

Willamette Oaks

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Salem Singers



This all male Chorus group
features many southern gospel,
traditional hymns &
contemporary selections

Sunday January 8th
2 PM in the Atrium

Willamette Oaks

For people who love life!



Willamette Oaks

For People Who Love Life.

A MONTHLY NEWSLETTER

ISSUE: JANUARY 2012

OPPORTUNITIES, EVENTS AND INFORMATION

Your guide to what's going on at home and on the road.



Featured Articles

Healthy Feet = Good Life

Drums on the Run

The Pulsera Project

Old Time Fiddlers

Sweet Waters on the River

Create a Vision Board



Preferred Partners

Comfortoes
 Manicures & Pedicures
 in the comfort of your own home



520-5008

**Willamette Oaks
 Gift Boutique**
 Necessities - Gifts - Cards
 Mon - Fri: 10:00 - 11:30 & 2:30 - 4:00
 Sat: 10:00 - 11:30

Willamette Oaks Salon
 Wednesday - Saturday
 Evenings by appointment only
 345-1600

FOOT CARE
 Rosemary Bessler, R.N.



specializing in diabetic foot care
 Call for appointment
 736-8062

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Manager: Claudia Norton
 Assistant Manager: Justicia Trzesniewski
 Resident Services Coordinator: Lorraine Loffelmacher
 Lead Programs Coordinator: Tara Shafer
 Fitness Coordinator: Janet Hollander
 Marketing Director: Nancy Durlinger
 Executive Chef: Michael Morris
 Maintenance Supervisor: Steve Libby
 Housekeeping Supervisor: Justicia Trzesniewski
 Overnight Team: Phil & Lisa Braunberger

Serenity Spa
 Where relaxation is considered an art



Crystal Moon
 541-225-8617
 Massade by appointment

A PRESSING ENGAGEMENT
 Personal Ironing Service



Rhonda Ready
 541-687-2152
rjready@comcast.net

Shelton McMurphey Johnson House



Tea with Tara

Enjoy Freshly Brewed
 Tea, Scones, Tea
 Sandwiches & Dessert
 Along with a tour of
 the Victorian home.

Wednesday January 25th from 10:30 - 1:30

Anniversary Celebrations

Mary Cullings	17 years	Betty Miller	6 years
Nelson Grubbe	16 years	Sue Monahan	4 years
Marilyn Cartwright (hskp)	15 years	Martha Harding	2 years
Tom & Wanda Hayes	14 years	Gabriela Martinez (server)	1 year
Marjorie Jackson	6 years		

Bon Appétit!

Willamette Club Open Bar

Thursday, January 12th, 4:00 (BHB)

Celebrate the start of a new year in the Blue Heron Bistro while you visit with friends – old and new. We serve up a variety of non-alcoholic and alcoholic beverages along with some salty crunchy snacks to hold you over until dinner.

Breakfast Club

**Tues. January 3rd, 17th, 24th, 31st
8:00 – 9:00 (BHB)**



Join hostess **Crystal Nelson** at the Breakfast Club and give your day a head start with a creamy smoothie full of ripe fruit and healthful protein—made to order on the spot. Visit with your neighbors during this early morning social hour! Breakfast doesn't get better than this.

Healthy Eating Support Group

Fridays, 10:15 (D)

Kick off the New Year with some healthier food choices. Review the coming week's menus and get advice on appropriate choices for special diets including diabetes, high cholesterol and weight problems.

Art Reception

Sunday, January 8th, 3:00 (LG)

Featured this month are **Rena Coleman's** quilts with colorful geometric patterns. Enjoy the wine as you visit with friends and admire the beautiful display.

And Presenting...

Hall Party Planning Meetings

**Monday January 9th and Monday
January 23rd, 3:00-4:00 pm (WH)**

Save the Date – **Hall parties will be held on Wednesday February 29th from 2-3 PM.** This yearly building-wide event features fun, food and friends. We build community by creating opportunities for neighbors to get to know each other better. Are you interested in the planning process for your hall or just want more information on the program? Please attend our two hall party planning meetings this month as we move forward to organize the 2012 Hall Parties!

