




May Terrace Calendar 2018



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		9:00 Yoga Class (SS) 9:30 Water Works (AP) 10:30 Resident Council Mtg. Interviews with resident Diana Ford (she was Miss Washington in 1957!) and our Director of Nursing, Darci Jensen . Please join us! (DT) 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 Wii Bowling (CCFC) 3:00 Beanbag BB (SS) 6:30 BINGO with Prizes (DT)	8:00 Men's Breakfast at Valeries. Sign up! 2 9:30 Body in Motion (SS) 10:00 Stitch n' Chat (GR) 10:30 Hymn Singing (RQC) 12:00 Mountain View High School's "42nd Street" musical. \$6.00 covers your sack lunch. Return 4:30pm. Sign up! 1:00 Arthritis Swim (AP) 1:00 Mahjong (GR) 1:30 BINGO (LAR) 2:00 Brain Training (MR) 3:00 Supervised Swim (AP) 3:15 Hand Spa: Essential Oil Hand massages & manicures! FREE! (LAR) 6:30 Cards n' Marbles (GR)	9:00 Blood Pressures (GR) 3 9:30 Craft: Decorate a Hat for the Rose Tea Party (SDR) 9:30 Water Works (AP) 10:30 Van Mall or Library 10:30 NEW! TED TALKS: TED is a nonprofit devoted to spreading ideas, usually in the form of short, powerful talks (DT) 11:00 Spelling Practice (GR) 11:00 Your Clothing Solution Store (PP) 12:00 General Store (LL) 12:30 Pinochle Group (GR) 12:45 Play Bridge (GR) 1:00 Parkinson's Moves(SS) 2:00 Parkinson's Exer(SS) 2:00 Blackjack (FGGR) 3:00 Wii Bowling (CCFC) 3:30 Vocalist Cece Otto (Old fashioned Vocal Tunes!) (DT)	9:30 Better Balance (SS) 4 10:30 Beading with Ilse (MR) 10:00 Cribbage (GR) 10:30 Singing Group (PP) 1:00 U.S. History (CCL) 1:00 Food Meeting (DT) 1:00 Arthritis Pool Class (AP) 1:00 Mahjong (GR) 1:30 Tai Chi Class (SS) 2:00 Matinee (Ch. 981) 3:00 BB Baseball! (SS) 3:00 Supervised Swim (AP) 6:00 Friday Movie (DT)	9:00 Yoga Class (SS) 5 10:00AM- 3:00PM Craft, Wine, & Garden Festival at The Quarry! <ul style="list-style-type: none"> Craft vendors Wine Tasting Live Music! Invite family & friends! 1:15 Popcorn Matinee (DT) 1:30 Bingo! (LAR) 2:00 Beanbag Baseball (SS) 3:00 Supervised Swim or Swim Aerobics with Janet (AP) 4:00 Dementia Support Group (PDR) 7:00 Movie (Ch.981)
	Church Service Shuttle: 8:00 Episcopal Church 8:30 Presbyterian 9:05 Lutheran- Contemporary 10:00 Baptist/Methodist 11:20 Catholic Church 11:00 Receive Holy Communion (RQC) 1:30 Intricate Coloring (GR) 2:00 Sunday Service (RQC) 3:00 Wonders of National Parks DVD (DT) 4:00 Blackjack (FGGR) 7:00 Classic Movie (Ch.981)	6 9:30 Lost n Found. Check the Marble Room! 9:30 Body in Motion (SS) 10:30 "Art Across the Ages" DVD Class (DT) 12:45 Bridge (GR) 1:00 Documentary (DT) 1:00 Walmart/Costco. Sign up! 1:00 Arthritis Pool Class (AP) 2:00 Brain Training (MR) 3:00 Presentation with Caryl Taylor, BSN, RN, CHPN: "Learn How Home Health & Hospice Can Help You & Your Loved One Remain Healthy & Independent". (DT) 3:00 Supervised Swim (AP) 3:30 