


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>ACTIVITIES ARE SUBJECT TO CHANGE</p>	<p>AC - Art Center- 2nd floor COL- Columbia Room-1st floor CR - Cascade Room -2nd floor ALR - Assisted Side Living Room FA - Floor Alcove DO - Dental Office-1st floor</p>	<p>ML- Main Lobby - 1st floor PR - Party Room-2nd floor SR - Sewing Room-3rd floor AL-Assisted Living IL- Independent Living LIB - Library - 2nd floor ILC- Independent Living Courtyard</p>	<p>HAPPY BIRTHDAY! Cynthia Pannell 7/3 Susie Taylor 7/8 Hans Friedrichs 7/15 Barbara Taylor 7/17 Carol Fee 7/23 Lunada Stuart 7/30</p>	<p>1 9:30 Stretch & Energize PR 10:00 Anyone Can Color! CR 10:00 Scenic Drive 1:30 Scenic Drive 1:30 Craft Project CR</p>	<p>2 10:00 Boost Your Memory CR 1:30 Ice Cream Social in the Assisted Dining Room 2:30 Ice Cream Social in the Independent Dining Room</p>	<p>3 9:30 Stretch & Energize PR 10:00 Bingo for Chocolate CR 1:30 Anyone Can Color! CR 2:30 Mexican Train 2ndFA</p>
<p>4 4TH OF JULY  9:30 Worship Service PR 10:00 Walk & Talk ML 2:00 Stretch & Energize PR 2:30 Anyone Can Draw! CR</p>	<p>5 9:30-10:30 Cell Phone Help 1stFA 3:00 Reading by Donna 1stFA</p>	<p>6 9:30 Stretch & Energize PR 10:30 Blood Pressure Check CR 1:30 Shopping at Fred Meyer</p>	<p>7 10:00 Cornell College PR 1:30 Movie Matinee PR 3:00 Reading by Donna 1stFA</p>	<p>8 9:30 Stretch & Energize PR 10:00 Anyone Can Color! CR 1:30 Trip to Unger Farms 1:30 Craft Project CR</p>	<p>9 10:00 Wheel of Fortune PR 1:30 Cornell Writers CR 2:00 Beanbag Baseball PR</p>	<p>10 9:30 Stretch & Energize PR 10:00 Bingo for Chocolate CR 1:30 Anyone Can Color! CR 2:30 Mexican Train 2ndFA</p>
<p>11 9:30 Worship Service PR 10:00 Walk & Talk ML 2:00 Stretch & Energize PR 2:30 Anyone Can Paint! CR</p>	<p>12 3:00 Reading by Donna 1stFA</p>	<p>13 9:30 Stretch & Energize PR 10:30 Blood Pressure Check CR 1:30 Shopping at BiMart</p>	<p>14 10:00 Cornell College PR 2:00 Beanbag Baseball PR</p>	<p>15 8:45 Trip to Spirit Mountain Casino 9:30 Stretch & Energize PR 10:00 Anyone Can Color! CR 1:30 Craft Project CR</p>	<p>16 10:00 Boost Your Memory CR 1:30 Cornell Writers CR 3:00 Happy Hour! - Assisted Dining Room 4:00 Happy Hour!- Independent Dining Room</p>	<p>17 9:30 Stretch & Energize PR 10:00 Bingo for Chocolate CR 1:30 Anyone Can Color! CR 2:30 Mexican Train 2ndFA</p>
<p>18 9:30 Worship Service PR 10:00 Walk & Talk ML 2:00 Stretch & Energize PR 2:30 Anyone Can Draw! CR</p>	<p>19 9:30-10:30 Cell Phone Help 1stFA 3:00 Reading by Donna 1stFA</p>	<p>20 9:30 Stretch & Energize PR 10:30 Blood Pressure Check CR 1:30 Shopping at Dollar Tree</p>	<p>21 10:00 Cornell College PR 1:30 Residents Meeting PR 3:00 Reading by Donna 1stFA</p>	<p>22 9:30 Stretch & Energize PR 10:00 Anyone Can Color! CR 10:30 Trip to Topaz Farm on Sauvie Island & lunch at Topaz-Holler Outdoor Grill 1:30 Craft Project CR</p>	<p>23 10:00 Wheel of Fortune PR 1:30 Cornell Writers CR 2:00 Beanbag Baseball PR</p>	<p>24 Cornell Estates & Rosewood Park COMMUNITY SUMMER CELEBRATION 2-4PM Cornell Estates Parking Lot Car Show Music by Joel Parker & friends Hotdogs, drinks, popcorn, ice cream</p>
<p>25 9:30 Worship Service PR 10:00 Walk & Talk ML 2:00 Stretch & Energize PR 2:30 Anyone Can Paint! CR</p>	<p>26 3:00 Reading by Donna 1stFA</p>	<p>27 9:30 Stretch & Energize PR 10:30 Blood Pressure Check CR 1:30 Shopping at Walmart</p>	<p>28 10:00 Cornell College PR 2:00 Beanbag Baseball PR</p>	<p>29 9:30 Stretch & Energize PR 10:00 Anyone Can Color! CR 1:30 Guided Tour of the new 53rd Street Recreation Center 1:30 Craft Project CR 5:45 Outdoor Concert at Shute Park - Johnny Limbo</p>	<p>30 10:00 Boost Your Memory CR 1:30 Cornell Writers CR 3:00 Luau Happy Hour! Assisted Dining Room 4:00 Luau Happy Hour! Independent Dining Room</p>	<p>31 10:00 Bingo for Chocolate CR 1:30 Anyone Can Color! CR 2:30 Mexican Train 2ndFA</p>

