Terrace Calendar

FEBRUARY 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 9:00 Yoga Class (SS) **9:00 "Porgy and Bess" streaming live from the Met at comfy Portland movie theater. $25.00. Tickets bought.** **10:00 Women's Coffee Klatch (GR)** 1:15 Popcorn Matinee (DT) 1:30 Bingo! (LAR) 3:00 Supervised Swim (AP) **3:30 Dementia Support Group (MR)** 7:00 Movie(Ch. 981)
2 **Church Service Shuttle:** **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) **3:00 SUPERBOWL SUNDAY PARTY!** **Enjoy the game on the big screen in the theater, or in our lounge! Beer, soda, and appetizers served! (DT)** 7:00 Classic Movie (Ch.981)	**3** 8:30 Body in Motion (SS) **9:30 Lost n Found. (MR)** 9:30 Body in Motion (SS) **10:30 Soup Makers for the Homeless (MR)** 10:30 Train Group (MR) **10:30 Great Courses: "1969 – Disaster- The Birth of Environmentalism" (DT)** 11:00 Mindfulness & Meditation (CCL) **NO SHOPPING TODAY** 1:00 Play Bridge (GR) **1:00 Documentary (DT)** 2:00 Brain Training (MR) 3:00 Supervised Swim (AP) **3:00 Joyce Beedle Coaches Resident Caregivers (MR)** **4:00 Dinner at McGrath's Fish House. Sign up!** 6:00 Documentary (Ch.981)	**4** **9:00 Yoga Class (SS)** 9:30 Water Works (AP) **10:00 NEW! Book Narration with Shannon. (CCL)** **10:30 Resident Council Meeting. Everyone welcome. (DT)** **11am-3pm Aunt Sue's Quilts for Sale in Terrace Living Room.** **12:30 NEW! Dominoes (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 BUNCO (GR)	**5** **8:00 Men's Breakfast at The Kitchen Table. Sign up!** 8:30 & 9:30 Body in Motion (SS) 10:00 Stitch n' Chat (GR) **10:30 Meet Your Neighbor Social.** (If you get an invite, it's your hall's turn!) **10:30 Bible (RQC)** **10:30 Shop Goodwill. Sign Up!** **12:30 Golden Gophers Support Group (MR)** 1:00 Mahjong (GR) **1:00 Meditation (CCL)** 1:30 BINGO (LTV) **1:30 NEW! Acts of the Apostles Catholic Study (Open to All) (GR)** 2:00 Brain Training (MR) **2:00 Seated Yoga (SS)** **3:00 History w/ John (DT)** 3:00 Supervised Swim (AP) 6:00 Cards n' Marbles (GR)	**6** 9:00 Blood Pressures (GR) 9:30 Water Works (AP) **9:30 Craft: Heart Burlap Banner (SDR)** **10:30 Local banks or Walmart/Costco.Sign up!** **10:30 TED TALKS: "How Young Blood May Reverse Aging" and "What We'll Learn About the Brain in the Next Century" (DT)** **11:00 Fun with Words (GR)** 12:00-1 General Store (LL) 12:30 Pinochle (GR) 1:00 Play Bridge (GR) 1:00 Parkinson's Moves (SS) 2:00 Parkinson's Exer (SS) 1:45 Blackjack (FGGR) 3:00 Wii Bowling (CCFC) **3:30 Matthew Casey on vocals & keyboard. Drinks & apps. (DT)**	**7** 9:30 Better Balance (SS) 10:00 Cribbage (GR) 10:30 Better Balance (SS) 10:30 Quarry Choir (PP) 1:00 Golden Steppers (SS) **1:00 Food Committee Meeting. All Welcome(DT)** **1:15 Scenic Ride. Return by 2:45. Sign up.** 2:00 Matinee (Ch. 981) **2:00 Acrylic Painting w/ Laura. Cost is $5.00. Sign up! (MR)** 2:00 Quarry Players Rehearsal (DT) **2:00 Hole-In-the-Wall Gang for Men! (CCL)** 3:00 BB Baseball! (SS) 3:00 Supervised Swim(AP) 6:00 Hand/Foot Cards (GR) 6:00 Friday Movie (DT)	**8** 9:00 Yoga Class (SS) **10:00 Women's Coffee Klatch (GR)** **12:30 "Dear Evan Hansen" the Broadway Tour at the Keller Auditorium. We have tickets for those who signed up in August. Make sure to eat before you leave! Sign up for waitlist. $44.25.** 1:15 Popcorn Matinee (DT) 1:30 Bingo! (LAR) 3:00 Supervised Swim (AP) 7:00 Movie (Ch.981)
