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SENIOR CALENDAR MAY 2015



Assisted Living

May 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Hawks Ridge Assisted Living 1795 8th St. Hood River, OR 97031	(WR) Weight Room 2nd Floor (CR) Craft Room 2nd Floor (CCR) Coca-Cola Room 2nd Floor (LB) Lobby (DR) Dining Room (PDR) Private Dining Room				9:15 Sittercise (WR) 10:00 Scrapbooking (CR) 11:00 Hood River Current Events 11:30 Music with Andre & Friends (DR) 1:00 Tai Chi Exercise (WR) 2:00 Bus Adventure 4:00 Happy Hour (LB)	1 9:15 Sittercise (WR) 9:45 Manicures (LB) 1:15 Walking Club (LB) 2:00 Cinco de Mayo Dancers 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) 5:00 Church Choir (DR)	3 9:15 Sittercise (WR) 10:00 Current Events (PDR) 2:00 Lifelong Learning: "Rock Art of the Columbia Gorge" Discovery Center 3:00 Game Play (DR) 4:00 Walking Club (LB)	4 9:15 Sittercise (WR) 10:00 Arts & Crafts (CR) 11:30 Piano w/ Tom Kaser 1:15 Activities Discussion (DR) 2:00 Scrapbooking (CR) 3:30 Garden Club (BP)	5 9:15 Sittercise (WR) 10:00 Bible Blessings (PDR) 11:00 Prov. Brv. Group (PDR) 1:00 Shopping: Rosauers 1:30 Cardio & Strength Training 2:30 Game Play (DR) 3:45 Watercolors (PDR)	6 9:15 Sittercise (WR) 10:00 iPad Tutorials (LB) 1:15 Bocci Ball (BP) 2:00 Bunco (DR) 3:00 Armchair Travel to Mexico (DR) 4:00 Walking Club (LB)	7 9:15 Sittercise (WR) 10:00 Arts & Crafts (CR) 11:30 Music w/ Diane & Friends 1:00 Tai Chi Exercise (WR) 2:00 Bus Adventure 4:00 Happy Hour (LB)	8 9:15 Sittercise (WR) 9:45 Manicures (LB) 12:00 Mother's Day Lunch Special 1:15 Walking Club (LB) 1:45 Watercoloring (DR) 3:00 Game Play (DR) 4:00 Ice Cream Social (DR)
Happy Mother's Day 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 10:00 Current Events (PDR) 1:00 Cascade Hearing Clinic (PDR) 2:00 Lifelong Learning "Myths of Nutrition" Episode #2 3:00 Game Play (DR) 4:00 Walking Club (LB)	11 9:15 Sittercise (WR) 10:00 Baking Club (CCR) 11:30 Piano w/ Tom Kaser 1:15 Chef's Chat (DR) 2:00 Crafts (DR) 3:00 A Taste of Home (LB) 3:30 Garden Club (BP)	12 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)	13 9:15 Sittercise (WR) 10:00 iPad Tutorials (LB) 1:15 Bocci Ball (BP) 2:00 Lifelong Learning: Recipe Tasting & Testing (DR) 3:00 Talk It Up Social (DR) 4:00 Walking Club (LB)	14 9:15 Sittercise (WR) 10:00 Arts & Crafts (CR) 11:00 Hood River Current Events 1:00 Tai Chi Exercise (WR) 2:00 Bus Adventure 4:00 Happy Hour (LB)	15 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)	17 9:15 Sittercise (WR) 10:00 Current Events (PDR) 2:00 Lifelong Learning "Inexplicable Universe" Episode #3 (DR) 3:00 Game Play (DR) 4:00 Walking Club (LB)	18 10:00 Arts & Crafts (CR) 11:30 Piano w/ Tom Kaser 1:15 Resident Council (DR) 2:00 Lifelong Learning: "Spring Cleaning for Your Body" 2:00 Scrapbooking (CR) 3:30 Garden Club (BP)	19 9:30 Shopping: Walmart 10:00 Bible Blessings (PDR) 11:00 Prov. Brv. Group (PDR) 1:00 Shopping: Rosauers 1:30 Cardio & Strength Training 2:30 Game Play (DR) 4:00 George Mann Music Performance	20 9:15 Sittercise (WR) 10:00 iPad Tutorials (DR) 1:15 Bocci Ball (BP) 2:00 Bunco (DR) 4:00 Walking Club (LB)	21 9:15 Sittercise (WR) 10:00 Scrapbooking (CR) 11:00 Hood River Current Events 1:00 Tai Chi Exercise (WR) 2:00 Bus Adventure 4:00 Happy Hour (LB)	22 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)
1:15 Spring Fling Social (LB) 2:30 Church Service w/ The Miles (CR)	24 1:15 Spring Fling Social (LB) 2:30 Church Service w/ The Miles (CR)	25 Memorial Day 9:15 Sittercise (WR) 10:00 Current Events (PDR) 2:00 Lifelong Learning "The Myths of Nutrition" Episode #3 (DR) 3:30 Tribute to Our Soldiers (LB) 4:00 Walking Club (LB)	26 9:15 Sittercise (WR) 10:00 Bible Blessings (PDR) 1:00 Shopping: Walmart 1:30 Cardio & Strength Training 2:30 Game Play (DR) 3:45 Watercolors (PDR)	27 9:15 Sittercise (WR) 10:00 iPad Tutorials (DR) 1:15 Bocci Ball (BP) 2:00 Bunco (DR) 3:00 Root Beer Brew (CCR) 3:45 Root Beer Floats Social	28 9:15 Sittercise (WR) 10:00 Scrapbooking (CR) 11:00 Hood River Current Events 12:00 Resident Birthday Party 1:00 Tai Chi Exercise (WR) 2:00 Bus Adventure 4:00 Happy Hour (LB)	29 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)
1:15 Spring Fling Social (LB) 2:30 Church Service w/ The Miles (CR)	31 1:15 Spring Fling Social (LB) 2:30 Church Service w/ The Miles (CR)	30 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 Club (BP)	30 9:15 Sittercise (WR) 10:00 Bible Blessings (PDR) 1:00 Shopping: Walmart 1:30 Cardio & Strength Training 2:30 Game Play (DR) 3:45 Watercolors (PDR)	30 9:15 Sittercise (WR) 10:00 iPad Tutorials (DR) 1:15 Bocci Ball (BP) 2:00 Bunco (DR) 3:00 Root Beer Brew (CCR) 3:45 Root Beer Floats Social	30 9:15 Sittercise (WR) 10:00 Scrapbooking (CR) 11:00 Hood River Current Events 12:00 Resident Birthday Party 1:00 Tai Chi Exercise (WR) 2:00 Bus Adventure 4:00 Happy Hour (LB)	30 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)