POST ME ON YOUR FRIDGE



ACTIVITIES

WORSHIP SERVICE: Join us for a Christian, non-denominational worship service. We are currently working through a series of messages on “Beginnings” from the book of Genesis, considering how those *beginnings* are looking forward to the endings that are yet to come. We use a PowerPoint presentation on our projection screen to help illustrate the purpose of the messages. Services are led by Carmen Bryant, Th.M., and other friends from here at Cornell Estates. All are welcome, regardless of religious background.

BEANBAG BASEBALL: A really fun, easy and social game. You can even play in a seated position. Don’t feel like playing? No problem, come and cheer your fellow residents on from the sidelines!

BINGO FOR CHOCOLATE: We play eight rounds of traditional Bingo with the final round being a Blackout, played for chocolate. You had me at CHOCOLATE!

STRETCH & ENERGIZE: Exercise has been proven to improve your health, lower blood pressure, and relieve stress. This class stretches your body from head to toe, and can also be done from a seated position. We all procrastinate about exercising but we always feel better after we do it. This class is only about 20 minutes long, so no more excuses. Give it a try!

***New ANYONE CAN DRAW!:** Working from real life and photographs, we will learn the basics of drawing. This is an entry level class and is great for both lifelong artists and those who say, “well, I can’t draw a stick figure!” Let Missy prove you wrong!

ANYONE CAN PAINT!: Using various media, we explore the world of color and form. Mostly working with acrylic paints, we will learn how to mix colors and paint still lifes, portraits, and landscapes. This is an entry level class but pairs well with “anyone can draw”.

CORNELL COLLEGE: In this class we watch a 30 minute DVD lecture and discuss afterwards. Presently our subject is “How Forensic Science Works”. It’s a 36 lecture series and it has been fascinating. We still have 5 more lectures to go, so come check it out. Our next series will be “Wonders of the National Parks”.

ANYONE CAN COLOR!: Coloring is definitely not just for kids. You should see some of the amazing work some of the residents have done on display in our showcase. It’s an easy and relaxing class. We supply every thing you need, just bring your imagination!

***New CORNELL WRITERS:** Working on our own to create various writings, we work together to read, share, and critique each other’s work. We will have ideas and prompts to share if you need directing, or you can work on that book you’ve been wanting to write for years!

BOOST YOUR MEMORY: A fun class designed to keep your mind sharp. We start off working individually on different worksheets like brain teasers, word scrambles, crosswords, et cetera, and then work as a team to figure it all out.

MEXICAN TRAIN: A super fun and easy game played with Dominoes.

***New WALK & TALK:** Walking is always more fun in a group. This class meets up in the main lobby and depending on weather will be done indoors or out.

***New CRAFT PROJECT:** Join Annie for a fun and easy craft project. Everything you need is supplied.

***New WHEEL OF FORTUNE:** We form two teams and try to solve word puzzles, similar to those in Hangman. We play for fun and the winning team is the one with the most “money” at the finish.