



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>Be Adventurous</p> <p>Be Challenged</p> <p>Be Connected</p> <p>Be Inspired</p> <p>Be Social</p> <p>Be Well</p>	<p>New Years Day 1</p> <p>10:00 ★ 2019 Craft [L]</p> <p>11:00 ♥ NO EXERCISE TODAY [2]</p> <p>1:00 🚩 Making New Year's Resolutions [L]</p> <p>2:00 ♥ Yahtzee [3]</p> <p>3:00 🚩 Skipbo [3]</p> <p>4:00 ★ Book Club with Aaron: Battle Hymn of the Tiger Mother [L]</p> <p>6:00 🚩 Helping Hands Tuesday</p>	<p>2</p> <p>9:00 ♥ Gentle Stretching [L]</p> <p>9:30 🚩 Donuts & Discussion [L]</p> <p>10:00 ★ Christain Faith Service [2]</p> <p>10:00 📺 Dollar Store [BT]</p> <p>10:30 ★ Catholic Communion [3]</p> <p>11:00 ♥ Exercise [2]</p> <p>1:00 📺 Scenic Drive Through Oregon City & Willamette Falls [BT]</p> <p>3:00 🚩 Bingo [3]</p> <p>6:30 🚩 Wednesday Night Movie: The Last Word [3TV]</p>	<p>3</p> <p>9:00 ★ Group Chapter Reading: Wuthering Heights (Emily Brontë) [L]</p> <p>10:00 🚩 Activity Suggestion Meeting [L]</p> <p>11:00 ♥ Exercise [2]</p> <p>11:45 🚩 Chinese Take-out & Crossword [3]</p> <p>1:00 ★ Craft: Clay Candle Votives [L]</p> <p>2:00 ♥ Gus the Therapy Dog Visit [L]</p> <p>2:00 🚩 New Resident Champagne Social [L]</p> <p>3:00 🚩 TED Talk [2]</p> <p>5:00 🚩 Trivia with Annette [L]</p> <p>6:30 ★ Evening Devotions [3]</p>	<p>4</p> <p>9:00 🚩 Conversation Ball Toss [L]</p> <p>10:00 🚩 Boggle [L]</p> <p>11:00 ♥ Exercise [2]</p> <p>1:00 🚩 Bingo [3]</p> <p>3:00 🚩 Happy Hour: Beth Willis [L]</p> <p>6:00 🚩 Cookies, Coffee & Conversation [CN]</p> <p>6:30 ♥ Documentary Night Movie: The King [3TV]</p>	<p>5</p> <p>9:00 🚩 Dominoes [3]</p> <p>10:00 🚩 Coffee Club [3]</p> <p>11:00 ♥ Exercise [2]</p> <p>1:00 ★ Cooking Hour: Banana Muffins [L]</p> <p>2:00 ♥ Manicures [Appt]</p> <p>2:30 🚩 Skip Bo [3TV]</p> <p>6:30 🚩 Carol Burnett Show [Channel 981]</p>
<p>Happy Birthday Cristy L*! 6</p> <p>10:00 ★ Coloring Hour [L]</p> <p>11:00 ♥ Exercise [2]</p> <p>1:30 📺 Scenic Drive [BT]</p> <p>3:30 🚩 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>Happy Birthday June M! 7</p> <p>9:00 🚩 Bean Bag Baseball [L]</p> <p>10:30 🚩 Pete the Piano Man & Paul on the Guitar [L]</p> <p>11:00 ♥ Exercise [2]</p> <p>1:00 ★ Painting Class [L]</p> <p>2:00 🚩 Skip-Bo [3TV]</p> <p>3:00 🚩 Resident Town Hall Meeting [2]</p> <p>6:30 🚩 Classic Movie Night: Once Upon a Time in the West [3TV]</p>	<p>8</p> <p>9:00 🚩 And the Good News Is... [L]</p> <p>10:00 🚩 Spelling Bee [L]</p> <p>11:00 ♥ Exercise [2]</p> <p>1:00 ★ Card