

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1 style="color: red; font-family: cursive;">Terrace Calendar: May</h1>						
						1
						8
2	3	4	5	6	7	8
<p>9:30 Exercise Video (981 on TV) Church Service Shuttle: 10:00 Presbyterian/Baptist 11:30 Catholic Church 10:30 Nehemiah Gospel Music (981 on TV) 1:30 Hulda Klager Lilac Garden. \$5.00 admission. Outdoor paved paths. Dress for the weather. Some hills. (TL) 2:30 Music Therapy (981 TV) 3:30 Guide to Wine: Class 18: US Regions: Oregon & WA 6:30 Evening Movie (981 on TV)</p>	<p>9:30 Circuit Training (SS) 9:30 Exercise Video (981 on TV) 10:30 Rick Steve's Europe: Episode #5- "Caesar's Rome" (DT) 11:30 Mindfulness (981 on TV) 1:00 Cribbage (GR) 1:00 Documentary (DT) 1:00 Seated Yoga with Mary Ann (SS) Sign up! 2:00 Brain Training (MR) 3:00 Quarry Players Drama Rehearsal (DT) 6:30 Documentary (981 on TV)</p>	<p>9:30 Body in Motion (SS) 9:30 Exercise Video (981 on TV) 10:00 Resident Council Meeting. Everyone welcome. (SFDR) Fred Meyer Shuttles 12:30, 1:00, 1:30. Sign up! 2:00 Watercolor Class with Becky! (MR) 2:00 Play Bridge (GR) 2:30 Beanbag BB (SS) 3:30-5:00 Tech Help. Sign up for an appointment. 6:00 Cards n' Marbles (GR)</p>	<p>9:30 Better Balance (Ch 981) 9:30 Body in Motion (SS) 10:00 Stitch n' Chat (GR) 10:00 Chapel with Fred Lake now in the Diamond Theater! 10:30 Meditation (CCL) 1:00 Seated Yoga with Mary Ann (SS) Sign up! 1:30 BINGO (981 on TV) 2:00 Brain Training (GR) 3:15-5:00 Manicures. Sign up for cut, file, or polish. (GR)</p>	<p>9:30 Circuit Training (SS) 9:30 Exercise Video (981 on TV) 10:00 Local banks or Walmart/Costco. Sign up! 10:30 Craft: Stress Ball (DT) 11:30 TED TALKS (981 TV) 1:00 Blackjack (FGGR & GR) 2:30 New Vocal Duo! Alyssa & Lynda: From Broadway to Blues. Drinks served. (SFDR)</p> 	<p>9:30 Better Balance (SS) 9:30 Exercise Video (981 TV) 10:30 Quarry Choir Practice(PP) 10:30 Bridge for Beginners (GR) 11:30-12:30 General Store (LL) 1:00 Food Committee Meeting with Pat & Paul (SFDR) 2:00 Golden Steppers (SS) 2:45 Men's Hole-in-the-Wall 3:00 National Parks Class 14 3:00 Popcorn Social with accordionist Phil Hall (SDR) 6:00 Movie in Theater (DT)</p>	<p>9:30 Exercise Video (981 on TV) 10:30 Women's Coffee Klatch 1:00 BINGO for Quarters (GR) 2:30 Movie Matinee with Popcorn (DT) 2:30 Art Discovery Painters Class. Paint Zany Zebras! Limited space - sign up! (MR) 3:00 Cards and Marbles (GR) 6:30 Evening Movie (981 on TV)</p>
9	10	11	12	13	14	15
<p>9:30 Exercise Video (981 on TV) Church Service Shuttle: 10:00 Presbyterian/Baptist 11:30 Catholic Church 10:30 Nehemiah Gospel Music (981 on TV) 11:30 - 1:30 Mother's Day Brunch with Staggered Seating. Sign up for a slot in SFDR. 1:30 Scenic Ride to beautiful, wooded Oxbow Park in Oregon. Sign up! (LL) 2:30 Music Therapy (981 TV) 3:30 Great Courses: Everyday Guide to Wine: Class 19: "Other Regions: Mexico & Canada" (981 on TV) 6:30 