



February 2012 Activities



Sunday

Monday

Tuesday

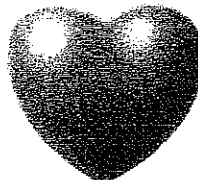


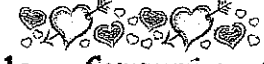


Wednesday

Thursday

Friday

Saturday

Notable Events

	<p>February is Heart Health Month Please See Wellness Center Calendar for Activity Details</p>		<p>1 10a The Inquiring Mind Aud C 5p Happy Hour Dining Alcove</p>	<p>2 10:00a Bus Tour: Lloyd Center Shopping and Lunch \$6.25 Fare 7:30p Banjoliers ~ Aud BC</p>	<p>3 10a Grocery Run: Costco 2p Garden Club ~Aud A 7:30p Portland Boy Choir Led by David York Aud BC</p>	<p>4</p>	<p> Geezer Gallery Open House Mon. Feb. 6 3:30p Aud BC & Café</p>
<p>5</p>	<p>6 10a Grocery Run: Fred Meyer BG 3:30p Geezer Gallery Open House BC & Cafe 7:30p Bus to Symphony BYOT</p>	<p>7 1p Transitions Grp. CR</p>	<p>8 10a Current Issues Aud C 12p Birthday Lunch PDR 3:30p Dee's Forum Aud.</p>	<p>9 10:30a Bus Tour: Albertina Kerr for Lunch \$6.25 Fare 3p Brainstorming 101 Aud C 7p Bus to Opera BYOT</p>	<p>10 10a Grocery Run: Raleigh Hills New Seasons & Walgreens 7:30p Michael Baker Guitar Aud BC</p>	<p>11</p>	<p> Valentines Day Ice Cream Social Feb. 14 4-5p Plaza Café (reg) \$5</p>
<p>12 4p No Vespers Today</p>	<p>13 10a Grocery Run: Fred Meyer BG 2p TUG Aud BC 3p Table Tennis GR 3p Studio Artists A&C</p>	<p> 14 11a Communion ~Chapel 4p Valentine Ice Cream Social in Café \$5 Sign up in Mail Room 7p Bus to Friends of Chamber Music BYOT</p>	<p>15 <u>No Yoga Today</u> 10a The Inquiring Mind Aud C 5p Happy Hour Dining Alcove</p>	<p>16 10:30a Bus Tour: Kenny & Zukes for Lunch & Ace Hotel Tour \$6.25 Fare 7:30p Banjoliers Aud BC</p>	<p>17 10a Grocery Run: Hollywood Fred Meyer & Trader Joes 2p BOD Candidate Forum Aud 7:30p Lincoln High School Musicians/Aud BC</p>	<p>18</p>	<p> Talking about Walking In Portland: Two Perspectives-Food for Thought Mtg. Tues. Feb. 20 at 7p Aud BC</p>
<p>1:30p MOVIE Aud BC See Bulletin Board and Channel 11 for details 4:00p VESPERS Aud BC Ongoing Weekly Activities</p>	<p>8a Tai Chi ~ WC 9a Active Water Ex ~ Pool 10a Gentle Water Ex ~ Pool 10a Mat Yoga ~ WC 1-5p Blood Pressure ~ WC 1:30p Creative Writing ~ A&C 2p Table Tennis ~ GR 2p Zumba Gold ~ WC 4p Meditaton ~ Chapel</p>	<p>8a Active Exercise ~ WC 9a Active Exercise ~ WC 10a Chair Exercise ~ WC 10:45a Chair Exercise ~ Aud 2p Table Tennis ~ GR 3p Knitters ~ 3rd Fl Lounge 3:45p Plaza Singers ~ Aud C</p>	<p>9a Active Water Ex ~ Pool 10a Gentle Water Ex ~ Pool 10a Seated Yoga ~ WC 10a Farmers Market ~ Deli 10a-3p Thrift & Gift OPEN 11a Zumba Gold ~ WC 1:30p Bridge ~ CR 2p Seated Core Class ~ WC 2p Table Tennis ~ GR 7:30p Betty Gedney Music Tapes ~ Aud BC</p>	<p>8a Active Exercise ~ WC 9a Active Exercise ~ WC 10a Chair Exercise ~ WC 10:30a Beg. Tai Chi ~ P3 10:45a Chair Exercise ~ Aud 1-5p Wii Games ~ WC 2p Table Tennis ~ GR 7p Bridge ~ Aud A</p>	<p>9a Active Water Ex ~ Pool 9:30a Int. Folk Dance ~Aud AB 10a Gentle Water Ex ~ Pool 1:30-4p Thrift & Gift OPEN 2p Table Tennis ~ GR 3p Catholic Church Service Chapel</p>	<p>9a Men's Breakfast ~ Aud Topical Forum 7:30p MOVIE ~ Aud BC See Bulletin Board and Channel 11 for details</p>	<p> Shakespeare's Medical Knowledge: Illuminating the Authorship Question Earl Showerman, MD Feb. 27 at 7p Aud BC</p>

