



March 2010 Life Enrichment



March Special Events

- 2nd Fenwick Hearing Instruments** ~ 10-12 by appt. in the Chapel (sign-up) / Jim Fenwick has been helping the hearing impaired since 1985 & will be our new audiologist by request. Complimentary hearing tests, battery & equipments checks.
- 3rd Terrace Kitchen** ~ Bus boards at 11:45 / must be able to do stairs, located in a building 101 years old in L.O. Winner of the James Beard Award and serving seasonal fresh NW cuisine.
- 6th "No One Dies Alone"** ~ 1-3 Sullivan Theater / The Stafford will be hosting this presentation by Signature. This is a wonderful volunteer program and if you would like to learn more of what they are about please come.
- 8th Low Vision Seminar** ~ 11-12 Sullivan Theater / Enhanced Vision will be presenting options & aids to help your vision.
- 10th Brasserie Montmartre** ~ Bus boards at 11:30 / The Brasserie began life in 1978 as a dinner house inspired by Parisian café society until 2006. This 1907 building has been renovated back to it's original grandeur and is on the National Register of Historic places. (sign-up)
- 11th Switzerland Presentation** ~ 2-3 Sullivan Theater / Edelweiss Tours will be giving a beautiful presentation of Switzerland and what a 9 day tour would be like.
- 15th Poetry & Readings** ~ 4:00 Sullivan Theater / Theme will be "Spring" everyone is welcome & encouraged to share. If you have questions please contact Betty Lu Anderson or Carey Dienhart.
- 16th Highland Bagpiper Dan Delmain** ~ 4:30-5:30 Sullivan Theater/ This Scottish piper is well experienced and has received several 1st place awards all throughout the US & Canada, he has even played for princess Diana.
- 17th Miller's Homestead for breakfast** ~ Bus boards at 9:30 / Casual & comfortable with good hearty breakfasts. (sign-up)
- 22nd "History of Weaving"** ~ 11-12 Sullivan Theater / Angie Evers will present and share information about pioneer life in the skill of weaving. There will demonstrations & hands on.
- 24th Bonneville Hot Springs Resort & Spa** ~ Bus boards at 10:45 / Nestled amidst the towering cascade waterfalls of the Columbia River Gorge with breathtaking views of nature. Take this scenic drive to lunch at Pacific Crest & explore. (sign-up)
- 26th Artist Reception & Pianist Linda Smith** ~ 4:30-5:30 lobby area / This is a fabulous monthly activity to partake in, enjoy a glass of wine, and stroll the hall to view art by Sandy Brooks & Jean Thomas.
- 31st Vista Springs Cafe** ~ Bus boards at 11:30 / A cozy neighborhood cafe located in the West Hills amongst grand homes with beautiful views of Portland. (sign-up)

Irish Blessing

May you always have
walls for the wind,
A roof for the rain,
Tea beside the fire,
Laughter to cheer you,
and those you love near you!

