Royal Anne
Annual Beach Outing
Lori, Carol, Russ, Jane & Deanne
At CherryWood, Vitality is so much more than physical fitness. Living with Vitality means creating a balanced focus into all areas crucial to wellbeing – mind, body and spirit!

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INDEPENDENT LIVING

MONDAY SHOPPING
FRED MEYER: The CherryWood Village bus will pick up the residents in the lobby of the building they reside in, at the corresponding pickup time. Residents will have an hour to shop for the items they need. Some residents use this time to visit their bank as there is a Chase Bank in the Gateway Fred Meyer.

» Pick up in the Lobby of the Building Noted

- Monday - Orchards & Gardens Pickup 1:00pm
- Monday - Greens & Wynridge Pickup 2:00pm
- Monday - Orchards 2nd Pickup 3:00pm

TUESDAY SHOPPING
WALMART SHUTTLE: Get picked up and brought home every Tuesday. Grocery and Pharmacy services are available at this location.

» Pick up at the Village Square Grill Entrance

- Tuesday - Village Square Grill Pickup 10:10am

FRIDAY SHOPPING
TARGET, BI-MART OR WINCO:
The CherryWood Village bus will pick up the residents in the lobby of the building they reside in, at the corresponding pickup time. Residents will choose one store, from the list above, and will have an hour to shop.

» Pick up in the Lobby of the Building Noted

- Friday - Orchards & Gardens Pickup 9:00am
- Friday - Greens & Wynridge Pickup 10:00am

Our One Concierge service enhances the living experience for our residents and truly helps make our community feel like a first class resort. Concierge is available Monday thru Friday from 8:00am to 5:30pm. Contact Linda Ray at 503.729.8992 to find out more!
AI CHI
This water class combines deep breathing with slow, broad movements of arms, legs, and torso. This is a great choice for beginners and/or those with arthritis or other limiting conditions.
> 30 min | In the Pool | Res. Lead
Mondays, Wednesdays & Fridays 11:00am

AQUA ZUMBA
A water fitness class that focuses on moving the body and having fun! Enjoy the upbeat music and move those muscles and joints fluidly.
> 45 min | In the Pool | Instructor: Lydia Hernandez
Tuesdays & Thursdays 9:30am

BALANCE
Balance is a 20-30 minute class based on everyday movement, core and leg strength. In this class you will perform slower controlled movements that stretch and stabilize the muscles and joints.
> 20-30 min | Community Rm | Instructor: Sheryl Hassett
Tuesdays 10:00am

ADVANCED BALANCE
This class focuses on strengthening everyday functional movements or activities of daily living. These are movements that are progressions of our Joint Stabilization and Balance classes. Increase your mobility, strength, have fun and challenge yourself!
> 20-30 min | Community Rm | Instructor: Sheryl Hassett
Tuesdays, Wednesdays & Fridays 10:00am

BALLOON TOSS
Balloon Toss is a 30 minute, seated cardiovascular class. The idea is to keep the extremities moving by keeping the balloons in the air. Great for flexibility, range of motion, and hand eye coordination, plus it’s a blast!
> 30 min | Royal Anne Fireplace Room | Resident/Staff
Monday
Tuesdays & Thursdays 9:30am

BEAN BAG TOSS
A Resident-led game in which players take turns throwing bean bags at a raised platform with a hole in the far end.
> No time limit | Community Rm | Res. Lead: Jim Johnstone
Thursdays (September-May) 6:00pm

BOCCE BALL
A Resident led game that can be conducted between two players, or two teams of two, three, or four. A match is started by a randomly chosen side being given the opportunity to throw a smaller ball, the jack.
> No time limit | Royal Anne Patio | Res. Lead: Jim Johnstone
Thursdays (June - August) 6:00pm

CARDIO TRAINING
This is a 15-20 minute seated class. This class focuses on training the cardiovascular system to help blood flow, lung capacity, and for an overall healthy heart.
> 15-20 min | Community Rm | Instructor: Sheryl Hassett
Tuesdays, Wednesdays & Fridays 10:30am

