



# SEPTEMBER

## LODGE ACTIVITIES 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>LOCATION LEGEND</b></p> <p><u>1<sup>ST</sup> Floor</u></p> <p>AP – Aquamarine Pool            CCFC – Coral Club Fitness Center            CP – Courtyard Patio            LL – Lodge Lobby            SDR – Sapphire Dining            SFDR – Silver Falls Dining Room</p>	<p><u>2<sup>nd</sup> Floor</u></p> <p>CCL – Copper Canyon Lounge            DT – Diamond Theater            FGGR – Fools Gold Game Room            GR – Granite Room            LAR – Lodge Activity Room            LTV – Lodge TV Room</p>	<p>MR – Marble Room            PP – Pearl Parlor            RQC – Rose Quartz Chapel            RVP – Rocky View Patio            SS – Sunstone Studio</p>	<p>1</p> <p>8:00 <b>ROMEIO Club Breakfast at Carol's Corner. Sign up!</b>            8:30 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)            2:00 <b>BINGO for tickets! (LAR)</b>            3:00 <b>Golden Gophers Support Group (CCL)</b>            3:15 Manicures. Sign up (GR)            6:00 Pinochle (GR)</p>	<p>2</p> <p>9:30 Circuit Training (SS)            9:30 Exercise Video (981 on TV)            10:15 <b>Local banks or Walmart/Costco or farmer's market. Sign up!</b>            10:30 <b>Craft: Seashell Painting (MR)</b>            11:30 TED TALKS – "The Power of Introverts" &amp; "Quiet Confidence" (DT)            1:00 Blackjack (FGGR)            1:30 Parkinson's Exercise (SS)            3:30 <b>Mario Carboni, Honky Tonk Rebel performs! (CP)</b>            6:00 Hand and Foot Game </p>	<p>3</p> <p>9:30 Better Balance (SS)            10:30 Quarry Choir (PP)            10:30 Play Bridge (GR)            11:30 General Store (LL)            1:00 <b>Food Committee Meeting with Pat &amp; Paul (DT)</b>            1:00 Tai Chi Class (SS)            1:00 <b>Scenic Ride (LL)</b>            2:00 Golden Steppers (SS)            2:45 <b>Men's Hole-in-the-Wall</b>            3:00 <b>Popcorn Social (SDR)</b>            3:30 <b>Rescheduled Paint Class w/ Laura! Sign up (MR)</b>            6:00 Movie in Theater (DT)            6:30 Sequence Game (MR)</p>	<p>4</p> <p>8:30 Seated Yoga with Mary Ann (SS)            9:30 Exercise Video (981 TV)            10:15 <b>Enjoy the Grotto, a beautiful Catholic outdoor shrine &amp; sanctuary in NE Portland. Features a rose garden, peace garden, labyrinth, &amp; more! Sign up! Return by 1:00. Admission is \$8.95.</b>            10:30 Women's Coffee (GR)            1:00 BINGO for Quarters (GR)            2:30 Movie Matinee with Popcorn (DT)            3:00 Cards and Marbles or Hand and Foot (GR)</p>
<p>5</p> <p>9:30 Exercise Video (981 on TV)  <b>Church Service Shuttle:</b>            8:30 Lutheran Church            9:15 Mill Plain Methodist            9:55 Presbyterian            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 TV)</p>	<p>6</p> <p>9:30 Circuit Training (SS)            9:30 Exercise Video (981 on TV)            10:30 Rick Steve's: "England's Bath &amp; York" (DT)            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>Labor Day            Rosh Hashana Begins</p>	<p>7</p> <p>9:30 Body in Motion (SS)            9:30 Exercise Video (981 on TV)            9:30 <b>LODGE BRAIN GAMES with Lali! (LAR)</b>            10:30 <b>Resident Council Meeting. Everyone welcome. (DT)</b>            1:30 Parkinson's Exercise with Austin (SS)            2:00 <b>Fred Meyer Shuttles. Sign up!