

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
		8:00 Coffee with Christy (PUB) 9:00 Guided Meditation w/ Marcia (981) 10:00 Blood Pressure Check (FISH) <b>11:00 Fred Meyer Shopper Shuttle (BUS)</b> 11:00 Adv. Balance & Stretch (FIT) 11:00 Balance & Stretching (981) <b>1:00 Chair Massage (MASSAGE ROOM)</b> 1:00 Hand & Foot (GAME)* 2:00 Great Courses: The Science of Extreme Weather (THTR) 3:00 Town Hall (PR) 7:00 Game Time (GAME)	8:00 Water Aerobics (POOL) 9:00 Water Aerobics (POOL) 10:00 Morning Update (981) 11:00 Adv. Balance & Stretching (FIT) 11:00 Balance & Stretching (981) 11:00 Parkinson's Movement Class (CRAFT) 12:30 Mah Jongg (GAME) 2:00 Jazzi the Therapy Dog (ABOUT THE SPRINGS) 2:00 Handcraft For A Cause (APACT) 3:00 Book Club (CRAFT) 3:30 Balance & Stretching Rebroadcast (981) 7:00 After Dinner Chat (CRAFT)	<b>9:00 Walk in Orchard Park (BUS)</b> 10:00 Hand & Foot (GAME) 10:30 Tech Help Hour (CRAFT) <b>10:30 Golf on the Green (GOLF)</b> <b>11:00 Safeway &amp; Trader Joe's Shopper Shuttle (BUS)</b> 11:00 Adv. Balance & Stretching (FIT) 11:00 Balance & Stretching (981) <b>1:00 Golf on the Green (GOLF)</b> 2:00 Bingo (AP Dining Room) 2:00 National Geographic Presents: America's National Parks (THTR) 2:30 Graduation Celebration (PR) 7:00 Catholic Communion (CRAFT) 7:00 Pinochle (LOFT)	8:00 Water Aerobics (POOL) 9:00 Water Aerobics (POOL) 10:00 Doggies on the Roof Roof (ROOF TOP DECK) 11:00 Balloon Badminton (FIT) 11:00 Balance & Stretching (981) 1:00 Enhanced Aerobics (FIT) <b>1:00 Scenic Drive (BUS)</b> 2:30 Friday Entertainment: I Sing Choir Concert (Channel 981/THTR/APACT/PUB/FISH) 3:30 Beanbag Baseball (CRAFT) 7:00 Movie: <i>Florence Foster Jenkins</i> —2016 (THTR)	9:15 Coffee Chat with Tina (PUB) 11:00 Balance & Stretching (981) 11:00 Balloon Badminton (FIT) 12:30 Mah Jongg (GAME) 1:30 Saturday Matinee: <i>Boom Town</i> —1940 (THTR/981) 2:00 Bingo (PR) 3:00 Catchphrase with Shelby (CRAFT)
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<b>9:00 Church Transportation (BUS)</b> 10:00 Nehemiah Gospel Music Show (981) 1:00 Trivia with Callie (CRAFT) 2:00 Church Service (CRAFT) <b>2:30 Watercolor Class With Tanya (FIT)</b> 3:15 Sunday Matinee: <i>Emma</i> -2020 (THTR/981)	8:00 Water Aerobics (POOL) 9:00 Water Aerobics (POOL) 11:00 Adv. Balance & Stretching (FIT) 11:00 Balance & Stretching (981) <b>11:00 Lunch at McMenamin's Cornelius Pass (BUS)</b> 1:00 Bridge (GAME)* 1:00 Enhanced Aerobics (FIT) 2:00 Hillsboro Police Department Presentation: Personal Safety (THTR) 2:00 Tai Chi (FIT) 3:30 Balance & Stretch Re-Broadcast (981) 7:00 Great Decisions Brexit Preview (THTR)	8:00 Coffee with Christy (PUB) 9:00 Guided Meditation w/ Marcia (981) 10:00 Blood Pressure Check (FISH) <b>11:00 Fred Meyer Shopper Shuttle (BUS)</b> 11:00 Adv. Balance & Stretch (FIT) 11:00 Balance & Stretching (981) 1:00 Hand & Foot (GAME)* 