10 Leg	ACILS Pacifica Memor	ry Care	February 2019	ł		PACIFICA SENIOR LIVING PORTLAND
Sunday 🧷	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Note: Scheduled activities subject to change without notice. See Bulletin board for possible changes.		GOLDEN TOUCH SALON Thursday & Friday 9:00ам to 4:00рм	HAPPY VALENTINE'S DAY	Exercise Daily 10:00am <u>House Chores</u> Daily	<ul> <li>(C) Brain Stimulation         <ul> <li>(E) Stretch &amp; Flex</li> <li>(O) Outdoor Recreation</li> <li>(S) Lunch</li> <li>(L) Creative Expressions</li> <li>(M) Music Enrichment</li> <li>(S) Dinner</li> <li>(R) Reminiscence &amp; Relaxation</li> </ul> </li> <li>3:00pm (S) Happy Hour Social</li> </ul>	<ul> <li>(C) Brain Stimulation         <ul> <li>(E) Stretch &amp; Flex</li> <li>(O) Outdoor Recreation</li> <li>(S) Lunch</li> <li>(L) Creative Expressions</li> <li>(M) Music Enrichment</li> <li>(S) Dinner</li> </ul> </li> <li>(R) Reminiscence &amp; Relaxation</li> </ul>
<ul> <li>(C) Brain Stimulation</li> <li>(E) Stretch &amp; Flex</li> <li>(O) Outdoor Recreation</li> <li>(S) Lunch</li> <li>(L) Creative Expressions</li> <li>(M) Music Enrichment</li> <li>(S) Dinner</li> <li>(R) Reminiscence &amp; Relaxation</li> <li>3:00pm (S) Church Services</li> </ul>	<ul> <li>4 (C) Brain Stimulation (E) Stretch &amp; Flex (O) Outdoor Recreation (S) Lunch (L) Creative Expressions (M) Music Enrichment (S) Dinner</li> <li>(R) Reminiscence &amp; Relaxation</li> <li>3:00pm (C) Art Goodman's One Man Band</li> </ul>	<ul> <li>5 (C) Brain Stimulation (E) Stretch &amp; Flex (O) Outdoor Recreation (S) Lunch (L) Creative Expressions (M) Music Enrichment (S) Dinner</li> <li>(R) Reminiscence &amp; Relaxation 3:00pm (C) BINGO</li> </ul>	<ul> <li>6 (C) Brain Stimulation (E) Stretch &amp; Flex (O) Outdoor Recreation (S) Lunch (L) Creative Expressions (M) Music Enrichment (S) Dinner (R) Reminiscence &amp; Relaxation 1:30pm (L) Wednesday Matinee</li> </ul>	<ul> <li>(C) Brain Stimulation         <ul> <li>(E) Stretch &amp; Flex</li> <li>(O) Outdoor Recreation                 <ul></ul></li></ul></li></ul>	<ul> <li>8 (C) Brain Stimulation (E) Stretch &amp; Flex (O) Outdoor Recreation (S) Lunch (L) Creative Expressions (M) Music Enrichment (S) Dinner (R) Reminiscence &amp; Relaxation Scenic Drive—Cottage 2</li> <li>3:00pm (S) Happy Hour Social</li> </ul>	<ul> <li>9 (C) Brain Stimulation (E) Stretch &amp; Flex (O) Outdoor Recreation (S) Lunch (L) Creative Expressions (M) Music Enrichment (S) Dinner</li> <li>(R) Reminiscence &amp; Relaxation</li> <li>3:00pm (C) BINGO</li> </ul>
<ul> <li>10 (C) Brain Stimulation (E) Stretch &amp; Flex (O) Outdoor Recreation (S) Lunch (L) Creative Expressions (M) Music Enrichment (S) Dinner (R) Reminiscence &amp; Relaxation 3:00pm (S) Church Services</li> </ul>	<ul> <li>(C) Brain Stimulation <ul> <li>(E) Stretch &amp; Flex</li> <li>(O) Outdoor Recreation</li> <li>(S) Lunch</li> </ul> </li> <li>(L) Creative Expressions <ul> <li>(M) Music Enrichment</li> <li>(S) Dinner</li> </ul> </li> <li>(R) Reminiscence &amp; Relaxation</li> <li>3:00pm (C) Patricia Piano</li> </ul>	<ul> <li>(C) Brain Stimulation <ul> <li>(E) Stretch &amp; Flex</li> <li>(O) Outdoor Recreation</li> <li>(S) Lunch</li> </ul> </li> <li>(L) Creative Expressions <ul> <li>(M) Music Enrichment</li> <li>(S) Dinner</li> </ul> </li> <li>(R) Reminiscence &amp; Relaxation</li> </ul> <li>3:00pm (C) BINGO</li>	<ul> <li>13 (C) Brain Stimulation (E) Stretch &amp; Flex (O) Outdoor Recreation (S) Lunch (L) Creative Expressions (M) Music Enrichment (S) Dinner (R) Reminiscence &amp; Relaxation</li> <li>1:30pm (L) Wednesday Matinee</li> </ul>	<ul> <li>14 (C) Brain Stimulation (E) Stretch &amp; Flex (O) Outdoor Recreation (S) Lunch (L) Creative Expressions (M) Music Enrichment (S) Dinner</li> <li>(R) Reminiscence &amp; Relaxation Valentine's Day</li> <li>1:30pm Memories in the Making</li> </ul>	<ul> <li>C) Brain Stimulation         <ul> <li>(E) Stretch &amp; Flex</li> <li>(O) Outdoor Recreation</li> <li>(S) Lunch</li> <li>(L) Creative Expressions</li> <li>(M) Music Enrichment</li> <li>(S) Dinner</li> <li>(R) Reminiscence &amp; Relaxation</li> </ul> </li> <li>Scenic Drive—Cottage 4</li> <li>3:00pm (S) Happy Hour Social</li> </ul>	<ul> <li>(C) Brain Stimulation <ul> <li>(E) Stretch &amp; Flex</li> <li>(O) Outdoor Recreation</li> <li>(S) Lunch</li> </ul> </li> <li>(L) Creative Expressions <ul> <li>(M) Music Enrichment</li> <li>(S) Dinner</li> </ul> </li> <li>(R) Reminiscence &amp; Relaxation</li> </ul> <li>3:00pm (C) BINGO</li>
<ul> <li>17 (C) Brain Stimulation (E) Stretch &amp; Flex (O) Outdoor Recreation (S) Lunch (L) Creative Expressions (M) Music Enrichment (S) Dinner</li> <li>(R) Reminiscence &amp; Relaxation</li> </ul>	<ul> <li>(C) Brain Stimulation <ul> <li>(E) Stretch &amp; Flex</li> <li>(O) Outdoor Recreation</li> <li>(S) Lunch</li> </ul> </li> <li>(L) Creative Expressions <ul> <li>(M) Music Enrichment</li> <li>(S) Dinner</li> </ul> </li> <li>(R) Reminiscence &amp; Relaxation</li> </ul>	<ul> <li>(C) Brain Stimulation <ul> <li>(E) Stretch &amp; Flex</li> <li>(O) Outdoor Recreation</li> <li>(S) Lunch</li> </ul> </li> <li>(L) Creative Expressions <ul> <li>(M) Music Enrichment</li> <li>(S) Dinner</li> </ul> </li> <li>(R) Reminiscence &amp; Relaxation Scenic Drive—Cottage 5 <ul> <li>3:00pm (C) BINGO</li> </ul> </li> </ul>	20 (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	<ul> <li>(C) Brain Stimulation <ul> <li>(E) Stretch &amp; Flex</li> <li>(O) Outdoor Recreation</li> <li>(S) Lunch</li> <li>(L) Creative Expressions</li> <li>(M) Music Enrichment</li> <li>(S) Dinner</li> <li>(R) Reminiscence &amp; Relaxation</li> </ul> </li> <li>1:30pm Memories in the Making</li> </ul>	<ul> <li>(C) Brain Stimulation         <ul> <li>(E) Stretch &amp; Flex</li> <li>(O) Outdoor Recreation                 <ul></ul></li></ul></li></ul>	<ul> <li>(C) Brain Stimulation <ul> <li>(E) Stretch &amp; Flex</li> <li>(O) Outdoor Recreation</li> <li>(S) Lunch</li> </ul> </li> <li>(L) Creative Expressions <ul> <li>(M) Music Enrichment</li> <li>(S) Dinner</li> </ul> </li> <li>(R) Reminiscence &amp; Relaxation</li> </ul> <li>3:00pm (C) BINGO</li>
<ul> <li>(C) Brain Stimulation <ul> <li>(E) Stretch &amp; Flex</li> <li>(O) Outdoor Recreation</li> <li>(S) Lunch</li> </ul> </li> <li>(L) Creative Expressions <ul> <li>(M) Music Enrichment</li> <li>(S) Dinner</li> </ul> </li> <li>(R) Reminiscence &amp; Relaxation</li> </ul>	25 (C) Brain Stimulation (E) Stretch & Flex (O) Outdoor Recreation (S) Lunch (L) Creative Expressions (M) Music Enrichment (S) Dinner (R) Reminiscence & Relaxation	<ul> <li>(C) Brain Stimulation <ul> <li>(E) Stretch &amp; Flex</li> <li>(O) Outdoor Recreation</li> <li>(S) Lunch</li> </ul> </li> <li>(L) Creative Expressions <ul> <li>(M) Music Enrichment</li> <li>(S) Dinner</li> </ul> </li> <li>(R) Reminiscence &amp; Relaxation</li> <li>3:00pm (C) BINGO</li> </ul>	<ul> <li>27 (C) Brain Stimulation (E) Stretch &amp; Flex (O) Outdoor Recreation (S) Lunch (L) Creative Expressions (M) Music Enrichment (S) Dinner (R) Reminiscence &amp; Relaxation</li> <li>1:30pm (L) Wednesday Matinee</li> </ul>	<ul> <li>(C) Brain Stimulation         <ul> <li>(E) Stretch &amp; Flex</li> <li>(O) Outdoor Recreation</li> <li>(S) Lunch</li> <li>(L) Creative Expressions</li> <li>(M) Music Enrichment</li> <li>(S) Dinner</li> <li>(R) Reminiscence &amp; Relaxation</li> </ul> </li> <li>Scenic Drive—Cottage 7</li> <li>1:30pm Memories in the Making</li> </ul>	BE MINE	

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



Saturday
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