

SUN	MON	TUE	WED	THUR	FRI	SAT
		<div><div>9:45 Cardio Strength (STUDIO)</div><div>10:45 Chair Yoga (STUDIO)</div><div>1:00 Feel Good Videos</div><div>1:00 Hand and Foot Card Game* (2RDK)</div><div>1:45 AquaFIT (POOL)</div><div>2:00 Movie Matinee (THTR)</div><div>2:00 Needlework Group* (2RCR)</div><div>3:00 Bingo (PUB)</div><div>3:00 Fitness Testing (STUDIO)</div><div>7:00 Evening Movie (THTR)</div></div> <div>1</div>	<div><div>9:45 Cardio Circuit (STUDIO)</div><div>10:30 Chair Exercise (WR)</div><div>10:45 Better Balance (STUDIO)</div><div>1:00 Parkinson's Support Group (SIP)</div><div>1:00 Trivia & Quiz (TV Ch. 1971)</div><div>2:00 Resident Life Committee (PGP)</div><div>3:00 Fitness Testing (STUDIO)</div><div>4:00 Happy Hour (PUB)</div><div>5:30 Gaither Gospel (TBN Ch. 1024)</div><div>7:00 Evening Movie (THTR)</div></div> <div>2</div>	<div><div>9:45 Cardio Strength (STUDIO)</div><div>10:30 Shopping Bus (CD)</div><div>10:45 Strength and Tone (STUDIO)</div><div>11:00 Non-denominational Bible Study (PGP)</div><div>1:00 Feel Good Videos</div><div>1:00 Outing: My Mother Knows Best ((CD))</div><div>1:45 AquaFIT (POOL)</div><div>2:00 Movie Matinee (THTR)</div><div>3:00 Aging Well Support Group (SIP)</div><div>3:00 Fitness Testing (STUDIO)</div><div>7:00 Evening Movie (THTR)</div></div> <div>3</div>	<div><div>9:45 Cardio Circuit (STUDIO)</div><div>10:00 Bocce Ball 101 with Heidi (Roof Top)</div><div>10:30 Chair Exercise (WR)</div><div>10:30 Shopping Bus (CD)</div><div>10:45 Better Balance (STUDIO)</div><div>12:00 Springs Steppers (Lobby)</div><div>1:00 Play Bridge* (2RCR)</div><div>1:00 Trivia & Quiz (TV Ch. 1971)</div><div>2:00 Movie Matinee (THTR)</div><div>4:00 Happy Hour with John Nilsen (PR)</div><div>7:00 Evening Movie (THTR)</div></div> <div>4</div>	<div><div>9:45 Cardio Strength (STUDIO)</div><div>10:45 Chair Yoga (STUDIO)</div><div>11:00 Outing: Beaverton Farmers Market ((CD))</div><div>11:30 AquaFIT (POOL)</div><div>1:00 Play Bridge* (2RCR)</div><div>2:00 Movie Matinee (THTR)</div><div>2:00 Shopping Bus ((CD))</div><div>3:00 Armchair Tourist: Grand Canyon Vintage Travel Film</div><div>7:00 Evening Movie (THTR)</div></div> <div>5</div>
<div><div>10:00 Stretching for Seniors (TV Ch. 1971)</div><div>11:00 Outing: Crystal Springs Rhododendron Garden (BUS)</div><div>11:30 Bethel Presents: Heaven to Earth (TV Ch. 1224)</div><div>2:00 Movie Matinee (THTR)</div><div>6:00 Nature Documentary: The Story of Earth and Life</div><div>7:00 Evening Movie (THTR)</div></div> <div>6</div>	<div><div>9:45 Dance Fitness (STUDIO)</div><div>10:30 Chair Exercise (WR)</div><div>10:45 Strength and Tone (STUDIO)</div><div>11:30 Putt-Putt Group Practice (Roof Top)</div><div>1:00 Blood Pressure Clinic (Apartment 