LUNCH MENU ~ MAY 2015

LUNCH SERVED NOON—12:30PM

\$5.00 SUGGESTED DONATION

MON	TUE	WED	THU	FRI
4 HAM SCALLOPED POTATOES CARROT RASIN SALAD FRUIT MEDLEY	5 CINCO DE MAYO CELEBRATION CHEF'S BUFFET	6 SPAGHETTI W/ MEAT SAUCE CAESAR SALAD GREEN BEANS GARLIC BREAD	7 ROAST BEEF POTATOES VEGETABLE MEDLEY COLE SLAW	8 SALISBURY STEAK W/ MASHED POTATOES AND MUSHROOM GRAVY GREEN BEANS/FRUIT MEDLEY GOOD TIMES BAND
11 REUBEN SANDWICH GREEN SALAD FRUIT JELL-O	12 ITALIAN POT ROAST W/ BABY REDS/VEGETABLES GREEN SALAD	13 VEGETARIAN CHILI FRUIT SALAD CORN BREAD STRAWBERRY SHORTCAKE BILL DAVIS— MELLOW GUITAR	14 MEATLOAF SEASONED POTATOES CORN COLE SLAW	15 BAKED CHICKEN ITALIAN PASTA VEGETABLE SALAD THE SIMCO BOYS
18 CHICKEN ALFREDO GREEN SALAD W/ TOMATOES & CUCUMBERS GARLIC BREAD STICKS	19 PORK CUTLETS BABY RED POTATOES VEGETABLE MEDLEY COLE SLAW	20 BEEF TIPS OVER NOODLES MALIBU VEGETABLES COLE SLAW	21 LASAGNA GREEN BEANS TOSSED SALAD APPLESAUCE	22 COUNTRY FRIED STEAK MASHED POTATOES W/ COUNTRY GRAVY MIXED VEGETABLES GREEN SALAD 9 STRING BAND
25 CLOSED MEMORIAL DAY	26 CHEF'S SALAD CHEESY BREAD	27 COWBOY BURGERS W/ CARAMELIZED ONIONS PASTA SALAD FRUIT JELL-O	28 PORK ROAST W/ MASHED POTATOES/GRAVY PEAS COLE SLAW APPLESAUCE	29 BBQ CHICKEN BAKED BEANS POTATO SALAD FRUIT JELL-O THE SIMCO BOYS

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