CWV CHAIR DANCE
Our goal is to get people moving within their abilities and to keep them smiling and grooving with well known songs and music from other countries and different rhythms. With modified moves, you can do it sitting on a chair and work at your own pace.
> 30 min | Community Rm | Instructor: Lydia Hernandez
Saturdays 10:00am

SIT & REACH
A seated cardiovascular and light resistance class that runs for 25-30 minutes. This is a fun, healthy, and social way to start your day!
> 25-30 min | Community Rm | Instructor: Sheryl Hassett
Tuesdays, Wednesdays & Fridays 9:30am

YOGA
Stretching, balance, and breathing.
> 30 min | Community Rm | Instructor: Sheryl Hassett
Thursdays 12:00pm

UPPER/LOWER BODY MUSCLE CONTROL
This is a standing, advanced muscle control and balance class. Using the extra resistance of bands and weights, this class is sure to get those muscles and joints moving.
> 20-30 min | Community Rm | Instructor: Sheryl Hassett
Fridays 10:00am
WATER FITNESS
Join us for this shallow water class to improve circulation, strength, range of motion, agility and flexibility through low impact exercise. No swimming ability is required. Use of buoyant equipment is optional (noodles, hand buoys).
» 45 min | In the Pool | Instructor: Lydia Hernandez
Wednesday 4:00pm

WATER VOLLEYBALL
Join us for fun in the water! This is not about competition; it’s about having FUN and exercising with your friends and neighbors. All are welcome to play or watch.
» 1 hour | In the Pool | No instructor
Wednesdays at 1:00pm & Last Friday at 1:00pm

METTA MASSAGE ($)
Libby believes that massage is an essential part of maintaining good health. She has a holistic approach to massage; everything is connected and it is important to take care of the whole to fix the parts. Her massages are both comforting and therapeutic. Call to schedule an appointment.
» 30 min or 60 min | Health Services Clinic | Libby Cozza
Thursdays By Appt. (503) 318-3612

ABLE HEARING ($)
Hearing tests and hearing aids by appointment. Second Monday 9am - 10am.
» Health Services Clinic | Larry Brandsen
Monday (2nd Mon of Month) By Appt. (503) 239-8918

ON-SITE ORAL HEALTH CARE ($)
Dental cleaning and polishing, dental and oral cancer screening, Periodontal therapy, fluoride treatment’s, local anesthesia, cold sensitivity treatment, denture and partial denture cleaning, denture soft-relines, temporary fillings. Available Fridays 7am - 5pm by appointment.
» Health Services Center | Ilya Babiy
Fridays By Appt. (503) 902-5333

ACUPUNCTURE ($)
An acupuncturist is a person who performs ancient therapy for alleviation of pain and treatment of some diseases. Acupuncturists use long, fine needles inserted into specific points in order to treat painful conditions or produce anesthesia. Available Mon and Sat 10am - 2pm, and Tues 10am - 4pm.
» Health Services Center | Eileen Durham
Mon, Tue & Sat By Appt. (503) 608-4242

For questions about Wellness Classes and Services call (503) 546-7924.
BOARD GAMES
Every Thursday night come on down for a night of fun and games. Bring your favorite board game or sit with others and learn a new one.
» Community Room | Led by Resident
Thursday 6:30pm

BRIDGE
A trick-taking game using a standard 52-card deck. It is played by four players in two competing partnerships, with partners sitting opposite each other around a table.
» Greens Building - Second Floor | Led by Resident
Mon - 2:00pm; Fri - 6:30pm; Sat - 6:00pm

CRIBBAGE
A card game traditionally for two players, but commonly played with three, four or more, that involves playing and grouping cards in combinations which gain points.
» Greens Building - Second Floor | Led by Resident
Sundays 6:30pm

HAND AND FOOT
The aim is to get rid of cards from your hand, and then from your foot, by melding them. A meld is a set of from three to seven cards of equal rank placed face up on the table. A meld cannot have fewer than three cards or more than seven.
» Community Rm | Led by Resident
Saturdays 6:30pm

