


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div><div>February</div><div>Terrace Calendar 2018</div></div>				<div><div>1</div><div>2</div><div>3</div></div>		
<div>Check out our Red themed events between Feb 1-14th for our “Countdown to Valentine’s Day”! Celebrating all kinds of love & joy.</div>						
<div><div>Wear Your Favorite Jersey Today for love of sports!</div><div>Church Service Shuttle:</div><div>8:00 Episcopal Church</div><div>8:30 Presbyterian</div><div>9:05 Lutheran- Contemporary</div><div>10:00 Baptist/Methodist</div><div>11:20 Catholic Church</div><div>10:30 Fitness Class! (SS)</div><div>11:00 Receive Holy Communion (RQC)</div><div>2:00 Sunday Service (RQC)</div><div>3:00 SUPERBOWL SUNDAY PARTY!</div><div>Enjoy the game on the big screen in the theater, or in our lounge! Beer, soda, and appetizers served! (DT)</div><div>7:00 Movie (Ch.981)</div></div>	<div><div>4</div><div>9:30 Lost n Found. Check the Marble Room!</div><div>9:30 Body in Motion (SS)</div><div>10:00 Soup Makers for the Homeless (MR)</div><div>10:30 United States & the Middle East DVD (DT)</div><div>12:45 Bridge (GR)</div><div>1:00 Documentary (DT)</div><div>1:00 Walmart/Costco. Sign up!</div><div>1:00 Arthritis Pool Class (AP)</div><div>2:00 Brain Training (MR)</div><div>3:00 “Be Your Own Cruise Director” Presentation by Carmen Farmer. (DT)</div><div>3:00 Supervised Swim (AP)</div><div>4:00 Happy Hour at MAestro – NEW! On 192nd Ave. Sign up.</div><div>6:00 Documentary (Ch.981)</div></div>	<div><div>5</div><div>9:00 Yoga Class (SS)</div><div>9:30 Water Works (AP)</div><div>10:30 Resident Council Mtg. All welcome (DT)</div><div>11:00am-2:00pm Aunt Sue’s Quilts for Sale In the Terrace Living Room</div><div>12:30 Pinochle (GR)</div><div>12:45 Shop Fred Meyer</div><div>1:00 Parkinson’s Power Moves (SS)</div><div>1:20 Shop Fred Meyer</div><div>2:00-4:00 Make Your Own Valentines Station (TL)</div><div>2:00 Parkinson’s Exercise (SS)</div><div>3:00 Wii Bowling (CCFC)</div><div>3:00 Beanbag BB (SS)</div><div>6:30 BINGO (In Granite Room Now!)</div></div>	<div><div>6</div><div>8:00 Men’s Breakfast at Stardust Diner. Sign up!</div><div>9:30 Body in Motion (SS)</div><div>9:15 Senior Appreciation Day at ReTails Thrift Store. 50% off/ free coffee/donuts</div><div>10:00 Stitch n’ Chat (GR)</div><div>10:30 Red & Pink Tea Party (SDR)</div><div>10:30 Hymn Singing (RQC)</div><div>1:00 Arthritis Swim (AP)</div><div>1:00 Mahjong (GR)</div><div>1:30 BINGO (LAR)</div><div>2:00 Brain Training (MR)</div><div>3:00 Supervised Swim (AP)</div><div>3:15 Lodge Spa Day– aromatherapy hand massages & manicures! (LAR)</div><div>4:00 Rosary (RQC)</div><div>6:30 Cards n’ Marbles</div></div>	<div><div>7</div><div>9:00 Blood Pressures (GR)</div><div>9:30 Craft: Paint Chunky Wooden Hearts (SDR)</div><div>9:30 Water Works (AP)</div><div>10:30 Van Mall or Library</div><div>10:30 History of U.S. DVD Class #75 (DT)</div><div>11:00am-1:30pm Your Clothing Solution Store (MR)</div><div>11:00 Spelling Practice (GR)</div><div>12:00 General Store & paper shredding (LL)</div><div>12:30 Pinochle Group (GR)</div><div>12:45 Play Bridge (GR)</div><div>1:00 Parkinson’s Power Moves (SS)</div><div>2:00 Parkinson’s Exercise (SS)</div><div>2:00 Blackjack (FGGR)</div><div>3:00 Wii Bowling (CCFC)</div><div>3:30 Nehemiah Brown sings! Enjoy Chocolate fondue with strawberries</div></div>	<div><div>8</div><div>9:30 