Happy Hour at The Hammond - NEW! Sign up. 6:00 Documentary (Ch.981)	7 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 Wii Bowling (CCFC) 3:00 Beanbag BB (SS) 6:30 Social For Retired Teachers - For National Teachers Day! If you were a teacher, please come to our event! (GR)	8 9:30 Body in Motion (SS) 10:00 Stitch n' Chat (GR) 10:00 Parkinson's Support Group Meeting (MR) 10:00 Rose Themed Tea Party decorated & served by the Portland Rose Court Princesses! (SDR) 10:30 Hymn Singing (RQC) 12:30 Caretakers Support Group (PDR) 1:00 Arthritis Swim (AP) 1:00 Mahjong (GR) 1:30 BINGO (LAR) 2:00 Brain Training (MR) 3:00 Supervised Swim (AP) 6:30 Cards n' Marbles (GR)	9 9:00 Blood Pressures (GR) 9:30 Water Works (AP) 9:30 Craft: Lighthouses (SDR) 10:00 Amputee Support NO SHOPPING TODAY 10:30 NEW! TED TALKS (In the CCL today) 11:00 Spelling Practice (GR) 12:00 General Store & Paper Shredding (LL) 12:30 Pinochle Group (GR) 12:45 Play Bridge (GR) 1:00 Parkinson's Moves(SS) 2:00 Parkinson's Exercise(SS) 2:00 Blackjack (FGGR) 3:00 Wii Bowling (CCFC) 3:30 Nehemiah Brown sings! (CCL & DT)	10 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 Tai Chi Class (SS) 2:00 Matinee (Ch. 981) 3:00 BB Baseball! (SS) 3:00 Supervised Swim (AP) 6:00 Friday Movie (DT)
L O C A T I O N L E G E N D						
1st Floor AP - Aquamarine Pool BCC - Business Computer Cntr CC - Cobblestone Café	CCFC - Coral Club Fitness Cntr CP - Courtyard Patio ECU - Enhanced Care Unit LL - Lodge Lobby	PDR - Private Dining Room SDR - Sapphire Dining Room SFDR - Silver Falls Dining TLR - Terrace Living Room	2nd Floor CCL - Copper Canyon Lounge DT - Diamond Theater FGGR - Fools Gold Game Rm	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



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<p>Church Service Shuttle: 13</p> <p>8:00 Episcopal Church</p> <p>8:30 Presbyterian</p> <p>9:05 Lutheran- Contemporary</p> <p>10:00 Baptist/Methodist</p> <p>11:20 Catholic Church</p> <p>11:00 Receive Holy Communion (RQC)</p> <p>11:15am-1:30pm: Mother's Day Brunch in the Silver Falls Dining Room. Live strolling music with Jass Two Plus One Trio. Sign up to reserve your spot!</p> <p>1:30 Intricate Coloring (GR)</p> <p>2:00 Sunday Service (RQC)</p> <p>3:00 Wonders of National Parks DVD (DT)</p> <p>4:00 Blackjack (FGGR)</p> <p>7:00 Classic Movie (Ch.981)</p>	<p>9:30 Body in Motion (SS) 14</p> <p>10:30 "Art Across the Ages" DVD Class (DT)</p> <p>1:00 Documentary (DT)</p> <p>1:00 Shop Dollar Tree / Trader Joe's. Sign up!</p> <p>12:45 Bridge (GR)</p> <p>1:00 Arthritis Pool Class (AP)</p> <p>2:00 Brain Training (MR)</p> <p>3:00 Supervised Swim (AP)</p> <p>4:00 Happy Hour at Lindo Mexico. Sign up!