236)</div><div>1:00 Mah Jong* (2RCR)</div><div>1:00 Trivia & Quiz (TV Ch. 1971)</div><div>2:00 Movie Matinee (THTR)</div><div>3:00 Billiards* (PUB)</div><div>7:00 Evening Movie (THTR)</div><div>7:00 Roof Top Mixer - BYOB* (Roof Top)</div></div> <div>7</div>	<div><div>9:45 Cardio Strength (STUDIO)</div><div>10:30 Coffee Talk (THTR)</div><div>10:45 Chair Yoga (STUDIO)</div><div>1:00 Feel Good Videos</div><div>1:00 Hand and Foot Card Game* (2RDK)</div><div>1:45 AquaFIT (POOL)</div><div>2:00 Movie Matinee (THTR)</div><div>2:00 Needlework Group* (2RCR)</div><div>3:00 Wine Tasting - Crowley Wines (SIP)</div><div>7:00 Evening Movie (THTR)</div></div> <div>8</div>	<div><div>9:45 Cardio Circuit (STUDIO)</div><div>10:00 Putt-Putt Golf Tourney Finals (Roof Top)</div><div>10:30 Chair Exercise (WR)</div><div>10:45 Better Balance (STUDIO)</div><div>1:00 Trivia & Quiz (TV Ch. 1971)</div><div>2:00 Lifelong Learning: Dr. Roy Torley on Planetariums (THTR)</div><div>2:45 Pub Trivia* (PUB)</div><div>4:00 Happy Hour with Oregon Symphony Musicians (PUB)</div><div>5:30 Gaither Gospel (TBN Ch. 1024)</div><div>7:00 Evening Movie (THTR)</div></div> <div>9</div>	<div><div>9:45 Cardio Strength (STUDIO)</div><div>10:30 Shopping Bus (CD)</div><div>10:45 Strength and Tone (STUDIO)</div><div>11:00 Catholic Communion (SIP)</div><div>11:30 Tasty Thursday with Brittany (BUS)</div><div>1:00 Chef's Demo (2RDK)</div><div>1:00 Feel Good Videos</div><div>1:45 AquaFIT (POOL)</div><div>2:00 Movie Matinee (THTR)</div><div>3:00 Aging Well Support Group (SIP)</div><div>3:00 Billiards * (PUB)</div><div>7:00 Evening Movie (THTR)</div></div> <div>10</div>	<div><div>9:45 Cardio Circuit (STUDIO)</div><div>10:00 Bocce Ball* (Roof Top)</div><div>10:30 Chair Exercise (WR)</div><div>10:30 Shopping Bus (CD)</div><div>10:45 Better Balance (STUDIO)</div><div>12:00 Springs Steppers (Lobby)</div><div>1:00 Play Bridge* (2RCR)</div><div>1:00 Trivia & Quiz (TV Ch. 1971)</div><div>2:00 Movie Matinee (THTR)</div><div>4:00 Happy Hour with Adrian Martin (PR)</div><div>7:00 Evening Movie (THTR)</div></div> <div>11</div>	<div><div>9:45 Cardio Strength (STUDIO)</div><div>10:45 Chair Yoga (STUDIO)</div><div>11:30 AquaFIT (POOL)</div><div>1:00 Play Bridge* (2RCR)</div><div>2:00 Movie Matinee (THTR)</div><div>2:00 Shopping Bus ((CD))</div><div>3:00 Armchair Tourist: USA West Coast Road Trip (TV Ch. 1971)</div><div>7:00 Evening Movie (THTR)</div></div> <div>12</div>
