






SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Church Service Shuttle: 4</p> <p>8:20 Presbyterian</p> <p>10:00 Baptist/Methodist</p> <p>11:20 Catholic Church</p> <p>10:30 Fitness Class! (SS)</p> <p>11:00 Receive Holy Communion (RQC)</p> <p>1:30 Intricate Coloring (GR)</p> <p>1:30 Sunday Service (RQC)</p> <p>4:00 Blackjack (FGGR)</p> <p>7:00 Classic Movie (Ch.981)</p>	<p>9:30 Lost n Found. (MR)</p> <p>9:30 Body in Motion (SS)</p> <p>10:30 Great Courses: Turning Points in American History "1844: The Communication Revolution" (DT)</p> <p>1:00 Walmart/Costco. Sign up!</p> <p>1:00 Play Bridge (GR)</p> <p>1:00 Documentary (DT)</p> <p>2:00 Brain Training (MR)</p> <p>3:00 Supervised Swim (AP)</p> <p>4:00 HH at Pacific House. Sign up!</p> <p>6:00 Documentary (Ch.981)</p>	<p>9:00 Yoga Class (SS)</p> <p>9:30 Water Works (AP)</p> <p>10:30 Resident Council Meeting. Everyone welcome. (DT)</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>3:00 Wii Bowling (CCFC)</p> <p>6:00 Play Bunco! (GR)</p>	<p>8:00 Men's Breakfast at Melanies. Sign up!</p> <p>9:30 Body in Motion (SS)</p> <p>10:00 Stitch n' Chat (GR)</p> <p>10:30 Bible (RQC)</p> <p>11:00 Esther Short Park: Cuban music & Picnic lunch. \$6.00. Return by 1:30. Sign up!</p> <p>12:30 Support Group for Resident Caretakers (MR)</p> <p>1:00 Mahjong (GR)</p> <p>1:30 BINGO (LTV)</p> <p>2:00 Brain Training (MR)</p> <p>2:00 Seated Yoga (SS)</p> <p>3:00 Supervised Swim (AP)</p> <p>3:30 Trivia (MR)</p> <p>6:00 Cards n' Marbles (GR)</p> <p>6:30 History Discussion with John Griffan (DT)</p>	<p>9:00 Blood Pressures (GR)</p> <p>9:30 Water Works (AP)</p> <p>9:30 Seashell Frame (SDR)</p> <p>10:00 Prayer Group (CCL)</p> <p>10:30 TED TALKS: "Choice & Happiness"/"Bias" (DT)</p> <p>10:30 Local banks or Walmart/Costco. Sign up!</p> <p>11:00 Spelling Practice (GR)</p> <p>12:00 General Store (LL)</p> <p>12:30 Pinochle (GR)</p> <p>1:00 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 Matthew Casey - Vocals, Piano, Jokes! Drinks & apps. (DT)</p>	<p>9:30 Better Balance (SS)</p> <p>10:00 Cribbage (GR)</p> <p>10:30 Better Balance (SS)</p> <p>10:30 Quarry Choir (PP)</p> <p>1:00 Golden Steppers (SS)</p> <p>1:00 Food Committee Meeting. All Welcome (DT)</p> <p>2:00 Matinee (Ch. 981)</p> <p>2:00 Quarry Players Drama Rehearsal (DT)</p> <p>2:00 Part I Watercolor Class with Becky Leventis. Cost is \$3.00. Sign up! (MR)</p> <p>2:30 Putt Putt Golf and Happy Hour at Camas Meadows with Patrick and Paul. Sign up! Return by 6:00 PM.</p> <p>3:00 BB Baseball! (SS)</p> <p>3:00 Supervised Swim (AP)</p> <p>6:00 Hand/Foot Cards (GR)</p> <p>6:00 Friday Movie (DT)</p>	<p>9:00 Yoga Class (SS)</p> <p>9:30 Columbia Springs Vancouver Trout Hatchery. History Tour, feed trout, bird watching and lake. \$5.00. Just down the street! Return by 12:30 PM.</p> <p>10:00 Women's Coffee Klatch (GR)</p> <p>10:30 Fun Fitness (SS)</p> <p>1:15 Popcorn Matinee (DT)</p> <p>1:30 Bingo! (LAR)</p> <p>1:30 Washougal River Art Fair. See the work of 20+ artists! Walking among crowds outside. Return by 4 PM.</p> <p>3:00 Supervised Swim (AP)</p> <p>7:00 Movie (Ch.981)</p>
