	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	25	26	27	28	29	1	2
March 2024	3rd Floor Theater 1:00 Pinochle Foursomes 3rd Floor Billiard Room	9:00 Sound Mind & Body Therapeutic Meditation Enjoy the healing sounds 3rd Floor Theater 9:50 Stronger Sr Exercises This class will help you get stronger & more "fit" Large Dining Room 1:00 Pinochle Foursomes 3rd Floor Billiard Room 1:00 Volunteer Project Linus Helping Out Tying quilts for children 2nd Floor Craft Room 2:00 \$Nickel\$ Bingo Pay a Nickel each game & a Quarter for the end. Large Dining Room 3:00 Bible Figure Lessons Learn more in-depth & apply to your daily life 3rd Floor Theater 3:00 Happier Hour Hot Apple Cider Bourbon Spiked Hot Cider or plain Hot Cider & chat with your neighbors Lobby 3:30 Rack'em up Billiards 3rd Floor Billiard Room 7:00 Toastmaster Club Mtg. 3rd Floor Theater Room	9:00 TAI CHI Slow, controlled & seated upper body exercises. GREAT for the brain too! 3rd Floor Theater Room 9:50 OTAGO Better Balance Exercise Class Those that have done the assessment meet in the Large Dining Room 10:00 Yoga Level 1 Seated stretching & strengthening exercises 3rd Floor Theater Room 10:30 Yoga Level 2 Sitting to standing exercises. 3rd Floor Theater 1:00 Pinochle Foursomes 3rd Floor Billiard Room 2:00 Candy Bingo Enjoy all regular BINGO games with mini candy bar prizes. Large Dining Room 6:00 Decks & Dice Stop by the 3rd Floor Billiard Room to play	Sound Mind & Body Therapeutic Meditation 3rd Floor Theater 9:30 Catholic Service 2nd Floor Chapel 9:30 Scenic Drive1.5-2hr Sign up in the Lobby 9:50 Stronger Sr Exercises Large Dining Room 1:00 Discerning The Word of God Bible Study 3rd Floor Theater 1:00 Hand & Foot Card Game 3rd Floor Billiard Room 2:00 Resident Birthday Party Celebrate all of the birthdays together! Enjoy Live music and cake! Large Dining Room 3:00 Joyful Noise Singing Rehearsal 2nd Floor Chapel 6:00 Midweek Movie 3rd Floor Theater Room	Shopping 8:30-10:00 Fred Meyer 1.5 hr Trip Sign up in the Lobby to ride 9:00 TAI CHI Slow, controlled & seated upper body exercises. GREAT for the brain too! 3rd Floor Theater Room 9:50 OTAGO Better Balance Exercise Class Large Dining Room 10:00 Yoga Level 1 3rd Floor Theater Room 10:30 Yoga Level 2 Sitting to standing exercise 3rd Floor Theater Shopping 12:30 Fred Meyer 1 hr Trip Sign up in the Lobby to ride 1:00 Pinochle Foursomes 3rd Floor Billiard Room 1:30 Church with Pastor Al Nondenominational 2nd Floor Chapel Room 2:00 Soda Shop Social HOT CHOCOLATE FLOATS 2nd Floor "Coke" Room 3:00 BUNCO Dice Game 2nd Floor Craft Room 6:00 Decks & Dice 3rd Floor Billiard Room	Sound Mind & Body Therapeutic Meditation Studies show immense benefits from sound waves. Enjoy the healing sounds 3rd Floor Theater 9:30 Musical Memories Listen to songs you haven't heard in forever Sing along with us. 2nd Floor Loft 9:50 Stronger Sr Exercises This class will help you get stronger & more "fit" Large Dining Room 11:00 Daphne's jewelry Stop by & see the many types of jewelry all at affordable prices. Lobby 1:00 Pinochle Foursomes Stop in to play! 3rd Floor Billiard Room 2:00 Live music With GREY WOLF BAND Music with John & Cuco Enjoy all kinds of music, with these great guys. Large Dining Room 3:30 Rack'em up Billiards Play a few before dinner 3rd Floor Billiard Room	Perplexing Puzzlement Grab your puzzle packet 2nd Floor Loft 9:00 TAI CHI 3rd Floor Theater Room 10:00 Yoga Level 1 Seated stretching & strengthening 3rd Floor Theater Room 10:30 Yoga Level 2 Sitting to standing 3rd Floor Theater 11:00-1:00 Mary Kay with Diane Peruse the new products and get your favorites Lobby 1:00 Pinochle Foursomes 3rd Floor Billiard Room 1:00 Saturday Matinee Join us for a Movie 3rd Floor Theater Room 2:30 New Resident Mix & Mingle Introduce yourself and enjoy refreshments. Lobby

