

April 2024 AL explore										Monthly Activities																													
Sunday					Monday					Tuesday					Wednesday					Thursday					Friday					Saturday									
<div></div> <div></div> <div><div> *Outing</div><div><div><div>● explore - Leadership & Volunteerism</div><div>● explore - Lectures & Learning</div><div>● explore - Recreation & Entertainment</div><div>● explore - Self Expression & the Arts</div><div>● explore - Spiritual Health & Religion</div><div>● explore - Strength & Vitality</div><div>● explore - Travels & Treks</div></div></div></div> <div><div><div>Location Keys</div><div><div>2nd fl Theatre</div><div>Activity Room</div><div>Art Room</div><div>Bistro</div><div>Building 3 Activity Room</div><div>Chinook Room</div><div>Conference Room</div><div>Courtyard</div><div>Dining Room</div><div>Fireplace Lounge</div><div>Lobby Area</div><div>Resident Rooms</div></div><div><div>2FT</div><div>ACT</div><div>AR</div><div>BIS</div><div>B3AR</div><div>CR</div><div>CON</div><div>CY</div><div>DR</div><div>FL</div><div>L</div><div>R</div></div></div></div>					<div><div>Resident Birthdays</div><div>Leila N. 4/1</div><div>Margaret R. 4/2</div><div>Frances B. 4/5</div><div>Mary W. 4/9</div><div>Opal F. 4/15</div><div>Gayle S. 4/16</div><div>Myron M. 4/21</div><div>Jill H. 4/21</div><div>Rose M. 4/22</div><div>Louis H. 4/24</div><div>Ellen D. 4/24</div></div>					<div><div>Bistro 2-3pm</div><div>Doctor Appt Day</div><div>Shopping Day</div><div>9:00  Safeway / Winco</div><div>10:30  Aerobic Chair Exercise [ACT]</div><div>11:00  Food Health 101 [ACT]</div><div>1:00  Painting w/ Laura [ACT]</div><div>2:00  Bible Study w/ Jim (AL) [BIS]</div><div>3:00  Variety Board Game Day [ACT]</div><div>6:30  Evening TV [FL]</div></div>					<div><div>Doctor Appt Day</div><div>9:00  1:1 W/ Claire [R]</div><div>10:00  Wordle Game w/ Claire [ACT]</div><div>10:30  Muscles in Motion [ACT]</div><div>11:30  Creative Arts w/ Laura (building 2) [AR]</div><div>1:00  The Fountains Book Club [FL]</div><div>2:00  Christian Worship (building 2) [2FT]</div><div>2:00  Learning to Crotchet [ACT]</div><div>3:00  Happy Hour (in building 2) [DR]</div><div>5:30  Bingo (in building 1) [CR]</div><div>6:30  Evening TV [FL]</div></div>					<div><div>Bistro 2-3pm</div><div>9:00  1:1 W/ Claire [R]</div><div>10:00  Wordle Game w/ Claire [ACT]</div><div>10:30  Strength Training Exercise [ACT]</div><div>11:00  Mexican Train [ACT]</div><div>12:00  Outing: Al's Nursey</div><div>1:00  Just for Laughs [ACT]</div><div>3:00  Bingo! [ACT]</div><div>3:00  History of the Portland Bridges w/ Dr. Torley (in person) [ACT]</div><div>6:30  Evening TV [FL]</div></div>					<div><div>Doctor Appt Day</div><div>9:00  1:1 W/ Claire [R]</div><div>10:00  Wordle Game w/ Claire [ACT]</div><div>10:30  Seated Yoga [ACT]</div><div>11:00  Craft Clique [ACT]</div><div>1:00  Simple Science [B3AR]</div><div>1:30  Monthly Meeting w/ Chef Robert [BIS]</div><div>2:00  Concert Hall w/ Singer Dee Smith [DR]</div><div>3:00  Happy Hour (building 2) [DR]</div><div>6:30  Evening TV [FL]</div></div>					<div><div>Bistro 10-11am</div><div>Shopping/Bank Day</div><div>9:00  1:1 W/ Claire [R]</div><div>9:00  Fred Meyer</div><div>10:00  Wordle Game w/ Claire [ACT]</div><div>10:30  Stretch Band Exercise [ACT]</div><div>11:00  Dexter McCarty Middle School</div><div>11:00  Let Us Polish Your Nails [ACT]</div><div>1:00  Learning to Draw 101 [ACT]</div><div>1:00  Rides to Bank (sign up in IL)</div><div>2:00  Scenic Drives [L]</div><div>3:30  Sing a Longs [ACT]</div><div>6:30  Evening TV [FL]</div></div>					<div><div>9:00  1:1 W/ Claire [R]</div><div>9:30  Music & Prayer w/ Talina [ACT]</div><div>10:00  Wordle Game w/ Claire [ACT]</div><div>10:30  Chair Zumba [ACT]</div><div>11:00  The Fountains Book Club [FL]</div><div>1:00  Matinee Movie [ACT]</div><div>3:00  Bingo! [ACT]</div><div>6:30  Evening TV [FL]</div></div>				
