

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<p>9:30 Circuit Training (SS) 9:30 Exercise Video (981 on TV) 10:30 Craft: Wood Firework Display (MR) NO Walmart or Costco 11:30 TED TALKS – “Did You Judge Me? Transform Stereotypes, Racism” (DT) 1:00 Parkinson’s Exercise with Austin (SS) 1:00 Blackjack (FGGR) 3:30 “Beatles Unplugged” concert with New Musician Robert Meade (Diamond Theater)</p>	<p>9:30 Better Balance (SS) 9:30 Exercise Video (981 TV) 10:30 Quarry Choir with Laurie filling in! (PP) 10:30 Play Bridge (GR) NO STORE TODAY 1:00 Food Committee Meeting with Pat & Paul (DT) 1:00 Tai Chi Class (SS) 2:00 Golden Steppers (SS) 2:45 Men’s Hole-in-the-Wall 3:00 Popcorn Social! (SDR) 6:00 Movie in Theater (DT)</p>	<p>8:15 Seated Yoga with Mary Ann (SS) 9:30 Exercise Video (981 TV) 10:30 Women’s Coffee Klatch (MR) 1:00 BINGO for Quarters (GR) 2:30 Movie Matinee with Popcorn (DT) 3:00 Cards and Marbles (GR) 6:30 Evening Movie (981 TV)</p>
<p>9:30 Exercise Video (981 on TV) Church Service Shuttle: 9:55 Presbyterian/Baptist 11:15 Catholic Church 10:30 Nehemiah Gospel Music (Channel 981 TV) 11:30 8th Annual 4th of July Corn-dog-a-thon! (CP) 12:30 Creative Coloring (we provide supplies) (GR) 1:30 Cards n’ Marbles (GR) 2:00 Sunday Service (RQC) 6:30 Evening Movie (981 on TV) <i>If you need Tech Help this week, sign up in the book.</i> Happy 4th of July!</p>	<p>9:30 Circuit Training (SS) 9:30 Exercise Video (981 on TV) 10:30 Rick Steve’s: “Best of the Alps: Switzerland’s Jungfrau Region” (DT) 12:45 Shop Hobby Lobby or the Vancouver Mall. Sign up! 1:00 Cribbage (GR) 1:00 Documentary (DT) 1:30 Music Therapy with Whitney in the Pearl Parlor 2:00 Brain Training (MR) 3:00 Quarry Players (DT) 6:30 Documentary (981 on TV)</p>	<p>9:30 Body in Motion (SS) 9:30 Exercise Video (981 on TV) 10:00 Resident Council Meeting. Everyone welcome. (DT) 1:00 Parkinson’s Exercise with Austin (SS) 2:00 Fred Meyer Shuttles Sign up! 2:00 Play Bridge (GR) 2:30 Happy Hour to Celebrate Paul Lemke’s upcoming Wedding! Beverages and live piano music. (CP) 6:00 Cards n’ Marbles (GR)</p>	<p>7:45 ROMEO Club Breakfast at The Kitchen Table. Sign up! 8:15 NEW TIME: Seated Yoga with Mary Ann (SS) 9:30 Better Balance (Ch 981) 9:30 OUTDOOR Better Balance on the Patio 10:00 Stitch n’ Chat (GR) 10:00 Chapel w/ Fred (RQC) 10:30 Guided Meditation (CCL) 12:30 Mahjong (GR) 2:00 Brain Training (MR) 3:15 Manicures. Sign up (GR) 6:00 Pinochle (GR)</p>	<p>9:30 Circuit Training (SS) 9:30 Exercise Video (981 on TV) 10:15 Local banks or Walmart/Costco or farmer’s market. Sign up! 10:30 Craft: Flower Hammering “Painting”(MR) 11:30 TED TALKS – “Depression is a Disease of Civilization” (DT) 1:00 Parkinson’s Exercise (SS) 1:00 Blackjack (FGGR) 3:30 Seattle Magician Brian Leadbetter! Drinks served. (CP or DT)</p>	<p>9:30 Better Balance (SS) 