<div><div>10:00 Stretching for Seniors (TV Ch. 1971)</div><div>11:00 Outing: Tualatin Island Greens (BUS)</div><div>11:30 Bethel Presents: Heaven to Earth (TV Ch. 1224)</div><div>2:00 Movie Matinee (THTR)</div><div>6:00 Nature Documentary: David Attenborough's, The Conquest of the Skies (TV Ch. 1971)</div><div>7:00 Evening Movie (THTR)</div></div> <div>13</div>	<div><div>Flag Day</div><div>9:45 Dance Fitness (STUDIO)</div><div>10:00 Veterans Brunch (PR)</div><div>10:30 Chair Exercise (WR)</div><div>10:45 Strength and Tone (STUDIO)</div><div>11:30 Putt-Putt Group Practice (Roof Top)</div><div>1:00 Mah Jong* (2RCR)</div><div>1:00 Trivia & Quiz (TV Ch. 1971)</div><div>2:00 Movie Matinee (THTR)</div><div>3:00 Billiards* (PUB)</div><div>3:00 Resident Council Forum (PR)</div><div>7:00 Evening Movie (THTR)</div><div>7:00 Roof Top Mixer - BYOB* (Roof Top)</div></div> <div>14</div>	<div><div>9:45 Cardio Strength (STUDIO)</div><div>10:30 Dining Committee (2RCR)</div><div>10:45 Chair Yoga (STUDIO)</div><div>1:00 Feel Good Videos</div><div>1:00 Hand and Foot Card Game* (2RDK)</div><div>1:45 AquaFIT (POOL)</div><div>2:00 Movie Matinee (THTR)</div><div>2:00 Needlework Group* (2RCR)</div><div>3:00 Bingo (PUB)</div><div>5:00 June Birthday Dinner (Lehman Private Dining Room)</div><div>7:00 Evening Movie (THTR)</div></div> <div>15</div>	<div><div>9:45 Cardio Circuit (STUDIO)</div><div>10:30 Chair Exercise (WR)</div><div>10:45 Better Balance (STUDIO)</div><div>1:00 Parkinson's Support Group (SIP)</div><div>1:00 Trivia & Quiz (TV Ch. 1971)</div><div>2:00 Lifelong Learning: Sharing Our Stories (Palisades Class Room)</div><div>2:00 Sharing Our Stories (PGP)</div><div>4:00 Happy Hour (PUB)</div><div>5:30 Gaither Gospel (TBN Ch. 1024)</div><div>7:00 Evening Movie (THTR)</div></div> <div>16</div>	<div><div>9:45 Cardio Strength (STUDIO)</div><div>10:30 Shopping Bus (CD)</div><div>10:45 Strength and Tone (STUDIO)</div><div>11:00 Non-denominational Bible Study (PGP)</div><div>1:00 Feel Good Videos</div><div>1:30 Welcome Committee (PGP)</div><div>1:45 AquaFIT (POOL)</div><div>2:00 Movie Matinee (THTR)</div><div>3:00 Aging Well Support Group (SIP)</div><div>3:00 Fathers Day Celebration with the John Van Beek Trio (PR)</div><div>7:00 Evening Movie (THTR)</div></div> <div>17</div>	<div><div>9:45 Cardio Circuit (STUDIO)</div><div>10:00 Bocce Ball* (Roof Top)</div><div>10:30 Chair Exercise (WR)</div><div>10:30 Shopping Bus (CD)</div><div>10:45 Better Balance (STUDIO)</div><div>12:00 Springs Steppers (Lobby)</div><div>1:00 Emergency Response Team Meeting (PGP)</div><div>1:00 Play Bridge* (2RCR)</div><div>1:00 Trivia & Quiz (TV Ch. 1971)</div><div>2:00 Movie Matinee (THTR)</div><div>4:00 Happy Hour with Bo, Julie and Barbara (PR)</div><div>7:00 Evening Movie (THTR)</div></div> <div>18</div>	<div><div>Juneteenth</div><div>9:45 Cardio Strength (STUDIO)</div><div>10:45 Chair Yoga (STUDIO)</div><div>11:00 Outing: Lake Oswego Farmers Market ((CD))</div><div>11:30 AquaFIT (POOL)</div><div>1:00 Play Bridge* (2RCR)</div><div>2:00 Movie Matinee (THTR)</div><div>2:00 Shopping Bus ((CD))</div><div>3:00 Armchair Tourist: Grand Canyon River Rafting (TV Ch. 1971)</div><div>7:00 Evening Movie (THTR)</div></div> <div>19</div>
