

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p><b>1</b></p> <p><i>Medical Transport Day*</i>  <b>10-11 Walmart &amp; Walgreens Shopping*</b>            9:20 Exercise Class #1-AK            10:00 Exercise Class #2-AK            10:30 Meditation Class-MR            1:30 Shuffleboard-AL  <b>3-4 Happy Hour-BAR/AR</b>            6:00 Pinochle-CR            6:30 Cribbage-AK</p>  <p><b>HAPPY APRIL FOOLS</b></p>	<p><b>2</b></p> <p><i>Medical Transport Day*</i>            9:00 Morning Social Hour-AR            Cider, Tea, Coffee, &amp; Pastries.            9:30 Video exercise-AK            10:00 Share your story Group-AK            1:30 Billiards-BR            1:30 Tai Chi-AK  <b>2:30 Ted Talk-TR</b>  <b>(Get Comfortable with being Uncomfortable)-Luvvie Ajayi Jones</b>  <b>3-4 Happy Hour-BAR/AR</b>            6:00 Jackpot Bingo -AK</p>	<p><b>3</b></p> <p><b>9:30 Resident Meeting-AR</b>            10:00 Exercise Class #2-AK            10:30 Meditation Class -MR  <b>11:00 Trip: Black bear Diner (Wilsonville)*</b>  <b>2:00 Activities Meeting-AR</b>            2:00 Hand &amp; Foot-AK  <b>3-4 Happy Hour-BAR/AR</b></p>	<p><b>4</b></p> <p><i>1-2 Safeway &amp; Bi-Mart Shopping*</i>            8:00 Woodburn Aquatic Center*            9:30 Blood Pressure Clinic-AR            10:30 Tech Help-AR            10:30 Crochet Class-TR  <b>1:15 Mary's Brain Class-AK</b>            1:30 Billiards-BR  <b>2:00 Music: Km &amp; Terry-AR</b>  <b>3-4 Happy Hour-BAR/AR</b>            6:00 Mexican Train-AK</p>	<p><b>5</b></p> <p>9:20 Exercise Class #1-AK            10:00 Exercise Class #2-AK            10:30 Meditation Class-MR  <b>1-3 Mary's Card Class-AR*</b>            1:30 Shuffleboard-AL  <b>1:30 1-4-24 Dice Game-AK</b>  <b>3-4 Happy Hour-BAR/AR</b>            6:00 Friday Game Night -AK            6:00 Hearts-AK</p>	<p><b>6</b></p> <p>9:00 Coffee Hour Social-AR            10:00 Pinochle-AK            1:00 1-4-24 Dice Game-AK            2:00 Card Bingo-AR  <b>3-4 Happy Hour-BAR/AR</b>            6:00 Hand &amp; Foot -CR</p>
<p><b>7</b></p> <p>10:00 Communion w/Gloria-MR  <b>11:00 Church Service-AR</b>            1:30 Sunday Movie-TR  <i>Showing: Dances W/Wolves</i>            1990 Western/Adventure            3h1m (Amazon Prime)            2:00 Mexican Train -AK  <b>3-4 Happy Hour-BAR/AR</b></p>	<p><b>8</b></p> <p><i>Medical Transport Day*</i>  <b>10-11 Walmart &amp; Walgreens Shopping*</b>            9:20 Exercise Class #1-AK            10:00 Exercise Class #2-AK            10:30 Meditation Class-MR            1:30 Shuffleboard-AL  <b>2:00 Lorna's Glass Class-AK</b>  <b>3-4 Happy Hour-BAR/AR</b>            6:00 Pinochle-CR            6:30 Cribbage-AK</p>	<p><b>9</b></p> <p><i>Medical Transport Day*</i>            9:00 Morning Social Hour-AR            Cider, Tea, Coffee, &amp; Donuts.            