

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

March cont'd 31

- 10:00 ★ Coloring Hour [L]
- 11:00 ♥ Exercise [2]
- 1:00 🏠 Pinochle [3TV]
- 1:30 📺 Scenic Drive [BT]
- 3:30 🏠 Name 5 [L]
- 5:30 🦋 Survey Sundays [L]
- 6:00 🦋 Cookies, Coffee & Conversation [CN]
- 6:30 ★ Evening Devotions [3]



Courtyard at Mt Tabor
Independent Living • Assisted Living • Memory Care

Location Keys

2nd Floor	2
3rd Floor	3
3rd Floor TV Room	3TV
Appointment	Appt
Bus Trip	BT
Channel 981	Channel 981
Coffee Nook	CN
Lobby	L
Mt Hood Lobby	MH

- 📷 Be Adventurous
- 🏠 Be Challenged
- 🗣️ Be Connected
- 👨‍👩‍👧‍👦 Be Family
- ★ Be Inspired
- 🦋 Be Social
- ♥ Be Well

1

- 9:00 🏠 Mad Libs [L]
- 10:00 🏠 Boggle [L]
- 11:00 ♥ Exercise [2]
- 1:00 🏠 Bingo [3]
- 3:00 🦋 Happy Hour: Darren Arola [L]
- 6:00 🦋 Cookies, Coffee & Conversation [CN]
- 6:30 ♥ Documentary Night Movie: Score, A Film Music Documentary [3TV]

2

- 9:00 🏠 Dominoes [3]
- 10:00 🦋 Coffee Club [3]
- 11:00 ♥ Exercise [2]
- 1:00 ★ Cooking Hour: Lucky Charm Marshmallow Treats [L]
- 2:00 ♥ Manicures [Appt]
- 2:30 🏠 Skip Bo [3TV]
- 6:30 🦋 Dean Martin Variety Show [Channel 981]

3

- 10:00 ★ Coloring Hour [L]
- 11:00 ♥ Exercise [2]
- 1:00 🏠 Pinochle [3TV]
- 1:30 📺 Scenic Drive [BT]
- 3:30 🏠 Name 5 [L]
- 5:30 🦋 Survey Sundays [L]
- 6:00 🦋 Cookies, Coffee & Conversation [CN]
- 6:30 ★ Evening Devotions [3]

4

- 9:00 🏠 Bean Bag Baseball [L]
- 10:30 🦋 Pete the Piano Man & Paul on the Guitar [L]
- 11:00 ♥ Exercise [2]
- 1:00 ★ Painting Class [L]
- 2:00 🏠 Skip-Bo [3TV]
- 3:00 🗣️ Resident Town Hall Meeting [2]
- 6:30 🦋 Classic Movie Night: Dial M for Murder [3TV]

Mardi Gras 5

- 9:00 🗣️ And the Good News Is... [L]
- 10:00 🗣️ Activity Suggestion Meeting [L]
- 11:00 ♥ Exercise [2]
- 1:00 ★ Card Making [2]
- 1:00 📺 Fred Meyer
- 2:00 ★ Craft: Mardi Gras Masks [L]
- 3:00 ★ King Cake Mardi Gras Social [L]
- 4:00 ★ Book Club with Aaron: Battle Hymn of the Tiger Mother [L]
- 6:00 ★ Calming Coloring

Ash Wednesday 6

- 9:00 ♥ Gentle Stretching [2]
- 9:30 🦋 Donuts & Discussion [L]
- 10:00 ★ Christian Faith Service [2]
- 10:00 ♥ Manicures By Appointment [Appt]
- 10:30 ★ Catholic Communion [3]
- 10:30 ♥ Lucky the Therapy Dog Visit [L]
- 11:00 ♥ Exercise [2]
- 12:00 📺 Movie Out: TBD (TIME SUBJECT TO CHANGE) \$\$ [BT]
- 2:00 🦋 Bingo [3]
- 6:30 🦋 Wednesday Night Movie: Book Club [3TV]