<div><div>Father's Day</div><div>The Longest Day</div><div>10:00 Stretching for Seniors (TV Ch. 1971)</div><div>11:00 Outing: Hillsdale Farmers Market (BUS)</div><div>11:30 Bethel Presents: Heaven to Earth (TV Ch. 1224)</div><div>2:00 Movie Matinee (THTR)</div><div>6:00 Nature Documentary: Earth: A History (TV Ch. 1971)</div><div>7:00 Evening Movie (THTR)</div></div> <div>20</div>	<div><div>9:45 Dance Fitness (STUDIO)</div><div>10:30 Chair Exercise (WR)</div><div>10:45 Strength and Tone (STUDIO)</div><div>11:30 Putt-Putt Group Practice (Roof Top)</div><div>1:00 Mah Jong* (2RCR)</div><div>1:00 Trivia & Quiz (TV Ch. 1971)</div><div>2:00 Meet and Greet with the residents of The Springs at Tanasbourne (Roof Top)</div><div>2:00 Movie Matinee (THTR)</div><div>3:00 Billiards* (PUB)</div><div>7:00 Evening Movie (THTR)</div><div>7:00 Roof Top Mixer - BYOB* (Roof Top)</div></div> <div>21</div>	<div><div>9:45 Cardio Strength (STUDIO)</div><div>10:30 Coffee Talk (THTR)</div><div>10:45 Chair Yoga (STUDIO)</div><div>1:00 Feel Good Videos</div><div>1:00 Hand and Foot Card Game* (2RDK)</div><div>1:45 AquaFIT (POOL)</div><div>2:00 Movie Matinee (THTR)</div><div>2:00 Needlework Group* (2RCR)</div><div>7:00 Evening Movie (THTR)</div></div> <div>22</div>	<div><div>9:45 Cardio Circuit (STUDIO)</div><div>10:30 Chair Exercise (WR)</div><div>10:45 Better Balance (STUDIO)</div><div>1:00 Trivia & Quiz (TV Ch. 1971)</div><div>2:00 Lifelong Learning: Chocolate Chip Cookie Bake-off (2RDK)</div><div>2:45 Pub Trivia* (PUB)</div><div>4:00 Happy Hour (PUB)</div><div>5:30 Gaither Gospel (TBN Ch. 1024)</div><div>7:00 Evening Movie (THTR)</div></div> <div>23</div>	<div><div>9:45 Cardio Strength (STUDIO)</div><div>10:30 Shopping Bus (CD)</div><div>10:45 Strength and Tone (STUDIO)</div><div>11:00 Catholic Mass (SIP)</div><div>12:00 Resident & Director Luncheon (LPD)</div><div>1:00 Feel Good Videos</div><div>1:00 Outing: Powerland Heritage Park Museum ((CD))</div><div>1:45 AquaFIT (POOL)</div><div>2:00 Movie Matinee (THTR)</div><div>3:00 Aging Well Support Group (SIP)</div><div>3:00 Billiards * (PUB)</div><div>7:00 Evening Movie (THTR)</div></div> <div>24</div>	<div><div>9:45 Cardio Circuit (STUDIO)</div><div>10:00 Bocce Ball* (Roof Top)</div><div>10:30 Chair Exercise (WR)</div><div>10:30 Shopping Bus (CD)</div><div>10:45 Better Balance (STUDIO)</div><div>11:00 Chef's Table Talk (2RDK)</div><div>12:00 Springs Steppers (Lobby)</div><div>1:00 Play Bridge* (2RCR)</div><div>1:00 Trivia & Quiz (TV Ch. 1971)</div><div>2:00 