Making [2]</p> <p>1:00 📺 Fred Meyer</p> <p>2:00 🚩 Ball Toss [L]</p> <p>3:00 🚩 Crossword [3]</p> <p>4:00 ★ Book Club with Aaron: Battle Hymn of the Tiger Mother [L]</p> <p>6:00 🚩 Helping Hands Tuesday</p>	<p>9</p> <p>9:00 ♥ Chair Yoga [L]</p> <p>9:30 🚩 Donuts & Discussion [L]</p> <p>10:00 🚩 Mimosas with Marc (Chef's Chat) [L]</p> <p>10:30 ★ Catholic Communion [3]</p> <p>11:00 ♥ Exercise [2]</p> <p>1:00 📺 Pie & Coffee at the Pie Spot [BT]</p> <p>3:00 🚩 Bingo [3]</p> <p>6:30 🚩 Wednesday Night Movie: Amazing Grace [3TV]</p>	<p>MC Adventist Footcare by Appt. \$\$ 10</p> <p>9:00 ★ Group Chapter Reading: Wuthering Heights (Emily Brontë) [L]</p> <p>10:00 🚩 Jeopardy [L]</p> <p>11:00 ♥ Exercise [2]</p> <p>1:00 ★ Craft: Clay Cats [L]</p> <p>2:00 ♥ Gus the Therapy Dog Visit [L]</p> <p>3:00 ♥ Arm Chair Travels: Rome</p> <p>5:00 🚩 Cocktails & Trivia with Annette [L]</p> <p>6:30 ★ Evening Devotions [3]</p>	<p>11</p> <p>9:00 🚩 You Be The Judge [L]</p> <p>10:00 🚩 Horse Shoes [L]</p> <p>11:00 ♥ Exercise [2]</p> <p>1:00 🚩 Bingo [3]</p> <p>3:00 🚩 Happy Hour: Steven Champagne (Guitar/Singing) [L]</p> <p>6:00 🚩 Cookies, Coffee & Conversation [CN]</p> <p>6:30 ♥ Documentary Night Movie: Love & Bananas an Elephant Story [3TV]</p>	<p>12</p> <p>9:00 🚩 Dominoes [3]</p> <p>10:00 🚩 Coffee Club [3]</p> <p>11:00 ♥ Exercise with Drew [2]</p> <p>2:30 🚩 Skip Bo [3TV]</p> <p>6:30 🚩 Carol Burnett Show [Channel 981]</p>
<p>13</p> <p>10:00 ★ Coloring Hour [L]</p> <p>11:00 ♥ Exercise [2]</p> <p>1:30 📺 Scenic Drive [BT]</p> <p>3:30 🚩 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>14</p> <p>9:00 🚩 Bean Bag Baseball [L]</p> <p>10:30 🚩 Pete the Piano Man & Paul on the Guitar [L]</p> <p>11:00 ♥ Exercise [2]</p> <p>1:00 ★ Painting Class [L]</p> <p>2:00 ♥ Aromatherapy [L]</p> <p>3:00 🚩 Skip-Bo [3TV]</p> <p>6:30 🚩 Classic Movie Night: Close Encounters of the Third Kind [3TV]</p>	<p>15</p> <p>9:00 🚩 And the Good News Is... [L]</p> <p>10:00 🚩 Balloon Volleyball [L]</p> <p>11:00 ♥ Exercise [2]</p> <p>1:00 🚩 Goodbye Party for Leona [L]</p> <p>2:00 🚩 Mad Libs [L]</p> <p>3:00 🚩 Crossword [3]</p> <p>4:00 ★ Book Club with Aaron: Battle Hymn of the Tiger Mother [L]</p> <p>6:00 🚩 Helping Hands Tuesday</p>	<p>16</p> <p>9:00 ♥ Chair Yoga [L]</p> <p>9:30 🚩 Donuts & Discussion [L]</p> <p>10:00 📺 Day Trip to Ilani Casino</p> <p>10:30 ★ Catholic Communion [3]</p> <p>11:00 ♥ Exercise with Drew [2]</p> <p>1:00 🚩 Dominoes [3]</p> <p>2:00 🚩 Yahtzee [3]</p> <p>6:30 🚩 Wednesday