

# November 2019

## Independent Living Lifestyle & Leisure



1323 SW Cherry Park Road  
Troutdale, OR 97060  
503-491-1661

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

- Location Keys**
- Assisted Living Dining Room ALD
  - Bistro Area BA
  - Card Room CR
  - Dining Room DR
  - Lounge L
  - Theater Room TV

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					9:00 <b>LL</b> Wii Bowling 2 [TV] <b>1</b> 10:30 <b>PE</b> Sittercise [L] 1:00 <b>LL</b> Nickels Flow Bingo [L] 2:00 <b>CE</b> Cribbage [CR] 3:00 <b>LL</b> <b>Happy Birthday Happy Hour w/John [BA]</b> 6:00 <b>LL</b> Nightly Movie: Staff Choice	9:30 <b>PE</b> Balance & Posture [ALD] <b>2</b> 9:30 <b>LL</b> Coffee Social [L] 11:00 <b>PE</b> Wii Bowling [TV] 1:00 <b>LL</b> 9 Square [CR] 3:00 <b>LL</b> Table Games [CR] 6:00 <b>LL</b> Nightly Movie: Staff Choice
10:00 <b>LL</b> Sunday Stroll <b>3</b> 1:30 <b>SS</b> Self Care Day (meditate/reflect) 3:00 <b>LL</b> Sunday Fun Day Board Games 6:00 <b>LL</b> Nightly Movie: Staff Choice	10:00 <b>SS</b> Bible Study [CR] <b>4</b> 11:00 <b>CE</b> A Chuck Presentation [TV] 11:00 <b>PE</b> Sittercise [L] 1:00 <b>LL</b> Nickels Flow Bingo [L] 3:00 <b>LL</b> <b>Dean Sings [BA]</b> 6:00 <b>LL</b> Nightly Movie: Staff Choice	9:30 <b>PE</b> Balance & Posture [ALD] <b>5</b> 11:00 <b>PE</b> Wii Bowling [TV] 1:00 <b>CE</b> Mexican Train Dominos [L] 2:00 <b>CE</b> Netflix Docuseries: The Story of God w/ Morgan Freeman [TV] 2:00 <b>SS</b> Resident Council Meeting 3:00 <b>AE</b> Play Monopoly Day [L] 6:00 <b>LL</b> Nightly Movie: Staff Choice	10:30 <b>LL</b> Scenic Drive down Historic Columbia Highway Lunch @ Tippy Canoe <b>6</b> 10:30 <b>PE</b> Sittercise [L] 1:00 <b>CE</b> Hand & Foot [L] 2:00 <b>LL</b> Billards Wizards 3:00 <b>PE</b> Wii Bowling 2 [TV] 6:00 <b>LL</b> Nightly Movie: Staff Choice	9:00 <b>PE</b> Balance & Posture [ALD] <b>7</b> 9:30 <b>LL</b> <b>Donuts and Coffee Social [L]</b> 11:00 <b>PE</b> Wii Bowling [TV] 2:00 <b>SS</b> AL ONLY Room Visits w/ Anna 3:00 <b>CC</b> <b>Town Hall [DR]</b> 6:00 <b>LL</b> Nightly Movie: Staff Choice	9:00 <b>LL</b> Wii Bowling 2 [TV] <b>8</b> 10:30 <b>PE</b> Sittercise [L] 1:00 <b>LL</b> <b>Nickels Flow Bingo [L]</b> 2:00 <b>CE</b> Cribbage [CR] 3:00 <b>LL</b> Happy Hour w/ Will Spillette 6:00 <b>LL</b> Nightly Movie: Staff Choice	9:30 <b>PE</b> Balance & Posture [ALD] <b>9</b> 9:30 <b>LL</b> Coffee Social [L] 11:00 <b>PE</b> Wii Bowling [TV] 1:00 <b>LL</b> 9 Square [CR] 3:00 <b>LL</b> Table Games [CR] 6:00 <b>LL</b> Nightly Movie: Staff Choice
