

November Happenings at The Heights



	Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5	Saturday 6
 VETERANS DAY November 11th	10:00 Bling 'N Things - L	10:30 and 2:30 LEP Fred Meyer Shopping 1:30 Movie <u>Spellbound</u> - T	9:30 LEP Banking & Errands 11:00 LEP Troutdale Wal-Mart, McCann's Shopping Wheelchair, Walker Adjustments 3:00 LEP Fitness– FC	9:30 LEP Trip Requests 10:00 Knitting Group – CV 11:00 LEP Trip Lunch at Country Cottage and visit Bauman's Farm	Schmaltz Gifts – L 1:30 Movie <u>Cabaret</u> - T 3:00 Games for ALL – SC Bean Bag Toss and Wii Bowling	10 LEP Safeway Shopping 1:30 Movie <u>Titanic</u> - T 3:30 LEP Movie & Book Chat – AR Snacks and Discussion
Sunday 7 DAYLIGHT Saving Time FALL BACK 9:30 LEP Church Transportation 1:00 LEP Lunch at Elmer's	Monday 8 <i>International Tongue Twister Day</i>	Tuesday 9 10:30 and 2:30 LEP Fred Meyer Shopping 10:00 LEP 1-1 Training - FC 11:00 Mountain Man Candy - L 1:30 Movie TBA - T 3:00 LEP Fitness– FC	Wednesday 10 9:30 LEP Banking & Errands 11:00 LEP Wal-Mart 1:30 "No Cents Bingo" - CV ALL RESIDENTS Invited 3:00 LEP Fitness– FC 3:00 Games for ALL - SC	Thursday 11 7:30-9:30 Veteran's Day Breakfast - DR 9:30 LEP Trip Requests 10:00 Knitting Group - CV 1:30 Veteran's Day Show Fiddle 'N Fun - SC 3:00 LEP Fitness– FC	Friday 12 1:30 Movie TBA – T 3:00 Games for ALL – SC Bean Bag Toss and Wii Bowling	Saturday 13 10 LEP Safeway Shopping 1:15 LEP Greeting Card Making Class - AR 1:30 Movie TBA - T 3:30 LEP Movie & Book Chat – AR Snacks and Discussion
Sunday 14 11:00 LEP Lunch at Flying Pie Pizza Lake Oswego Trip	Monday 15 <i>National Philanthropy Day</i>	Tuesday 16 10:30 and 2:30 LEP Fred Meyer Shopping 10:00 LEP 1-1 Training – FC 1:30 LEP Mosaic Class - AR 1:30 Movie TBA - T 3:00 LEP Fitness– FC	Wednesday 17 9:30 LEP Banking & Errands 11:00 LEP Wal-Mart Gorgeheart Jewelry - L 2:00 New Resident Orientation -CV 3:00 LEP Fitness– FC 3:00 Games for ALL - SC	Thursday 18 9:30 LEP Trip Requests 10:00 Knitting Group - CV 11:00 LEP Washington Square Lunch and Shopping 1:30 Chef Forum – DR 3:00 LEP Fitness– FC	Friday 19 10:00 Garments On The Go - L 1:30 Movie TBA - T 3:00 Games for ALL – SC Bean Bag Toss and Wii Bowling	Saturday 20 10 LEP Safeway Shopping 1:30 Movie TBA - T 3:30 LEP Movie & Book Chat – AR Snacks and Discussion
Sunday 21 9:30 LEP Church Transportation 1:00 LEP Shopping Clackamas Town Center	Monday 22 10:00-1:00 Safeway Pfizer Covid-19 Booster Clinic - CV	Tuesday 23 10:30 and 2:30 LEP Fred Meyer Shopping 10:00 LEP 1-1 Training – FC 1:30 Movie TBA - T 3:00 LEP Fitness– FC	Wednesday 24 9:30 LEP Banking & Errands 11:00 LEP Wal-Mart November Birthday Surprise 3:00 LEP Fitness– FC 3:00 Games for ALL - SC	Thursday 25 	Friday 26 1:30 Movie TBA - T 3:00 Games for ALL – SC Bean Bag Toss and Wii Bowling	Saturday 27 10 LEP Safeway Shopping 1:30 Movie TBA - T 3:30 LEP Movie & Book Chat – AR Snacks and Discussion
Sunday 28 11:30 LEP Chinese Lunch at Yu's Garden (Troutdale)  Hanukkah Begins	Monday 29 1:30-5 Safeway Flu Shot Clinic - CV	Tuesday 30 9:30 CHRISTMAS TREE SHOPPING AT THORNTON'S TREELAND 2:30 LEP Fred Meyer Shop 3:00 LEP Fitness– FC 			1st Floor Fitness Center open 9:00-5:00, 7 days a week!	"LEP" indicates events offered to Life Enrichment Program participants

FC – Fitness Center (1st), L – Lobby (1st), DR – Dining Room (1st), SC – Stutz' Corner 1st, WC or EC – West and East Courtyards (1st), T - Theater (2nd) AR – Activities Room (2nd)
 S – Salon (4th), CV – Columbia View (4th floor),