9:30 Exercise Video (981 TV) 10:30 Quarry Choir with Laurie! (PP) 10:30 Play Bridge (GR 11:30-12:30 General Store (LL) 1:00 Tai Chi Class (SS) 1:00 Lodge Scenic Ride (LL) 1:30 History with John (DT) 2:00 Golden Steppers (SS) 2:30 Movie Matinee (981 TV) 2:45 Men’s Gang CCL 3:00 Cookies and live music with accordionist Phil Hall (SDR) 6:00 Movie in Theater (DT)</p>	<p>8:15 Seated Yoga with Mary Ann (SS) 9:30 Exercise Video (981 TV) 10:30 Women’s Coffee Klatch (MR) 1:00 BINGO for Quarters (GR) 2:30 Movie Matinee with Popcorn (DT) 3:00 Cards and Marbles (GR) 6:30 Evening Movie (981 TV)</p>
<p>9:30 Exercise Video (981 on TV) Church Service Shuttle: 9:55 Presbyterian/Baptist 11:15 Catholic Church 10:30 Nehemiah Gospel Music (Channel 981 TV) 12:30 Creative Coloring (we provide supplies) (GR) 1:30 Cards n’ Marbles (GR) 2:00 Sunday Service with Chaplain Fred Lake (RQC) 2:30 Journey Theater Performs “Stage Door” on the courtyard patio. 6:30 Evening Movie (981 TV)</p>	<p>9:30 Circuit Training (SS) 9:30 Exercise Video (981 on TV) 10:30 Rick Steve’s Europe: “Great Swiss Cities” (DT) 1:00 Cribbage (GR) 1:00 Documentary (DT) 1:45 Library Outing 2:00 Brain Training (MR) 3:00 Quarry Players (DT) 6:30 Documentary (981 on TV)</p>	<p>9:30 Body in Motion (SS) 9:30 Exercise Video (981 on TV) 10:00 Beading Assistance (MR) 1:00 Parkinson’s Exercise (SS) 2:00 Fred Meyer Shuttles Sign up! 2:00 Play Bridge (GR) 2:30 Beanbag BB (SS) 6:00 Cards n’ Marbles (GR)</p>	<p>8:15 Seated Yoga (SS) 9:30 Better Balance (Ch 981) 9:30 Better Balance (SS) 10:00 Stitch n’ Chat (GR) 10:00 Parkinson’s Support Group (MR) 10:00 Chapel w/ Fred (RQC) 10:30 Guided Meditation (CCL) 12:30 Mahjong (GR) 2:00 Brain Training (MR) 3:00 Anxiety & Mental Health Support Group (DT) 3:15 Manicures. Sign up (GR) 6:00 Pinochle (GR)</p>	<p>9:30 Circuit Training (SS) 9:30 Exercise Video (981 on TV) NO Walmart or Costco today 10:30 Craft: Puzzle Monogram (MR) 11:30 TED TALKS- “Why Most Parenting Advice Wrong” (DT) 1:00 Parkinson’s Exercise (SS) 1:00 Blackjack (FGGR) 3:30 1950s/60s Vocalist Molli Paige Performs. Drinks served. (CP or DT)</p>	<p>9:30 Better Balance (SS) 9:30 Exercise Video (981 TV) 10:30 Quarry Choir with Laurie (PP) 10:30 Play Bridge (GR) 11:30-12:30 General Store (LL) 1:00 Tai Chi Class (SS) 1:00 Lodge Scenic Ride (LL) 2:00 Golden Steppers (SS) 2:30 Movie Matinee (981 TV) 3:00 Lodge Meet and Greet with Mary Perlstein (SDR) 6:00 Movie in Theater (DT)</p>	<p>8:15 Seated Yoga (SS) 9:30 Exercise Video (981 TV) 9:30 Memorial Service for Cathy Searle at East Woods Presbyterian Church. Sign up. 10:30 Women’s Coffee (MR) 1:00 BINGO for Quarters (GR) 2:30 Movie Matinee with Popcorn (DT) 3:00 Cards and Marbles (GR) 6:30 Evening Movie (981 TV)</p>

