


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>January cont'd</p> <p>31</p> <p>BINGO - Channel 981 WELLNESS CENTER OPEN</p> <p>11:00 "Invite God Into Your Difficulties" with Pastor Robert Morris - Channel 981</p> <p>11:00 Worship Service in Written Format - Chapel door</p> <p>2:00 "Poseidon" - Channel 981</p>	 <p>Courtyard at Mount Tabor Independent & Assisted Living Memory Care</p> <p>6323 se Division Portland, OR 97206</p>				<p>1</p> <p>BINGO - Channel 981 HAPPY NEW YEAR 2021! WELLNESS CENTER OPEN</p> <p>11:00 EXERCISE on Channel 981</p> <p>12:20 Tai Chi Qigong - Channel 981</p> <p>6:30 "The Bells of St. Mary's" - Channel 981</p>	<p>2</p> <p>"CREATIVE CIRCLE" OPEN WORKSHOP - This is a Resident-Run Workshop for Artists and Wanna-Be Artists who want to express themselves through a variety of different forms of artwork. Sign up in front of the Bistro.</p> <p>BINGO - Channel 981 WELLNESS CENTER OPEN</p> <p>11-3 Adult Coloring Open Workshop - Bistro</p> <p>1:00 "The World In 2050" (National Geographic Doc) - CH981</p> <p>6:30 "The Sapphires" - Channel 981</p>
<p>3</p> <p>BINGO - Channel 981 PLAY CHANNEL 981 BINGO! - Pick up a bingo card at the front desk. Every day, two bingo numbers will show on Channel 981. Be the first to call and you will win \$25!</p> <p>WELLNESS CENTER OPEN</p> <p>11:00 Worship Service in Written Format - Chapel door</p> <p>11:00 "Right Choice, Wrong Choice: Your Choice" with Pastor Chuck Swindoll - Channel 981</p> <p>2:00 "The Man In The Moon" - Channel 981</p>	<p>4</p> <p>BINGO - Channel 981 WELLNESS CENTER OPEN</p> <p>10:00 Exercise with Diana - Community Room</p> <p>11:00 EXERCISE on Channel 981</p> <p>11:00 Exercise with Diana - Community Room</p> <p>12:20 Tai Chi Qigong - Channel 981</p> <p>2:00 BRAIN FIT - Bistro</p> <p>6:30 "The Man Who Knew Too Much" - Channel 981</p>	<p>5</p> <p>BINGO - Channel 981 WELLNESS CENTER OPEN</p> <p>10:00 Exercise with Diana - Community Room</p> <p>10:30 SCENIC DRIVE - Bus Trip</p> <p>11:00 EXERCISE on Channel 981</p> <p>11:00 Exercise with Diana - Community Room</p> <p>1:00 "Battling The Blues" Support Group - 3rd Floor Tabor</p> <p>1:30 Welcome Committee Meeting - Community Room</p> <p>6:30 "Angels and Demons" - Channel 981</p>	<p>6</p> <p>BINGO - Channel 981 WELLNESS CENTER OPEN</p> <p>10:00 Exercise with Diana - Community Room</p> <p>11:00 EXERCISE on Channel 981</p> <p>11:00 Exercise with Diana - Community Room</p> <p>12:20 Tai Chi Qigong - Channel 981</p> <p>1:00 ROOT BEER FLOATS TO-GO - Reservoir</p> <p>2:00 "Creative Circle" Open Workshop - Activity Room</p> <p>6:30 "Minority Report" - Channel 981</p>	<p>7</p> <p>BINGO - Channel 981 WELLNESS CENTER OPEN</p> <p>10:00 Exercise with Diana - Community Room</p> <p>11:00 EXERCISE on Channel 981</p> <p>11:00 Exercise with Diana - Community Room</p> <p>1:00 Bible Study Series: The Doctrine of Salvation - Channel 981</p> <p>2:00 Book Club - Community Room</p> <p>6:30 "One Flew Over The Cuckoo's Nest" - Channel 981</p>	<p>8</p> <p>BINGO - Channel 981 WELLNESS CENTER OPEN</p> <p>11:00 EXERCISE on Channel 981</p> <p>12:20 Tai Chi Qigong - Channel 981</p> <p>12:30 POPCORN "To-Go" - Reservoir</p> <p>1:00 Dean Martin Variety Show - CH981</p> <p>3:30 Cocktails To-Go - Reservoir</p> <p>6:30 "Bonnie & Clyde" - Channel 981</p>	<p>9</p> <p>BINGO - Channel 981 WELLNESS CENTER OPEN</p> <p>11-3 Adult Coloring Open Workshop - Bistro</p> <p>1:00 "The Mysterious Places On Earth" (National Geographic Doc) - CH981</p> <p>6:30 "Fractured" - Channel 981</p>