9 **Church Service Shuttle:** **8:20 Presbyterian** **10:00 Baptist/Methodist** **11:20 Catholic Church** 10:30 Fitness Class! (SS) 11:00 Receive Holy Communion (RQC) **12:30 "Wait Until Dark" live theater at Lakewood Theater. We have tickets for those who signed up in August. Make sure to eat before you leave! Sign up for waitlist. $28.00.** 1:30 Intricate Coloring (GR) 1:30 Sunday Service (RQC) 3:45 Blackjack (FGGR) 7:00 Classic Movie (Ch.981)	**10** 8:30 Body in Motion (SS) 9:30 Body in Motion (SS) **10:30 Soup Makers for the Homeless (MR)** **10:30 Great Courses: American History "1974 – An Age of Crisis - Watergate" (DT)** 10:30 Men's Train Grp (MR) 11:00 Mindfulness & Meditation (CCL) 1:00 Play Bridge (GR) **1:00 Documentary (DT)** **1:00 Shop Dollar Tree / Trader Joe's. Sign up!** 2:00 Brain Training (MR) 3:00 Supervised Swim (AP) **4:45 **PLEASE NOTE TIME DIFFERENCE: Happy Hour at Twilight Pizza. Sign up!** 6:00 Documentary (Ch.981)	**11** **9:00 Yoga Class (SS)** 9:30 Water Works (AP) **10:00 NEW! Book Narration with Shannon. (CCL)** **12:30 NEW! Dominoes (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 BINGO with Prizes (GR)	**12** 8:30 & 9:30 Body in Motion (SS) **10:00 Parkinson's Support Group (MR)** **10:30 Bible Reading (RQC)** **10:30 Meet Your Neighbor Social.** (If you get an invite, it's your hall's turn!) **11:15 Women's Lunch at Kyoto. Sign Up!** 1:00 Mahjong (GR) **1:00 Meditation (CCL)** 1:30 BINGO (LTV) **1:30 NEW! Acts of the Apostles Catholic Study (GR)** 2:00 Brain Training (MR) **2:00 Seated Yoga (SS)** 3:00 Supervised Swim (AP) 6:00 Cards n' Marbles (GR)	**13** 9:00 Blood Pressures (GR) 9:30 Water Works (AP) **9:30 Craft: Valentines Tree Day Paper Craft (SDR)** **10:30 Local banks or Walmart/Costco. Signup!** **NO TED TALK TODAY** **11:00 Fun with Words (GR)** **11:00 Fashion Show in the Theater! Sign up to participate. (DT)** **11am-2pm Your Clothing Solution Store: (MR)** 12:00-1 General Store (LL) 12:30 Pinochle (GR) 1:00 Bridge (GR) 1:45 Blackjack (FGGR) 2:00 Parkinson Exer.(SS) 3:00 Wii Bowling (CCFC) **3:30 OSO the Crow: Martha Ann country duo (DT)**	**14** 9:30 Better Balance (SS) 10:00 Cribbage (GR) 10:30 Quarry Choir (PP) 10:30 Better Balance (SS) 1:00 Golden Steppers (SS) **1:15 Scenic Ride. Return by 2:45. Sign up.** 2:00 Matinee (Ch. 981) **2:00 Hole-In-the-Wall Gang (CCL)** 2:00 Quarry Players Rehearsal (DT) **2:00 Watercolor Class $3.00. Sign up!** 3:00 BB Baseball! (SS) **3:00 Where in the World is Shannon? Valentine's Happy Hour in a hidden spot. Bring your hearts!** 3:00 Supervised Swim (AP) 6:00 Hand/Foot Cards (GR) 6:00 Friday Movie (DT)	**15** 9:00 Yoga Class (SS) **10:00 Women's Coffee Klatch (GR)** **11:30 Valentine's Tea at Sweet Peas Tea Room in Battleground. Cost of $35.35 covers your sandwiches, tea, treat, tax, & gratuity. Sign up!** 1:15 Popcorn Matinee (DT) 1:30 Bingo! (LAR) 3:00 Supervised Swim (AP) 7:00 Movie (Ch.981)

