


January 2021 - Park Activities

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>Courtyard at Mount Tabor Independent & Assisted Living Memory Care</p>	<p>LOCATION 3rd floor TV (3FT) 3rd floor TV room (3FTR) 3rd floor activity room (3FAR) 3rd floor hall way (3FHW) Bus Trip (BT) Channel 981 (C9) In-Room (I)</p>	<p>ACTIVITY LEGEND 👉 Be Adventurous 👊 Be Challenged 👫 Be Connected 👨‍👩‍👧‍👦 Be Family 🌟 Be Inspired 👫 Be Social 👍 Be Well</p>			<p>👉 Face Time Calls Available 8:30am-4:00pm Happy New Years Day!</p> <p>10:00 🌟 Craft: Relaxing with Color Pages (3FAR) 11:00 🟡 Exercise (3FTR) 11:00 🟡 Exercise Video (C9) 1:00 🟡 Exercise (3FTR) 1:00 🟡 Tai-Chi Video (C9) 1:30 🟡 Bingo (3FAR) 2:00 🟡 Trivia TV (C9) 2:30 🌟 Crafts: Tin Can Caddy (3FAR) 3:00 🟡 Virtual Scenic Drive: Arches National Park (C9) 3:30 🟡 News Years Day Happy Hour! (I) 6:30 🌟 In-Room Movie Night: The Seven Year Itch (C9)</p>	<p>👉 Face Time Calls Available 8:30am-4:00pm</p> <p>10:00 🟡 Walk with Ruby inside or out sign up at the front desk 11:00 🟡 Exercise (3FTR) 11:00 🟡 Exercise Video (C9) 1:00 🟡 Exercise (3FT) 2:00 🟡 Manicures (I) 3:00 🟡 Armchair Travels: Artic (C9) 3:00 🟡 Walk with Ruby inside or out sign up at the front desk 6:30 🌟 In-Room Movie Night: The Andy Griffith Show (C9)</p>
<p>👉 Face Time Calls Available 8:30am-4:00pm</p> <p>9:00 🟡 Scenic Drive: Sauvie Island: Need to sign up (BT) 10:30 🟡 Scenic Drive: Sauvie Island: Need to sign up (BT) 11:00 🟡 Exercise Video (C9) 1:00 🟡 Tai-Chi Video (C9) 2:00 🟡 Trivia TV (C9) 3:00 🌟 Classical Music Concerts in your room: Music for Winter (C9) 6:30 🌟 In-Room Movie Night: Matlock (C9)</p>	<p>👉 Face Time Calls Available 8:30am-4:00pm</p> <p>11:00 🟡 Exercise (3FTR) 11:00 🟡 Exercise Video (C9) 1:00 🟡 Exercise (3FTR) 1:00 🟡 Tai-Chi Video (C9) 2:00 🟡 Trivia TV (C9) 2:00 🟡 Trivia in the Hall (3FHW) 3:00 🟡 Virtual Museum: British Museum London (C9) 6:30 🌟 In-Room Movie Night: Mama Mia! Here We Go Again (C9)</p>	<p>👉 Face Time Calls Available 8:30am-4:00pm</p> <p>10:00 🌟 Craft: Relaxing with Color Pages (3FAR) 11:00 🟡 Exercise (3FTR) 11:00 🟡 Exercise Video (C9) 1:00 🟡 Exercise (3FTR) 1:00 🟡 Tai-Chi Video (C9) 1:30 🟡 Room to Room Snack cart (I) 6:30 🌟 In-Room Movie Night: Ultimate Cat & Super Snake (C9)</p>	<p>👉 Face Time Calls Available 8:30am-4:00pm</p> <p>10:00 🟡 Walk with Ruby inside or out sign up at the front desk 11:00 🟡 Exercise (3FTR) 11:00 🟡 Exercise Video (C9) 1:00 🟡 Exercise (3FTR) 1:00 🟡 Tai-Chi Video (C9) 1:30 Bingo (3FAR) 2:00 🟡 Trivia TV (C9) 2:30 🟡 Bingo (3FAR) 6:30 In-Room Movie Night: Air Strike (C9)</p>	<p>👉 Face Time Calls Available 8:30am-4:00pm Happy Birthday June!