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SENIOR CALENDAR MARCH 2015

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:15 Morning Stretch (CR) 1:15 Spring Fling Social (LB) 2:00 Osteo Flex (WR) 2:30 Church w/ The Miles (CR) 4:00 High Tea (LB)</p>	<p>9:15 Sittercise (WR) 10:00 Garden Club (BP) 2:00 Lifelong Learning: "Early Inhabitants of the Columbia Gorge" (DR) 3:00 Game Play (DR) 4:00 Walking Club (LB)</p>	<p>9:15 Sittercise (WR) 10:00 Baking Club (CCR) 11:30 Piano w/ Tom Kaser (DR) 1:15 Activities Discussion (DR) 2:00 Yahtzee Game Play (DR) 3:00 A Taste of Home (LB) 3:30 Crafts (CR)</p>	<p>9:15 Sittercise (WR) 9:30 Shopping: Safeway 10:00 Bible Blessings (PDR) 11:00 Prov. Bv. Group (PDR) 1:00 Shopping: Walmart 1:30 Cardio & Strength Training Workout (WR) 2:30 Game Play (DR)</p>	<p>9:15 Sittercise (WR) 10:00 iPad Tutorials (DR) 11:00 World News (LB) 1:15 Tailgate Toss (BP) 2:00 Bunco (DR) 3:00 "Memories in the Making" Watercolors (DR) 4:00 Walking Club (LB)</p>	<p>9:15 Sittercise (WR) 11:00 Hood River Current Events 11:30 Music with Andre & Friends (DR) 1:00 Tai Chi Exercise (WR) 2:00 Apples to Apples (DR) 3:10 You Be the Judge (DR) 6:15 Friday Night Game Play!</p>	<p>9:15 Sittercise (WR) 10:15 Scrapbooking (CR) 1:15 Yoga Exercise Video (WR) 2:00 Watercoloring (DR) 3:00 Game Play (DR) 4:00 Ice Cream Social (DR)</p>
<p>9:15 Morning Stretch (CR) 1:15 Spring Fling Social (LB) 2:00 Osteo Flex (WR) 2:30 Church w/ The Miles (CR) 4:00 High Tea (LB)</p>	<p>9:15 Sittercise (WR) 1:00 Cascade Hearing Clinic (PDR) 2:00 Lifelong Learning "Better Communication" (DR) 3:00 Game Play (DR) 4:00 Walking Club (LB)</p>	<p>9:15 Sittercise (WR) 10:00 Baking Club (CCR) 11:30 Piano w/ Tom Kaser 1:15 Chef's Chat (DR) 2:00 Yahtzee Game Play (DR) 3:00 A Taste of Home (LB) 3:30 Crafts (CR)</p>	<p>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 Cardio & Strength Training Workout (WR) 2:30 Game Play (DR)</p>	<p>10:00 iPad Tutorials (DR) 12:00 Bob Connelly Country Music (DR) 2:00 Lifelong Learning: "Cooking in My Heels" (CCR) 3:00 Guess Who Social (DR) 4:00 Walking Club (LB)</p>	<p>9:15 Sittercise (WR) 11:00 Hood River Current Events 11:30 Music w/ Diane & Friends (DR) 1:00 Tai Chi Exercise (WR) 2:00 Apples to Apples (DR) 3:10 You Be the Judge (DR) 6:15 Friday Night Game Play!</p>	<p>9:15 Sittercise (WR) 10:15 Scrapbooking (CR) 1:15 Yoga Exercise Video (WR) 2:00 Watercoloring (DR) 3:00 Game Play (DR) 4:00 Ice Cream Social (DR)</p>
<p>9:15 Morning Stretch (CR) 1:15 Spring Fling Social (LB) 2:00 Osteo Flex (WR) 2:30 Church w/ The Miles (CR) 4:00 High Tea (LB)</p>	<p>9:15 Sittercise (WR) 10:00 Garden Club (BP) 2:00 Lifelong Learning "Better Communication" (DR) 3:00 Game Play (DR) 4:00 Walking Club (LB) 5:00 Piano w/ Ted Horowitz</p>	<p>St. Patrick's Day 10:00 Baking Club (CCR) 11:30 Piano w/ Tom Kaser 1:15 Resident Council (DR) 2:00 Lifelong Learning: "The Power of Accountability" 3:00 St. Patty's Happy Hour (DR) 3:30 Crafts (CR)</p>	<p>9:15 Sittercise (WR) 9:30 Shopping: Safeway 10:00 Bible Blessings (PDR) 11:00 Prov. Bv. Group (PDR) 1:00 Shopping: Walmart 1:30 Cardio & Strength Training Workout (WR) 2:30 Game Play (DR)</p>	<p>9:15 Sittercise (WR) 10:00 iPad Tutorials (DR) 11:00 World News (LB) 1:15 Tailgate Toss (BP) 2:00 Bunco (DR) 3:00 Armchair Travel to Ireland (DR) 4:00 Walking Club (LB)</p>	<p>9:15 Sittercise (WR) 11:00 Hood River Current Events 11:30 Music with Andre & Friends (DR) 1:00 Tai Chi Exercise (WR) 2:00 Bus Adventure 6:15 Friday Night Game Play!</p>	<p>9:15 Sittercise (WR) 10:15 Scrapbooking (CR) 1:15 Yoga Exercise Video (WR) 2:00 Watercoloring (DR) 3:00 Game Play (DR) 4:00 Ice Cream Social (DR)</p>
<p>9:15 Morning Stretch (CR) 1:15 Spring Fling Social (LB) 2:00 Osteo Flex (WR) 2:30 Church w/ The Miles (CR) 4:00 High Tea (LB)</p>	<p>9:15 Sittercise (WR) 2:00 Lifelong Learning "Better Communication" (DR) 3:00 Game Play (DR) 4:00 Walking Club (LB)</p>	<p>9:15 Sittercise (WR) 10:00 Baking Club (CCR) 11:30 Piano w/ Tom Kaser 1:15 Town Hall (DR) 2:00 A Taste of Home (LB) 2:00 Yahtzee Game Play (DR) 3:00 Bus Adventure</p>	<p>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 Cardio & Strength Training Workout (WR) 2:30 Game Play (DR)</p>	<p>10:00 iPad Tutorials (DR) 11:00 World News (LB) 1:15 Tailgate Toss (BP) 2:00 Bunco (DR) 3:00 Make It Up Social 4:00 Walking Club (LB)</p>	<p>9:15 Sittercise (WR) 11:00 Hood River Current Events 11:30 Music w/ Diane & Friends (DR) 1:00 Tai Chi Exercise (WR) 2:00 Bus Adventure 6:15 Friday Night Game Play!</p>	<p>9:15 Sittercise (WR) 10:15 Scrapbooking (CR) 1:15 Yoga Exercise Video (WR) 2:00 Watercoloring (DR) 3:00 Game Play (DR) 4:00 Ice Cream Social (DR)</p>
<p>9:15 Morning Stretch (CR) 1:15 Spring Fling Social (LB) 2:00 Osteo Flex (WR) 2:30 Church w/ The Miles (CR) 4:00 High Tea (LB)</p>	<p>9:15 Sittercise (WR) 10:00 Garden Club (BP) 2:00 Lifelong Learning "Better Communication" (DR) 3:00 Game Play (DR) 4:00 Walking Club (LB)</p>	<p>9:15 Sittercise (WR) 10:00 Baking Club (CCR) 11:30 Piano w/ Tom Kaser 12:00 Resident Birthday Party 2:00 You Be the Judge (DR) 3:00 A Taste of Home (LB) 3:30 Crafts (CR)</p>	<p>Happy March! It's the Luck of the Irish</p>	<p>Legend (DR) Dining Room (BP) Back Patio (LB) Lobby (PDR) Private Dining Room (CCR) Coca-Cola Room (WR) Weight Room</p>	<p>Hawks Ridge Assisted Living 1795 8th St. Hood River, OR 97031</p>	

