

Sunday Monday Tuesday Wednesday Thursday Friday Saturday



6125 SE Division St  
Portland, OR 97206

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p><b>Happy Birthday Mary S.!</b></p> <p>8:30 📞 FaceTime Calls Available 8:30am-4pm</p> <p>9:00 📢 Morning Newsletter [IR]</p> <p>11:00 📺 Exercise Video on Channel 981 [Channel 981]</p> <p>11:00 📺 Exercise: 2nd floor activity room: 10 person limit</p> <p>1:00 📺 Exercise: 2nd floor activity room: 10 person limit</p> <p>1:00 📺 Tai-Chi Video on Channel 981 [Channel 981]</p> <p>2:00 📺 Trivia TV on Channel 981 [Channel 981]</p> <p>6:30 🌟 In-Room Movie Night on Channel 981: National Park Series: Canyonlands [Channel 981]</p>	<p><b>2</b></p> <p>8:30 📞 FaceTime Calls Available 8:30am-4pm</p> <p>9:00 📢 Morning Newsletter [IR]</p> <p>11:00 📺 Exercise Video on Channel 981 [Channel 981]</p> <p>11:00 📺 Exercise: 2nd floor activity room: 10 person limit</p> <p>1:00 📺 Exercise: 2nd floor activity room: 10 person limit</p> <p>1:00 📺 Tai-Chi Video on Channel 981 [Channel 981]</p> <p>1:30 📺 Bingo! 3rd Floor Activity Room</p> <p>2:00 📺 Trivia TV on Channel 981 [Channel 981]</p> <p>3:00 📺 Bingo! 3rd Floor Activity Room</p> <p>6:30 🌟 In-Room Movie Night on Channel 981: The Martian [Channel 981]</p>	<p><b>3</b></p> <p>8:30 📞 FaceTime Calls Available 8:30am-4pm</p> <p>9:00 📢 Morning Newsletter [IR]</p> <p>11:00 📺 Exercise Video on Channel 981 [Channel 981]</p> <p>11:00 📺 Exercise: 2nd floor activity room: 10 person limit</p> <p>1:00 📺 Exercise: 2nd floor activity room: 10 person limit</p> <p>1:00 📺 Tai-Chi Video on Channel 981 [Channel 981]</p> <p>2:00 📺 Trivia TV on Channel 981 [Channel 981]</p> <p>3:00 📺 In Room Happy Hour on Channel 981: Doobie Brothers in Concert [IR]</p> <p>6:30 🌟 In-Room Movie Night on Channel 981: National Park Series: Glacier National Park [Channel 981]</p>	<p><b>4</b></p> <p>9:00 📢 Morning Newsletter [IR]</p> <p>11:00 📺 Exercise Video on Channel 981 [Channel 981]</p> <p>1:00 📺 Tai-Chi Video on Channel 981 [Channel 981]</p> <p>2:00 📺 Trivia TV on Channel 981 [Channel 981]</p> <p>3:00 📺 Virtual Scenic Drive: Hawaii Driving [Channel 981]</p> <p>6:30 🌟 In-Room Movie Night on Channel 981: Sully [Channel 981]</p>	<p><b>5</b></p> <p>9:00 📢 Morning Newsletter [IR]</p> <p>11:00 📺 Exercise Video on Channel 981 [Channel 981]</p> <p>1:00 📺 Tai-Chi Video on Channel 981 [Channel 981]</p> <p>2:00 📺 Trivia TV on Channel 981 [Channel 981]</p> <p>3:00 📺 Armchair Travels: Egypt [Channel 981]</p> <p>6:30 🌟 In-Room Movie Night on Channel 981: The Andy Griffith Show [Channel 981]</p>
