

December 2019

Independent Living Lifestyle & Leisure



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>10:00 LL News & Brews 1</p> <p>1:00 SS Resident Lead Bookclub</p> <p>1:30 SS Self Care Day (meditate/reflect)</p> <p>2:00 AE Sunday Soothing Coloring</p> <p>3:00 LL Sunday Fun Day Board Games</p> <p>6:00 LL Nightly Movie: Staff Choice</p>	<p>Bus: Shopping/Errands Day 2</p> <p>10:00 SS Bible Study [CR]</p> <p>11:00 CE A Chuck Presentation [TV]</p> <p>11:00 PE Sittercise [L]</p> <p>1:00 LL Nickels Flow Bingo [L]</p> <p>2:00 LL Cider Monday [CR]</p> <p>3:00 LL Dean Sings [BA]</p> <p>6:00 LL Nightly Movie: Staff Choice</p>	<p>Bus: Doctor Appointment Days 3</p> <p>9:30 PE Balance & Posture [ALD]</p> <p>11:00 PE Wii Bowling [TV]</p> <p>1:00 CE Mexican Train Dominos [L]</p> <p>2:00 CE Netflix Docuseries: The Story of God w/ Morgan Freeman [TV]</p> <p>2:00 SS Resident Council Meeting [ALD]</p> <p>6:00 LL Nightly Movie: Staff Choice</p>	<p>9:30 LL Outing: Christmas Shopping at Gresham Station & Lunch 4</p> <p>10:30 PE Sittercise [L]</p> <p>11:00 PE Blood Pressure Clinic w/ Tracy [FL]</p> <p>11:30 SS Season Saints Caroling [BA]</p> <p>1:00 CE Hand & Foot [L]</p> <p>3:00 PE Wii Bowling 2 [TV]</p> <p>6:00 LL Nightly Movie: Staff Choice</p>	<p>Bus: Doctor Appointment Days 5 Ruth L. Bday</p> <p>9:00 PE Balance & Posture [ALD]</p> <p>9:30 LL Donuts and Coffee Social [L]</p> <p>10:00 LL Decorate Christmas Trees w/ Denise</p> <p>11:00 PE Wii Bowling [TV]</p> <p>2:00 SS AL ONLY Room Visits w/ Anna</p> <p>3:00 CC Town Hall [DR]</p> <p>6:00 LL Nightly Movie: Staff Choice</p>	<p>Bus: Shopping/Errands Day 6</p> <p>9:00 LL Wii Bowling 2 [TV]</p> <p>10:30 PE Sittercise [L]</p> <p>1:00 LL Nickels Flow Bingo [L]</p> <p>2:00 CE Cribbage [CR]</p> <p>3:00 LL Happy Birthday Happy Hour w/ Blake Johnston [BA]</p> <p>6:00 LL Nightly Movie: Staff Choice</p>	<p>Reynolds Wrestling Team 7 Visiting</p> <p>9:30 PE Balance & Posture [ALD]</p> <p>9:30 LL Coffee Social [L]</p> <p>11:00 PE Wii Bowling [TV]</p> <p>1:00 LL 9 Square [CR]</p> <p>3:00 LL Table Games [CR]</p> <p>6:00 LL Nightly Movie: Staff Choice</p>	
<p>9:00 CC Sunday Brunch [DR] 8</p> <p>10:00 LL News & Brews</p> <p>1:00 SS Resident Lead Bookclub</p> <p>1:30 SS Self Care Day (meditate/reflect)</p> <p>2:00 SS Worship Service w/Wood Village Baptist Church [CR]</p> <p>3:00 LL Sunday Fun Day Board Games</p> <p>6:00 LL Nightly Movie: Staff Choice</p>	<p>Bus: Shopping/Errands Day 9</p> <p>10:00 SS Bible Study [CR]</p> <p>11:00 PE Sittercise [L]</p> <p>1:00 CE FREE BINGO W/ ANNA [L]</p> <p>1:30 LL Pinochle [CR]</p> <p>2:00 LL Smores W/ Anna [L]</p> <p>3:00 CE Ted Talk (video clip seminars)</p> <p>6:00 LL Nightly Movie: Staff Choice</p>	<p>Bus: Doctor Appointment Days 10</p> <p>9:30 PE Balance & Posture [ALD]</p> <p>11:00 PE Wii Bowling [TV]</p> <p>1:00 CE Mexican Train Dominos [L]</p> <p>2:00 LL Food Forum w/Chef Robert [L]</p> <p>2:00 CE Netflix Docuseries: The Story of God w/ Morgan Freeman [TV]</p> <p>3:00 AE Christmas Card Day [CR]</p> <p>6:00 LL Nightly Movie: Staff Choice</p>	<p>10:30 PE Sittercise [L] 11</p> <p>11:00 PE Blood Pressure Clinic w/ Tracy [FL]</p> <p>1:00 CE Hand & Foot [L]</p> <p>2:00 AE National Cocoa Day & Christmas Coloring w/ Silvia [CR]</p> <p>3:00 PE Wii Bowling 2 [TV]</p> <p>6:00 LL Nightly Movie: Staff Choice</p> <p>6:00 LL Outing: Christmas Lights</p>	<p>Bus: Doctor Appointment Days 12</p> <p>9:00 PE Balance & Posture [ALD]</p> <p>9:30 LL Pretty Brunch Parfaits [L]</p> <p>11:00 PE Wii Bowling [TV]</p> <p>2:00 AE Christmas Ornament Decorating [L]</p> <p>3:00 CE History's Mysteries [TV]</p> <p>6:00 LL Nightly Movie: Staff Choice</p>	<p>Bus: Shopping/Errands Day 13</p> <p>9:00 LL Wii Bowling 2 [TV]</p> <p>10:30 PE Sittercise [L]</p> <p>1:00 LL Nickels Flow Bingo [L]</p> <p>2:00 CE Cribbage [CR]</p> <p>3:00 LL Happy Hour Christmas Carols w/ Karen</p> <p>6:00 LL Nightly Movie: Staff Choice</p>	<p>9:30 PE Balance & Posture [ALD] 14</p> <p>9:30 LL Coffee Social [L]</p> <p>10:00 LL STUDENT PIANO RECITAL PRACTICE [BA]</p> <p>11:00 PE Wii Bowling [TV]</p> <p>1:00 LL 9 Square [CR]</p> <p>3:00 LL Table Games [CR]</p> <p>6:00 LL Nightly Movie: Staff Choice</p>	
<p>10:00 LL News & Brews 15</p> <p>1:00 SS Resident Lead Bookclub</p> <p>1:30 SS Self Care Day (meditate/reflect)</p> <p>2:00 AE Sunday Soothing Coloring</p> <p>3:00 LL Sunday Fun Day Board Games</p> <p>6:00 LL Nightly Movie: Staff Choice</p>	<p>Bus: Shopping/Errands Day 16 Ken O. Bday</p> <p>10:00 SS Bible Study [CR]</p> <p>11:00 PE Sittercise [L]</p> <p>1:00 LL Christmas Movie Marathon w/ Treats [TV]</p> <p>1:00 LL Nickels Flow Bingo [L]</p> <p>2:00 AE Watercolor Painting</p> <p>3:00 LL Dean Sings [BA]</p> <p>6:00 LL Nightly Movie: Staff Choice</p>	<p>Bus: Doctor Appointment Days 17</p> <p>9:30 PE Balance & Posture [ALD]</p> <p>11:00 PE Wii Bowling [TV]</p> <p>1:00 CE Mexican Train Dominos [L]</p> <p>1:30 CC New Resident Pie Social [L]</p> <p>2:00 CE Netflix Docuseries: The Story of God w/ Morgan Freeman [TV]</p> <p>3:00 SS QUILTS OF VALOR PRESENTATION [BA]</p> <p>6:00 LL Nightly Movie: Staff Choice</p>	<p>10:30 PE Sittercise [L] 18</p> <p>11:00 PE Blood Pressure Clinic w/ Tracy [FL]</p> <p>1:00 CE Hand & Foot [L]</p> <p>3:00 LL Cheery Christmas Tea Party</p> <p>3:00 PE Wii Bowling 2 [TV]</p> <p>6:00 LL Nightly Movie: Staff Choice</p> <p>6:00 LL Outing: Winter Wonderland @ P.I.R</p>	<p>Bus: Doctor Appointment Days 19</p> <p>9:00 PE Balance & Posture [ALD]</p> <p>9:30 LL Donuts and Coffee Social [L]</p> <p>10:00 LL Sam Barlow Choir Performance</p> <p>11:00 PE Wii Bowling [TV]</p> <p>1:00 AE Christmas Crafting w/ Joni [ALD]</p> <p>2:00 LL Wrapping Party [L]</p> <p>4:00 LL Candlelight Dinner</p> <p>6:00 LL Nightly Movie: Staff Choice</p>	<p>Bus: Shopping/Errands Day 20</p> <p>9:00 LL Wii Bowling 2 [TV]</p> <p>10:30 PE Sittercise [L]</p> <p>1:00 LL Nickels Flow Bingo [L]</p> <p>2:00 CE Cribbage [CR]</p> <p>3:00 LL Happy Hour w/ The Dickens Carolers</p> <p>6:00 LL Nightly Movie: Staff Choice</p>	<p>9:30 PE Balance & Posture [ALD] 21</p> <p>9:30 LL Coffee Social [L]</p> <p>11:00 PE Wii Bowling [TV]</p> <p>1:00 LL 9 Square [CR]</p> <p>3:00 LL Table Games [CR]</p> <p>5:30 SS MISS BEHAVINS PERFORM [BA]</p> <p>6:00 LL Nightly Movie: Staff Choice</p>	
