

# Independent Living Vitality Programs May 2018



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>TCR Terrace Community Room CH Terrace Chapel VCR Vitality Community Room DR Terrace Dining Room FNTS. Fountain Community Room P Terrace Parlor SU South Up Terrace Sitting Room SD South Down Sitting Room TC Towers 2nd Floor Club NU North Up Terrace Sitting Room BS Terrace Beauty Shop</p>		<p><b>NO SHOPPING TRANSPORTATION</b> 1 9:30 Dealers Choice Poker TCR <b>No Chair Exercises</b> 11:00 Shamrock Medical Supply Scooter &amp; Walker Repair Clinic P 1:00 Village Choir Practice VCR 3:00 Increase Your Happiness Meditation 3:00 Dealers Choice Poker TCR 3:00-4:00 Treasure Shop OPEN 3:30 Exploring Your Faith w/ Phil P 4:00 Line Dancing VCR 5:30 Hand &amp; Foot GABLES</p>	<p>9:30 Writer's Corner TCR 2 10:00 Strength Building / Sam P <b>No Ambassador's Meeting</b> <b>No Village Council Meeting</b> 1:30 Adventist Blood Pressure Clinic TH 3:00 Monte Carlo \$1 Bingo TCR No Expressive Painting 5:30 Single Deck Pinochle GABLES 7:00 Entertainment by The Westside Singers TERRACE DR</p>	<p>9:30 Catholic Communion CHAPEL 3 9:30 Family Genealogy Course TCR 10:00 Chair Exercises w/ Dain p 1:00-3:00 Block of the Month Quilting NU 1:00 Color Yourself Calm TCR 3:00 Marsha the Story Lady P 4:00-5:30 Village Mexican Fiesta <b>TERRACE DINING ROOM</b> Entertainment by Mariachi Viva Mexico 5:30 Rummikub Tiles GABLES 6:00 Knitting &amp; Crochet GABLES</p>	<p>10:00 Strength Building w/ Sam VCR 4 10:00 Biblical Questions/Answers TCR 12:45 Monte Carlo Bingo w/ Stan TCR 2:15 Village Drama Club P 2:15 Diabetic Support Group w/ Guest Speaker Melissa Fowler TCR 2:30 "The Help" 2011 THEATRE 3:30 Philosophy of the Mind P 5:00 BYOB Social TOWERS CLUB RM 5:30 Grief Share Video PARLOR 6:15 "Loss" Support Group Discussion P</p>	<p>7:00-5:00 Video Wii Bowling P 5 Terrace Dining Room Closed No Food Service 1:00-4:00PM 2:15 Special Entertainment by The Center of Movement Arts Ballet DR 4:00 Ten Cent Card Bingo TCR 5:30 Right Center Left Dice Game TCR 6:00 Excursion: Damascus Christian School Presents: Agatha Christie's "Black Coffee" 6:30 Single Deck Pinochle TCR 7:00 "About Time" 2013 Romantic TH</p>
<p>10:45 Fountains Worship Service 6 1:00 Ping Pong TCR 1:30 Games for the Brain VCR 2:30 Town Hall Meeting with District 24 Democrat Candidate Shemia Fagan P 2:30 Cribbage TCR 2:30 Terrace Worship Service CH 3:00 Village Treasure Shop OPEN 5:30 Creative Collaging w/ Asya TCR 6:00 Night Owl Table Talk GABLES</p>	<p>9:00 Landscaping Meeting TCR 7 10:00 Musical Tone Chimes TCR 10:00 Pool for Beginners TOWERS 11:00 Bean Bag Baseball P 1:00 Party Bridge SU 1:00 Monte Carlo \$1 Bingo w/ Asya TCR 2:00-4:00 Bean Bag Baseball P 4:00 Mexican Dominoes GABLES 5:30 Expressive Painting TCR 6:00 Bible Study Fellowship P 7:00 "Eat Pray Love" 2010 Drama TH</p>	<p>9:30 Dealers Choice Poker TCR 8 10:00 Chair