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16 **Church Service Shuttle:** **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) **2:30 Fusion Theater Collective Performance – Dance, skits, and more! (DT)** 3:45 Blackjack (FGGR) 7:00 Classic Movie (Ch.981)	**17** 8:30 Body in Motion (SS) 9:30 Body in Motion (SS) **10:30 Soup Makers for the Homeless (MR)** **10:30 Great Courses:** **"1975 – The Digital Age – The Personal Computer"** 10:30 Men's Train Group (MR) **11:00 Meditation (CCL)** **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) **4:00 Happy Hour at Barlow Public House. Sign up!** 6:00 Documentary (Ch.981)	**18** **9:00 Yoga Class (SS)** 9:30 Water Works (AP) **10:00 Book Narration with Shannon. (CCL)** **10:30 New Resident Welcome Social. Everyone invited! (TLR)** **12:30 NEW! Dominoes (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 February Birthday Dinner! (SFDR)** **6:00 "Fiddler on the Roof" Part I Sing-a-Long Night in the theater. (DT)**	**19** 8:30 & 9:30 Body in Motion (SS) 10:00 Stitch n' Chat (GR) **10:30 Low Vision Support (PDR)** **10:30 Bible Reading (RQC)** **10:30 Coffee & Pastries at Brewed Awakenings. Sign up!** **12:00 Backstrokes Sing-a-Long Group – All Welcome!** 1:00 Mahjong (GR) **1:00 Meditation (CCL)** 1:30 BINGO (LTV) **1:30 Acts of the Apostles Catholic Study (GR)** 2:00 Brain Training (MR) **2:00 Seated Yoga (SS)** **3:00 History w/ John (DT)** 3:00 Supervised Swim (AP) **4:00 – 6:00 (SFDR) Girl Scouts Sell Cookies!** 6:00 Cards n' Marbles (GR)	**20** 9:00 Blood Pressures (GR) 9:30 Water Works (AP) **9:30 Craft: Heart Tin Magnet (SDR)** **10:30 Local banks or Walmart/Costco.Sign up!** **10:30 TED TALKS: "How Sugar Affects the Brain" (DT)** **11:00 Fun with Words (GR)** 12:00-1 General Store (LL) 12:30 Pinochle (GR) 1:00 Play Bridge (GR) 1:00 Parkinson's Moves (SS) 2:00 Parkinson's Exer (SS) 1:45 Blackjack (FGGR) 3:00 Wii Bowling (CCFC) **3:30 Vladimir Zaytsev on violin. Drinks & appetizers.(DT)**	**21** 9:30 Better Balance (SS) 10:00 Cribbage (GR) 10:30 Quarry Choir (PP) 10:30 Better Balance (SS) 1:00 Golden Steppers (SS) **1:15 Scenic Ride. Return by 2:45. Sign up.** 2:00 Matinee (Ch. 981) **2:00 Hole-In-the-Wall Gang (CCL)** 2:00 Quarry Players Rehearse(DT) 3:00 BB Baseball! (SS) 3:00 Supervised Swim (AP) **4:00 Wine Tasting with Guy (Valentine's Themed) $5.00. Sign up! (MR)** 6:00 Hand/Foot Cards (GR) 6:00 Friday Movie (DT)	**22** 9:00 Yoga Class (SS) **10:00 Women's Coffee Klatch (GR)** 1:15 Popcorn Matinee (DT) 1:30 Bingo! (LAR) **2:00 Vancouver Symphony. $38.50 for tickets. NO DINNER THIS TIME. Sign up!** 3:00 Supervised Swim (AP) 7:00 Movie (Ch.981)
23 **Church Service Shuttle:** **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. Movie and Times TBA the Thursday before. Sign up! $8.00.** 1:30 Intricate Coloring (GR) 1:30 Sunday Service (RQC) 3:45 Blackjack (FGGR) 7:00 Classic Movie (Ch.981)	**24** 8:30 Body in Motion (SS) 9:30 Body in Motion (SS) **10:30 Soup Makers for the Homeless (MR)** **10:30 Great Courses:** **"1968 Losing Vietnam- The Tet Offensive" (DT)** 10:30 Men's Train Group (MR) **11:00 Meditation (CCL)** **1:00 Documentary (DT)** 1:00 Play Bridge (GR) **1:30 Beanbag Baseball Tournament at Bridgewood Village. Return by 3:45PM.