<p>Church Service Shuttle: 11</p> <p>8:20 Presbyterian</p> <p>10:00 Baptist/Methodist</p> <p>11:20 Catholic Church</p> <p>10:30 Fitness Class! (SS)</p> <p>11:00 Receive Holy Communion (RQC)</p> <p>1:30 Intricate Coloring (GR)</p> <p>1:30 Sunday Service (RQC)</p> <p>4:00 Blackjack (FGGR)</p> <p>7:00 Classic Movie (Ch.981)</p>	<p>9:15 Trail Walking at Lacamas Lake with Laura. Return 10:45. Sign up!</p> <p>9:30 Body in Motion (SS)</p> <p>10:30 GREAT COURSES: American History: "1845: The Ultimate Game - Baseball" (DT)</p> <p>1:00 Play Bridge (GR)</p> <p>1:00 Documentary (DT)</p> <p>1:00 Shop Dollar Tree / Trader Joe's. Sign up!</p> <p>2:00 Brain Training (MR)</p> <p>3:00 Health Presentation: "Better Bladder Control" with PT Victoria Alla. (DT)</p> <p>3:00 Supervised Swim (AP)</p> <p>4:00 Happy Hour at Los Dos Compadres in Washougal. Sign up!</p> <p>6:00 Documentary (Ch.981)</p>	<p>9:00 Yoga Class (SS)</p> <p>9:30 Water Works (AP)</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>3:00 Wii Bowling (CCFC)</p> <p>3:00 Beanbag BB (SS)</p> <p>6:30 BINGO with Prizes (GR)</p>	<p>9:30 Body in Motion (SS)</p> <p>9:30 Parkinson's Support Group Picnic at Lacamas Lake. Return by 11:00. Sign up! (Meet in TL)</p> <p>10:30 Bible Reading (RQC)</p> <p>1:00 Mahjong (GR)</p> <p>1:30 BINGO (LTV)</p> <p>2:00 Brain Training (MR)</p> <p>2:00 Seated Yoga (SS)</p> <p>3:00 Supervised Swim (AP)</p> <p>6:00 Cards n' Marbles (GR)</p>	<p>9:00 Blood Pressures (GR)</p> <p>9:30 Water Works (AP)</p> <p>10:00 Prayer Group (CCL)</p> <p>10:30 TED TALKS: "You Are Not Alone in your Loneliness" and "Helping Others..." (DT)</p> <p>10:30 Local banks or Walmart/Costco. Sign up!</p> <p>11:00 Spelling Practice (GR)</p> <p>12:00 General Store (LL)</p> <p>12:30 Pinochle (GR)</p> <p>1:00 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>3:00 Craft: Seashells (SDR)</p> <p>6:30- 7:30 PM Summer Patio Concert: The Beat Goes On Marching Band! Drinks & Dessert Served</p>	<p>9:30 Better Balance (SS)</p> <p>10:00 Catholic Penance & Confession with Father Nathe. (RQC)</p> <p>10:00 Cribbage (GR)</p> <p>10:30 Better Balance (SS)</p> <p>10:30 Quarry Choir (PP)</p> <p>1:00 Golden Steppers (SS)</p> <p>1:00 Grief Support Group (CCL)</p> <p>2:00 Matinee (Ch. 981)</p> <p>3:00 Quarry Players Drama Rehearsal (DT)</p> <p>3:00 BB Baseball! (SS)</p> <p>3:00 Supervised Swim (AP)</p> <p>4:00 Wine Tasting with Guy. Cost is \$5.00. Sign up! (MR)</p> <p>6:00 Hand/Foot Cards (GR)</p> <p>6:00 Friday Movie (DT)</p>	<p>9:00 Yoga Class (SS)</p> <p>10:00 Women's Coffee Klatch (GR)</p> <p>10:00 Clark County Mural Bus Tour. Walk along the New Water Feature at the Vancouver Waterfront, and eat lunch at Joe's Crab Shack. Return by 1:45 PM.