HOBBIES

PINOCHLE
A trick-taking card game typically for two to four players and played with a 48-card deck. It is derived from the card game bezique; players score points by trick-taking and also by forming combinations of cards into melds.
» Greens Building - Second Floor | Led by Resident
Sundays 6:30pm
Tuesdays & Thursdays 12:30pm

POKER
CherryWood’s oldest established permanent floating poker game welcomes new players. Contact Mike at 1419ms@gmail.com.
» Up to 4 hours | Boardroom | Led by Mike Sands
Saturday (1st & 3rd Saturdays) 1:30pm to 4:00pm

QUIDDLER
A proprietary card game and word game created by Set Enterprises. Players compete by spelling English words from cards in hands of increasing size. The game combines aspects of Scrabble and gin rummy.
» Greens Building - Second Floor | Led by Resident
Tuesday 6:30pm

RUMMIKUB
This tile-based game for two to four players, combines elements of rummy and the ancient Chinese game, mahjong.
» Art Studio | Led by Resident
Saturday 6:30pm

SKIP-BO
The ultimate sequencing card game! Players use skill and strategy to create sequencing stacks of cards in ascending order.
» Orchards 2nd Floor | Led by Resident
Sundays 6:30pm

QUIDDLER
A proprietary card game and word game created by Set Enterprises. Players compete by spelling English words from cards in hands of increasing size. The game combines aspects of Scrabble and gin rummy.
» Greens Building - Second Floor | Led by Resident
Tuesday 6:30pm

MAHJONG
A tile-based game that is commonly played by 4 players. The game uses a set of 144 tiles based on Chinese characters and symbols; some variations omit and/or add unique tiles.
» Greens Building - Second Floor | Led by Resident
Mondays 6:30pm

MONTE CARLO BINGO
Players mark off numbers on cards as the numbers are drawn randomly by a caller. The winner is the first person to mark off five numbers in a row or other required pattern.
» Community Room | Led by Resident
Wednesdays 6:30pm

FIREPLACE MOVIE
Residents get the opportunity to relax after dinner and watch a preselected movie by the fire in the Royal Anne.
» 2 hour Avg | Royal Anne Fireplace Room | Led by Care Staff
Sundays 6:30pm

MOVIES IN OUR THEATER
Movies cover all eras and genres. Requests are always welcome. Documentaries on Sat.
» 2 hour Average | Movie Theater

DICK BARRY TEACHES MUSIC
Join resident Dick Barry while you learn music.
» Board Room | Led by Resident
Monday (3rd Monday of Month) 2:00pm

PINOCHLE
A trick-taking card game typically for two to four players and played with a 48-card deck. It is derived from the card game bezique; players score points by trick-taking and also by forming combinations of cards into melds.
» Greens Building - Second Floor | Led by Resident
Sundays 6:30pm
Tuesdays & Thursdays 12:30pm

PINOCHLE
A trick-taking card game typically for two to four players and played with a 48-card deck. It is derived from the card game bezique; players score points by trick-taking and also by forming combinations of cards into melds.
» Greens Building - Second Floor | Led by Resident
Sundays 6:30pm
Tuesdays & Thursdays 12:30pm

PINOCHLE
A trick-taking card game typically for two to four players and played with a 48-card deck. It is derived from the card game bezique; players score points by trick-taking and also by forming combinations of cards into melds.
» Greens Building - Second Floor | Led by Resident
Sundays 6:30pm
Tuesdays & Thursdays 12:30pm

PINOCHLE
A trick-taking card game typically for two to four players and played with a 48-card deck. It is derived from the card game bezique; players score points by trick-taking and also by forming combinations of cards into melds.
» Greens Building - Second Floor | Led by Resident
Sundays 6:30pm
Tuesdays & Thursdays 12:30pm
CO-ED POOL
A classic game of pool to help stimulate the brain and socially interact with other residents.
» Greens Building - Second Floor Pool Table | Led by Resident
Mondays 10:00am

