

SENIOR CALENDAR

JULY 2015



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Hawks Ridge ASSISTED LIVING		Assisted Living					July 2015	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
Hawks Ridge Assisted Living 1795 8th St Hood River, OR 97031	<i>Sittercise Monday - Saturday at 9:15 in the Weight Room</i>	Legend (LB) Lobby (FD) Front Desk (BP) Back Patio (DR) Dining Room (PDR) Private Dining Room (CCR) Coca-Cola Room (LBR) Library	Midyear Checkpoint 9:30 Shopping: Walmart 10:00 Bible Blessings (PDR) 11:00 Prov. Berv. Group (PDR) 1:00 Shopping: Rosauers 2:30 Yahtzee (DR) 3:35 Midyear Checkpoint Social (LB)	Sundae on Thursday 10:00 National Putt-Putt Competition (DR) 1:15 Bocci Ball (BP) 2:00 Bunco (DR) 3:00 Make Your Own Sundae Social (CCR) 4:00 Walking Club (LB)	Idaho--43rd State 10:00 iPad Tutorials (DR) 1:00 Bus Adventure with Buck & Rachel! 3:00 Fourth of July Bus Decoration 4:00 Idaho Happy Hour (LB)	Independence Day 9:15 Sittercise (WR) 10:00 Hood River Fourth of July Parade 2:00 Patriotic Ice Cream Social (DR) 3:00 Fireworks Bingo! 4:00 A Toast to Our Country (LB)		
9:15 Morning Stretch (CR) 1:15 Summertime Sweets & Drinks 2:00 Osteo Flex (WR) 2:30 Church Service w/ The Miles (CR) 4:00 Walking Club (LB)	10:00 Current Events (PDR) 2:00 Lifelong Learning "Inexplicable Universe" Episode #4 3:00 Pick a Game Social (DR) 4:00 Walking Club (LB) 4:30 Piano with Ted Horwitz	Running of the Bulls 10:00 Baking Spanish Flan (CCR) 11:30 Piano w/ Tom Kaser 1:15 Activities Discussion (DR) 2:00 Crafts: Maracas (CCR) 3:00 Running of The Bulls Social (DR) 3:30 Garden Club (BP)	Gorgeous Grandma 9:30 Shopping: Safeway 10:00 Bible Blessings (PDR) 1:00 Shopping: Walmart 2:30 Crafts: Gorgeous Hairpins (CCR) 3:00 Makeovers (Spa)	10:00 Homemade Dog Biscuits (CCR) 11:30 Music with Andre & K.C. 1:15 Bocci Ball (BP) 2:00 Lifelong Learning Recipe Tasting & Testing 3:00 Package Homemade Dog Treats (CCR)	10:00 iPad Tutorials (DR) 10:30 Home at Last Doggy Visit (LB) 11:00 Lunch in the Park with Buck & Rachel 11:30 Music w/ Diane & Friends 4:00 Happy Hour (LB)	The Day of the Babe 9:15 Sittercise (WR) 9:45 Manicures (LB) 1:15 Walking Club (LB) 1:45 Baseball Watercolors (PDR) 3:00 Batter Up Bingo! 4:00 Babe Ruth Ice Cream Social (DR)		
9:15 Morning Stretch (CR) 1:15 Summertime Sweets & Drinks 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 "Myths of Nutrition" Episode #4 3:00 Pick a Game Social (DR) 4:00 Walking Club (LB)	France Bastille Day 10:45 Kitchen Corner with Rachel (CCR) 1:15 Chef's Chat (DR) 2:00 How French Are You? Art Class 3:00 A Taste of Home (LB) 3:30 Garden Club (BP)	9:30 Shopping: Walmart 10:00 Bible Blessings (PDR) 1:00 Prov. Berv. Group (PDR) 1:00 Shopping: Rosauers 2:30 Meet Your New Neighbor Social (DR) 3:30 Tailgate Toss (BP)	Hawks Olympics! 10:00 Olympic Toss (BP) 1:30 Hula Hoop Contest (DR) 2:00 Paper Airplane Contest 2:45 Wheelchair Decoration (CCR) 3:30 Wheelchair Parade (DR) 4:00 Hawks Olympics Closing Ceremony (DR)	Homemade Heaven 10:00 Homemade Ice Cream (CCR) 11:00 Homemade Root Beer (CCR) 1:00 Bus Adventure with Buck & Rachel! 4:00 Homemade Happy Hour (LB)	Friends & Family 9:15 Sittercise (WR) 12:00 Friends & Family BBQ 1:45 Memories in the Making Watercolors (PDR) 3:00 Bingo! 4:00 Ice Cream Social (DR)		
9:15 Morning Stretch (CR) 1:15 Summertime Sweets & Drinks 2:00 Osteo Flex (WR) 2:30 Church Service w/ The Miles (CR) 4:00 Walking Club (LB)	Spirit Week Tie-Dye 10:00 Current Events (PDR) 2:00 Lifelong Learning "Inexplicable Universe" Episode #4 3:00 Pick a Game Social (DR) 4:00 Walking Club (LB) 4:30 Piano with Ted Horwitz	Pajama Day 10:00 Best Pajamas Contest (DR) 11:30 Piano w/ Tom Kaser 1:15 Resident Council (DR) 2:00 Lifelong Learning: "Bone Broth," Part 2 (DR) 3:30 Garden Club (BP)	Mix Match Day 9:30 Shopping: Safeway 10:00 Bible Blessings (PDR) 1:00 Shopping: Walmart 2:30 Bocci Ball (DR) 3:30 Best Mix Matchers Contest (DR) 3:30 Snow Cone Social (DR)	Sports Day 10:00 Homemade Dog Biscuits (CCR) 11:30 Music with Andre & K.C. 1:15 Best Sporty Contest 2:00 Bunco (DR) 3:00 Package Homemade Dog Treats (CCR) 4:00 Walking Club (LB)	Hawaiian Day 10:00 iPad Tutorials (DR) 10:30 Home at Last Doggy Visit (LB) 2:00 Hawaiian Island Homemade Treats (CCR) 4:00 Best Islander Contest (DR) 4:00 Happy Hour (LB)	Day of The Cowboy 9:15 Sittercise (WR) 9:45 Manicures (LB) 1:15 Walking Club (LB) 1:45 Memories in the Making Watercolors (PDR) 3:00 Cowboy Hat Bingo! 4:00 Gun Slingin' Ice Cream Social (DR)		
9:15 Morning Stretch (CR) 1:15 Summertime Sweets & Drinks 2:00 Osteo Flex (WR) 2:30 Church Service w/ The Miles (CR) 4:00 Walking Club (LB)	10:00 Current Events (PDR) 2:00 Lifelong Learning "Myths of Nutrition" Episode #4 3:00 Pick a Game Social (DR) 4:00 Walking Club (LB)	10:45 Kitchen Corner with Rachel (CCR) 11:30 Piano w/ Tom Kaser 1:15 Town Hall (DR) 2:00 Crafts: Summer Tie-Dye (DR) 3:00 A Taste of Home (LB) 3:30 Garden Club (BP)	Hawks Carnival 9:30 Shopping: Walmart 10:00 Bible Blessings (PDR) 1:00 Shopping: Rosauers 2:30 Hawks Carnival Games (DR) 4:00 Carnival Social (DR)	11:00 A Picture Hanging Tribute to Our Soldiers (DR) 1:15 Bocci Ball (BP) 2:00 Bunco (DR) 3:00 Dog Days of Summer Social (DR) 4:00 Walking Club (LB)	Hawks Ridge Luau!! 9:30 Bus Adventure with Buck & Rachel 10:00 iPad Tutorials (DR) 12:00 Resident Birthday Party 3:00 Hawks Luau (DR) (LB)	July Is ... Family Golf Month National Blueberries Month National Family Reunion Month National Ice Cream Month National Recreation and Parks Month		