<p>10</p> <p>BINGO - Channel 981 WELLNESS CENTER OPEN</p> <p>11:00 "The Holy Spirit The Administrator of The New Testament" with Creflo Dollar - Channel 981</p> <p>11:00 Worship Service in Written Format - Chapel door</p> <p>12:45 NEHEMIAH BROWN GOSPEL CONCERT - Channel 981</p> <p>2:00 "Shag, The Movie" - Channel 981</p>	<p>11</p> <p>BINGO - Channel 981 WELLNESS CENTER OPEN</p> <p>10:00 Exercise with Diana - Community Room</p> <p>11:00 EXERCISE on Channel 981</p> <p>11:00 Exercise with Diana - Community Room</p> <p>12:20 Tai Chi Qigong - Channel 981</p> <p>2:00 TREASURE HUNT - Wellness Center</p> <p>6:30 "God's Little Acre" - Channel 981</p>	<p>12</p> <p>BINGO - Channel 981 WELLNESS CENTER OPEN</p> <p>10:00 Exercise with Diana - Community Room</p> <p>10:30 SCENIC DRIVE - Bus Trip</p> <p>11:00 EXERCISE on Channel 981</p> <p>11:00 Exercise with Diana - Community Room</p> <p>11:45 Bocce Ball Game - Hallway behind Bistro</p> <p>1:00 Tech Talk with Chris - Channel 981</p> <p>6:30 "The Impossible" - Channel 981</p>	<p>13</p> <p>BINGO - Channel 981 WELLNESS CENTER OPEN</p> <p>10:00 Exercise with Diana - Community Room</p> <p>11:00 EXERCISE on Channel 981</p> <p>11:00 Exercise with Diana - Community Room</p> <p>12:20 Tai Chi Qigong - Channel 981</p> <p>1:00 ICE CREAM TO-GO - Reservoir</p> <p>2:00 "Creative Circle" Open Workshop - Activity Room</p> <p>6:30 "Gravity" - Channel 981</p>	<p>14</p> <p>BINGO - Channel 981 WELLNESS CENTER OPEN</p> <p>10:00 Exercise with Diana - Community Room</p> <p>11:00 EXERCISE on Channel 981</p> <p>11:00 Exercise with Diana - Community Room</p> <p>1:00 Bible Study Series: The Doctrine of Salvation - Channel 981</p> <p>1:00 JUMBO JENGA GAME - Bistro</p> <p>6:30 "Hotel Rwanda" - Channel 981</p>	<p>15</p> <p>BINGO - Channel 981 WELLNESS CENTER OPEN</p> <p>11:00 EXERCISE on Channel 981</p> <p>12:20 Tai Chi Qigong - Channel 981</p> <p>12:30 POPCORN "To-Go" - Reservoir</p> <p>1:00 Dean Martin Variety Show - CH981</p> <p>3:30 Cocktails To-Go - Reservoir</p> <p>6:30 "Hillbilly Elegy" - Channel 981</p>	<p>16</p> <p>BINGO - Channel 981 WELLNESS CENTER OPEN</p> <p>11-3 Adult Coloring Open Workshop - Bistro</p> <p>11:00 CURRENT EVENTS with Gordon (using "ZOOM" on our big screen TV) - Theatre</p> <p>1:00 "Who Is Mona Lisa?" (National Geographic Doc) - CH981</p> <p>6:30 "Hush" - Channel 981</p>
<p>17</p> <p>BINGO - Channel 981 WELLNESS CENTER OPEN</p> <p>11:00 Worship Service in Written Format - Chapel door</p> <p>11:00 "Is The Coronavirus in Bible Prophecy?: Facing Uncertain Times" with Pastor David Jeremiah - Channel 981</p> <p>2:00 "Jakob, The Liar" - Channel 981</p>	<p>18</p> <p>BINGO - Channel 981 MARTIN LUTHER KING JR. DAY WELLNESS CENTER OPEN</p> <p>10:00 Exercise with Diana - Community Room</p> <p>11:00 EXERCISE on Channel 981</p> <p>11:00 Exercise with Diana - Community Room</p> <p>12:20 Tai Chi Qigong - Channel 981</p> <p>2:00 BRAIN FIT - Bistro</p> <p>2:00 Handwriting Analysis Presentation with Joyce - Theatre/Chapel</p> <p>6:30 "Close Encounters of the Third Kind" - Channel 981</p>	<p>19</p> <p>BINGO - Channel 981 WELLNESS CENTER OPEN</p> <p>10:00 Exercise with Diana - Community Room</p> <p>10:30 SCENIC DRIVE - Bus Trip</p> <p>11:00 EXERCISE on Channel 981</p> <p>11:00 Exercise with Diana - Community Room</p> <p>1:00 "Battling The Blues" Support Group - 3rd Floor Tabor</p> <p>2:30 MEN'S DISCUSSION GROUP with ERHART and SEVARD - 3rd Floor Tabor</p> <p>6:30 "For The Boys" - Channel 981</p>	<p>20</p> <p>BINGO - Channel 981 WELLNESS CENTER OPEN</p> <p>10:00 Exercise with Diana - Community Room</p> <p>11:00 EXERCISE on Channel 981</p> <p>11:00 Exercise with Diana - Community Room</p> <p>12:20 Tai Chi Qigong - Channel 981</p> <p>1:00 