Vibrant life
BE VIBRANT. BE YOU.

January 2020
Pavilion

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

6323 SE Division St.
Portland, OR 97206
503-772-9795

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:00 Morning News & Current Events 10:00 Inspirational Talks 10:00 Refreshments 11:00 Exercise Class 1:00 Expressive Design: Mandalas 2:00 Culinary Creations 2:00 Refreshments 3:00 Bean Bag Baseball 6:30 Cookies & Cocoa by the Fireplace	**2** 9:00 Morning News & Current Events 10:00 Inspirational Talks 10:00 Refreshments 11:00 Exercise Class 1:00 Expressive Design: Calligraphy 2:00 Culinary Creations 2:00 Refreshments 3:00 Story of a Lifetime 6:30 Documentary Night	**3** 9:00 Morning News & Current Events 10:00 Inspirational Talks 10:00 Refreshments 11:00 Exercise Class 1:00 Expressive Design: Assemblage 2:00 Refreshments and Group Reading 3:00 **Social Hour Event** 6:30 Cookies & Cocoa by the Fireplace	**4** 10:00 Hand & Nail Care 10:00 Refreshments 11:00 Gentle Streching with Care Staff 1:00 Gen-Narrations 2:00 Puzzles & Games 2:00 Refreshments and Group Reading 3:00 Triva 6:30 Cookies & Cocoa by the Fireplace
5 10:00 Hand & Nail Care 10:00 Refreshments 11:00 Gentle Streching with Care Staff 1:00 Gen-Narrations 2:00 Puzzles & Games 2:00 Refreshments and Group Reading 3:00 Triva 6:30 Classic Movie Night	**6** 9:00 Morning News & Current Events 10:00 Inspirational Talks 10:00 Refreshments 11:00 Exercise Class 1:00 Expressive Design: Collage 2:00 Culinary Creations 2:00 Refreshments 3:00 Balloon Volleyball 6:30 Cookies & Cocoa by the Fireplace	**7** 9:00 Morning News & Current Events 10:00 Inspirational Talks 10:00 Refreshments 11:00 Exercise Class 1:00 Expressive Design: Watercolor Painting 2:00 Refreshments and Group Reading 3:00 Gen-Narrations 6:30 Rom-Com Tuesdays	**8** 9:00 Morning News & Current Events 10:00 Inspirational Talks 10:00 Refreshments 11:00 Exercise Class 1:00 Expressive Design: Mandalas 1:00 Poet's Corner 2:00 Culinary Creations 2:00 Refreshments 3:00 Basketball 6:30 Cookies & Cocoa by the Fireplace	**9** 9:00 Morning News & Current Events 10:00 Inspirational Talks 10:00 Refreshments 11:00 Exercise Class 1:00 Expressive Design: Calligraphy 2:00 Culinary Creations 2:00 Refreshments 3:00 Story of a Lifetime 6:30 Documentary Night	**10** 9:00 Morning News & Current Events 10:00 Inspirational Talks 10:00 Refreshments 11:00 Exercise Class 1:00 Expressive Design: Assemblage 2:00 Refreshments and Group Reading 3:00 **Social Hour Event** 6:30 Cookies & Cocoa by the Fireplace	**11** 10:00 Hand & Nail Care 10:00 Refreshments 11:00 Gentle Streching with Care Staff 1:00 Gen-Narrations 2:00 Puzzles & Games 2:00 Refreshments and Group Reading 3:00 Triva 6:30 Cookies & Cocoa by the Fireplace
12 10:00 Hand & Nail Care 10:00 Refreshments 11:00 Gentle Streching with Care Staff 1:00 Gen-Narrations 2:00 Puzzles & Games 2:00 Refreshments and Group Reading 3:00 Triva 6:30 Classic Movie Night	**13** 9:00 Morning News & Current Events 10:00 Inspirational Talks 10:00 Refreshments 11:00 Exercise Class 1:00 Expressive Design: Collage 1:00 **Music Therapy with Emilie** 2:00 Culinary Creations 2:00 Refreshments 3:00 Ring Toss 6:30 Cookies & Cocoa by the Fireplace	**14** 9:00 Morning News & Current Events 10:00 Inspirational Talks 10:00 Refreshments 11:00 Exercise Class 1:00 Expressive Design: Watercolor Painting 2:00 Refreshments and Group Reading 3:00 Gen-Narrations 6:30 Rom-Com Tuesdays	**15** 9:00 Morning News & Current Events 10:00 Inspirational Talks 10:00 Refreshments 11:00 Exercise Class 1:00 Expressive Design: Mandalas 1:00 Raise the Curtain 2:00 Culinary Creations 2:00 Refreshments 3:00 Bean Bag Baseball 6:30 Cookies & Cocoa by the Fireplace	**16** 9:00 Morning News & Current Events 10:00 Inspirational