

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# August 2018

## Sheldon Park Assisted Living

			<p>9:30 Exercise with Kate <b>1</b>          10:30 Oregon History/Mel          11:00 Art/Music with Pani          11:15 Walking Pedometer          1:00 Nickel Bingo          2:15 Church Service          3:00 Science with Jaylene          4:00 Wine Wednesday</p>	<p>9:00 News in the Building <b>2</b>          9:30 Exercise Surprise          10:00 BBQ with Jerry          10:30 Brain Games          1:30 Resident Meeting          2:15 Water Talk Seminar          3:00 John on Guitar          3:30 Let's Play Poker          6:00 Bingo with Paul</p>	<p>9:00 Make a Friend <b>3</b>          9:30 Exercise with Kate          10:00 Rummikub Game          10:30 Shopping: St. Vincent          1:15 Natural History Muse.          1:30 Technology/Google          2:00 Sheldon Park Store          3:00 Sunflower Van Gogh P          4:00 Flavored Vodka Friday          Watermelon Day</p>	<p>9:00 Meet Your Neighbor <b>4</b>          9:30 Exercise Special          10:30 Bible Study with Jack          11:00 Garden Visit          1:30 Brain Puzzles Fun          2:15 Sweet Treat CCC          3:00 Nickel Bingo          4:00 Stepping Pedometer</p>
<p>9:00 Start the Week Right <b>5</b>          9:30 Dance Exercise          10:00 Rummikub Game          11:00 Stories from the Heart          1:30 Sheldon Park Store          1:30 Wii Game          2:15 Farmer's Social          3:00 Nickel Bingo          4:00 YouTube Funnies</p>	<p>9:30 Exercise with Kate <b>6</b>          10:30 Cottage Grove Drive          10:30 Out in the Garden          1:15 Ice Cream in the Park          1:20 Black Jack Game          2:15 Fun with the 30's          3:00 Horse Racing Game          4:00 Cocktail Social          Make Wrapping Paper</p>	<p>9:00 News &amp; Comments <b>7</b>          9:30 Exercise w/Amber          10:30 Brain Games          10:30 Communion          1:30 Flower Arranging          2:15 Horse Racing Game          3:00 Matt from the Shedd          4:00 Fast Round Trivia</p>	<p>9:30 Exercise with Kate <b>8</b>          10:30 Oregon History/Mel          11:00 Art/Music with Pani          11:15 Walking Pedometer          1:00 Nickel Bingo          2:15 Church Service          3:00 Science with Jaylene          4:00 Wine Wednesday</p>	<p>9:00 News in the Building <b>9</b>          9:30 Tai Chi Exercise          10:00 BBQ with Jerry          10:30 Brain Games          1:30 Activity Meeting          2:15 Music &amp; Mood Well          3:00 John on Piano          3:30 Let's Play Poker          6:00 Bingo with Paul          PGA 72- Hole Championship</p>	<p>9:00 Make a Friend <b>10</b>          9:30 Exercise with Kate          10:00 Rummikub Game          10:30 Scandinavian Festival          1:15 Trip Triangle Lake          1:30 Slap Happy Drums          2:00 Sheldon Park Store          3:00 Exercise with Junko          4:00 Flavored Vodka Friday</p>	<p>9:00 Meet Your Neighbor <b>11</b>          9:30 Tai Chi Exercise          10:30 Bible Study with Jack          11:00 Garden Visit          1:30 Brain Puzzles Fun          2:15 Sweet Treat          3:00 Nickel Bingo          4:00 Stepping Pedometer</p>
<p>9:00 Start the Week Right <b>12</b>          9:30 Dance Exercise          10:00 Rummikub Game          11:00 Stories from the Heart          1:30 Sheldon Park Store          1:30 Wii Game          2:15 Sundae Sunday          3:00 Nickel Bingo          4:00 YouTube Funnies</p>	<p>9:30 Exercise with Kate <b>13</b>          10:30 Drive: Fall Creek          10:30 Out in the Garden          1:15 Shopping: Trader Joes          1:20 Black Jack Game          2:00 Fun with the 40's          3:00 Exercise with Junko          4:00 Cocktail Social          Making Cards</p>	<p>9:00 News &amp; Comments <b>14</b>          9:30 Tai Chi Exercise          10:30 Brain Games          10:30 Communion          1:00 V-J Day Memories          1:30 Flower Arranging          2:15 Horse Racing Game          3:00 Matt from the Shedd          4:00 Fast Round Trivia</p>	<p>9:30 Exercise with Kate <b>15</b>          10:30 Oregon History/Mel          11:00 Art/Music with Pani          11:15 Walking Pedometer          1:00-4:00 Relaxation Day          1:00 Nickel Bingo          2:15 Church Service          3:00 Exercise with Junko          4:00 Wine Wednesday</p>	<p>9:00 News in the Building <b>16</b>          9:30 Tai Chi Exercise          10:00 