</b>            2:00 Play Bridge (GR)            2:30 Beanbag Baseball (SS)            6:00 Cards n' Marbles (GR)</p>	<p>8</p> <p>8:30 Seated Yoga (SS)            9:30 Better Balance (Ch 981)            9:30 Better Balance (SS)            10:00 Stitch n' Chat (GR)            10:00 <b>Parkinson's Support Group (MR)</b>            10:00 Chapel w/ Fred (RQC)            10:30 Guided Meditation (CCL)            11:15 <b>Women's Lunch at Kyoto. Sign up!</b>            12:30 Mahjong (GR)            2:00 Brain Training (MR)            2:00 <b>BINGO for tickets! (LAR)</b>            3:00 <b>Anxiety &amp; Mental Health Support Group (MR)</b>            3:15 Manicures. Sign up (GR)            6:00 Pinochle (GR)</p>	<p>9</p> <p>9:30 Circuit Training (SS)            9:30 Exercise Video (981 on TV)            10:15 <b>Local banks or Walmart/Costco or farmer's market. Sign up!</b>            10:30 <b>Craft: Lavender Glass Painting (MR)</b>            11:30 TED TALKS – "On Depression" (DT)             1:00 Blackjack (FGGR)            1:30 Parkinson's Exercise (SS)            3:30 <b>Shaymus Hanlin sings like Sinatra! Drinks served. (CP or DT)</b>            3:30 Burgers &amp; Bourbon with Patrick, Paul, &amp; Andruw. \$25. Sign up! (Sapphire Patio)            6:00 Hand and Foot Game</p>	<p>10</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-<b>NO GENERAL STORE TODAY</b>            1:00 <b>Scenic Ride (LL)</b>            1:30 <b>History with John (DT)</b>            2:00 Golden Steppers (SS)            2:30 Movie Matinee (981 TV)            2:45 Men's Hole-in-the Wall Gang (CCL)            3:00 <b>Anne Iams entertains on our baby grand piano! (PP)</b>            6:00 Movie in Theater (DT)            6:30 Sequence Game (MR)</p>	<p>11</p> <p>8:30 Seated Yoga with Mary Ann (SS)            9:30 Exercise Video (981 TV)            10:30 Women's Coffee (GR)            1:00 BINGO for Quarters (GR)            1:00 <b>Afternoon in Ridgefield Walk to see outdoor sculptures, ride past a replica of the Golden Gate bridge. Stop for ice cream on way back. Only need \$ for ice cream. Return by 5:00. Sign up!</b>            2:30 Movie Matinee with Popcorn (DT)            3:00 Cards and Marbles or Hand and Foot (GR)            6:30 Evening Movie (981 TV)            Remembrance Day</p>

<p style="text-align: right;">12</p> <p>9:30 Exercise Video (981 on TV)  <b>Church Service Shuttle:</b>  <b>8:30 Lutheran Church</b>  <b>9:15 Mill Plain Methodist</b>  <b>9:55 Presbyterian</b>  <b>11:15 Catholic Church</b>  10:30 Nehemiah Gospel Music (Channel 981 TV)  <b>12:30 Creative Coloring</b> (we provide supplies) (GR)  1:30 Cards n' Marbles (GR)  <b>2:00 Sunday Service with Chaplain Fred Lake (RQC)</b>  6:30 Evening Movie (981 TV)</p> <p style="text-align: center;"><b>Happy Grandparents Day!</b></p>	<p style="text-align: right;">13</p> <p>9:30 Circuit Training (SS)  9:30 Exercise Video (981 on TV)  <b>10:30 Rick Steve's Europe: "Dublin" (DT)</b>  1:00 Cribbage (GR)  1:00 Documentary (DT)  <b>1:30 Lodge Brain Games with Lali! (LAR)</b>  2:00 Brain Training (MR)  <b>3:00 Quarry Players (DT)</b>  6:30 Documentary (981 on TV)</p>	<p style="text-align: right;">14</p> <p>9:30 Body in Motion (SS)  9:30 Exercise Video (981 on TV)  <b>9:30 LODGE BRAIN GAMES with Lali! (LAR)</b>  <b>10:00 New Residents Welcome Meeting -by Invitation (GR)</b>  <b>10:00 Beading Assistance (MR)</b>  <b>1:30 Ice Cream Sundaes for Assisted Living Week! (LL)</b>  1:30 Parkinson's Exercise (SS)  <b>2:00 Fred Meyer Shuttles. Sign up!