Talks 10:00 Refreshments 11:00 Exercise Class 1:00 Expressive Design: Calligraphy 2:00 Culinary Creations 2:00 Refreshments 3:00 Story of a Lifetime 6:30 Documentary Night	**17** 9:00 Morning News & Current Events 10:00 Inspirational Talks 10:00 Refreshments 11:00 Exercise Class 1:00 Expressive Design: Assemblage 2:00 Refreshments and Group Reading 3:00 **January Birthdays! Social Hour Event** 6:30 Cookies & Cocoa by the Fireplace	**18** 10:00 Hand & Nail Care 10:00 Refreshments 11:00 Gentle Streching with Care Staff 1:00 Gen-Narrations 2:00 Puzzles & Games 2:00 Refreshments and Group Reading 3:00 **Horticulture Therapy with Mandi** 3:00 Triva 6:30 Cookies & Cocoa by the Fireplace
19 10:00 Hand & Nail Care 10:00 Refreshments 11:00 Gentle Streching with Care Staff 1:00 Gen-Narrations 2:00 Puzzles & Games 2:00 Refreshments and Group Reading 3:00 Triva 6:30 Classic Movie Night	**20** 9:00 Morning News & Current Events 10:00 Inspirational Talks 10:00 Refreshments 11:00 Exercise Class 1:00 Expressive Design: Collage 2:00 Culinary Creations 2:00 Refreshments 3:00 Balloon Volleyball 6:30 Cookies & Cocoa by the Fireplace	**21** 9:00 Morning News & Current Events 10:00 Inspirational Talks 10:00 Refreshments 11:00 Exercise Class 1:00 Expressive Design: Watercolor Painting 2:00 Refreshments and Group Reading 3:00 Gen-Narrations 6:30 Rom-Com Tuesdays	**22** 9:00 Morning News & Current Events 10:00 Inspirational Talks 10:00 Refreshments 11:00 Exercise Class 1:00 Expressive Design: Mandalas 1:00 Poet's Corner 2:00 Culinary Creations 2:00 Refreshments 3:00 Basketball 6:30 Cookies & Cocoa by the Fireplace	**23** 9:00 Morning News & Current Events 10:00 Inspirational Talks 10:00 Refreshments 11:00 Exercise Class 1:00 Expressive Design: Calligraphy 2:00 Culinary Creations 2:00 Refreshments 3:00 Story of a Lifetime 6:30 Documentary Night	**24** 9:00 Morning News & Current Events 10:00 Inspirational Talks 10:00 Refreshments 11:00 Exercise Class 1:00 Expressive Design: Assemblage 2:00 Refreshments and Group Reading 3:00 **Social Hour Event** 6:30 Cookies & Cocoa by the Fireplace	**25** 10:00 Hand & Nail Care 10:00 Refreshments 11:00 Gentle Streching with Care Staff 1:00 Gen-Narrations 2:00 Puzzles & Games 2:00 Refreshments and Group Reading 3:00 Triva 6:30 Cookies & Cocoa by the Fireplace
26 10:00 Hand & Nail Care 10:00 Refreshments 11:00 Gentle Streching with Care Staff 1:00 Gen-Narrations 2:00 Puzzles & Games 2:00 Refreshments and Group Reading 3:00 Triva 6:30 Classic Movie Night	**27** 9:00 Morning News & Current Events 10:00 Inspirational Talks 10:00 Refreshments 11:00 Exercise Class 1:00 Expressive Design: Collage 2:00 Culinary Creations 2:00 Refreshments 3:00 Ring Toss 6:30 Cookies & Cocoa by the Fireplace	**28** 9:00 Morning News & Current Events 10:00 Inspirational Talks 10:00 Refreshments 11:00 Exercise Class 1:00 Expressive Design: Watercolor Painting 2:00 Refreshments and Group Reading 3:00 Gen-Narrations 6:30 Rom-Com Tuesdays	**29** 9:00 Morning News & Current Events 10:00 Inspirational Talks 10:00 Refreshments 11:00 Exercise Class 1:00 Expressive Design: Mandalas 1:00 Raise the Curtain 2:00 Culinary Creations 2:00 Refreshments 3:00 Bean Bag Baseball 6:30 Cookies & Cocoa by the Fireplace	**30** 9:00 Morning News & Current Events 10:00 Inspirational Talks 10:00 Refreshments 11:00 Exercise Class 1:00 Expressive Design: Calligraphy 2:00 Culinary Creations 2:00 Refreshments 3:00 Story of a Lifetime 6:30 Documentary Night	**31** 9:00 Morning News & Current Events 10:00 Inspirational Talks 10:00 Refreshments 11:00 Exercise Class 1:00 Expressive Design: Assemblage 2:00 Refreshments and Group Reading 3:00 **Social Hour Event** 6:30 Cookies & Cocoa by the Fireplace	Be Challenged Be Connected Be Family Be Inspired Be Social Be Well