9:30 Video Exercise-AK            10:00 Share your story Group-AK            1:30 Billiards-BR            1:30 Tai Chi-AK            2:30 Spanish Class-AK  <b>3-4 Happy Hour-BAR/AR</b>            6:00 Jackpot Bingo -AK</p> 	<p><b>10</b></p> <p>9:20 Exercise Class #1-AK            10:00 Exercise Class #2-AK            10:30 Meditation Class -MR  <b>11:00 Trip: Lum-Yuen (Salem)*</b>            2:00 Hand &amp; Foot-AK  <b>3-4 Happy Hour-BAR/AR</b></p>	<p><b>11</b></p> <p><i>1-2 Safeway &amp; Bi-Mart Shopping*</i>            8:00 Woodburn Aquatic Center*            9:30 Blood Pressure Clinic-AR            10:30 Tech Help-AR            10:30 Crochet Class-TR  <b>11:00 Trip: Wooden Shoe Tulip Festival*</b>            1:30 Billiards-BR  <b>3-4 Happy Hour-BAR/AR</b>            6:00 Mexican Train-AK</p>	<p><b>12</b></p> <p>9:20 Exercise Class #1-AK            10:00 Exercise Class #2-AK            10:30 Meditation Class-MR            1:30 Shuffleboard-AL            1:30 1-4-24 Dice Game-AK  <b>3-4 Happy Hour-BAR/AR</b>            6:00 Friday Game Night -AK            6:00 Hearts-AK</p>	<p><b>13</b></p> <p>9:00 Coffee Hour Social-AR            10:00 Pinochle-AK            1:00 1-4-24 Dice Game-AK            2:00 Card Bingo-AR  <b>3-4 Happy Hour-BAR/AR</b>            6:00 Hand &amp; Foot -CR</p>
<p><b>14</b></p> <p>10:00 Communion w/Gloria MR  <b>11:00 Church Service-AR</b>            1:30 Sunday Movie-TR  <i>Showing: Secondhand Lions</i>            2003 Family/Comedy 1h51m            (Amazon Prime)            2:00 Mexican Train -AK  <b>3-4 Happy Hour-BAR/AR</b></p>	<p><b>15</b></p> <p><i>Medical Transport Day*</i>  <b>10-11 Walmart &amp; Walgreens Shopping*</b>            9:20 Exercise Class #1-AK            10:00 Exercise Class #2-AK            10:30 Meditation Class-MR            1:30 Shuffleboard-AL  <b>3-4 Happy Hour-BAR/AR</b>            6:00 Pinochle-CR            6:30 Cribbage-AK</p>	<p><b>16</b></p> <p><i>Medical Transport Day*</i>            9:00 Morning Social Hour-AR            Cider, Tea, Coffee, &amp; Pastries.            9:30 Video Exercise-AK            10:00 Share your story Group-AK            1:30 Billiards-BR            1:30 Tai Chi-AK  <b>2:00 Prize Bingo-AR</b>  <b>3-4 Happy Hour-BAR/AR</b>            6:00 Jackpot Bingo -AK</p>	<p><b>17</b></p> <p><b>9:00 Trip: Spirit Mountain Casino*</b>            9:20 Exercise Class #1-AK            10:00 Exercise Class #2-AK            10:30 Meditation Class -MR            2:00 Hand &amp; Foot-AK  <b>3-4 Happy Hour-BAR/AR</b></p>	<p><b>18</b></p> <p><i>1-2 Safeway &amp; Bi-Mart Shopping*</i>            8:00 Woodburn Aquatic Center*            9:30 Blood Pressure Clinic-AR            10:30 Tech Help-AR            10:30 Crochet Class-TR            1:30 Billiards-BR  <b>1:30 Mary's Brain Class-AK</b>  <b>3:00 Music: Jazz Tones-AR</b>  <b>3-4 Happy Hour-BAR/AR</b>            6:00 Mexican Train-AK</p>	<p><b>19</b></p> <p>9:20 Exercise Class #1-AK            10:00 Exercise Class #2-AK            10:30 Meditation Class-MR            1:30 Shuffleboard-AL            1:30 1-4-24 Dice Game-AK  <b>3-4 Happy Hour-BAR/AR</b>            6:00 Friday Game Night -AK            6:00 Hearts-AK</p>	<p><b>20</b></p> <p>9:00 Coffee Hour Social-AR            10:00 Pinochle-AK            1:00 1-4-24 Dice Game-AK            2:00 Card Bingo-AR  <b>2:30 Trip: Joey Craighead &amp; Friends (Woodburn Methodist Church)*</b>  <b>3-4 Happy Hour-BAR/AR</b>            6:00 Hand &amp; Foot -CR</p>