Better Balance (SS)</div><div>10:00 Cribbage (GR)</div><div>10:30 Singing Group (PP)</div><div>1:00 U.S. History (CCL)</div><div>1:00 Arthritis Pool Class (AP)</div><div>1:00 Mahjong (GR)</div><div>1:30 Tai Chi Class (SS)</div><div>1:30 Quarry Choir Love Concert (DT)</div><div>2:00 Matinee (Ch. 981)</div><div>3:00 BB Baseball! (SS)</div><div>3:00 Supervised Swim (AP)</div><div>6:00 Friday Movie (DT)</div></div>	<div><div>9</div><div>Look in your In-House Mailbox for a Little Treat from the Activity team!</div><div>9:30 NEW! Interactive Games with Janet (LTV)</div><div>10:00am Pearson Air Museum (FREE Admission!) & Lunch downtown at Tommy O’s. Return by 3:00pm.</div><div>10:30 Fun Fitness (SS)</div><div>1:15 Popcorn Matinee (DT)</div><div>1:30 Bingo! (LAR)</div><div>2:00 Beanbag Baseball (SS)</div><div>3:00 NEW! Swim Aerobic Class with Janet (AP)</div><div>7:00 Movie (Ch.981)</div></div>
<div><div>11</div><div>Guess the Number of Red & White M & M’s in the jar on the Terrace desk to Win the Jar!</div><div>Church Service Shuttle:</div><div>8:00 Episcopal Church</div><div>8:30 Presbyterian</div><div>9:05 Lutheran- Contemporary</div><div>10:00 Baptist/Methodist</div><div>11:20 Catholic Church</div><div>10:30 Fitness Class! (SS)</div><div>11:00 Receive Holy Communion (RQC)</div><div>1:30 Intricate Coloring (GR)</div><div>2:00 Sunday Service (RQC)</div><div>3:00 Wonders of National Parks DVD: Class #19: (DT)</div><div>4:00 Black Jack (FGGR)</div><div>7:00 Movie (Ch.981)</div></div>	<div><div>12</div><div>9:30 Body in Motion (SS)</div><div>10:00 Soup Makers for the Homeless (MR)</div><div>10:30 United States & the Middle East DVD (DT)</div><div>1:00 Documentary (DT)</div><div>1:00 Shop Dollar Tree / Trader Joe’s. Sign up!</div><div>12:45 Bridge (GR)</div><div>1:00 Arthritis Pool Class (AP)</div><div>2:00 Brain Training (MR)</div><div>2-4pm Decorate a festive Mardis Gras/Valentine Themed Mask for our party. (TL)</div><div>3:00 Supervised Swim (AP)</div><div>4:00 Happy Hour at Gustav’s. Sign up!</div><div>6:00 Documentary (Ch. 981)</div></div>	<div><div>13</div><div>Give a Hug To Someone Today!</div><div>9:00 Yoga Class (SS)</div><div>9:30 Water Works (AP)</div><div>12:30 Pinochle (GR)</div><div>12:45 Shop Fred Meyer</div><div>1:00 Parkinson’s Power Moves (SS)</div><div>1:20 Shop Fred Meyer</div><div>2:00 Parkinson’s Exercise (SS)</div><div>3:00 Wii Bowling (CCFC)</div><div>3:00 Beanbag BB (SS)</div><div>4:30 -6:30 MARDIS GRAS GARAGE PARTY!</div><div>Wear your mask & come down to our heated parking garage for a New Orleans themed food, drink, décor, and live music with Charlie & the Angels band!</div></div>	<div><div>14</div><div>9:30 Body in Motion (SS)</div><div>10:00 Stitch n’ Chat (GR)</div><div>10:00 Parkinson’s Support Group Meeting (MR)</div><div>10:30 Hymn Singing (RQC)</div><div>10:30 Meditation (CCL)</div><div>12:30 Caretakers Support Group (PDR)</div><div>1:00 Arthritis Swim (AP)</div><div>1:00 Mahjong (GR)</div><div>1:30 BINGO (LAR)</div><div>2:00 Brain Training (MR)</div><div>3:00 Valentine Family Feud Game! Residents vs. Staff! Guaranteed laughs! Beverages served (DT)</div><div>3:00 Supervised Swim (AP)</div><div>6:30 Cards n’ Marbles (GR)</div></div>	<div><div>15</div><div>9:00 Blood Pressures (GR)</div><div>9:30 Craft: Puzzle Piece Heart (SDR)</div><div>9:30 Water Works (AP)</div><div>10:30 Van Mall or Library</div><div>10:30 