



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Labor Day Mimzy Vacation 1 9:30 ☀ Morning TV News [ActRm] 9:30 🚌 Outing -Outing - Lone Fir Cemetery Walk [SU] 10:00 ↔ Morning Seated Stretching [ActRm] 10:30 🎮 Wii Bowling [ActRm] 11:00 ☀ Monday affirmations with Josh [ActRm] 1:00 🌸 Pet therapy with Judd & Bowen [ActRm] 2:15 🎵 Music of your Choice [ActRm] 6:30 ↔ Evening Exercise [ActRm]	Matt is Working Front Desk Mimzy Vacation 2 9:30 ☀ Morning TV News [ActRm] 10:00 ↔ Morning Seated Stretching [ActRm] 10:30 🎮 Wii Bowling [ActRm] 1:30 🍷 Italian sodas at the front Desk with Katie [ActRm] 3:00 🗣 Food Forum with Ruddy [DR] 6:30 ↔ Evening Exercise [ActRm]	3 9:30 ☀ Morning TV News [ActRm] 9:30 🚌 Outing -Downtown Milwaukie Walk [SU] 10:00 ↔ Morning Seated Stretching [ActRm] 10:30 🎮 Wii Bowling [ActRm] 11:00 🛒 Resident Mobile Door-to-Door Store [RtR] 1:30 🎵 Seated Tap dancing 101 [ActRm] 3:30 🎞 Peter's Movie/Music Hour [4LR] 6:30 ↔ Evening Exercise [ActRm]	4 9:30 ☀ Morning TV News [ActRm] 10:00 ↔ Morning Seated Stretching [ActRm] 10:30 🌿 Lunch Outing - Clackamas Hot Dog Costco [SU] 10:30 ❤ Neighborhood Walk [Dependent on Weather] [DR] 10:30 🎮 Wii Bowling [ActRm] 1:30 🎵 Sing-a-longs [ActRm] 3:30 🎮 Bingo [DR] 6:30 ↔ Evening Exercise [ActRm]	5 9:30 ☀ Morning TV News [ActRm] 9:30 🚌 Outing - Goodwill Shopping - 6th & Mill [SU] 10:00 ↔ Morning Seated Stretching [ActRm] 10:30 🎮 Wii Bowling [ActRm] 10:45 ☀ Fancy Nails 2:30 🦋 Room to Room check ins [RtR] 4:00 🍷 Happy Hour [DR] 6:30 ↔ Evening Exercise [ActRm]	6 9:15 🌱 Watering All the Garden Plants [Outdoors] 9:30 ☀ Morning TV News [ActRm] 10:00 ↔ Morning Seated Stretching [ActRm] 10:30 🎮 Wii Bowling [ActRm] 11:00 🔍 Buzzing Brain - Native American Tribes [ActRm] 2:00 🎞 Movie Day - Journey to the Center of the Earth [4LR] 3:00 🛒 Resident Mobile Door - to - Door Store [RtR] 6:30 ↔ Evening Exercise [ActRm]
Ethel L. Birthday National Assisted Living Week - Popcorn Bar 7 9:30 ☀ Morning TV News [ActRm] 10:00 ↔ Morning Seated Stretching [ActRm] 10:30 🎮 Wii Bowling [ActRm] 10:45 ☕ Coffee & Tea Social hour [DR] 1:00 ★ Church Service [ActRm] 2:00 🎵 Sing-a-longs [ActRm] 3:30 🎮 Bingo with Win [DR] 6:30 ↔ Evening Exercise [ActRm]	Matt off National Assisted Living Week - Sno Cones 8 9:30 ☀ Morning TV News [ActRm] 10:00 ↔ Morning Seated Stretching [ActRm] 10:30 ❤ Neighborhood Walk [Dependent on Weather] [L] 10:30 🎮 Wii Bowling [ActRm] 11:00 ☀ Monday affirmations with Josh [ActRm] 