</b>  2:00 Play Bridge (GR)  2:30 Beanbag Baseball (SS)  6:00 Cards n' Marbles (GR)</p>	<p style="text-align: right;">15</p> <p><b>8:30 Seated Yoga (SS)</b>  9:30 Better Balance (Ch 981)  9:30 Better Balance (SS)  <b>10:00 Low Vision Support Group (LAR)</b>  10:00 Chapel w/ Fred (RQC)  10:30 Guided Meditation (CCL)  <b>12:30 Mahjong (GR)</b>  <b>1:00 Quarry Town Hall (DT)</b>  2:00 Brain Training (MR)  <b>2:00 BINGO for tickets! (LAR)</b>  <b>3:00 Golden Gophers (CCL)</b>  3:15 Manicures. Sign up (GR)  <b>6:00 Pinochle (GR)</b>  <b>6:30 Wednesday Night Comedy Club (TLR)</b></p>	<p style="text-align: right;">16</p> <p>9:30 Circuit Training (SS)  9:30 Exercise Video (981 on TV)  <b>10:15 Banks, Walmart, Costco or farmer's market</b>  <b>10:30 Craft: Bird Feeder (MR)</b>  11:30 TED TALKS- "6 Ways Mushrooms Can Save the World" &amp; "5 Mushrooms to Make You Love Fungi" (DT)  1:00 Blackjack (FGGR)  1:30 Parkinson's Exercise with Austin (SS)  <b>3:30 Tom Grant &amp; Shelley Perform! (CP or DT)</b> 🎵  <b>6:00 Hand and Foot Game</b></p>	<p style="text-align: right;">17</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)  <b>1:00 Scenic Ride (LL)</b>  <b>1:00 Tai Chi Class (SS)</b>  2:00 Golden Steppers (SS)  2:30 Movie Matinee (981 TV)  2:45 Men's Hole-in-the Wall Gang (CCL)  <b>3:00 Root beer floats &amp; music with guitarist/singer Ron Ruiz! (SDR)</b>  6:00 Movie in Theater (DT)  6:30 Sequence Game (MR)</p>	<p style="text-align: right;">18</p> <p><b>8:30 Seated Yoga with Mary Ann (SS)</b>  <b>9:15 Day Trip to the Coast!</b> Browse the shops &amp; get lunch in Seaside. On the way home, we'll stop at Cannon Beach so you can walk and/or take photos on the beach. Return by 4:30 or 5:00. Sign up!  9:30 Exercise Video (981 TV)  10:30 Women's Coffee (GR)  1:00 BINGO for Quarters (GR)  2:30 Movie Matinee with Popcorn (DT)  <b>3:00 Cards and Marbles or Hand and Foot (GR)</b>  6:30 Evening Movie (981 TV)</p>
<p style="text-align: right;">19</p> <p>9:30 Exercise Video (981 on TV)  <b>Church Service Shuttle:</b>  <b>8:30 Lutheran Church</b>  <b>9:15 Mill Plain Methodist</b>  <b>9:55 Presbyterian</b>  <b>11:15 Catholic Church</b>  10:30 Nehemiah Gospel Music (Channel 981 TV)  <b>12:30 Creative Coloring</b> (we provide supplies) (GR)  1:30 Cards n' Marbles (GR)  <b>2:00 Sunday Service with Chaplain Fred Lake (RQC)</b>  6:30 Evening Movie (981 TV)</p>	<p style="text-align: right;">20</p> <p>9:30 Circuit Training (SS)  9:30 Exercise Video (981 on TV)  <b>10:30 Rick Steve's Europe: "The Best of South Ireland" (DT)</b>  1:00 Cribbage (GR)  1:00 Documentary (DT)  <b>1:30 Music Therapy with Whitney in the Pearl Parlor</b>  2:00 Brain Training (MR)  <b>3:00 Quarry Players Drama Rehearsal (DT)</b>  6:30 Documentary (981 on TV)</p>	<p style="text-align: right;">21</p> <p>9:30 Body in Motion (SS)  <b>9:30 LODGE BRAIN GAMES with Lali! (LAR)</b>  9:30 Exercise Video (981 on TV)  <b>10:00 Art Discovery Painting Class! Sign up! (MR)</b>  1:30 Parkinson's Exercise (SS)  <b>2:00 Fred Meyer Shuttles. Sign up!</b>  2:00 Play Bridge (GR)  2:30 Beanbag Baseball (SS)  <b>4:30-6:00 Oktoberfest at The Quarry! German beer, food, and music! (SFDR)</b>  6:00 Cards n' Marbles (GR)</p>	<p style="text-align: right;">22</p> <p><b>8:30 Seated Yoga (SS)</b>  9:30 Better Balance (SS)  10:00 Stitch n' Chat (GR)  10:00 Chapel w/ Fred (RQC)  <b>10:15 Shop New Seasons - Senior Discount Day!</b>  10:30 Guided Meditation (CCL)  12:30 Mahjong (GR)  <b>1:30 Medicare Overview with Vibrant USA (DT)</b>  2:00 Brain Training (MR)  2:00 BINGO for Tickets (LAR)  <b>3:00 Anxiety &amp; Mental Health Support Group (MR)</b>  3:15 Manicures. Sign up (GR)</p>	<p style="text-align: right;">23</p> <p>9:30 Circuit Training (SS)  9:30 Exercise Video (981 on TV)  <b>10:15 Banks, Walmart, Costco or farmer's market.