

December 2016



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>December</p> <p>Birthstone: Blue Topaz</p> <p>Birth Flower: Holly</p> <p>Zodiac Signs: Sagittarius & Capricorn</p>	<p>Key</p> <p>AR: Activity Room CY: Courtyard GR: Garden Room LB: Lobby EDR: East Dining Room WDR: West Dining Room 4th FAR: 4th Floor AR</p>	<p>Key</p> <p>* Sign-up sheet in the lobby ** Sign-up at the Front Desk required</p>		<p>1</p> <p>10 & 11 Sit-n-Stretch / AR 10:00 Open Transport. ** 1:00 Memory Games / AR 2:00 Dining Services Meeting / EDR 2:30 Bingo / AR 6:30 Mex. Train Dominoes / LB 7:00 Bridge / AR</p>	<p>2</p> <p>9:30 Shopping at Safeway* 10 & 11 Sit-n-Stretch / AR 10:00 Christmas Tree Decorating with Jessica / DR 11:00 Walgreens / Bank / P.O. / Dollar Tree / Library* 1:00 Tai Chi / AR 6:30 Pinochle—CANCELLED 6:45 Mex. Train Dominoes—CANCELLED 7:00 Christmas Tree Lighting / LB</p>	<p>3</p> <p>10:30 Current Events / 4th FAR 11:30 Open Transportation ** 1:30 Movie & Popcorn—CANCELLED 2:00 Christmas Dance Performance by the Children from Maralee's Dance Studio / EDR 7:00 Bingo / AR</p>
<p>4</p> <p>2:30 Church Service / EDR 5:00 Resident Potluck / AR 6:30 Rummikub / AR</p>	<p>5</p> <p>9:00 Medical Transport. ** 10 & 11 Sit-n-Stretch / AR 10:15 The Writer's Club / 4th FAR 11:00 Yoga Demonstrations with Jaime Mathis / EDR 2:00 Shopping at Bi-Mart and Grocery Outlet * 2:00 Art Workshop / AR 2:00 Singing with Dan / LB 6:30 Pinochle / AR</p>	<p>6</p> <p>9:30 Shopping at Fred Meyer * 10 & 11 Sit-n-Stretch / AR 10:30 Mount. Man Nut & Fruit Co. / LB 11:45 Bank / P.O. * 1:00 Bible Study / AR 1:30 Medical Transport. ** 2:30 Christmas Performance by the North Clackamas Christian School / EDR 2:45 Ted's Mobility / LB 6:30 Rummikub / AR</p>	<p>7</p> <p>9:00 Craft Class / EDR 9:30 Men's Coffee / EDR 10 & 11 Sit-n-Stretch / AR 2:00 Autoharp Class / AR 6:30 Christmas Festival of Lights at the Grotto * 6:30 Rummikub / AR</p>	<p>8</p> <p>10 & 11 Sit-n-Stretch / AR 10:00 Open Transport. ** 1:00 Memory Games / AR 2:30 Bingo / AR 5:00 Birthday Dinner / DR ** (sign up at the front desk if it's your birthday month) 6:30 Mex. Train Dominoes / LB 7:00 Bridge / AR</p>	<p>9</p> <p>9:30 Shopping at Safeway * 10 & 11 Sit-n-Stretch—CANCELLED 11:00 Garments on the Go / AR 11:00 Walgreens / Bank / P.O. / Dollar Tree / Library* 1:00 Tai Chi—4th FAR 6:30 Pinochle / AR 6:45 Mex. Train Dominoes / LB</p>	<p>10</p> <p>1:30 Movie and Popcorn—CANCELLED 2:00 Christmas Recital by Laurel Grigg's Piano Students / EDR 7:00 Bingo / AR</p>
<p>11</p> <p>11:30 Jingle Bell Brunch / DR ** 2:30 Church Service / EDR 5:00 Resident Potluck / AR 6:30 Rummikub / AR</p>	<p>12</p> <p>9:00 Medical Transport. ** 10 & 11 Sit-n-Stretch / AR 10:15 The Writer's Club—CANCELLED 2:00 Shopping at the Milwaukie Marketplace * 2:00 Art Workshop / AR 2:30 Presentation by Ellen Klem: Current Scams Effecting Seniors Today / EDR 6:30 Pinochle / AR</p>	<p>13</p> <p>9:30 Shopping at Fred Meyer * 10 & 11 Sit-n-Stretch / AR 11:45 Bank / P.O. * 1:00 Bible Study / AR 1:30 Medical Transport. ** 2:00 Watercolor with Melissa / 4th FAR 6:30 Rummikub / AR 7:00 Bunco—CANCELLED 7:30 Christmas Performance by the West Linn Chorus / EDR</p>	<p>14</p> <p>9:00 Craft Class—CANCELLED 9:30 Men's Coffee / EDR 10 & 11 Sit-n-Stretch / AR 2:00 