

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ROOM KEY \$: Costs 2nd: Second Floor AAR: Aspen Activity Room ADR: Aspen Dining Room AGR: Aspen Great Room APD: Aspen Private Dining C: Cinema Chapel: Located on the 3rd floor CONF: Conference Room DAR: Dogwood Activity Room DDR: Dogwood Dining Room DGR: Dogwood Great Room DPD: Dogwood Private Dining EL: East Lobby FL: Front Lobby L: Library O: Outings PG: Putting Green	PUB: Fanchos SAR: Springs Activity Room SDR: Springs Dining Room SCY: Springs Court Yard WC: Wellness Center MCCY: Memory Care Court Yard To Sign Up For Outings Please Call the Front Desk at (503)653-3422	1 8:30 Floor Exercises★★★ (WC) 9:30 Paper Mosaic Art (DDR) 9:45 Sit And Be Fit ★ (AAR) 10:00 Fred Meyer Shopping (O) 10:00 AL Gym Orientation (WC) 10:30 Chair Yoga ★ (DAR) 10:30 Rummikub (AAR) 10:30 Sit And Be Fit ★ (WC) 1:00 Fred Meyer Shopping (O) 1:00 Shark Painting (AAR) 2:00 Bingo (DDR) 3:00 Movie: "Hello, Dolly!" (C) 3:30 Shark Painting (DDR)	2 9:00 Manicures (ADR) 10:30 Community Walk (DDR) 8:30 Circuit Training ★★ (WC) 9:45 Strength & Balance★★ (DAR) 10:00 Flexibility ★ (WC) 10:30 Strength ★★ (WC) 10:30 Strength & Balance★★ (AAR) 1:00 Urban Scenic Drive (O) 1:00 Ladder Golf (DAR) 2:00 Bingo (ADR) 2:30 Goat Happy Hour (MCCY) 3:00 Happy Hour (P) 3:30 Healthy Pink Drink Social(DGR) 4:00 Dinner Out: A Cena Ristorante (O) \$	3 8:30 Stand & Be Grand ★★★ (WC) 9:30 Yahtzee (DDR) 9:45 Chair Yoga ★ (AAR) 10:00 Gym Orientation (WC) 10:00 Catholic Communion(Chapel) 10:45 Lunch Out: Kumi Buffet (O)\$ 10:30 Shirt Tote Bag (ADR) 10:30 Sit And Be Fit★ (DAR) 10:30 Sit And Be Fit ★ (WC) 1:00 Name That Celebrity (DDR) 2:00 FitChi★ (WC) 2:00 Bingo (DDR) 2:00 Scenic Drive (O) 3:15 Shirt Tote Bag (DDR) 5:00 Movie: "Little Women" (C)	4 8:30 Circuit Training ★★ (WC) 9:00 Ilani Casino (O)\$ 9:00 Cards For A Cause (ADR) 9:45 Chair Yoga ★ (DAR) 11:00 Cards For A Cause (DDR) 10:30 Flexibility ★★ (WC) 10:30 Sit And Be Fit★ (DAR) 11:00 Bible Study (Chapel) 1:00 Activity Committee (C) 2:00 Craft Corner: Snuffle Mats (DDR) 2:00 Kellie & Ken :Music Performance (SDR) 3:00 Happy Hour (P) 4:00 Craft Corner: Snuffle Mats (ADR)	5 9:00 Craft Corner: Stained Glass (DDR) 2:00 Craft Corner: Stained Glass (ADR) 4:00 Trivia (DDR)
