

# January 2018

## Independent Living Lifestyle & Leisure



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	<p>10:00 PE Yoga [ALD]</p> <p>1:00 CE Bingo [L]</p> <p>1:30 LL Pinochle [CR]</p> <p>6:00 LL Movie: P.S. I Love You [TV]</p> <p style="text-align: right;"><b>1</b></p>	<p>10:00 PE Balance &amp; Posture [ALD]</p> <p>10:00 PE Walking Club [FP]</p> <p>11:00 PE Wii Bowling [TV]</p> <p>1:00 CE Mexican Train Dominos [BA]</p> <p>2:00 CC AL Resident Council Meeting [ALD]</p> <p>3:00 AE Trivia and Winter Ice Cream Social [BA]</p> <p>6:00 LL Movie: The Timber [TV]</p> <p style="text-align: right;"><b>2</b></p>	<p>9:15 LL Breakfast Outing to Pompello [FL]</p> <p>10:00 PE Yoga [ALD]</p> <p>1:00 CE Hand &amp; Foot [CR]</p> <p>6:00 LL Movie: While You Were Sleeping [TV]</p> <p style="text-align: right;"><b>3</b></p>	<p>10:00 CE Knit/Crochet by the Fireplace [FP]</p> <p>10:00 PE Balance &amp; Posture [ALD]</p> <p>10:30 AE Get Your Craft On! [L]</p> <p>11:00 PE Wii Bowling [TV]</p> <p>1:00 LL Baking Bread [ALD]</p> <p>3:00 CC Town Hall [DR]</p> <p>6:00 LL Movie: The Parent Trap [TV]</p> <p style="text-align: right;"><b>4</b></p>	<p>10:00 PE Yoga [ALD]</p> <p>10:00 PE Walking Club [FP]</p> <p>11:00 PE Sittercise [L]</p> <p>1:00 LL Bingo [L]</p> <p>2:30 CE Cribbage [CR]</p> <p>3:00 LL Happy Birthday Happy Hour w/Taska [BA]</p> <p>6:00 LL Movie: Pottersville [TV]</p> <p style="text-align: right;"><b>5</b></p>	<p>10:00 PE Balance &amp; Posture [ALD]</p> <p>11:00 PE Wii Bowling [TV]</p> <p>2:00 LL 9 Square [CR]</p> <p>6:00 LL Saturday Cinema: Home Again [TV]</p> <p style="text-align: right;"><b>6</b></p>	
	<p>2:00 SS In House Worship w/ Apostolic Worship Center</p> <p>6:00 LL Movie [TV]</p> <p style="text-align: right;"><b>7</b></p>	<p><b>Harry G. BD</b></p> <p>10:00 SS Bible Study [L]</p> <p>10:00 PE Yoga [ALD]</p> <p>11:00 CC BP Clinic [BA]</p> <p>1:00 CE Bingo [L]</p> <p>3:00 CE Healthier You Series, Glaucoma Health &amp; Prevention [TV]</p> <p>6:00 LL Movie [TV]</p> <p style="text-align: right;"><b>8</b></p>	<p>10:00 PE Balance &amp; Posture [ALD]</p> <p>10:00 PE Walking Club [FP]</p> <p>11:00 PE Wii Bowling vs. Mgmt [TV]</p> <p>1:00 CE Mexican Train Dominos [BA]</p> <p>2:00 CC Talk &amp; Taste w/Robert [L]</p> <p>3:00 CE Armchair Travel to India [TV]</p> <p>6:00 LL Movie [TV]</p> <p style="text-align: right;"><b>9</b></p>	<p>10:00 CC Outing: Shopping [FL]</p> <p>10:00 PE Yoga [ALD]</p> <p>1:00 CE Hand &amp; Foot [CR]</p> <p>6:00 LL Movie [TV]</p> <p style="text-align: right;"><b>10</b></p>	