

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ROOM KEY AP: Aspen Peak Dining APC: Aspen Peak Commons BUS: Lobby Departure — Offsite CASC: Cascade Living CPL: Moonstone Gathering COURT: Courtyard CONF: Conference Room DEMO: Demo Kitchen FRCOURT: Fire Rim Court GYM: WindriverFIT Gym INK: Ink Spot LIB: Hemmingway Library	LOBBY: Lobby NORTH: North Sister NSTA: The Nestucca POOL: WindriverFIT Pool PR: Pacific Ridge Dining PRC: Pacific Ridge Courtyard PUB: Fanchos SOUTH: South Sister STUDIO: WindriverFIT Studio THTR: Aladdin Theater <i>All activities subject to change.</i> <i>All bold activities require you to sign-up at the Concierge Desk.</i>					1 <i>Derby Day</i> 9:30 Kentucky Derby (CASC) 10:00 Shopper Shuttle (BUS) 11:15 Shopper Shuttle (BUS) 1:30 Movie (THTR) 1:30 Bridge Group (NORTH) 2:00 Needlework Group (NSTA) 7:00 Movie (THTR)
2 Church Shuttle (BUS) 10:00 Wii Bowling (CASC) 10:15 Docuseries (THTR) 11:15 Wii Bowling (SOUTH) 1:30 Movie (THTR) 2:00 Scrabble (CASC) 7:00 Movie (THTR)	3 9:00 Virtual Strength & Balance (STUDIO) 9:45 Virtual Strength & Balance (STUDIO) 10:00 Wii Bowling (CASC) 10:30 Virtual Strength & Balance (STUDIO) 11:15 Virtual Sit & Fit (NSTA) 11:15 Wii Bowling (SOUTH) 1:00 Women's Bible Study Group (CPL) 1:00 Ping Pong (NSTA) 1:30 Movie (THTR) 1:30 Bridge Group (NORTH) 2:00 Virtual Cardio Drumming (STUDIO) 3:30 Color me Calm (INK) 7:00 Movie (THTR)	4 9:00 Shallow Water Aerobics (POOL) 10:30 Tai Chi (STUDIO) 11:00 Morning Mani's (CASC) 11:00 Mexican Train (SOUTH) 11:15 Sit & Fit (NSTA) 1:15 Blood Pressure Check (STUDIO) 1:00 Crafters Corner (NSTA) 1:30 Movie (THTR) 2:00 Bingo for Prizes (AP) 3:00-4:00 Office Hours with Erik (CONF) 3:30 Brain Games (NSTA) 4:00 The Springs Satellite Rotary Group (NORTH) 7:00 Movie (THTR)	5 <i>Cinco de Mayo</i> 9:00 Strength & Balance (STUDIO) 9:45 Strength & Balance (STUDIO) 10:00 Wii Bowling (CASC) 10:30 Coffee & Conversation with Jessica (LOBBY) 10:30 Strength & Balance (STUDIO) 11:00 Arm Chair Travel to Mexico (THTR) 11:15 Sit & Fit (NSTA) 11:15 Wii Bowling (CASC) 12:00-2:00 Hearing Clinic (SOUTH) 1:00 Rummikub (NORTH) 1:15 Technology Time (LIB) 1:30 Movie (THTR) 2:00 Cardio Drumming (STUDIO) 2:00 Fun with Food with the Dining Team (DEMO) 3:00 Trivia with Lauren (NORTH) 3:30 Wine & Paint (INK) 7:00 Movie (THTR)	6 9:00 Shallow Water Aerobics (POOL) 10:15 Series: Outlander (THTR) 10:30 Catholic Communion (CPL) 10:30 Tai Chi (STUDIO) 11:00 Coffee Chat with Ashley Schulze (NORTH) 11:00 Morning Mani's (CASC) 11:00 Mexican Train (SOUTH) 11:30 Mental Health Series with Resident