<p><b>21</b></p> <p>10:00 Communion w/Gloria MR  <b>11:00 Church Service-AR</b>            1:30 Sunday Movie-TR  <i>Showing: Forest Gump</i>            1994 Comedy/Romance 2h22m            (Amazon Prime)            2:00 Mexican Train -AK  <b>3-4 Happy Hour-BAR/AR</b></p>	<p><b>22</b></p> <p><i>Medical Transport Day*</i>  <b>10-11 Walmart &amp; Walgreens Shopping*</b>            9:20 Exercise Class #1-AK            10:00 Exercise Class #2-AK            10:30 Meditation Class-MR            1:30 Shuffleboard-AL  <b>3-4 Happy Hour-BAR/AR</b>            6:00 Pinochle-CR            6:30 Cribbage-AK</p> 	<p><b>23</b></p> <p><i>Medical Transport Day*</i>            9:00 Morning Social Hour-AR            Cider, Tea, Coffee, &amp; Pastries.            9:30 Video Exercise-AK            10:00 Share your story Group-AK            1:30 Billiards-BR            1:30 Tai Chi-AK  <b>2:00 Tami's Craft Class-AR*</b>  <b>3:00 Diabetic Footwear Specialist Presentation -AK</b>  <b>3-4 Happy Hour-BAR/AR</b>            6:00 Jackpot Bingo-AK</p>	<p><b>24</b></p> <p>9:20 Exercise Class #1-AK            10:00 Exercise Class #2-AK            10:30 Meditation Class -MR  <b>11:00 Trip: Nancy Jo's Burger &amp; Fries (Woodburn)*</b>            2:00 Hand &amp; Foot-AK  <b>2:00 Chef's Meeting-AR</b>  <b>3-4 Happy Hour-BAR/AR</b></p>	<p><b>25</b></p> <p><i>1-2 Safeway &amp; Bi-Mart Shopping*</i>            8:00 Woodburn Aquatic Center*            9:30 Blood Pressure Clinic-AR  <b>10:00 Trip: Cherry Blossom-Salem*</b>            10:30 Tech Help-AR            10:30 Crochet Class-TR            1:30 Billiards-BR  <b>1:30 Mary's Brain Class-AK</b>  <b>3-4 Happy Hour-BAR/AR</b>  <b>3:00 Spin The Wheel-AR</b>            6:00 Mexican Train-AK</p>	<p><b>26</b></p> <p><b>9:00 Shred Hour-FD</b>            9:20 Exercise Class #1-AK            10:00 Exercise Class #2-AK            10:30 Meditation Class-MR            1:30 Shuffleboard-AL            1:30 1-4-24 Dice Game-AK  <b>2:30 Happy Hour-AR/BAR</b>  <b>3:00 Music: Charles &amp; Angels-AR</b>            6:00 Friday Game Night -AK            6:00 Hearts-AK</p>	<p><b>27</b></p> <p>9:00 Coffee Hour Social-AR            10:00 Pinochle-AK            1:00 1-4-24 Dice Game-AK            2:00 Card Bingo-AR  <b>3-4 Happy Hour-BAR/AR</b>            6:00 Hand &amp; Foot -CR</p>
<p><b>28</b></p> <p><b>11:00 Church Service-AR</b>            1:30 Sunday Movie-TR  <i>Showing: Moonstruck</i>            1987 Comedy/Romance            1h42m (Amazon Prime)            2:00 Mexican Train -AK  <b>3-4 Happy Hour-BAR/AR</b></p>	<p><b>29</b></p> <p><i>Medical Transport Day*</i>  <b>10-11 Walmart &amp; Walgreens Shopping*</b>            9:20 Exercise Class #1-AK            10:00 Exercise Class #2-AK            10:30 Meditation Class-MR            1:30 Shuffleboard-AL  <b>3-4 Happy Hour-BAR/AR</b>            6:00 Pinochle-CR            6:30 Cribbage-AK</p>	<p><b>30</b></p> <p><i>Medical Transport Day*</i>            9:00 Morning Social Hour-AR            Cider, Tea, Coffee, &amp; Pastries.            9:30 Video Exercise-AK            10:00 Share your story Group-AK            1:30 Billiards-BR            1:30 Tai Chi-AK            2:30 Spanish Class-AK  <b>3:00 Funny Money Auction-AR</b>  <b>3-4 Happy Hour-BAR/AR</b>            6:00 Jackpot Bingo-AK</p>				<p><b>Red - Noteworthy</b></p> <p><b>Blue - Music</b></p> <p>* Sign up required</p> <p>Trips are in Bold</p>