Exercises P 11:00 Blackjack w/ Dain TCR 1:00 Village Choir Practice VCR 2:00 Village Birthday Party w/ Entertainment by Pianist Mathew Casey DR 3:00 Dealers Choice Poker DR 3:00 Increase Your Happiness Meditation TH 3:00 Veterans Get Together P 3:00-4:00 Treasure Shop OPEN 4:00 Line Dancing VCR 5:30 Hand &amp; Foot GABLES 5:30 "Tune Time" w/ Asya TCR</p>	<p>9:30 Writer's Corner TCR 9 10:00 Strength Building / Sam P 10:00 Indoor Lawn Bowling TERRACE 11:00 Chair Yoga w/ Ron P 1:30 Village Resident Meeting DR 3:00 Monte Carlo \$1 Bingo TCR 5:30 Single Deck Pinochle GABLES 5:30 Expressive Painting w/ Asya TCR 5:30 Bunco Dice VCR</p>	<p>8:00 Excursion: Spirit Mountain Casino 10 9:30 Catholic Communion CHAPEL 9:30 Family Genealogy Course TCR 10:00 Oral Hull Foundation for the Blind Low Vision Workshop P 10:00 Chair Exercises w/ Dain ND 10:45 Oregon Hearing Aid Clinic ND 1:00-3:00 Block of the Month Quilting NU 3:00 Marsha the Story Lady P 5:30 Color Yourself Calm TCR 5:30 Rummikub Tiles GABLES 6:00 Knitting &amp; Crochet GABLES</p>	<p>10:00 Strength Building w/ Sam VCR 11 10:00 Biblical Questions/Answers TCR 12:45 Ultimate \$2 Big Buck Bingo TCR 2:00 Play Reading w/ Tori P 2:30 "The Bridges of Madison County" 1995 Drama TH 3:00 Grape Expectations Wine Club "The Bold and the Blind" Tasting 3:30 Philosophy of the Mind P 5:00 BYOB Social TOWERS CLUB RM 5:30 Grief Share Video PARLOR 6:15 "Loss" Support Group Discussion</p>	<p>7:00-5:00 Video Wii Bowling P 12 10:00 Entertainment: New Hope Singers Fountains DR 1:00 Ten Cent Card Bingo TCR 2:15 Ponytail Canasta TCR 2:30 Mother Daughter Tea with the Portland Rose Festival Court VCR 3:15 Ponytail Canasta TCR 5:30 Right Center Left Dice Game TCR 6:30 Single Deck Pinochle TCR 7:00 "Million Dollar Baby" 2014 Action TH</p>
<p><b>Happy Mother's Day</b> 13 10:45 Fountains Worship Service 1:00 Ping Pong TCR 1:30 Games for the Brain VCR 2:30 Cribbage TCR 2:30 Terrace Worship Service CH 3:00 Village Treasure Shop OPEN 5:30 Creative Collaging w/ Asya TCR 6:00 Night Owl Table Talk GABLES</p>	<p>10:00 Musical Tone Chimes TCR 14 10:00 Pool for Beginners TOWERS 11:00 Bean Bag Baseball P 1:00 Party Bridge SU 1:00 Monte Carlo \$1 Bingo TCR 2:00 Bean Bag Baseball P 4:00 Mexican Dominoes GABLES 5:30 Expressive Painting TCR 6:00 Bible Study Fellowship P 7:00 "The Shack" 2017 Drama TH</p>	<p>9:30 Dealers Choice Poker TCR 15 10:00 Chair Exercises w/ Dain P 11:00 Blackjack w/ Dain TCR 1:00 Village Choir Practice VCR 3:00 Increase Your Happiness Meditation TH 3:00 Dealers Choice Poker DR 3:00-4:00 Treasure Shop OPEN 3:30 Exploring Your Faith w/ Phil P 4:00 Line Dancing VCR 4:30 Village Book Club Discussion TCR 5:30 Hand &amp; Foot GABLES</p>	<p>9:30 Writer's Corner TCR 16 10:00 Strength Building / Sam P 10:00 Indoor Lawn Bowling TERRACE 11:00 Chair Yoga w/ Ron PARLOR 1:00 New Resident Welcome Wagon P Come Meet the Newest Residents 1:30 