9:00

9:00

10:00

<u>10:30</u>

1:00

1:00

2:00

3:00

March 2024

## Medical Transport Day ## Medical Transport		SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Sound Mind & Body Therefore the deliation of the property of the competency exercises. 3rd Floor fleater from 10.00 and 10.00 floor fleater from 10.00 floor fleater floor 10.00 floor fleater floor flea	ı	10	11	12	13	14	15	16
7:00 Toastmaster Club Mtg.	h 20	TAI CHI Slow, controlled & seated upper body exercises. 3rd Floor Theater Room 10:00 Yoga Level 1 3rd Floor Theater Room 10:30 Yoga Level 2 From sitting to standing 3rd Floor Theater 12:30 Scenic Drive 1.5 -2 hr trip Sign up in the Lobby 1:00 Pinochle Foursomes 3rd Floor Billiard Room 1:00 Sunday Matinee 3rd Floor Theater Room 1:30 Latter Day Saints Church Service We invite you to join us! 2nd Floor Chapel 3:00 Worship in The Word 2nd Floor Chapel	Sound Mind & Body Therapeutic Meditation Enjoy the healing sounds 3rd Floor Theater 9:50 Stronger Sr Exercises Large Dining Room 1:00 Pinochle Foursomes 3rd Floor Billiard Room 1:00 Pinochle Foursomes 3rd Floor Billiard Room 1:00 Pinochle Foursomes 3rd Floor Billiard Room 1:00 Volunteer Billiard Room 1:00 Volunteer Project Linus Helping Out Tying quilts for children 2nd Floor Craft Room 2:00 \$Nickel\$ Bingo Pay a Nickel each game & a Quarter for the end. Large Dining Room 3:00 Bible Figure Lessons Learn more in-depth & apply to your daily life 3rd Floor Theater 3:00 Happier Hour Hot Apple Cider Bourbon Spiked Hot Cider or plain Hot Cider & chat with your neighbors Lobby 3:30 Rack'em up Billiards	9:00 TAI CHI Slow, controlled & seated upper body exercises. GREAT for the brain too! 3rd Floor Theater Room 9:50 OTAGO Better Balance Exercise Class Those that have done the assessment meet in the Large Dining Room 10:00 ELWINS TUNES ON THE ORGAN Beautifully played tunes, sure to move your heart. 2nd Floor Chapel 10:00 Yoga Level 1 Seated exercises 3rd Floor Theater Room 10:30 Yoga Level 2 Standing exercises 3rd Floor Theater 1:00 Pinochle Foursomes 3rd Floor Billiard Room 2:00 Candy Bingo BINGO games with mini candy bar prizes. Large Dining Room 6:00 Decks & Dice	Sound Mind & Body Therapeutic Meditation	Target 1.5 hr Trip 9:00 TAI CHI Slow, controlled & seated upper body exercises. GREAT for the brain too! 3rd Floor Theater Room 9:50 OTAGO Better Balance Exercise Class Those that have done the assessment meet in the Large Dining Room 10:00 Yoga Level 1 3rd Floor Theater Room 10:30 Yoga Level 2 3rd Floor Theater Room 10:30 Yoga Level 2 3rd Floor Theater Shopping 12:30 Fred Meyer 1hr Trip 1:00 Pinochle Foursomes 3rd Floor Billiard Room 1:30 Church service with Pastor Al Nondenominational 2nd Floor Chapel Room 2:00 Soda Shop Social HOT CHOCOLATE FLOATS 2nd Floor "Coke" Room 2:30 Resident Council Mtg Bring concerns, questions & comments Large Dining Room 3:00 Joyce's Piano Concert Join us for lovely piano	Therapeutic Meditation Studies show immense benefits from sound waves. Enjoy the healing sounds 3rd Floor Theater 9:30 Musical Memories Listen to songs you haven't heard in forever 2nd Floor Loft 9:50 Stronger Sr Exercises This class will help you get stronger & more "fit" Large Dining Room 1:00 Pinochle Foursomes 3rd Floor Billiard Room 1:00 ST. PATRICK'S DAY EVENT Join us in either Dining Room to celebrate 3:00 Discovery Health Series with in house P.T. Educational conversations with our in house Physical Therapists Lobby 3:30 Rack'em up Billiards Play a few before dinner	Perplexing Puzzlement Grab your puzzle packet and keep your brain firing 2nd Floor Loft 9:00 TAI CHI Slow, controlled & seated upper body exercises. GREAT for the brain too! 3rd Floor Theater Room 10:00 Yoga Level 1 Seated stretching & strengthening 3rd Floor Theater Room 10:30 Yoga Level 2 Alternating from sitting to standing balance strength & stretch exercises. 3rd Floor Theater 1:00 Laurie's Piano School Recital Sing your hearts out! Great for the body & soul Lobby 1:00 Pinochle Foursomes 3rd Floor Billiard Room 1:00 Saturday Matinee 3rd Floor Billiard Room 2:00 Decks & Dice 3rd Floor Billiard Room 3:00 Classical Fiano
3rd Fl Theater Room 2nd Floor Craft Room		3	7:00 Toastmaster Club Mtg.					Enjoy in the Lobby