History of U.S. DVD Class #76 (DT)</div><div>11:00 Spelling Practice (GR)</div><div>12:00 General Store (LL)</div><div>12:30 Pinochle Group (GR)</div><div>12:45 Play Bridge (GR)</div><div>1:00 Parkinson’s Power Moves (SS)</div><div>2:00 Parkinson’s Exercise (SS)</div><div>2:00 Blackjack (FGGR)</div><div>3:00 Wii Bowling (CCFC)</div><div>3:30 David Cooley performs on vocal and keyboard! (DT)</div></div>	<div><div>16</div><div>9:30 NEW! Interactive Games with Janet (LTV)</div><div>10:30 Multnomah Falls Lodge Lunch & Columbia Gorge Scenic Drive. Sign up! Return by 4:00pm.</div><div>10:30 Fun Fitness (SS)</div><div>1:15 Popcorn Matinee (DT)</div><div>1:30 Bingo! (LAR)</div><div>2:00 Beanbag Baseball (SS)</div><div>3:00 NEW! Swim Aerobic Class with Janet (AP)</div><div>7:00 Movie (Ch.981)</div></div>	<div><div>17</div></div>

February Terrace Calendar 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Church Service Shuttle: 18 8:00 Episcopal Church 8:30 Presbyterian 9:05 Lutheran- Contemporary 10:00 Baptist/Methodist 11:20 Catholic Church 10:30 Fitness Class! (SS) 11:00 Receive Holy Communion (RQC) 1:30 Intricate Coloring (GR) 2:00 Sunday Service (RQC) 3:00 Wonders of National Parks DVD: Class #20: "Reefs: Virgin Islands, Florida, Texas" (DT) 4:00 Black Jack (FGGR) 7:00 Classic Movie (Ch.981)	19 9:30 Body in Motion (SS) 10:00 Soup Makers (MR) 10:30 New DVD Class (DT) 12:45 Bridge (GR) 1:00 Documentary (DT) 1:00 Shop Stores on 136 th and Mill Plain: Chuck's Produce, Craft Warehouse, Walgreens, Safeway... Sign up! 1:00 Arthritis Pool Class (AP) 2:00 Brain Training (MR) 2:30 Music Therapy (PP) 3:00 Supervised Swim (AP) 4:00 Happy Hour at Roots. Sign up! 6:00 Documentary (Ch.981)	20 9:00 Yoga Class (SS) 9:30 Water Works (AP) 10:30 New Resident Welcome Social! (TL) 12:30 Pinochle (GR) 12:45 Shop Fred Meyer 1:00 Parkinson's Power Moves (SS) 1:20 Shop Fred Meyer 2:00 Parkinson's Exercise (SS) 2:00 Mountain Man Fruit & Nut Company Vendor (TLR) 3:00 Wii Bowling (CCFC) 3:00 Beanbag BB (SS) 3:30 US & Mid East DVD (DT) 6:30 BINGO w/Prizes (GR)	21 9:30 Body in Motion (SS) 9:45 Outing for Low Vision Group: School of the Blind Presentation, Tour, and Lunch afterwards. Sign up! (TL) 10:00 Stitch n' Chat (GR) 10:30 Hymn Singing (RQC) 10:30 Meditation (CCL) 1:00 Quarry Town Hall Meeting (DT) 1:00 Arthritis Pool Class (AP) 1:00 Mahjong (GR) 1:30 BINGO (LAR) 2:00 Brain Training (MR) 3:00 Supervised Swim (AP) 3:15 Opera Guild: Mozart's "Cosi Fan Tutte" (DT) 6:30 Cards n' Marbles (GR)	22 9:00 Blood Pressures (GR) 9:30 Craft: Paint Wooden Snowmen (SDR) 9:30 Water Works (AP) 10:30 Van Mall or Library 10:30 Literary Guild (PDR) 10:30 History of U.S. DVD Class #77 (DT) 11:00 Spelling Practice (GR) 12:00 General Store (LL) 12:30 Pinochle Group (GR) 12:45 Play Bridge (GR) 1:00 Parkinson's Power Moves (SS) 2:00 Parkinson's Exer (SS) 2:00 Blackjack (FGGR) 3:00 Wii Bowling (CCFC) 3:30 Mario Carboni - Honky Tonk Rebel on vocals, keyboard, and trumpet! Drinks & appetizers served. (DT)	23 9:30 Better Balance (SS) 10:00 Cribbage (GR) 10:30 Singing Group (PP) 1:00 U.S. History (CCL) 1:00 Arthritis Pool Class (AP) 1:00 Mahjong (GR) 1:30 Hearing Clinic with Able Hearing (FGGR) 1:30 Tai Chi Class (SS) 2:00 Matinee (Ch. 981) 3:00 BB Baseball! (SS) 3:00 Supervised Swim (AP) 4:00 Argentina Wine Tasting with Guy. Sign up! (PDR) 6:00 Friday Movie (DT)	24 9:00 Opera Outing: "La Boheme" streamed live from the Met at the Regal Eastport Theater in Portland. Sign up! \$25.00. Return by 1:30pm. 9:00 Yoga Class (SS) 9:30 NEW! Interactive Games with Janet (LTV) 10:30 Fun Fitness (SS) 1:15 Popcorn Matinee (DT) 1:30 Bingo! (LAR) 2:00 Vancouver Symphony Concert. \$34.00. Return by 6:00. Optional dinner outing after. Sign up! Meet in the lobby by 1:30 pm. 3:00 NEW! Swim Aerobic Class with Janet (AP) 7:00 Movie (Ch. 981)
