

Sun **Mon** **Tue** **Wed** **Thu** **Fri** **Sat**

(1A)= 1st Floor Activity Room
 (1G) = 1st Floor Gym
 (D) = 1st Floor Dining Room
 (1FS) = 1st Floor Fireside room
 (2JR) = 2nd Floor Juniper Room
 (2B) = 2nd Floor Billiard Room
 (2CR) = 2nd Floor Card Room
 (3AC) =3rd Floor Art/Craft Room
 (3T) = 3rd Floor Theater
 (3C) = 3rd Floor Chapel
 (FP) = Fire Pit Area



1
 8:45 Morning Exercise (1A)
 10:00 Bingo (1A)
 11:15 Sit-N-Fit (1A)
 2:00 Tai Chi (1A)
 2:00 Phone/Computer Help (1FS)
 2:30 Poker (2B)
 2:45 Meditation
 3:00 Holiday Craft w/ Deb (3AC)

2
 8:45 Morning Exercise (1A)
 10:00 Group Tour of the Building (1FS)
 10:00 Beginner's Calligraphy (3AC)
 11:00 Functional Circuit (1G)
 11:30 Communion (3C)
 2:00 Balance (1A)
 2:00 Downton Abbey Series (3T)
3:30 Happy Hour (1A)

3
 10:00 Safeway Shopping
 10:00 Rosary (3C)
 10:45 Rides to House of Covenant
 12:45 Bingo (1A)
 1:00 Shopping Trip
 7:00 Saturday Night Movie (3T)

4
 9:00 Church Rides
 10:00 Zion Lutheran Worship service w/ Holy Communion (3T)
 11:00 First Pres. Church Service ch. 12
 1:00 Card making w/ Cheyanne (3AC)
 1:00 Bridge Club (2JR)



5
 Mimosa Monday (D)
 8:45 Morning Exercise (1A)
 10:15 Better Brain Games (3T)
 11:00 Functional Circuit (1G)
 12:00 Jo T. on the Piano (D)
 1:00 Seated Tai Chi (1A)
 2:00 Matinee Movie (3T)
 2:00 Balance (1A)
 3:00 Resident Sing-A-Long (1FS)

6
 8:45 Morning Exercise (1A)
 10:00 Bingo (2JR)
 11:15 Sit-N-Fit (1A)
 11:00 Busy Fingers (2JR)
 11:30 Ale Trail
 2:00 Tai Chi (1A)
 3:30 Resident Birthday Party (1A)
 4:30 Left, Right, Center (1A)



7
 8:45 Morning Exercise (1A)
 10:00 Scrabble (2JR)
 1:00 Cascade Village & Post Office Trip
 1:00 Chair Volleyball (1A)
 2:00 Balance (1A)
3:00 Christmas Concert by Fountainview Academy (3T)

8
 10:00 Bingo (1A)
 2:30 Poker (2B)
 3:00 Watercolors w/ Bill Lewis (3AC)
5:00 Rockin' Holiday Party



9
 8:45 Morning Exercise (1A)
 10:00 Beginner's Calligraphy (3AC)
 10:00 Book Club (3T)
 11:00 Functional Circuit (1G)
 11:30 Communion (3C)
 1:30 Art with Cheyanne (3AC)
 2:00 Downton Abbey Series (3T)
3:30 Happy Hour (1A)
6:00 Hollywood Holiday Concert w/ Cooley (1A)

10
 10:00 Safeway Shopping
 10:00 Rosary (3C)
 10:45 Rides to House of Covenant
 12:45 Bingo (1A)
 1:00 Shopping Trip
 6:00 Christmas Light Drive
 7:00 Saturday Night Movie (3T)



11
 9:00 Church Rides
 10:00 Zion Lutheran Worship service w/ Holy Communion (3T)
 11:00 First Pres. Church service ch.12
 1:00 Author's Club (3T)
 1:00 Bridge Club (2JR)
 2:20 Holiday Concert @ ST Francis
 6:00 Christmas Light Drive

12
 Mimosa Monday (D)
 8:45 Morning Exercise (1A)
 10:15 Better Brain Games (3T)
 11:00 Functional Circuit (1G)
 12:00 Jo T. on the Piano (D)
 1:00 Seated Tai Chi (1A)
 2:00 Matinee Movie (3T)
 2:00 Balance (1A)
 3:30 Bunco (1FS)

13
 8:45 Morning Exercise (1A)
 10:00 Bingo (1A)
 11:00 Busy Fingers (2JR)
 11:15 Sit-N-Fit (1A)
 2:00 Tai Chi (1A)
 2:45 Meditation (3T)
 4:00 Left, Right, Center (1A)
5:00 Larry Rauch on the Piano (D)

14
 8:45 Morning Exercise (1A)
 10:00 Scrabble (2JR)
 10:00 Virtual Travel (3T)
 1:00 Bend River Promenade & Post Office Trip
 1:00 Cardio Drumming (1A)
 2:00 Balance (1A)
3:00 Live Music w/ Terry Ranstad (1A)