CUE CLUB
The club is full of cue gurus that meet three times a week to play different renditions of pool and catch up with one another.
» Pool Table on the Mezzanine | Led by Resident
Mondays, Wednesday & Fridays 1:30pm

LADIES POOL
A classic game of pool to help stimulate the brain and socially interact with other women.
» Greens Building - Second Floor Pool Table | Led by Resident
Wednesdays 10:00am

BOOK CLUB
The CherryWood Book Club welcomes all individuals who enjoy reading a variety of materials. Those who attend our meetings present about a five minute review of a book they have read. Each person may read any book of their choice.
» Community Room | Led by Jane Robinson
Tuesday (Last Tues of the Month) 1:30pm

HIKERS CLUB
March through September, we will be hiking approximately 2.5 miles through gentle terrain. We meet at the Vitality Gym at 9am and return by 1pm. We will call everyone on the list on Sunday before the hike to inform you of the location.
» Pick up in the Vitality Center | Hike Location Varies
Monday (1st & 3rd Monday of the Month) 9:00am

FIBER ARTS GROUP
Residents get together to work on projects of their choosing. This offers a great opportunity to socially interact with friends and new neighbors.
» Greens Second Floor | Led by Resident
Wednesday (2nd Wednesday of the Month) 2:30pm

QUILTING WITH SALLYANN
Sew what? Join Sallyann and work on your own quilting project or watch and learn from a pro. All skill levels welcome.
» Art Studio | Led by Volunteer
Thursday (2nd Thursday of the Month) 10:00am

MUSIC PRACTICE

BELL CHOIR PRACTICE
Children's colored bells are used to provide chords for melodies from CD's.
» 30 min | Chapel | Led by Mick Turner
Tuesdays Check Schedule

BAND PRACTICE
Band Members work on music for future programs.
» 30 min | Chapel | Led by Mick Turner
Tuesdays Check Schedule

CHOIR PRACTICE
Practicing with Choir for programs.
» 1 hr | Chapel | Led by Mick Turner
Tuesdays (Off July and August) Check Schedule

TRAVEL CLUB
Presentations given by individual resident who want to share their travels with others. Some create PowerPoint presentations and others present from memory and photos.
» Board Room | Led by Resident
Tuesday (3rd Tuesday of the Month) 3:00pm

MEMORY WRITERS
Members take turns leading the meeting and selecting the topic, while some writers may prefer their own topics. Stories are limited to a range of 350-500 words, based on a memory, and read during the meeting. Questions and positive feedback are encouraged, but criticism is not on the agenda.
» 1 hour | Boardroom | Led by Resident
Tuesdays (1st & 3rd Tuesday of the Month) 11:00am

RED HAT LUNCHEON
The Red Hat Society (RHS) is an Intl. social organization that was founded in 1998 and is open to women of all ages. There are over 20,000 chapters in the US and over 30 other countries. The Red Hats of CWV meet once a month to have lunch together.
» Board Room | Led by Resident
Thursday (1st Thurs of the Month) 11:30am
CLASSICAL CLUB
Former classical music radio host and music critic Terry Ross presents acclaimed recordings illustrating the forms, periods, composers and interpreters of the best classical music. He will cover the great composers and artists of music history in an informal relaxing setting.

» 1 hour | Movie Theater | Led by Terry Ross

Monday (2nd & 4th Monday of the Month) 2:00pm

ANTHONY’S ART WORKSHOP
New techniques taught every week. Ideas and suggestions are always welcome. Be ready to have a great time.

» 1 hour | Art Studio | Led by Anthony Cha

Tuesdays (2nd & 4th Tuesday of the Month) 3:00pm

INSPIRATIONS ART CLASS
An art class taught by a resident to express the many mediums and styles of art.

» 1 hour | Art Studio | Led by BJ Nichols

Thursdays 1:00pm

PAINTING WITH BRIAN
Residents gather to learn a variety of painting techniques in a fun-filled atmosphere. Materials are supplied.