Adventist Blood Pressure Clinic TH 3:00 Monte Carlo \$1 Bingo TCR 5:30 Single Deck Pinochle GABLES 5:30 Expressive Painting w/ Asya TCR</p>	<p>9:00 Walking Club Excursion: Lents Neighborhood Park 17 9:30 Catholic Mass CHAPEL 9:30 Family Genealogy Course TCR 10:00 Chair Exercises w/ Dain ND 1:00 Village Remembrance Service VCR 1:00-3:00 Block of the Month Quilting NU 3:00 Marsha the Story Lady P 5:30 Color Yourself Calm TCR 5:30 Rummikub Tiles GABLES 6:00 Village Curiosity Club VCR 6:00 Knitting &amp; Crochet GABLES</p>	<p>10:00 Strength Building w/ Sam VCR 18 10:00 Biblical Questions/Answers TCR 12:45 Ultimate \$2 Big Buck Bingo TCR 12:45 Current Events w/ Devin P 2:15 Village Drama Club TCR 2:30 "Hidden Figures" 2016 Drama TH 3:30 Philosophy of the Mind P 5:00 BYOB Social TOWERS CLUB RM 5:30 Grief Share Video PARLOR 6:15 "Loss" Support Group Discussion P</p>	<p>7:00-5:00 Video Wii Bowling P 19 1:00 Ten Cent Card Bingo TCR 2:00 Matinee: "Emperor" 2012I Drama TH 2:15 Trivia Challenge w/ Josh TCR 3:15 Ponytail Canasta TCR 5:30 Right Center Left Dice Game TCR 6:30 Single Deck Pinochle TCR 7:00 Entertainment: Bluegrass Jam "Pocket Pickers DR</p>
<p>10:45 Fountains Worship Service 20 1:00 Ping Pong TCR 1:30 Games for the Brain VCR 2:00 Chair Volleyball P 2:30 Excursion: MT Hood Pops Orchestra Spring Concert 2:30 Terrace Worship Service CH 3:00 Village Treasure Shop OPEN 5:30 Creative Collaging w/ Asya TCR 6:00 Night Owl Table Talk GABLES</p>	<p><b>VITALITY WEEK 21st-25th</b> 21 8:00-9:00 Healthy Snack Sampling VCR 9:30-3:15 Foot Care Clinic BS 10:00 Musical Tone Chimes TCR 10:00 Pool for Beginners TOWERS 11:00 -3:00 Pat's Creative Creations P 1:00 Party Bridge SU 1:00 Monte Carlo \$1 Bingo TCR 4:00 Mexican Dominoes GABLES 5:30 Expressive Painting TCR 6:00 Bible Study Fellowship P 7:00 "You've Got Mail" Romantic Comedy</p>	<p>9:30 Dealers Choice Poker TCR 22 10:00 Chair Exercises w/ Dain P 1:00 Village Choir Practice VCR 3:00 Increase Your Happiness Meditation TH 3:00 Dealers Choice Poker DR 3:00-4:00 Treasure Shop OPEN 3:00 Wellness Lecture w/ Patrick TCR 4:00 Line Dancing VCR 5:30 Hand &amp; Foot GABLES 5:30 "Tune Time" w/ Asya TCR 7:00 Entertainment: "A Celtic Spring" by The Conchord Chorales DR</p>	<p>9:00-11:30 Senior Fitness Test VCR 23 10:00 Strength Building / Sam P 10:00 Indoor Lawn Bowling TERRACE 11:00-3:00 Schmaltz Gifts TERRACE 1:00 Healthy Cookery Apricot Energy Bites TCR 2:00 Village Culinary Meeting P 3:00 Monte Carlo \$1 Bingo TCR 5:30 Single Deck Pinochle GABLES 5:30 Expressive Painting w/ Asya TCR</p>	<p>9:30 Catholic Communion CHAPEL 24 9:30 Family Genealogy Course TCR 10:00 Chair Exercises w/ Dain P 10:45 Oregon Hearing Aid Clinic P 11:30-1:00 Healthy Infused Water Sampling TERRACE LOBBY 1:00 Healthy Excursion: Bob's Red Mill &amp; Dave's Killer Bread 1:00-3:00 Block of the Month Quilting NU No Marsha the Story Lady 5:30 Color Yourself