




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		May Day 1 9:00 📍 Current Events [L] 10:00 📍 Learning Basic German [L] 10:00 📍 Chef's Chat [2] 10:30 📍 Catholic Communion [3] 11:00 📍 Exercise [2] 1:00 📍 DIY May Day Flower Basket [L] 1:00 📍 Card Making [2] 2:00 📍 Ball Toss [L] 3:00 📍 Telling Your Story [L] 3:00 📍 Monopoly [3TV] 6:30 📍 Evening Devotions [3]	2 9:30 📍 Donuts & Discussion [L] 10:00 📍 Picnic at Lake Merwin [BT] 10:00 📍 Christain Faith Service [2] 11:00 📍 Exercise with Marilyn [2] 1:00 📍 Sports Talk [3] 1:30 📍 Exercise with Diana [2] 3:00 📍 Bingo NOTE TIME CHANGE [3] 6:30 📍 Wednesday Night Movie: Murder on the Orient Express [3TV]	3 Happy Birthday Carolyn S! AL Adventist Foot Care by Appt \$\$ 9:00 📍 Group Chapter Reading: The Mysterious Affair at Styles (Agatha Christie) [L] 10:00 📍 Red Cross Blood Drive [2] 10:00 📍 Crossword [3] 11:00 📍 LOBBY Exercise [L] 11:30 📍 Walking to Plaza for Lunch [L] 1:00 📍 Craft: Tie-Dye Scarfs [L] 1:30 📍 League Wii Bowling [3TV] 2:00 📍 Gus the Therapy Dog Visit [L] 2:30 📍 Eyebrows with Donna [2] 3:00 📍 Skip-bo [3TV] 5:00 📍 Cocktails & Trivia with Annette [L] 6:30 📍 Evening Devotions [3]	4 9:15 📍 Vibrant Life & You [L] 10:00 📍 Piñata Wack! [L] 11:00 📍 Exercise [2] 1:00 📍 Bingo [3] 3:00 📍 Cinco de Mayo Happy Hour: The Rockets (Musical Ensemble) [L] 6:00 📍 Cookies, Coffee & Conversation [CN] 6:30 📍 Documentary Night Movie: March of the Penguins [3TV]	5 iCinco de Mayo! 9:00 📍 Manicures [Appt] 9:00 📍 Dominoes [3] 10:00 📍 Coffee Club [3] 11:00 📍 Exercise [2] 1:00 📍 Cooking Hour: Derby Deviled Eggs [L] 1:30 📍 Open Wii Bowling [3TV] 2:30 📍 Kentucky Derby Party [L] 2:30 📍 Skip Bo [3TV] 6:30 📍 Carol Burnett Show [3TV]
6 10:00 📍 Coloring Hour [L] 10:00 📍 Manicures [3] 11:00 📍 Exercise [2] 1:30 📍 Scenic Drive [BT] 1:30 📍 League Wii Bowling [3TV] 3:30 📍 Wine, Cheese & Name 5 [L] 5:30 📍 Survey Sundays [L] 6:00 📍 Cookies, Coffee & Conversation [CN] 6:30 📍 Evening Devotions [3]	7 8:30 📍 Morning Walk (WEATHER PERMITTING) [L] 10:00 📍 Dollar Tree [BT] 10:30 📍 Pete the Piano Man & Paul on the Guitar [L] 11:00 📍 Exercise [2] 1:00 📍 Brandi's Going Away Party [L] 1:00 📍 Yahtzee [3] 1:30 📍 League Wii Bowling [3TV] 3:00 📍 Resident Town Hall Meeting [2] 3:00 📍 Skip-Bo [3TV] 5:00 📍 Parker the Therapy Dog [L] 6:30 📍 Classic Movie Night: Clash by Night [3TV]	8 8:30 📍 Chair Yoga [L] 9:00 📍 Current Events [L] 10:00 📍 Learning Basic German [L] 11:00 📍 Exercise [2] 2:00 📍 Ice Cream Sunday New Neighbor Social [L] 3:00 📍 Telling Your Story [L] 6:30 📍 Evening Devotions [3]	9 9:30 📍 Donuts & Discussion [L] 10:00 📍 The Grotto [BT] 11:00 📍 Exercise with Marilyn [2] 