Night Movie: Mamma Mia! [3TV]</p>	<p>Happy Birthday Jeanne K! 17</p> <p>9:00 ★ Group Chapter Reading: Wuthering Heights (Emily Brontë) [L]</p> <p>10:00 🚩 Spelling Bee [L]</p> <p>11:00 ♥ Exercise [2]</p> <p>1:00 ★ Craft: Pineapple Planters [L]</p> <p>2:00 🚩 First Floor Block Party [L]</p> <p>2:00 ♥ Gus the Therapy Dog Visit [L]</p> <p>3:00 ♥ TED Talk [2]</p> <p>5:00 🚩 Cocktails & Trivia with Annette [L]</p> <p>6:30 ★ Evening Devotions [3]</p>	<p>18</p> <p>9:00 🚩 Conversation Ball Toss [L]</p> <p>10:00 🚩 Boggle [L]</p> <p>10:00 ★ Origami with Yuki [ALZ]</p> <p>11:00 ♥ Exercise [2]</p> <p>1:00 🚩 Bingo [3]</p> <p>3:00 🚩 Birthday Happy Hour: Monte Waters [L]</p> <p>6:00 🚩 Cookies, Coffee & Conversation [CN]</p> <p>6:30 ♥ Documentary Night Movie: MGM When the Lion Roars [3TV]</p>	<p>National Popcorn Day 19</p> <p>9:00 🚩 Dominoes [3]</p> <p>10:00 🚩 Coffee Club [3]</p> <p>11:00 ♥ Exercise [2]</p> <p>1:00 ★ Cooking Hour: Sweet & Salty Popcorn [L]</p> <p>2:00 ♥ Manicures [Appt]</p> <p>2:30 🚩 Skip Bo [3TV]</p> <p>6:30 🚩 Carol Burnett Show [Channel 981]</p>
<p>20</p> <p>10:00 ★ Coloring Hour [L]</p> <p>11:00 ♥ Exercise [2]</p> <p>1:30 📺 Scenic Drive [BT]</p> <p>3:30 🚩 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>Martin Luther King Jr. Day 21</p> <p>9:00 🚩 Bean Bag Baseball [L]</p> <p>10:30 🚩 Pete the Piano Man & Paul on the Guitar [L]</p> <p>11:00 ♥ Exercise [2]</p> <p>1:00 ★ Painting Class [L]</p> <p>2:00 ♥ Aromatherapy</p> <p>3:00 🚩 Skip-Bo [3TV]</p> <p>6:30 🚩 Classic Movie Night: North by Northwest [3TV]</p>	<p>22</p> <p>9:00 🚩 And the Good News Is... [L]</p> <p>10:15 ♥ Able Hearing (Help with Hearing Aids) [2]</p> <p>11:00 ♥ Exercise [2]</p> <p>1:00 ★ Card Making [2]</p> <p>1:00 📺 Fred Meyer</p> <p>2:00 🚩 Ball Toss [L]</p> <p>3:00 🚩 Crossword [3]</p> <p>4:00 ★ Book Club with Aaron: Battle Hymn of the Tiger Mother [L]</p> <p>6:00 🚩 Helping Hands Tuesday</p>	<p>Happy Birthday Laura N*! 23</p> <p>9:30 🚩 Donuts & Discussion [L]</p> <p>10:30 ★ Catholic Communion [3]</p> <p>11:00 ♥ Exercise [2]</p> <p>1:00 🚩 2nd Floor Block Party [2]</p> <p>2:00 🚩 Bingo [3]</p> <p>4:45 📺 Dinner Out: Tokio Table (Japanese Steak House) [BT]</p> <p>6:30 🚩 Wednesday Night Movie: The Glass Castle [3TV]</p>	<p>Happy Birthday Art M! 24</p> <p>9:00 ★ Group Chapter Reading: Wuthering Heights (Emily Brontë) [L]</p> <p>10:00 🚩 Jeopardy [L]</p> <p>11:00 ♥ Exercise [2]</p> <p>1:00 ★ Craft: Make Your Own Brooch [L]</p> <p>2:00 ♥ Gus the Therapy