7

- 9:00 ★ Group Chapter Reading: And Then There Were None (Agatha Christie) [L]
- 10:00 ★ Craft: Lucky Shamrock Pins [L]
- 11:00 ♥ Exercise [2]
- 1:00 🦋 New Resident Champagne Social [L]
- 2:00 ♥ Gus the Therapy Dog Visit [L]
- 3:00 ♥ Arm Chair Travels: West Ireland
- 4:30 🗣️ Girl Scout Cookie Sale [L]
- 5:00 🦋 Cocktails & Trivia with Annette [L]
- 6:30 ★ Evening Devotions [3]

Happy Birthday Ben G*!
International Women's Day 8

- 9:00 🏠 You Be The Judge [L]
- 10:00 🏠 Horse Shoes [L]
- 11:00 ♥ Exercise [2]
- 1:00 🏠 Bingo [3]
- 3:00 🦋 Happy Hour: Tom Stroud [L]
- 6:00 🦋 Cookies, Coffee & Conversation [CN]
- 6:30 ♥ Documentary Night Movie: Pope Francis, A Man of His Word [3TV]

9

- 9:00 🏠 Dominoes [3]
- 10:00 🦋 Coffee Club [3]
- 11:00 ♥ Exercise [2]
- 1:00 ★ Cooking Hour: Irish Soda Bread [L]
- 2:00 ♥ Manicures by Appointment [Appt]
- 2:30 🏠 Skip Bo [3TV]
- 6:30 🦋 Dean Martin Variety Show [Channel 981]

Daylight Savings
Happy Birthday Tanya B* & Ana A*! 10

- 10:00 ★ Coloring Hour [L]
- 11:00 ♥ Exercise [2]
- 1:00 🏠 Pinochle [3TV]
- 1:30 📺 Scenic Drive [L]
- 5:30 🦋 Survey Sundays [L]
- 6:00 🦋 Cookies, Coffee & Conversation [CN]
- 6:30 ★ Evening Devotions [3]

11

- 9:00 🏠 Bean Bag Baseball [L]
- 10:30 🦋 Pete the Piano Man & Paul on the Guitar [L]
- 11:00 ♥ Exercise [2]
- 1:00 ★ Painting Class [L]
- 3:00 🏠 Skip-Bo [3TV]
- 3:00 ♥ Aromatherapy [L]
- 6:30 🦋 Classic Movie Night: Mr. Mom [3TV]

Happy Birthday Kevin B*! 12

- 9:00 🗣️ And the Good News Is... [L]
- 10:00 ★ Cooking Hour: Slow Cooker Baileys Chocolate Cake [L]
- 10:00 📺 Trader Joes [BT]
- 11:00 ♥ Exercise [2]
- 1:00 🏠 Balloon Volleyball [L]
- 2:00 🦋 1st Floor Block Party [L]
- 3:00 🏠 Crossword [3]
- 4:00 ★ Book Club with Aaron: Battle Hymn of the Tiger Mother [L]
- 6:00 ★ Calming Coloring

13

- 9:00 ♥ Gentle Stretching [2]
- 9:30 🦋 Donuts & Discussion [L]
- 10:00 🗣️ Chef's Chat [L]
- 10:00 ♥ Manicures By Appointment [Appt]
- 10:30 ★ Catholic Communion [3]
- 10:30 ♥ Lucky the Therapy Dog Visit [L]
- 10:30 📺 Wine Tasting in Hood River \$\$ [BT]
- 11:00 ♥ NO EXERCISE TODAY [2]
- 2:00 🦋 Bingo [3]
- 6:30 🦋 Wednesday Night Movie: Nights in Rodanthe [3TV]

MC Adventist Footcare by Appt. \$\$
Pi Day 14

- 9:00 ★ Group Chapter Reading: And Then There Were None (Agatha Christie) [L]
- 10:00 ★ Leprechaun Hat Planters [L]
- 11:00 ♥ Exercise [2]
- 1:00 🦋 Pie Day Party [L]
- 2:00 ♥ Gus the Therapy Dog Visit [L]
- 3:00 🦋 Celtic Songs with Andrea Wild [L]
- 5:00 🦋 Cocktails & Trivia with Annette [L]
- 6:30 ★ Evening Devotions [3]

