


February 2020 Memory Support



created with **Sageley**

Sunday Monday Tuesday Wednesday Thursday Friday Saturday



**CHERRY PARK
PLAZA**
Independent, Assisted and Memory Care Communities

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

Artistic Expression
Community Connections
Continuing Education
Lifestyle & Leisure
Physical Engagement
Spiritual Support

**Healthy Snacks &
Hydration offered
throughout each day!**

10:00 🍷 Morning Snack
10:30 🎭 Mimic the Movement exercise
11:00 📺 Sensory Tv Saturdays
1:00 🎭 Personal Activity Choice
2:00 🗣️ One on One visits with caregiver
3:00 📖 Family Game Day
6:00 🎬 Movie Night [LR]
7:00 🍷 Night Time Snack [DR]

<p>Groundhog Day 2</p> <p>10:00 🍷 Morning Snack 10:30 🎭 Bingo Bananza 1:00 🎭 Sunday board games day 2:00 🎭 Personal Activity Choice 3:00 🎵 Sing a long Hymns booklet 6:00 📖 Daily Devotional reading 7:00 🍷 Night Time Snack [DR]</p>	<p>Bus: Shopping/Errands Day 3</p> <p>9:30 🗣️ Making Morning Moves 10:00 🍷 Morning Snack 10:30 📖 Bible Study & Hymns [CR] 1:00 🗣️ Afternoon Aerobics 2:00 🎭 Personal Activity Choice 3:00 📖 Crafting Crew: Treat bags for cats 6:00 🎬 Movie Night [LR] 7:00 🍷 Night Time Snack [DR]</p>	<p>Bus: Doctor Appointment Days 4</p> <p>9:30 🗣️ Sittercise 10:00 🍷 Morning Snack 10:30 🎭 Peppy Painters [CR] 1:00 🗣️ Coordinate Color Basketball 2:00 📖 Whatcha Got Cooking: Fruit Tacos 2:30 🍷 Afternoon Snack [DR] 3:00 🎭 Come to the Drum Circle 6:00 🎬 Short Stories 7:00 🍷 Night Time Snack [DR]</p>	<p>9:30 🗣️ Strengthening at Sunrise 5</p> <p>10:00 🍷 Morning Snack 10:30 🎵 Color & Chat 1:00 🗣️ Balloon Games 2:00 🎭 Personal Activity Choice 3:00 🎭 Ready Reader 6:00 🎬 Movie Night [LR] 7:00 🍷 Night Time Snack [DR]</p>	<p>Bus: Doctor Appointment Days 6</p> <p>National Sweater Day</p> <p>9:30 🗣️ Sunrise Stretch [LR] 10:30 🍷 Donuts & Coffee 1:00 🗣️ Moving Merrily 2:00 🎭 Strategic Fun (games) 3:00 📖 Reminiscing What did it Cost 6:00 🗣️ Chicken Soup for the Soul Series [LR] 7:00 🍷 Night Time Snack [DR]</p>	<p>Bus: Shopping/Errands Day 7</p> <p>Wear Red Day</p> <p>9:30 🗣️ Table Ball 10:00 🍷 Morning Snack 10:30 🗣️ Massages & Music 1:00 🗣️ Bowling 1:00 🗣️ Scenery Drive 2:00 🎭 Personal Activity Choice 3:00 🎭 Happy Hour w/ Karen [BA] 6:00 🎬 Movie Night [LR] 7:00 🍷 Night Time Snack [DR]</p>	<p>10:00 🍷 Morning Snack 8</p> <p>10:30 🎭 Mimic the Movement exercise 11:00 📺 Sensory Tv Saturdays 1:00 🎭 Personal Activity Choice 2:00 🗣️ One on One visits with caregiver 3:00 📖 Family Game Day 6:00 🎬 Movie Night [LR] 7:00 🍷 Night Time Snack [DR]</p>