SUNDAY	MONDAY			
17	18			
0.00	Medical Transport Day			
9:00 TAI CHI	<u>9:00</u>			
3rd Floor Theater Room	Sound Mind & Body			
<u>10:00</u>	Therapeutic Meditation Enjoy the healing sounds			
Doggie Day 📗	3rd Floor Theater			
Get a good snuggle from these wonderful dogs.	<u>9:50</u>			
In the Lobby	Stronger Sr Exercises This place will help you get			
10:00	This class will help you get stronger & more "fit"			
Yoga Level 1	Large Dining Room			
3rd Floor Theater Room	1:00			
10:30 Voga Level 2	Pinochle Foursomes			
Yoga Level 2 3rd Floor Theater	3rd Floor Billiard Room			
1:00-3:00	1:00			
Music with John	Volunteer Project Linus			
lave some fun with John!	Helping Out Tying quilts for children			
Lobby	2nd Floor Craft Room			
1:00 Dina chia Fanna mad	2:00			
Pinochle Foursomes 3rd Floor Billiard Room	\$Nickel\$ Bingo Pay a Nickel each game &			
1:00	a Quarter for the end game			
Sunday Matinee	Large Dining Room			
3rd Floor Theater Room	3:00 Piblo Figuro Loccope			
1:30	Bible Figure Lessons Learn more in-depth &			
Latter Day Saints	apply to your daily life			
Church Šervice	3rd Floor Theater			
We invite you to join us!	<u>3:00</u>			
2nd Floor Chapel 3:00	Happier Hour			
Worship in The Word	Hot Chocolate Bourbon Hot Cocoa			
Scripture, singing &	or plain cocoa & chat with			
praise together.	your neighbors. Lobby			
2nd Floor Chapel	<u>3:30</u>			
	Rack'em up Billiards 3rd Floor Billiard Room			
Hanny	7:00			
-St. Patrick's	Toastmaster Club Mtg.			
	An outside group comes to utilize the room.			
· WWY T	3rd Floor Theater Room			
•				

TUESDAY 19 **Medical Transport Day** 9:00 TAI CHI Slow, controlled & seated upper body exercises. **GREAT for the brain too! 3rd Floor Theater Room** 9:50 **OTAGO Better Balance Exercise Class** Those that have done the assessment meet in the **Large Dining Room** 10:00 Yoga Level 1 **Seated exercises 3rd Floor Theater Room** <u>10:30</u> Yoga Level 2 Sitting to standing 3rd Floor Theater 1:00 **Pinochle Foursomes 3rd Floor Billiard Room** 2:00 **Candy Bingo BINGO** games with mini candy bar prizes. Large Dining Room 2:00 NEW MUSIC with LARRY ASHBY **Classic Country Western Guitar & vocals DONT MISS IT!** <u>3:00</u> **Old Testament**

WEDNESDAY Sound Mind & Body Therapeutic Meditation 3rd Floor Theater **Dollar Store** Ride with us to shop Sign up in the Lobby Catholic Service 2nd Floor Chapel Stronger Sr Exercises **Large Dining Room** Men's Lunch Mtg. Meet in the Private Dining Room to meet peers and enjoy lunch. Scenic Drive 1hr Sign up in the Lobby Discerning The Word of **God Bible Study** 3rd Floor Theater Hand & Foot Card Game **3rd Floor Billiard Room Old Time Fiddlers** Folk/Bluegrass Music keeping the music alive. Come enjoy together. Large Dining Room **Joyful Noise Singing Rehearsal** 2nd Floor Chapel Midweek Movie

