


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>Courtyard at Mount Tabor</b> Independent &amp; Assisted Living Memory Care</p> <p>6125 SE Division St Portland, OR 97206</p>		<p><b>BINGO - Channel 981</b> OUTDOOR COMPANION STROLL - By Appt WELLNESS CENTER OPEN 10:00 Exercise with Diana - Community Room 10:30 SCENIC DRIVE - Sign up in front of Bistro 11:00 EXERCISE on Channel 981 11:00 Exercise with Diana - Community Room 11-3 Nadja's Jewelry Repair &amp; Boutique - East Courtyard (weather permitting) 11:45 CROQUET - East Courtyard (weather permitting) 6:30 "Charade" - Channel 981</p>	<p><b>BINGO - Channel 981</b> OUTDOOR COMPANION STROLL - By Appt WELLNESS CENTER OPEN 10:00 Exercise with Diana - Community Room 11:00 EXERCISE on Channel 981 11:00 Exercise with Diana - Community Room 12:20 Tai Chi Qigong - Channel 981 1:00 "Ice Cream To Go" - Reservoir 6:30 "Gemini Man" - Channel 981</p>	<p><b>BINGO - Channel 981</b> OUTDOOR COMPANION STROLL - By Appt WELLNESS CENTER OPEN 10:00 Exercise with Diana - Community Room 10:30 SCENIC DRIVE - Sign up in front of Bistro 11:00 EXERCISE on Channel 981 11:00 Exercise with Diana - Community Room 11-2 aUNT sUE's qUILTs - East Courtyard (weather permitting) 1:00 Bible Study Series on Revelation - Channel 981 6:30 "Jurassic Park" - Channel 981</p>	<p><b>BINGO - Channel 981</b> OUTDOOR COMPANION STROLL - By Appt WELLNESS CENTER OPEN 11:00 EXERCISE on Channel 981 11:30 Castletown Duo on the Guitar &amp; Violin - East Courtyard (weather permitting) 12:20 Tai Chi Qigong - Channel 981 12:30 POPCORN "To-Go" - Reservoir 3:30 Cocktails To-Go - Reservoir 6:30 "What Dreams May Come" - Channel 981</p>	<p><b>BINGO - Channel 981</b> New Activity Packets will be available in front of the Bistro every Tuesday of this month. We will leave copies out until Friday of each week. WELLNESS CENTER OPEN 1:00 What Happened To Herculaneum? The Other Pompeii - Channel 981 6:30 "Star Wars IX: Rise of Skywalker" - Channel 981</p>
<p><b>BINGO - Channel 981</b> PLAY CHANNEL 981 MUSIC BINGO! - Pick up a bingo card at the front desk. Every day, one music video will play on Channel 981. Be the first to call with a BINGO and you will win \$25! WELLNESS CENTER OPEN 11:00 "How To Be Absolutely Sure" with Adrian Rogers - Channel 981 11:00 Worship Service in Written Format - Chapel door 2:00 "Unplanned" - Channel 981</p>	<p><b>BINGO - Channel 981</b> LABOR DAY OUTDOOR COMPANION STROLL - By Appt WELLNESS CENTER OPEN 11:00 EXERCISE on Channel 981 12:20 Tai Chi Qigong - Channel 981 6:30 "The Ghost &amp; Mr Chicken" - Channel 981</p>	<p><b>BINGO - Channel 981</b> OUTDOOR COMPANION STROLL - By Appt WELLNESS CENTER OPEN 10:00 Exercise with Diana - Community Room 10:30 SCENIC DRIVE - Sign up in front of Bistro 11:00 EXERCISE on Channel 981 11:00 Exercise with Diana - Community Room 11:45 CROQUET - East Courtyard (weather permitting) 1:00 Tech Talk with Chris - Channel 981 6:30 "21 Bridges" - Channel 981</p>	<p><b>BINGO - Channel 981</b> OUTDOOR COMPANION STROLL - By Appt WELLNESS CENTER OPEN 10:00 Exercise with Diana - Community Room 11:00 EXERCISE on Channel 981 11:00 Exercise with Diana - Community Room 12:20 Tai Chi Qigong - Channel 981 1:00 "Ice Cream To Go" - Reservoir 6:30 "The Wonderful, Horrible Life of Leni Riefenstahl" - Channel 981</p>	<p><b>BINGO - Channel 981</b> OUTDOOR COMPANION STROLL - By Appt WELLNESS CENTER OPEN 10:00 Exercise with Diana - Community