<p>10:00 🍷 Morning Snack 9</p> <p>10:30 🎭 Bingo Bananza 1:00 🎭 Sunday board games day 2:00 🎭 Personal Activity Choice 3:00 🎵 Sing a long Hymns booklet 6:00 📖 Daily Devotional reading 7:00 🍷 Night Time Snack [DR]</p>	<p>Bus: Shopping/Errands Day 10</p> <p>9:30 🗣️ Making Morning Moves 10:00 🍷 Morning Snack 10:30 📖 Bible Study & Hymns [CR] 1:00 🗣️ Afternoon Aerobics 2:00 🎭 Personal Activity Choice 3:00 📖 Crafting Crew: Heart Painting Cotton Craft 6:00 🎬 Movie Night [LR] 7:00 🍷 Night Time Snack [DR]</p>	<p>Bus: Doctor Appointment Days 11</p> <p>White Shirt Day</p> <p>9:30 🗣️ Sittercise 10:00 🍷 Morning Snack 10:30 🎭 Peppy Painters [CR] 1:00 🗣️ Coordinate Color Basketball 2:00 📖 Whatcha Got Cooking: Chocolate Covered Strawberries 2:30 🍷 Afternoon Snack [DR] 3:00 🎭 Making & Exchanging Valentines 6:00 🎬 Short Stories 7:00 🍷 Night Time Snack [DR]</p>	<p>9:30 🗣️ Strengthening at Sunrise 12</p> <p>10:00 🍷 Morning Snack 10:30 🎵 Color & Chat 1:00 🗣️ Balloon Games 2:00 🎭 Personal Activity Choice 3:00 🎭 Ready Reader 6:00 🎬 Movie Night [LR] 7:00 🍷 Night Time Snack [DR]</p>	<p>Bus: Doctor Appointment Days 13</p> <p>9:30 🗣️ Sunrise Stretch [LR] 10:30 🍷 Bagels & Pastries 1:00 🗣️ Moving Merrily 2:00 🎭 Strategic Fun (games) 3:00 🎭 Create Love Bugs 6:00 🗣️ Chicken Soup for the Soul Series [LR] 7:00 🍷 Night Time Snack [DR]</p>	<p>Bus: Shopping/Errands Day 14</p> <p>Valentine's Day</p> <p>9:30 🗣️ Table Ball 10:00 🍷 Morning Snack 10:30 🗣️ Massages & Music 1:00 🗣️ Bowling 1:00 🗣️ Scenery Drive 2:00 🎭 Personal Activity Choice 3:00 🎭 Valentines Day Happy Hour w/ Kevin [BA] 6:00 🎬 Movie Night [LR] 7:00 🍷 Night Time Snack [DR]</p>	<p>10:00 🍷 Morning Snack 15</p> <p>10:30 🎭 Mimic the Movement exercise 11:00 📺 Sensory Tv Saturdays 1:00 🎭 Personal Activity Choice 2:00 🗣️ One on One visits with caregiver 3:00 📖 Family Game Day 6:00 🎬 Movie Night [LR] 7:00 🍷 Night Time Snack [DR]</p>
<p>RANDOM ACTS OF KINDNESS WEEK 16</p> <p>10:00 🍷 Morning Snack 10:30 🎭 Bingo Bananza 1:00 🎭 Sunday board games day 2:00 🎭 Personal Activity Choice 3:00 🎵 Sing a long Hymns booklet 6:00 📖 Daily Devotional reading 7:00 🍷 Night Time Snack [DR]</p>	<p>Bus: Shopping/Errands Day 17</p> <p>Presidents' Day</p> <p>9:30 🗣️ Making Morning Moves 10:00 🍷 Morning Snack 10:30 📖 Bible Study & Hymns [CR] 1:00 🗣️ Afternoon Aerobics 2:00 🎭 Personal Activity Choice 3:00 📖 Crafting Crew: Welcome Home Signs for Homeless [ALD] 6:00 🎬 Movie Night [LR] 7:00 🍷 Night Time Snack [DR]</p>	<p>Bus: Doctor Appointment Days 18</p> <p>9:30 🗣️ Sittercise 10:00 🍷 Morning Snack 10:30 🎭 Peppy Painters [CR] 1:00 🗣️ Coordinate Color Basketball 1:30 🍷 Resident Pie Social 2:30 🍷 Afternoon Snack [DR] 3:00 🎭 Come to the Drum Circle 6:00 🎬 Short Stories 7:00 🍷 Night Time Snack [DR]</p>	<p>9:30 🗣️ Strengthening at Sunrise 19</p> <p>10:00 🍷 Morning Snack 10:30 🎵 Color & Chat 1:00 🗣️ Balloon Games 2:00 🎭 Personal Activity Choice 3:00 🎭 Ready Reader 6:00 🎬 Movie