</p> <p>6:00 Documentary (Ch. 981)</p>	<p>9:00 Yoga Class (SS) 15</p> <p>9:30 Water Works (AP)</p> <p>10:30 New Resident Welcome Social! (TL)</p> <p>12:30 Pinochle (GR)</p> <p>12:45 Shop Fred Meyer</p> <p>1:00 Parkinson's Power Moves (SS)</p> <p>1:20 Shop Fred Meyer</p> <p>2:00 Parkinson's Exercise (SS)</p> <p>2:00 Mountain Man Fruit & Nut Company Vendor (TLR)</p> <p>3:00 Wii Bowling (CCFC)</p> <p>3:00 Beanbag BB (SS)</p> <p>4:00 - 6:00pm Memory Café: An exclusive dining experience for those who struggle with memory loss & their loved ones. (CC)</p> <p>6:30 BINGO (DT)</p>	<p>9:30 Body in Motion (SS) 16</p> <p>10:00 Stitch n' Chat (GR)</p> <p>10:30 Low Vision Support Group (PDR)</p> <p>10:30 Hymn Singing (RQC)</p> <p>10:30 Meditation (CCL)</p> <p>11:30 Women's Lunch at Olive Garden. Sign up!</p> <p>1:00 Quarry Town Hall Meeting (DT)</p> <p>1:00 Arthritis Pool Class (AP)</p> <p>1:00 Mahjong (GR)</p> <p>1:30 BINGO (LAR)</p> <p>2:00 Brain Training (MR)</p> <p>3:00 Supervised Swim (AP)</p> <p>3:15 Essential Oil Hand Massages & manicures. (LAR)</p> <p>6:30 Cards n' Marbles (GR)</p>	<p>9:00 Blood Pressures (GR) 17</p> <p>9:30 Craft: Spring Bucket List (SDR)</p> <p>9:30 Water Works (AP)</p> <p>10:30 Van Mall or Library</p> <p>10:30 TED TALKS (DT)</p> <p>11:00 Spelling Practice (GR)</p> <p>12:00 General Store (LL)</p> <p>12:30 Pinochle Group (GR)</p> <p>12:45 Play Bridge (GR)</p> <p>1:00 Parkinson's Moves (SS)</p> <p>2:00 Parkinson's Exercise (SS)</p> <p>2:00 Blackjack (FGGR)</p> <p>3:00 Wii Bowling (CCFC)</p> <p>3:30 Charlie & the Angels band performs. Enjoy drinks & appetizers (CCL & DT)</p>	<p>9:30 Better Balance (SS) 18</p> <p>10:00 Cribbage (GR)</p> <p>10:30 Beading w/ Ilse (MR)</p> <p>10:30 Singing Group (PP)</p> <p>1:00 U.S. History (CCL)</p> <p>1:00 Arthritis Pool Class (AP)</p> <p>1:00 Grief Support Group (Private Dining Room)</p> <p>1:00 Mahjong (GR)</p> <p>1:30 Tai Chi Class (SS)</p> <p>1:30 Lively Concert with Mac Potts! Drinks & appetizers served! (DT)</p> <p>2:00 Matinee (Ch. 981)</p> <p>3:00 BB Baseball! (SS)</p> <p>3:00 Supervised Swim (AP)</p> <p>3:00 Acrylic Paint Class with Laura. Sign up! \$5.00. (MR)</p> <p>6:00 Friday Movie (DT)</p>	<p>9:00 Yoga (SS) 19</p> <p>12:45 "Love is ON The Air" Northwest Senior Theater Performs Staged Broadway showtunes at Alpenrose Dairy House. Cost is \$5.00. Return 5:30pm. Optional dinner afterwards. Signup!</p> <p>1:15 Popcorn Matinee (DT)</p> <p>1:30 Bingo! (LAR)</p> <p>2:00 Watercolor Class with Becky Leventis. Cost is \$3.00. Sign up! (MR)</p> <p>2:00 Beanbag Baseball (SS)</p> <p>3:00 Supervised Swim or Swim Aerobics with Janet (AP)</p> <p>7:00 Movie (Ch.981)</p>																								