Room 10:30 SCENIC DRIVE - Sign up in front of Bistro 11:00 EXERCISE on Channel 981 11:00 Exercise with Diana - Community Room 1:00 Bible Study Series on Revelation - Channel 981 6:30 "Poltergeist" - Channel 981</p>	<p><b>BINGO - Channel 981</b> OUTDOOR COMPANION STROLL - By Appt WELLNESS CENTER OPEN 11:00 EXERCISE on Channel 981 12:20 Tai Chi Qigong - Channel 981 12:30 POPCORN "To-Go" - Reservoir 1:00 NEHEMIAH BROWN CONCERT - East Courtyard (weather permitting) 3:30 Cocktails To-Go - Reservoir 6:30 "Harriet" - Channel 981</p>	<p><b>BINGO - Channel 981</b> ROCK PAINTING OPEN WORKSHOP in our Activity Room is open to all residents 7 days/week. Find rocks, paint/decorate them, set anywhere on our campus for others to find and enjoy. WELLNESS CENTER OPEN 1:00 ORIGAMI KALEIDOSCOPE TUTORIAL - Channel 981 (supplies available in front of the Bistro earlier in the week) VIDEO WILL REPEAT EVERY 10 MIN UNTIL 2pm 6:30 "Holiday in the Wild" - Channel 981</p>
<p><b>BINGO - Channel 981</b> RANDOM ACTS OF KINDNESS - When you find a red heart at your door you'll know you've just been gifted with an Act of Kindness. It then becomes your turn to initiate an Act of Kindness, leaving behind the same heart at that person's doorstep. Ideas available on the flyer near the Bistro. WELLNESS CENTER OPEN 11:00 "The Power of Prayer" with Pastor Robert Morris - Channel 981 11:00 Worship Service in Written Format - Chapel door 2:00 "Playing with Fire" - Channel 981</p>	<p><b>BINGO - Channel 981</b> OUTDOOR COMPANION STROLL - By Appt WELLNESS CENTER OPEN 10:00 Exercise with Diana - Community Room 11:00 EXERCISE on Channel 981 11:00 Exercise with Diana - Community Room 12:20 Tai Chi Qigong - Channel 981 2:00 BRAIN FIT - Theatre (seating limited to 8 - no sign up) 6:30 "Adam Had Four Sons" - Channel 981</p>	<p><b>BINGO - Channel 981</b> OUTDOOR COMPANION STROLL - By Appt WELLNESS CENTER OPEN 10:00 Exercise with Diana - Community Room 11:00 EXERCISE on Channel 981 11:00 Exercise with Diana - Community Room 11:45 CROQUET - East Courtyard (weather permitting) 1:00 Chamber Music NW: String Concerto - Channel 981 6:30 "Les Miserables" - Channel 981</p>	<p><b>BINGO - Channel 981</b> OUTDOOR COMPANION STROLL - By Appt WELLNESS CENTER OPEN 10:00 Exercise with Diana - Community Room 11:00 EXERCISE on Channel 981 11:00 Exercise with Diana - Community Room 12:20 Tai Chi Qigong - Channel 981 1:00 "Ice Cream To Go" - Reservoir 2:00 Classical Music Club with Terry Ross - Channel 981 6:30 "Lonesome Dove" - Channel 981</p>	<p><b>BINGO - Channel 981</b> OUTDOOR COMPANION STROLL - By Appt WELLNESS CENTER OPEN 10:00 Exercise with Diana - Community Room 11:00 EXERCISE on Channel 981 11:00 Exercise with Diana - Community Room 12:00 "Courtyard Before and After COVID-19" - a film by Dee Price (Channel 981) 1:00 Bible Study Series on Revelation - Channel 981 6:30 "Jexi" - Channel 981</p>	<p><b>BINGO - Channel 981</b> OUTDOOR COMPANION STROLL - By Appt WELLNESS CENTER OPEN 11:00 EXERCISE on Channel 981 11:30 Larry Wilder on the Guitar - East Courtyard (weather permitting) 12:20 Tai Chi Qigong - Channel 981 12:30 POPCORN "To-Go" - Reservoir 3:30 Cocktails To-Go - Reservoir 6:30 "The Promise" - Channel 981</p>	<p><b>BINGO - Channel 981</b> WELLNESS CENTER OPEN 11:00 CURRENT EVENTS with Gordon - Livestream from your personal computer 1:00 The Mennonites - A Trip Back In Time - Channel 981 6:30 "Replicas" - Channel 981</p>