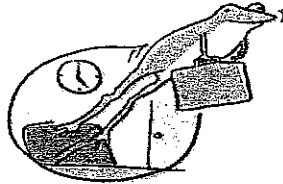




February 2012

Activities



Sunday Monday Tuesday Wednesday Thursday Friday Saturday

19	20	21	22	23	24	25
<p>10a Grocery Run: Fred Meyer BG</p> <p>1p Resident Council Aud ABC</p> <p>3p League of Women Voters Aud A</p>	<p>10a Grocery Run: Fred Meyer BG</p> <p>1p Resident Council Aud ABC</p> <p>3p League of Women Voters Aud A</p>	<p>1p Transitions Grp. CR</p> <p>1:30p Bookmobile Library</p> <p>2-4p Artists Workshop in Collage P-3 Conf. Rm</p> <p>7p Food for Thought-Walk in Portland Aud BC</p>	<p>No Yoga Today</p> <p>5p Social Hour ~ Café</p>	<p>10:30a Bus Tour: Title Wave Bargain Book Shopping & Lunch at Russell St. Bar-B-Q \$6.25 Fare</p> <p>3p Brainstorming 101 Aud C</p>	<p>10a Grocery Run: Raleigh Hills New Seasons & Walgreens</p> <p>1:30p Meet the BOD Candidates Social Aud, CR</p> <p>7:30p Hyacinth Trio: Piano/Clarinet/Viola Aud BC</p>	
<p>26</p> <p>1:30p Bus to Ballet Theater Matinee BYOT</p>	<p>27</p> <p>10a Grocery Run: Fred Meyer BG</p> <p>11:30a Veterans Lunch PDR</p> <p>7p "Shakespeare's Medical Knowledge" - Earl Showerman M.D. Aud BC</p>	<p>28</p> <p>1:30p Low Vision CR (Note New Day of Meeting)</p> <p>7:30p Travels Across Africa in 1953 Speaker: Irene Tinker</p>	<p>29</p> <p>10a The Inquiring Mind Aud C</p> <p>LEAP YEAR DAY!!!</p> 	<p>Legend</p> <p>A&C = Arts & Crafts Room</p> <p>Aud = Auditorium</p> <p>CR = Club Room</p> <p>GR = Game Room</p> <p>PDR = Private Dining Room</p> <p>WC = Wellness Center</p> <p>BG = Burlingame</p> <p>(Reg) = Must be registered</p> <p>BYOT = Buy Your Own Ticket</p>	<p>Infinity Rehab Therapy Services are available on-site!</p> <p>Please call 503-808-7974 for more information</p>	<p>Be  for Grocery Runs every Monday and Friday</p>
				<p>MAHJONG ANYONE</p> <p>If you are interested in starting a weekly game Please call Pat Tesch @ 1116</p>		
<p>1:30p MOVIE Aud BC See Bulletin Board and Channel 11 for details</p> <p>4:00p VESPERS Aud BC</p> <p>Ongoing Weekly Activities</p>	<p>8a Tai Chi ~ WC</p> <p>9a Active Water Ex ~ Pool</p> <p>10a Gentle Water Ex ~ Pool</p> <p>10a Mat Yoga ~ WC</p> <p>1-5p Blood Pressure ✓ ~ WC</p> <p>1:30p Creative Writing ~ A&C</p> <p>2p Table Tennis ~ GR</p> <p>2p Zumba Gold ~ WC</p> <p>4p Meditation ~ Chapel</p>	<p>8a Active Exercise ~ WC</p> <p>9a Active Exercise ~ WC</p> <p>10a Chair Exercise ~ WC</p> <p>10:45a Chair Exercise ~ Aud</p> <p>2p Table Tennis ~ GR</p> <p>3p Knitters ~ 3rd Fl Lounge</p> <p>3:45p Plaza Singers ~ Aud C</p>	<p>9a Active Water Ex ~ Pool</p> <p>10a Gentle Water Ex ~ Pool</p> <p>10a Seated Yoga ~ WC</p> <p>10a Farmers Market ~ Deli</p> <p>10a-3p Thrift & Gift OPEN</p> <p>11a Zumba Gold ~ WC</p> <p>1:30p Bridge ~ CR</p> <p>2p Seated Core Class ~ WC</p> <p>2p Table Tennis ~ GR</p> <p>7:30p Betty Gedney Mystery Tapes ~ Aud BC</p>	<p>8a Active Exercise ~ WC</p> <p>9a Active Exercise ~ WC</p> <p>10a Chair Exercise ~ WC</p> <p>10:30a Beg. Tai Chi ~ P3</p> <p>10:45a Chair Exercise ~ Aud</p> <p>1-5p Wii Games ~ WC</p> <p>2p Table Tennis ~ GR</p> <p>7p Bridge ~ Aud A</p>	<p>9a Active Water Ex ~ Pool</p> <p>9:30a Int. Folk Dance ~ Aud AB</p> <p>10a Gentle Water Ex ~ Pool</p> <p>1:30-4p Thrift & Gift OPEN</p> <p>2p Table Tennis ~ GR</p> <p>3p Catholic Church Service Chapel</p>	<p>9:00a Men's Breakfast ~ Aud Topical Forum</p> <p>7:30p MOVIE ~ Aud BC See Bulletin Board and Channel 11 for details</p>

February Birthdays

- 2/1 Orienne Maloney
- 2/1 Lynn Manuel
- 2/3 Fran Ousley
- 2/3 Marian Love
- 2/7 Betty McFarland
- 2/8 Pat Mahone
- 2/10 Betty Guyer
- 2/11 Pat Berg
- 2/11 Jean Rude
- 2/12 Barbara Manchester
- 2/13 Peter Kirschner
- 2/15 Betty Perkins
- 2/18 Jeanne Steed
- 2/21 Anne Neuman
- 2/23 Anne Kronenberg
- 2/23 Barbara Jacobsen
- 2/24 Woodrow Ambur
- 2/26 Charles Frischmann
- 2/27 Claire Rives

