

# AUGUST 2019 Recreation Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<p><b>1 SALON</b> 9:30 Rise &amp; Shine / All Homes</p> <p>10:00 Scenic Van Ride w/ Mt. Hood &amp; Mt. Vernon</p> <p>1:30: Slap Happy @ Willow 1:30: Cooking @ Mt Hood</p> <p>3:30: Bible Study @ Cascade</p> <p>Late Day Activity @ All Homes</p>	<p><b>2</b> 9:30 Rise &amp; Shine / All Homes</p> <p>10:00 Scenic Van Ride w/ Aspen &amp; Willow</p> <p>1:30: Card Games @ Aspen 1:30: Painting @ The Club</p> <p>3:30: Singing @ Cedar</p> <p>Late Day Activity @ All Homes</p>	<p><b>3</b> 9:30 Rise &amp; Shine / All Homes</p> <p>1:30: Simple Harmonies @ Diamond Peak</p> <p>Late Day Activity @ All Homes</p>
<p><b>4</b> 9:30 Rise &amp; Shine / All Homes</p> <p>1:30: Sunday Spirit w/ Pastor Bradley @ Birch</p> <p>Late Day Activity @ All Homes</p>	<p><b>5</b> 9:30 Rise &amp; Shine / All Homes</p> <p>10:00 Scenic Van Ride w/ Cedar &amp; Cascade</p> <p>1:30: Art @ Mt Hood 1:30: Floor Hockey @ The Club</p> <p>3:30: Flower Arrangements @ Mt Vernon</p> <p>Late Day Activity @ All Homes</p>	<p><b>6 SALON</b> 9:30 Rise &amp; Shine / All Homes</p> <p>10:00 Scenic Van Ride w/ Willow</p> <p>1:30: <b>Outing: Rose Garden</b> 2:00: Sing Along @ The Club</p> <p>3:30: Chair Exercises @ Diamond Peak</p> <p>Late Day Activity @ All Homes</p>	<p><b>7</b> 9:30 Rise &amp; Shine / All Homes</p> <p>10:00: Scenic Van Ride w/ Redwood &amp; Birch</p> <p>1:00: Book Trade @ All Homes</p> <p>1:30: Lydia Lord Piano Player @ Aspen 1:30: Velcro Toss @ Diamond Peak</p> <p>3:30: Spa Day @ Birch</p> <p>Late Day Activity @ All Homes</p>	<p><b>8 SALON</b> 9:30 Rise &amp; Shine / All Homes</p> <p>10:00 Scenic Van Ride w/ Mt. Hood &amp; Mt. Vernon</p> <p>1:30: Sing Along with Shelly and Michael @ Cascade 1:30: Cooking @ Cedar</p> <p>3:00: Music w/ Shelly and Michael @ Lowers</p> <p>Late Day Activity @ All Homes</p>	<p><b>9</b> 9:30 Rise &amp; Shine / All Homes</p> <p>10:00 Scenic Van Ride w/ Aspen &amp; Diamond Peak</p> <p>1:30: Bracelet Making @ Redwood 1:30: Fiddle, Guitar &amp; Banjo! @ The Club</p> <p>3:30: Singing @ Willow</p> <p>Late Day Activity @ All Homes</p>	<p><b>10</b> 9:30 Rise &amp; Shine / All Homes</p> <p>1:30: Bingo @ The Club</p> <p>Late Day Activity @ All Homes</p>
<p><b>11</b> 9:30 Rise &amp; Shine / All Homes</p> <p>1:30: Sunday Spirit @ The Club</p> <p>Late Day Activity @ All Homes</p>	<p><b>12</b> 9:30 Rise &amp; Shine / All Homes</p> <p>10:00 Scenic Van Ride w/Cedar &amp; Cascade</p> <p>1:30: Art @ The Club 1:30: American History Trivia @ Aspen</p> <p>3:30: Puzzles @ Redwood</p> <p>Late Day Activity @ All Homes</p>	<p><b>13 SALON</b> 9:30 Rise &amp; Shine / All Homes</p> <p>10:00 Scenic Van Ride w/ Diamond Peak</p> <p>1:30: <b>Outing: St Vincent de Paul</b> 2:00: Sing Along @ The Club</p> <p>3:30: Chair Exercises @ Diamond Peak</p> <p>Late Day Activity @ All Homes</p>	<p><b>14</b> 9:30 Rise &amp; Shine / All Homes</p> <p>10:00 Scenic Van Ride w/ Redwood &amp; Birch</p> <p>1:30: Penny Ante @ Willow 1:30: Golf Putting @ The Park</p> <p>3:30: Spa Day @ Cascade</p> <p>Late Day Activity @ All Homes</p>	<p><b>15 SALON</b> 9:30 Rise &amp; Shine / All Homes</p> <p>10:00 Scenic Van Ride w/ Mt. Hood &amp; Mt. Vernon</p> <p>1:30: Hymns w/ Rev Phil @ Cedar 1:30: Cooking @ Birch</p> <p>3:30: Bible Study @ Mt Vernon</p> <p>Late Day Activity @ All Homes</p>	<p><b>16</b> 9:30 Rise &amp; Shine / All Homes</p> <p>10:00 Scenic Van Ride w/ Aspen &amp; Willow</p> <p>1:30: Bingo @ Mt Vernon 1:30: Wood Craft @ Diamond Peak</p> <p>3:30: Singing @ Mt Hood</p> <p>Late Day Activity @ All Homes</p>	<p><b>17</b> 9:30 Rise &amp; Shine / All Homes</p> <p>1:30: Seated Sports @ The Club</p> <p>Late Day Activity @ All Homes</p>