<p>Church Service Shuttle: 20</p> <p>8:00 Episcopal Church</p> <p>8:30 Presbyterian</p> <p>9:05 Lutheran- Contemporary</p> <p>10:00 Baptist/Methodist</p> <p>11:20 Catholic Church</p> <p>11:00 Receive Holy Communion (RQC)</p> <p>1:30 Intricate Coloring (GR)</p> <p>2:00 Sunday Service (RQC)</p> <p>2:00 SW Wind Symphony Concert - FREE! Sign up! Return 5:30pm.</p> <p>3:00 Wonders of National Parks DVD (DT)</p> <p>4:00 Blackjack (FGGR)</p> <p>7:00 Classic Movie (Ch.981)</p>	<p>9:30 Body in Motion (SS) 21</p> <p>10:30 TBA Educational DVD Class (DT)</p> <p>12:45 Bridge (GR)</p> <p>1:00 Documentary (DT)</p> <p>1:00 Shop Kohl's, Michaels Craft, World Market, Ross, or Whole Foods. Sign up!</p> <p>1:00 Arthritis Pool Class (AP)</p> <p>2:00 Brain Training (MR)</p> <p>2:30 Music Therapy (PP)</p> <p>3:00 Supervised Swim (AP)</p> <p>4:00 Dinner at Amaro's Table downtown. Sign up!</p> <p>6:00 Documentary (Ch.981)</p>	<p>9:00 Yoga Class (SS) 22</p> <p>9:30 Water Works (AP)</p> <p>10:00 Veterans Coffee & Donuts (SDR)</p> <p>12:30 Pinochle (GR)</p> <p>12:45 Shop Fred Meyer</p> <p>1:00 Parkinson's Power Moves (SS)</p> <p>1:20 Shop Fred Meyer</p> <p>2:00 Parkinson Exercise (SS)</p> <p>3:00 Beanbag BB (SS)</p> <p>5:00 May Birthday Dinner. Complimentary champagne & cake served with your dinner! RSVP to Kelsey. (SFDR)</p> <p>6:30 BINGO w/ Prizes (DT)</p>	<p>9:30 Body in Motion (SS) 23</p> <p>10:00 Stitch n' Chat (GR)</p> <p>10:30 Hymn Singing (RQC)</p> <p>10:30 Meet Your Neighbor Social - If you Receive an invitation, that means your hallway is meeting!</p> <p>1:00 Arthritis Pool Class (AP)</p> <p>1:00 Mahjong (GR)</p> <p>1:30 BINGO (LAR)</p> <p>2:00 Brain Training (MR)</p> <p>3:00 Supervised Swim (AP)</p> <p>6:30 Cards n' Marbles (GR)</p>	<p>9:00 Blood Pressures (GR) 24</p> <p>9:30 Craft: Special Guest Tracy leads a card-making class. (SDR)</p> <p>9:30 Water Works (AP)</p> <p>10:30 Van Mall or Library</p> <p>10:30 Literary Guild (PDR)</p> <p>10:30 TED TALKS (DT)</p> <p>11:00 Spelling Practice (GR)</p> <p>12:00 General Store (LL)</p> <p>12:30 Pinochle Group (GR)</p> <p>12:45 Play Bridge (GR)</p> <p>1:00 Parkinson's Moves (SS)</p> <p>2:00 Parkinson's Exer (SS)</p> <p>2:00 Blackjack (FGGR)</p> <p>3:00 Wii Bowling (CCFC)</p> <p>3:30 Doug Smith performs amazing guitar! Drinks & appetizers (DT)</p>	<p>9:30 Better Balance (SS) 25</p> <p>10:00 Cribbage (GR)</p> <p>10:30 Singing Group (PP)</p> <p>1:00 U.S. History (CCL)</p> <p>1:00 Arthritis Pool Class (AP)</p> <p>1:00 Mahjong (GR)</p> <p>1:30 Hearing Clinic with Able Hearing (FGGR)</p> <p>1:30 Tai Chi Class (SS)</p> <p>2:00 Matinee (Ch. 981)</p> <p>3:00 BB Baseball! (SS)</p> <p>3:00 Supervised Swim (AP)</p> <p>4:00 Wine Tasting with Guy! Red & White Blends. Sign up! (MR)</p> <p>6:00 Friday Movie (DT)</p>	<p>9:00 Yoga (SS) 26</p> <p>1:45 Pittock Mansion Tour in NW Portland. Some walking required. Cost is \$10.00 Return by 5:00pm. Sign up! (LAR)</p> <p>2:00 Beanbag Baseball (SS)</p> <p>3:00 Supervised Swim or Swim Aerobics with Janet (AP)</p> <p>7:00 Movie (Ch.981)</p>																								
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