2:15 🎵 Music of your Choice [ActRm] 6:30 ↔ Evening Exercise [ActRm]	Matt off National Assisted Living Week - Cookie Decorating 9 9:30 ☀ Morning TV News [ActRm] 10:00 ↔ Morning Seated Stretching [ActRm] 10:30 🎮 Wii Bowling [ActRm] 1:30 🍷 Italian sodas at the front Desk with Katie [ActRm] 2:30 🍳 Cooking with Chef [DH] 3:30 🎮 Bingo [DR] 6:30 ↔ Evening Exercise [ActRm]	Matt off National Assisted Living Week - Pjs and a Movie 10 9:30 ☀ Morning TV News [ActRm] 10:00 ↔ Morning Seated Stretching [ActRm] 10:30 🎮 Wii Bowling [ActRm] 11:00 🛒 Resident Mobile Door-to-Door Store [RtR] 1:30 🎬 After Lunch Movie (In the Dining Room) -Blast from the Past [DR] 3:30 🎞 Peter's Movie/Music Hour [4LR] 6:30 ↔ Evening Exercise [ActRm]	Matt off National Assisted Living Week - Donuts and coffee 11 9:30 ☀ Morning TV News [ActRm] 10:00 ↔ Morning Seated Stretching [ActRm] 10:30 ❤ Neighborhood Walk [Dependent on Weather] [DR] 10:30 🎮 Wii Bowling [ActRm] 1:30 🎵 Sing-a-longs [ActRm] 2:00 🗣 Resident Council Meeting/Activity Calendar Brainstorming Day [ActRm] 3:30 🎮 Bingo [DR] 6:30 ↔ Evening Exercise [ActRm]	Matt off National Assisted Living Week - Soda Shop 12 Sara G. Birthday 9:30 ☀ Morning TV News [ActRm] 10:00 ↔ Morning Seated Stretching [ActRm] 10:30 🎮 Wii Bowling [ActRm] 11:00 🧶 Craft - Making a Sourdough Starter [DR] 2:30 🦋 Room to Room check ins [RtR] 4:00 🍷 Happy Hour [DR] 6:30 ↔ Evening Exercise [ActRm]	Matt off National Assisted Living Week - Ice cream Sandwiches 13 9:15 🌱 Watering All the Garden Plants [Outdoors] 9:30 ☀ Morning TV News [ActRm] 10:00 ↔ Morning Seated Stretching [ActRm] 10:30 🎮 Wii Bowling [ActRm] 11:00 🔍 Buzzing Brain - History on The Tribes in Alaska [ActRm] 12:00 🎵 Elena with Cello [DR] 2:00 🎞 Movie Day - Journey 2: The Mysterious Island [4LR] 3:00 🛒 Resident Mobile Door - to - Door Store [RtR] 6:30 ↔ Evening Exercise [ActRm]
Matt off 14 9:30 ☀ Morning TV News [ActRm] 10:00 ↔ Morning Seated Stretching [ActRm] 10:30 🎮 Wii Bowling [ActRm] 10:45 ☕ Coffee & Tea Social hour [DR] 1:00 ★ Church Service [ActRm] 2:00 🎵 Sing-a-longs [ActRm] 3:30 🎮 Bingo with Win [DR] 6:30 ↔ Evening Exercise [ActRm]	Matt off 15 9:30 ☀ Morning TV News [ActRm] 10:00 ↔ Morning Seated Stretching [ActRm] 10:30 ❤ Neighborhood Walk [Dependent on Weather] [L] 10:30 🎮 Wii Bowling [ActRm] 11:00 ☀ Monday affirmations with Josh [ActRm] 1:00 🌸 Pet therapy with Judd & Bowen [ActRm] 1:30 🗣 After Lunch Meet up with Katie [DR] 2:15 🎵 Music of your