</p> <p>10:00 🟡 Walk with Ruby inside or out sign up at the front desk 11:00 🟡 Exercise (3FTR) 11:00 🟡 Exercise Video (C9) 1:00 🟡 Exercise (3FTR) 1:00 🟡 Tai-Chi Video (C9) 1:30 🟡 Walk with Ruby inside or out sign up at the front desk 2:00 🟡 Trivia TV (C9) 3:00 🌟 Happy Hour: Kenny Rogers (C9) 6:30 🌟 In-Room Movie Night: Ultimate Viper & Ultimate Crocodile (C9)</p>	<p>👉 Face Time Calls Available 8:30am-4:00pm</p> <p>10:00 🌟 Craft: Relaxing with Color Pages (3FAR) 11:00 🟡 Exercise (3FTR) 11:00 🟡 Exercise Video (C9) 1:00 🟡 Exercise (3FTR) 1:30 🟡 Bingo (3FAR) 2:00 🟡 Trivia TV (C9) 2:30 🌟 Crafts: Cherry Blossom Tree (3FAR) 3:00 🟡 Virtual Scenic Drive: Colorado Rocky Mountain (C9) 6:30 🌟 In-Room Movie Night: The Tomorrow Man (C9)</p>	<p>👉 Face Time Calls Available 8:30am-4:00pm</p> <p>10:00 🟡 Walk with Ruby inside or out sign up at the front desk 11:00 🟡 Exercise (3FTR) 11:00 🟡 Exercise Video (C9) 1:00 🟡 Exercise (3FT) 2:00 🟡 Manicures (I) 3:00 🟡 Armchair Travels: France (C9) 3:00 🟡 Walk with Ruby inside or out sign up at the front desk 6:30 🌟 In-Room Movie Night: The Andy Griffith Show (C9)</p>
<p>👉 Face Time Calls Available 8:30am-4:00pm</p> <p>9:00 🟡 Scenic Drive: Blue Lake: Need to sign up (BT) 10:30 🟡 Scenic Drive: Blue Lake: Need to sign up (BT) 11:00 🟡 Exercise Video (C9) 1:00 🟡 Tai-Chi Video (C9) 2:00 🟡 Trivia TV (C9) 3:00 🌟 Classical Music Concerts in your room: Classical Piano Music (C9) 6:30 🌟 In-Room Movie Night: Matlock (C9)</p>	<p>👉 Face Time Calls Available 8:30am-4:00pm</p> <p>11:00 🟡 Exercise (3FTR) 11:00 🟡 Exercise Video (C9) 1:00 🟡 Exercise (3FTR) 1:00 🟡 Tai-Chi Video (C9) 2:00 🟡 Trivia TV (C9) 2:00 🟡 Trivia in the Hall (3FHW) 3:00 🟡 Armchair Travels: Kiev (C9) 6:30 In-Room Movie Night: Falling in Love (C9)</p>	<p>👉 Face Time Calls Available 8:30am-4:00pm</p> <p>10:00 🌟 Craft: Relaxing with Color Pages (3FAR) 11:00 🟡 Exercise (3FTR) 11:00 🟡 Exercise Video (C9) 1:00 🟡 Exercise (3FTR) 1:00 🟡 Tai-Chi Video (C9) 1:30 🟡 Room to Room Snack cart (I) 6:30 🟡 In-Room Movie Night: The Whale That Ate Jaws & Monster Shark (C9)</p>	<p>👉 Face Time Calls Available 8:30am-4:00pm</p> <p>10:00 🟡 Walk with Ruby inside or out sign up at the front desk 11:00 🟡 Exercise (3FTR) 11:00 🟡 Exercise Video (C9) 1:00 🟡 Exercise (3FTR) 1:00 🟡 Tai-Chi Video (C9) 1:30 Bingo (3FAR) 2:30 🟡 Bingo (3FAR) 6:30 🌟 In-Room Movie Night: Kramer vs. Kramer (C9)</p>	<p>👉 Face Time Calls Available 8:30am-4:00pm</p> <p>10:00 🟡 Walk with Ruby inside or out sign up at the front desk 11:00 🟡 Exercise (3FTR) 11:00 🟡 Exercise Video (C9) 1:00 🟡 Exercise (3FTR) 1:30 🟡 Walk with Ruby inside or out sign up at the front desk 3:00 🌟 Happy Hour: The Bread Special (C9) 6:30 🟡 In-Room Movie Night: Science of Dogs & Science of Cats (C9)</p>	<p>👉 Face Time Calls Available 8:30am-4:00pm</p> <p>10:00 🌟 Craft: Relaxing with Color Pages (3FAR) 11:00 🟡 Exercise (3FTR) 11:00 🟡 Exercise Video (C9) 1:00 🟡 Exercise (3FTR) 1:30 🟡 Bingo (3FAR) 2:00 🟡 Trivia TV (C9) 2:30 🌟 Crafts: Bird Feeder (3FAR) 3:00 