9:00 <b>CC</b> Sunday Brunch [DR] <b>10</b> 10:00 <b>LL</b> Sunday Stroll 1:30 <b>SS</b> Self Care Day (meditate/reflect) 2:00 <b>SS</b> Worship Service w/Wood Village Baptist Church [CR] 3:00 <b>LL</b> Sunday Fun Day Board Games 6:00 <b>LL</b> Nightly Movie: Staff Choice	10:00 <b>SS</b> Bible Study [CR] <b>11</b> 11:00 <b>PE</b> Sittercise [L] 1:00 <b>CE</b> FREE BINGO W/ ANNA [L] 1:30 <b>LL</b> Pinochle [CR] 2:00 <b>SS</b> HONORING VETERANS 3:00 Monday Matinee w/ Popcorn 6:00 <b>LL</b> Nightly Movie: Staff Choice	9:30 <b>PE</b> Balance & Posture [ALD] <b>12</b> 11:00 <b>PE</b> Wii Bowling [TV] 1:00 <b>CE</b> Mexican Train Dominos [L] 2:00 <b>CE</b> Animal Shelter Appreciation gift bags [TV] 2:00 <b>LL</b> <b>Food Forum w/Chef Robert [L]</b> 3:00 <b>CE</b> Tuesday Trivia 6:00 <b>LL</b> Nightly Movie: Staff Choice	10:30 <b>PE</b> Sittercise [L] <b>13</b> 11:00 <b>LL</b> Outing: Humane Society Animal Shelter Appreciation 1:00 <b>CE</b> Hand & Foot [L] 2:00 <b>LL</b> Billards Wizards 3:00 <b>PE</b> Wii Bowling 2 [TV] 6:00 <b>LL</b> Nightly Movie: Staff Choice	9:00 <b>PE</b> Balance & Posture [ALD] <b>14</b> 9:30 <b>LL</b> <b>Pretty Brunch Parfaits [L]</b> 11:00 <b>PE</b> Wii Bowling [TV] 2:00 <b>SS</b> AL ONLY Room Visits w/ Anna 3:00 <b>CE</b> <b>History's Mysteries [TV]</b> 6:00 <b>LL</b> Nightly Movie: Staff Choice	9:00 <b>LL</b> Wii Bowling 2 [TV] <b>15</b> 10:30 <b>PE</b> Sittercise [L] 1:00 <b>LL</b> Nickels Flow Bingo [L] 2:00 <b>CE</b> Cribbage [CR] 3:00 <b>LL</b> Happy Hour w/ Chuck Par Due 6:00 <b>LL</b> Nightly Movie: Staff Choice	9:30 <b>PE</b> Balance & Posture [ALD] <b>16</b> 9:30 <b>LL</b> Coffee Social [L] 11:00 <b>PE</b> Wii Bowling [TV] 1:00 <b>LL</b> 9 Square [CR] 3:00 <b>LL</b> Table Games [CR] 6:00 <b>LL</b> Nightly Movie: Staff Choice
10:00 <b>LL</b> Sunday Stroll <b>17</b> 1:30 <b>SS</b> Self Care Day (meditate/reflect) 3:00 <b>LL</b> Sunday Fun Day Board Games 6:00 <b>LL</b> Nightly Movie: Staff Choice	10:00 <b>SS</b> Bible Study [CR] <b>18</b> 11:00 <b>PE</b> Sittercise [L] 1:00 <b>LL</b> Nickels Flow Bingo [L] 2:00 <b>AE</b> Watercolor Practice [ALD] 3:00 <b>LL</b> Monday Matinee w/ Popcorn [TV] 6:00 <b>LL</b> Nightly Movie: Staff Choice	9:30 <b>PE</b> Balance & Posture [ALD] <b>19</b> 11:00 <b>PE</b> Wii Bowling [TV] 1:00 <b>CE</b> Mexican Train Dominos [L] 1:30 <b>CC</b> <b>New Resident Pie Social [L]</b> 2:00 <b>CE</b> Netflix Docuseries: The Story of God w/ Morgan Freeman [TV] 3:00 <b>CE</b> Tuesday Trivia 6:00 <b>LL</b> Nightly Movie: Staff Choice	10:30 <b>PE</b> Sittercise [L] <b>20</b> 1:00 <b>CE</b> Hand & Foot [L] 1:30 <b>LL</b> Outing: Alpenrose Dairy Opera House 2:00 <b>LL</b> Billards Wizards 3:00 <b>PE</b> Wii Bowling 2 [TV] 6:00 <b>LL</b> Nightly