ICE CREAM TO-GO - Reservoir</p> <p>2:00 "Creative Circle" Open Workshop - Activity Room</p> <p>2:00 Classical Music Club with Terry Ross - Channel 981</p> <p>6:30 "Gran Torino" - Channel 981</p>	<p>21</p> <p>BINGO - Channel 981 WELLNESS CENTER OPEN</p> <p>10:00 Exercise with Diana - Community Room</p> <p>11:00 EXERCISE on Channel 981</p> <p>11:00 Exercise with Diana - Community Room</p> <p>1:00 Bible Study Series: The Doctrine of Salvation - Channel 981</p> <p>3:00 NEHEMIAH BROWN IN CONCERT - Channel 981</p> <p>6:30 "Dr T & The Women" - Channel 981</p>	<p>22</p> <p>BINGO - Channel 981 WELLNESS CENTER OPEN</p> <p>11:00 EXERCISE on Channel 981</p> <p>12:20 Tai Chi Qigong - Channel 981</p> <p>12:30 POPCORN "To-Go" - Reservoir</p> <p>1:00 "The Life of Fred Astaire" Presentation by Gordon - Channel 981</p> <p>3:30 Cocktails To-Go - Reservoir</p> <p>6:30 "The Lincoln Lawyer" - Channel 981</p>	<p>23</p> <p>BINGO - Channel 981 WELLNESS CENTER OPEN</p> <p>11-3 Adult Coloring Open Workshop - Bistro</p> <p>1:00 "Cocos Island - The Mysterious Island In The Pacific" - CH981</p> <p>6:30 "Loving" - Channel 981</p>
<p>24</p> <p>BINGO - Channel 981 WELLNESS CENTER OPEN</p> <p>11:00 "Your Prayers Are More Powerful Than You Know" with Pastor Robert Morris - Channel 981</p> <p>11:00 Worship Service in Written Format - Chapel door</p> <p>12:45 NEHEMIAH BROWN GOSPEL CONCERT - Channel 981</p> <p>2:00 "My Favorite Brunette" - Channel 981</p>	<p>25</p> <p>BINGO - Channel 981 WELLNESS CENTER OPEN</p> <p>10:00 Exercise with Diana - Community Room</p> <p>11:00 EXERCISE on Channel 981</p> <p>11:00 Exercise with Diana - Community Room</p> <p>12:20 Tai Chi Qigong - Channel 981</p> <p>2:00 TREASURE HUNT - Wellness Center</p> <p>6:30 "Night Shift" - Channel 981</p>	<p>26</p> <p>BINGO - Channel 981 WELLNESS CENTER OPEN</p> <p>10:00 Exercise with Diana - Community Room</p> <p>10:30 SCENIC DRIVE - Bus Trip</p> <p>11:00 EXERCISE on Channel 981</p> <p>11:00 Exercise with Diana - Community Room</p> <p>11:45 Bocce Ball Game - Hallway behind Bistro</p> <p>1:00 Tech Talk with Chris - Channel 981</p> <p>2:00 Wellness Talk with Diana - Theatre (sign up required)</p> <p>6:30 "Independence Day" - Channel 981</p>	<p>27</p> <p>BINGO - Channel 981 WELLNESS CENTER OPEN</p> <p>10:00 Exercise with Diana - Community Room</p> <p>11:00 EXERCISE on Channel 981</p> <p>11:00 Exercise with Diana - Community Room</p> <p>12:20 Tai Chi Qigong - Channel 981</p> <p>1:00 ICE CREAM TO-GO - Reservoir</p> <p>2:00 "Creative Circle" Open Workshop - Activity Room</p> <p>6:30 "Cat On A Hot Tin Roof" - Channel 981</p>	<p>28</p> <p>BINGO - Channel 981 WELLNESS CENTER OPEN</p> <p>10:00 Exercise with Diana - Community Room</p> <p>11:00 EXERCISE on Channel 981</p> <p>11:00 Exercise with Diana - Community Room</p> <p>1:00 Bible Study Series: The Doctrine of Salvation - Channel 981</p> <p>1:00 JUMBO JENGA GAME - Bistro</p> <p>6:30 "It's Complicated" - Channel 981</p>	<p>29</p> <p>BINGO - Channel 981 WELLNESS CENTER OPEN</p> <p>10:15 WOMEN'S DISCUSSION GROUP - 3T</p> <p>11:00 EXERCISE on Channel 981</p> <p>11:15 WOMEN'S DISCUSSION GROUP - 3T</p> <p>12:20 Tai Chi Qigong - Channel 981</p> <p>12:30 POPCORN "To-Go" - Reservoir</p> <p>1:00 Dean Martin Variety Show - CH981</p> <p>2:00 WOMEN'S DISCUSSION GROUP - 3T</p> <p>3:30 Cocktails To-Go - Reservoir</p> <p>6:30 "Jake's Corner" - Channel 981</p>	<p>30</p> <p>BINGO - Channel 981 WELLNESS CENTER OPEN</p> <p>11-3 Adult Coloring Open Workshop - Bistro</p> <p>1:00 "Strange Things In The Amazon Forest" (National Geographic Doc) - CH981</p> <p>6:30 "The Missing" - Channel 981</p>