🟡 Virtual Scenic Drive: The Beauty of Oregon State (C9) 6:30 In-Room Movie Night: First Man (C9)</p>	<p>👉 Face Time Calls Available 8:30am-4:00pm</p> <p>10:00 🟡 Walk with Ruby inside or out sign up at the front desk 11:00 🟡 Exercise (3FTR) 11:00 🟡 Exercise Video (C9) 1:00 🟡 Exercise (3FT) 2:00 🟡 Manicures (I) 3:00 🟡 Armchair Travels: Italy (C9) 3:00 🟡 Walk with Ruby inside or out sign up at the front desk 6:30 🌟 In-Room Movie Night: The Andy Griffith Show (C9)</p>
<p>👉 Face Time Calls Available 8:30am-4:00pm Happy Birthday Jeanne!</p> <p>9:00 🟡 Scenic Drive: St Johns Bridge: Need to sign up (BT) 10:30 🟡 Scenic Drive: St Johns Bridge: Need to sign up (BT) 11:00 🟡 Exercise Video (C9) 1:00 🟡 Tai-Chi Video (C9) 2:00 🟡 Trivia TV (C9) 3:00 🌟 Classical Music Concerts in your room: Mozart Masterpieces (C9) 6:30 🌟 In-Room Movie Night: Matlock (C9)</p>	<p>👉 Face Time Calls Available 8:30am-4:00pm</p> <p>11:00 🟡 Exercise (3FTR) 11:00 🟡 Exercise Video (C9) 1:00 🟡 Exercise (3FTR) 1:00 🟡 Tai-Chi Video (C9) 2:00 🟡 Trivia TV (C9) 2:00 🟡 Trivia in the Hall (3FHW) 3:00 🟡 Virtual Museum: Hollywood Wax Museum (C9) 6:30 In-Room Movie Night: Unbroken Path to Redemption (C9)</p>	<p>👉 Face Time Calls Available 8:30am-4:00pm National Popcorn Day!</p> <p>10:00 🌟 Craft: Relaxing with Color Pages (3FAR) 11:00 🟡 Exercise (3FTR) 11:00 🟡 Exercise Video (C9) 1:00 🟡 Exercise (3FTR) 1:00 🟡 Tai-Chi Video (C9) 1:30 🟡 Room to Room Snack cart: Fresh Popcorn (I) 6:30 🟡 In-Room Movie Night: Those Wonderful Dogs & The Secret Life of Cats (C9)</p>	<p>👉 Face Time Calls Available 8:30am-4:00pm Martin Luther King Day!</p> <p>10:00 🟡 Walk with Ruby inside or out sign up at the front desk 11:00 🟡 Exercise (3FTR) 11:00 🟡 Exercise Video (C9) 1:00 🟡 Exercise (3FTR) 1:30 Bingo (3FAR) 2:30 🟡 Bingo (3FAR) 6:30 🌟 In-Room Movie Night: Stan & Ollie (C9)</p>	<p>👉 Face Time Calls Available 8:30am-4:00pm</p> <p>10:00 🟡 Walk with Ruby inside or out sign up at the front desk 11:00 🟡 Exercise (3FTR) 11:00 🟡 Exercise Video (C9) 1:00 🟡 Exercise (3FTR) 1:30 🟡 Walk with Ruby inside or out sign up at the front desk 3:00 🌟 Happy Hour: Johnny Cash (C9) 6:30 🟡 In-Room Movie Night: And Man Created Dog (C9)</p>	<p>👉 Face Time Calls Available 8:30am-4:00pm</p> <p>10:00 🌟 Craft: Relaxing with Color Pages (3FAR) 11:00 🟡 Exercise (3FTR) 11:00 🟡 Exercise Video (C9) 1:00 🟡 Exercise (3FTR) 1:30 🟡 Bingo (3FAR) 2:00 🟡 Trivia TV (C9) 2:30 🌟 Crafts: Button Initials (3FAR) 6:30 🌟 In-Room Movie Night: Dumbo (C9)</p>	<p>👉 Face Time Calls Available 8:30am-4:00pm</p> <p>10:00 🟡 Walk with Ruby inside or out sign up at the front desk 11:00 🟡 Exercise (3FTR) 11:00 🟡 Exercise Video (C9) 1:00 🟡 Exercise (3FT) 2:00 🟡 Manicures (I) 3:00 🟡 Armchair Travels: Chile (C9) 3:00 🟡 Walk with Ruby inside or out sign up at the front desk 6:30 🌟 In-Room Movie Night: The Andy Griffith Show (C9)</p>
