

NOVEMBER 2019 - APRIL 2020

VITALITY GUIDE



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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!

INDEPENDENT LIVING WEEKLY SHOPPING

MONDAY SHOPPING

FRED MEYER: The CherryWood Village bus picks up 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 Glisan Fred Meyer.

» Pick up in the Lobby of the Building Noted

Monday - Orchards & Gardens Pickup	1:00pn
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

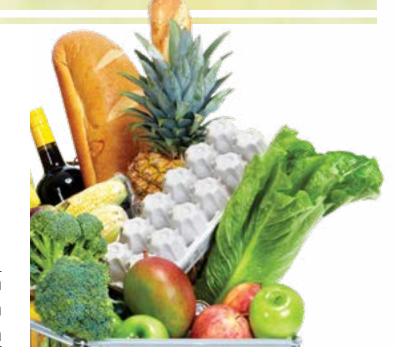
Tuesday - Village Square Grill Pickup 10:10am

FRIDAY SHOPPING TARGET, BI-MART OR WINCO:

The CherryWood Village bus picks up residents in the lobby of the building they reside in at the corresponding pickup time. Residents can 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 5:00pm. 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 Balance classes. Increase your mobility, strength, have fun, and challenge yourself.

» 20-30 min | Community Rm | Instructor: Sheryl Hassett

Wednesdays 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, Tuesday, Wednesday & Friday 10:00am



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.

» 30min | 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

CHAIR YOGA

Stretching, balance, and breathing.

» 30 min | Community Rm | Instructor: Sheryl Hassett

Thursdays 12:00pm



ADVANCED - 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 12:30pm









VITALITY CENTER HOURS

Monday-Friday: 7:00am-7:00pm Saturday-Sunday: 10:00am-3:30pm

For questions about Wellness Classes and Services call (503) 546-7924.

The Vitality Center is open 24 hours to Independent residents who are pre-qualified. See Vitality Center for more information on pre-qualification.

HEALTH SERVICES BY APPOINTMENT

(\$) Additional Fees for Services Listed Below



PERSONAL TRAINING WITH JENNIFER (\$)

See Jennifer if you want more energy, to feel stronger, or, improve your balance. Residents get one-on-one help to reach their goals. » Rates: 50 minutes for \$30; Inquire for package deals. Call for an Appt. at (503)546-7934

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*

REFLEXOLOGY (\$)

Research studies in the U.S. and around the world indicate benefits of reflexology for various conditions, particularly as an intervention to reduce pain, enhance relaxation, calm the cerebrospinal system and reduce psychological symptoms, such as anxiety and depression. Working with the hands and feet, sessions are gentle, yet highly effective.

» Health Services Clinic | Liz Howell

Friday *By Appt. (503) 888-5064*

ADEO FOOT CARE (\$)

Nail trimming by appointment.

» Health Services Clinic

Wednesday By Appt. (503) 670-7260

ON-SITE ORAL HEALTH CARE (\$)

Dental cleaning and polishing, dental and oral cancer screening, periodontal therapy, fluoride treatments, local anesthesia, cold sensitivity treatment, denture and partial denture cleaning, denture soft-relines, temporary fillings. Available Fridays 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

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



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 \mid Led by Resident

Mon - 1:00pm; 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 \mid 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









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

Tuesdays & Thursdays 12:30pm

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 \mid Led by Resident

Tuesday 6:30pm

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

DICK BARRY TEACHES MAGIC

Join resident Dick Barry while you learn magic.

» Board Room | Led by Resident

Monday (3rd Monday of Month) 2:00pm



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, MUSICALS & OPERAS

Movies cover all eras and genres. Requests are always welcome. Mondays: musicals; Wednesdays: operas; Saturdays: documentaries.

» 2 hour Average | Movie Theater

Monday & Wednesday (1st & 3rd of the Month)2:00pmTuesdays & Thursdays6:30pmSaturdays (Documentaries)2:30pm





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.