<p><b>6</b></p> <p>8:30 📞 FaceTime Calls Available 8:30am-4pm</p> <p>9:00 📢 Morning Newsletter [IR]</p> <p>11:00 📺 Exercise Video on Channel 981 [Channel 981]</p> <p>1:00 📺 Tai-Chi Video on Channel 981 [Channel 981]</p> <p>1:30 📺 Room to Room Snack Cart</p> <p>2:00 📺 Trivia TV on Channel 981 [Channel 981]</p> <p>3:00 📺 Classical Music Concerts in Your Room: Ana Vidovic (Channel 981) [Channel 981]</p> <p>6:30 🌟 In-Room Movie Night on Channel 981: Golden Girls [Channel 981]</p>	<p><b>7</b></p> <p><b>Labor Day</b></p> <p>9:00 📢 Morning Newsletter [IR]</p> <p>11:00 📺 Exercise Video on Channel 981 [Channel 981]</p> <p>1:00 📺 Tai-Chi Video on Channel 981 [Channel 981]</p> <p>2:00 📺 Trivia TV on Channel 981 [Channel 981]</p> <p>3:00 📺 Arm Chair Travels: Mexico [Channel 981]</p> <p>6:30 🌟 In-Room Movie Night on Channel 981: Akeelah and the Bee [Channel 981]</p>	<p><b>8</b></p> <p>8:30 📞 FaceTime Calls Available 8:30am-4pm</p> <p>9:00 📢 Morning Newsletter [IR]</p> <p>11:00 📺 Exercise Video on Channel 981 [Channel 981]</p> <p>11:00 📺 Exercise: 2nd floor activity room: 10 person limit</p> <p>1:00 📺 Exercise: 2nd floor activity room: 10 person limit</p> <p>1:00 📺 Tai-Chi Video on Channel 981 [Channel 981]</p> <p>2:00 📺 Trivia TV on Channel 981 [Channel 981]</p> <p>6:30 🌟 In-Room Movie Night on Channel 981: National Park Collection [Channel 981]</p>	<p><b>9</b></p> <p><b>Happy Birthday Carol!</b></p> <p>8:30 📞 FaceTime Calls Available 8:30am-4pm</p> <p>9:00 📢 Morning Newsletter [IR]</p> <p>11:00 📺 Exercise Video on Channel 981 [Channel 981]</p> <p>11:00 📺 Exercise: 2nd floor activity room: 10 person limit</p> <p>1:00 📺 Exercise: 2nd floor activity room: 10 person limit</p> <p>1:00 📺 Tai-Chi Video on Channel 981 [Channel 981]</p> <p>1:30 📺 Bingo! 3rd Floor Activity Room</p> <p>2:00 📺 Trivia TV on Channel 981 [Channel 981]</p> <p>3:00 📺 Bingo! 3rd Floor Activity Room</p> <p>6:30 🌟 In-Room Movie Night on Channel 981: All Saints [Channel 981]</p>	<p><b>10</b></p> <p>8:30 📞 FaceTime Calls Available 8:30am-4pm</p> <p>9:00 📢 Morning Newsletter [IR]</p> <p>11:00 📺 Exercise Video on Channel 981 [Channel 981]</p> <p>11:00 📺 Exercise: 2nd floor activity room: 10 person limit</p> <p>1:00 📺 Exercise: 2nd floor activity room: 10 person limit</p> <p>1:00 📺 Tai-Chi Video on Channel 981 [Channel 981]</p> <p>2:00 📺 Trivia TV on Channel 981 [Channel 981]</p> <p>3:00 📺 In Room Happy Hour on Channel 981: Tony Bennett's Wonderful World [IR]</p> <p>6:30 🌟 In-Room Movie Night on Channel 981: Untamed America: Mountains [Channel 981]</p>	<p><b>11</b></p> <p>9:00 📢 Morning Newsletter [IR]</p> <p>11:00 📺 Exercise Video on Channel 981 [Channel 981]</p> <p>1:00 📺 Tai-Chi Video on Channel 981 [Channel 981]</p> <p>2:00 📺 Trivia TV on Channel 981 [Channel 981]</p> <p>3:00 📺 Virtual Scenic Drive: Biking Through Scenic Nature [Channel 981]</p> <p>6:30 🌟 In-Room Movie Night on Channel 981: The Soloist [Channel 981]</p>	<p><b>12</b></p> <p><b>Happy Birthday Jerry!