Published by Carey Dienhart

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Happy Birthday! Herb Anderson 3/1 Howard Busse 3/2 Alice Ann Stephenson 3/5 Jack Jouett 3/8 Paul Walz 3/8 Wynn May 3/20 George Porter 3/21 Dot Bech 3/26</p>	<p>1 9:30 Welcome Committee Meets*2 10-10:30 Stretch Class *1 1-2 Yoga *1 3:00 Tea & Crumpets & *4 3:30 Police Dog "Kai" *4 7:30 Carol Burnett Shows *1</p>	<p>2 10-10:45 Group Training Class *1 10-12 Fenwick Hearing (sign-up) 10:30 Bus Downtown L.O. Loop 11:30 Flower Arranging *2 1:30 Fred Meyer (sign-up) 3:00 Tea & Crumpets *4 4:00 Bible Study *8</p>	<p>3 10-10:30 Stretch Class*1 11:45 Terrace Kitchen (sign-up) (1 flight of stairs to enter) 3:00 Tea & Crumpets *4 3:45-4:45 Stafford Choir *1 4:30-5:30 Cocktail Hour *3 7:00 Movie *1</p>	<p>4 10-10:45 Group Training Class *1 11-12 Creative Writing-lounge 1:00 Open Bridge 4:30 Pianist Mario *4 6:15 Vienna Boys Choir (Pre-purchased tickets) 7:00 Cookies & Milk by the fire 7:00 Musical Theater Thursday *1</p>	<p>5 10-10:30 Stretch Class*1 11-3 Bruttles Gourmet Candies-lobby 11-1 Watercolor Class *2 2:00 Bell Choir ~ AL 2-4 Create Elegant Greeting Cards *2 Theme: "Easter" (sign-up) 7:00 Movie *1</p>	<p>6 10-2 Saturday Brunch *7 10:00 Game of Pool *9 10-11 "Safe on Your Feet" *1 1-3 "No One Dies Alone" *1 3:00 Tea & Crumpets *4</p>
<p>7 9:45-10:15 Catholic Communion *8 10-2 Sunday Brunch *7 2:00 Movie & Popcorn *1 3:00 Tea & Crumpets *4 4:00 Sunday Vespers *8 "His Last Supper"</p>	<p>8 10-10:30 Stretch Class *1 11-12 Low Vision Seminar *1 1-2 Yoga *1 3:00 Tea & Crumpets *4 3:00 Residents Food Committee *7 3:30 Police Dog "Kai" *4 7:00 Carol Burnett Shows *1</p>	<p>9 10-10:45 Group Training Class *1 10:30 Bus Downtown L.O. Loop 11:30 Flower Arranging *2 1:30 Safeway W. L. (sign-up) 3:00 Tea & Crumpets *4 4:00 Bible Study *8</p>	<p>10 10-10:30 Stretch Class* 11:30 Brasserie Montmartre (sign-up) 3:00 Tea & Crumpets *4 3:45-4:45 Stafford Choir *1 4:30-5:30 Cocktail Hour *3 7:00 Movie *1</p>	<p>11 10-10:45 Group Training Class *1 11-12 Creative Writing *2 1:00 Open Bridge *9 2:00 Switzerland Presentation *1 3:00 Tea & Crumpets *4 7:00 Cookies & Milk by the fire 7:00 Musical Theater Thursday *1</p>	<p>12 10-10:30 Stretch Class *1 10:30-1:00 Chair Massage (sign-up) 11:00-1:00 Watercolor Class *2 2:00 Bell Choir ~ AL 3:00 Tea & Crumpets *4 3-4 Pianist Roslana *4 7:00 Movie *1</p>	<p>13 10-2 Saturday Brunch *7 10:00 Game of Pool *9 10-11 "Safe on Your Feet" *1 12:00 New Residents Luncheon (Welcome Comm. will contact you) 2:00 Movie & Popcorn *1 3:00 Tea & Crumpets *4</p>
<p>14 Day Light Savings (Spring ahead 1 Hour) 9:45-10:15 Catholic Communion *8 10-2 Sunday Brunch *7 2:00 Movie & Popcorn *1 3:00 Tea & Crumpets *4 4:00 Sunday Vespers *8 "His Prayer in the Garden"</p>	<p>15 10-10:30 Stretch Class *1 1-2 Yoga *1 3:00 Tea & Crumpets *4 3:30 Police Dog "Kai" *4 4:00 Poetry & Readings *1 Theme: "Spring" 7:00 Carol Burnett Shows *1</p>	<p>16 10-10:45 Group Training Class *1 10:30 Bus Downtown L.O. Loop 11:30 Flower Arranging *2 1:30 Trader Joes (sign-up) 3:00 Tea & Crumpets *4 4:00 Bible Study *8 4:30-5:30 Scottish Bagpiper *1</p>	<p>17 St. Patrick's Day! (Wear Green Today or you might get pinched!) 