Church Service Shuttle: 25 8:00 Episcopal Church 8:30 Presbyterian 9:05 Lutheran- Contemporary 10:00 Baptist/Methodist 11:20 Catholic Church 10:30 Fitness Class! (SS) 11:00 Receive Holy Communion (RQC) 1:30 Intricate Coloring (GR) Movie Matinee Outing at Regal Cinema. Movie & Time TBA the Thursday before. Sign up! \$8.00. 2:00 Sunday Service (RQC) 3:00 Wonders of National Parks DVD (DT) 4:00 Black Jack (FGGR) 7:00 Classic Movie (Ch.981)	26 9:30 Body in Motion (SS) 10:00 Soup Makers (MR) 10:30 New DVD Class (DT) 12:45 Short Mall Trip. Return by 3:30pm. 12:45 Bridge (GR) 1:00 Documentary (DT) 1:00 Arthritis Pool Class (AP) 2:00 Brain Training (MR) 3:00 Supervised Swim (AP) 3:00 Betty Stalaker's Celebration of Life: Autoharp Music & Sharing. All welcome. (DT) 4:30 Happy Hour at Main Event. (Please note, we're leaving 30 minutes later than usual.) Sign up! 6:00 Documentary (Ch.981)	27 9:00 Yoga Class (SS) 9:30 Water Works (AP) 12:30 Pinochle (GR) 12:45 Shop Fred Meyer 1:00 Parkinson's Power Moves (SS) 1:20 Shop Fred Meyer 2:00 Parkinson's Exercise (SS) 3:00 Beanbag BB (SS) 3:30 US & Mid East DVD (DT) 5:00 February Birthday Dinner. Complimentary champagne & cake served with your dinner! RSVP to Kelsey. (SFDR) 6:30 BINGO w/Prizes (GR)	28 9:30 Body in Motion (SS) 10:00 Stitch n' Chat (GR) 10:30 Hymn Singing (RQC) 10:45 New Seasons - Grocery shop or just get lunch & listen to live music! (LL) Sign up! 1:00 Arthritis Pool Class (AP) 1:00 Mahjong (GR) 1:30 BINGO (LAR) 2:00 Brain Training (MR) 3:00 Supervised Swim (AP) 4:00 Rosary (RQC) 6:30 Cards n' Marbles (GR)	Medical Transportation THE QUARRY PROVIDES Medical Appointment Transportation Mon thru Thurs! <u>Mon, Wed, Thu</u> Mill Plain Corridor <u>Tuesday</u> North/Salmon Creek Call or stop by the reception desk to set up your ride. <i>Schedule at least 3 days in advance!</i>	Terrace Birthdays! <div> Eva F. 2/1 Preston A. 2/1 Joi S. 2/6 Carol N. 2/10 Helen A. 2/10 Dee W. 2/14 Vivian D. 2/14 Erna W. 2/16 Jean L. 2/18 Russell P. 2/28 </div> <div> Eldon M. 2/19 Mary J. 2/19 Donna S. 2/20 Maxine B. 2/20 Maxine A. 2/25 Charlie J. 2/27 Julie L. 2/27 Pat J. 2/17 Jeanne J. 2/28 </div> 	

L E G E N D

1st Floor					FITNESS
AP - Aquamarine Pool BCC - Business Computer Center CC - Cobblestone Café CCFC - Coral Club Fitness Center CP - Courtyard Patio	ECU - Enhanced Care Unit LL - Lodge Lobby PDR - Private Dining Room SDR - Sapphire Dining Room SFDR - Silver Falls Dining Rm	TLR - Terrace Living Room 2nd Floor CCL - Copper Canyon Lounge DT - Diamond Theater FGGR - Fools Gold Game Room	GR - Granite Room LAR - Lodge Activity Room LTV - Lodge TV Room MR - Marble Room PP - Pearl Parlor	RQC - Rose Quartz Chapel RVP - Rocky View Patio SS - Sunstone Studio 3rd Floor RAR - Ridge Activity Room	<u>WATER WORKS:</u> 9:30AM Tuesday & Thursday <u>SUPERVISED SWIM:</u> 2:45PM Mon- Wed- Friday <u>THRIVE WITH EXERCISE:</u> 10:30AM Monday-Saturday <i>See the fitness schedule for more great classes!</i>