** 2:00 Brain Training (MR) **3:00 Aid & Attendance Benefit Presentation (DT)** 3:00 Supervised Swim (AP) **4:00 HH at Frontier House. Sign up!** 6:00 Documentary (Ch.981)	**25** **9:00 Yoga Class (SS)** 9:30 Water Works (AP) **10:00 NEW! Book Narration with Shannon. (CCL)** **10:30 Quarry Town Hall. All invited. (DT)** **12:30 NEW! Dominoes (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) **4:00 -6:00 MARDIS GRAS GARAGE PARTY!** **Wear your mask to our heated parking garage for a New Orleans themed food, drink, décor, and live music with Charlie & the Angels!**	**26** 8:30 & 9:30 Body in Motion (SS) 10:00 Stitch n' Chat (GR) **10:30 Bible Reading (RQC)** **10:30 Meet Your Neighbor Social.** (If you get an invite, it's your hall's turn!) **11:00 Shop & Lunch at New Seasons w/ music. Sign up!** 1:00 Mahjong (GR) **1:00 15-Minute Meditation (CCL)** 1:30 BINGO (LTV) **1:30 Acts of the Apostles Catholic Study (GR)** 2:00 Brain Training (MR) **2:00 Seated Yoga (SS)** **3:00 Elements of Art Presentation & Live Portrait Painting with Hilarie Couture! (DT)** 3:00 Supervised Swim (AP) 6:00 Cards n' Marbles (GR)	**27** 9:00 Blood Pressures (GR) 9:30 Water Works (AP) **9:30 Craft: St. Patrick's Day Wreath (SDR)** **10:30 Local banks or Walmart/Costco.Sign up!** **10:30 TED TALKS: "A Plant's Eye View" & "Climate Change Will Displace Millions. Here's How We Prepare" (DT)** **11:00 Fun with Words (GR)** 12:00-1 General Store (LL) 12:30 Pinochle (GR) 1:00 Play Bridge (GR) 1:00 Parkinson's Moves (SS) 2:00 Parkinson's Exer (SS) 1:45 Blackjack (FGGR) 3:00 Wii Bowling (CCFC) **3:30 Larry Wilder performs vocals & guitar. Drinks & appetizers served. (DT)**	**28** 9:30 Better Balance (SS) 10:00 Cribbage (GR) 10:30 Quarry Choir (PP) 10:30 Better Balance (SS) 1:00 Golden Steppers (SS) **1:15 Scenic Ride. Return by 2:45. Sign up.** **1:30 Able Hearing Clinic (FGGR)** 2:00 Matinee (Ch. 981) **2:00 Hole-In-the-Wall Gang. (CCL)** 2:00 Quarry Players Rehearsal (DT) 3:00 BB Baseball! (SS) 3:00 Supervised Swim (AP) 6:00 Hand/Foot Cards (GR) 6:00 Friday Movie (DT)	**29** 9:00 Yoga Class (SS) **10:00 Women's Coffee Klatch (GR)** 1:15 Popcorn Matinee (DT) 1:30 Bingo! (LAR) **1:30 Loving Them Forward Caregiver Appreciation Event for caretakers. Facials, comedians, massage, appetizers, door prizes….FREE! (For Caretakers only) Sign up!** 3:00 Supervised Swim (AP) 7:00 Movie (Ch.981)

1st Floor

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 Rm
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

Parkinson's Exercise
1 & 2pm - Tues & Thu

Gentle Water Swim Class
1pm - Mon, Wed, Friday

Supervised Swim
2:45pm - Mon, Wed, Fri

SUPERVISED FITNESS
(Learn the Exercise Machines
8-9am Monday-Friday
See schedule for more!

THE QUARRY PROVIDES
Medical Appointment Transportation Mon-Thurs!

Mon, Wed, Thu
Mill Plain Corridor
Tuesday
North/Salmon Creek

Call or stop by the reception desk to set up your ride.
Schedule at least 3 days in advance!

FEBRUARY BIRTHDAYS

2/1	Mary B.	2/19	Mary J
2/1	Eva F.	2/19	Eldon M.
2/7	Marcia A.	2/20	Maxine B.
2/7	Betty H.	2/22	George W.
2/10	Carol N.	2/25	Maxine A.
2/12	Bev G.	2/27	Charlie J.
2/12	Helen W.	2/27	Julie L.
2/14	Vivian D.	2/28	Lauralee M.
2/18	Duane A.	2/28	Russell P.
2/18	Jean L	2/28	Jeanne T.