with Friends- PR 6:00 Skipbo-AC	³⁰ 8:30 Seated Exercise-PR 9:15 Strength & Balance - PR 10:00 American Sign Language Class- CR 11:30 Lunch at Bargartan Bavarian Social Haus 1:00 Bingo - PR 3:00 Music Sing-along w/ Jan-PR 6:00 Pokeno-COL	³¹ 8:30 Seated Exercise-PR 9:15 Stretch, Flex, Energize PR 9:00 Catholic Communion - CR 10:00 Pretty Nails - PR 2:30 Dish Round Up 3:00 Happy Hour w/ Hans- PR 6:00 Skipbo- AC	PR - Party Room - 2nd fl SR - Sewing Room - 3rd fl RCY - Retirement Side Court Yard AL—Assisted Living RL- Retirement Living DO- Dental Office ACTIVITIES MAY BE SUBJECT TO CHANGE