<p>10:00 CE Knit/Crochet by the Fireplace [FP]</p> <p>10:00 PE Balance &amp; Posture [ALD]</p> <p>11:00 PE Wii Bowling [TV]</p> <p>2:00 CE Activities Forum [L]</p> <p>3:00 CE Histories Mysteries [TV]</p> <p>6:00 LL Movie [TV]</p> <p style="text-align: right;"><b>11</b></p>	<p>10:00 PE Yoga [ALD]</p> <p>10:00 PE Walking Club [FP]</p> <p>11:00 PE Sittercise [L]</p> <p>1:00 LL FREE Bingo! [L]</p> <p>2:30 CE Cribbage [CR]</p> <p>3:00 CC Happy Hour w/Oregon Old Time Fiddlers [BA]</p> <p>6:00 LL Movie [TV]</p> <p style="text-align: right;"><b>12</b></p>	<p>10:00 PE Balance &amp; Posture [ALD]</p> <p>11:00 PE Wii Bowling [TV]</p> <p>2:00 LL 9 Square [CR]</p> <p>6:00 LL Saturday Cinema [TV]</p> <p style="text-align: right;"><b>13</b></p>
	<p>9:00 CC Sunday Brunch [DR]</p> <p>2:00 SS Worship Service w/ Wood Village Baptist Church [CR]</p> <p>6:00 LL Movie [TV]</p> <p style="text-align: right;"><b>14</b></p>	<p>10:00 SS Bible Study [L]</p> <p>10:00 PE Yoga [ALD]</p> <p>11:00 CC BP Clinic [BA]</p> <p>1:00 LL Bingo w/Heidi [L]</p> <p>1:30 LL Pinochle [CR]</p> <p>3:00 LL Dean Sings [BA]</p> <p>6:00 LL Movie [TV]</p> <p style="text-align: right;"><b>15</b></p>	<p>10:00 PE Balance &amp; Posture [ALD]</p> <p>10:00 PE Walking Club [FP]</p> <p>11:00 PE Wii Bowling [TV]</p> <p>1:00 CE Mexican Train Dominos [BA]</p> <p>3:00 LL Trivia &amp; Drink Social</p> <p>6:00 LL Movie [TV]</p> <p style="text-align: right;"><b>16</b></p>	<p>10:00 CC Outing: Cabella's [FL]</p> <p>10:00 PE Yoga [ALD]</p> <p>1:00 CE Hand &amp; Foot [CR]</p> <p>6:00 LL Movie [TV]</p> <p style="text-align: right;"><b>17</b></p>	<p>10:00 CE Knit/Crochet by the Fireplace [FP]</p> <p>10:00 PE Balance &amp; Posture [ALD]</p> <p>11:00 PE Wii Bowling [TV]</p> <p>4:00 LL Candlelight Dinner</p> <p>5:30 LL Musical Entertainment by Ollie McClay</p> <p style="text-align: right;"><b>18</b></p>	<p><b>Dan F. BD</b></p> <p>10:00 PE Yoga [ALD]</p> <p>10:00 PE Walking Club [FP]</p> <p>11:00 PE Sittercise [L]</p> <p>1:00 LL Bingo [L]</p> <p>2:30 CE Cribbage [CR]</p> <p>3:00 CC Traditional Happy Hour [BA]</p> <p>6:00 LL Movie [TV]</p> <p style="text-align: right;"><b>19</b></p>	<p>10:00 PE Balance &amp; Posture [ALD]</p> <p>11:00 PE Wii Bowling [TV]</p> <p>2:00 LL 9 Square [CR]</p> <p>6:00 LL Saturday Cinema [TV]</p> <p style="text-align: right;"><b>20</b></p>