» 1 hour | Art Studio | Led by Brian Gonoff

Saturdays 10:00am

EARLY BIRD COFFEE
An occasion of informal meeting and chatting at which refreshments are available. Sit and chat with your friends and neighbors.

» Community Room | Led by Resident

Saturdays 9:00am

COFFEE HOUR
A fantastic opportunity to meet new residents and old friends. Coffee and pastries are served and visiting is a must.

» Community Room | Led by Resident

Thursdays (2nd & 4th Thursday of the Month) 2:00pm

THE JERRY MUCK WORKSHOP
Located in the Gardens garage, our amazing workshop is resident run and operated. The group will do minor projects for residents at the cost of materials with a donation always appreciated. Any resident is encouraged to join, once a basic safety class is completed.

» Workshop Gardens Garage | Resident Led

Any Day - Any Time (After completing basic safety class)

CHERRYWOOD TOWN HALL
Residents gather once a month to hear from the various Directors at CherryWood concerning Campus issues and concerns. This is an open forum to ask questions.

» 1 hour | Royal Anne Dining Room | Led by Resident Council

Thursday (3rd Thursday of the Month) 2:30pm

FRIDAY SOCIALS
Join us in the Royal Anne dining room for a wonderful old-fashioned social and gathering. We will have treats, entertainment and laughs.

» 1 hour | Royal Anne Dining Room | Led by Residents

Fridays 2:30pm

GARMENTS ON THE GO
Traveling clothing company visits CherryWood to show and sell their wares.

» 4 hours | Community Room

Monday, January 21, 2019 11:00am - 3:00pm
Monday, March 18, 2019 11:00am - 3:00pm
Monday, May 20, 2019 11:00am - 3:00pm
**WORSHIP SERVICES**
These are designed for the worshipers who come on these days and include singing, prayer, and a sermon.
» 1 hour | Chapel | Led by Mick Turner

**SUNDAY WORSHIP SERVICES**

- **SONG AND PRAISE**
  This service includes music from different sources, including guest artists, Generations Men’s Chorus, the CherryWood band and others. Sometimes we have sing-a-longs with readings in between.
  » 1 hour | Chapel | Led by Mick Turner

- **PRAYER MEETING**
  This service is sponsored by the Sunnyside Church and usually features one of their elders presenting some aspect of Christianity they are interested in.
  » 30-60 min | Chapel | Led by Jim Johnstone

- **CATHOLIC MASS & COMMUNION**
  Presented by the folks and priest from the Ascension Catholic Church. Designed primarily for Catholic believers. The service on third Tuesday includes communion.
  » 30 min | Chapel | Led by Ascension Catholic Church

**CATHOLIC MASS & COMMUNION**

- **FRIENDSHIP BIBLE STUDY**
  Gather for a time of Bible study, sharing and fellowship with fellow Women.
  » Community Room (Except Last Tues of the Month)
  » Luncheon - Village Square Grill (Last Tues of the Month)
  » Led by Resident

**FRIENDSHIP BIBLE STUDY**

- **GEMS FOR LIFE BIBLE STUDY**
  This study is for men and women. We share Bible verses that have blessed us; then we have a detailed study of the books of the Bible. God’s Word is a “lamp unto our feet, and a light unto our path.” Come and enjoy prayer, Bible Study and fellowship.
  » Board Room | Led by Resident

**GEMS FOR LIFE BIBLE STUDY**

- **CARE GIVER SUPPORT GROUP**
  The focus of this support group is you, the caregiver. Together we will learn from each other. Topics to be discussed include: taking care of you, reducing stress, expressing feelings, needs, and concerns, communication in challenging situations, learning from emotions, caregiving decisions, and available resources.
  » 1 hr | Board Room | Led by Shannon Coffel Vial*  

**CARE GIVER SUPPORT GROUP**

- **MEN’S BIBLE STUDY**
  Gather for a time of Bible study, discussion and fellowship among gentlemen.
  » Chapel (Except Last Tues of the Month)
  » Luncheon - Village Square Grill (Last Tues of the Month)
  » Led by Resident

**MEN’S BIBLE STUDY**

* Shannon Coffel Vial is a Certified Gerontologist and Transition Specialist
EXCURSION SIGN-UP
Make sure to secure your spot! Residents meet in front of The Vault to sign up for next month’s excursions.

