

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>ROOM KEY</b> \$: Costs 2nd: Second Floor AR: Activity Room AAR: Aspen Activity Room ADR: Aspen Dining Room AGR: Aspen Great Room AL: Aspen Lounge BR: Billiards Room CARD: Card Room CONF: Conference Room DAR: Dogwood Activity Room DDR: Dogwood Dining Room DGR: Dogwood Great Room	DL: Dogwood Lounge DPD: Dogwood Private Dining EL: East Lobby FL: Front Lobby WC: Wellness Center L: Library M: Media Room O: Outings PD: Private Dining Room P: Fanchos SDR: Springs Dining Room INK: Art Room, 1st floor PL: Parking Lot CH: Chapel, 3rd Floor  <i>All activities subject to change.</i>	<b>1</b> 8:30 Floor Exercises ★★★ (WC) <b>9:30 Music and Relaxation (C)</b> <b>10:00 Fred Meyer (O)</b> <b>10:30 Rapid Fire Questions (AR)</b> 10:30 Sit & Be Fit ★ (WC) <b>1:00 Fred Meyer (O)</b> <b>1:30 Nutritious &amp; Delicious: Build Your Own Parfait (INK)</b> <b>3:00 Movie: "Hello, Dolly!" (C)</b> <b>6:00 Game Night: Hearts (AR)</b>	<b>2</b> 8:30 Circuit Training ★★ (WC) <b>9:30 Painting (INK)</b> 10-12:00 White Elephant Store (2nd) 10:00 Flexibility ★ (WC) 10:45 Strength ★★ (WC) <b>10:30 Manicures by Rachel (AR)</b> <b>1:00 Urban Scenic Drive (O)</b> <b>1:00 Putting (PG)</b> <b>1:00 Smart Step Hearing Clinic (C)</b> <b>1:30 Music and Imagery (AR)</b> 1:00 White Elephant Store (2nd) <b>2:30-3:30 Goat Happy Hour (MC Courtyard)</b> 3:00 Happy Hour (P) <b>4:00 Dinner Out: A Cena Ristorante \$ (O)</b> <b>Game Night: Pinochle (AR)</b>	<b>3</b> 8:30 Stand & Be Grand ★★★ (WC) 10:00 Catholic Communion (CH) 10:00 Gym Orientation (WC) <b>10:00 Mandalas and Music (AR)</b> 10:30 Sit & Be Fit ★ (WC) <b>10:45 Lunch Out: Kumi Buffet (O) \$</b> <b>11:15 Movie Committee (C)</b> 1:00 Bingo (AR) 2:00 Fit Chi ★ (WC) <b>2:00 Scenic Drive (O)</b> <b>2:00 Boozy Desserts: Boozy Milkshakes (INK)</b> <b>5:00 Movie: "Little Women" (C)</b> <b>6:00 Game Night: Cribbage (AR)</b>	<b>4</b> 8:30 Circuit Training ★★ (WC) <b>9:00 Guided Meditation and Music (C)</b> <b>9:00 Ilani Casino (O) \$</b> 10:30 Flexibility ★★ (WC) <b>10:30 Watercolor Painting (INK)</b> <b>11:00 Bible Study (CH)</b> 1:00 Craft Corner: Loom Knitting (AR) <b>1:00 Activity Committee (C)</b> <b>2:00 Kellie &amp; Ken: Music Performance (SDR)</b> 3:00 Happy Hour (P) <b>6:00 Game Night: Skipbo (AR)</b>	<b>5</b> 10:00 Stretching (WC) 1:00 Balloon Volleyball (WC) 3:00 What is Upcycling? (C)