					<div><div>9:00 Church Rides 9-1pm (sign up in IL)</div><div>9:00 ● Resident's Individual Pursuits 9am-2pm [ACT]</div><div>2:00  Wii Golf [ACT]</div><div>3:00  Sunday Cinema [ACT]</div><div>6:30  Evening TV [FL]</div></div>					<div><div>Bistro 2-3pm</div><div>Doctor Appt Day</div><div>Shopping Day</div><div>9:00  Safeway / Winco</div><div>10:30  Aerobic Chair Exercise [ACT]</div><div>11:00  Food Health 101 [ACT]</div><div>1:00  Painting w/ Laura [ACT]</div><div>2:00  Bible Study w/ Jim (AL) [BIS]</div><div>3:00  Variety Board Game Day [ACT]</div><div>6:30  Evening TV [FL]</div></div>					<div><div>Doctor Appt Day</div><div>9:00  1:1 W/ Claire [R]</div><div>10:00  Wordle Game w/ Claire [ACT]</div><div>10:30  Muscles in Motion [ACT]</div><div>11:30  Photography 101 w/ Laura [AR]</div><div>1:00  The Fountains Book Club [FL]</div><div>2:00  Learning to Crotchet [ACT]</div><div>3:00  Happy Hour (in building 2) [DR]</div><div>5:30  Bingo (in building 3) [CR]</div><div>6:30  Evening TV [FL]</div></div>					<div><div>Bistro 2-3pm</div><div>9:00  1:1 W/ Claire [R]</div><div>10:00  Wordle Game w/ Claire [ACT]</div><div>10:30  Strength Training Exercise [ACT]</div><div>11:00  Mexican Train [ACT]</div><div>12:00  National Farm Animals Day: Mini Horses [CY]</div><div>1:00  Just for Laughs [ACT]</div><div>2:00  Happy Birthdays Party</div><div>3:00  Bingo! [ACT]</div><div>6:30  Evening TV [FL]</div></div>					<div><div>Doctor Appt Day</div><div>9:00  1:1 W/ Claire [R]</div><div>10:00  Wordle Game w/ Claire [ACT]</div><div>10:30  Seated Yoga [ACT]</div><div>11:00  Craft Clique [ACT]</div><div>1:00  Simple Science [B3AR]</div><div>2:00  Concert Hall w/ Shelly [DR]</div><div>3:00  Happy Hour (building 2) [DR]</div><div>6:30  Evening TV [FL]</div></div>					<div><div>Bistro 10-11am</div><div>Shopping/Bank Day</div><div>9:00  1:1 W/ Claire [R]</div><div>9:00  Fred Meyer</div><div>10:00  Wordle Game w/ Claire [ACT]</div><div>10:30  Stretch Band Exercise [ACT]</div><div>11:00  Let Us Polish Your Nails [ACT]</div><div>1:00  Learning to Draw 101 [ACT]</div><div>1:00  Rides to Bank (sign up in IL)</div><div>1:30  Catholic Communion (bottom fl building 3) [CON]</div><div>2:00  Scenic Drives [L]</div><div>6:30  Evening TV [FL]</div></div>					<div><div>9:00  1:1 W/ Claire [R]</div><div>9:30  Music & Prayer w/ Talina [ACT]</div><div>10:00  Wordle Game w/ Claire [ACT]</div><div>10:30  Chair Zumba [ACT]</div><div>11:00  The Fountains Book Club [FL]</div><div>1:00  Matinee Movie [ACT]</div><div>2:00  Ice Cream Social</div><div>3:00  Bingo! [ACT]</div><div>6:30  Evening TV [FL]</div></div>				
					<div><div>9:00 Church Rides 9-1pm (sign up in IL)</div><div>9:00 ● Resident's Individual Pursuits 9am-2pm [ACT]</div><div>2:00  Wii Golf [ACT]</div><div>3:00  Sunday Cinema [ACT]</div><div>6:30  Evening TV [FL]</div></div>					<div><div>Bistro 2-3pm</div><div>Doctor Appt Day</div><div>Shopping Day</div><div>9:00  Safeway / Winco</div><div>10:30  Aerobic Chair Exercise [ACT]</div><div>11:00  Food Health 101 [ACT]</div><div>1:00  Painting w/ Laura [ACT]</div><div>2:00  Bible Study w/ Jim (AL) [BIS]</div><div>3:00  Variety Board Game Day [ACT]</div><div>6:30  Evening TV [FL]</div></div>					<div><div>Doctor Appt Day</div><div>PJs to Work Day</div><div>9:00  1:1 W/ Claire [R]</div><div>10:00  Wordle Game w/ Claire [ACT]</div><div>10:30  Muscles in Motion [ACT]</div><div>11:30  Creative Arts w/ Laura (building 2) [AR]</div><div>1:00  The Fountains Book Club [FL]</div><div>2:00  Christian Worship (building 2) [2FT]</div><div>2:00  Learning to Crotchet [ACT]</div><div>2:20  Clear Creek Middle School</div><div>3:00  Happy Hour (in building 2) [DR]</div><div>5:30  Bingo (in building 1) [CR]</div><div>6:30  Evening TV [FL]</div></div>					<div><div>Bistro 2-3pm</div><div>7:30  ICE CREAM FOR BREAKFAST</div><div>9:00  1:1 W/ Claire [R]</div><div>10:00  Wordle Game w/ Claire [ACT]</div><div>10:30  Strength Training Exercise [ACT]</div><div>11:00  Mexican Train [ACT]</div><div>1:00  Just for Laughs [ACT]</div><div>2:00  Happy Hour [BIS]</div><div>3:00  Bingo! [ACT]</div><div>6:30 </div></div>																			