Movie Musical (981 TV)</p>	<p>9:30 Circuit Training (SS) 9:30 Exercise Video (981 on TV) 10:30 Rick Steve's Europe: Episode #6- "Germany's Black Forest and Cologne" (DT) 11:30 Mindfulness (981 on TV) 1:00 Cribbage (GR) 1:00 Documentary (DT) 1:00 Seated Yoga with Mary Ann (SS) Sign up! 2:00 Brain Training (MR) 3:00 Quarry Players Drama Rehearsal (DT) 6:30 Documentary (981 on TV)</p>	<p>9:30 Body in Motion (SS) 9:30 Exercise Video (981 on TV) 10:00 Beading Assistance with Ilse Lofgren - bring your own project! (MR) Fred Meyer Shuttles 12:30, 1:00, 1:30. Sign up! 2:00 Play Bridge (GR) 2:30 Beanbag BB (SS) 3:30-5:00 Tech Help. Sign up for an appointment. 6:00 Cards n' Marbles (GR)</p>	<p>9:30 Better Balance (Ch 981) 9:30 Body in Motion (SS) 10:00 Stitch n' Chat (GR) 10:00 Parkinson's Support Group (MR) 10:00 Chapel w/ Fred (DT) 10:30 Meditation w/ Laura (CCL) 1:00 Seated Yoga with Mary Ann (SS) Sign up! 1:30 BINGO (981 on TV) 2:00 Brain Training (GR) 3:00 Mental Health Support Group with NAMI in the Diamond Theater 3:15-5:00 Manicures. Sign up for cut, file, or polish. (GR)</p>	<p>9:30 Circuit Training (SS) 9:30 Exercise Video (981 on TV) 10:00 Local banks or Walmart/Costco. Sign up! 10:30 Craft: Wine Cork Trivet (DT) 11:30 TED TALKS (981 TV) 1:00 Blackjack (FGGR & GR) 2:30 New Duo: Bela and Courtney from 3 Leg Torso. Drinks served. (SFDR)</p> 	<p>8:00 - 12:00 Annual Fitness Testing with Austin! Sign up. 9:30 Better Balance (SS) 9:30 Exercise Video (981 TV) 10:30 Quarry Choir Practice(PP) 10:30 Beginner's Bridge (GR) 11:30-12:30 General Store (LL) 1:30 History with John Griffan (Diamond Theater) 2:00 Golden Steppers (SS) 2:30 Movie Matinee (981 TV) 2:45 Men's Hole-in-the-Wall Gang (Drinks & Chat - CCL) 3:00 Wheel of Fortune with Laurie! (SDR) 3:00 National Parks Class 15 6:00 Movie in Theater (DT)</p>	<p>9:30 Exercise Video (981 on TV) 10:30 Women's Coffee Klatch 1:00 Crystal Springs Rhododendron Garden in Sellwood. \$5.00 Admission. Outdoor paved trails with some hills. Sign up! 1:00 BINGO for Quarters (GR) 2:30 Movie Matinee with Popcorn (DT) 3:00 Cards and Marbles (GR) 6:30 Evening Movie (981 on TV)</p>

<p>16</p> <p>9:30 Exercise Video (981 on TV) Church Service Shuttle: 10:00 Presbyterian/Baptist 11:30 Catholic Church 10:30 Nehemiah Gospel Music (981 on TV) 1:30 Scenic Ride to Powell Butte & Historic Downtown Gresham. Sign up! (TL) 2:30 Music Therapy (981 TV) 3:00 Meet Your Neighbor Social. By invite for a different hall each week! 3:30 Great Courses: Everyday Guide to Wine: Class 20: "Sampling Argentina & Chile" (981 on TV) 6:30 Movie Musical (981 TV)</p>	<p>17</p> <p>9:30 Circuit Training (SS) 9:30 Exercise Video (981 on TV) 10:30 Rick Steve's Europe: Episode #7- "Scotland's Islands & Highlands" (DT) 11:30 Mindfulness (981 on TV) 1:00 Cribbage (GR) 1:00 Documentary (DT) 1:00 Seated Yoga with Mary Ann (SS) Sign up! 1:00 Shop Costco or Walmart Sign up! 2:00 Brain Training (MR) 3:00 Quarry Players Drama Rehearsal (DT) 6:30 Documentary (981 on TV)</p>	<p>18</p> <p>9:30 Body in Motion (SS) 9:30 Exercise Video (981 on TV) 10:00 New Residents Welcome Meeting (by invitation) Fred Meyer Shuttles 12:30, 1:00, 1:30. Sign up! 2:00 Play Bridge (GR) 2:30 Beanbag BB (SS) 3:30-5:00 Tech Help. Sign up for an appointment. 