» In Front of Café Lounge | Led by Staff

Friday (3rd Friday of the Month) 11:00am

JOIN US FOR AN ADVENTURE!
Each week we take the buses off campus to venture around the Portland area. From breakfast to shopping to concerts and shows to museums, we do it all! Make sure to sign up for the excursions you would like to participate in and then just show up! It’s fun, fabulous and full of friendship!

NEW SEASONS
Once a month we go to New Seasons for you to shop for your favorite specialty and healthy foods. We always schedule this on Wednesday - Senior Discount Day - where you will save 10%.

» Pick Up in the Lobby of Your Building

Wednesday - Date to be Determined 1:00pm
Check with Vitality Center for Specific Date.

WOMEN’S BREAKFAST
Join us for a trip, once a month, to a local restaurant for a fabulous breakfast.
Suggestions are always welcome.

» Pick Up in the Lobby of Your Building

Wednesday - Date To Be Determined 9:00am
Check with Vitality Center for Specific Date.

INDEPENDENT WEEKLY EXCURSIONS

TRADER JOE’S
Every month we schedule a trip to your favorite neighborhood market, where the crew wears cool Hawaiian shirts. Trader Joe’s offers great values and delicious, unique food from around the world.

» Pick Up in the Lobby of Your Building

Mondays (2nd Monday of the Month) 12:00pm
Check with Vitality Center for Specific Date.

MEDICAL TRANSPORTATION
CherryWood buses run Tues and Thurs from 9am - 3pm. To request a ride, fill out a transportation form at the Village Square front desk at least 48 hours in advance. Our limit is from Sunnyside to Gresham to the Lloyd district.

SCENIC DRIVES
Our drivers take you all over Portland and surrounding areas. Different drives every month. Requests are always welcome. Maximum 23 people. First come first serve.

» Pick Up in the Royal Anne Assisted Living Lobby

Monday (Last Monday of the Month) 9:45am

MEN’S BREAKFAST
Join us for a trip, once a month, to a local restaurant for a fabulous breakfast.
Suggestions are always welcome.

» Pick Up in the Lobby of Your Building

Wednesday - Date To Be Determined 8:00am
Check with Vitality Center for Specific Date.

MEDICAL TRANSPORTATION
CherryWood buses run Tues and Thurs from 9am - 3pm. To request a ride, fill out a transportation form at the Village Square front desk at least 48 hours in advance. Our limit is from Sunnyside to Gresham to the Lloyd district.

SCENIC DRIVES
Our drivers take you all over Portland and surrounding areas. Different drives every month. Requests are always welcome. Maximum 23 people. First come first serve.

» Pick Up in the Royal Anne Assisted Living Lobby

Monday (Last Monday of the Month) 9:45am
Check with Vitality Center for Specific Date.
**PRIZE BINGO**
Play three rounds of Bingo where winners get to choose from a cart of Prizes, 4th round winners get to choose from a candy bar & snacks tray.
» Royal Anne Dining Room

**BRAIN GYM**
Stimulate and “exercise” your brain in a variety of ways. Work together with fellow residents to keep your mind active and challenge; see Weekly Schedule as dates & times vary
» Royal Anne Fireplace Room | Held Once Weekly
See Calendar for Date & Time

**WORD GAME**
A version of the classic “hang-man” word game played as a group. Each week the words center on a different theme.
» Royal Anne Fireplace Room
See Calendar for Date & Time

**WORD SCRAMBLE**
Challenge yourself to see how many different ways you can rearrange a group of letters to make as many words as possible. Word puzzles such as scrambles can help keep the brain active and alert by providing mental stimulation as well as entertainment!
» Royal Anne Fireplace Room
See Calendar for Date & Time