LUNCH MENU ~ JULY 2015					
LUNCH SERVED NOON—12:30PM			\$5.00 SUGGESTED DONATION		
MON	TUE	WED	THU	FRI	
		1 BEEF STROGANOFF OVER NOODLES STEAMED CARROTS CABBAGE SALAD W/ BROCCOLI	2 PORK CHOPS BAKED POTATOES COLE SLAW APPLESAUCE	3 BBQ CHICKEN POTATO SALAD COLE SLAW FRUIT JELL-O THE GOOD TIME BAND	
6 GRILLED HAM & CHEESE COLE SLAW VEGIE STICKS	7 BAKED CHICKEN MASHED POTATOES SPINACH ROMAINE SALAD	8 PORK ROAST BABY REDS CARROTS SPINICH SALAD BILL DAVIS - MELLOW GUITAR	9 CHEF'S SALAD CHEESY BREAD	10 MEATLOAF SEASONED POTATOES MIXED VEGIES JACK SHEPHERD & FRIENDS	
13 SWEET & SOUR MEATBALLS RICE MIXED VEGIES GREEN SALAD	14 PORK SCHNITZEL RED POTATOES CAESAR SALAD FRUIT COBBLER	15 CHICKEN TORTELLINI W/ VEGETABLES TOSSED SALAD	16 COWBOY BURGERS POTATO SALAD FRUIT JELL-O	17 HAM SCALLOPED POTATOES MIXED VEGIES COLE SLAW THE SIMCO BOYS	
20 CHICKEN STRIPS COLE SLAW FRUIT MEDLEY	21 COUNTRY FRIED STEAK MASHED POTATOES GREEN BEANS CAESAR SALAD	22 WHITE BEAN W/ HAM CORN BREAD FRUIT MEDLEY	23 OVEN FRIED CHICKEN SEASONED POTATOES GREEN BEANS TOSSED SALAD	24 POT ROAST POTATOES/CARROTS COLE SLAW 9 STRING BAND	
27 FRENCH DIP TOSSED SALAD	28 BAKED CHICKEN RICE PILAF GREEN SALAD SUMMER FRUIT	29 SPAGHETTI W/ MEAT SAUCE GREEN BEANS SPINACH SALAD APPLESAUCE	30 CHICKEN POT PIE CHEESY BISCUITS CAESAR SALAD	31 SALISBURY STEAK W/ MUSHROOM GRAVY GREEN BEANS CAESAR SALAD 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					