<b>6</b> <b>10:00 Walking Club (FL)</b> 1:00 Sunday Sermon (C) <b>2:00 Movie: "The Zookeeper's Wife" (C)</b> 2:00 Craft Corner: Snuffle Mats (AR)	<b>7</b> 8:30 Circuit Training ★★ (WC) <b>9:00 Manicures by Rachel (AR)</b> 10:00 Gym Orientation (WC) 10:30 Strength ★★ (WC) <b>12:30 Mini Trips (O)</b> <b>1:00 Iris Folding: (AR)</b> 2:00 Fit Chi ★ (WC) <b>2:15 Art Expression (INK)</b> 3:00 Happy Hour (P) 5:00 Documentary: "My Octopus Teacher" (C) <b>6:00 Game Night: Bridge (AR)</b>	<b>8</b> 8:30 Floor Exercises ★★★ (WC) <b>9:30 Music and Relaxation (C)</b> <b>10:00 Fred Meyer (O)</b> 10:30 Sit & Be Fit ★ (WC) <b>1:00 Fred Meyer (O)</b> <b>1:30 Rapid Fire Questions (AR)</b> <b>3:00 Movie: "The Searchers" (C)</b> <b>4:00 Dinner Out: Famous Dave's BBQ \$ (O)</b> <b>6:00 Game Night: Bunco (AR)</b>	<b>9</b> 8:30 Circuit Training ★★ (WC) <b>9:30 Flower Potting, Part 1 (AR)</b> 10:00 Flexibility ★ (WC) 10:45 Strength ★★ (WC) <b>1:00 Scenic Drive (O)</b> <b>1:00 Putting (PG)</b> <b>1:30 Resident Council (SDR)</b> 3:00 Happy Hour (P) <b>6:00 Game Night: Hand &amp; Foot (AR)</b>	<b>10</b> <b>8:00 Breakfast Out: Cadillac Café \$ (O)</b> 8:30 Stand & Be Grand ★★★ (WC) 10:00 Catholic Communion (CH) 10:00 Gym Orientation (WC) 10:30 Sit & Be Fit ★ (WC) <b>10:30 Flower Potting, Part 2 (INK)</b> 1:00 Bingo (AR) <b>1:30 Urban Scenic Drive (O)</b> 2:00 Fit Chi ★ (WC) <b>2:30 Boozy Desserts: Boozy Mug Cakes (INK)</b> <b>5:00 Movie: "The Greatest Showman" (C)</b> <b>6:00 Game Night: Pinochle (AR)</b>	<b>11</b> 8:30 Circuit Training ★★ (WC) <b>9:00 Scenic Drive— Ice Cream (O)</b> <b>10:00 Musical Trivia (with prizes!) (AR)</b> 10:30 Flexibility ★★ (WC) <b>11:00 Bible Study (CH)</b> 1:00 Craft Corner: Marble Painted Plates (INK) <b>2:00 Boliva Carmichael— Drag Queen Performance (SDR)</b> <b>2:00 Coffee Cart (PL)</b> <b>2:00 Alpen Rose Dairy (PL)</b> 3:00 Happy Hour (P) <b>3:30 Watercolor Painting (INK)</b> <b>6:00 Game Night: Mexican Train (AR)</b>	<b>12</b> 10:30 Craft Corner: Faux Stained Glass (INK) 1:00 Card Making Class (AR) 2:30 Food Fun: Tuna Salad Cucumber Boats (INK)



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>13</div> <div>10:00 Walking Club (FL)</div> <div>1:00 Sunday Sermon (C)</div> <div>2:00 Movie: “A Beautiful Day In The Neighborhood” (C)</div> <div>2:00 Craft Corner: Gem Shaped Gift Boxes (AR)</div>	<div>14</div> <div>Rise To Fitness Starts!</div> <div>8:30 Circuit Training ★★ (WC)</div> <div>10:00 Gym Orientation (WC)</div> <div>10:00 Hand Massages (AR)</div> <div>10:30 Strength ★★ (WC)</div> <div>11:15 Tech Help (C)</div> <div>12:30 Mini Trips (O)</div> <div>12:30 Food Committee (CONF)</div> <div>1:00 Paper Quilling: (AR)</div> <div>2:00 Fit Chi ★ (WC)</div> <div>2:15 Art Expression (INK)</div> <div>3:00 Happy Hour (P)</div> <div>6:00 Game Night: Hand &amp; Foot (AR)</div>	<div>15</div> <div>8:30 Floor Exercises ★★★ (WC)</div> <div>9:30 