<p>18</p> <p>9:30 Exercise Video (981 on TV) Church Service Shuttle: 9:55 Presbyterian/Baptist 11:15 Catholic Church 10:30 Nehemiah Gospel Music (Channel 981 TV) 12:30 Creative Coloring (we provide supplies) (GR) 1:30 Cards n' Marbles (GR) 2:00 Sunday Service with Chaplain Fred Lake (RQC) 6:30 Evening Movie (981 on TV) <i>If you need Tech Help this week, sign up in the book and we'll set up a time with you!</i></p>	<p>19</p> <p>9:30 Circuit Training (SS) 9:30 Exercise Video (981 on TV) 10:30 Rick Steve's Europe: "London: Modern & Traditional" (DT) 11:15 Lunch and Bowling at Big Al's! Sign up! Return by 2:30. 1:00 Cribbage (GR) 1:00 Documentary (DT) 2:00 Brain Training (MR) 3:00 Quarry Players Drama Rehearsal (DT) 6:30 Documentary (981 on TV)</p>	<p>20</p> <p>9:30 Body in Motion (SS) 9:30 Exercise Video (981 on TV) 10:00 New Residents Welcome Meeting (by invitation) 1:00 Parkinson's Exercise (SS) 2:00 Fred Meyer Shuttles Sign up! 2:00 Play Bridge (GR) 2:30 Beanbag BB (SS) 6:00 Cards n' Marbles (GR)</p>	<p>21</p> <p>8:15 Seated Yoga (SS) 9:30 Better Balance (SS) 10:00 Goodwill Donations. You can also shop at Goodwill. Sign up! 10:00 Low Vision Support Group (LAR) 10:00 Chapel w/ Fred (RQC) 10:30 Guided Meditation (CCL) 12:30 Mahjong (GR) 1:00 Quarry Town Hall (DT) 2:00 Brain Training (MR) 3:00 Golden Gophers Support Group (CCL) 3:15 Manicures. Sign up (GR) 6:00 Pinochle (GR)</p>	<p>22</p> <p>9:30 Circuit Training (SS) 9:30 Exercise Video (981 on TV) 10:15 Local banks or Walmart/Costco or farmer's market. Sign up! 10:30 Craft: Tote Bag Painting (MR) 10:30 Book Club discusses La's Orchestra Saves the World (GR) 11:30 TED TALKS- "The Mathematics of Weight Loss (DT) 1:00 Parkinson's Exercise (SS) 1:00 Blackjack (FGGR) 3:30 Pianist/Vocalist COOLEY Show (CP or DT)</p>	<p>23</p> <p>9:30 Better Balance(SS) 9:30 Exercise Video (981 TV) 10:30 Quarry Choir (PP) 10:30 Play Bridge (GR) 12:30 General Store (LL) 1:00 Tai Chi with Jill (SS) 1:00 Lodge Scenic Ride (LL) 1:30 – 3:00 Able Hearing Clinic. Sign up! (FGGR) 1:30 History w/ John (DT) 2:00 Golden Steppers (SS) 2:30 Movie Matinee (981 TV) 2:45 Men's Gang (CCL) 6:00 Movie in Theater (DT) SUMMER OLYPICS BEGIN</p>	<p>24</p> <p>8:15 Seated Yoga with Mary Ann (SS) 9:30 Exercise Video (981 TV) 9:15 The Northwest's Largest Garage & Vintage Sale at Clark County Fairgrounds. No large furniture purchases. Cost of admission is \$7.00. Bring cash. Sign up! 10:30 Women's Coffee Klatch (MR) 1:00 BINGO for Quarters (GR) 2:30 Movie Matinee with Popcorn (DT) 3:00 Cards and Marbles (GR) 6:30 Evening Movie (981 TV)</p>