**COLORING FOR BRAIN HEALTH**
A current trend that has many benefits! Such as, reducing stress, relaxing your mind, sparking one’s creativity, physical therapeutic value, promotes mindfulness and lets you connect with your inner child.
» Royal Anne Fireplace Room
See Calendar for Date & Time

**POETRY CORNER**
Work collectively to create an original poem. The poem will then be “published,” posted on message boards and copies made for all to enjoy.
» Royal Anne Fireplace Room
See Calendar for Date & Time

**MONEY BINGO**
Play 3 rounds of Bingo where winners get 50 cents for regular bingo & $1 for “blackout.” 4th round winners get to choose from the Candy Bar & Snacks tray.
» Royal Anne Dining Room Except 3rd Thursday; Royal Anne Fireplace Room on 3rd Thursday of the Month

**CARD GAMES**
Join fellow residents in playing a variety of card games. Games to be determined by those who show up to play. (cards & card shufflers provided)
» Second Floor Tables
See Calendar for Date & Time

**CARDS OF CARING**
Volunteer opportunity to make cards to let fellow CWV residents know that their community cares about them, whether in time of illness or for other life events.
» 2nd Floor Tables | Held Once Monthly
See Calendar for Date & Time

**SUNDAY FIREPLACE MOVIE**
Watch a varied selection of films with your neighbors in the comfort of a living room setting.
» Royal Anne 2nd Floor Fireplace Room
See Calendar for Date & Time

**PUZZLE PACKETS**
A varied packet of puzzles to challenge & stimulate your mind.
» Lobby
See Calendar for Date & Time
ASSISTED LIVING ACTIVITIES (CONTINUED)

ROYAL ANNE EVENT/OUTING SIGN-UP & INFO TABLE
Find out what outings & events are happening in the upcoming month. Sign up for outings or special groups, make requests for outings and activities, have your questions answered! (Outing/Activity sign up sheets available afterwards on the table outside of the 1st floor nurses office.)
» Royal Anne Dining Room

Last Week of Month (Date TBD) 11:30am - 12:30pm

KITCHEN HOUR
Join a vitality staff member in a “hands on” opportunity to cook or bake something delicious. Often we cook & provide recipes for dishes that can be made in your apartment’s microwave!
» Royal Anne Community Room | Held Monthly

See Calendar for Date & Time

CRAFTING HOUR
Hand craft items for fun & sometimes functional, often in relation to the current holiday or season.
» Royal Anne 2nd Floor Tables | Held Monthly
See Calendar for Date & Time

DOG THERAPY
Enjoy a one-to-one visit with therapy dog Sobrina and her handler Chandra. Appointment times can be scheduled with RA Vitality Coordinator Deanne.

Friday (2nd Friday of Month) 1:00pm - 2:00pm

GARDEN CLUB
Members of Garden Club are each given a section of the raised garden bed, where they can get their hands in the dirt and enjoy the fresh air. Individual garden plot plantings and maintenance are the responsibility of the Club Member with limited weekly staff assistance and hand tools. The garden is enjoyed by the entire CWV community!
» Royal Anne Garden Patio | Seasonally May - October

BUSY BEE
Bring any handiwork that you’re working on & socialize while you craft. Bring your knitting, crocheting, painting, coloring or any craft project you enjoy. If you don’t have the materials for handiwork we can assist you in getting them.
» Royal Anne Fireplace Room | Held Monthly
See Calendar for Date & Time

PACS CARD SORT
P.A.C.S. is a vibrant community of volunteers & donors who work together to provide food, health care, and low-cost clothing/household items to low-income individuals in the Portland area. We sort and organize the many greeting cards donated to this organization for resale in their charity shop.
» Royal Anne Fireplace Room | Held Bi-Monthly
See Calendar for Date & Time

NAME-TAG SOCIAL
A monthly social where you can visit with and welcome neighbors while enjoying light, often seasonal, refreshments.
» Location Varies | Held Once a Month
See Calendar for Date & Time

MUSIC HOUR WITH JULIE
Join musician Julie, from Earth Tones, as she sings and plays songs you can sing along with. Often she’ll bring a variety of musical instruments for residents to play.
» Royal Anne Fireplace Room
Tuesdays (1st & 3rd Tuesdays) 10:30am