Calm TCR 5:30 Rummikub Tiles GABLES 6:00 Knitting &amp; Crochet GABLES</p>	<p>10:00 Strength Building w/ Sam VCR 25 10:00 Biblical Questions/Answers 12:45 Ultimate \$2 Big Buck Bingo TCR 2:00 Play Reading w/ Tori P 2:30 "A Night To Remember" 1958 Classic Drama Matinee TH 3:30 Healthy Cookery- Quinoa Granola TCT 3:30 Philosophy of the Mind P 5:00 BYOB Social TOWERS CLUB RM 5:30 Grief Share Video PARLOR 6:15 "Loss" Support Group Discussion P</p>	<p>7:00-5:00 Video Wii Bowling P 26 12:45 History Through Film w/ Josh TH "China Town" 1:00 Ten Cent Card Bingo TCR 1:30 Excursion: Pendleton Woolen Mills Outlet &amp; Dinner @ Black Bear Diner 3:15 Ponytail Canasta TCR 5:30 Right Center Left Dice Game TCR 6:30 Single Deck Pinochle TCR 7:00 "Awakenings" 1990 Drama TH</p>
<p>10:45 Fountains Worship Service 27 1:00 Ping Pong TCR 1:30 Games for the Brain VCR 2:00 Chair Volleyball P 2:30 Cribbage TCR 2:30 Terrace Worship Service CH 3:00 Village Treasure Shop OPEN 5:30 Creative Collaging w/ Asya TCR 6:00 Night Owl Table Talk GABLES</p>	<p><b>Memorial Day</b> 28 No Musical Tone Chimes 10:00 Monte Carlo Bing w/ Shirley TCR 10:00 Pool for Beginners TOWERS 11:00 Bean Bag Baseball P 1:00 Party Bridge SU 1:00 Expressive Painting TCR 2:00-4:00 Bean Bag Baseball PARLOR 4:00 Mexican Dominoes GABLES 6:00 Bible Study Fellowship P 7:00 "The Hollars" 2016 Comedy TH</p>	<p>9:30 Dealers Choice Poker TCR 29 10:00 Chair Exercises w/ Dain P 1:00 Village Choir Practice VCR 1:00-3:00 Traveling Used Clothing Rack FNT 3:00 Increase Your Happiness Meditation TH 3:00 Dealers Choice Poker DR <b>TREASURE SHOP CLOSED</b> 4:00 Line Dancing VCR 4:00 Tech Help Quick Fix w/ Josh TCR 5:30 Hand &amp; Foot GABLES 5:30 "Tune Time" w/ Asya TCR</p>	<p>9:30 Writer's Corner TCR 30 10:00 Strength Building / Sam P 10:00 Indoor Lawn Bowling TERRACE 11:00 Chair Yoga w/ Ron P 11:00-3:00 Schmaltz Gifts TERRACE 1:00 Village Resident Council Meeting TCR 2:00 Alterations w/ Kimi P 3:00 Monte Carlo \$1 Bingo TCR 5:30 Single Deck Pinochle GABLES 5:30 Expressive Painting w/ Asya TCR</p>	<p>8:30 Excursion: Town Center Village Tone Chimes Class to Rose Villa Retirement Community 31 9:30 Catholic Communion CHAPEL 9:30 Family Genealogy Course TCR 10:00 Chair Exercises w/ Dain P 10:45 Oregon Hearing Aid Clinic P 1:00-3:00 Block of the Month Quilting NU No Marsha the Story Lady 5:30 Color Yourself Calm TCR 5:30 Rummikub Tiles GABLES 6:00 Knitting &amp; Crochet GABLES</p>	<p><b>Tuesday Shopping Transportation</b> 1st Tuesday 9:30AM CTC Mall, Target, Dollar Tree, Trader Joe's and Umpqua Bank 2nd Tuesday 9:30AM CTC Mall, Target, New Season's and Umpqua Bank 3th Tuesday 9:30AM CTC Mall, Target Costco and Umpqua Bank <b>NO SHOPPING TRANSPORTATION TUES. MAY 1ST &amp; 29TH</b></p> <p><b>Fridays— Fred Meyers &amp; Winco Foods</b> 9:00AM Terrace Residents 9:30AM Tower, Gables &amp; Fountains Residents 1:15PM—ALL BUILDINGS</p>	