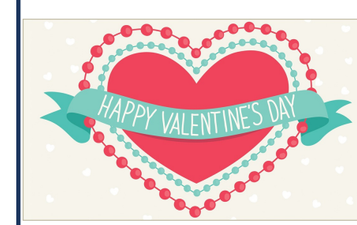
Legacies Pacifica Memory Care

February 2018

PACIFICA SENIOR LIVING PORTLAND

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Exercise Daily **10:00am** **House Chores** Daily	Note: Scheduled activities subject to change without notice. See Bulletin board for possible changes.		**1** (C) Brain Stimulation (E) Stretch & Flex (O) Outdoor Recreation **(S) Lunch** (L) Creative Expressions (M) Music Enrichment **(S) Dinner** (R) Reminiscence & Relaxation **Scenic Drive Cottage 1** **1:30pm Memories in the Making**	**2** (C) Brain Stimulation (E) Stretch & Flex (O) Outdoor Recreation **(S) Lunch** (L) Creative Expressions (M) Music Enrichment **(S) Dinner** (R) Reminiscence & Relaxation **3:00pm (S) Happy Hour Social**	**3** (C) Brain Stimulation (E) Stretch & Flex (O) Outdoor Recreation **(S) Lunch** (L) Creative Expressions (M) Music Enrichment **(S) Dinner** (R) Reminiscence & Relaxation **3:00pm (C) BINGO**
4 (C) Brain Stimulation (E) Stretch & Flex (O) Outdoor Recreation **(S) Lunch** (L) Creative Expressions (M) Music Enrichment **(S) Dinner** (R) Reminiscence & Relaxation **3:00pm (S) Church Services**	**5** (C) Brain Stimulation (E) Stretch & Flex (O) Outdoor Recreation **(S) Lunch** (L) Creative Expressions (M) Music Enrichment **(S) Dinner** (R) Reminiscence & Relaxation **3:00pm (C) Art Goodman's One Man Band**	**6** (C) Brain Stimulation (E) Stretch & Flex (O) Outdoor Recreation **(S) Lunch** (L) Creative Expressions (M) Music Enrichment **(S) Dinner** (R) Reminiscence & Relaxation **Scenic Drive Cottage 2** **3:00pm (C) BINGO**	**7** (C) Brain Stimulation (E) Stretch & Flex (O) Outdoor Recreation **(S) Lunch** (L) Creative Expressions (M) Music Enrichment **(S) Dinner** (R) Reminiscence & Relaxation **1:30pm (L) Wednesday Matinee**	**8** (C) Brain Stimulation (E) Stretch & Flex (O) Outdoor Recreation **(S) Lunch** (L) Creative Expressions (M) Music Enrichment **(S) Dinner** (R) Reminiscence & Relaxation **Scenic Drive Cottage 3** **1:30pm Memories in the Making**	**9** (C) Brain Stimulation (E) Stretch & Flex (O) Outdoor Recreation **(S) Lunch** (L) Creative Expressions (M) Music Enrichment **(S) Dinner** (R) Reminiscence & Relaxation **3:00pm (S) Happy Hour Social**	**10** (C) Brain Stimulation (E) Stretch & Flex (O) Outdoor Recreation **(S) Lunch** (L) Creative Expressions (M) Music Enrichment **(S) Dinner** (R) Reminiscence & Relaxation **3:00pm (C) BINGO**
11 (C) Brain Stimulation (E) Stretch & Flex (O) Outdoor Recreation **(S) Lunch** (L) Creative Expressions (M) Music Enrichment **(S) Dinner** (R) Reminiscence & Relaxation **3:00pm (S) Church Services**	**12** (C) Brain Stimulation (E) Stretch & Flex (O) Outdoor Recreation **(S) Lunch** (L) Creative Expressions (M) Music Enrichment **(S) Dinner** (R) Reminiscence & Relaxation **3:00pm (C) Patricia Piano**	**13** (C) Brain Stimulation (E) Stretch & Flex (O) Outdoor Recreation **(S) Lunch** (L) Creative Expressions (M) Music Enrichment **(S) Dinner** (R) Reminiscence & Relaxation **Scenic Drive Cottage 4** **3:00pm (C) BINGO**	**14** (C) Brain Stimulation (E) Stretch & Flex (O) Outdoor Recreation **(S) Lunch** (L) Creative Expressions (M) Music Enrichment **(S) Dinner** (R) Reminiscence & Relaxation **1:30pm (L) Wednesday Matinee** **Happy Valentines Day!