<p>HANUKKAH 22</p> <p>10:00 LL News & Brews</p> <p>1:00 SS Resident Lead Bookclub</p> <p>1:30 SS Self Care Day (meditate/reflect)</p> <p>2:00 SS Worship Service w/Wood Village Baptist Church [CR]</p> <p>3:00 LL Sunday Fun Day Board Games</p> <p>6:00 LL Nightly Movie: Staff Choice</p>	<p>Bus: Shopping/Errands Day 23</p> <p>10:00 SS Bible Study [CR]</p> <p>11:00 PE Sittercise [L]</p> <p>1:00 LL Nickels Flow Bingo [L]</p> <p>1:30 LL Pinochle [CR]</p> <p>2:00 LL CHRISTMAS PARTY w/ SPECIAL GUEST</p> <p>2:30 CC Able Hearing [CR]</p> <p>6:00 LL Nightly Movie: Staff Choice</p>	<p>Bus: Doctor Appointment Days 24 Christmas Eve</p> <p>9:30 PE Balance & Posture [ALD]</p> <p>11:00 PE Wii Bowling [TV]</p> <p>1:00 CE Mexican Train Dominos [L]</p> <p>2:00 CE Netflix Docuseries: The Story of God w/ Morgan Freeman [TV]</p> <p>3:00 LL National Egg Nog Day</p> <p>6:00 LL Nightly Movie: Staff Choice</p>	<p>MERRY CHRISTMAS!!! 25 NO OUTING</p> <p>10:30 PE Sittercise [L]</p> <p>1:00 CE Hand & Foot [L]</p> <p>3:00 PE Wii Bowling 2 [TV]</p> <p>6:00 LL Nightly Movie: Staff Choice</p>	<p>Bus: Doctor Appointment Days 26 KWANZAA</p> <p>9:00 PE Balance & Posture [ALD]</p> <p>9:30 LL Donuts and Coffee Social [L]</p> <p>10:00 CE Resident Store [L]</p> <p>11:00 PE Wii Bowling [TV]</p> <p>1:30 SS Activity Forum W/ Anna [L]</p> <p>2:00 AE CHRISTMAS DECOR DOOR CONTEST WINNER [BA]</p> <p>3:00 CE Music History [TV]</p> <p>6:00 LL Nightly Movie: Staff Choice</p>	<p>Bus: Shopping/Errands Day 27 Byron Bday Mary B. Bday</p> <p>9:00 LL Wii Bowling 2 [TV]</p> <p>10:30 PE Sittercise [L]</p> <p>1:00 LL Nickels Flow Bingo [L]</p> <p>2:00 CE Cribbage [CR]</p> <p>3:00 LL Happy Hour w/ Carolee</p> <p>6:00 LL Nightly Movie: Staff Choice</p>	<p>David Bday 28</p> <p>9:30 PE Balance & Posture [ALD]</p> <p>9:30 LL Coffee Social [L]</p> <p>11:00 PE Wii Bowling [TV]</p> <p>1:00 LL 9 Square [CR]</p> <p>3:00 LL Table Games [CR]</p> <p>6:00 LL Nightly Movie: Staff Choice</p>	
<p>10:00 LL News & Brews 29</p> <p>1:00 SS Resident Lead Bookclub</p> <p>1:30 SS Self Care Day (meditate/reflect)</p> <p>2:00 SS Worship Service w/Easthill Church [CR]</p> <p>3:00 LL Sunday Fun Day Board Games</p> <p>6:00 LL Nightly Movie: Staff Choice</p>	<p>Bus: Shopping/Errands Day 30</p> <p>10:00 SS Bible Study [CR]</p> <p>11:00 PE Sittercise [L]</p> <p>1:00 LL Nickels Flow Bingo [L]</p> <p>2:00 AE Watercolor Painting Practice</p> <p>3:00 CE Ted Talk (video clip mini seminars)</p> <p>6:00 LL Nightly Movie: Staff Choice</p>	<p>Betty B. Bday 31 Bus: Doctor Appointment Days New Year's Eve</p> <p>9:30 PE Balance & Posture [ALD]</p> <p>11:00 PE Wii Bowling [TV]</p> <p>1:00 CE Mexican Train Dominos [L]</p> <p>2:00 CE Netflix Docuseries: The Story of God w/ Morgan Freeman [TV]</p> <p>6:00 LL Nightly Movie: Staff Choice</p> <p>8:00 LL New Years Eve Party</p>	<p>1323 SW Cherry Park Road Troutdale, OR 97060 503-491-1661</p>			<p>AE Artistic Expression</p> <p>CC Community Connections</p> <p>CE Continuing Education</p> <p>LL Lifestyle & Leisure</p> <p>PE Physical Engagement</p> <p>SS Spiritual Support</p>	<p>Location Keys</p> <p>Assisted Living Dining Room ALD</p> <p>Bistro Area BA</p> <p>Card Room CR</p> <p>Dining Room DR</p> <p>Front Lobby FL</p> <p>Lounge L</p> <p>Theater Room TV</p>