	<p>2:00 SS In House Worship w/ Apostolic Worship Center</p> <p>6:00 LL Movie [TV]</p> <p style="text-align: right;"><b>21</b></p>	<p><b>Bob M. BD</b></p> <p>10:00 SS Bible Study [L]</p> <p>10:00 PE Yoga [ALD]</p> <p>11:00 CC BP Clinic [BA]</p> <p>1:00 CE Bingo [L]</p> <p>2:30 CC Able Hearing [CR]</p> <p>4:00 LL Dinner Outing- Dragon Palace [FL]</p> <p>6:00 LL Movie [TV]</p> <p style="text-align: right;"><b>22</b></p>	<p>10:00 PE Balance &amp; Posture [ALD]</p> <p>10:00 PE Walking Club [FP]</p> <p>11:00 PE Wii Bowling [TV]</p> <p>1:00 CE Mexican Train Dominos [BA]</p> <p>3:00 LL Resident Store [ALD]</p> <p>6:00 LL Movie [TV]</p> <p style="text-align: right;"><b>23</b></p>	<p>10:00 PE Yoga [ALD]</p> <p>1:00 LL Get Gorgeous [L]</p> <p>1:00 CE Hand &amp; Foot [CR]</p> <p>6:00 PE Snowball Dance [CR]</p> <p style="text-align: right;"><b>24</b></p>	<p><b>Nancy P. BD</b></p> <p>10:00 CE Knit/Crochet by the Fireplace [FP]</p> <p>10:00 PE Balance &amp; Posture [ALD]</p> <p>11:00 PE Wii Bowling [TV]</p> <p>3:00 CE Music History [TV]</p> <p>6:00 LL Movie [TV]</p> <p style="text-align: right;"><b>25</b></p>	<p>10:00 PE Yoga [ALD]</p> <p>10:00 PE Walking Club [FP]</p> <p>11:00 PE Sittercise [L]</p> <p>1:00 LL Bingo [L]</p> <p>2:30 CE Cribbage [CR]</p> <p>3:00 CC Happy Hour w/Rachael V [BA]</p> <p>6:00 LL Movie [TV]</p> <p style="text-align: right;"><b>26</b></p>	<p>10:00 PE Balance &amp; Posture [ALD]</p> <p>11:00 PE Wii Bowling [TV]</p> <p>2:00 LL 9 Square [CR]</p> <p>6:00 LL Saturday Cinema [TV]</p> <p style="text-align: right;"><b>27</b></p>
<p>2:00 SS Worship Service w/ Wood Village Baptist Church [CR]</p> <p>6:00 LL Movie [TV]</p> <p style="text-align: right;"><b>28</b></p>	<p><b>Lynn M. BD</b></p> <p>10:00 SS Bible Study [L]</p> <p>10:00 PE Yoga [ALD]</p> <p>11:00 CC BP Clinic [BA]</p> <p>1:00 LL Bingo w/Heidi [L]</p> <p>3:00 LL Dean Sings [BA]</p> <p>6:00 LL Movie [TV]</p> <p style="text-align: right;"><b>29</b></p>	<p>10:00 PE Balance &amp; Posture [ALD]</p> <p>10:00 PE Walking Club [FP]</p> <p>11:00 PE Wii Bowling [TV]</p> <p>1:00 CE Mexican Train Dominos [BA]</p> <p>3:00 CE Resident Social &amp; Trivia [L]</p> <p>6:00 LL Movie [TV]</p> <p style="text-align: right;"><b>30</b></p>	<p>10:00 CC Outing: Movie Theater [FL]</p> <p>10:00 PE Yoga [ALD]</p> <p>1:00 CE Hand &amp; Foot [CR]</p> <p>3:00 New Resident Dessert Social [L]</p> <p>6:00 LL Movie [TV]</p> <p style="text-align: right;"><b>31</b></p>	<p>1323 SW Cherry Park Road Troutdale, OR 97060 503-491-1661</p>			<p><b>Location Keys</b></p> <p>Assisted Living Dining Room ALD</p> <p>Bistro Area BA</p> <p>Card Room CR</p> <p>Dining Room DR</p> <p>Fireplace FP</p> <p>Front Lobby FL</p> <p>Lounge L</p> <p>Theater Room TV</p>