6:00 Cards n' Marbles (GR)</p>	<p>19</p> <p>9:30 Better Balance (Ch 981) 9:30 Body in Motion (SS) 10:00 Stitch n' Chat (GR) 10:00 Low Vision Support Group (MR) 10:00 Chapel w/ Fred (DT) 10:30 Meditation (CCL) NO YOGA TODAY 1:30 BINGO (981 on TV) 2:00 Brain Training (GR) 3:00 Golden Gophers Support Group (CCL) 3:15-5:00 Manicures. Sign up for cut, file, or polish. (GR)</p>	<p>20</p> <p>9:30 Circuit Training (SS) 9:30 Exercise Video (981 on TV) 10:00 Local banks or Walmart/Costco. Sign up! 10:30 Craft: Scrabble Pendant Trivet (DT) 11:30 TED TALKS (981 TV) 1:00 Blackjack (FGGR & GR) 2:30 Mollie Paige Sings Female Oldies Hits! Drinks served. (SFDR)</p> 	<p>21</p> <p>9:30 Better Balance (SS) 9:30 Exercise Video (981 TV) 10:30 Quarry Choir Practice(PP) 10:30 Bridge for Beginners (GR) 11:30-12:30 General Store (LL) 2:00 Golden Steppers (SS) 2:30 Movie Matinee (981 TV) 2:45 Men's Hole-in-the-Wall Gang (Drinks & Chat - CCL) 3:00 Popcorn Social with</p> <p>3:00 National Parks Class 16 6:00 Movie in Theater (DT)</p>	<p>22</p> <p>FREE SHREDDING DAY! Bring your items to the front desk between 8:00-10:00 AM, and our driver will deliver them to the Mill Plain United Methodist Church.</p> <p>9:30 Exercise Video (981 on TV) 10:30 Women's Coffee Klatch 1:00 Mystery Outing: Stay tuned for more details and the sign up sheet! 1:00 BINGO for Quarters (GR) 2:30 Movie Matinee with Popcorn (DT) 3:00 Cards and Marbles (GR) 6:30 Evening Movie (981 on TV)</p>
<p>23</p> <p>9:30 Exercise Video (981 on TV) Church Service Shuttle: 10:00 Presbyterian/Baptist 11:30 Catholic Church 10:30 Nehemiah Gospel Music (981 on TV) 1:30 Terrace Scenic Ride Sign up! (TL) 2:30 Music Therapy (981 TV) 3:00 Meet Your Neighbor Social. By invite for a different hall each week! 3:30 Great Courses: Everyday Guide to Wine: Class 21: "The Best of Australia & Tasmania" 6:30 Movie Musical (981 TV)</p>	<p>24</p> <p>9:30 Circuit Training (SS) 9:30 Exercise Video (981 on TV) 10:30 Rick Steve's Europe: Episode #8 "Surprising Bulgaria" (DT) 11:30 Mindfulness (981 on TV) 1:00 Cribbage (GR) 1:00 Documentary (DT) 1:00 Seated Yoga with Mary Ann (SS) Sign up! 1:00 Shop Trader Joe's or Dollar Tree. Sign up! 2:00 Brain Training (MR) 3:00 Quarry Players Drama Rehearsal (DT) 6:30 Documentary (981 on TV)</p>	<p>25</p> <p>9:30 Body in Motion (SS) 10:00 Beading Assistance with Ilse Lofgren – bring your own project! (MR) 9:30 Exercise Video (981 on TV) 10:00 Baking with Laurie (LAR) Fred Meyer Shuttles 12:30, 1:00, 1:30. Sign up! 2:00 Play Bridge (GR) 2:30 Beanbag BB (SS) 3:30-5:00 Tech Help. Sign up for an appointment. 