<p><b>BINGO - Channel 981</b> WELLNESS CENTER OPEN 11:00 "Last Days Deception" with David Wilkerson - Channel 981 11:00 Worship Service in Written Format - Chapel door 2:00 "Spanglish" - Channel 981</p>	<p><b>BINGO - Channel 981</b> OUTDOOR COMPANION STROLL - By Appt WELLNESS CENTER OPEN 10:00 Exercise with Diana - Community Room 11:00 EXERCISE on Channel 981 11:00 Exercise with Diana - Community Room 12:20 Tai Chi Qigong - Channel 981 1:00 Cobra Gypsies Documentary - Channel 981 2:00 TREASURE HUNT - Wellness Center 6:30 "Tootsie" - Channel 981</p>	<p><b>BINGO - Channel 981</b> OUTDOOR COMPANION STROLL - By Appt WELLNESS CENTER OPEN 10:00 Exercise with Diana - Community Room 10:30 SCENIC DRIVE - Sign up in front of Bistro 11:00 EXERCISE on Channel 981 11:00 Exercise with Diana - Community Room 11:45 CROQUET - East Courtyard (weather permitting) 1:00 Tech Talk with Chris - Channel 981 2:00 FALL PREVENTION with Diana - Theatre (sign up required) 6:30 "Don't Let Go" - Channel 981</p>	<p><b>BINGO - Channel 981</b> OUTDOOR COMPANION STROLL - By Appt WELLNESS CENTER OPEN 10:00 Exercise with Diana - Community Room 11:00 EXERCISE on Channel 981 11:00 Exercise with Diana - Community Room 12:20 Tai Chi Qigong - Channel 981 1:00 "Ice Cream To Go" - Reservoir 6:30 "The Accountant" - Channel 981</p>	<p><b>BINGO - Channel 981</b> OUTDOOR COMPANION STROLL - By Appt WELLNESS CENTER OPEN 10:00 Exercise with Diana - Community Room 10:30 SCENIC DRIVE - Sign up in front of Bistro 11:00 EXERCISE on Channel 981 11:00 Exercise with Diana - Community Room 1:00 Bible Study Series on Revelation - Channel 981 6:30 "A Little Chaos" - Channel 981</p>	<p><b>BINGO - Channel 981</b> OUTDOOR COMPANION STROLL - By Appt WELLNESS CENTER OPEN 11:00 EXERCISE on Channel 981 11:30 Mario Carboni on the Keyboard - East Courtyard (weather permitting) 12:20 Tai Chi Qigong - Channel 981 12:30 POPCORN "To-Go" - Reservoir 3:30 Cocktails To-Go - Reservoir 6:30 "Nights in Rodanthe" - Channel 981</p>	<p><b>BINGO - Channel 981</b> WELLNESS CENTER OPEN 1:00 The Land of No Men: Inside Kenya's Women-Only Village - Channel 981 6:30 "Big Miracle" - Channel 981</p>
<p><b>BINGO - Channel 981</b> WELLNESS CENTER OPEN 11:00 "I Will Not Fear" with Joyce Meyer - Channel 981 11:00 Worship Service in Written Format - Chapel door 2:00 "Uncut Gems" - Channel 981</p>	<p><b>BINGO - Channel 981</b> OUTDOOR COMPANION STROLL - By Appt WELLNESS CENTER OPEN 9-5 Haircuts &amp; Toenail Trims - by appointment only 10:00 Exercise with Diana - Community Room 11:00 EXERCISE on Channel 981 11:00 Exercise with Diana - Community Room 12:20 Tai Chi Qigong - Channel 981 2:00 BRAIN FIT - Theatre (seating limited to 8 - no sign up) 6:30 "Benji" - Channel 981</p>	<p><b>BINGO - Channel 981</b> OUTDOOR COMPANION STROLL - By Appt WELLNESS CENTER OPEN 10:00 Exercise with Diana - Community Room 10:30 SCENIC DRIVE - Sign up in front of Bistro 11:00 EXERCISE on Channel 981 11:00 Exercise with Diana - Community Room 11:45 CROQUET - East Courtyard (weather permitting) 1:00 Chamber Music NW: Piano Quartet - Channel 981 6:30 "I See You" - Channel 981</p>	<p><b>BINGO - Channel 981</b> OUTDOOR COMPANION STROLL - By Appt WELLNESS CENTER OPEN 10:00 Exercise with Diana - Community Room 11:00 EXERCISE on Channel 981 11:00 Exercise with Diana - Community Room 12:20 Tai Chi Qigong - Channel 981 1:00 "Ice Cream To Go" - Reservoir 6:30 "1917" - Channel 981</p>			