</p> <p>10:30 Fun Fitness (SS)</p> <p>1:15 Popcorn Matinee (DT)</p> <p>1:30 Bingo! (LAR)</p> <p>3:00 Supervised Swim (AP)</p> <p>7:00 Movie (Ch.981)</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Church Service Shuttle: 18 8:20 Presbyterian 10:00 Baptist/Methodist 11:20 Catholic Church 10:30 Fitness Class! (SS) 11:00 Receive Holy Communion (RQC) Movie Matinee Outing with Heather. Sign up! Movie and time announced the Thursday before. 1:30 Intricate Coloring (GR) 1:30 Sunday Service (RQC) 4:00 Blackjack (FGGR) 7:00 Classic Movie (Ch.981)	9:15 Trail Walking at Lacamas Lake with Laura. 19 Return 10:45. Sign up! 9:30 Body in Motion (SS) 10:30 Great Courses: Turning Points in American History "1846: Land & Gold - The Mexican War" (DT) 1:00 Shop stores at 136th & Mill Plain - Chuck's Produce, Safeway, Craft Warehouse, Walgreens. 1:00 Play Bridge (GR) 2:00 Brain Training (MR) 3:00 Supervised Swim (AP) 3:00 Vancouver Police Department: Volunteer for Neighborhood Watch Program (DT) 4:00 Happy Hour at Big Al's. Sign up! 6:00 Documentary (Ch.981)	9:00 Yoga Class (SS) 20 9:30 Water Works (AP) 10:30 New Resident Welcome Social. Everyone invited! Meet our residents. (TLR) 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 S'mores by Fire Pit on Courtyard Patio	9:30 Body in Motion (SS) 21 10:00 Stitch n' Chat (GR) 10:30 Low Vision Support (PDR) 10:30 Bible (RQC) 11:00 Women's Lunch at Gustav's. Sign up! Return by 1:30. 1:00 Mahjong (GR) 1:30 BINGO (LTV) 2:00 Brain Training (MR) 2:00 Seated Yoga (SS) 3:00 Supervised Swim (AP) 3:00 Quarry Choir Performance & Summer Social (DT) 6:00 Cards n' Marbles (GR)  6:30 History Discussion with John Griffan (DT)	9:00 Blood Pressures (GR) 22 9:30 Water Works (AP) 9:30 Craft: Watermelon Wooden Spoons (SDR) 10:30 Literary Guild (MR) 10:30 TED TALKS: "You Can Prevent Alzheimer's" & "Reasons to Learn a New Language." (DT) 10:30 Local banks or Walmart/Costco. Sign up! 11:00 Spelling Practice (GR) 12:00 General Store (LL) 12:30 Pinochle (GR) 1:00 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 Charlie & Angels Band. (DT) 	9:30 Better Balance (SS) 23 10:00 Cribbage (GR) 10:30 Better Balance (SS) 10:30 Beading with Ilse (MR) 10:30 Quarry Choir (PP) 1:00 Golden Steppers (SS) 1:30 Hearing Clinic with Able Hearing (FGGR)  2:00 Matinee (Ch. 981) 2:00 Quarry Players Drama Rehearsal (DT) 2:00 Acrylic painting class with Laura & Marilyn. \$5.00. Sign up! (MR) 3:00 BB Baseball! (SS) 3:00 Supervised Swim (AP) 6:00 Hand/Foot Cards (GR) 6:00 Friday Movie (DT)	9:00 Yoga Class (SS) 24 10:00 Women's Coffee Klatch (GR) 10:30 Fun Fitness (SS) 1:15 Popcom Matinee (DT) 1:30 Bingo! (LAR) 2:30 Sandy, Oregon - See Jonsrud Viewpoint, Visit the Sandy Historical Museum, and Dine at delicious Italian restaurant Trattoria Sappori! 1-hour drive each way. Return by 7:30 PM. 3:00 Supervised Swim (AP) 7:00 Movie (Ch.981)