1:00 📍 Sports Talk [3] 1:30 📍 Exercise with Diana [2] 2:00 📍 Bingo [3] 3:30 📍 Painting Class [L] 6:30 📍 Wednesday Night Movie: I, Tonya [3TV]	10 MC Adventist Footcare by Appt. \$\$ 9:00 📍 Group Chapter Reading: The Mysterious Affair at Styles (Agatha Christie) [L] 10:00 📍 Crossword [3] 11:00 📍 Exercise [2] 11:30 📍 Walking to Plaza for Lunch [L] 1:00 📍 Wheel of Fortune [L] 1:30 📍 League Wii Bowling [3TV] 2:00 📍 Gus the Therapy Dog Visit [L] 3:00 📍 Skip-bo [3TV] 6:30 📍 Evening Devotions [3]	11 10:00 📍 Boggle [L] 11:00 📍 Exercise [2] 1:00 📍 Bingo [3] 3:00 📍 Happy Hour: Beth Willis (Singing) [L] 6:00 📍 Cookies, Coffee & Conversation [CN] 6:30 📍 Documentary Night Movie: Pompeii Back from the Dead [3TV]	12 9:00 📍 Dominoes [3] 10:00 📍 Coffee Club [3] 11:00 📍 Exercise [2] 1:00 📍 Cooking Hour: Fresh Fruit Salad [L] 1:00 📍 Learn Wii Games [3TV] 1:30 📍 Open Wii Bowling [3TV] 2:00 📍 Manicures [Appt] 2:30 📍 Skip Bo [3TV] 6:30 📍 Carol Burnett Show [3TV]
13 Happy 2yr Anniversary Yvonne F! 10:00 📍 Coloring Hour [L] 10:00 📍 Manicures [3] 11:00 📍 Exercise with Cheryl & Marilyn [2] 1:30 📍 League Wii Bowling [3TV] 2:00 📍 Mother's Day Tea (Please RSVP) [L] 5:30 📍 Survey Sundays [L] 6:00 📍 Cookies, Coffee & Conversation [CN] 6:30 📍 Evening Devotions [3]	14 8:30 📍 Morning Walk (WEATHER PERMITTING) [L] 10:30 📍 Pete the Piano Man & Paul on the Guitar [L] 11:00 📍 Exercise [2] 1:00 📍 Fred Meyer 1:00 📍 Yahtzee [3] 1:30 📍 League Wii Bowling [3TV] 3:00 📍 Skip-Bo [3TV] 6:30 📍 Classic Movie Night: Cat Ballou [3TV]	15 Courtyard Culture Day: Germany Happy Birthday Kathy !! 9:00 📍 Current Events [L] 10:00 📍 Learning Basic German [L] 10:30 📍 Catholic Communion [3] 11:00 📍 Exercise [2] 1:00 📍 Card Making [2] 2:00 📍 German Cooking Hour: Strudel [L] 3:00 📍 Monopoly [3TV] 6:30 📍 Evening Devotions [3]	16 Happy Birthday Ann B! 9:30 📍 Donuts & Discussion [L] 10:00 📍 Christain Faith Service [2] 11:00 📍 Exercise [2] 1:00 📍 Gorge Drive & Ice Cream Cones [BT] 1:00 📍 Origami with Yuki [ALZ] 1:00 📍 Sports Talk [3] 1:30 📍 Exercise with Diana [2] 6:30 📍 Wednesday Night Movie: The Ballad of Lefty Brown [3TV]	17 Happy Birthday John L! 9:00 📍 Group Chapter Reading: The Mysterious Affair at Styles (Agatha Christie) [L] 10:00 📍 Crossword [3] 11:00 📍 Exercise [2] 11:30 📍 Walking to Plaza for Lunch [L] 1:00 📍 Craft: Pink Flamingo DIY [L] 1:30 📍 League Wii Bowling [3TV] 2:00 📍 Gus the Therapy Dog Visit [L] 3:00 📍 Skip-bo [3TV] 5:00 📍 Cocktails & Trivia with Annette [L] 6:30 📍 Evening Devotions [3]	18 10:00 📍 Horse Shoes [L] 11:00 📍 Exercise [2] 1:00 📍 Bingo [3] 3:00 📍 Birthday Happy Hour: Doug Webster (singing) [L] 6:00 📍 Cookies, Coffee & Conversation [CN] 6:30 📍 Documentary Night Movie: The Art of the Steal [3TV]	19 Happy 3yr Anniversary, Grace H! 9:00 📍 Dominoes [3] 10:00 📍 Coffee Club [3] 11:00 📍 Exercise [2] 1:00 📍 Cooking Hour: Guacamole [L] 1:30 📍 Open Wii Bowling [3TV] 2:00 📍 Manicures [Appt] 2:30 📍 Skip Bo [3TV] 6:30 📍 Carol Burnett Show [3TV]

