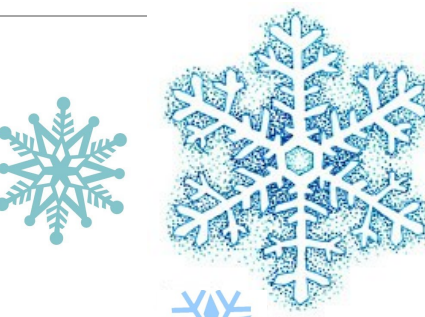
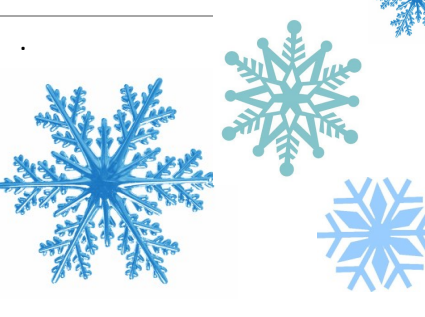



### WINTER WELLNESS MONTH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Activity Kitchen-2nd Floor AK Alcove-1st Floor AL Activity Room-1st Floor AR Café-1st Floor CA Card Room-2nd Floor CR Chapel-2nd Floor CH Courtside-Next Door CS Dining Room-1st Floor DR Front Desk-1st Floor FD Library/Lobby-1st Floor LB Pool Room-2nd Floor PR Television/Media Room-2nd Floor TV	<b>Meal Orders</b> - Please call the desk. <b>Lunch</b> - Call before 11:00am <b>Deliveries</b> will be made after 1:00pm <b>Dinner</b> - Call before 4:00pm <b>Deliveries</b> will be made after 5:30pm  Meadows Key to calendar: *Asterisks after an even indicates that you need to sign up in the library.	Chris McVay-Physical Therapist 503-998-2221 Ayron-Massage Therapist 503-263-8843 Gannette-Pedicure/Manicure 503-974-4689 Hair Salon-M.-971-983-1419 Hair Salon-CS.-971-983-1422	8:45 Billiards-PR 1 9:15 Exercise-CH 10:00 Shuffleboard-AL 6:30 Cribbage-CR  	8:45 Billiards-PR 2 10:00 Massage-Spa-ph# 10:30 Coffee Hour-CA 2:00 Saturday Matinee-TV <i>Seven Brides for Seven Brothers</i> Jane Powell Howard Keel 6:30 Pinochle-CR*
10:00 Massage-Spa-ph# 3 1:30 Darts-AL 3:00 Chapel Service-CH Virgil Michael 6:30 Rummikub-AK 6:30 Bridge-CR	8:45 Billiards-PR 4 9:15 Exercise-CH 9:30 Tai Chi* 1:00 Fun Games to Explore-AK 2:00 Walmart or Walgreens* 3:00 New Year's Resolutions-AK Learn Hints for Successful Goal Setting with Linda Harris 3:30 Strolling Club for Fitness & Fun -AK 6:30 Scrabble-LB/Hand & Foot-AK*	8:45 Billiards-PR 5 9 - 3 Medical Transport* 9:30 Physical Therapy-ph# 9:45 Accurate Hearing-AR* 10:30 Bible Study with Mary Mann-AK 1:00 Creative Hands-AK 2:00 Computers for Greenhorns-AR with the Librarian 6:30 Bingo-AR	8:45 Billiards-PR 6 9:30 Resident Meeting-CH 10:00 Pedicure/Manicure-ph# 10:15 Glass Class-AK Dave Dickerson 12:00 Lions Club of Woodburn-DR 1:30 <b>Minds Matter w/ Roger-AR</b> 3:00 Social-CS 6:30 Mexican Train-AK 3:00	8:45 Billiards-PR 7 9:30 Physical Therapy-ph# 10:00 Local Shopping* 1:30 Bible Study-Rev. Gilmore-AK 3:00 Social-AR Magic "Sunny Side Up" Dan Burns 4:30 TOPS-AK 6:30 Bunko-AK	8:45 Billiards-PR 8 9:15 Exercise-CH 10:00 Shuffleboard-AL 10:00 Adult Coloring-AK 11:00 Applebee's Lunch Out* 1:00 Massage-Spa-ph# 3:00 Give Away Table-Alcove 6:30 Cribbage-CR	8:45 Billiards-PR 9 10:00 Massage-Spa-ph# 2:00 Saturday Matinee-TV <i>Because I Said So</i> Diane Keaton Mandy Moore 6:30 Pinochle-CR
10:00 Massage-Spa-ph# 10 1:00 Jammers-AR Woodburn Area Musicians Jamming Together 3:00 Chapel Service-CH Terry Hadlock 6:30 Rummikub-AK 6:30 Bridge-CR	8:45 Billiards-PR 11 9:15 Exercise-CH 9:30 Tai Chi* 9:30 Massage-Spa-ph# 10:00 St. Luke's Kindergarten-AR 2:00 Keizer Station* 1:00 Fun Games to Explore-AK 2:00 Bi-Mart or Safeway* 6:30 Scrabble-LB 6:30 Hand & Foot-AK*	8:45 Billiards-PR 12 9 - 3 Medical Transport* 9:30 Physical Therapy-ph# 10:30 Bible Study-AK 1:00 Creative Hands-AK 2:00 Health Care Talks- Tifani Hodges Signature Home Health Free Blood Pressure and Glucose Check 6:30 Bingo-AK	8:45 Billiards-PR 13 9:00 Water Yoga* 9:15 Exercise-CH 9:30 Tai Chi* 10:00 