6 10:00 Craft Corner: Felt Cord Organizer (ADR) 11:00 Craft Corner: Felt Cord Organizer (DDR) 11:00 Morning Exercise (AAR) 2:00 Movie: "The Zoo Kepper's Wife" (C) 2:00 Brain Games (DDR) 4:00 Trivia (ADR)	7 8:30 Circuit Training ★★ (WC) 9:00 Manicures (ADR) 9:45 Sit And Be Fit ★ (DAR) 10:30 Flower Painting (ADR) 10:30 Chair Yoga ★ (AAR) 10:30 Strength ★★ (WC) 12:30 Mini Trips (O) 1:00 Poetry Out Loud (DAR) 2:00 Bingo (ADR) 2:00 FitChi ★ (WC) 3:00 Happy Hour (P) 3:30 Flower Painting (DDR) 4:00 Documentary: "My Octopus Teacher" (C)	8 8:30 Floor Exercises★★★ (WC) 9:30 Paper Mosaic Art (ADR) 9:45 Sit And Be Fit ★ (AAR) 10:00 Fred Meyer Shopping (O) 10:00 AL Gym Orientation (WC) 10:45 Music Performance w/Rachel (DGR) 10:30 Chair Yoga ★ (DAR) 10:30 Sit And Be Fit ★ (WC) 1:00 Fred Meyer Shopping (O) 1:00 Beach Painting (ADR) 2:00 Bingo (DDR) 3:00 Movie: "The Searchers" (C) 3:30 Beach Painting (DDR) 4:00 Dinner Out: Famous Dave's BBQ (O) \$	9 9:00 Manicures (DDR) 10:30 Community Walk (ADR) 8:30 Circuit Training ★★ (WC) 9:45 Strength & Balance★★ (AAR) 10:00 Flexibility ★ (WC) 10:30 Strength ★★ (WC) 10:30 Strength&Balance★★ (DAR) 1:00 Urban Scenic Drive (O) 1:30 Music Performance w/Rachel (DGR) 2:00 Bingo (ADR) 3:30 Caprese Stuffed Avocado (ADR)	10 8:00 Breakfast Out: Cadillac Café (O)\$ 8:30 Stand & Be Grand ★★★ (WC) 9:45 Chair Yoga ★ (AAR) 10:00 Aspen House Resident Council (AAR) 10:00 Gym Orientation (WC) 10:00 Catholic Communion(Chapel) 10:30 Sit And Be Fit★ (DAR) 10:30 Sit And Be Fit ★ (WC) 1:00 Bingo (DDR) 1:30 Scenic Drive (O) 2:00 FitChi (WC) 2:00 Dogwood House Resident Council (DAR) 5:00 Movie: "The Greatest Showman" (C)	11 8:30 Circuit Training ★★ (WC) 9:00 Towel Teddy Bear (ADR) 9:00 Scenic Drive-Ice Cream (O) 9:45 Chair Yoga ★ (DAR) 11:00 Towel Teddy Bear (DDR) 10:30 Flexibility ★★ (WC) 10:30 Sit And Be Fit★ (DAR) 11:00 Bible Study (Chapel) 2:00 Boliva Carmichael: Drag Queen Performance (SDR) 2:00 Coffee Cart (PL) 2:00 Alpen Rose Dairy (PL) 2:30 Craft Corner: Modge Podge Glass Magnets (ADR) 3:00 Happy Hour (P) 4:00 Craft Corner: Modge Podge Glass Magnets (DDR)	12 9:00 Craft Corner: Mousepad (DDR) 1:00 Cardmaking Class (AR) 2:00 Craft Corner: Mousepad (ADR) 4:00 Word Puzzles (DDR)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
