











January 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Hair appointments Wednesdays and Fridays By appointment at the Front Desk</p>	<p>Hearing Aid Check Last Monday of the month By appointment at the Front Desk</p>	<p>1 Happy New Year!! 10:00 EXERCISE Things to do on New Years Day.. Watch a movie Watch the Rose Bowl Parade Take a Nap 3:00 Reading Group</p>	<p>2 9:15 Devotions 9:45 Exercise Class #1 10:45 Exercise Class #2 11:30 Recycling 1:15 Resident Council/ Food Meeting 2:30 Fred Meyer Shopping  Sachin Re</p>	<p>3 9:15 Devotions 9:45 Exercise Class #1 11:00 Seated Tai Chi 11:00 Bible Study with Bob 1:30 Collage of Hope 3:00 A Gathering—Getting to know our Neighbors 4:00 Lifelong learning with Bert</p>	<p>4 9:15 Devotions 9:45 Exercise Class #1 10:45 Exercise Class #2 1:15 Outing to JOANN Fabrics 1:15 Carol Burnet in Activity Room 3:00 Bingo</p>	<p>5 1:15 Cards and Games in activity room  Wanda Griffin Elizabeth Gouge</p>
<p>6 4:00 Worship Service</p>	<p>7 9:15 Devotions 9:45 Exercise Class #1 10:45 Exercise Class #2 1:15 Bingo 2:15 Fred Meyer Shopping</p>	<p>8 9:15 Devotions 9:45 Catholic Communion 9:45 Exercise Class #1 10:45 St Stephen's Students Here 1:15 Cards / Wii Bowling 1:30 Shanghai Poker with Phyllis game area—1st floor 3:00 Reading Group</p>	<p>9 9:15 Devotions 9:45 Exercise Class #1 10:45 Exercise Class #2 11:30 Recycling 2:30 Choir 3:45 Bingo  Sue Rossow</p>	<p>10 9:15 Devotions 9:45 Exercise Class #1 10:45 Exercise Class #2 11:00 Bible Study with Bob 1:30 Lifelong Learning with Bert 2:45 "Beanbag Baseball Practice"</p>	<p>11 9:15 Devotions 9:45 Exercise Class #1 10:45 Exercise Class #2 1:15 Outing to Washington Square 4:00 Bingo 6:00 Friday Night Movie</p>	<p>12 Fun in the Activity Room  Ashley Pace</p>
<p>13 4:00 Worship Service  Martha Nakamoto</p>	<p>14 9:15 Devotions 9:45 Exercise Class #1 10:45 Exercise Class #2 1:15 Bingo 2:15 Fred Meyer Shopping</p>	<p>15 9:15 Devotions 9:45 Catholic Communion 9:45 Exercise Class #1 10:45 Exercise Class #2 1:15 Cards / Wii Bowling 1:30 Pinochle with Phyllis in game room area—1st floor 3:00 Reading Group  Bob Brons</p>	<p>16 9:15 Devotions 9:45 Exercise Class #1 10:45 Exercise Class #2 11:30 Recycling 1:15 Bingo 2:30 Choir Practice 3:45 Beanbag Baseball  Walter Simich</p>	<p>17 9:15 Devotions 9:45 Exercise Class #1 10:30 Be Dazzled Jewelry 11:00 Seated Tai Chi 11:00 Bible Study with Bob 1:30 Bell Choir with Vicki 2:00 Education on "Scams" 3:00 Travels with Bob K.</p>	<p>18 9:15 Devotions 9:45 Exercise Class #1 10:45 Exercise Class #2 11:30 Outing—John Barlecorns—Tigard McMenamins 3:30 Bingo 6:00 Friday Night Movie</p>	<p>19 1:30 Piano with Joy Bruns</p>
<p>20 4:00 Worship Service</p>	<p>21 9:15 Devotions 9:45 Exercise Class #1 10:45 Exercise Class #2 1:15 Bingo 2:15 Fred Meyer Shopping Martin Luther King Jr. Day</p>	<p>22 9:15 Devotions 9:45 Catholic Communion 9:45 Exercise Class #1 10:45 Exercise Class #2 1:15 Cards / Wii Bowling 1:30 Shanghai Poker with Phyllis, game area—1st floor 3:00 Reading Group</p>	<p>23 9:15 Devotions 9:45 Exercise Class #1 11:00 St Stephens Students 1:15 Beanbag Baseball Practice 2:30 Choir 3:45 Bingo</p>	<p>24 9:15 Devotions 9:45 Exercise Class #1 10:45 Exercise Class #2 11:00 Bible Study with Bob 1:30 Classical Music 3:00 "Stir the Pot" Cream Puffs 4:00 Happy Hour  Jack Smithson</p>	<p>25 9:15 Devotions 9:45 Exercise Class #1 10:45 Exercise Class #2 1:15 Outing to Goodwill 3:00 Bingo 6:00 Friday Night Movie</p>	<p>26 1:30 Music with Lee Nichols</p>
<p>27 4:00 Worship Service</p>	<p>28 9:15 Devotions 9:45 Exercise Class #1 10:45 Exercise Class #2 1:15 Bingo 2:15 Fred Meyer Shopping 2:30 Smart Step Hearing</p>	<p>29 9:15 Devotions 9:45 Catholic Communion 9:45 Exercise Class #1 10:45 Exercise Class #2 1:15 Cards / Wii Bowling 1:30 Pinochle with Phyllis in Game area 1st floor 3:00 Reading Group</p>	<p>30 9:15 Devotions 9:45 Exercise Class #1 10:45 Exercise Class #2 11:30 Outing to Old Church 2:00 Choir 3:15 Bingo</p>	<p>31 9:15 Devotions 9:45 Exercise Class #1 11:00 Seated Tai Chi 11:00 Bible Study with Bob 1:30 Lifelong Learning with Bert 2:30 January Birthday Party</p>	<p>Foot and Nail Care with Nurse Vanessa By appointment In Health Services</p>	<p>Wheel Chair/Walker Check Second Tuesday Of The Month By appointment at the Front Desk</p>