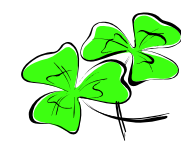













# MARCH 2010



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
<b>Retirement Living Activities</b> 	9:00-11:00 Donut Social (2lob/3rd fl) 9:00 Circuit Training (well) 9:30 Shopping Loop 10:45 Bingo (com) 11:00 Stretch & Strengthen (well) 1:30 Group Study (cof) 2:15 Ping Pong & Pool (3fl) 2:30 Book on Tape Club (lib)	9:00 Low Impact Water Fitness (well) 11:00 Balance & Fall Prev. (well) 1:00 Pinochle (3fl) 2:00 Cribbage (3rfl) 2:15 Computer Help (bs) 2:30 Movie-Documentary	9:00 Circuit Training (well) 9:30 Cert. Hearing by appt only #4011 (well) 10:45 Mill Creek Drive 11:00 Stretch & Strengthen (well) 1:30 Shopko Shopping 2:30 Movie-current 2:30 Volunteer Visits (3fl) 6:15 Music Night (rest)	9:00 Low Impact Water Fit(well) 11:00 Gentle Chair Yoga (well) 1:30 Bingo (com) 2:30 Movie- classic 3:30 Rummikub (3rd fl)	9:00 Circuit Training (well) 11:00 Cardio & Tone Class (well) 6:30 Vespers (ch)	12:00 Bob on Piano 1:30 Movie 4:00 Evensong (ch) 6:00 Movie Night (th) 
7	8	9	10	11	12	13
10:30 Catholic Communion(ch) 10:45 Sunday Bingo (com) 4:00 Evensong (ch) 7:00 Mexican Dominoes(com)	9:00-11:00 Donut Social (2lob/3rd fl) 9:00 Circuit Training (well) 9:30 Shopping Loop 10:45 Bingo (com) 11:00 Stretch & Strengthen (well) 1:30 Group Study (cof) 2:15 Ping Pong & Pool (3fl) 2:30 Book on Tape Club (lib)	9:00 Low Impact Water Fitness (well) 11:00 Balance & Fall Prev. (well) 1:00 Pinochle (3fl) 2:00 Cribbage (3rfl) 2:15 Computer Help (bs) 2:30 Movie-Documentary	9:00 Circuit Training (well) 9:00 Ping Pong & Pool (3fl) 10:45 Morning Drive 11:00 Stretch & Strengthen (well) 2:00 Library Drop-off 2:30 Volunteer Visits (3fl) 2:30 Movie-current 7:00 Resident Council (cof)	9:00 Low Impact Water Fit(well) 11:00 Gentle Chair Yoga (well) 1:30 Bingo (com) 2:30 Movie- classic 3:30 Rummikub (3rd fl)	9:00 Circuit Training (well) 9:30 Shopping Loop 10:45 Wii Bowling (cof) 11:00 Cardio & Tone Class (well) 2:00 St. Patty's Day Craft (com) 	12:00 Bob on Piano 1:30 Movie 4:00 Evensong (ch)
14	15	16	17	18	19	20
10:30 Catholic Communion(ch) 1:30 Movie- current 4:00 Evensong (ch) 7:00 Mexican Dominoes (com) Daylight Saving Time Begins	9:00-11:00 Donut Social (2lob/3rd fl) 9:00 Circuit Training (well) 9:30 Shopping Loop 10:45 Bingo (com) 11:00 Stretch & Strengthen (well) 1:30 Group Study (cof) 2:15 Ping Pong & Pool (3fl) 2:30 Book on Tape Club (lib)	9:00 Low Impact Water Fitness (well) 11:00 Balance & Fall Prev. (well) 1:00 Pinochle (3fl) 2:00 Cribbage (3rdfl) 2:00 Mardi Gras Hour (3fl) 2:30 Movie-Documentary	<b>St. Patrick's Day</b> 9:00 Ping Pong & Pool (3fl) 9:00 Circuit Training (well) 10:45 Morning Drive 11:00 Stretch & Strengthen (well) 11-2:00 Plate Out Irish Meal (rest)  2-4:00 Green River Floats (ic) 2:30 Movie-current 4:00 Choir Practice (cof) 	9:00 Low Impact Water Fit(well) 11:00 Gentle Chair Yoga (well) 1:30 Bingo (com) 2:30 Movie- classic 3:30 Rummikub (3rd fl)	9:00 Circuit Training (well) 9:30 Shopping Loop 10:45 Wii Bowling (cof) 11:00 Cardio & Tone Class (well) 11:00 Travel: Wildhorse Casino and Lunch 6:30 Vespers (ch)	12:00 Bob on Piano 1:30 Movie 4:00 Evensong (ch)  Spring Begins