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:30 ♥ Aromatherapy [L] 20</p> <p>10:00 ☆ Coloring Hour [L]</p> <p>10:00 ♥ Manicures [3]</p> <p>11:00 ♥ Exercise [2]</p> <p>1:30 📷 Scenic Drive [BT]</p> <p>1:30 🎮 League Wii Bowling [3TV]</p> <p>3:30 🍷 Wine, Cheese & Name 5 [L]</p> <p>5:30 🎮 Survey Sundays [L]</p> <p>6:00 🎮 Cookies, Coffee & Conversation [CN]</p> <p>6:30 ☆ Evening Devotions [3]</p>	<p>8:30 ☆ Morning Walk (WEATHER PERMITTING) [L] 21</p> <p>10:30 🎮 Pete the Piano Man & Paul on the Guitar [L]</p> <p>11:00 ♥ Exercise [2]</p> <p>1:00 📷 Fred Meyer</p> <p>1:00 🎮 Yahtzee [3]</p> <p>1:30 🎮 League Wii Bowling [3TV]</p> <p>3:00 🎮 Milkshake Monday: Rainbow [L]</p> <p>3:00 🎮 Skip-Bo [3TV]</p> <p>5:00 ♥ Parker the Therapy Dog [L]</p> <p>6:30 🎮 Classic Movie Night: True Grit [3TV]</p>	<p>Happy 1yr Anniversary Mary Alice W! 22</p> <p>Happy Birthday Rita T!</p> <p>9:00 🗨️ Current Events [L]</p> <p>10:00 ♥ Learning Basic German [L]</p> <p>10:15 ♥ Able Hearing (Help with Hearing Aids) [2]</p> <p>10:30 ☆ Catholic Communion [3]</p> <p>11:00 ♥ Exercise [2]</p> <p>12:00 📷 Movie Out: The Book Club (TIME SUBJECT TO CHANGE) [BT]</p> <p>1:00 🎮 Balloon Volleyball [L]</p> <p>2:00 🎮 Chair Yoga [L]</p> <p>3:00 🎮 Evening Music with Matthew Casey (Piano/Singing) [L]</p> <p>3:00 ☆ Telling Your Story [L]</p> <p>3:00 🎮 Monopoly [3TV]</p> <p>6:30 ☆ Evening Devotions [3]</p>	<p>9:30 🎮 Donuts & Discussion [L] 23</p> <p>11:00 ♥ Exercise [2]</p> <p>11:30 📷 Lunch Out: Chez Machin (French Food) [BT]</p> <p>1:00 🎮 Sports Talk [3]</p> <p>1:30 ♥ Exercise with Diana [2]</p> <p>2:00 🎮 Bingo [3]</p> <p>3:00 🎮 Bingo Bucks Store [3]</p> <p>6:30 🎮 Wednesday Night Movie: Into the Woods [3TV]</p>	<p>9:00 ☆ Group Chapter Reading: The Mysterious Affair at Styles (Agatha Christie) [L] 24</p> <p>10:00 ♥ Crossword [3]</p> <p>11:00 ♥ Exercise [2]</p> <p>11:30 ♥ Walking to Plaza for Lunch [L]</p> <p>1:30 📷 League Wii Bowling [3TV]</p> <p>2:00 ♥ Gus the Therapy Dog Visit [L]</p> <p>3:00 🎮 Skip-bo [3TV]</p> <p>5:00 🎮 Cocktails & Trivia with Annette [L]</p> <p>6:30 ☆ Evening Devotions [3]</p>	<p>Happy Birthday Carson O! 25</p> <p>10:00 🎮 Boggle [L]</p> <p>11:00 ♥ Exercise [2]</p> <p>1:00 🎮 Bingo [3]</p> <p>3:00 🎮 Joint Happy Hour: Red Lantern Ensemble (Cello/Piano/Flute) [MH]</p> <p>6:00 🎮 Cookies, Coffee & Conversation [CN]</p> <p>6:30 ♥ Documentary Night Movie: The Fabulous 50's [3TV]</p>	<p>9:00 🎮 Dominoes [3] 26</p> <p>10:00 🎮 Coffee Club [3]</p> <p>11:00 ♥ Exercise [2]</p> <p>1:00 ☆ Cooking Hour: Beignets [L]</p> <p>1:00 📷 Learn Wii Games [3TV]</p> <p>1:30 📷 Open Wii Bowling [3TV]</p> <p>2:00 ♥ Manicures [Appt]</p> <p>2:30 🎮 Skip Bo [3TV]</p> <p>6:30 🎮 Carol Burnett Show [3TV]</p>