Night [LR] 7:00 🍷 Night Time Snack [DR]</p>	<p>Bus: Doctor Appointment Days 20</p> <p>9:30 🗣️ Sunrise Stretch [LR] 10:30 🍷 Donuts & Coffee 1:00 🗣️ Moving Merrily 2:00 🎭 Strategic Fun (games) 3:00 🎭 Hello PokerKeno 4:30 🎬 Candlelight Dinner [DR] 6:00 🗣️ Chicken Soup for the Soul Series [LR] 7:00 🍷 Night Time Snack [DR]</p>	<p>Bus: Shopping/Errands Day 21</p> <p>9:30 🗣️ Table Ball 10:00 🍷 Morning Snack 10:30 🗣️ Massages & Music 1:00 🗣️ Bowling 1:00 🗣️ Scenery Drive 2:00 🎭 Personal Activity Choice 3:00 🎭 Happy Hour w/ Chuck Par Due [BA] 6:00 🎬 Movie Night [LR] 7:00 🍷 Night Time Snack [DR]</p>	<p>10:00 🍷 Morning Snack 22</p> <p>10:30 🎭 Mimic the Movement exercise 11:00 📺 Sensory Tv Saturdays 1:00 🎭 Personal Activity Choice 2:00 🗣️ One on One visits with caregiver 3:00 📖 Family Game Day 6:00 🎬 Movie Night [LR] 7:00 🍷 Night Time Snack [DR]</p>
<p>10:00 🍷 Morning Snack 23</p> <p>10:30 🎭 Bingo Bananza 1:00 🎭 Sunday board games day 2:00 🎭 Personal Activity Choice 3:00 🎵 Sing a long Hymns booklet 6:00 📖 Daily Devotional reading 7:00 🍷 Night Time Snack [DR]</p>	<p>Bus: Shopping/Errands Day 24</p> <p>9:30 🗣️ Making Morning Moves 10:00 🍷 Morning Snack 10:30 📖 Bible Study & Hymns [CR] 1:00 🗣️ Afternoon Aerobics 2:00 🎭 Personal Activity Choice 3:00 📖 Crafting Crew: Ropes for Dogs 5:30 🎭 Dementia Support Group [ALD] 6:00 🎬 Movie Night [LR] 7:00 🍷 Night Time Snack [DR]</p>	<p>Bus: Doctor Appointment Days 25</p> <p>Mardi Gras</p> <p>9:30 🗣️ Sittercise 10:00 🍷 Morning Snack 10:30 🎭 Peppy Painters [CR] 1:00 🗣️ Coordinate Color Basketball 2:00 🎭 Mardi Gras Party 2:30 🍷 Afternoon Snack [DR] 3:00 🎭 Come to the Drum Circle 6:00 🎬 Short Stories 7:00 🍷 Night Time Snack [DR]</p>	<p>9:30 🗣️ Strengthening at Sunrise 26</p> <p>10:00 🍷 Morning Snack 10:30 🎵 Color & Chat 1:00 🗣️ Balloon Games 2:00 🎭 Personal Activity Choice 3:00 🎭 Ready Reader 6:00 🎬 Movie Night [LR] 7:00 🍷 Night Time Snack [DR]</p>	<p>Bus: Doctor Appointment Days 27</p> <p>9:30 🗣️ Sunrise Stretch [LR] 10:30 🍷 Bagels & Pastries 1:00 🗣️ Moving Merrily 1:30 📖 Taste & Tell w/Chef Robert 2:00 🎭 Strategic Fun (games) 3:00 🎭 Hello PokerKeno 6:00 🗣️ Chicken Soup for the Soul Series [LR] 7:00 🍷 Night Time Snack [DR]</p>	<p>Bus: Shopping/Errands Day 28</p> <p>9:30 🗣️ Table Ball 10:00 🍷 Morning Snack 10:30 🗣️ Massages & Music 1:00 🗣️ Bowling 1:00 🗣️ Scenery Drive 2:00 🎭 Personal Activity Choice 3:00 🎭 Happy Hour w/ Old Time Fiddlers [BA] 6:00 🎬 Movie Night [LR] 7:00 🍷 Night Time Snack [DR]</p>	<p>10:00 🍷 Morning Snack 29</p> <p>10:30 🎭 Mimic the Movement exercise 11:00 📺 Sensory Tv Saturdays 1:00 🎭 Personal Activity Choice 2:00 🗣️ One on One visits with caregiver 3:00 📖 Family Game Day 6:00 🎬 Movie Night [LR] 7:00 🍷 Night Time Snack [DR]</p>