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
10:30 Catholic Communion(ch)  3:00 Movie and a Meal (th)  4:00 Evensong (ch) 7:00 Mexican Dominoes (com)	9:00-11:00 Donut Social (2lob/3rd fl) 9:00 Circuit Training (well) 9:30 Shopping Loop 10:45 Bingo (com) 11:00 Stretch & Strengthen (well) 1:30 Group Study (ch) 2:15 Ping Pong & Pool (3fl) 2:30 Book on Tape Club (lib)	9:00 Low Impact Water Fitness (well) 11:00 Balance & Fall Prev. (well) 1:00 Pinochle (3fl) 2:00 Cribbage (3rdfl) 2:15 Computer Help (bc) 2:30 Movie-documentary	9:00 Ping Pong & Pool (3fl) 9:00 Circuit Training (well) 10:45 Morning Drive 11:00 Stretch & Strengthen (well) 2:30 Movie-current 2:30 Volunteer Visits (3fl) 6:00 Shakespeare's Special Guests (rest)	9:00 Low Impact Water Fit(well) 11:00 Gentle Chair Yoga (well) 1:30 Bingo (com) 2:30 Movie- classic 3:30 Rummikub (3rd fl)	9:00 Circuit Training (well) 9:30 Shopping Loop 11:00 Cardio & Tone Class (well) 11:30 Travel: 6:30 Vespers (ch)	12:00 Bob on Piano 1:30 Movie 4:00 Evensong (ch)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>			
10:30 Catholic Communion(ch)  1:30 Movie- current 2:30 Travel: Walla Walla Symphony & Eugene Ballet 4:00 Evensong (ch) 7:00 Mexican Dominoes (com) 	9:00-11:00 Donut Social (2lob/3rd fl) 9:00 Circuit Training (well) 9:30 Shopping Loop 10:45 Bingo (com) 11:00 Stretch & Strengthen (well) 1:30 Group Study (ch) 2:15 Ping Pong & Pool (3fl) 2:30 Book on Tape Club (lib) 2:30 March Birthday Party (cof)	1:00 Pinochle (3fl) 2:00 Cribbage (3rdfl) 2:15 Computer Help (bc) 2:30 Movie-documentary 	8:00 Men's Breakfast (rest) 9:00 Ping Pong & Pool (3fl) 9:00 Circuit Training (well) 10:45 Morning Drive 11:00 Stretch & Strengthen (well) 2:30 Movie-current 2:30 Volunteer Visits (3fl)	<b>Wellness Center Hours:</b> Mon - Fri. 6:30 a.m.- 2:30 p.m. <b>Restaurant Hours:</b> 7:00 a.m.- 7:00 p.m. <b>Ice Cream Parlor Hours:</b> 2:00 - 3:00 p.m. daily		

	<b><u>Transportation to Medical Apt.</u></b> Monday: 1-4:00 p.m. Tuesday 8:00 a.m.- 4:00 p.m. Thursday 8:00 a.m.-4:00 p.m.	<b><u>Wellness Center Hours:</u></b> Mon - Fri. 6:30 a.m.- 2:30 p.m. Mon. - Fri. 2:30 to 7:30 p.m. (unsupervised) Sat &Sun 10:00 a.m.-4:00p.m.	<b><u>Restaurant Hours:</u></b> 7:00 a.m.- 7:00 p.m. <b><u>Ice Cream Parlor Hours:</u></b> 2:00 - 3:00 p.m. daily	<b><u>LOCATION KEY</u></b> Wellness center = well Chapel = ch 3rd floor patio = 3p 2nd floor lobby = 2lob 3rd floor art studio = art Library= li 4th floor lobby "D"= 4l	
	<b><u>Transportation to Shopping</u></b> Monday 9:30 a.m. Friday 9:30 a.m.	<b><u>POOL HOURS:</u></b> Mon. - Fri. 6:30 to 9:30 a.m. 11:30 a.m. to 2:00 p.m. Saturday- Closed Sunday -Closed	Movie Theater= th Restaurant = rest 3rd floor community rm = com 2nd fl. conference room = cof 3rd floor Ice Cream Parlor= IC 2nd Fl. Business Center= bc		