</b></p> <p>9:00 📢 Morning Newsletter [IR]</p> <p>11:00 📺 Exercise Video on Channel 981 [Channel 981]</p> <p>1:00 📺 Tai-Chi Video on Channel 981 [Channel 981]</p> <p>2:00 📺 Trivia TV on Channel 981 [Channel 981]</p> <p>3:00 📺 Armchair Travels: Ireland [Channel 981]</p> <p>6:30 🌟 In-Room Movie Night on Channel 981: The Andy Griffith Show [Channel 981]</p>
<p><b>13</b></p> <p><b>Grandparents Day</b> <b>National Assisted Living Week</b></p> <p>8:30 📞 FaceTime Calls Available 8:30am-4pm</p> <p>9:00 📺 Giving Thanks To Our Caregivers: In Room Art Project</p> <p>9:00 📢 Morning Newsletter [IR]</p> <p>9:30 📺 Scenic Drive - sign-up at front desk</p> <p>11:00 📺 Exercise Video on Channel 981 [Channel 981]</p> <p>1:00 📺 Tai-Chi Video on Channel 981 [Channel 981]</p> <p>1:30 📺 Room to Room Ice Cream Cart</p> <p>2:00 📺 Trivia TV on Channel 981 [Channel 981]</p> <p>3:00 📺 Classical Music Concerts in Your Room: Hauser "Live in Zagreb" (Channel 981) [Channel 981]</p> <p>6:30 🌟 In-Room Movie Night on Channel 981: Golden Girls [Channel 981]</p>	<p><b>14</b></p> <p><b>Camo Day! Dress-up in camouflage-will we know who you are?</b> <b>National Assisted Living Week</b></p> <p>8:30 📞 FaceTime Calls Available 8:30am-4pm</p> <p>9:00 📢 Morning Newsletter [IR]</p> <p>10:15 📺 Trivia in the Hall</p> <p>11:00 📺 Exercise Video on Channel 981 [Channel 981]</p> <p>11:00 📺 Exercise: 2nd floor activity room: 10 person limit</p> <p>1:00 📺 Exercise: 2nd floor activity room: 10 person limit</p> <p>1:00 📺 Tai-Chi Video on Channel 981 [Channel 981]</p> <p>2:00 📺 Trivia TV on Channel 981 [Channel 981]</p> <p>2:00 📺 Trivia in the Hall</p> <p>3:00 📺 Virtual Museum Tours: (Channel 981): Natural History Museum, London [Channel 981]</p> <p>6:30 🌟 In-Room Movie Night on Channel 981: The Belle of New York [Channel 981]</p>	<p><b>15</b></p> <p><b>National Assisted Living Week</b> <b>Pajama Day! Let's be comfortable all day!</b></p> <p>8:30 📞 FaceTime Calls Available 8:30am-4pm</p> <p>9:00 📢 Morning Newsletter [IR]</p> <p>11:00 📺 Exercise Video on Channel 981 [Channel 981]</p> <p>11:00 📺 Exercise: 2nd floor activity room: 10 person limit</p> <p>1:00 📺 Exercise: 2nd floor activity room: 10 person limit</p> <p>1:00 📺 Tai-Chi Video on Channel 981 [Channel 981]</p> <p>2:00 📺 Trivia TV on Channel 981 [Channel 981]</p> <p>6:30 🌟 In-Room Movie Night on Channel 981: Untamed America: Deserts [Channel 981]</p>	<p><b>16</b></p> <p><b>National Assisted Living Week</b> <b>Wacky Wednesday! Go Crazy with your Hair and clothing!