Ides of March 15

- 9:00 🏠 Mad Libs [L]
- 10:00 ★ Origami with Yuki [L]
- 11:00 ♥ Exercise [2]
- 1:00 🏠 Bingo [3]
- 3:00 🦋 Birthday Happy Hour: Molli Page [L]
- 6:00 🦋 Cookies, Coffee & Conversation [CN]
- 6:30 ♥ Documentary Night Movie: JFK in Ireland [3TV]

16

- 9:00 🏠 Dominoes [3]
- 10:00 🦋 IRISH COFFEE Club [3]
- 11:00 ♥ Exercise [2]
- 1:00 ★ Cooking Hour: Leprechaun Popcorn [L]
- 2:00 ★ Armchair Travel: Northern Ireland [2]
- 2:00 ♥ Manicures by Appointment [Appt]
- 2:30 🏠 Skip Bo [3TV]
- 6:30 🦋 Dean Martin Variety Show [Channel 981]

St. Patrick's Day 17

- 10:00 ★ Making Good Luck Charms [L]
- 11:00 ♥ Exercise [2]
- 1:00 🏠 Pinochle [3TV]
- 1:30 📺 Scenic Drive [BT]
- 3:30 🏠 Green Beer Social [L]
- 5:30 🦋 Survey Sundays [L]
- 6:00 🦋 Cookies, Coffee & Conversation [CN]
- 6:30 ★ Evening Devotions [3]

18

- 9:00 🏠 Bean Bag Baseball [L]
- 10:30 🦋 Pete the Piano Man & Paul on the Guitar [L]
- 11:00 ♥ Exercise [2]
- 1:00 ★ Painting Class [L]
- 3:00 ♥ Aromatherapy [L]
- 3:00 🏠 Skip-Bo [3TV]
- 6:30 🦋 Classic Movie Night: Dr. Zviago [3TV]

Happy Birthday Geris A*! 19

- 9:00 🗣️ And the Good News Is... [L]
- 10:00 🏠 Spelling Bee [L]
- 11:00 ♥ Exercise [2]
- 1:00 🦋 2nd Floor Block Party [2]
- 1:00 ★ Card Making [2]
- 1:00 📺 Fred Meyer
- 2:00 ♥ Ball Toss [L]
- 3:00 🏠 Crossword [3]
- 4:00 ★ Book Club with Aaron: Battle Hymn of the Tiger Mother [L]
- 6:00 ★ Calming Coloring

First Day of Spring 20

- 9:00 ♥ Gentle Stretching [2]
- 9:30 🦋 Donuts & Discussion [L]
- 10:00 ♥ Manicures By Appointment [Appt]
- 10:30 ★ Catholic Communion [3]
- 10:30 ♥ Lucky the Therapy Dog Visit [L]
- 11:00 ♥ Exercise [2]
- 11:30 📺 Lunch Out: Old Spaghetti Factory \$\$ [BT]
- 3:00 🦋 Bingo [3]
- 5:00 🗣️ Wine Night with the Courtyard Directors [L]
- 6:30 🦋 Wednesday Night Movie: Sweet Home Alabama [3TV]

Purim Begins 21

- 9:00 ★ Group Chapter Reading: And Then There Were None (Agatha Christie) [L]
- 10:00 🏠 Jeopardy [L]
- 11:00 ♥ Exercise [2]
- 1:00 ★ Craft: Woodworking the Eiffel Tower [L]
- 2:00 ♥ Gus the Therapy Dog Visit [L]
- 3:00 ♥ Arm Chair Travels: Poland
- 5:00 🦋 Cocktails & Trivia with Annette [L]
- 6:30 ★ Evening Devotions [3]