2:00 Great Courses: The Science of Extreme Weather (THTR) 7:00 Game Time (GAME)	8:00 Water Aerobics (POOL) 9:00 Water Aerobics (POOL) 10:00 Morning Update (981) 11:00 Adv. Balance & Stretching (FIT) 11:00 Balance & Stretching (981) 11:00 Parkinson's Movement Class (CRAFT) 12:30 Mah Jongg (GAME) 2:00 Handcraft For A Cause (APACT) 3:30 Balance & Stretching Rebroadcast (981) 7:00 After Dinner Chat (CRAFT)	8:45 Coffee Chat with Libby (PUB) 10:00 Hand & Foot (GAME) 10:30 Tech Help Hour (CRAFT) <b>10:30 Golf on the Green (GOLF)</b> <b>11:00 Safeway &amp; Trader Joe's Shopper Shuttle (BUS)</b> 11:00 Adv. Balance & Stretching (FIT) 11:00 Balance & Stretching (981) <b>1:00 Golf on the Green (GOLF)</b> 1:00 Connections (CRAFT) 2:00 Bingo (AP Dining Room) 2:00 National Geographic Presents: America's National Parks (THTR) 3:00 Lady's Happy Hour Fiesta (PUB) 7:00 Catholic Communion (CRAFT) 7:00 Pinochle (LOFT)	8:00 Water Aerobics (POOL) 9:00 Water Aerobics (POOLS) 10:00 Doggies on the Roof Roof (ROOF TOP DECK) 10:30 Friday Craft (APACT) 10:30 Quilting Group (CRAFT) 11:00 Balloon Badminton (FIT) 11:00 Balance & Stretching (981) 1:00 Enhanced Aerobics (FIT) 1:00 Great Decisions (CRAFT) <b>1:00 Scenic Drive (BUS)</b> 2:30 Friday Entertainment: Gayle Ritt (PR) 3:30 Beanbag Baseball (CRAFT) 7:00 Movie: <i>Barefoot in the Park</i> —1967 (THTR)	9:15 Coffee Chat with Tina (PUB) 11:00 Balance & Stretching (981) 11:00 Balloon Badminton (FIT) 12:30 Mah Jongg (GAME) 1:30 Saturday Matinee: <i>Wuthering Heights</i> - 1939 (THTR/981) 2:00 Bingo (PR) 3:00 Catchphrase with Shelby (CRAFT)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<b>9:00 Church Transportation (BUS)</b> 10:00 Nehemiah Gospel Music Show (981) 1:00 Trivia with Callie (CRAFT) 2:00 Church Service (CRAFT) <b>2:30 Watercolor Class With Tanya (FIT)</b> 3:15 Sunday Matinee: <i>Mary Shelley</i> -2018 (THTR/981)	8:00 Water Aerobics (POOL) 11:00 Adv. Balance & Stretch(FIT) 11:00 Balance & Stretching (981) <b>1:00 Outing to Helvetia Gourmet Market (BUS)</b> 1:00 Bridge (GAME)* 2:00 Great Courses: A Field Guide to the Planets (THTR) 3:30 Balance & Stretch Re-Broadcast (981)	8:00 Coffee with Christy (PUB) 9:00 Guided Mediation w/Marcia (981) 10:00 Blood Pressure Check (FISH) <b>11:00 Fred Meyer Shopper Shuttle (BUS)</b> 11:00 Adv. Balance & Stretch (FIT) 11:00 Balance & Stretching (981) <b>1:00 Chair Massage (MASSAGE ROOM)</b> 1:00 Hand & Foot (GAME)* 2:00 Great Courses: The Science of Extreme Weather (THTR) 3:00 Summit & Pacific Ridge Resident Council (PR) 3:30 Aspen Peak Resident Council (APACT) 7:00 Game Time (GAME)	8:00 Water Aerobics (POOL) 10:00 Morning Update (981) 11:00 Adv. Balance & Stretch(FIT) 11:00 Balance & Stretching (981) 11:00 Parkinson's Movement Class (CRAFT) 12:30 Mah Jongg (GAME) 1:00 Dining Forum (CRAFT) <b>1:00 Hearing Clinic (FIT)</b> 2:00 Handcraft for a Cause (APACT) 3:30 Balance & Stretching Rebroadcast (981) 7:00 After Dinner Chat (CRAFT)	10:00 Hand & Foot (GAME) <b>10:30 Golf on the Green (GOLF)</b> 10:30 Tech Help Hour (CRAFT) <b>11:00 Safeway &amp; Trader Joe's Shopper Shuttle (BUS)</b> 11:00 Adv. Balance & Stretch (FIT) 11:00 Balance & Stretching (981) <b>1:00 Golf on the Green (GOLF)</b> 2:00 National Geographic Presents: America's National Parks (THTR) 2:00 Bingo (AP Dining Room) 7:00 Catholic Communion (CRAFT) 7:00 Pinochle (LOFT)	8:00 Water Aerobics (POOL) 10:00 Doggies on the Roof Roof (ROOF TOP DECK) 11:00 Balloon Badminton (FIT) 11:00 Balance & Stretching (981) 1:00 Enhanced Aerobics (FIT) <b>1:00 Scenic Drive (BUS)</b> 2:30 Friday Entertainment: Rock Creek Choir (981/PUB/APACT/FISH/THTR) 3:30 Beanbag Baseball (CRAFT) 7:00 Movie: <i>Some Like it Hot- 1959</i> (THTR)	9:15 Coffee Chat with Tina (PUB) 11:00 Balance & Stretching (981) 11:00 Balloon Badminton (FIT) 12:30 Mah Jongg (GAME) 1:30 Saturday Matinee: <i>Father of the Bride</i> - 1950 (THTR/981) 2:00 Bingo (PR) 3:00 Catchphrase with Shelby (CRAFT)
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<b>9:00 Church Transportation (BUS)</b> 10:00 Nehemiah Gospel Music Show (981) 1:00 Trivia with Callie (CRAFT) 2:00 Church Service (CRAFT) <b>2:30 Watercolor Class With Tanya (FIT)</b> 3:15 Sunday Matinee: <i>Cats</i> -2019 (THTR/981)  Father's Day	8:00 Water Aerobics (POOL) 9:00 Water Aerobics (POOL) 11:00 Adv. Balance & Stretch (FIT) 11:00 Balance & Stretching (981) <b>1:00 Tour of The Springs at Lake Oswego (BUS)</b> 1:00 Bridge (GAME)* 1:00 Enhanced Aerobics (FIT) 2:00 Tai Chi (FIT) 2:00 Great Courses: A Field Guide to the Planets (THTR) <b>3:00 Greg's Happy Hour with The Guys (PUB)</b> 3:30 Balance & Stretch Re-Broadcast (981)	8:00 Coffee with Christy (PUB) 9:00 Guided Mediation w/Marcia (981) 10:00 Blood Pressure Check (FISH) <b>11:00 Fred Meyer Shopper Shuttle (BUS)</b> 11:00 Adv. Balance & Stretch (FIT) 11:00 Balance & Stretching (981) 1:00 Hand & Foot (GAME)* 1:00 Great Courses: The Science of Extreme Weather (THTR) 3:00 Gordon Neal Presents: Irving Berlin (THTR) 7:00 Game Time (GAME)	8:00 Water Aerobics (POOL) 9:00 Water Aerobics (POOL) 8:45 Coffee Chat with Libby (PUB) 9:00 Water Aerobics (POOLS) 10:00 Morning Update (981) 11:00 Adv. Balance & Stretching (FIT) 11:00 Balance & Stretching (981) 11:00 Parkinson's Movement Class (CRAFT) 12:30 Mah Jongg (GAME) 2:00 Handcraft for a Cause (APACT) 3:30 Balance & Stretching Rebroadcast (981) 7:00 After Dinner Chat (CRAFT)	<b>9:00 Walk in the Tualitin Hills Nature Park (BUS)</b> 10:00 Hand & Foot (LOFT) <b>10:30 Golf on the Green (GOLF)</b> 10:30 Tech Help Hour (CRAFT) <b>11:00 Safeway &amp; Trader Joe's Shopper Shuttle (BUS)</b> 11:00 Adv. Balance & Stretch(FIT) 11:00 Balance & Stretching (981) <b>1:00 Golf on the Green (GOLF)</b> 2:00 National Geographic Presents: America's National Parks (THTR) 2:00 Bingo (AP Dining Room ) 6:30 Garden Party (AP Dining Courtyard) 7:00 Catholic Communion (CRAFT) 7:00 Pinochle (LOFT)	8:00 Water Aerobics (POOL) 9:00 Water Aerobics (POOLS) 10:00 Doggies on the Roof Roof (ROOF TOP DECK) 10:30 Friday Craft (APACT) 11:00 Balloon Badminton (FIT) 11:00 Balance & Stretching (981) 1:00 Enhanced Aerobics (FIT) <b>1:00 Scenic Drive (BUS)</b> 2:30 Friday Entertainment: Freddie Prez (PR) 3:30 Beanbag Baseball (CRAFT) 7:00 Movie: <i>And So It Goes</i> -2014 (THTR)	9:15 Coffee Chat with Tina (PUB) 11:00 Balance & Stretching (981) 11:00 Balloon Badminton (FIT) 12:30 Mah Jongg (GAME) 1:30 Saturday Matinee: <i>The Courtship of Eddie's Father</i> - 1963 (THTR/981) 2:00 Bingo (PR) 3:00 Catchphrase with Shelby (CRAFT)
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>ROOM KEY</b>		
<b>9:00 Church Transportation (BUS)</b> 10:00 Nehemiah Gospel Music Show (981) 1:00 Trivia with Callie (CRAFT) 2:00 Church Service (CRAFT) <b>2:30 Watercolor Class With Tanya (FIT)</b> 3:15 Sunday Matinee: <i>Local Hero</i> - 1983 (THTR/981)	8:00 Water Aerobics (POOL) 9:00 Water Aerobics (POOLS) <b>10:00 Outing to the Rose Garden (BUS)</b> 11:00 Adv. Balance & Stretch(FIT) 11:00 Balance & Stretching (981) 1:00 Bridge (GAME)* 1:00 Enhanced Aerobics (FIT) 2:00 Tai Chi (FIT) 2:00 Great Courses: A Field Guide to the Planets (THTR) 3:00 Piano with Jan (CRAFT/GAME) 3:30 Balance & Stretch Re-Broadcast (981)	8:00 Coffee with Christy (PUB) 9:00 Guided Mediation w/Marcia (981) 10:00 Blood Pressure Check (FISH) <b>11:00 Fred Meyer Shopper Shuttle (BUS)</b> 11:00 Adv. Balance & Stretch (FIT) 11:00 Balance & Stretching (981) 1:00 Hand & Foot (LOFT)* 2:00 Great Courses: The Science of Extreme Weather (THTR) 7:00 Game Time (GAME)	8:00 Water Aerobics (POOL) 9:00 Water Aerobics (POOL) 10:00 Morning Update (981) 11:00 Adv. Balance & Stretch (FIT) 11:00 Balance & Stretching (981) 11:00 Parkinson's Movement Class (CRAFT) 12:30 Mah Jongg (GAME) 2:00 Handcraft for a Cause(APACT) 2:00 Assisted Living Information Session (THREE SISTERS) 3:30 Balance & Stretch Rebroadcast (981) 7:00 After Dinner Chat (CRAFT)	<b>APACT:</b> Aspen Peak Activity Room <b>AP:</b> Aspen Peak Restaurant <b>BUS:</b> Off Site Event Lobby Departure <b>CPL:</b> Chapel <b>CRAFT:</b> Middle Sister Craft Studio <b>DEMO:</b> Demo Kitchen <b>DESK:</b> Concierge Desk <b>DC:</b> Dining Courtyard <b>FISH:</b> Room with Fish Tank <b>FIT:</b> Trillium Group Fitness <b>GAME:</b> Game Room		<b>GYM:</b> Trillium Gym <b>LOFT:</b> Computer Loft <b>PUB:</b> Fanchos Pub <b>POOL:</b> Trillium Pool <b>PR:</b> Pacific Ridge Restaurant <b>PDR:</b> Private Dining Room <b>THTR:</b> Mt. Hood Theater  <i>All activities subject to change.</i> <i>All <b>bold</b> activities require you to sign-up at the Concierge Desk.</i> <i>Activities with an * are resident-led.</i>