# AUGUST 2019 Recreation Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>18</b> 9:30 Rise &amp; Shine / All Homes</p> <p>1:30: Sunday Spirit @ The Club</p> <p>Late Day Activity @ All Homes</p>	<p><b>19</b> 9:30 Rise &amp; Shine / All Homes</p> <p>10:00 Scenic Van Ride w/ Cedar &amp; Cascade</p> <p>1:30: Art @ Cedar 1:30: Chair Yoga @ The Club</p> <p>3:30: Lavender Bouquets @ Mt Hood</p> <p>Late Day Activity @ All Homes</p>	<p><b>20 SALON</b> 9:30 Rise &amp; Shine / All Homes</p> <p>10:00 Scenic Van Ride w/ Willow</p> <p>1:30: Outing: Ice Cream 2:00: Sing Along @ The Club</p> <p>3:30: Chair Exercises @ Diamond Peak</p> <p>Late Day Activity @ All Homes</p>	<p><b>21</b> 9:30 Rise &amp; Shine / All Homes</p> <p>10:00 Scenic Van Ride w/ Redwood &amp; Birch</p> <p>1:00: Book Trade @ All Homes</p> <p>1:30: Ice Cream Making @ The Park 1:30: Jeopardy @ Diamond Peak</p> <p>3:30: Spa Day @ Redwood</p> <p>Late Day Activity @ All Homes</p>	<p><b>22 SALON</b> 9:30 Rise &amp; Shine / All Homes</p> <p>10:00 Scenic Van Ride w/ Mt Hood &amp; Mt Vernon</p> <p>1:30: Sing Along with Shelly and Michael @ Birch 1:30: Cooking @ Cascade</p> <p>3:30: Music w/ Shelly and Michael @ Uppers</p> <p>Late Day Activity @ All Homes</p>	<p><b>23</b> 9:30 Rise &amp; Shine / All Homes</p> <p>10:00 Scenic Van Ride w/ Aspen &amp; Diamond Peak</p> <p>1:30: Ping Pong @ The Club 1:30: Trivia @ Willow</p> <p>3:30: Singing @ Aspen</p> <p>Late Day Activity @ All Homes</p>	<p><b>24</b> 9:30 Rise &amp; Shine / All Homes</p> <p>1:30: Bingo @ The Club</p> <p>Late Day Activity @ All Homes</p>
<p><b>25</b> 9:30 Rise &amp; Shine / All Homes</p> <p>1:30: Sunday Spirit @ The Club</p> <p>Late Day Activity @ All Homes</p>	<p><b>26</b> 9:30 Rise &amp; Shine / All Homes</p> <p>10:00 Scenic Van Ride w/ Cedar &amp; Cascade</p> <p>1:30: Art @ The Club 1:30: You be the Judge @ Diamond Peak</p> <p>3:30: Word Games @ Willow</p> <p>Late Day Activity @ All Homes</p>	<p><b>27 SALON</b> 9:30 Rise &amp; Shine / All Homes</p> <p>10:00 Scenic Van Ride w/ Diamond Peak</p> <p>12:30: Outing: Albany Carousel Museum</p> <p>2:00: Sing Along @ The Club</p> <p>3:30: Chair Exercises @ Diamond Peak</p> <p>Late Day Activity @ All Homes</p>	<p><b>28</b> 9:30 Rise &amp; Shine / All Homes</p> <p>10:00 Scenic Van Ride w/ Redwood &amp; Birch</p> <p>1:30: Seated Soccer @ Cascade 1:30: Painting @ Redwood</p> <p>3:30: Spa Day @ Cedar</p> <p>Late Day Activity @ All Homes</p>	<p><b>29 SALON</b> 9:30 Rise &amp; Shine / All Homes</p> <p>10:00 Scenic Van Ride w/ Mt Hood &amp; Mt Vernon</p> <p>1:30: Hymns w/ Rev Phil @ Vernon 1:30: Cooking @ Willow</p> <p>3:30: Popsicle Party @ Mt Hood</p> <p>Late Day Activity @ All Homes</p>	<p><b>30</b> 9:30 Rise &amp; Shine / All Homes</p> <p>10:00 Scenic Van Ride w/ Aspen &amp; Diamond Peak</p> <p>1:30: Summer Birthday Party @ The Park 1:30: Bingo @ Aspen</p> <p>3:30: Singing @ Cedar</p> <p>Late Day Activity @ All Homes</p>	<p><b>31</b> 9:30 Rise &amp; Shine / All Homes</p> <p>1:30: Jeopardy @ Birch</p> <p>Late Day Activity @ All Homes</p>



**Late Day Activities Include:**  
walks, exercise, arts and crafts, music, dancing,  
conversation, reading, games, manicures,  
makeovers, and more