Dog Visit [L]</p> <p>3:00 ♥ Arm Chair Travels: Paris</p> <p>5:00 🚩 Cocktails & Trivia with Annette [L]</p> <p>6:30 ★ Evening Devotions [3]</p>	<p>Happy Birthday Adele C! 25</p> <p>9:00 🚩 You Be The Judge [L]</p> <p>10:00 🚩 Horse Shoes [L]</p> <p>11:00 ♥ Exercise [2]</p> <p>1:00 🚩 Bingo [3]</p> <p>3:00 🚩 Joint Happy Hour: John Gilmore Jazz Trio [MH]</p> <p>6:00 🚩 Cookies, Coffee & Conversation [CN]</p> <p>6:30 ♥ Documentary Night Movie: The Heart of A Shepherd [3TV]</p>	<p>26</p> <p>9:00 🚩 Dominoes [3]</p> <p>10:00 🚩 Coffee Club [3]</p> <p>11:00 ♥ Exercise [2]</p> <p>1:00 ★ Cooking Hour: Lemon Cookies [L]</p> <p>2:00 ♥ Manicures [Appt]</p> <p>2:30 🚩 Skip Bo [3TV]</p> <p>6:30 🚩 Carol Burnett Show [Channel 981]</p>
<p>Happy Birthday Muganza K*! 27</p> <p>10:00 ★ Coloring Hour [L]</p> <p>11:00 ♥ Exercise [2]</p> <p>1:30 📺 Scenic Drive [BT]</p> <p>3:30 🚩 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>28</p> <p>9:00 🚩 Bean Bag Baseball [L]</p> <p>10:30 🚩 Pete the Piano Man & Paul on the Guitar [L]</p> <p>11:00 ♥ Exercise [2]</p> <p>1:00 ★ Painting Class [L]</p> <p>3:00 🚩 Skip-Bo [3TV]</p> <p>6:30 🚩 Classic Movie Night: Titanic [3TV]</p>	<p>National Puzzle Day 29</p> <p>9:00 📺 Behind the Scenes Tour of The Oregon Ballet Theater [BT]</p> <p>11:00 ♥ NO EXERCISE TODAY [2]</p> <p>1:00 🚩 Balloon Volleyball [L]</p> <p>2:00 🚩 Crossword [3]</p> <p>3:00 ★ Sunshine in the New Year with Matthew Casey [L]</p> <p>4:00 ★ Book Club with Aaron: Battle Hymn of the Tiger Mother [L]</p> <p>6:00 🚩 Helping Hands Tuesday</p>	<p>Happy Birthday Margaret N & Barbara H! 30</p> <p>9:00 ♥ Chair Yoga [L]</p> <p>9:30 🚩 Donuts & Discussion [L]</p> <p>10:00 🚩 Spelling Bee [L]</p> <p>10:30 ★ Catholic Communion [3]</p> <p>11:00 ♥ Exercise [2]</p> <p>1:00 🚩 3rd Floor Block Party [3TV]</p> <p>2:00 🚩 Bingo [3]</p> <p>3:00 🚩 Bingo Bucks Store [3]</p> <p>6:30 🚩 Wednesday Night Movie: Beauty & the Beast [3TV]</p>	<p>31</p> <p>9:00 ★ Group Chapter Reading: Wuthering Heights (Emily Brontë) [L]</p> <p>10:00 🚩 Jeopardy</p> <p>11:00 ♥ Exercise [2]</p> <p>1:00 ★ Craft: Super Bowl Sunday Pom-Poms [L]</p> <p>2:00 ♥ Gus the Therapy Dog Visit [L]</p> <p>3:00 ♥ TED Talk [2]</p> <p>5:00 🚩 Cocktails & Trivia with Annette [L]</p> <p>6:30 ★ Evening Devotions [3]</p>	<p>Location Keys</p> <p>2nd Floor 2 Bus Trip BT</p> <p>3rd Floor 3 Channel 981 Channel 981</p> <p>3rd Floor TV Room 3TV Coffee Nook CN</p> <p>Appointment Appt Lobby L</p> <p>Atrium ALZ Mt Hood Lobby MH</p>	