

GLENWOOD PLACE WEEKLY ACTIVITY CALENDAR

Sunday, March 28

8:00: Exercise with Kay (Channel 981)

9:00: Exercise with Amanda (Channel 981)

9:45: Exercise with Chelsea (Channel 981)

10:15: Nehemiah Brown - Gospel Music (Channel 981)

10:30: Po-Keno with Vicki (Terrace Lobby)

11:15: St. John Lutheran Church Service- Vancouver, WA (Channel 981)

11:30: 30 Minute Mindfulness Meditation (Channel 981)

12:15: Catholic Mass (Channel 981)

1:00: Exercise with Garry (Channel 981)

1:30: Bingo (Channel 981)

2:00: Sunday Matinee Movie - "Miss Potter" (2006) Biography of children's author Beatrix Potter, including how she overcame a domineering mother and the chauvinism of Victorian England (Theater) RSVP

2:15: St. Columba's Episcopal Church Service (Channel 981)

2:30: Farkle with Vicki - RSVP with Vicki (Plaza Community Room)

3:15: Presbyterian Church Service (Channel 981)

Monday, March 29

8:00: Exercise with Kay (Channel 981)

9:00: Exercise with Amanda (Channel 981)

9:45: Exercise with Chelsea (Channel 981)

10:15: Exercise Class (Plaza Community Room)

10:30: Acting Rehearsal - "The Meeting" (P)

10:30: Channel 981 Programming (Channel 981)

10:30: Grateful Moments with Stacey (Card Room - 3rd Floor Lodge)

11:00: Acting Rehearsal - "Side Effects" (P)

11:30: Meditation (Channel 981)

11:45: Mystery Drive - RSVP at the Front Desk

1:00: Exercise with Garry (Channel 981)

1:30: Monday Matinee - "Indian Horse" (2019) - a survivor's tale centered around a talented hockey player who must find his own path as he battles his dark past. (Theater) RSVP

1:30: Trivia with Vicki (Plaza Community Room)

2:30: Painting with Stacey (Cue Room)

3:30: Tai Chi with Jill (Channel 981)

7:00: Concert (Channel 981)

Tuesday, March 30

8:00: Exercise with Kay (Channel 981)

9:00: Exercise with Amanda (Channel 981)

9:45: Exercise with Chelsea (Channel 981)

10:30: Acting Rehearsal - "The Dr. Jill Show" (P)

10:30: Documentary Series (Channel 981)

10:30: Veterans Group (Tht)

11:00: Acting Rehearsal - "A Slight Misunderstanding" (P)

11:30: Meditation (Channel 981)

1:00: Exercise with Garry (Channel 981)

1:30: Bingo (Channel 981)

2:30: Grab & Go Happy Hour in Terrace Lobby - for residents who didn't RSVP (TL)

2:30 Grab & Go Happy Hour - Plaza Community Room

2:30: Happy Hour in the Plaza - David Cooley - RSVP only - drinks will be served to you (Plaza Community Room)

5:00: Movie - "North & South Book Two - Love & War - Part 1" - (Channel 981)

7:00: Open Poker (Card Room)

Wednesday, March 31

8:00: Exercise with Kay (Channel 981)

9:00: Exercise with Amanda (Channel 981)

9:45: Exercise with Chelsea (Channel 981)

10:00: Shopping Trip - Fred Meyer - RSVP

10:30: Armchair Travels (Theater)

10:30: Wii Games (Plaza Community Room)

11:30: 30 Minute Mindfulness Meditation (Channel 981)

1:00: Exercise with Garry (Channel 981)

1:00: Shopping Trip - Fred Meyer - RSVP

1:30: Secret Sister Reveal (Plaza Community Room)

2:30: Jeopardy in the Theater (Theater)

5:00: Movie - "Annapolis" A scrappy kid from the wrong side of the tracks struggles to make it at the elite U.S. Naval Academy in Annapolis, MD. (Channel 981)

6:00 Rock Painting with Rebecca (Plaza Community Room)

Thursday, April 1

8:00: Exercise with Kay (Channel 981)

9:00: Exercise with Amanda (Channel 981)

9:45: Exercise with Chelsea (Channel 981)

10:30: Documentary Series (Channel 981)

10:30: Ted Talks & Discussion (Theater)

11:30: 30 Minute Mindfulness Meditation (Channel 981)

1:00: Exercise with Garry (Channel 981)

1:00: Writers Group (Plaza Community Room)

2:30: Thursday Matinee - "Skylark: The Sequel To Sarah, Plain And Tall" (Theater) RSVP

2:30: Concert on Channel 981 - TBA (Channel 981)

2:30: Happy Hour in the Lodge -3rd Floor - Meet us by the fireplace

2:45: Happy Hour in the Lodge - Second Floor - Meet us by the Fireplace! (Second Floor)

3:00: Happy Hour in the Lodge - First Floor - Meet us by the Elevator (First Floor)

3:30: Tai Chi with Jill (Plaza Community Room)

Friday, April 2

8:00: Exercise with Kay (Channel 981)

9:00: Exercise with Amanda (Channel 981)

9:45: Exercise with Chelsea (Channel 981)

10:30: Brain Games with Rebecca (Plaza Community Room)

10:30: Nostalgic Friday Series (Channel 981)

10:30: Tech Help with Nick - Have a Phone or Tablet question? Come to the theater for assistance. (Theater) RSVP

11:30: 30 Minute Mindfulness Meditation (Channel 981)

12:30: Shopping Trip - Winco - RSVP

1:00: Exercise with Garry (Channel 981)

1:30: Bingo (Channel 981)

2:30: MASH (Channel 981)

2:30: Veterans Group (Plaza Community Room)

5:30: Friday Night Movie - "News of the World" - (2020) A Civil War veteran (Tom Hanks) agrees to take a child to her rightful family. Together they travel into the unforgiving wilderness, searching for a place they can call home. (Theater) RSVP

Saturday, April 3

8:00: Exercise with Kay (Channel 981)

9:00: Exercise with Amanda (Channel 981)

9:45: Exercise with Chelsea (Channel 981)

10:30: Music Therapy with Hannah (Channel 981)

11:30: 30 Minute Mindfulness Meditation (Channel 981)

12:30: Saturday Matinee Movie - Pinocchio (2020) - Academy Award@ winner Roberto Benigni stars as Geppetto in the enchantingly reimagined Pinocchio (Theater) RSVP

1:00: Exercise with Garry (Channel 981)

3:00: Glentucky Horse Derby (Channel 981)

4:00: Sing-a-long Concert (Channel 981)

6:00: Symphony (Channel 981)