MUSIC OF THE PAST
Sit back and enjoy hearing favorite songs as requested by you and your neighbors.
» Royal Anne Fireplace Room
Tuesdays (2nd & 4th Tuesdays) 10:30am

“A NOVEL IDEA” BOOK CLUB
The CherryWood Book Club welcomes all individuals who enjoy reading a variety of materials. Those who attend our meetings present about a five minute review of a book they have read. Each person may read any book of their choice.
» Location Varies | Held Once Monthly
See Calendar for Date & Time

“NOVEMBER” BOOK CLUB
The CherryWood Book Club welcomes all individuals who enjoy reading a variety of materials. Those who attend our meetings present about a five minute review of a book they have read. Each person may read any book of their choice.
» Location Varies | Held Once Monthly
See Calendar for Date & Time
OUTINGS
Twice a month, on Wednesdays, we head out to places of interest which may include; local restaurants, specialty flower gardens, book stores, local shops, picnics, PIR Christmas Lights, garden centers, and more. Many by resident request! Residents must be able to get around independently with limited assistance from Vitality Staff.

» Lobby | Held Twice Monthly

Wednesdays - See Calendar for Date

RANDOM ACTS OF KINDNESS TEAM
Meet with like minded residents who want to spread a bit of joy! Brainstorm ideas for making a difference in our community in small and meaningful ways and then collectively make a plan to carry them out while occasionally enjoying refreshments.

» 2nd Floor Tables | Held Once a Month

See Calendar for Date & Time

RUMMIKUB TILE GAME
A table game reminiscent of Rummy but played with tiles and a few other twists to keep things fun and challenge your brain.

» 2nd Floor Tables

See Calendar for Date & Time

ROYAL ANNE RESIDENT MEETING
An opportunity for Royal Anne residents to meet with department managers to address and discuss any questions, concerns or comments, hear announcements and to learn about upcoming activities and events.

» Royal Anne Dining Room

Thursday (Last Thursday of Month) 3:15pm

STRETCH & BREATHE
A group exercise & deep breathing class, with stretching exercises done while comfortably seated, stretch at your individual ability level to improve muscle strength and elasticity and deep breathing to increase the levels of oxygen in your body. Class concludes with gratitude reflection.

» Royal Anne Fireplace Room

STORIES OF INSPIRATION
Listen to stories of hope and inspiration as read by a vitality team member while sitting in the comfort of the R.A. Fireplace Room.

» Royal Anne Fireplace Room

TAKE-OUT LUNCHEON
Enjoy foods from your favorite local restaurants as requested by residents. Place your take-out order in advance, and it is picked up by a staff member to be enjoyed in a special area set up on the R.A. 2nd floor. Drinks are provided.

» Royal Anne Fireplace Room | Held Once Monthly

See Calendar for Date & Time

SHOPPING AT FRED MEYER
Visit the local Fred Meyer Shopping Center, Every Friday, board at 12:45pm, must be able to get around independently with limited staff assistance.

» Lobby

Friday (Please Sign Up in Advance) 12:45pm

WELCOME WAGON VOLUNTEERS
Meet with like minded residents who want to make the Royal Anne a vibrant community of neighbors & friends! We are forming a “Welcoming Committee” made of R.A. residents, who know better than anyone, what someone new might need, to navigate & become a part of their new Community and Home!

» Royal Anne Fireplace Room | Held Once Monthly

See Calendar for Date & Time

“VISITING VOICES” WITH P.K.
Otherwise known as the “Library Lady,” Multnomah County Library Volunteer P.K. visits and reads from a variety of works of literature.

» Royal Anne Fireplace Room

Wednesday (1st & 3rd Wed of Month) 10:30am

CELEBRATING BIRTHDAYS!
Resident birthdays are celebrated with balloons & a gift certificate for a treat from the Cherry Park Café!
ENHANCING LIVES AND CELEBRATING THE EXCITEMENT OF LIVING