August 2019

In The Moment – Memory Support

created with Sagely

FlagStone SENIOR LIVING

3325 Columbia View Drive
The Dalles, OR 97058
541-298-5656

- AE Artistic Expression
- CC Community Connections
- CE Continuing Education
- LL Lifestyle & Leisure
- PE Physical Engagement
- SS Spiritual Support

Healthy Snacks & Hydration offered throughout each day!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 8:30 CE Nostalgic News 9:15 PE Sit and Be Fit 10:00 LL **Coffee Clatter (Snack)** 10:30 CE **Gardening & Reading (Patio)** 12:00 CE **Aromatherapy Hand Towels** 12:45 LL ***Rides with Debbie (7 mi/ Freeway)*** 2:00 LL **Snack & Relax** 3:00 CE **Reading Round Table/Games** 5:00 LL **Evening Movie**	**2** 8:30 PE Musical Moments 9:15 PE Fitness Fun 10:00 LL **Coffee Clatter (Snack)** 10:30 AE **Fancy Friday (Nails, Makeup & Hair)** 12:00 CE **Aromatherapy Hand Towels** 1:00 LL Game Time 2:00 LL **Snack & Relax** 2:00 LL **Ted Horowitz on the Piano** 3:00 PE **Wild Walkers** 5:00 LL **Evening Movie**	**3** 9:15 PE Sit and Be Fit 10:00 LL **Coffee Clatter (Snack)** 10:30 AE **Gardening/Watering (PATIO)** 12:00 CE **Aromatherapy Hand Towels** 1:00 PE Game Time 2:00 LL **Snack & Relax** 3:00 PE Musical Moments 5:00 LL **Evening Movie**
4 8:30 CE **Nostalgic News** 9:15 PE **Sit and Be Fit** 10:00 CE **Bible Reading (Snack)** 10:00 LL **Coffee Clatter (Snack)** 10:30 SS **Catholic Communion (RR)** 12:00 CE **Aromatherapy Hand Towels** 1:00 PE **Gardening/Watering (PATIO)** 2:00 LL **Snack & Relax** 3:30 SS **Sunday Church Service (RR)** 5:00 LL **Evening Movie**	**5** 8:30 PE **Sit and Be Fit** 9:15 PE **Fitness Fun** 10:00 LL **Coffee Clatter (Snack)** 10:30 CC **Remember When?** 12:00 CE **Aromatherapy Hand Towels** 1:00 PE **Creative Craft** 2:00 LL **Snack & Relax** 3:00 PE **Wild Walkers** 5:00 LL **Evening Movie**	**6** 8:30 CE Nostalgic News 9:15 PE Sit and Be Fit 10:00 LL **Coffee Clatter (Snack)** 10:30 CE **Gardening & Tea (Patio)** 12:00 CE **Aromatherapy Hand Towels** 12:45 CC ***Rides with Debbie (15 Mile)*** 2:00 LL **Snack & Relax** 3:00 CE **Reading/Games Round Table** 5:00 LL **Evening Movie**	**7** 9:15 PE Fitness Fun 10:00 LL **Coffee Clatter (Snack)** 10:30 PE **Gardening & Reading (Patio)** 12:00 CE **Aromatherapy Hand Towels** 1:00 AE **Creative Crafts** 2:00 LL **Snack & Relax** 2:30 CE **Taste & Tell** 3:00 PE **Game Time** 5:00 LL **Evening Movie**	**8** 8:30 CE Nostalgic News 9:15 PE Sit and Be Fit 10:00 LL **Coffee Clatter (Snack)** 10:30 CE **Gardening & Reading (Patio)** 12:00 CE **Aromatherapy Hand Towels** 12:45 LL ***Rides with Debbie (Deschutes)*** 2:00 LL **Snack & Relax** 3:00 CE **Reading Round Table/Games** 5:00 LL **Evening Movie**	**9** 8:30 PE Musical Moments 9:15 PE Fitness Fun 10:00 LL **Coffee Clatter (Snack)** 10:30 AE **Fancy Friday (Nails, Makeup & Hair)** 12:00 CE **Aromatherapy Hand Towels** 1:00 LL Game Time 2:00 LL **Snack & Relax** 3:00 PE **Wild Walkers** 5:00 LL **Evening Movie**	**10** 9:15 PE Sit and Be Fit 10:00 LL **Coffee Clatter (Snack)** 10:30 AE **Gardening/Watering (PATIO)** 12:00 CE **Aromatherapy Hand Towels** 1:00 PE Game Time 2:00 LL **Snack & Relax** 3:00 PE Musical Moments 5:00 LL **Evening Movie**