<p>10:00 ☆ Coloring Hour [L] 27</p> <p>10:00 ♥ Manicures [3]</p> <p>11:00 ♥ Exercise [2]</p> <p>1:30 📷 Scenic Drive [BT]</p> <p>1:30 🎮 League Wii Bowling [3TV]</p> <p>3:30 🍷 Wine, Cheese & Name 5 [L]</p> <p>5:30 🎮 Survey Sundays [L]</p> <p>6:00 🎮 Cookies, Coffee & Conversation [CN]</p> <p>6:30 ☆ Evening Devotions [3]</p>	<p>Memorial Day 28</p> <p>8:30 ☆ Morning Walk (WEATHER PERMITTING) [L]</p> <p>10:30 🎮 Pete the Piano Man & Paul on the Guitar [L]</p> <p>11:00 ♥ Exercise with Cheryl & Marilyn [2]</p> <p>11:30 📷 Memorial Day BBQ with Larry Wilder Trio [PL]</p> <p>1:00 🎮 Yahtzee [3]</p> <p>1:30 🎮 League Wii Bowling [3TV]</p> <p>3:00 🎮 Skip-Bo [3TV]</p> <p>6:30 🎮 Classic Movie Night: South Pacific [3TV]</p>	<p>Happy 102nd Birthday LBel! 29</p> <p>9:00 🗨️ Current Events [L]</p> <p>10:00 ♥ Learning Basic German [L]</p> <p>10:30 ☆ Catholic Communion [3]</p> <p>11:00 ♥ Exercise [2]</p> <p>1:00 🎮 Celebrating Lbel's 102nd Birthday [L]</p> <p>1:00 ☆ Card Making [2]</p> <p>3:00 ☆ Telling Your Story [L]</p> <p>3:00 🎮 Monopoly [3TV]</p> <p>6:30 ☆ Evening Devotions [3]</p>	<p>Living the Dream: Cheryl 30</p> <p>9:30 🎮 Donuts & Discussion [L]</p> <p>11:00 ♥ Exercise with Marilyn [2]</p> <p>1:00 🎮 Sports Talk [3]</p> <p>1:30 ♥ Exercise with Diana [2]</p> <p>3:30 ☆ Open Water Color Painting [L]</p> <p>5:30 🗨️ Director's Night: Kevin & Marc [PZ]</p> <p>6:30 🎮 Wednesday Night Movie: Downsizing [3TV]</p>	<p>9:00 ☆ Group Chapter Reading: The Mysterious Affair at Styles (Agatha Christie) [L] 31</p> <p>10:00 ♥ Crossword [3]</p> <p>11:00 ♥ Exercise [2]</p> <p>11:30 ♥ Walking to Plaza for Lunch [L]</p> <p>1:00 ☆ Craft: Button Bowls [L]</p> <p>1:30 📷 League Wii Bowling [3TV]</p> <p>2:00 ♥ Gus the Therapy Dog Visit [L]</p> <p>3:00 🎮 Skip-bo [3TV]</p> <p>5:00 🎮 Cocktails & Trivia with Annette [L]</p> <p>6:30 ☆ Evening Devotions [3]</p>	 <p>Courtyard at Mt Tabor Independent Living • Assisted Living • Memory Care</p>	

- 📷 **Be Adventurous**
- 🚩 **Be Challenged**
- 🗨️ **Be Connected**
- 👥 **Be Family**
- ☆ **Be Inspired**
- 🎮 **Be Social**
- ♥ **Be Well**



Location Keys

2nd Floor	2	Coffee Nook	CN
3rd Floor	3	Lobby	L
3rd Floor TV Room	3TV	Mt Hood Lobby	MH
Appointment	Appt	Parking Lot	PL
Atrium	AIZ	Plaza	PZ
Bus Trip	BT		