Church Service Shuttle: 25 8:20 Presbyterian 10:00 Baptist/Methodist 11:20 Catholic Church 10:30 Fitness Class! (SS) 11:00 Receive Holy Communion (RQC) 1:30 Intricate Coloring (GR) 1:30 Sunday Service (RQC) 4:00 Blackjack (FGGR) 7:00 Classic Movie (Ch.981)	9:30 Body in Motion (SS) 26 9:45 Troutdale Outlet Mall Shopping and Lunch. Return by 2:00 PM. Sign up! 10:30 Great Courses: "1862: Go West, Young Man! The Homestead Act" (DT) 1:00 Play Bridge (GR) 2:00 Brain Training (MR) 3:00 Supervised Swim (AP) 3:00 Quarry Town Hall (DT) 3:30 Happy Hour at The Hammond. Sign up! 6:00 Documentary (Ch.981)	9:00 Yoga Class (SS) 27 9:30 Water Works (AP) 10:00 Veterans Coffee & Donuts (SDR) 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) 5:00 August Birthday Dinner. RSVP (SFDR) 6:30 BINGO w/Prizes (GR)	9:30 Body in Motion (SS) 28 10:00 Stitch n' Chat (GR) 10:30 Reading the Bible (RQC) 11:00 Lunch, Live Music, and Shopping at New Seasons. Sign up! 12:45 Current Events Discussion (MR) 1:00 Mahjong (GR) 1:30 BINGO (LTV) 2:00 Brain Training (MR) 2:00 Seated Yoga (SS) 3:00 Supervised Swim (AP) 6:00 Cards n' Marbles (GR)	9:00 Blood Pressures (GR) 29 9:30 Craft: Do-It-Yourself Mugs (SDR) 9:30 Water Works (AP) 10:00 Prayer Group (CCL) 10:30 TED TALKS: "We Don't Move On From Grief; We Move Forward With It" & "Good Life" (DT) 10:30 Local banks or Walmart/Costco. Sign up! 11:00 Spelling Practice (GR) 12:00 General Store (LL) 12:30 Pinochle (GR) 1:00 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 Kim and Terry on vocals and Guitar (DT) 	9:30 Better Balance (SS) 30 10:00 Cribbage (GR) 10:30 Better Balance (SS) 10:30 Quarry Choir (PP) 1:00 Golden Steppers (SS) 2:00 Quarry Players Drama Rehearsal (DT) 2:00 Matinee (Ch. 981) 3:00 BB Baseball! (SS) 3:00 Supervised Swim(AP) 6:00 Hand/Foot Cards (GR) 6:00 Friday Movie (DT)	9:00 Yoga Class (SS) 31 9:30 Dahlia Festival in Canby, OR. FREE! Bring \$ for food vendors and shopping. Handicapped accessible. Dress for the weather. 1 hour drive each way. Return by 2:00pm. 10:00 Women's Coffee Klatch (GR) 10:30 Fun Fitness (SS) 1:15 Popcom Matinee (DT) 1:30 Bingo! (LAR) 3:00 Supervised Swim (AP) 7:00 Movie (Ch.981)

L O C A T I O N L E G E N D

TERRACE AUGUST BIRTHDAYS

1st Floor AP - Aquamarine Pool BCC - Business Computer Center CC - Cobblestone Cafe 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 Room 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	 8/1 - John S. 8/3- Bea B. 8/6- Mary P. 8/7- Nancy G. 8/7- Sue C.	8/9- Ken G. 8/23- Norm J. 8/24- Gladys M. 8/31- Bill N.
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