22

- 9:00 🏠 You Be The Judge [L]
- 10:00 🏠 Horse Shoes [L]
- 11:00 ♥ Exercise [2]
- 1:00 🏠 Bingo [3]
- 3:00 🦋 Joint Happy Hour: Jenn & Darka Duo [MH]
- 6:00 🦋 Cookies, Coffee & Conversation [CN]
- 6:30 ♥ Documentary Night Movie: He Named Me Malala [3TV]

23

- 9:00 🏠 Dominoes [3]
- 10:00 🦋 Coffee Club with Drew [3]
- 11:00 ♥ Exercise with Drew [2]
- 2:30 🏠 Skip Bo [3TV]
- 6:30 🦋 Dean Martin Variety Show [Channel 981]

24

- 10:00 ★ Coloring Hour [L]
- 11:00 ♥ NO EXERCISE TODAY [2]
- 1:00 🏠 Pinochle [3TV]
- 5:30 🦋 Survey Sundays [L]
- 6:00 🦋 Cookies, Coffee & Conversation [CN]
- 6:30 ★ Evening Devotions [3]

25

- 9:00 🏠 Bean Bag Baseball [L]
- 10:30 🦋 Pete the Piano Man & Paul on the Guitar [L]
- 11:00 ♥ Exercise [2]
- 1:00 ★ Painting Class [L]
- 3:00 ♥ Aromatherapy [L]
- 3:00 🏠 Skip-Bo [3TV]
- 6:30 🦋 Classic Movie Night: Mrs. Miniver [3TV]

Happy Birthday Carolyn R-T*! 26

- 9:00 🗣️ And the Good News Is... [L]
- 9:00 📺 Behind the Scenes Tour of The Oregon Ballet Theater \$\$ [BT]
- 10:15 ♥ Able Hearing (Help with Hearing Aids) [2]
- 11:00 ♥ NO EXERCISE TODAY [2]
- 1:00 🏠 Balloon Volleyball [L]
- 1:00 📺 Safeway [BT]
- 2:00 🦋 3rd Floor Block Party [3]
- 3:00 🏠 Crossword [3]
- 4:00 ★ Book Club with Aaron: Battle Hymn of the Tiger Mother [L]
- 6:00 ★ Calming Coloring

27

- 9:00 ♥ Gentle Stretching [2]
- 9:30 🦋 Donuts & Discussion [L]
- 10:00 ♥ Manicures By Appointment [Appt]
- 10:30 ★ Catholic Communion [3]
- 10:30 ♥ Lucky the Therapy Dog Visit [L]
- 11:00 ♥ Exercise [2]
- 1:00 📺 Spring Scenic Drive [BT]
- 3:00 🦋 Bingo [3]
- 3:00 🦋 Bingo Bucks Store [3]
- 6:30 🦋 Wednesday Night Movie: Brooklyn [3TV]

28

- 9:00 ★ Group Chapter Reading: And Then There Were None (Agatha Christie) [L]
- 10:00 🏠 Jeopardy [L]
- 11:00 ♥ Exercise [2]
- 1:00 ★ Craft: Clay Bowls [L]
- 2:00 ♥ Gus the Therapy Dog Visit [L]
- 3:00 ♥ TED Talk [2]
- 5:00 🦋 Cocktails & Trivia with Annette [L]
- 6:30 ★ Evening Devotions [3]

29

- 9:00 🏠 Mad Libs [L]
- 10:00 🏠 Boggle [L]
- 11:00 ♥ Exercise [2]
- 1:00 🏠 Bingo [3]
- 3:00 🦋 Happy Hour: Stan Lasley [L]
- 6:00 🦋 Cookies, Coffee & Conversation [CN]
- 6:30 ♥ Documentary Night Movie: Titanic How It Really Sank [3TV]

30

- 9:00 🏠 Dominoes [3]
- 10:00 🦋 Coffee Club [3]
- 11:00 ♥ Exercise [2]
- 1:00 ★ Cooking Hour: DIY Trail Mix [L]
- 2:00 ♥ Manicures by Appointment [Appt]
- 2:30 🏠 Skip Bo [3TV]
- 6:30 🦋 Dean Martin Variety Show [Channel 981]