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Chris R. Chapman
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SENIOR CALENDAR APRIL 2015

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Assisted Living							April 2015
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Hawks Ridge Assisted Living 1795 8th St. Hood River, OR 97031	(LB) Lobby (DR) Dining Room (PDR) Private Dining Room (CCR) Coca-Cola Room (FR) Fireside Room (CR) Craft Room (WR) Weight Room		9:15 Sittercise (WR) 9:30 Shopping: Safeway 10:00 Bible Blessings (PDR) 11:00 Prov. Brv. Group (PDR) 1:00 Shopping: Walmart 1:30 Cardio & Strength Training 2:30 Game Play (DR) 3:45 April Fools' Social (LB)	9:15 Sittercise (WR) 10:00 iPad Tutorials (DR) 11:15 World News (LB) 1:15 Tailgate Toss (BP) 2:00 Bunco (DR) 3:00 Watercolors (PDR) 4:00 Walking Club (LB)	9:15 Sittercise (WR) 10:00 Cooking Savory (CCR) 11:00 Hood River News Stories (LB) 11:30 Music with Andre & Friends (DR) 2:00 Bus Adventure 4:00 Happy Hour (LB)	9:15 Sittercise (WR) 12:00 Friends & Family Easter Brunch 3:00 Game Play (DR) 4:00 Easter Egg Decoration (DR)	
Easter 9:15 Morning Stretch (CR) 1:15 Spring Fling Social (LB) 2:00 Osteo Flex (WR) 2:30 Church Service w/ The Miles (CR) 4:00 Easter Egg Hunt (Meet in LB)	10:00 Current Events (PDR) 2:00 Lifelong Learning: "Men & Women of the Lewis & Clark Trail" Discovery Center 3:00 Game Play (DR) 4:30 Piano with Ted Horwitz	9:15 Sittercise (WR) 10:00 Baking Club (CCR) 11:30 Piano w/ Tom Kaser 1:15 Activities Discussion (DR) 2:00 Crafts (DR) 3:00 A Taste of Home (LB) 3:30 Walking Club (LB)	9:15 Sittercise (WR) 9:30 Shopping: Walmart 10:00 Bible Blessings (PDR) 1:00 Shopping: Rosauers 1:30 Cardio & Strength Training 2:30 Game Play (DR) 3:45 Watercolors (PDR)	9:15 Sittercise (WR) 10:00 iPad Tutorials (DR) 11:15 World News (LB) 1:15 Tailgate Toss (BP) 2:00 Bunco (DR) 3:00 Meet Your New Neighbor Social (DR) 4:00 Walking Club (LB)	9:15 Sittercise (WR) 10:00 Cooking Savory (CCR) 11:00 Hood River News Stories (LB) 11:30 Music w/ Diane & Friends 2:00 Bus Adventure 4:00 Happy Hour (LB)	9:15 Sittercise (WR) 9:45 Manicures (LB) 1:15 Walking Club (LB) 1:45 Watercoloring (DR) 3:00 Game Play (DR) 4:00 Ice Cream Social (DR)	
9:15 Morning Stretch (CR) 1:15 Spring Fling Social (LB) 2:00 Osteo Flex (WR) 2:30 Church Service w/ The Miles (CR) 4:00 Walking Club (LB)	10:00 Current Events (PDR) 1:00 Cascade Hearing Clinic (PDR) 2:00 Lifelong Learning "Inexplicable Universe" Episode #1 (DR) 3:00 Game Play (DR) 4:00 Walking Club (LB)	9:15 Sittercise (WR) 10:00 Baking Club (CCR) 11:30 Piano w/ Tom Kaser 1:15 Resident Council (DR) 2:00 Lifelong Learning: "Eating with Intention" 2:30 A Taste of Home (LB) 3:30 Garden Bed Prep. (BP)	9:15 Sittercise (WR) 9:30 Shopping: Safeway 10:00 Bible Blessings (PDR) 11:00 Prov. Brv. Group (PDR) 1:00 Shopping: Walmart 1:30 Cardio & Strength Training 2:30 Game Play (DR) 3:45 Watercolors (PDR)	10:00 iPad Tutorials (DR) 11:15 World News (LB) 1:15 Tailgate Toss (BP) 2:00 Lifelong Learning: "Cooking in My Heels" (DR) 3:00 Armchair Travel to Japan (DR) 4:00 Walking Club (LB)	9:15 Sittercise (WR) 10:00 Cooking Savory (CCR) 11:00 Hood River News Stories (LB) 11:30 Music with Andre & Friends (DR) 2:00 Bus Adventure 4:00 Happy Hour (LB)	9:15 Sittercise (WR) 9:45 Manicures (LB) 1:15 Walking Club (LB) 1:45 Watercoloring (DR) 3:00 Game Play (DR) 4:00 Ice Cream Social (DR)	
9:15 Morning Stretch (CR) 1:15 Spring Fling Social (LB) 2:00 Osteo Flex (WR) 2:30 Church Service w/ The Miles (CR) 4:00 Walking Club (LB)	9:15 Sittercise (WR) 10:00 Current Events (PDR) 2:00 Lifelong Learning "The Myths of Nutrition & Fitness" Ep. 1 (DR) 3:00 Game Play (DR) 4:00 Walking Club (LB) 4:30 Piano w/ Ted Horwitz	9:15 Sittercise (WR) 10:00 Baking Club (CCR) 11:30 Piano w/ Tom Kaser 1:15 Town Hall (DR) 2:00 Crafts (DR) 3:00 A Taste of Home (LB) 3:30 Garden Bed Prep. (BP)	9:15 Sittercise (WR) 9:30 Shopping: Walmart 10:00 Bible Blessings (PDR) 1:00 Shopping: Rosauers 1:30 Cardio & Strength Training 2:30 Game Play (DR) 3:45 Watercolors (PDR)	9:15 Sittercise (WR) 10:00 iPad Tutorials (DR) 11:15 World News (LB) 1:15 Tailgate Toss (BP) 2:00 Bunco (DR) 3:00 It's April Social (DR) 4:00 Walking Club (LB)	9:15 Sittercise (WR) 10:00 Cooking Savory (CCR) 11:00 Hood River News Stories (LB) 11:30 Music w/ Diane & Friends 2:00 Bus Adventure 4:00 Happy Hour (LB)	9:15 Sittercise (WR) 9:45 Manicures (LB) 1:15 Walking Club (LB) 1:45 Watercoloring (DR) 3:00 Game Play (DR) 4:00 Ice Cream Social (DR)	
9:15 Morning Stretch (CR) 1:15 Spring Fling Social (LB) 2:00 Osteo Flex (WR) 2:30 Church Service w/ The Miles (CR) 4:00 Walking Club (LB)	9:15 Sittercise (WR) 10:00 Current Events (PDR) 2:00 Lifelong Learning "Inexplicable Universe" Episode #2 (DR) 3:00 Game Play (DR) 4:00 Walking Club (LB)	9:15 Sittercise (WR) 10:00 Baking Club (CCR) 11:30 Piano w/ Tom Kaser 1:15 Town Hall (DR) 2:00 Crafts (DR) 3:00 A Taste of Home (LB) 3:30 Garden Bed Prep. (BP)	9:15 Sittercise (WR) 9:30 Shopping: Safeway 10:00 Bible Blessings (PDR) 1:00 Shopping: Walmart 1:30 Cardio & Strength Training 2:30 Game Play (DR) 3:45 Watercolors (PDR)	9:15 Sittercise (WR) 10:00 iPad Tutorials (DR) 11:15 World News (LB) 1:15 Tailgate Toss (BP) 2:00 Bunco (DR) 3:00 My Wedding Day Social (DR) 4:00 Walking Club (LB)	Happy	Spring!	