Relations (THTR) 11:15 Sit & Fit (NSTA) 1:15 Blood Pressure Check (NSTA) 1:30 Putting w/ Achilles (PRCOURT) 1:30 Movie (THTR) 2:00 Nickel Bingo (NORTH) 3:30 Color me Calm (CASC) 7:00 Movie (THTR)	7 9:00 Strength & Balance (STUDIO) 9:45 Strength & Balance (STUDIO) 10:30 Strength & Balance (STUDIO) 11:00 Ted Talk (THTR) 11:15 Sit & Fit (NSTA) 1:00 Rummikub (NORTH) 1:30 Movie (THTR) 2:00 Cardio Drumming (STUDIO) 2:30 Scenic Drive (BUS) 4:00 Live Entertainment with Joanne Broh Duo (SOUTH) 7:00 Movie (THTR)	8 10:00 Shopper Shuttle (BUS) 11:15 Shopper Shuttle (BUS) 1:30 Movie (THTR) 1:30 Bridge Group (NORTH) 2:00 Needlework Group (NSTA) 7:00 Movie (THTR)
9 <i>Mother's Day</i> Church Shuttle (BUS) 10:00 Wii Bowling (CASC) 10:15 Docuseries (THTR) 11:15 Wii Bowling (SOUTH) 1:30 Movie (THTR) 2:00 Scrabble (CASC) 7:00 Movie (THTR)	10 9:00 Strength & Balance (STUDIO) 9:45 Strength & Balance (STUDIO) 10:00 Wii Bowling (CASC) 10:30 Strength & Balance (STUDIO) 11:15 Sit & Fit (NSTA) 11:15 Wii Bowling (SOUTH) 1:00 Women's Bible Study Group (CPL) 1:00 Ping Pong (NSTA) 1:30 Movie (THTR) 1:30 Bridge Group (NORTH) 2:00 Cardio Drumming (STUDIO) 3:30 Color me Calm (INK) 7:00 Movie (THTR)	11 9:00 Shallow Water Aerobics (POOL) 10:00-11:00 Low Vision Support Group (NSTA) 10:30 Tai Chi (STUDIO) 11:00 Morning Mani's (CASC) 11:00 Mexican Train (SOUTH) 11:15 Sit & Fit (NSTA) 1:15 Blood Pressure Check (STUDIO) 1:00 Crafters Corner (NSTA) 1:30 Movie (THTR) 2:00 Bingo for Prizes (AP) 3:30 Brain Games (NSTA) 7:00 Movie (THTR)	12 9:00 Strength & Balance (STUDIO) 9:45 Strength & Balance (STUDIO) 10:00 Wii Bowling (CASC) 10:30 Strength & Balance (STUDIO) 11:15 Sit & Fit (NSTA) 11:15 Wii Bowling (CASC) 1:00 Rummikub (NORTH) 1:15 Technology Time (LIB) 1:30 Movie (THTR) 2:00 Cardio Drumming (STUDIO) 2:00 Fun with Food with the Life Enrichment Team (DEMO) 3:00 Trivia with Lauren (NORTH) 3:30 Wine & Paint (INK) 7:00 Movie (THTR)	13 9:00 Shallow Water Aerobics (POOL) 10:15 Series: Outlander (THTR) 10:30 Catholic Communion (CPL) 10:30 Tai Chi (STUDIO) 11:00 Morning Mani's (CASC) 11:00 Mexican Train (SOUTH) 11:15 Sit & Fit (NSTA) 11:30 Mental Health Series with Resident Relations (THTR) 1:15 Blood Pressure Check (NSTA) 1:30 Putting w/ Achilles (PRCOURT) 1:30 Movie (THTR) 2:00 Nickel Bingo (NORTH) 3:30 Color me Calm (CASC) 7:00 Movie (THTR)	14 9:00 Strength & Balance (STUDIO) 9:45 Strength & Balance (STUDIO) 10:30 Strength & Balance (STUDIO) 11:00 Ted Talk (THTR) 11:15 Sit & Fit (NSTA) 1:00 Rummikub (NORTH) 1:30 Movie (THTR) 2:00 Cardio Drumming (STUDIO) 2:30 Scenic