6:00 Cards n' Marbles (GR)</p>	<p>26</p> <p>9:30 Better Balance (Ch 981) 9:30 Body in Motion (SS) 10:00 Stitch n' Chat (GR) 10:00 Chapel w/ Fred (DT) 10:30 Meditation w/ Laura (CCL) 1:00 Seated Yoga with Mary Ann (SS) Sign up! 1:30 BINGO (981 on TV) 2:00 Brain Training (GR) 3:00 Mental Health Support Group with NAMI in the Diamond Theater 3:15-5:00 Manicures. Sign up for cut, file, or polish. (GR)</p>	<p>27</p> <p>9:30 Circuit Training (SS) 9:30 Exercise Video (981 TV) 10:00 Local banks or Walmart/Costco. Sign up! 10:30 Craft: Marble Snail (DT) 10:30 Book Club: Discussing The Kitchen House (GR) 11:30 TED TALKS (981 TV) 1:00 Blackjack (FGGR & GR) 2:30 Phil Hall entertains on accordion! Drinks served. (SFDR)</p> 	<p>28</p> <p>9:30 Better Balance (SS) 9:30 Exercise Video (981 TV) 10:30 Quarry Choir Practice(PP) 10:30 Beginner's Bridge (GR) 11:30-12:30 General Store (LL) 1:30 – 3:00 Able Hearing Clinic. Sign up! (FGGR) 1:30 History w/ John (DT) 2:00 Golden Steppers (SS) 2:30 Movie Matinee (981 TV) 2:45 Men's Gang (CCL) 3:00 Wheel of Fortune with Laurie 3:00 National Parks Class 17 6:00 Movie in Theater (DT)</p>	<p>29</p> <p>9:30 Exercise Video (981 on TV) 10:30 Women's Coffee Klatch 1:00 BINGO for Quarters (GR) 2:30 Movie Matinee with Popcorn (DT) 3:00 Cards and Marbles (GR) 6:30 Evening Movie (981 on TV)</p>
<p>L O C A T I O N L E G E N D</p>						<p>T E R R A C E B I R T H D A Y S</p>
<p>1st Floor</p> <p>AP - Aquamarine Pool BCC - Business Computer Center CC - Cobblestone Café CCFC - Coral Club Fitness Center CP - Courtyard Patio</p>			<p>LL - Lodge Lobby PDR - Private Dining Room SDR - Sapphire Dining Room SFDR - Silver Falls Dining Rm TLR - Terrace Living Room</p>	<p>2nd Floor</p> <p>CCL - Copper Canyon Lounge DT - Diamond Theater FGGR - Fools Gold Game Room GR - Granite Room LAR - Lodge Activity Room</p> <p>LTV - Lodge TV Room MR - Marble Room PP - Pearl Parlor RQC - Rose Quartz Chapel RVP - Rocky View Patio SS - Sunstone Studio</p>		<p>5/1 Mary M 5/1 Roger M. 5/1 Alan W 5/6 Lyle W. 5/12 Jerry B. 5/13 Bill B. 5/16 Marilyn M. 5/19 Micki S 5/25 Darla B 5/27 Alan A. 5/30 Jim K</p>
<p>30</p> <p>9:30 Exercise Video (981 on TV) Church Service Shuttle: 10:00 Presbyterian/Baptist 11:30 Catholic Church 10:30 Gospel Music (981 TV) 2:30 Music Therapy (981 TV) 3:00 Meet Your Neighbor Social. By invite for a different hall each week! 3:30 Great Courses: Everyday Guide to Wine: Class 22: "Wines of New Zealand & South Africa" 6:30 Movie Musical (981 TV)</p>	<p>31</p> <p>9:30 Circuit Training (SS) 9:30 Exercise Video (981 on TV) 10:30 Rick Steve's #9 "Rome Baroque After Dark" (DT) 11:30-1:15 Memorial Day BBQ! 1:00 Cribbage (GR) 1:00 Seated Yoga (SS) 1:00 Documentary (DT) 1:00 Shop Craft Warehouse, Chuck's Produce, or Safeway. Sign up! 2:00 Brain Training (MR) 3:00 Quarry Players (DT) 6:30 Documentary (981 on TV)</p>					