**	**15** (C) Brain Stimulation (E) Stretch & Flex (O) Outdoor Recreation **(S) Lunch** (L) Creative Expressions (M) Music Enrichment **(S) Dinner** (R) Reminiscence & Relaxation 3:30pm Phil Hall- Music in Cottages **1:30pm Memories in the Making**	**16** (C) Brain Stimulation (E) Stretch & Flex (O) Outdoor Recreation **(S) Lunch** (L) Creative Expressions (M) Music Enrichment **(S) Dinner** (R) Reminiscence & Relaxation **3:00pm (S) Happy Hour Social**	**17** (C) Brain Stimulation (E) Stretch & Flex (O) Outdoor Recreation **(S) Lunch** (L) Creative Expressions (M) Music Enrichment **(S) Dinner** (R) Reminiscence & Relaxation **3:00pm (C) BINGO**
18 (C) Brain Stimulation (E) Stretch & Flex (O) Outdoor Recreation **(S) Lunch** (L) Creative Expressions (M) Music Enrichment **(S) Dinner** (R) Reminiscence & Relaxation **3:00pm (S) Church Services**	**19** (C) Brain Stimulation (E) Stretch & Flex (O) Outdoor Recreation **(S) Lunch** (L) Creative Expressions (M) Music Enrichment **(S) Dinner** (R) Reminiscence & Relaxation	**20** (C) Brain Stimulation (E) Stretch & Flex (O) Outdoor Recreation **(S) Lunch** (L) Creative Expressions (M) Music Enrichment **(S) Dinner** (R) Reminiscence & Relaxation **Scenic Drive Cottage 5** **3:00pm (C) BINGO**	**21** (C) Brain Stimulation (E) Stretch & Flex (O) Outdoor Recreation **(S) Lunch** (L) Creative Expressions (M) Music Enrichment **(S) Dinner** (R) Reminiscence & Relaxation **1:30pm (L) Wednesday Matinee**	**22** (C) Brain Stimulation (E) Stretch & Flex (O) Outdoor Recreation **(S) Lunch** (L) Creative Expressions (M) Music Enrichment **(S) Dinner** (R) Reminiscence & Relaxation **Scenic Drive Cottage 6** **1:30pm Memories in the Making**	**23** (C) Brain Stimulation (E) Stretch & Flex (O) Outdoor Recreation **(S) Lunch** (L) Creative Expressions (M) Music Enrichment **(S) Dinner** (R) Reminiscence & Relaxation **3:00pm (S) Happy Hour Social**	**24** (C) Brain Stimulation (E) Stretch & Flex (O) Outdoor Recreation **(S) Lunch** (L) Creative Expressions (M) Music Enrichment **(S) Dinner** (R) Reminiscence & Relaxation **3:00pm (C) BINGO**
25 (C) Brain Stimulation (E) Stretch & Flex (O) Outdoor Recreation **(S) Lunch** (L) Creative Expressions (M) Music Enrichment **(S) Dinner** (R) Reminiscence & Relaxation **3:00pm (S) Church Services**	**26** (C) Brain Stimulation (E) Stretch & Flex (O) Outdoor Recreation **(S) Lunch** (L) Creative Expressions (M) Music Enrichment **(S) Dinner** (R) Reminiscence & Relaxation	**27** (C) Brain Stimulation (E) Stretch & Flex (O) Outdoor Recreation **(S) Lunch** (L) Creative Expressions (M) Music Enrichment **(S) Dinner** (R) Reminiscence & Relaxation **Scenic Drive Cottage 7 & 8** **3:00pm (C) BINGO**	**28** C) Brain Stimulation (E) Stretch & Flex (O) Outdoor Recreation **(S) Lunch** (L) Creative Expressions (M) Music Enrichment **(S) Dinner** (R) Reminiscence & Relaxation **1:30pm (L) Wednesday Matinee**		**GOLDEN TOUCH SALON** Thursday & Friday **9:00AM to 4:00PM**	

Legacies Daily 7: (C) Cognitive, Visual, Language; (E) Exercise; (L) Life Enrichment; (M) Music; (O) Outdoor; (R) Reminiscent; (S) Social/Spiritual, (Purple) Activity in Large Events Room, (Teal) Off Campus Outing