<p>25</p> <p>9:30 Exercise Video (981 on TV) Church Service Shuttle: 9:55 Presbyterian/Baptist 11:15 Catholic Church 10:30 Nehemiah Gospel Music (Channel 981 TV) 12:30 Creative Coloring (we provide supplies) (GR) 1:30 Cards n' Marbles (GR) 2:00 Sunday Service with Chaplain Fred Lake (RQC) 6:30 Evening Movie (981 on TV) <i>If you need Tech Help this week, sign up in the book and we'll set up a time with you!</i></p>	<p>26</p> <p>9:30 Circuit Training (SS) 9:30 Exercise Video (981 on TV) 10:30 Rick Steve's Europe: "London: Royal & Rambunctious" (DT) 1:00 Cribbage (GR) 1:00 Documentary (DT) 1:45 Shop Trader Joe's or Dollar Tree. Sign up! 2:00 Brain Training (MR) 3:00 Quarry Players Drama Rehearsal (DT) 6:30 Documentary (981 on TV)</p>	<p>27</p> <p>9:30 Body in Motion (SS) 10:00 Beading Assistance with Ilse Lofgren – bring your own project! (MR) 9:30 Exercise Video (981 on TV) 1:00 Parkinson's Exercise (SS) 2:00 Fred Meyer Shuttles Sign up! 2:00 Play Bridge (GR) 2:30 Beanbag BB (SS) 6:00 Cards n' Marbles (GR)</p>	<p>28</p> <p>8:15 Seated Yoga (SS) 9:30 Better Balance (Ch 981) 9:30 Better Balance (SS) 10:00 Stitch n' Chat (GR) 10:00 Chapel w/ Fred (RQC) 10:30 Guided Meditation (CCL) 12:30 Mahjong (GR) 12:45 Shop New Seasons – Senior Discount Day! Sign up! 2:00 Brain Training (MR) 3:00 Anxiety & Mental Health Support Group (DT) 3:15-5:00 Manicures. (GR) 5:15 Ridgefield Raptors Game. Cost is \$17.00. We have handicap accessible seats. Return 8:30. Sign up! 6:00 Pinochle (GR)</p>	<p>29</p> <p>9:30 Circuit Training (SS) 9:30 Exercise Video (981 on TV) 10:15 Local banks or Walmart/Costco or farmer's market. Sign up! 10:30 Craft: Paint Miniature Bird Houses (MR) 11:30 TED TALKS- "Psychology Topics" (DT) 1:00 Parkinson's Exercise (SS) 1:00 Blackjack (FGGR) 3:30 Vocalist LaRhonda Steele & Pianist Mark perform (CP or DT)</p>	<p>30</p> <p>9:30 Better Balance (SS) 9:30 Exercise Video (981 TV) 10:30 Quarry Choir (PP) 10:30 Play Bridge (GR) 11:30-12:30 General Store (LL) 1:00 Tai Chi Class (SS) 1:00 Lodge Scenic Ride (LL) 2:00 Golden Steppers (SS) 2:30 Movie Matinee (981 TV) 6:00 Movie in Theater (DT)</p>	<p>31</p> <p>8:15 Seated Yoga with Mary Ann (SS) 9:30 Exercise Video (981 TV) 10:30 Women's Coffee Klatch (MR) 10:45 Oregon Gardens in Silverton (Rescheduled from June). We'll bring a sack lunch. Cost of \$15.00 covers admission and lunch. As much or as little walking as you'd like. Dress for the weather. Return by 4:30. Sign up 1:00 BINGO for Quarters (GR) 2:30 Movie Matinee with Popcorn (DT) 3:00 Cards and Marbles (GR) 6:30 Evening Movie (981 TV)</p>
<p>LOCATION LEGEND</p> <p>1st Floor</p> <p>AP - Aquamarine Pool CCFC - Coral Club Fitness Center CP - Courtyard Patio</p>	<p>LL - Lodge Lobby SDR - Sapphire Dining Room SFDR - Silver Falls Dining Room TLR - Terrace Living Room</p>	<p>2nd Floor</p> <p>CCL - Copper Canyon Lounge DT - Diamond Theater FGGR - Fools Gold Game Rm GR - Granite Room LAR - Lodge Activity Room</p>	<p>LTV - Lodge TV Room MR - Marble Room PP - Pearl Parlor RQC - Rose Quartz Chapel RVP - Rocky View Patio SS - Sunstone Studio</p>			<p>Lodge JULY Birthdays!</p> <p>7/3 Stephen C 7/10 Marlene S 7/17 Bill W 7/24 DeeAnn C</p>