Movie: Staff Choice	9:00 <b>PE</b> Balance & Posture [ALD] <b>21</b> 9:30 <b>LL</b> <b>Donuts and Coffee Social [L]</b> 11:00 <b>PE</b> Wii Bowling [TV] 2:00 <b>SS</b> AL ONLY Room Visits w/ Anna 3:00 <b>AE</b> Thimble Thursday (Bring your sewing supplies) [L] 6:00 <b>LL</b> Nightly Movie: Staff Choice	9:00 <b>LL</b> Wii Bowling 2 [TV] <b>22</b> 10:30 <b>PE</b> Sittercise [L] 1:00 <b>LL</b> Nickels Flow Bingo [L] 2:00 <b>CE</b> Cribbage [CR] 3:00 <b>LL</b> Happy Hour w/ Karen 6:00 <b>LL</b> Nightly Movie: Staff Choice	9:30 <b>PE</b> Balance & Posture [ALD] <b>23</b> 9:30 <b>LL</b> Coffee Social [L] 11:00 <b>PE</b> Wii Bowling [TV] 1:00 <b>LL</b> 9 Square [CR] 3:00 <b>LL</b> Table Games [CR] 6:00 <b>LL</b> Nightly Movie: Staff Choice
10:00 <b>LL</b> Sunday Stroll <b>24</b> 1:30 <b>SS</b> Self Care Day (meditate/reflect) 2:00 <b>SS</b> Worship Service w/Wood Village Baptist Church [CR] 3:00 <b>LL</b> Sunday Fun Day Board Games 6:00 <b>LL</b> Nightly Movie: Staff Choice	10:00 <b>SS</b> Bible Study [CR] <b>25</b> 11:00 <b>PE</b> Sittercise [L] 1:00 <b>LL</b> Nickels Flow Bingo [L] 1:30 <b>LL</b> Pinochle [CR] 2:30 <b>CC</b> Able Hearing [CR] 3:00 <b>LL</b> Dean Sings 3:00 <b>LL</b> National Hat Day Social (best hat wins a prize) 6:00 <b>LL</b> Nightly Movie: Staff Choice	9:30 <b>PE</b> Balance & Posture [ALD] <b>26</b> 11:00 <b>PE</b> Wii Bowling [TV] 1:00 <b>CE</b> Mexican Train Dominos [L] 2:00 <b>CE</b> Netflix Docuseries: The Story of God w/ Morgan Freeman [TV] 3:00 <b>CE</b> Tuesday Trivia 6:00 <b>LL</b> Nightly Movie: Staff Choice	10:30 <b>LL</b> Outing to Portland Art Museum \$17 <b>27</b> 10:30 <b>PE</b> Sittercise [L] 1:00 <b>CE</b> Hand & Foot [L] 2:00 <b>LL</b> Billards Wizards 3:00 <b>LL</b> Activity Forum W/ Anna [L] 3:00 <b>PE</b> Wii Bowling 2 [TV] 6:00 <b>LL</b> Nightly Movie: Staff Choice	9:00 <b>PE</b> Balance & Posture [ALD] <b>28</b> 9:30 <b>LL</b> <b>Donuts and Coffee Social [L]</b> 10:00 <b>CE</b> <b>Resident Store [L]</b> 11:00 <b>PE</b> Wii Bowling [TV] 2:00 <b>SS</b> AL ONLY Room Visits w/ Anna 3:00 <b>CE</b> <b>Music History [TV]</b> 6:00 <b>LL</b> Nightly Movie: Staff Choice	9:00 <b>LL</b> Wii Bowling 2 [TV] <b>29</b> 10:30 <b>PE</b> Sittercise [L] 1:00 <b>LL</b> Nickels Flow Bingo [L] 2:00 <b>CE</b> Cribbage [CR] 3:00 <b>LL</b> Happy Hour w/ Jim Collins 6:00 <b>LL</b> Nightly Movie: Staff Choice	9:30 <b>PE</b> Balance & Posture [ALD] <b>30</b> 9:30 <b>LL</b> Coffee Social [L] 11:00 <b>PE</b> Wii Bowling [TV] 1:00 <b>LL</b> 9 Square [CR] 2:30 <b>LL</b> Civil War Game Wear Your Colors [TV] 3:00 <b>LL</b> Table Games [CR] 6:00 <b>LL</b> Nightly Movie: Staff Choice