13 10:00 Food Fun: Tuna Salad Cucumber Boats (ADR) 11:00 Food Fun: Tuna Salad Cucumber Boats (DDR) 11:00 Rummikub (ADR) 2:00 Movie: “A Beautiful Day In The Neighborhood” (C) 2:00 Afternoon Exercise (AAR) 4:00 Word Puzzles (ADR)	14 8:30 Circuit Training ★★ (WC) 9:00 Manicures (DDR) 9:45 Sit And Be Fit ★ (DAR) 10:30 Flower Drawing (ADR) 10:30 Chair Yoga ★ (AAR) 10:30 Strength ★★ (WC) 12:30 Mini Trips (O) 12:30 Food Committee (CONF) 1:00 Poetry Out Loud (AAR) 2:00 Bingo (ADR) 2:00 FitChi ★ (WC) 3:00 Happy Hour (P) 3:30 Flower Drawing (DDR) Rise To Fitness Challenge	15 8:30 Floor Exercises ★★★ (WC) 9:30 Paper Mosaic Art (DDR) 9:45 Sit And Be Fit ★ (AAR) 10:00 Fred Meyer Shopping (O) 10:00 AL Gym Orientation (WC) 10:30 Willow Tree Painting (DDR) 10:30 Chair Yoga ★ (DAR) 10:30 Sit And Be Fit ★ (WC) 1:00 Fred Meyer Shopping (O) 1:00 Willow Tree Painting (ADR) 2:00 Bingo (DDR) 3:00 Movie: “A Star Is Born” (C) 4:00 Dinner Out: La Costita (O) \$	16 9:00 Manicures (ADR) 9:45 Strength & Balance★★ (DAR) 10:30 Community Walk (DDR) 8:30 Circuit Training ★★ (WC) 10:00 Flexibility ★ (WC) 10:30 Strength ★★ (WC) 10:30 Strength &Balance★★ (AAR) 10:45 Lunch Out: Cartlandia (O) \$ 1:00 Ladder Golf (AAR) 2:00 Bingo (ADR) 3:00 Happy Hour (P) 3:30 Water Color Painting (DDR)	17 8:30 Stand & Be Grand ★★★ (WC) 9:30 Rummikub (DDR) 9:45 Chair Yoga ★ (AAR) 10:00 Picnic in the Park (O)\$ 10:00 Gym Orientation (WC) 10:00 Catholic Communion (Chapel) 10:30 Sit And Be Fit★ (DAR) 10:30 Sit And Be Fit ★ (WC) 1:00 Ladies Group (AGR) 1:00 Men’s Group (DGR) 2:00 FitChi ★ (WC) 2:00 Bingo (DDR) 3:15 Sip & Paint (ADR) 5:00 Movie: “Thunder Force” (C)	18 8:30 Circuit Training ★★ (WC) 9:00 Sweet Scenic Drive (O) 9:45 Chair Yoga ★ (DAR) 10:30 Flexibility ★★ (WC) 10:30 Sit And Be Fit★ (DAR) 11:00 Dad’s Day BBQ (SCY) 11:00 Bible Study (Chapel) 11:15 Sit And Be Fit ★ (DAR) 2:00 Scenic Drive: Ice Cream (O) 3:00 Sit And Be Fit ★ (AAR) 3:00 Happy Hours (P)	19 9:00 Paint to music (DDR) 1:00 Paint to Music (ADR) 3:00 Yahtzee (DDR)
20 SPORTS DAY 10:00 Food Fun: Microwave Snickerdoodles (ADR) 11:00 Food Fun: Microwave Snickerdoodles (DDR) 11:00 Yahtzee (ADR) 2:00 Movie: “The Pursuit Of Happyness” (C) 2:00 Afternoon Exercise (AAR) 4:00 Trivia (ADR)	21 WACKY HAIR DAY 8:30 Circuit Training ★★ (WC) 9:00 Manicures (ADR) 9:45 Sit And Be Fit ★ (DAR) 10:30 Scenic Painting (ADR) 10:30 Chair Yoga ★ (AAR) 10:30 Strength ★★ (WC) 12:30 Mini Trips (O) 1:00 Poetry Out Loud (DAR) 2:00 Bingo (ADR) 2:00 FitChi ★ (WC) 3:00 Happy Hour (P) 3:30 Scenic Painting (DDR)	22 PAJAMA DAY 8:30 Floor Exercises ★★★ (WC) 9:30Paper Mosaic Art (ADR) 9:45 Sit And Be Fit ★ (AAR) 10:00 Fred Meyer Shopping (O) 10:00 AL Gym Orientation (WC) 10:30 Turtle Painting (DDR) 10:30 Chair Yoga ★ (DAR) 10:30 Sit And Be Fit ★ (WC) 1:00 Fred Meyer Shopping (O) 2:00 Bingo (DDR) 3:00 Movie: “Togo” (C) 3:30 Brain Games (ADR) 4:00 Dinner Out: The Rock (O) \$	23 PINK DAY 9:00 Manicures (DDR) 9:45 Strength & Balance★★ (DAR) 10:30 Community Walk (ADR) 8:30 Circuit Training ★★ (WC) 10:00 Flexibility ★ (WC) 10:30 Strength &Balance★★ (AAR) 10:30 Strength ★★ (WC) 1:00 Powell’s Bookstore (O) 1:00 Ladder Golf (DAR) 2:00 Bingo (ADR) 3:00 Happy Hour (P) 3:30 Watercolor Painting (ADR)	24 SPRING SWAY DAY 8:00 Cannon Beach Day! (O) 8:30 Stand & Be Grand ★★★ (WC) 9:30 Yahtzee (DDR) 9:45 Chair Yoga ★ (AAR) 10:00 Gym Orientation (WC) 10:00 Catholic Communion(Chapel) 10:30 Sit And Be Fit★ (DAR) 10:30 Sit And Be Fit ★ (WC) 11:00 Classical Music Appreciation (C) 1:00 Ladies Group (DGR) 1:00 Men’s Group (DGR) 2:00 FitChi ★(WC) 2:00 Bingo (DDR) 3:15 Sip & Paint (DDR) 5:00 Movie: “Singin’ In The Rain” (C)	25 DISNEY DAY 8:30 Circuit Training ★★ (WC) 9:00 Craft Corner: Marble Plates (DDR) 9:00 Scenic Drive (O) 9:45 Chair Yoga ★ (DAR) 10:30 Flexibility ★★ (WC) 10:30 Sit And Be Fit★ (DAR) 11:00 Craft Corner: Marble Plates (ADR) 11:00 Bible Study (Chapel) 11:15 Sit And Be Fit ★ (DAR) 2:00 Dot Painting (ADR) 2:00 Scenic Drive (O) 3:00 Sit And Be Fit ★ (AAR) 3:00 Happy Hour (P) 4:00 Dot Painting (DDR)	26 HERO/VILLAIN DAY 9:00 Melted Crayon Art (DDR) 2:00 Melted Crayon Art (ADR) 4:00 Word Puzzles (DDR)
27 10:00 Short Story Appreciation (ADR) 11:00 Short Story Appreciation (DDR) 11:00 Rummikub (ADR) 2:00 Movie: “Wonder” (C) 2:00 Afternoon Exercise (AAR) 4:00 Trivia (ADR)	28 8:30 Circuit Training ★★ (WC) 9:00 Manicures (ADR) 9:45 Sit And Be Fit ★ (DAR) 10:30 Koi Fish Painting (ADR) 10:30 Chair Yoga ★ (AAR) 10:30 Strength ★★ (WC) 12:30 Mini Trips (O) 1:00 Poetry Out Loud (AAR) 2:00 Bingo (ADR) 2:00 FitChi ★(WC) 3:00 Happy Hour (P) 3:30 Koi Fish Painting (DDR)	29 8:30 Floor Exercises ★★★ (WC) 9:30 Paper Mosaic Art (DDR) 9:45 Sit And Be Fit ★ (AAR) 10:00 Fred Meyer Shopping (O) 10:00 AL Gym Orientation (WC) 10:30 Chair Yoga ★ (DAR) 10:30 Sit And Be Fit ★ (WC) 1:00 Fred Meyer Shopping (O) 2:00 Bingo (DDR) 4:30 Dinner and a Movie: “Casablanca” and Moroccan Cuisine (C)	30 9:00 Manicures (ADR) 10:30 Community Walk (DDR) 8:30 Circuit Training ★★ (WC) 9:45 Strength & Balance★★ (DAR) 10:00 Flexibility ★ (WC) 10:30 Strength &Balance★★ (AAR) 1:00 Sweet Scenic Drive: Root Beer Floats (O) 1:00 Ladder Golf (AAR) 2:00 Bingo (ADR) 3:30 Watercolor Painting (DDR)			