</b>  <b>10:30 Craft: Pot Heads (MR)</b>  <b>10:30 Book Club discusses Witch Elm (GR)</b>  11:30 TED TALKS (DT)  1:00 Blackjack (FGGR)  <b>1:30 Parkinson's Exercise (SS)</b>  <b>3:30 Burgers &amp; Bourbon with Patrick, Paul, &amp; Andruw. \$25. Sign up! (Sapphire Patio).</b> 🎵  <b>3:30 The Lost Hawaiians Perform! (CP or DT)</b>  <b>6:00 Hand and Foot Game</b></p>	<p style="text-align: right;">24</p> <p>9:30 Better Balance(SS)  10:30 Kelly leads Choir (PP)  10:30 Play Bridge (GR)  11:30 General Store (LL)  1:00 Tai Chi with Jill (SS)  <b>1:00 Scenic Ride (LL)</b>  <b>1:30 History w/ John (DT)</b>  <b>1:30 - 3:00 Able Hearing Clinic. Sign up! (FGGR)</b>  2:00 Golden Steppers (SS)  2:30 Movie Matinee (981 TV)  2:45 Hole-in-the Wall (CCL)  <b>3:00 Live Music with Female Quartet Kandy Jam! (SDR)</b> 🎵  6:00 Movie in Theater (DT)</p>	<p style="text-align: right;">25</p> <p><b>8:30 Seated Yoga with Mary Ann (SS)</b>  <b>9:15 Western Antique Aeroplane &amp; Automobile Museum in Hood River. \$20 includes admission &amp; brown bag lunch. Return by 3:30. Sign up!</b>  9:30 Exercise Video (981 TV)  10:30 Women's Coffee (GR)  1:00 BINGO for Quarters (GR)  2:30 Movie Matinee with Popcorn (DT)  <b>3:00 Cards and Marbles or Hand and Foot (GR)</b>  6:30 Evening Movie (981 TV)</p>
<p style="text-align: right;">26</p> <p>9:30 Exercise Video (981 on TV)  <b>Church Service Shuttle:</b>  <b>8:30 Lutheran Church</b>  <b>9:15 Mill Plain Methodist</b>  <b>9:55 Presbyterian</b>  <b>11:15 Catholic Church</b>  10:30 Nehemiah Gospel Music (Channel 981 TV)  <b>12:30 Creative Coloring</b> (we provide supplies) (GR)  1:30 Cards n' Marbles (GR)  <b>2:00 Sunday Service with Chaplain Fred Lake (RQC)</b>  6:30 Evening Movie (981 TV)</p>	<p style="text-align: right;">27</p> <p>9:30 Circuit Training (SS)  9:30 Exercise Video (981 on TV)  <b>10:30 Rick Steve's Europe: "The Best of West Ireland" (DT)</b>  1:00 Cribbage (GR)  1:00 Documentary (DT)  <b>1:30 Lodge Brain Games with Lali! (LAR)</b>  2:00 Brain Training (MR)  <b>3:00 Quarry Players Drama Rehearsal (DT)</b>  6:30 Documentary (981 on TV)</p>	<p style="text-align: right;">28</p> <p>9:30 Body in Motion (SS)  9:30 Exercise Video (981 on TV)  <b>9:30 LODGE BRAIN GAMES with Lali! (LAR)</b>  <b>10:00 Beading Assistance (MR)</b>  1:30 Parkinson's Exercise (SS)  <b>2:00 Fred Meyer Shuttles. Sign up!</b>  2:00 Play Bridge (GR)  2:30 Beanbag Baseball (SS)  6:00 Cards n' Marbles (GR)</p>	<p style="text-align: right;">29</p> <p><b>8:30 Seated Yoga (SS)</b>  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)  2:00 Brain Training (MR)  2:00 BINGO for Tickets (LAR)  3:15 Manicures. Sign up (GR)  <b>5:00 September Birthdays Dinner (SFDR behind fireplace)</b></p>	<p style="text-align: right;">30</p> <p>9:30 Circuit Training (SS)  9:30 Exercise Video (981 on TV)  <b>10:15 Banks, Walmart, Costco or farmer's market</b>  <b>10:30 Craft: Card Making (MR)</b>  11:30 TED TALKS- "Life Lessons from My Cat" &amp; "Cat Ownership in the 21st Century" (DT)  1:00 Blackjack (FGGR)  1:30 Parkinson's Exercise (SS)  <b>3:30 Sun City Players Duo Perform (CP or DT)</b>  <b>6:00 Hand and Foot Game</b></p>	<div style="background-color: #e0e0e0; padding: 5px; text-align: center;"> <p><b>September Birthdays</b></p> <p>9/4 Carol G  9/7 Jan B  9/13 Trevor H  9/16 Ed C  9/17 Jeanne M  9/19 Harlan C  9/23 Myrna T  9/23 Deborah W  9/23 Bruce C</p> </div>	<p style="text-align: center;">9/24 Tim L  9/27 Janice B</p> <div style="text-align: center;">  </div>