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SENIOR CALENDAR

JANUARY 2015



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Hawks Ridge ASSISTED LIVING **Assisted Living** **January 2015**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Hawks Ridge Assisted Living 1795 8th St. Hood River, OR 97031		Legend (DR) Dining Room (PDR) Private Dining Room (LB) Lobby (WR) Workout Room 2nd Floor (FR) Fireside Room 2nd Floor (CCR) Coke Room 2nd Floor (CR) Craft Area 2nd Floor		8:00 Rose Parade (DR) 9:15 Sittercise (WR) 11:00 World News (LB) 1:15 Tailgate Toss (DR) 2:00 Bunco (DR) 2:00 Rose Bowl (DR) 3:00 "Memories in the Making" Watercolors (CR)	9:15 Sittercise (WR) 11:00 Pinochle Club (FR) 11:30 Music with Andre & Friends (DR) 1:30 Crafts: Snow Globes 3:00 Ice Breakers (LB) 6:15 Friday Night Bingo!	9:15 Sittercise (WR) 10:00 Cribbage Club (FR) 10:15 Weekly News Wrap Up (LB) 2:00 Pins & Pearls with Paula (CR) 3:00 Bingo (DR)
9:15 Morning Stretch (CR) 1:15 Cabin Fever Social (LB) 2:00 Osteo Flex (WR) 3:15 Church w/ The Miles (CR) 4:00 Sweet Drinks (LB)	9:15 Sittercise (WR) 10:15 Current Events (GR) 2:00 Lifelong Learning "Better Communication" (DR) 3:00 Blackjack (FR) 5:00 Piano w/ Ted Horwitz	9:15 Sittercise (WR) 10:00 Baking Club (CCR) 11:30 Piano w/ Tom Kaser 1:15 Activities Discussion 2:00 Lifelong Learning: Discovery Center 3:00 Homemade Tasty Treats (LB)	9:15 Sittercise (WR) 9:30 Shopping: Safeway 10:00 Bible Blessings (PDR) 11:00 Prov. Brv. Group (PDR) 1:00 Shopping: Walmart 2:30 Bingo (DR)	9:15 Sittercise (WR) 10:00 "Memories in the Making" Watercoloring (CR) 11:00 World News (LB) 1:15 Tailgate Toss (BP) 2:00 Bunco (DR) 3:00 Everything Elvis (CCR)	9:15 Sittercise (WR) 11:00 Pinochle Club (FR) 11:30 Music w/ Diane & Friends (DR) 1:30 Crafts: Snowflakes 3:00 Winter Happy Hour (LB) 6:15 Friday Night Bingo!	9:15 Sittercise (WR) 10:00 Cribbage Club (FR) 10:15 Weekly News Wrap Up (LB) 2:00 Pins & Pearls with Paula (CR) 3:00 Bingo (DR)
9:15 Morning Stretch (CR) 1:15 Cabin Fever Social (LB) 2:00 Osteo Flex (WR) 3:15 Church w/ The Miles (CR) 4:00 Sweet Drinks (LB)	10:15 Current Events (GR) 1:00 Cascade Hearing Clinic (PDR) 1:15 Chef's Chat (DR) 2:00 Lifelong Learning "Better Communication" (DR) 3:00 Dominos (FR)	9:15 Sittercise (WR) 10:00 Baking Club (CCR) 11:30 Piano w/ Tom Kaser 1:30 Lifelong Learning: Financial Fraud w/ Diane Childs (DR) 3:00 Homemade Tasty Treats (LB)	9:15 Sittercise (WR) 9:30 Shopping: Walmart 10:00 Bible Blessings (PDR) 11:00 Prov. Brv. Group (PDR) 1:00 Shopping: Rosauers 2:30 Bingo (DR)	9:15 Sittercise (WR) 11:00 World News (LB) 1:15 Tailgate Toss (BP) 2:00 Bunco (DR) 2:00 Lifelong Learning: "Cooking in My Heels" (CCR)	9:15 Sittercise (WR) 11:00 Pinochle Club (FR) 11:30 Music with Andre & Friends (DR) 1:30 Crafts: Wreaths 2:30 Photo Booth (LB) 5:15 Waffle Social (CCR)	9:15 Sittercise (WR) 10:00 Cribbage Club (FR) 10:15 Weekly News Wrap Up (LB) 2:00 Pins & Pearls with Paula (CR) 3:00 Bingo (DR)
9:15 Morning Stretch (CR) 1:15 Cabin Fever Social (LB) 2:00 Osteo Flex (WR) 3:15 Church w/ The Miles (CR) 4:00 Sweet Drinks (LB)	MLK Jr. Day 9:15 Sittercise (WR) 10:15 Current Events (GR) 2:00 Lifelong Learning "Better Communication" (DR) 3:00 Penny Poker (FR) 5:00 Piano w/ Ted Horwitz	9:15 Sittercise (WR) 10:00 Baking Club (CCR) 11:30 Piano w/ Tom Kaser 1:15 Resident Council (DR) 2:00 Lifelong Learning: "Better Than Resolutions" (DR) 3:00 Homemade Treats (LB)	9:15 Sittercise (WR) 9:30 Shopping: Safeway 10:00 Bible Blessings (PDR) 11:00 Prov. Brv. Group (PDR) 1:00 Shopping: Walmart 2:30 Bingo (DR)	9:15 Sittercise (WR) 11:00 World News (LB) 1:15 Tailgate Toss (BP) 2:00 Bunco (DR) 3:00 "Memories in the Making" Watercolors (CR)	9:15 Sittercise (WR) 11:00 Pinochle Club (FR) 11:30 Music w/ Diane & Friends (DR) 1:30 Crafts: Painted Mugs 3:00 My First Car Social (DR) 6:15 Friday Night Bingo!	9:15 Sittercise (WR) 10:00 Cribbage Club (FR) 10:15 Weekly News Wrap Up (LB) 2:00 Pins & Pearls with Paula (CR) 3:00 Bingo (DR)
9:15 Morning Stretch (CR) 1:15 Cabin Fever Social (LB) 2:00 Osteo Flex (WR) 3:15 Church w/ The Miles (CR) 4:00 Sweet Drinks (LB)	9:15 Sittercise (WR) 10:15 Current Events (GR) 2:00 Lifelong Learning "Better Communication" (DR) 3:00 Pinochle (FR) 3:30 Apple Cider Social (LB)	9:15 Sittercise (WR) 10:00 Baking Club (CCR) 11:30 Piano w/ Tom Kaser 1:15 Town Hall (DR) 2:00 Lifelong Learning: 3:00 Homemade Tasty Treats (LB)	9:15 Sittercise (WR) 9:30 Shopping: Walmart 10:00 Bible Blessings (PDR) 11:00 Prov. Brv. Group (PDR) 1:00 Shopping: Rosauers 2:30 Bingo (DR)	9:15 Sittercise (WR) 11:00 World News (LB) 1:15 Tailgate Toss (BP) 2:00 Bunco (DR) 3:00 Watercolors (CR)	9:15 Sittercise (WR) 11:00 Pinochle Club (FR) 12:00 Resident Birthday Party 1:30 Crafts: Sketching Skills 3:00 Sock Hop Social (CCR) 6:15 Friday Night Bingo!	9:15 Sittercise (WR) 10:00 Cribbage Club (FR) 10:15 Weekly News Wrap Up (LB) 2:00 Pins & Pearls with Paula (CR) 3:00 Bingo (DR)