Choice [ActRm] 6:30 ↔ Evening Exercise [ActRm]	16 9:30 ☀ Morning TV News [ActRm] 9:30 🚌 Outing - Westmoreland Walk [SU] 10:00 ↔ Morning Seated Stretching [ActRm] 10:30 🎮 Wii Bowling [ActRm] 12:00 🎵 Live Music with Phil Hall, Accordionist [DR] 1:15 🗣 Bus on Appointment 1:30 🍷 Italian sodas at the front Desk with Katie [ActRm] 3:30 🎮 Bingo [DR] 6:30 ↔ Evening Exercise [ActRm]	17 9:30 ☀ Morning TV News [ActRm] 9:30 🚌 Outing - Watch Koi @ Clackamas Town Center [SU] 10:00 ↔ Morning Seated Stretching [ActRm] 10:30 🎮 Wii Bowling [ActRm] 11:00 🛒 Resident Mobile Door-to-Door Store [RtR] 1:30 🎵 Seated Tap dancing 101 [ActRm] 3:30 🎞 Peter's Movie/Music Hour [4LR] 6:30 ↔ Evening Exercise [ActRm]	18 9:30 ☀ Morning TV News [ActRm] 10:00 ↔ Morning Seated Stretching [ActRm] 10:30 ❤ Neighborhood Walk [Dependent on Weather] [DR] 10:30 🎮 Wii Bowling [ActRm] 1:30 🎵 Sing-a-longs [ActRm] 3:30 🎮 Bingo [DR] 4:00 🍷 Wine & Cheese Fundraiser for the Alzheimer's Walk (4pm-6pm) [DR] 6:30 ↔ Evening Exercise [ActRm]	19 9:30 ☀ Morning TV News [ActRm] 9:30 🚌 Outing - Doller Tree Shopping [SU] 10:00 ↔ Morning Seated Stretching [ActRm] 10:30 🎮 Wii Bowling [ActRm] 10:45 ☀ Fancy Nails 2:30 🦋 Room to Room check ins [RtR] 4:00 🍷 Happy Hour [DR] 4:15 🎵 Live Music We Remember [DR] 6:30 ↔ Evening Exercise [ActRm]	20 9:15 🌱 Watering All the Garden Plants [Outdoors] 9:30 ☀ Morning TV News [ActRm] 10:00 ↔ Morning Seated Stretching [ActRm] 10:30 🎮 Wii Bowling [ActRm] 11:00 🔍 Buzzing Brian - History on South America [ActRm] 2:00 🎞 Movie Day - National Trespure [4LR] 3:00 🛒 Resident Mobile Door - to - Door Store [RtR] 6:30 ↔ Evening Exercise [ActRm]
21 9:30 ☀ Morning TV News [ActRm] 10:00 ↔ Morning Seated Stretching [ActRm] 10:30 🎮 Wii Bowling [ActRm] 10:45 ☕ Coffee & Tea Social hour [DR] 1:00 ★ Church Service [ActRm] 2:00 🎵 Sing-a-longs [ActRm] 3:30 🎮 Bingo with Win [DR] 6:30 ↔ Evening Exercise [ActRm]	22 9:30 ☀ Morning TV News [ActRm] 9:30 🚌 Outing - Gresham Library [SU] 10:00 ↔ Morning Seated Stretching [ActRm] 10:30 ❤ Neighborhood Walk [Dependent on Weather] [L] 10:30 🎮 Wii Bowling [ActRm] 11:00 ☀ Monday affirmations with Josh [ActRm] 2:15 🎵 Music of your Choice [ActRm] 6:30 ↔ Evening Exercise [ActRm]	23 9:30 ☀ Morning TV News [ActRm] 9:30 🚌 Outing - Kalama Lodge for a Picnic (10am - 4pm) [SU] 10:00 ↔ Morning Seated Stretching [ActRm] 10:30 🎮 Wii Bowling [ActRm] 1:30 🍷 Italian sodas at the front Desk with Katie [ActRm] 6:30 ↔ Evening Exercise [ActRm]	24 9:30 ☀ Morning TV News [ActRm] 9:30 🚌 Outing - Reed College Walk [SU] 10:00 ↔ Morning Seated Stretching [ActRm] 10:30 🎮 Wii Bowling [ActRm] 11:00 🍷 Bake Sale Fundraiser for Alzheimer's Walk [11AM - 2PM] [1FP] 11:00 🛒 Resident Mobile Door-to-Door Store [RtR] 1:30 🎵 Seated Tap dancing 101 [ActRm] 3:30 🎞 Peter's Movie/Music Hour [4LR] 6:30 ↔ Evening Exercise [ActRm]	25 9:30 ☀ Morning TV News [ActRm] 10:00 ↔ Morning Seated Stretching [ActRm] 10:30 ❤ Neighborhood Walk [Dependent on Weather] [DR] 10:30 🎮 Wii Bowling [ActRm] 1:30 🎵 Sing-a-longs [ActRm] 3:30 🎮 Bingo [DR] 5:30 🗣 Family Council Meeting [ActRm] 6:30 ↔ Evening Exercise [ActRm]	26 9:30 ☀ Morning TV News [ActRm] 9:30 🚌 Outing - Fred Meyer Shopping (Glisan & 67th) [SU] 10:00 ↔ Morning Seated Stretching [ActRm] 10:30 🎮 Wii Bowling [ActRm] 2:30 🦋 Room to Room check ins [RtR] 2:45 🗣 Bus on Appointment [IND] 4:00 🍷 Happy Hour [DR] 6:30 ↔ Evening Exercise [ActRm]	27 9:15 🌱 Watering All the Garden Plants [Outdoors] 9:30 ☀ Morning TV News [ActRm] 10:00 ↔ Morning Seated Stretching [ActRm] 10:30 🎮 Wii Bowling [ActRm] 11:00 🔍 Buzzing Brain - History of Canada [ActRm] 2:00 🎞 Movie Day - National Trespure: The Book of Secrets [4LR] 3:00 🛒 Resident Mobile Door - to - Door Store [RtR] 6:30 ↔ Evening Exercise [ActRm]
28 9:30 ☀ Morning TV News [ActRm] 10:00 ↔ Morning Seated Stretching [ActRm] 10:30 🎮 Wii Bowling [ActRm] 10:45 ☕ Coffee & Tea Social hour [DR] 1:00 ★ Church Service [ActRm] 2:00 🎵 Sing-a-longs [ActRm] 3:30 🎮 Bingo with Win [DR] 6:30 ↔ Evening Exercise [ActRm]	29 9:30 ☀ Morning TV News [ActRm] 9:30 🚌 Outing - Scenic Drive (Carver and Barton Park) [SU] 10:00 ↔ Morning Seated Stretching [ActRm] 10:30 ❤ Neighborhood Walk [Dependent on Weather] [L] 10:30 🎮 Wii Bowling [ActRm] 11:00 ☀ Monday affirmations with Josh [ActRm] 1:00 🌸 Pet therapy with Judd & Bowen [ActRm] 2:15 🎵 Music of your Choice [ActRm] 6:30 ↔ Evening Exercise [ActRm]	30 9:30 ☀ Morning TV News [ActRm] 10:00 ↔ Morning Seated Stretching [ActRm] 10:30 🎮 Wii Bowling [ActRm] 12:30 🎵 Song Memories Live Music with Noel and Dana [DR] 1:30 🍷 Italian sodas at the front Desk with Katie [ActRm] 3:30 🎮 Bingo [DR] 6:30 ↔ Evening Exercise [ActRm]	<div><div><div>NATIONAL ASSISTED LIVING WEEK!</div><div>September 7th - 13th</div></div><div></div></div>		<div><div>Resident Birthdays</div><div>Ethel L. 9/7</div><div>Sara G. 9/12</div></div> <div><div>MONTHLY THEME:</div><div>THE AMERICAS</div></div>	