</b></p> <p>8:30 📞 FaceTime Calls Available 8:30am-4pm</p> <p>9:00 📢 Morning Newsletter [IR]</p> <p>11:00 📺 Exercise Video on Channel 981 [Channel 981]</p> <p>11:00 📺 Exercise: 2nd floor activity room: 10 person limit</p> <p>1:00 📺 Exercise: 2nd floor activity room: 10 person limit</p> <p>1:00 📺 Tai-Chi Video on Channel 981 [Channel 981]</p> <p>1:30 📺 Bingo! 3rd Floor Activity Room</p> <p>2:00 📺 Trivia TV on Channel 981 [Channel 981]</p> <p>3:00 📺 Bingo! 3rd Floor Activity Room</p> <p>6:30 🌟 In-Room Movie Night on Channel 981: New York Minute [Channel 981]</p>	<p><b>17</b></p> <p><b>Decked Out Purple Day! Wear as much purple as possible!</b> <b>National Assisted Living Week</b></p> <p>8:30 📞 FaceTime Calls Available 8:30am-4pm</p> <p>9:00 📢 Morning Newsletter [IR]</p> <p>11:00 📺 Exercise Video on Channel 981 [Channel 981]</p> <p>11:00 📺 Exercise: 2nd floor activity room: 10 person limit</p> <p>1:00 📺 Exercise: 2nd floor activity room: 10 person limit</p> <p>1:00 📺 Tai-Chi Video on Channel 981 [Channel 981]</p> <p>2:00 📺 Trivia TV on Channel 981 [Channel 981]</p> <p>3:00 📺 In Room Happy Hour on Channel 981: The Eagles in concert [IR]</p> <p>6:30 🌟 In-Room Movie Night on Channel 981: Untamed America: Coasts [Channel 981]</p>	<p><b>18</b></p> <p><b>National Assisted Living Week</b> <b>Sorts Day! Wear your favorite sports attire, let's have some fun!</b></p> <p>9:00 📢 Morning Newsletter [IR]</p> <p>11:00 📺 Exercise Video on Channel 981 [Channel 981]</p> <p>1:00 📺 Tai-Chi Video on Channel 981 [Channel 981]</p> <p>2:00 📺 Trivia TV on Channel 981 [Channel 981]</p> <p>3:00 📺 Virtual Scenic Drive: Scenic Fall Drive [Channel 981]</p> <p>6:30 🌟 In-Room Movie Night on Channel 981: Murphy's Romance [Channel 981]</p>	<p><b>19</b></p> <p><b>National Assisted Living Week</b></p> <p>9:00 📢 Morning Newsletter [IR]</p> <p>11:00 📺 Exercise Video on Channel 981 [Channel 981]</p> <p>1:00 📺 Tai-Chi Video on Channel 981 [Channel 981]</p> <p>2:00 📺 Trivia TV on Channel 981 [Channel 981]</p> <p>3:00 📺 Armchair Travels: Australia [Channel 981]</p> <p>6:30 🌟 In-Room Movie Night on Channel 981: The Andy Griffith Show [Channel 981]</p>
<p><b>20</b></p> <p>8:30 📞 FaceTime Calls Available 8:30am-4pm</p> <p>9:00 📢 Morning Newsletter [IR]</p> <p>9:30 📺 Scenic Drive-sign-up at the front desk</p> <p>11:00 📺 Exercise Video on Channel 981 [Channel 981]</p> <p>1:00 📺 Tai-Chi Video on Channel 981 [Channel 981]</p> <p>1:30 📺 Room to Room Snack Cart</p> <p>2:00 📺 Trivia TV on Channel 981 [Channel 981]</p> <p>3:00 📺 Classical Music Concerts in Your Room: My Top 10 Favorite Orchestra Works (Channel 981) [Channel 981]</p> <p>6:30 🌟 In-Room Movie Night on Channel 981: Golden Girls [Channel 981]</p>	<p><b>21</b></p> <p>8:30 📞 FaceTime Calls Available 8:30am-4pm</p> <p>9:00 📢 Morning Newsletter [IR]</p> <p>10:15 📺 Trivia in the Hall</p> <p>11:00 📺 Exercise Video on