Movie Matinee (THTR)</div><div>4:00 Happy Hour - NW Panman (PR)</div><div>7:00 Evening Movie (THTR)</div></div> <div>25</div>	<div><div>9:45 Cardio Strength (STUDIO)</div><div>10:45 Chair Yoga (STUDIO)</div><div>11:30 AquaFIT (POOL)</div><div>1:00 Play Bridge* (2RCR)</div><div>2:00 Movie Matinee (THTR)</div><div>2:00 Shopping Bus ((CD))</div><div>3:00 Armchair Tourist: Sailing Filizi in Marquesas (TV Ch. 1971)</div><div>7:00 Evening Movie (THTR)</div></div> <div>26</div>
<div><div>10:00 Stretching for Seniors (TV Ch. 1971)</div><div>11:00 Outing: Portland Rose Garden (BUS)</div><div>11:30 Bethel Presents: Heaven to Earth (TV Ch. 1224)</div><div>2:00 Movie Matinee (THTR)</div><div>6:00 Nature Documentary: Land of Dinosaurs (TV Ch. 1971)</div><div>7:00 Evening Movie (THTR)</div></div> <div>27</div>	<div><div>9:45 Dance Fitness (STUDIO)</div><div>10:30 Chair Exercise (WR)</div><div>10:45 Strength and Tone (STUDIO)</div><div>11:30 Putt-Putt Group Practice (Roof Top)</div><div>1:00 IL Resident Council (PGP)</div><div>1:00 Mah Jong* (2RCR)</div><div>1:00 Trivia & Quiz (TV Ch. 1971)</div><div>2:00 Movie Matinee (THTR)</div><div>3:00 Billiards* (PUB)</div><div>7:00 Evening Movie (THTR)</div><div>7:00 Roof Top Mixer - BYOB* (Roof Top)</div></div> <div>28</div>	<div><div>9:45 Cardio Strength (STUDIO)</div><div>10:45 Chair Yoga (STUDIO)</div><div>1:00 Feel Good Videos</div><div>1:00 Hand and Foot Card Game* (2RDK)</div><div>1:45 AquaFIT (POOL)</div><div>2:00 Movie Matinee (THTR)</div><div>2:00 Needlework Group* (2RCR)</div><div>3:00 Bingo (PUB)</div><div>3:00 Wine Tasting - Galaxy Wine Company (SIP)</div><div>7:00 Evening Movie (THTR)</div></div> <div>29</div>	<div><div>9:45 Cardio Circuit (STUDIO)</div><div>10:30 Chair Exercise (WR)</div><div>10:45 Better Balance (STUDIO)</div><div>11:00 Hearing Clinic</div><div>1:00 Trivia & Quiz (TV Ch. 1971)</div><div>2:00 Lifelong Learning: Gordon Herman on Frank Sinatra (THTR)</div><div>4:00 Mix and Mingle Happy Hour with Harpist Leigh Brown (PUB)</div><div>5:30 Gaither Gospel (TBN Ch. 1024)</div><div>7:00 Evening Movie (THTR)</div></div> <div>30</div>	<div><div>LOCATION KEY</div><div>BUS - Bus</div><div>CD - Concierge Desk</div><div>PUB - Fanchos's Pub</div><div>LPD - Lehman Private Dining</div><div>Lobby - Lobby</div><div>THTR - Mt. Hood Theater</div><div>BUS - Offsite Event (See Concierge)</div><div>PR - Pacific Ridge Dining Room</div><div>PGP - Palisades Gathering Place</div><div>SIP - Sip on 5th</div><div>TV Ch. 1971 - TV Ch.1971</div><div>2RCR - Two Rivers Card Room</div></div>	<div><div>2RDK - Two Rivers Demo Kitchen</div><div>STUDIO - Waluga FIT Studio</div><div>POOL - Waluga Swim</div><div>WR - Willamette Activities Room, 2nd fl.</div></div>	