20

9:00

9:30

<u>9:30</u>

9:50

11:00

12:30

1:00

2:00

<u>6:00</u>

Shopping 8:30-10:00 Slow, controlled & seated upper body exercises. **GREAT** for the brain too! **3rd Floor Theater Room 3rd Floor Theater Room**

OTAGO Better Balance Exercise Class Those that have done the assessment meet in the Large Dining Room

10:00

Yoga Level 1 **3rd Floor Theater Room** Sitting to standing exercise 3rd Floor Theater Shopping 12:30 Walmart 1hr Trip **Pinochle Foursomes 3rd Floor Billiard Room** 1:30 Church with Pastor Al Nondenominational

2nd Floor Chapel Room 2:00 Soda Shop Social HOT CHOCOLATE FLOATS 2nd Floor "Coke" Room 3:00 **BUNCO Dice Game** 2nd Floor Craft Room 6:00 Decks & Dice 3rd Floor Billiard Room

THURSDAY

21

Walmart 1.5 hr Trip

9:00

TAI CHI

9:50

10:30 Yoga Level 2

1:00

9:00 Sound Mind & Body **Therapeutic Meditation Studies show immense** benefits from sound waves. **Enjoy the healing sounds** 3rd Floor Theater 9:30 Musical Memories Listen to songs you

FRIDAY

22

haven't heard in forever... 2nd Floor Loft 9:50 Stronger Sr Exercises This class will help you get

stronger & more "fit" **Large Dining Room** 12:0**0** Mini Horse

Visit Come say hello to highly trained social animals here to make us smile Lobby 1:00

Pinochle Foursomes 3rd Floor Billiard Room 2:00

Piano Concert with Ruth

Enjoy beautiful & passionate piano Lobby 3:30

Rack'em up Billiards Play a few before dinner 3rd Floor Billiard Room

23

SATURDAY

9:00 Perplexing Puzzlement Grab your puzzle packet and keep your brain firing 2nd Floor Loft 9:00

TAI CHI Slow, controlled & seated upper body exercises. **GREAT for the brain too! 3rd Floor Theater Room**

> 10:00 Yoga Level 1

Seated stretching & strengthening **3rd Floor Theater Room** <u>10:30</u>

Yoga Level 2

Alternating from sitting to standing balance strength & stretch exercises. **3rd Floor Theater** 1:00

Pinochle Foursomes 3rd Floor Billiard Room 1:00

Saturday Matinee

Join us for a Movie See the daily flyer for each movie title. **3rd Floor Theater Room**