Pedicure/Manicure-ph# 10:00 Shuffleboard-AL 1:00 Benefits of Exercise & Chair Yoga for Every Body Bridgett Schuch 6:30 Mexican Train-AK*	8:45 Billiards-PR 14 9:30 Physical Therapy-ph# 10:00 Local Shopping* 1:00 Ted's Mobility-AR* 1:30 Bible Study-Rev. Gilmore-AK 3:00 Social-AR Glenda McLean Accordion 6:30 Bunko-AK	8:45 Billiards-PR 15 9:15 Exercise-CH 10:00 Shuffleboard 10:00 Adult Coloring-AK 1:00 Massage-Spa-ph# 2:00 Happy Hour-Lobby 3:00 Social-CS Lee Nichols 6:30 Cribbage-CR	8:45 Billiards-PR 16 10:00 Massage-Spa-ph# 10:30 Coffee Hour-CA 2:00 Saturday Matinee-TV <i>Annie Get Your Gun</i> Betty Hutton Howard Keel 6:30 Pinochle-CR*
10:00 Massage-Spa-ph# 17 1:30 Darts-AL 2:00 Matinee-TV <i>Second Hand Lions</i> Michael Caine Robert Duvall 6:30 Rummikub-AK 6:30 Bridge-CR	9:00 Spirit Mountain* 18 9:15 Exercise-CH 9:30 Tai Chi * 10:00 Book Club-AK 1:00 Fun Games to Explore-AK 2:00 Walmart or Walgreens* 3:00 Goal Setting Check Back-AR 3:30 Strolling Club 6:30 Scrabble-LB/Hand & Foot-AK*	9 - 3 Medical Transport* 19 9:30 Physical Therapy-ph# 9:45 Accurate Hearing-AK* 10:30 Bible Study-AK 1:00 Creative Hands-AK 2:00 Trivia with the Librarian-AR Just What the Doctor Ordered 3:00 Welcome Social-AR 6:30 Bingo-AK	8:45 Billiards-PR 20 9:00 Water Yoga* 9:15 Exercise-CH 9:30 Tai Chi* 10:00 Pedicure/Manicure-ph# 10:30 Think Wednesday-TV 12:00 Lions Club - All Welcome-DR 2:00 Food Committee Meeting-AK 6:30 Mexican Train-AK*	8:45 Billiards-PR 21 9:30 Physical Therapy-ph# 10:00 Local Shopping* 1:30 Bible Study-Rev. Gilmore-AK 3:00 Birthday Social Aileen Petrie Electronic Accordion 6:30 Bunko-AK	8:45 Billiards 22 9:15 Exercise-CH 10:00 Shuffleboard 10:00 Adult Coloring-AK 1:00 Massage-Spa-ph# 11:00 Shari's for National Pie Day* 3:00 Social-CS Bob McGraw 6:30 Cribbage-CR	8:45 Billiards-PR 23 10:00 Massage-Spa-ph# 10:30 Coffee Hour-CA 2:00 Saturday Matinee-TV <i>The Big Trail</i> John Wayne Marguerite Churchill 6:30 Pinochle-CR*
10:00 Massage-Spa-ph# 24 3:00 Chapel Service-CH Isaac Gallaway 6:30 Rummikub-AK 6:30 Bridge-CR  2:00 Matinee: <i>Dave</i> -Kevin Kline-TV 31 6:30 Rummikub-AK 6:30 Bridge-CR	9:15 Exercise-CH 25 9:30 Physical Therapy-ph# 9:30 Tai Chi* 10:00 Bauman Farm* 1:00 Fun Games to Explore-AK 1:00 Kroc Center Annual Health Fair* 2:00 Bi-Mart or Safeway* 6:30 Scrabble-LB 6:30 Hand & Foot-AK*	8:45 Billiards-PR 26 9 - 3 Medical Transport* 9:30 Physical Therapy-ph# 10:30 Bible Study-AK 1:00 Creative Hands-CR 1:00 Senior Cinema-CH 3:00 Falls and Follies-AK Chris McVay-Fall Recovery 6:30 Bingo-AK	8:45 Billiards-PR 27 9:00 Water Yoga* 9:15 Exercise-CH 9:30 Tai Chi* 10:00 Pedicure/Manicure-ph# 10:00 Shuffleboard-AL 1:00 World of Speed Museum* 6:30 Mexican Train-AK*	8:45 Billiards-PR 28 9:30 Physical Therapy-ph# 10:00 Local Shopping* 1:30 Bible Study-Rev. Gilmore-AK 2:00 Mary Kay-LB 3:00 Social-AR Kim n Terry The Legends of Music Show 6:30 Bunko-AK	8:45 Billiards-PR 29 9:15 Exercise-CH 10:00 Shuffleboard-AL 10:00 Adult Coloring-AK 1:00 Massage-Spa-ph# 11:00 Abby's Pizza* 6:30 Cribbage-CR	8:45 Billiards-PR 30 10:00 Massage-Spa-ph# 10:30 Coffee Hour-CA 2:00 Saturday Matinee-TV <i>Turner and Hooch</i> Tom Hanks 6:30 Pinochle-CR*