LUNCH MENU ~ MARCH 2015
LUNCH SERVED NOON—12:30PM **\$5.00 SUGGESTED DONATION**

MON	TUE	WED	THU	FRI
<p>2 TOMATO BISQUE SOUP GRILLED HAM & CHEESE COLE SLAW</p>	<p>3 CHICKEN RICE MIXED VEGIES WALDORF SALAD</p>	<p>4 BEEF TIPS W/ NOODLES CARROT SALAD FRUIT MEDLEY</p>	<p>5 LASAGNA GREEN BEANS APPLESAUCE GREEN SALAD</p>	<p>6 OVEN FRIED CHICKEN CHEESY POTATOES CORN COLE SLAW THE GOOD TIME BAND</p>
<p>9 SWEET & SOUR MEATBALLS RICE PEAS GREEN SALAD</p>	<p>10 PORK ROAST POTATOES W/ GRAVY BROCCOLI VEGETABLE SALAD</p>	<p>11 LINGUINI W/ CLAM SAUCE GREEN BEANS CESAR SALAD</p>	<p>12 HOT TURKEY SANDWICH W/ POTATOES AND GRAVY MIXED VEGIES COLE SLAW</p>	<p>13 MAC & CHEESE VEGETABLE MEDLEY FRUIT JELL-O JACK SHEPHERD & FRIENDS</p>
<p>16 RAVIOLI GREEN BEANS SALAD APPLESAUCE</p>	<p>17 ST. PATRICK'S DAY CORNED BEEF POTATO/CABBAGE/CARROTS CARROT CAKE</p>	<p>18 HAM SCALLOPED POTATOES PEAS COLE SLAW</p>	<p>19 COWBOY BURGERS POTATO SALAD FRUIT JELL-O</p>	<p>20 SALISBURY STEAK POTATOES & GRAVEY VEGETABLE MEDLEY COLE SLAW THE SIMCO BOYS</p>
<p>23 GROUND STEAK POTATOES & GRAVY CORN COLE SLAW 30 CHICKEN & FETTUCCINI BROCCOLI GREEN SALAD</p>	<p>24 CARNITAS W/TORTILLAS REFRIED BEANS CHOPPED SALAD 31 MEATLOAF SEASONED POTATOES COLE SLAW</p>	<p>25 CHICKEN TORTIELLINI W/ VEGETABLES WALDORF SALAD</p>	<p>26 POT ROAST POTATOES/CARROTS COLE SLAW</p>	<p>27 PORK CUTLETS RED POTATOES BROCCOLI GREEN SALAD 9 STRING BAND</p>

ALL MEALS SERVED WITH FREE CHOICE FRESH FRUIT BOWL, ROLL AND 2% MILK MENU SUBJECT TO CHANGE
HOOD RIVER VALLEY ADULT CENTER 2010 STERLING PLACE, HOOD RIVER 541-386-2060