Drive (BUS) 4:00 Live Entertainment with Jesse Meade (SOUTH) 7:00 Movie (THTR)	15 10:00 Shopper Shuttle (BUS) 11:15 Shopper Shuttle (BUS) 1:30 Movie (THTR) 1:30 Bridge Group (NORTH) 2:00 Needlework Group (NSTA) 7:00 Movie (THTR)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>16</div> <div>Church Shuttle (BUS)</div> <div>10:00 Wii Bowling (CASC)</div> <div>10:15 Docuseries (THTR)</div> <div>11:00 Movie Selection Meeting (THTR)</div> <div>11:15 Wii Bowling (SOUTH)</div> <div>1:30 Movie (THTR)</div> <div>2:00 Scrabble (CASC)</div> <div>7:00 Movie (THTR)</div>	<div>17</div> <div>9:00 Strength & Balance (STUDIO)</div> <div>9:45 Strength & Balance (STUDIO)</div> <div>10:00 Wii Bowling (CASC)</div> <div>10:30 Strength & Balance (STUDIO)</div> <div>11:15 Sit & Fit (NSTA)</div> <div>11:15 Wii Bowling (SOUTH)</div> <div>1:00 Women’s Bible Study Group (CPL)</div> <div>1:00 Ping Pong (NSTA)</div> <div>1:30 Movie (THTR)</div> <div>1:30 Bridge Group (NORTH)</div> <div>2:00 Cardio Drumming (STUDIO)</div> <div>3:30 Color me Calm (INK)</div> <div>7:00 Movie (THTR)</div>	<div>18</div> <div>9:00 Shallow Water Aerobics (POOL)</div> <div>10:30 Tai Chi (STUDIO)</div> <div>11:00 Food Forum (CPL)</div> <div>11:00 Morning Mani’s (CASC)</div> <div>11:00 Mexican Train (SOUTH)</div> <div>11:15 Sit & Fit (NSTA)</div> <div>1:15 Blood Pressure Check (STUDIO)</div> <div>1:00 Crafters Corner (NSTA)</div> <div>1:30 Movie (THTR)</div> <div>2:00 Bingo for Prizes (AP)</div> <div>3:00-4:00 Office Hours with Erik (CONF)</div> <div>3:30 Brain Games (NSTA)</div> <div>4:00 Dementia Series 1 of 3 (THTR)</div> <div>4:00 The Springs Satellite Rotary Group (NORTH)</div> <div>7:00 Movie (THTR)</div>	<div>19</div> <div>9:00 Strength & Balance (STUDIO)</div> <div>9:45 Strength & Balance (STUDIO)</div> <div>10:00 Wii Bowling (CASC)</div> <div>10:30 Strength & Balance (STUDIO)</div> <div>11:15 Sit & Fit (NSTA)</div> <div>11:15 Wii Bowling (CASC)</div> <div>12:00-2:00 Hearing Clinic (SOUTH)</div> <div>1:00 Rummikub (NORTH)</div> <div>1:15 Technology Time (LIB)</div> <div>1:30 Movie (THTR)</div> <div>2:00 Cardio Drumming (STUDIO)</div> <div>2:00 Fun with Food with the Dining Team (DEMO)</div> <div>3:00 Trivia with Lauren (NORTH)</div> <div>3:30 Wine & Paint (INK)</div> <div>7:00 Movie (THTR)</div>	<div>20</div> <div>9:00 Shallow Water Aerobics (POOL)</div> <div>10:15 Series: Outlander (THTR)</div> <div>10:30 AP Resident Council (AP)</div> <div>10:30 Catholic Communion (CPL)</div> <div>10:30 Tai Chi (STUDIO)</div> <div>11:00 Morning Mani’s (CASC)</div> <div>11:00 Mexican Train (SOUTH)</div> <div>11:15 Sit & Fit (NSTA)</div> <div>11:30 Mental Health Series with Resident Relations (THTR)</div> <div>1:00 Food Demo: Veggie Yakisoba with Tina (DEMO)</div> <div>1:15 Blood Pressure Check (STUDIO)</div> <div>1:30 Putting w/ Achilles (PRCOURT)</div> <div>1:30 Movie (THTR)</div> <div>2:00 Nickel Bingo (NORTH)</div> <div>3:30 Color me Calm (CASC)</div> <div>7:00 Movie (THTR)</div>	<div>21</div> <div>9:00 Strength & Balance (STUDIO)</div> <div>9:45 Strength & Balance (STUDIO)</div> <div>10:30 Strength & Balance (STUDIO)</div> <div>11:00 All are Welcome Lutheran Communion (CPL)</div> <div>11:00 Ted Talk (THTR)</div> <div>11:15 Sit & Fit (NSTA)</div> <div>1:00 Rummikub (NORTH)</div> <div>1:30 Movie (THTR)</div> <div>2:00 Cardio Drumming (STUDIO)</div> <div>2:30 Scenic Drive (BUS)</div> <div>4:00 Live Entertainment with TBD (SOUTH)</div> <div>7:00 Movie (THTR)</div>	<div>22</div> <div>10:00 Shopper Shuttle (BUS)</div> <div>11:15 Shopper Shuttle (BUS)</div> <div>1:30 Movie (THTR)</div> <div>1:30 Bridge Group (NORTH)</div> <div>2:00 Needlework Group (NSTA)</div> <div>7:00 Movie (THTR)</div>
<div>23</div> <div>Church Shuttle (BUS)</div> <div>10:00 Wii Bowling (CASC)</div> <div>10:15 Docuseries (THTR)</div> <div>11:15 Wii Bowling (SOUTH)</div> <div>1:30 Movie (THTR)</div> <div>2:00 Scrabble (CASC)</div> <div>7:00 Movie (THTR)</div>	<div>24</div> <div>9:00 Strength & Balance (STUDIO)</div> <div>9:45 Strength & Balance (STUDIO)</div> <div>10:00 Wii Bowling (CASC)</div> <div>10:30 Strength & Balance (STUDIO)</div> <div>11:15 Sit & Fit (NSTA)</div> <div>11:15 Wii Bowling (SOUTH)</div> <div>1:00 Women’s Bible Study Group (CPL)</div> <div>1:00 Ping Pong (NSTA)</div> <div>1:30 Movie (THTR)</div> <div>1:30 Bridge Group (NORTH)</div> <div>2:00 Cardio Drumming (STUDIO)</div> <div>3:30 Color me Calm (INK)</div> <div>7:00 Movie (THTR)</div>	<div>25</div> <div>9:00 Shallow Water Aerobics (POOL)</div> <div>10:30 Tai Chi (STUDIO)</div> <div>11:00 Morning Mani’s (CASC)</div> <div>11:00 Mexican Train (SOUTH)</div> <div>11:15 Sit & Fit (NSTA)</div> <div>1:15 Blood Pressure Check (STUDIO)</div> <div>1:00 Crafters Corner (NSTA)</div> <div>1:30 Movie (THTR)</div> <div>2:00 Bingo for Prizes (AP)</div> <div>3:30 Brain Games (NSTA)</div> <div>7:00 Movie (THTR)</div>	<div>26</div> <div>National Senior Health & Fitness Day</div> <div>9:00 Gym Circuit (GYM)</div> <div>9:45 Gym Circuit (GYM)</div> <div>10:00 Wii Bowling (CASC)</div> <div>10:30 ERT (CPL)</div> <div>10:30 Virtual Health Presentation (THTR)</div> <div>11:15 Seated Drumming Exercise (NSTA)</div> <div>11:15 Wii Bowling (CASC)</div> <div>1:00 Rummikub (NORTH)</div> <div>1:15 Technology Time (LIB)</div> <div>1:30 Movie (THTR)</div> <div>2:00 Fun with Food with the Fitness Instructor (DEMO)</div> <div>3:00 Trivia with Lauren (NORTH)</div> <div>3:30 Parkinson’s Support Group (CPL)</div> <div>3:30 Wine & Paint (INK)</div> <div>4:00 Rotary Group Gala & Auction (NORTH)</div> <div>7:00 Movie (THTR)</div>	<div>27</div> <div>9:00 Shallow Water Aerobics (POOL)</div> <div>10:15 Series: Outlander (THTR)</div> <div>10:30 Catholic Communion (CPL)</div> <div>10:30 Tai Chi (STUDIO)</div> <div>11:00 Morning Mani’s (CASC)</div> <div>11:00 Mexican Train (SOUTH)</div> <div>11:15 Sit & Fit (NSTA)</div> <div>11:30 Mental Health Series with Resident Relations (THTR)</div> <div>1:15 Blood Pressure Check (NSTA)</div> <div>1:30 Putting w/ Achilles (PRCOURT)</div> <div>1:30 Movie (THTR)</div> <div>2:00 Nickel Bingo (NORTH)</div> <div>3:30 Color me Calm (CASC)</div> <div>7:00 Movie (THTR)</div>	<div>28</div> <div>9:00 Strength & Balance (STUDIO)</div> <div>9:45 Strength & Balance (STUDIO)</div> <div>10:30 Strength & Balance (STUDIO)</div> <div>11:00 Ted Talk (THTR)</div> <div>11:15 Sit & Fit (NSTA)</div> <div>1:00 Rummikub (NORTH)</div> <div>1:30 Movie (THTR)</div> <div>2:00 Cardio Drumming (STUDIO)</div> <div>2:30 Scenic Drive (BUS)</div> <div>4:00 Live Entertainment with Three of Hearts (SOUTH)</div> <div>7:00 Movie (THTR)</div>	<div>29</div> <div>10:00 Shopper Shuttle (BUS)</div> <div>11:00 Book Club (CPL)</div> <div>11:15 Shopper Shuttle (BUS)</div> <div>1:30 Movie (THTR)</div> <div>1:30 Bridge Group (NORTH)</div> <div>2:00 Needlework Group (NSTA)</div> <div>3:30 Cheers to Veterans (PR)</div> <div>7:00 Movie (THTR)</div>
<div>30</div> <div>Church Shuttle (BUS)</div> <div>10:00 Wii Bowling (CASC)</div> <div>10:15 Docuseries (THTR)</div> <div>11:15 Wii Bowling (SOUTH)</div> <div>1:30 Movie (THTR)</div> <div>2:00 Scrabble (CASC)</div> <div>7:00 Movie (THTR)</div>	<div>31</div> <div>Memorial Day</div> <div>9:00 Strength & Balance (STUDIO)</div> <div>9:45 Strength & Balance (STUDIO)</div> <div>10:00 Wii Bowling (CASC)</div> <div>10:30 Strength & Balance (STUDIO)</div> <div>11:15 Sit & Fit (NSTA)</div> <div>11:15 Wii Bowling (SOUTH)</div> <div>1:00 Women’s Bible Study Group (CPL)</div> <div>1:00 Ping Pong (NSTA)</div> <div>1:30 Movie (THTR)</div> <div>1:30 Bridge Group (NORTH)</div> <div>2:00 Cardio Drumming (STUDIO)</div> <div>3:00 Memorial Day Wine Social (FRCOURT)</div> <div>3:30 Color me Calm (INK)</div> <div>7:00 Movie (THTR)</div>					