11 8:30 CE **Nostalgic News** 9:15 PE **Sit and Be Fit** 10:00 CE **Bible Reading (Snack)** 10:00 LL **Coffee Clatter (Snack)** 10:30 SS **Catholic Communion (RR)** 12:00 CE **Aromatherapy Hand Towels** 1:00 PE **Gardening/Watering (PATIO)** 2:00 LL **Snack & Relax** 3:30 SS **Sunday Church Service (RR)** 5:00 LL **Evening Movie**	**12** 8:30 PE **Sit and Be Fit** 9:15 PE **Fitness Fun** 10:00 LL **Coffee Clatter (Snack)** 10:30 CC **Remember When?** 12:00 CE **Aromatherapy Hand Towels** 1:00 PE **Creative Craft** 2:00 LL **Snack & Relax** 3:00 PE **Wild Walkers** 5:00 LL **Evening Movie**	**13** 8:30 CE Nostalgic News 9:15 PE Sit and Be Fit 10:00 LL **Coffee Clatter (Snack)** 10:30 CE **Gardening & Tea (Patio)** 12:00 CE **Aromatherapy Hand Towels** 12:45 CC ***Rides with Debbie (8 Mile)*** 2:00 LL **Snack & Relax** 3:00 CE **Reading/Games Round Table** 5:00 LL **Evening Movie**	**14** 9:15 PE Fitness Fun 10:00 LL **Coffee Clatter (Snack)** 10:30 PE **Gardening & Reading (Patio)** 12:00 CE **Aromatherapy Hand Towels** 1:00 AE **Creative Crafts** 2:00 LL **Snack & Relax** 3:00 PE **Game Time** 5:00 LL **Evening Movie**	**15** **Happy Birthday Bernie S.** 8:30 CE Nostalgic News 9:15 PE Sit and Be Fit 10:00 LL **Coffee Clatter (Snack)** 10:30 CE **Gardening & Reading (Patio)** 12:00 CE **Aromatherapy Hand Towels** 12:45 LL ***Rides with Janice (8 Mile)*** 2:00 LL **Snack & Relax** 3:00 CE **Reading Round Table/Games** 5:00 LL **Evening Movie**	**16** 8:30 PE Musical Moments 9:15 PE Fitness Fun 10:00 LL **Coffee Clatter (Snack)** 10:30 AE **Fancy Friday (Nails, Makeup & Hair)** 12:00 CE **Aromatherapy Hand Towels** 1:00 LL Game Time 2:00 LL **Snack & Relax** 3:00 PE **Wild Walkers** 5:00 LL **Evening Movie**	**17** 9:15 PE Sit and Be Fit 10:00 LL **Coffee Clatter (Snack)** 10:30 AE **Gardening/Watering (PATIO)** 12:00 CE **Aromatherapy Hand Towels** 1:00 PE Game Time 2:00 LL **Snack & Relax** 3:00 PE Musical Moments 5:00 LL **Evening Movie**
18 8:30 CE **Nostalgic News** 9:15 PE **Sit and Be Fit** 10:00 CE **Bible Reading (Snack)** 10:00 LL **Coffee Clatter (Snack)** 10:30 SS **Catholic Communion (RR)** 12:00 CE **Aromatherapy Hand Towels** 1:00 PE **Gardening/Watering (PATIO)** 2:00 LL **Snack & Relax** 3:30 SS **Sunday Church Service (RR)** 5:00 LL **Evening Movie**	**19** 8:30 PE **Sit and Be Fit** 9:15 PE **Fitness Fun** 10:00 LL **Coffee Clatter (Snack)** 10:30 CC **Remember When?** 12:00 CE **Aromatherapy Hand Towels** 1:00 PE **Creative Craft** 2:00 LL **Snack & Relax** 3:00 PE **Wild Walkers** 5:00 LL **Evening Movie**	**20** 8:30 CE Nostalgic News 9:15 PE Sit and Be Fit 10:00 LL **Coffee Clatter (Snack)** 10:30 CE **Gardening & Tea (Patio)** 12:00 CE **Aromatherapy Hand Towels** 12:45 CC ***Rides with Janice (Dufur Park)*** 2:00 LL **Snack & Relax** 3:00 CE **Reading/Games Round Table** 5:00 LL **Evening Movie**	**21** 9:15 PE Fitness Fun 10:00 LL **Coffee Clatter (Snack)** 10:30 PE **Gardening & Reading (Patio)** 12:00 CE **Aromatherapy Hand Towels** 1:00 AE **Creative Crafts** 2:00 LL **Snack & Relax** 2:00 LL **Ted Horowitz on the Piano** 3:00 CC **Alzheimer's Support group** 3:00 PE **Game Time** 5:00 LL **Evening Movie**	**22** 8:30 CE Nostalgic News 9:15 PE Sit and Be Fit 10:00 LL **Coffee Clatter (Snack)** 10:30 CE **Gardening & Reading (Patio)** 12:00 CE **Aromatherapy Hand Towels** 12:45 LL ***Rides with Janice (Rowena Loop)*** 2:00 LL **Snack & Relax** 3:00 CE **Reading Round Table/Games** 5:00 LL **Evening Movie**	**23** 8:30 PE Musical Moments 9:15 PE Fitness Fun 10:00 LL **Coffee Clatter (Snack)** 10:30 AE **Fancy Friday (Nails, Makeup & Hair)** 12:00 CE **Aromatherapy Hand Towels** 1:00 LL Game Time 2:00 LL **Snack & Relax** 3:00 PE **Wild Walkers** 5:00 LL **Evening Movie**	**24** **Happy Birthday Janet B.** 9:15 PE Sit and Be Fit 10:00 LL **Coffee Clatter (Snack)** 10:30 AE **Gardening/Watering (PATIO)** 12:00 CE **Aromatherapy Hand Towels** 1:00 PE Game Time 2:00 LL **Snack & Relax** 3:00 PE Musical Moments 5:00 LL **Evening Movie**
25 8:30 CE **Nostalgic News** 9:15 PE **Sit and Be Fit** 10:00 CE **Bible Reading (Snack)** 10:00 LL **Coffee Clatter (Snack)** 10:30 SS **Catholic Communion (RR)** 12:00 CE **Aromatherapy Hand Towels** 1:00 PE **Gardening/Watering (PATIO)** 2:00 LL **Snack & Relax** 3:30 SS **Sunday Church Service (RR)** 5:00 LL **Evening Movie**	**26** 8:30 PE **Sit and Be Fit** 9:15 PE **Fitness Fun** 10:00 LL **Coffee Clatter (Snack)** 10:30 CC **Remember When?** 12:00 CE **Aromatherapy Hand Towels** 1:00 PE **Creative Craft** 2:00 LL **Snack & Relax** 3:00 PE **Wild Walkers** 5:00 LL **Evening Movie**	**27** 8:30 CE Nostalgic News 9:15 PE Sit and Be Fit 10:00 LL **Coffee Clatter (Snack)** 10:30 CE **Gardening & Tea (Patio)** 12:00 CE **Aromatherapy Hand Towels** 12:45 CC ***Rides with Janice (Cherry Heights)*** 2:00 LL **Snack & Relax** 3:00 CE **Reading/Games Round Table** 5:00 LL **Evening Movie**	**28** 9:15 PE Fitness Fun 10:00 LL **Coffee Clatter (Snack)** 10:30 PE **Gardening & Reading (Patio)** 12:00 CE **Aromatherapy Hand Towels** 1:00 AE **Creative Crafts** 2:00 LL **Snack & Relax** 3:00 PE **Game Time** 5:00 LL **Evening Movie**	**29** 8:30 CE Nostalgic News 9:15 PE Sit and Be Fit 10:00 LL **Coffee Clatter (Snack)** 10:30 CE **Gardening & Reading (Patio)** 12:00 CE **Aromatherapy Hand Towels** 12:45 LL ***Rides with Debbie (Schreiners Farm)*** 2:00 LL **Snack & Relax** 3:00 CE **Reading Round Table/Games** 5:00 LL **Evening Movie**	**30** 8:30 PE Musical Moments 9:15 PE Fitness Fun 10:00 LL **Coffee Clatter (Snack)** 10:30 AE **Fancy Friday (Nails, Makeup & Hair)** 12:00 CE **Aromatherapy Hand Towels** 1:00 LL Game Time 2:00 LL **Snack & Relax** 3:00 PE **Wild Walkers** 5:00 LL **Evening Movie**	**31** **Happy Birthday Karen W.** 9:15 PE Sit and Be Fit 10:00 LL **Coffee Clatter (Snack)** 10:30 AE **Gardening/Watering (PATIO)** 12:00 CE **Aromatherapy Hand Towels** 1:00 PE Game Time 2:00 LL **Snack & Relax** 3:00 PE Musical Moments 5:00 LL **Evening Movie**

Created on Monday, July 29, 2019 8:36 PM