LUNCH MENU January 2015

LUNCH 12:00-12:30pm \$5.00 Suggested Donation ** Menu Subject to Change

Mon	Tue	Wed	Thu	Fri
			1	2
			CLOSED FOR NEW YEARS' DAY	MUSIC Good Times Band Baked Chicken
5	6	7	8	9
Beef Stroganoff	Blueberry Pancakes, Sausage, Scrambled Eggs	Split Pea Soup & Grilled Cheese Sandwiches	Sweet-N-Sour Meatballs over White Rice	MUSIC Jack Shepherd and Friends Spaghetti
12	13	14	15	16
BBQ Chicken	Beef Stew & Cheese Biscuits	MUSIC Bill Davis Mellow Guitar Rueben Sandwiches & Potato Salad	Chef's Choice	MUSIC Simcoe Boys Black Bean & Ham Soup Cornbread
19	20	21	22	23
CLOSED MARTIN LUTHER KING DAY	Chef's Salad Cheesy Garlic Bread	Chili Cheese Dogs	Meatloaf Seasoned Potatoes	MUSIC Highline Express Corned Beef & Cabbage
26	27	28	29	30
Chicken Strips	Lasagna	Cowboy Burgers w/ Caramelized Onions	Chicken -N- Dumplings	MUSIC Andre and Friends Potato Bar

HOOD RIVER VALLEY ADULT CENTER 2010 Sterling Place, Hood River, OR 97031 541-386-2060