Autoharp Class / AR 6:30 Rummikub / AR</p>	<p>15</p> <p>9:30 Eyeglass Adjustment / LB 10 & 11 Sit-n-Stretch / AR 10:00 Open Transport. ** 1:00 Memory Games / AR 1:30 Blood Pressure Check with Willamette View / LB 2:00 Hearing Clinic / 4th FAR 2:00 Dining Services Meeting / EDR 2:30 Bingo / AR 4:00 Staff Christmas Bonus / LB 6:00 Celebration of Lights at Aspen Meadows * 6:30 Mex. Train Dominoes / LB 7:00 Bridge / AR</p>	<p>16</p> <p>National Christmas Sweater Day 9:30 Shopping at Safeway * 10 & 11 Sit-n-Stretch / AR 11:00 Walgreens / Bank / P.O. / Dollar Tree / Library* 12:00 Resident Christmas Party / DR * 1:00 Tai Chi / AR (Last Tai Chi before winter break) 3:00 Wii Bowling & Popcorn / AR 6:30 Pinochle / AR 6:45 Mex. Train Dominoes / LB</p>	<p>17</p> <p>1:30 Movie and Popcorn / AR (A Christmas Story) 7:00 Bingo / AR</p>
<p>18</p> <p>2:30 Church Service / EDR 5:00 Resident Potluck / AR 6:30 Rummikub / AR</p>	<p>19</p> <p>9:00 Medical Transport. ** 10 & 11 Sit-n-Stretch / AR 10:15 The Writer's Club / 4th FAR 2:00 Shopping at Trader Joe's * 2:00 Art Workshop / AR 2:00 Singing with Dan / LB 6:30 Pinochle / AR</p>	<p>20</p> <p>9:30 Shopping at Fred Meyer * 9:30 Treats are Served / EDR 10 & 11 Sit-n-Stretch / AR 10:00 Resident Council / EDR 11:45 Bank / P.O. * 1:00 Bible Study / AR 1:30 Medical Transport. ** 2:30 Christmas Performance by the Milwaukie Center Singers / EDR 6:30 Rummikub / AR</p>	<p>21</p> <p>9:00 Craft Class / EDR 9:30 Men's Coffee / EDR 10 & 11 Sit-n-Stretch / AR 5:30 Dinner at Sam's Restaurant at the Monarch Hotel. * 6:30 Rummikub / AR</p>	<p>22</p> <p>10 & 11 Sit-n-Stretch / AR 10:00 Open Transport. ** 1:00 Memory Games / AR 2:30 Bingo / AR 6:30 Mex. Train Dominoes / LB 7:00 Bridge / AR</p>	<p>23</p> <p>9:30 Shopping at Safeway * 10 & 11 Sit-n-Stretch / AR 11:00 Walgreens / Bank / P.O. / Dollar Tree / Library* 3:00 Wii Bowling & Popcorn / AR 6:30 Pinochle / AR 6:45 Mex. Train Dominoes / LB</p>	<p>24</p> <p>1:30 Movie and Popcorn / AR (White Christmas) 7:00 Bingo—CANCELLED</p>
<p>25</p> <p>Dinner will be served at 12:00pm. Please sign up at the Front Desk if you plan to attend. Thank You.</p>	<p>26</p> <p>9:00 Medical Transport. ** 10 & 11 Sit-n-Stretch / AR 10:15 The Writer's Club—CANCELLED 2:00 Shopping at the Oregon City Shopping Center * 2:00 Art Workshop / AR 2:30 LET'S PLAY BINGO!! / LB 6:30 Pinochle / AR</p>	<p>27</p> <p>9:30 Shopping at Fred Meyer * 10 & 11 Sit-n-Stretch / AR 11:45 Bank / P.O. * 1:00 Bible Study / AR 1:30 Medical Transport. ** 3:00 Presentation by the Clackamas Fire Department: Fires, Falls, and File of Life. 6:30 Rummikub / AR 7:00 Bunco / EDR</p>	<p>28</p> <p>9:00 Craft Class—CANCELLED 9:30 Men's Coffee / EDR 10 & 11 Sit-n-Stretch / AR 10:00 Mystery Breakfast * 6:30 Rummikub / AR</p>	<p>29</p> <p>10 & 11 Sit-n-Stretch / AR 10:00 Open Transport. ** 1:00 Memory Games / AR 2:30 Bingo / AR 6:30 Mex. Train Dominoes / LB 7:00 Bridge / AR</p>	<p>30</p> <p>9:30 Shopping at Safeway * 10 & 11 Sit-n-Stretch—CANCELLED 11:00 A Visit from the Zoo Mobile / AR 11:00 Walgreens / Bank / P.O. / Dollar Tree / Library* 3:00 Wii Bowling & Popcorn / AR 6:30 Pinochle / AR 6:45 Mex. Train Dominoes / LB</p>	<p>31</p> <p>1:30 Movie and Popcorn / AR (It's a Wonderful Life) 7:00 Bingo / AR 8:00 New Year's Eve Party / EDR *</p>