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SENIOR CALENDAR

FEBRUARY 2015



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Hawks Ridge ASSISTED LIVING Assisted Living February 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:15 Morning Stretch (CR) 1:15 Cabin Fever Social (LB) 2:00 Osteo Flex (WR) 2:30 Church w/ The Mileses (CR) 4:00 High Tea (LB)	2 9:15 Sittercise (WR) 10:00 Wii Games (DR) 2:00 Lifelong Learning "Better Communication" (DR) 3:00 Game Play (DR) 5:00 Piano w/ Ted Horowitz	3 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 'Ice Age'" 3:00 A Taste of Home (LB)	4 9:30 Shopping: Safeway 10:00 Bible Blessings (PDR) 10:30 Indoor Garden Club: Grow Your Own Herbs 1:00 Shopping: Walmart 1:30 Lifelong Learning: Financial Fraud (DR) 2:30 Game Play (DR)	5 9:15 Sittercise (WR) 10:00 iPad Tutorials (FR) 11:00 World News (LB) 1:15 Tailgate Toss (BP) 2:00 Bunco (DR) 3:00 Meet Your New Neighbors' Social (DR)	6 9:15 Sittercise (WR) 11:00 Crafts: Valentine's Door Hangers (DR) 11:30 Music with Andre & Friends (DR) 1:30 Ice Breakers (LB) 2:00 Bus Adventure 6:15 Friday Night Bingo!	7 9:15 Sittercise (WR) 10:00 Chair Yoga (WR) 10:15 Weekly News Wrap Up 1:30 "Memories in the Making" Watercolor Class (PDR) 2:00 Pins & Pearls with Paula (CR) 3:00 Game Play (DR)
8 9:15 Morning Stretch (CR) 1:15 Cabin Fever Social (LB) 2:00 Osteo Flex (WR) 2:30 Church w/ The Mileses (CR) 4:00 High Tea (LB)	9 9:15 Sittercise (WR) 10:00 Wii Games (DR) 1:00 Cascade Hearing Clinic (PDR) 2:00 Lifelong Learning "Better Communication" (DR) 3:00 Game Play (DR)	10 9:15 Sittercise (WR) 10:00 Baking Club (CCR) 11:30 Piano w/ Tom Kaser 1:30 My Secret Valentine (LB) 2:00 Lifelong Learning: "Recipe Tasting & Testing"	11 9:15 Sittercise (WR) 9:30 Shopping: Walmart 10:00 Bible Blessings (PDR) 11:00 Prov. Bv. Group (PDR) 1:00 Shopping: Rosauers 1:30 My Secret Valentine (LB) 2:30 Game Play (DR)	12 11:00 World News (LB) 12:00 Bob Connelly Country Music (DR) 1:15 Tailgate Toss (BP) 1:30 My Secret Valentine (LB) 2:00 Bunco (DR) 3:00 Armchair Travel (Paris) (DR)	13 9:15 Sittercise (WR) 11:00 Hood River News Stories (LB) 11:30 Music w/ Diane & Friends 1:30 My Secret Valentine (LB) 2:00 Bus Adventure 6:15 Friday Night Bingo!	14 Valentine's Day 10:00 Chair Yoga (WR) 10:15 Weekly News Wrap Up 11:00 Cupid Scavenger Hunt 11:30 Piano w/ Ted Horwitz 1:30 My Secret Valentine (LB) 1:30 My Valentine Photo Booth (LB) 3:00 Sweetheart Social (CCR)
15 9:15 Morning Stretch (CR) 1:15 Cabin Fever Social (LB) 2:00 Osteo Flex (WR) 2:30 Church w/ The Mileses (CR) 4:00 High Tea (LB)	16 9:15 Sittercise (WR) 10:00 Wii Games (DR) 2:00 Lifelong Learning "Better Communication" (DR) 3:00 Game Play (DR) 5:00 Piano w/ Ted Horowitz	17 9:15 Sittercise (WR) 10:00 Baking Club (CCR) 11:30 Piano w/ Tom Kaser 1:15 Resident Council (DR) 2:00 Lifelong Learning: "The Rainy Day Survival Guide" 3:00 A Taste of Home (LB)	18 9:15 Sittercise (WR) 9:30 Shopping: Safeway 10:00 Bible Blessings (PDR) 10:30 Indoor Garden Club: Grow Your Own Herbs 11:00 Prov. Bv. Group (PDR) 1:00 Shopping: Walmart 2:30 Game Play (DR)	19 9:15 Sittercise (WR) 10:00 iPad Tutorials (FR) 11:00 World News (LB) 1:15 Tailgate Toss (BP) 2:00 Bunco (DR) 3:00 Crafts: Candy Jars (DR)	20 9:15 Sittercise (WR) 11:00 Hood River News Stories (LB) 11:30 Music with Andre & Friends (DR) 1:30 Ice Breakers (LB) 2:00 Bus Adventure 5:00 Pizza Party (CCR)	21 9:15 Sittercise (WR) 10:00 Chair Yoga (WR) 10:15 Weekly News Wrap Up 1:30 "Memories in the Making" Watercolor Class (PDR) 2:00 Pins & Pearls with Paula (CR) 3:00 Game Play (DR)
22 9:15 Morning Stretch (CR) 1:15 Cabin Fever Social (LB) 2:00 Osteo Flex (WR) 2:30 Church w/ The Mileses (CR) 4:00 High Tea (LB)	23 9:15 Sittercise (WR) 10:00 Wii Games (DR) 2:00 Lifelong Learning "Better Communication" (DR) 3:00 Game Play (DR)	24 9:15 Sittercise (WR) 10:00 Baking Club (CCR) 11:30 Piano w/ Tom Kaser 1:15 Town Hall (DR) 2:00 Yahtzee (DR) 3:00 A Taste of Home (LB)	25 9:15 Sittercise (WR) 9:30 Shopping: Walmart 10:00 Bible Blessings (PDR) 11:00 Prov. Bv. Group (PDR) 1:00 Shopping: Rosauers 2:30 Game Play (DR)	26 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)	27 9:15 Sittercise (WR) 11:00 Hood River News Stories (LB) 11:30 Music w/ Diane & Friends 1:30 Ice Breakers (LB) 2:00 Bus Adventure 6:15 Friday Night Bingo!	28 9:15 Sittercise (WR) 10:00 Chair Yoga (WR) 10:15 Weekly News Wrap Up (LB) 2:00 Pins & Pearls with Paula (CR) 3:00 Game Play (DR)
Hawks Ridge Assisted Living 1795 8th Street 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 Room 2nd Floor					