Channel 981 [Channel 981]</p> <p>11:00 📺 Exercise: 2nd floor activity room: 10 person limit</p> <p>1:00 📺 Exercise: 2nd floor activity room: 10 person limit</p> <p>1:00 📺 Tai-Chi Video on Channel 981 [Channel 981]</p> <p>2:00 📺 Trivia TV on Channel 981 [Channel 981]</p> <p>2:00 📺 Trivia in the Hall</p> <p>3:00 📺 Arm Chair Travels: Germany [Channel 981]</p> <p>6:30 🌟 In-Room Movie Night on Channel 981: Mrs. Doubtfire [Channel 981]</p>	<p><b>22</b></p> <p><b>Autumn Equinox</b></p> <p>8:30 📞 FaceTime Calls Available 8:30am-4pm</p> <p>9:00 📢 Morning Newsletter [IR]</p> <p>11:00 📺 Exercise Video on Channel 981 [Channel 981]</p> <p>11:00 📺 Exercise: 2nd floor activity room: 10 person limit</p> <p>1:00 📺 Exercise: 2nd floor activity room: 10 person limit</p> <p>1:00 📺 Tai-Chi Video on Channel 981 [Channel 981]</p> <p>2:00 📺 Trivia TV on Channel 981 [Channel 981]</p> <p>6:30 🌟 In-Room Movie Night on Channel 981: Untamed America: Forests [Channel 981]</p>	<p><b>23</b></p> <p>8:30 📞 FaceTime Calls Available 8:30am-4pm</p> <p>9:00 📢 Morning Newsletter [IR]</p> <p>11:00 📺 Exercise Video on Channel 981 [Channel 981]</p> <p>11:00 📺 Exercise: 2nd floor activity room: 10 person limit</p> <p>1:00 📺 Exercise: 2nd floor activity room: 10 person limit</p> <p>1:00 📺 Tai-Chi Video on Channel 981 [Channel 981]</p> <p>1:30 📺 Bingo! 3rd Floor Activity Room</p> <p>2:00 📺 Trivia TV on Channel 981 [Channel 981]</p> <p>3:00 📺 Bingo! 3rd Floor Activity Room</p> <p>6:30 🌟 In-Room Movie Night on Channel 981: 10 Things I Hate About You [Channel 981]</p>	<p><b>24</b></p> <p>8:30 📞 FaceTime Calls Available 8:30am-4pm</p> <p>9:00 📢 Morning Newsletter [IR]</p> <p>11:00 📺 Exercise Video on Channel 981 [Channel 981]</p> <p>11:00 📺 Exercise: 2nd floor activity room: 10 person limit</p> <p>1:00 📺 Exercise: 2nd floor activity room: 10 person limit</p> <p>1:00 📺 Tai-Chi Video on Channel 981 [Channel 981]</p> <p>2:00 📺 Trivia TV on Channel 981 [Channel 981]</p> <p>3:00 📺 In Room Happy Hour on Channel 981: Neil Diamond Live show [IR]</p> <p>6:30 🌟 In-Room Movie Night on Channel 981: Untamed America: Moose: Titans of the North [Channel 981]</p>	<p><b>25</b></p> <p>9:00 📢 Morning Newsletter [IR]</p> <p>11:00 📺 Exercise Video on Channel 981 [Channel 981]</p> <p>1:00 📺 Tai-Chi Video on Channel 981 [Channel 981]</p> <p>2:00 📺 Trivia TV on Channel 981 [Channel 981]</p> <p>3:00 📺 Virtual Scenic Drive: Mt Washington Auto Road [Channel 981]</p> <p>6:30 🌟 In-Room Movie Night on Channel 981: The Birdcage [Channel 981]</p>	<p><b>26</b></p> <p>9:00 📢 Morning Newsletter [IR]</p> <p>11:00 📺 Exercise Video on Channel 981 [Channel 981]</p> <p>1:00 📺 Tai-Chi Video on Channel 981 [Channel 981]</p> <p>2:00 📺 Trivia TV on Channel 981 [Channel 981]</p> <p>3:00 📺 Armchair Travels: Alaska [Channel 981]</p> <p>6:30 🌟 In-Room Movie Night on Channel 981: The Andy Griffith Show [Channel 981]</p>