» Greens Building - Second Floor Pool Table \mid Led by Resident

Mondays, Wednesday & Fridays

1:00pm

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, 1st hike is easy, about 1.5 miles (walkers are ok). 2nd hike is more strenuous, must be able to walk 3+ miles unassisted (no walkers). We meet at the Vitality Gym at 9am and return by 1pm. We will call everyone on the list the Sunday before to inform you of the location.

» Pick up in the Vitality Center | Hike Location Varies

Monday (1st & 3rd Monday of the Month)

9:00am



CROQUET

Mallet up! This is a lawn game that involves hitting plastic or wooden balls with a mallet through wickets (hoops) embedded in the grass. The fewer swings the better.

» Putting Greens Outside | Led by Resident

Thursdays (Seasonal)

10:00am

GOLF WITH FRIENDS

Putt a round with us. Come down for a friendly competition of miniature golf.

» Putting Greens Outside | Led by Resident

Friday (Seasonal) 10:00am

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 Building - Third Floor | Led by Resident

Thursday (2nd Thursday of the Month)

2:30pm

QUILTING GROUP

Come and bring your current project. Enjoy great company and conversation. All skill levels welcome.

» Gardens Building - Second Floor | Led by Resident

Friday (2nd & 4th Friday of the Month)

10:00am

QUILTING WITH SALLYANN

Sew what? Join Sallyann to make "Quilts for Kids"- comfort quilts for children removed from homes and in transition. All skill levels welcome.

» Art Studio | Led by Volunteer

Thursday (2nd Thursday of the Month)

10:00am

TRAVEL CLUB

Presentations given by individual residents 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

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



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

CLUBS, GAMES & HOBBIES (CONTINUED)



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)

12:00pm

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.

» 1 hour | Movie Theater | Led by Terry Ross

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

MEN'S COOKING

Men getting together to share recipes and discuss various cooking methods.

» Community Room | Led by Resident

Monday (2nd Monday of the Month) 10:00am

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

OPEN STUDIO

A time for artists and non-artists to gather and create in the medium of their choice.

» 2 hours | Art Studio | No Leader

Thursdays

1:00pm



PAINTING WITH BRIAN

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

» 1-1/2 hours | Art Studio | Led by Brian Gonroff

Saturdays

10:00am

WATERCOLOR WITH LISA

This class welcomes all skill levels. Learn exciting new techniques, as well as a variety of inspirational exercises.

» 2 Hours | Art Studio | Led by Lisa Jones

Mondays 4:00pm

THE FORUM

This is a group discussion to talk about a different current topic each month. The meeting is monitored and all are welcomed.

» Board Room | Led by Resident

Monday (4th Monday of the Month)

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

2:00pm

COFFEE HOUR

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

» 1 hour | Community Room | Led by Resident

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





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)







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

Saturday & Sundays 11:00am

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

Friday 7:00pm

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

Wednesday 7:00pm

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

Fridays (Mass is 2nd Friday of the Month and Communion is on the 4th Friday of the Month) 11:00am

LUTHERAN SERVICES

The pastor from a Lutheran church presents a program designed for Lutheran believers.

» 1 hr | Chapel | Led by Lutheran Pastor

Thursday (2nd Thurs of the Month) 11:00am

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

Wednesdays 1:00pm



MEN'S BIBLE STUDY

Gather for a time of nondenominational Bible study / discussion group and fellowship among gentlemen.

- » Chapel (Except Last Tues of Month)
- » Luncheon Village Square Grill (Last Tues of Month)
- » Led by Resident

Tuesdays (Except Last Tues of the Month) 10:00am
Tuesday (Last Tues of the Month) 11:30am



Support Groups

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*

Thursday (Second Thursday of the Month)

* Shannon Coffel Vial is a Certified Gerontologist and Transition Specialist

11:00am



PARKINSON'S & MOVEMENT DISORDERS GROUP

This is an informal group that meets monthly to support each other by sharing resources, tips, and the latest treatments and studies. We have speakers and occasional outings as weather permits.