9:30 Miller's Homestead for Breakfast (sign-up) 10-10:30 Stretch Class *1 3:00 Tea & Crumpets *4 3:45-4:45 Stafford Choir *1 4:30-5:30 Cocktail Hour *3 5-8 Irish Special Menu *7 7:00 Movie *1</p>	<p>18 10-10:45 Group Training Class *1 (Mass will be on the 25th) 11-12 Creative Writing*2 1:00 Open Bridge *9 2:00 Town Hall Coffee *1 3:00 Tea & Crumpets *4 6:00 Another View Artists Group *2 7:00 Cookies & Milk by the fire 7:00 Musical Theater Thursday *1</p>	<p>19 10-10:30 Stretch Class *1 10:30-1:00 Chair Massage (sign-up) 11-1 Watercolor Class *2 2:00-3:00 Bell Choir ~ AL 3:00 Tea & Crumpets *4 2-4 Watercolor Society of Oregon *1 7:00 Movie *1</p>	<p>20 1st Day of Spring! 10-2 Saturday Brunch *7 10:00 Game of Pool *9 10-11 "Safe on Your Feet" *1 2:00 Movie & Popcorn *1 3:00 Tea & Crumpets *4</p>
<p>21 9:45-10:15 Catholic Communion *8 10-2 Sunday Brunch *7 2:00 Movie & Popcorn *1 3:00 Tea & Crumpets *4 4:00 Sunday Vespers *8 "His Unjust Trial"</p>	<p>22 10-10:30 Stretch Class *1 11-12 "History of Weaving and Demonstration" *1 1-2 Yoga *1 3:00 Tea & Crumpets *4 3:30 Police Dog "Kai" *4 7:00 Carol Burnett Shows *1</p>	<p>23 10-10:45 Group Training Class *1 10:30 Downtown L.O. Loop 11:30 Flower Arranging *2 1:30 Wa. Square (sign-up) 3:00 Tea & Crumpets *4 4:00 Bible Study *8 5:30 March Birthday Dinner !*7</p>	<p>24 10-10:30 Stretch Class *1 10:45 Bonneville Hot Springs (sign-up) (Pacific Crest for lunch) 3:00 Tea & Crumpets *4 3:45-4:45 Stafford Choir *1 4:30-5:30 Cocktail Hour *3 7:00 Movie *1</p>	<p>25 10-10:45 Group Training Class *1 10:30 Catholic Mass *8 11-12 Creative Writing*2 1:00 Open Bridge *9 3:00 Tea & Crumpets *4 7:00 Cookies & Milk by the fire 7:00 Musical Theater Thursday *1</p>	<p>26 10-10:30 Stretch Class *1 11-1 Watercolor Class *2 1:30 Bunko Game *9 (sign-up) 2:00-3:00 Bell Choir ~ AL 3:00 Tea & Crumpets *4 4:30-Artisit Reception with Pianist Linda Smith ~ lobby area 7:00 Movie *1</p>	<p>27 10-2 Saturday Brunch *7 10:00 Game of Pool *9 10-11 "Safe on Your Feet" *1 2:00 Movie & Popcorn *1 3:00 Tea & Crumpets *4</p>
<p>28 9:45-10:15 Catholic Communion *8 10-2 Sunday Brunch *7 2:00 Movie & Popcorn *1 3:00 Tea & Crumpets *4 4:00 Sunday Vespers *8 "His Crucifixion"</p>	<p>29 10-10:30 Stretch Class *1 1-2 Yoga *1 3:00 Tea & Crumpets *4 3:30 Police Dog "Kai" *4 7:00 Carol Burnett Shows *1</p>	<p>30 10-10:45 Group Training Class *1 10:30 Downtown L.O. Loop 11:30 Flower Arranging *2 1:30 New Seasons (sign-up) 3:00 Tea & Crumpets *4 4:00 Bible Study *8</p>	<p>31 10-10:30 Stretch Class *1 11:30 Vista Springs Cafe (sign-up) 3:00 Tea & Crumpets *4 3:45-4:45 Stafford Choir *1 4:30-5:30 Cocktail Hour *3 7:00 Movie *1</p>	<p>Don't forget to check the back page of the Calendar for further details.</p>	<p>*1 Sullivan Theater *2 Life Enrichment *3 Lounge *4 Library *5 Vitality *6 Mail Room *7 Dining Room *8 Chapel *9 Club Lounge</p>	<p>The calendar is subject to change without prior notice. We apologize for any inconvenience.</p>