## Calendar Key

### 1st Floor

- AL Alcoves
- AR Activity Room
- CA Café
- FD Front Desk
- LB Library/ Lobby

### 2nd Floor

- AK Activities Kitchen
- BR Billiards Room
- CR Card Room/Puzzles
- MR Meditation Room
- TR Theater Room

### 3rd Floor

- DR Dining Room



## Prize Bingo

April 16th

2:30pm

Activity Room

No Money or Signup Required

# Meadowlark

THE NEWSLETTER FOR  
COUNTRY MEADOWS VILLAGE

## Highlights

- **Ted Talk (Get comfortable with being uncomfortable)**

By getting comfortable with being uncomfortable, we can become agents of change and help create a better world for all. Throughout her talk, Jones emphasizes the importance of empathy and humility. We must be willing to listen to others and acknowledge our own biases and limitations.

- **Diabetic Footwear Specialist**

We will have a special guest come and share some important information regarding diabetic foot wear.

- **Trip: Wooden Shoe Tulip Festival**

Please make sure to sign up if you will be attending.

I will provide the price of tickets in the sign up sheet and then I will purchase the tickets a week before the trip.

## Highlights

- Ted Talk—Get comfortable with being uncomfortable (Luvvie Ajayi Jones)
- April Resident Meeting
- Trip: Black Bear Diner (Wilsonville)
- Activities Meeting
- Music: Kim & terry
- Mary's Brain Class
- Mary's Card Class
- Lorna's Glass Class
- Trip: Lum-Yuen (Salem)
- Trip: Wooden Shoe Tulip Festival
- Prize Bingo
- Trip: Spirit Mountain Casino
- Music: Jazz Tones
- Trip: Joey Craighead & friends (Woodburn Methodist Church)
- Diabetic Footwear Specialist Talk
- Tami's Craft Class
- Trip: Nancy Burgers & fries (Woodburn)
- Chef's Meeting
- Spin The Wheel
- Music: Charles & Angels
- Shred Hour
- Auction

## THINGS TO NOTE!

### SHOPPING

**TRANSPORTATION FOR  
LOCAL SHOPPING IS  
MONDAY TO  
WALMART & WALGREENS  
FROM 10-11 AM &  
THURSDAY TO SAFEWAY  
& BI-MART FROM  
1-2 PM. PLEASE SIGN UP  
IN THE LIBRARY.**

### DOCTOR TRANSPORTATION

MEDICAL TRANSPORTATION IS  
AS FOLLOWS:

SALEM/KEIZER APPOINTMENTS  
FROM 9AM-10:30AM (**TUESDAYS**)

WILSONVILLE/TUALATIN  
APPOINTMENTS FROM 12PM-2:30PM  
(**MONDAYS**)

WOODBURN APPOINTMENTS  
FROM 12PM-2:30PM (**TUESDAYS**)

PLEASE SIGN UP IN THE LIBRARY NO  
LATER THAN 2 DAYS PRIOR TO THE  
APPOINTMENT.

SEE THE FRONT DESK IF YOU HAVE  
ANY QUESTIONS.

April 2024

Hello  
April