<p>👉 Face Time Calls Available 8:30am-4:00pm Happy Birthday Art M!</p> <p>9:00 🟡 Scenic Drive: Kelly Point Park: Need to sign up (BT) 10:30 🟡 Scenic Drive: Kelly Point Park: Need to sign up (BT) 11:00 🟡 Exercise Video (C9) 1:00 🟡 Tai-Chi Video (C9) 2:00 🟡 Trivia TV (C9) 3:00 🌟 Classical Music Concerts in your room: Chopin (C9) 6:30 🌟 In-Room Movie Night: Matlock (C9)</p>	<p>Chinese New Year! 👉 Face Time Calls Available 8:30am-4:00pm Happy Birthday Crete!</p> <p>11:00 🟡 Exercise (3FTR) 11:00 🟡 Exercise Video (C9) 1:00 🟡 Exercise (3FTR) 1:00 🟡 Tai-Chi Video (C9) 2:00 🟡 Trivia TV (C9) 2:00 🟡 Trivia in the Hall (3FHW) 3:00 🟡 Armchair Travels: Czech Republic (C9) 6:30 🌟 In-Room Movie Night: Midway (C9)</p>	<p>👉 Face Time Calls Available 8:30am-4:00pm</p> <p>10:00 🌟 Craft: Relaxing with Color Pages (3FAR) 11:00 🟡 Exercise (3FTR) 11:00 🟡 Exercise Video (C9) 1:00 🟡 Exercise (3FTR) 1:00 🟡 Tai-Chi Video (C9) 1:30 🟡 Room to Room Snack cart (I) 2:00 🟡 Tai-Chi Video (C9) 6:30 🟡 In-Room Movie Night: World Treasures: Statue of Liberty (C9)</p>	<p>👉 Face Time Calls Available 8:30am-4:00pm Happy Birthday Beverly!</p> <p>10:00 🟡 Walk with Ruby inside or out sign up at the front desk 11:00 🟡 Exercise (3FTR) 11:00 🟡 Exercise Video (C9) 1:00 🟡 Exercise (3FTR) 1:30 Bingo (3FAR) 2:30 🟡 Bingo (3FAR) 6:30 🌟 In-Room Movie Night: Fast & Furious Presents: Hobbs & Shaw (C9)</p>	<p>👉 Face Time Calls Available 8:30am-4:00pm</p> <p>10:00 🟡 Walk with Ruby inside or out sign up at the front desk 11:00 🟡 Exercise (3FTR) 11:00 🟡 Exercise Video (C9) 1:00 🟡 Exercise (3FTR) 1:30 🟡 Walk with Ruby inside or out sign up at the front desk 3:00 🌟 Happy Hour: Frank Sinatra's Spectacular (C9) 6:30 🌟 In-Room Movie Night: World Treasures: Kyoto (C9)</p>	<p>👉 Face Time Calls Available 8:30am-4:00pm</p> <p>10:00 🌟 Craft: Relaxing with Color Pages (3FAR) 11:00 🟡 Exercise (3FTR) 11:00 🟡 Exercise Video (C9) 1:00 🟡 Exercise (3FTR) 1:30 🟡 Bingo (3FAR) 2:00 🟡 Trivia TV (C9) 2:30 🌟 Crafts: Plant Shelves (3FAR) 6:30 🌟 In-Room Movie Night: Aladdin (C9)</p>	<p>👉 Face Time Calls Available 8:30am-4:00pm Happy Birthday Barbara H!</p> <p>10:00 🟡 Walk with Ruby inside or out sign up at the front desk 11:00 🟡 Exercise (3FTR) 11:00 🟡 Exercise Video (C9) 1:00 🟡 Exercise (3FT) 2:00 🟡 Manicures (I) 3:00 🟡 Armchair Travels: Mexico (C9) 3:00 🟡 Walk with Ruby inside or out sign up at the front desk 6:30 🌟 In-Room Movie Night: The Andy Griffith Show (C9)</p>
<p>👉 Face Time Calls Available 8:30am-4:00pm</p> <p>9:00 🟡 Scenic Drive: Sandy, OR: need to sign up (BT) 10:30 🟡 Scenic Drive: Sandy, OR: need to sign up (BT) 11:00 🟡 Exercise Video (C9) 1:00 🟡 Tai-Chi Video (C9) 2:00 🟡 Trivia TV (C9) 3:00 🌟 Classical Music Concerts in your room: Romantic music (C9) 6:30 🌟 In-Room Movie Night: Matlock (C9)</p>						