LUNCH MENU ~ APRIL 2015				
LUNCH SERVED NOON—12:30PM			\$5.00 SUGGESTED DONATION	
MON	TUE	WED	THU	FRI
		1 BEEF STROGANOFF NOODLES STEAMED CARROTS SPINACH SALAD	2 PORK CHOPS SCALLOPED POTATOES APPLESAUCE COLE SLAW	3 BAKED CHICKEN RICE PILAF GREEN SALAD FRUIT MEDLEY THE GOOD TIME BAND
6 CHICKEN STRIPS COLE SLAW FRUIT COMPOTE	7 SPAGHETTI W/ MEAT SAUCE PEAS SPINACH SALAD APPLESAUCE	8 SPINACH PASTA W/ CHICKEN CAESAR SALAD FRUIT COBBLER BILL DAVIS - MELLOW GUITAR	9 CHEF'S SALAD CHEESY BREAD	10 MEATLOAF SEASONED POTATOES MIXED VEGIES JACK SHEPHERD & FRIENDS
13 SWEET & SOUR MEATBALLS RICE PEAS GREEN SALAD	14 BBQ CHICKEN POTATO SALAD GREEN BEANS PEACH CRISP	15 PORK ROAST BABY REDS CARROTS SALAD	16 BEEF STEW CHEESY BISCUITS CAESAR SALAD ORANGE SLICES	17 HAM CHEESY POTATOES MIXED VEGIES COLE SLAW THE SIMCO BOYS
20 GRILLED HAM & CHEESE COLE SLAW FRUIT JELL-O	21 COUNTRY FRIED STEAK MASHED POTATOES GREEN BEANS CAESAR SALAD	22 CHICKEN POT PIE CHEESY BISCUITS COLE SLAW	23 LASAGNA GREEN BEANS TOSSED SALAD GARLIC BREAD	24 POT ROAST POTATOES/CARROTS COLE SLAW 9 STRING BAND
27 BLACK BEAN & HAM SOUP CORNBREAD TOSSED SALAD—PEARS	28 BAKED CHICKEN MASHED POTATOES SPINACH ROMAINE SALAD	29 COWBOY BURGERS POTATO SALAD FRUIT JELL-O	30 CHICKEN TORTELLINI W/ VEGETABLES TOSSED SALAD	

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