» 1 hr | Board Room | Led by Barbara Ballew

Thursday (Fourth Thursday of the Month) 11

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.



EXCURSION SIGN-UP

Make sure to secure your spot! Residents meet in front of The Vault to sign up for next month's excursions.

11:00am

TBD

» In Front of Café Lounge | Led by Staff

Friday (3rd Friday of the Month)



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.

WOMEN'S OUTING

Join us for a trip, once a month, to a local restaurant for a fabulous breakfast or lunch. Suggestions are always welcome.

» Pick Up in the Lobby of Your Building

Wednesday - Date To Be Determined

Check with Vitality Center for Specific Date.

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 can save 10%.

» Pick Up in the Lobby of Your Building

Wednesday - Date to be Determined 1:00pm

Check with Vitality Center for Specific Date.

TRADER JOE'S/WALGREENS

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 & 4th Monday of the Month) 10:00am

Check with Vitality Center for Specific Date.



MEDICAL TRANSPORTATION

CherryWood buses run Tues and Thurs from 8:30am - 4:00pm. To request a ride, fill out a transportation form at the Village Square front desk <u>at least 48</u> <u>hours</u> in advance.

MONTHLY EVENTS

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, November 11, 2019 11:00am - 3:00pm



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

Tuesdays 2:00pm



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

Thursdays (Except 3rd Thursdays) 2:00pm
Thursday (3rd Thursday of Month) 1:15pm

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

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



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

Sunday (2nd & 4th Sunday of Month) All Day

PUZZLE PACKETS

A varied packet of puzzles to challenge & stimulate your mind.

» Lobby

Sunday (1st & 3rd Sundays of Month) All Day

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

Monday through Thursday 6:30pm Saturday 2:00pm & 6:30pm

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

Sunday 6:30pm

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 nurse's office.)

» Royal Anne Dining Room

Last Week of Month (Date TBA) 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 and, 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

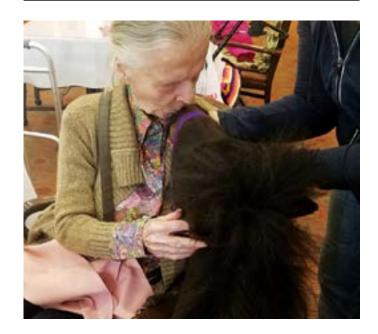
Thursdays 9:00am

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 Once Monthly

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

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

NATURE HOUR WITH PATTY

Horticultural Therapist, Patty, visits on the 2nd & 4th Thursdays of the month at 10:30am to share the wonders of nature in a "hands on" experience.

» Royal Anne 2nd Floor Tables

Thursdays (2nd & 4th of Month)

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

ASSISTED LIVING ACTIVITIES (CONTINUED)

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.

Wednesdays - See Calendar for Date

» Lobby | Held Twice Monthly



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 learn about upcoming activities and events.

» Royal Anne Dining Room

Thursday (Last Thursday of Month)

3:15pm

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

SCENIC DRIVE

Relax and take in one of the many interesting and often beautiful views offered around the Portland area from the comfort of one of the CherryWood Village buses. »Lobby

Monday (Please Sign Up in Advance)

9:45am

SHOPPING AT FRED MEYER

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

» Lobby

Friday (Please Sign Up in Advance)

12:45pm

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

Friday

10:30am

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

Saturday

10:00am

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



CELEBRATING BIRTHDAYS!

Resident birthdays are celebrated with balloons & a gift certificate for a treat from the Cherry Park Café.

"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

"WELCOME WAGON" VOLUNTEERS

Meet with like-minded residents who want to make the Royal Anne a vibrant community of neighbors and 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



ENHANCING LIVES AND CELEBRATING THE EXCITEMENT OF LIVING



















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