LUNCH MENU ~ FEBRUARY 2015
LUNCH NOON—12:30PM \$5.00 SUGGESTED DONATION

MON	TUE	WED	THU	FRI
2 SPAGHETTI w/ MEAT SAUCE VEGETABLE MEDLEY GREEN SALAD GARLIC BREAD	3 OVEN FRIED CHICKEN CHEESY POTATOES CARROT SALAD FRUIT JELL-O ROLL	4 VEGETARIAN CHILI FRUIT SALAD CORN BREAD	5 HAM SCALLOPED POTATOES PEAS COLE SLAW ROLL	6 COUNTRY FRIED STEAK POTATOES w/ GRAVY GREEN BEANS GREEN SALAD ROLL
9 PORK SCHNITZEL RED POTATOES BROCCOLI GREEN SALAD ROLL	10 MEATLOAF SEASONED POTATOES CORN COLE SLAW ROLL	11 CHICKEN PICCATA w/ FETTUCCHINI GREEN BEANS CESAR SALAD BREAD STICKS	12 MAC & CHEESE VEGETABLE MEDLEY FRUIT SALAD ROLL	13 ITALIAN POT ROAST w/ RED POTATOES AND CEL- ERY GREEN SALAD ROLL
16 CLOSED FOR PRESIDENT'S DAY	17 ELDORADO PINTO BEANS GREEN SALAD CHIPS & SALSA	18 PORK ROAST MASHED POTATOES PEAS COLE SLAW ROLL	19 POTATO BAR w/ CHEESE AND ASSORTED VEGIES AND CONDIMENTS ROLL	20 TUNA MELT CESAR SALAD FRUIT MEDLEY
23 BBQ CHICKEN BAKED BEANS PASTA SALAD COLE SLAW TEXAS TOAST	24 SALISBURY STEAK w/MASHED POTATOES MUSHROOM GRAVY GREEN BEANS FRUIT MEDLEY ROLL	25 CHICKEN ALFREDO GREEN SALAD BREAD STICKS	26 COWBOY BURGER POTATO SALAD FRUIT JELL-O	27 CHICKEN POT PIE GREEN SALAD ROLL

ALL MEALS SERVED WITH FREE CHOICE FRESH FRUIT BOWL AND 2% MILK MENU SUBJECT TO CHANGE

HOOD RIVER VALLEY ADULT CENTER 2010 STERLING PLACE, HOOD RIVER 541-386-2060