<p><b>27</b></p> <p>8:30 📞 FaceTime Calls Available 8:30am-4pm</p> <p>9:00 📢 Morning Newsletter [IR]</p> <p>9:30 📺 Scenic Drive-sign-up at the front desk</p> <p>11:00 📺 Exercise Video on Channel 981 [Channel 981]</p> <p>1:00 📺 Tai-Chi Video on Channel 981 [Channel 981]</p> <p>1:30 📺 Room to Room Ice Cream Cart</p> <p>2:00 📺 Trivia TV on Channel 981 [Channel 981]</p> <p>3:00 📺 Classical Music Concerts in Your Room: The Spaghetti Western Orchestra (Channel 981) [Channel 981]</p> <p>6:30 🌟 In-Room Movie Night on Channel 981: Golden Girls [Channel 981]</p>	<p><b>28</b></p> <p>8:30 📞 FaceTime Calls Available 8:30am-4pm</p> <p>9:00 📢 Morning Newsletter [IR]</p> <p>10:15 📺 Trivia in the Hall</p> <p>11:00 📺 Exercise Video on Channel 981 [Channel 981]</p> <p>11:00 📺 Exercise: 2nd floor activity room: 10 person limit</p> <p>1:00 📺 Exercise: 2nd floor activity room: 10 person limit</p> <p>1:00 📺 Tai-Chi Video on Channel 981 [Channel 981]</p> <p>2:00 📺 Trivia TV on Channel 981 [Channel 981]</p> <p>2:00 📺 Trivia in the Hall</p> <p>3:00 📺 Virtual Museum Tours: (Channel 981): Egyptian Museum [Channel 981]</p> <p>6:30 🌟 In-Room Movie Night on Channel 981: The Bridges of Madison County [Channel 981]</p>	<p><b>29</b></p> <p>8:30 📞 FaceTime Calls Available 8:30am-4pm</p> <p>9:00 📢 Morning Newsletter [IR]</p> <p>11:00 📺 Exercise Video on Channel 981 [Channel 981]</p> <p>11:00 📺 Exercise: 2nd floor activity room: 10 person limit</p> <p>1:00 📺 Exercise: 2nd floor activity room: 10 person limit</p> <p>1:00 📺 Tai-Chi Video on Channel 981 [Channel 981]</p> <p>2:00 📺 Trivia TV on Channel 981 [Channel 981]</p> <p>6:30 🌟 In-Room Movie Night on Channel 981: America: Rebels [Channel 981]</p>	<p><b>30</b></p> <p>8:30 📞 FaceTime Calls Available 8:30am-4pm</p> <p>9:00 📢 Morning Newsletter [IR]</p> <p>11:00 📺 Exercise Video on Channel 981 [Channel 981]</p> <p>11:00 📺 Exercise: 2nd floor activity room: 10 person limit</p> <p>1:00 📺 Exercise: 2nd floor activity room: 10 person limit</p> <p>1:00 📺 Tai-Chi Video on Channel 981 [Channel 981]</p> <p>1:30 📺 Bingo! 3rd Floor Activity Room</p> <p>2:00 📺 Trivia TV on Channel 981 [Channel 981]</p> <p>3:00 📺 Bingo! 3rd Floor Activity Room</p> <p>6:30 🌟 In-Room Movie Night on Channel 981: Hello my name is Doris [Channel 981]</p>	<p><b>Location Keys</b></p> <p>Channel 981      Channel 981</p> <p>In Room Activity      IR</p> <ul style="list-style-type: none"> <li>📺 Be Adventurous</li> <li>📺 Be Challenged</li> <li>📺 Be Connected</li> <li>👨‍👩‍👧‍👦 Be Family</li> <li>🌟 Be Inspired</li> <li>🦋 Be Social</li> <li>📺 Be Well</li> </ul>		