15
 8:45 Morning Exercise (1A)
 10:00 Bingo (1A)
 11:00 Cooking w/ Chef (2JR)
 11:15 Sit-N-Fit (1A)
 2:00 Tai Chi (1A)
 2:00 Phone/Computer Help (1FS)
 2:30 Poker (2B)
 2:45 Meditation
 3:15 News and Brews (3T)



16
 8:45 Morning Exercise (1A)
 10:00 Beginners Calligraphy (3AC)
 11:00 Functional Circuit (1G)
 11:30 Communion (3C)
 2:00 Balance (1A)
 2:00 Downton Abbey Series (3T)
3:30 Happy Hour (1A)

17
 8:20 National Wreaths Across America Outing
 10:00 Safeway Shopping
 10:00 Rosary (3C)
 10:45 Rides to House of Covenant
 12:45 Bingo (1A)
 1:00 Shopping Trip
 6:00 Christmas Light Drive
 7:00 Saturday Night Movie (3T)

18
Hanukkah Begins
 9:00 Church Rides
 10:00 Zion Lutheran Worship service w/ Holy Communion (3T)
 11:00 First Pres. Church service ch.12
 1:00 Card Making w/ Cheyanne (3AC)
 1:00 Bridge Club (2JR)
 2:00 Broadway Musical (3T)

19
 Mimosa Monday (D)
 8:45 Morning Exercise (1A)
 10:15 Better Brain Games (3T)
 11:00 Functional Circuit (1G)
 12:00 Jo T. on the Piano (D)
 1:00 Seated Tai Chi (1A)
 2:00 Matinee Movie (3T)
 2:00 Balance (1A)
3:00 Holiday Performance by Cinda and the Ukulele Choir

20
 8:45 Morning Exercise (1A)
 10:00 Bingo (1A)
 11:00 Busy Fingers (2JR)
 11:15 Sit-N-Fit (1A)
 2:00 Tai Chi (1A)
 3:00 Resident Meeting (1A)
 4:00 Left, Right, Center (1A)
6:00 Jam session w/ the Jammers (1A)

21
 8:45 Morning Exercise (1A)
 10:00 Cookie Decorating (2JR)
 1:00 Last minute Shopping and Post Office Trip
 10:00 Scrabble (2JR)
3:00 Live music w/ Paul Eddy (1A)

22
 8:45 Morning Exercise (1A)
 10:00 Bingo (1A)
 11:15 Sit-N-Fit (1A)
 2:00 Tai Chi (1A)
 2:00 Phone/Computer Help (1FS)
 2:30 Poker (2B)
 2:45 Meditation
 3:00 Watercolors w/ Bill Lewis (3AC)

23
 8:45 Morning Exercise (1A)
 10:00 Beginners Calligraphy (3AC)
 11:30 Communion (3C)
 1:30 Art with Cheyanne (3AC)
 2:00 Downton Abbey Series (3T)
3:30 Holiday Happy Hour (1A)

24
 10:00 Rosary (3C)
 4:00 Community Christmas Eve Service (3T)
 7:00 Saturday Night Movie (3T)



25
Christmas Day
11:00-3:00 Dinner Service (D)



26
 8:00-10:00 Mimosa Monday (D)
 8:45 Morning Exercise (1A)
 10:15 Better Brain Games (3T)
 12:00 Jo T. on the Piano (D)
 2:00 Matinee Movie (3T)
 3:30 Bunco (1FS)

27
 8:45 Morning Exercise (1A)
 10:00 Bingo (1A)
 11:00 Busy Fingers (2JR)
 11:15 Sit-N-Fit (1A)
 2:00 Tai Chi (1A)
 2:45 Meditation (3T)
 4:00 Left, Right, Center (1A)

28
 8:45 Morning Exercise (1A)
 10:00 Bingo (1A)
 10:00 Scrabble (2JR)
 1:00 Chair Volleyball (1A)
 3:00 Hot Cocoa and Cider Social (1A)



29
 8:45 Morning Exercise (1A)
 11:15 Sit-N-Fit (1A)
 2:00 Tai Chi (1A)
 2:00 Phone/Computer Help (1FS)
 2:30 Poker (2B)
 2:45 Meditation

30
 8:45 Morning Exercise (1A)
 10:00 Beginners Calligraphy (3AC)
 11:00 Functional Circuit (1G)
 11:30 Communion (3C)
 2:00 Balance (1A)
 2:00 Downton Abbey Series (3T)

31
New Years Eve
 10:00 Safeway Shopping
 10:00 Rosary (3C)
 10:45 Rides to House of Covenant
 12:45 Bingo (1A)
 1:00 Shopping Trip
3:30 New Years Eve Happy Hour (1A)
 7:00 Saturday Night Movie (3T)