2:00 **BINGO BONANZA**

2:00 Decks & Dice

Stop in to meet up with others to play. 3rd Floor Billiard Room 3:00

Classical Piano

Enjoy in the Lobby

2nd Floor Chapel

Tuesdays

Everyone is welcome to come join this wonderful

service.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
24	25	26	27	28	29	30
9:00 TAI CHI	9:00 Sound Mind & Body	Medical Transport Day 9:00	9:00 Sound Mind & Body	Shopping 8:30-10:00 Fred Meyer1.5hr Trip	9:00 Sound Mind & Body	9:00 Perplexing Puzzlement
3rd Floor Theater Room 10:00	Therapeutic Meditation Enjoy the healing sounds	TAI CHI Slow, controlled & seated	Therapeutic Meditation 3rd Floor Theater	Sign up in the Lobby to ride 9:00	Therapeutic Meditation Studies show immense benefits from sound waves.	Grab your puzzle packet 2nd Floor Loft <u>9:00</u>
Yoga Level 1 Seated stretching &	3rd Floor Theater 9:50 Stronger Sr Exercises	upper body exercises. GREAT for the brain too!	9:30 Catholic Service 2nd Floor Chapel	TAI CHI Slow, controlled & seated upper body exercises.	Enjoy the healing sounds 3rd Floor Theater	TAI CHI 3rd Floor Theater Room
strengthening 3rd Floor Theater Room 10:30	This class will help you get stronger & more "fit" Large Dining Room	3rd Floor Theater Room 9:50 OTAGO Better Balance	9:30 Scenic Drive 1.5-2hr Join us for a drive around	3rd Floor Theater Room 9:50 OTAGO Better Balance	9:30 Musical Memories	10:00 Yoga Level 1 3rd Floor Theater Room
Yoga Level 2 Alternating from sitting to	1:00 Pinochle Foursomes	Exercise Class Those that have done the assessment meet in the	the area. Sign up in the Lobby 9:50	Standing exercise class Large Dining Room 10:00	Listen to songs you haven't heard in forever Sing along with us.	10:30 Yoga Level 2 3rd Floor Theater
standing balance strength & stretch exercises.	3rd Floor Billiard Room 1:00 Volunteer Project Linus	Large Dining Room <u>10:00</u>	Stronger Sr Exercises Large Dining Room	Yog <mark>a Level 1</mark> 3rd Floor Theater Room	2nd Floor Loft <u>9:50</u>	1:00 Pinochle Foursomes
3rd Floor Theater 12:30 Scenic Drive	Helping Out Tying quilts for children	Seated stretching &	1:00 Discerning The Word of God Bible Study	Yoga Level 2 Sitting to standing balance	Stronger Sr Exercises This class will help you get stronger & more "fit"	3rd Floor Billiard Room <u>1:00</u>
1.5 –2 hr trip Sign up in the Lobby	2nd Floor Craft Room 2:00 \$Nickel\$ Bingo	strengthening exercises 3rd Floor Theater Room 10:30	3rd Floor Theater 1:00 Hand & Foot Card Game	3rd Floor Theater Shopping 12:30 Fred Meyer 1hr Trip	Large Dining Room 1:00	Saturday Matinee 3rd Floor Theater Room 2:00
Pinochle Foursomes 3rd Floor Billiard Room	Pay a Nickel each game & a Quarter for the end game Large Dining Room	Alternating from sitting to	3rd Floor Billiard Room 2:00 \$Nickel\$ Bingo	<u>1:00</u> Pinochle Foursomes	Pinochle Foursomes 3rd Floor Billiard Room	Decks & Dice 3rd Floor Billiard Room
1:00 Sunday Matinee	3:00 Bible Figure Lessons	standing balance strength & stretch exercises. 3rd Floor Theater	Pay a Nickel each game & a Quarter for the end game	3rd Floor Billiard Room 1:30 Church service with	2:00 Live music	31
Join us for a Movie See the daily flyer for	Learn more in-depth & apply to your daily life 3rd Floor Theater	Small Dining Room 1:00	Large Dining Room 3:00 Joyful Noise	Pastor Al Nondenominational 2nd Floor Chapel	With GREY WOLF BAND	Hoppy Easter Our Lord has written the
each movie title. 3rd Floor Theater Room <u>1:30</u>	3:00 Happier Hour	Pinochle Foursomes 3rd Floor Billiard Room	Singing Rehearsal 2nd Floor Chapel 4:00-6:00	2:00 Soda Shop Social HOT CHOCOLATE	Music with John & Cuco Enjoy all kinds of music, with these great guys.	promise of resurrection, not in books alone, but in every leaf in springtime.
Latter Day Saints Church Service	Hot Apple Cider Bourbon Spiked Hot Cider or plain Hot Cider	2:00 Candy Bingo Enjoy all regular	Friends & Family	FLOATS 2nd Floor "Coke" Room	Large Dining Room 3:30	~Martin Luther We hope you enjoy a lil
We invite you to join us! 2nd Floor Chapel 3:00	Lobby 3:30 Rack'em up Billiards	BINGO games with mini candy bar prizes. Large Dining Room	Dinner Please join us for a nice	3:00 Joyce's Piano Concert Join us for lovely piano	Rack'em up Billiards Play a few before dinner	fun today too Keep your eyes peeled for eggs hidden on all 3
Worship in The Word	3rd Floor Billiard Room 7:00 Toastmaster Club Mtg.	6:00 Decks & Dice	dinner together. RSVP appreciated 734-9773	Lobby <u>3:00</u> BUNCO Dice Game	3rd Floor Billiard Room	floors of Parkview
Scripture, singing & praise together.	An outside group comes to utilize the room.	Stop by the 3rd Floor Billiard Room to play.	6:00 Midweek Movie	2nd Floor Craft Room 6:00 Decks & Dice		
5 2nd Floor Chapel	3rd Floor Theater Room		3rd Floor Theater Room	3rd Floor Billiard Room		



Grab a small daily flyer to bring with you to remind you of goings on throughout the day.

And

Check the daily flyers posted in the elevators and outside each dining room for any updates.





Lets Celebrate!
Birthday cake and music from
The Firesides Band
Large Dining Room