Music and Relaxation (C)</div> <div>10:00 Fred Meyer (O)</div> <div>10:30 Word Puzzles (AR)</div> <div>10:30 Sit &amp; Be Fit ★ (WC)</div> <div>1:00 Fred Meyer (O)</div> <div>1:30 Vision Boards, Part 1 (AR)</div> <div>3:00 Movie: “A Star Is Born” (C)</div> <div>4:00 Dinner Out: La Costita \$ (O)</div> <div>6:00 Game Night: Mahjong (AR)</div>	<div>16</div> <div>8:30 Circuit Training ★★ (WC)</div> <div>9:30 Make Your Own Facials (AR)</div> <div>10:00 Flexibility ★ (WC)</div> <div>10:00 White Elephant Store (2nd)</div> <div>10:45 Strength ★★ (WC)</div> <div>10:45 Lunch Out: Cartlandia \$ (O)</div> <div>1:00 White Elephant Store (2nd)</div> <div>3:00 Happy Hour (P)</div> <div>4:00 Documentary: “Seaspiracy” ( C )</div> <div>3:30 Painting (INK)</div> <div>6:00 Game Night: Pinochle (AR)</div>	<div>17</div> <div>8:30 Stand &amp; Be Grand ★★★ (WC)</div> <div>10:00 Gym Orientation (WC)</div> <div>10:00 Catholic Communion (CH)</div> <div>10:00 Picnic in the Park (O) \$</div> <div>1:00 Bingo (AR)</div> <div>2:00 Fit Chi ★ (WC)</div> <div>2:30 Boozy Desserts: Blinis &amp; Bellinis (AR)</div> <div>5:00 Movie: “Thunder Force” ( C )</div> <div>6:00 Game Night: Skipbo (AR)</div>	<div>18</div> <div>8:30 Circuit Training ★★ (WC)</div> <div>9:00 Sweet Scenic Drive (O)</div> <div>9:30 Rapid Fire Questions (AR)</div> <div>10:30 Flexibility ★★ (WC)</div> <div>11:00 Bible Study (CH)</div> <div>11:00 Dad’s Day BBQ</div> <div>1:30 Music and Movement (WC)</div> <div>2:00 Scenic Drive: Ice Cream (O)</div> <div>3:00 Happy Hour (P)</div> <div>6:00 Game Night: Bridge (AR)</div>	<div>19</div> <div>10:00 Stretching (WC)</div> <div>1:00 Brain Games (AR)</div> <div>3:00 Rummy Cube (AR)</div>
<div>20</div> <div>Spirit Week! (20-26th)</div> <div>Sports Day</div> <div>10:00 Walking Club (FL)</div> <div>1:00 Sunday Sermon (C)</div> <div>2:00 Movie: “The Pursuit of Happyness” (C)</div> <div>2:00 Book Club: The Zookeeper’s Wife (AR)</div>	<div>21</div> <div>Wacky Hair Day</div> <div>8:30 Circuit Training ★★ (WC)</div> <div>10:00 Gym Orientation (WC)</div> <div>10:30 Vision Boards, Part 2(AR)</div> <div>10:30 Strength ★★ (WC)</div> <div>12:30 Mini Trips (O)</div> <div>1:00 Iris Folding: (AR)</div> <div>2:00 Fit Chi ★ (WC)</div> <div>3:00 Happy Hour (P)</div> <div>4:00 Documentary: “Born in Africa” ( C )</div> <div>6:00 Game Night: Hearts (AR)</div>	<div>22</div> <div>Pajama Day</div> <div>8:30 Floor Exercises ★★★ (WC)</div> <div>9:30 Music and Relaxation (C)</div> <div>10:00 Fred Meyer (O)</div> <div>10:30 Sit &amp; Be Fit ★ (WC)</div> <div>1:00 Fred Meyer (O)</div> <div>1:30 Open Forum (SDR)</div> <div>2:30 Drawing (INK)</div> <div>3:00 Movie: “Togo” (C)</div> <div>4:00 Dinner Out: The Rock \$ (O)</div> <div>6:00 Game Night: Mexican Train (AR)</div>	<div>23</div> <div>Wear Pink Day</div> <div>8:30 Circuit Training ★★ (WC)</div> <div>9:30 Music and Imagery (AR)</div> <div>10:00 Flexibility ★ (WC)</div> <div>10:45Strength ★★ (WC)</div> <div>1:00 Putting (PG)</div> <div>1:00 Powell’s Bookstore (O)</div> <div>1:00 ERT Meeting</div> <div>1:30 Tea and Cookies Social (AR)</div> <div>3:00 Happy Hour (P)</div> <div>6:00 Game Night: Cribbage (AR)</div>	<div>24</div> <div>Springs Attire Day</div> <div>8:00 Cannon Beach Day! (O)</div> <div>10:00 Catholic Communion (CH)</div> <div>10:00 Gym Orientation (WC)</div> <div>11:00 Classical Music Appreciation ( C )</div> <div>1:00 Bingo (AR)</div> <div>2:00 Fit Chi ★ (WC)</div> <div>5:00 Movie: “Singin’ In The Rain” ( C )</div> <div>6:00 Game Night: Hand &amp; Foot (AR)</div>	<div>25</div> <div>Disney Day</div> <div>8:30 Circuit Training ★★ (WC)</div> <div>10:00 Hiker’s Club: Forest Park (O)</div> <div>11:00 Bible Study (CH)</div> <div>2:00 Scenic Drive (O)</div> <div>2:30 Piano Performance by Rachel (SDR)</div> <div>3:00 Craft Corner: Paper Bead Jewelry (AR)</div> <div>3:00 Happy Hour (P)</div> <div>6:00 Game Night: Pinochle (AR)</div>	<div>26</div> <div>Hero/Villain Day</div> <div>10:00 Stretching (WC)</div> <div>1:00 Craft Corner: DIY Mouse Pads (AR)</div> <div>3:00 Craft Corner: Felt Cord Organizers (AR)</div>
<div>27</div> <div>10:00 Walking Club (FL)</div> <div>1:00 Sunday Sermon (C)</div> <div>2:00 Movie: “Wonder” (C)</div> <div>2:00 Craft Corner: Glass Magnets (INK)</div>	<div>28</div> <div>8:30 Circuit Training ★★ (WC)</div> <div>9:30 Music and Movement (WC)</div> <div>10:00 Gym Orientation (WC)</div> <div>10:30 Strength ★★ (WC)</div> <div>11:00 Manicures by Rachel (AR)</div> <div>12:30 Mini Trips (O)</div> <div>1:30 Making Dream Catchers, Part 1 (AR)</div> <div>2:00 Fit Chi ★ (WC)</div> <div>3:00 Happy Hour (P)</div> <div>6:00 Game Night: Skipbo (AR)</div>	<div>29</div> <div>8:30 Floor Exercises ★★★ (WC)</div> <div>9:30 Music and Relaxation (C)</div> <div>10:00 Fred Meyer (O)</div> <div>10:30 Sit &amp; Be Fit ★ (WC)</div> <div>1:00 Fred Meyer (O)</div> <div>1:00 Painting (INK)</div> <div>4:30 Dinner and a Movie: Moroccan Dinner and “Casablanca” (AR)</div>	<div>30</div> <div>8:30 Circuit Training ★★ (WC)</div> <div>10:00 Watercolor Painting (INK)</div> <div>12:00 Putting Tournament (PG)</div> <div>1:00 Sweet Scenic Drive-Root Beer Floats (O)</div> <div>1:30 Making Dream Catchers, Part 2 (AR)</div> <div>3:00 Happy Hour (P)</div> <div>6:00 Game Night: Bridge (AR)</div>			