BBQ with Jerry          10:30 Brain Games          11:00 Holly's Jewelry          1:30 Meet &amp; Greet          2:15 Laughter Medicine          3:00 Gary on Keyboard NO          3:30 Let's Play Poker          6:00 Bingo with Paul</p>	<p>9:00 Make a Friend <b>17</b>          9:30 Exercise with Kate          10:00 Rummikub Game          11:00 Picnic Bellfountain Par          1:15 Natural History Muse.          1:30 Technology/Google          2:00 Baby Boomer Day          3:00 Exercise with Junko          4:00 Flavored Vodka Friday</p>	<p>9:00 Meet Your Neighbor <b>18</b>          9:30 Tai Chi Exercise          10:30 Bible Study with Jack          11:00 Garden Visit          1:30 Brain Puzzles Fun          2:15 Sweet Treat Honey          3:00 Nickel Bingo          4:00 Stepping Pedometer          World Honey Bee Day!</p>
<p>9:00 Start the Week Right <b>19</b>          9:30 Dance Exercise          10:00 Rummikub Game          11:00 Stories from the Heart          1:30 Sheldon Park Store          1:30 Wii Game          2:15 Ice Cream Social          3:00 Nickel Bingo          4:00 YouTube Funnies</p>	<p>9:30 Exercise with CariLy <b>20</b>          10:30 Trip to Fern Ridge          10:30 Out in the Garden          1:15 Lone Pine Farms          1:20 Black Jack Game          2:00 Fun with the 50's          3:00 Exercise with Junko          4:00 Cocktail Socia          Rock Art I</p>	<p>9:00 News &amp; Comments <b>21</b>          9:30 Tai Chi Exercise          10:30 Brain Games          10:30 Communion          1:30 Flower Arranging          2:15 Horse Racing Game          3:00 Matt from the Shedd          4:00 Fast Round Trivia</p>	<p>9:30 Exercise with Cari Ly <b>22</b>          10:30 Oregon History/Mel          11:00 Art/Music with Pani          11:15 Walking Pedometer          1:00 Nickel Bingo          2:15 Church Service          3:00 Exercise with Junko          4:00 Wine Wednesday</p>	<p>9:00 News in the Building <b>23</b>          9:30 Tai Chi Exercise          10:00 BBQ with Jerry          10:30 Brain Games          1:30 Meet &amp; Greet          2:15 Tiny House Craze          3:00 Hawaiian Dancers          3:30 Hawaiian Story          4:15 Special Dinner &amp; Music</p>	<p>9:00 Make a Friend <b>24</b>          9:30 Exercise with CariLyn          10:00 Rummikub Game          11:00 Roaring Rapids Pizza          1:30 Technology/Google          2:00 Dollar Tree          2:00 Sheldon Park Store          3:00 Exercise with Junko          4:00 Flavored Vodka Friday</p>	<p>9:00 Meet Your Neighbor <b>25</b>          9:30 Tai Chi Exercise          10:30 Bible Study with Jack          11:00 Garden Visit          1:30 Brain Puzzles Fun          2:15 Sweet Treat          3:00 Nickel Bingo          4:00 Stepping Pedometer</p>
<p>9:00 Start the Week Right <b>26</b>          9:30 Dance Exercise          10:00 Rummikub Game          11:00 Stories from the Heart          1:30 Sheldon Park Store          1:30 Wii Game          2:15 Cherry Popsicle Day          3:00 Nickel Bingo          4:00 YouTube Funnies</p>	<p>9:30 Exercise w/Upasana <b>27</b>          10:30 Mystery Drive          10:30 Out in the Garden          1:15 Shopping: Local          1:20 Black Jack Game          2:00 Fun with the 60's          3:00 Exercise with Junko          4:00 Cocktail Social          Make it All</p>	<p>9:00 News &amp; Comments <b>28</b>          9:30 Tai Chi Exercise          10:30 Brain Games          10:30 Communion          1:30 Flower Arranging          2:15 Antique Show          3:00 Matt from the Shedd          4:00 Fast Round Trivia</p>	<p>9:30 Exercise with Jacob <b>29</b>          10:30 Oregon History/Mel          11:00 Art/Music with Pani          11:15 Walking Pedometer          1:00 Nickel Bingo          2:15 Church Service          3:00 Exercise with Junko          4:00 Oregon Wine's          Wear White Day</p>	<p>9:00 News in the Building <b>30</b>          9:30 Tai Chi Exercise          10:00 BBQ with Jerry          10:30 Brain Games          1:30 Meet &amp; Greet          2:15 Rock Painting Craze          3:00 Toys of the Past          3:30 Let's Play Poker          6:00 Bingo with Paul</p>	<p>9:00 Make a Friend <b>31</b>          9:30 Exercise with Jacob          10:00 Rummikub Game          11:30 Out for Lunch          1:30 Technology/Google          2:00 Sheldon Park Store          3:00 Exercise with Junko          4:00 Flavored Vodka Friday</p>	

Activities are subject to change.