The Power of Positive Thought

Tuesday, January 10th, 11:00 (WH)

This group meets to discuss everything positive. Share what **IS** working in your life. If you have any uplifting quotes or stories please bring them along. We focus on the glass being half full and brainstorm on ways to spin a potentially “negative” event in our life into a positive one. “What we think we feel” and it all begins with **Attitude and Gratitude.** This initial meeting is to determine interest in this sort of program. If the turnout goes well we can develop a **positive pals** type group that meets monthly.

Vision Board Workshop

Tuesday, January 17th, 11:00 (WH)

What are you hoping to accomplish this year? During this workshop we outline our 2012 goals or resolutions using a vision board. “A vision board is a tool used to help clarify, concentrate and maintain focus on a specific life goal. Literally, a vision board is any sort of board on which you display images that represent whatever you want to be, do or have in your life.” Each participant will have their own board to create during the workshop and then take it home to display in a prominent place throughout the year. **Tara Shafer** explains how using a vision board at the start of each year has truly changed her life. Please register for this workshop as supplies to create your board are provided and therefore we need an accurate headcount.

High Performance Wellness

I posited last January that I was on a two year expedition to learn to incorporate the word “balance” into my life. I might have considered my 2011 resolution a complete failure if not for the ICAA conference last month. At a riveting seminar called *High Performance Balance*, mountaineer and health educator Michael Sameuelson led off his lecture by saying that work/life balance is a western construct that suggests a world of singular opposites requiring identification, separation and balance. The key, he maintains, is to re-think the notion of high performance balance into that of high performance wellness.

Janet, Tara and I all returned from this conference full of enthusiasm, excitement and energy, ready to bring new programs for high performance wellness to our community. But what is high performance wellness? Perhaps Janet described it best as building a bridge between intentions and actions. We now recognize the 6 aspects of wellness quite readily, and we often intend to try to incorporate them into our daily living, especially at the first of the year with our new resolutions. Creating a bridge to connect those intentions to action is the key to high performance wellness.

We will be adding some new programs this year to help set the pilings and spans of your own bridge. Tara will introduce a curriculum focusing on the five P's: Positive, Posture, Play, Purpose and Participation. Janet will be incorporating resilience training into classes that connect the value we place on good health and the action needed on a daily basis to maintain it. Additionally, we have been invited on a national level to participate in a wellness benchmarking program through the ICAA. I will be sharing more on this exciting opportunity and the many ways that it can reveal the strength and size of the bridges we are building.

Last year I suggested we all look at a broader approach to our resolutions to include more than a singular aspect of improvement. Little did I know that I had already taken the biggest step to better life balance by thinking of balance as a wellness issue and not an either/or issue. At the conference I found a new program to keep my resolutions going through this year, and I invite you to join me on a new kind of high performance wellness adventure – Saturday afternoon geocaching.

--Claudia

January Spotlight

What in the World is Geocaching?

Tuesday, Jan. 24th, 11:00 am (WH)



This month we start a new adventure tour. We brought the fun idea back from **the International Council of Active Aging** conference and are excited to implement it here at Willamette Oaks. **Geocaching is a real-world, indoor/outdoor treasure hunting game using GPS-enabled devices.** Participants navigate to a specific set of GPS coordinates and then attempt to find the geocache (container) hidden at that location. Through word of mouth, press articles, and even accidental cache discoveries, more and more people have become involved in geocaching. During this informational session you learn what geocaching is in more detail, how it is sweeping the nation by captivating people of all ages and how we plan to initiate the fun interactive adventure tour right here at Willamette Oaks.

Geocaching

Sat., January 28th, 10:00 am (At)

Together we embark on our first Geocaching experience. We start by meeting in the Atrium and then we work together as a group to follow the GPS coordinates to locate the hidden geocache (container) and see what is inside! Geocaching is being done all around the world. You get the coordinates from the internet and then go find the hidden box. **Please attend our Intro to Geocaching on January 24th to become a Geocaching expert prior to our first hunt.**

Move It! Shake It!

What are you doing TODAY to improve your well-being and build your resilience? To be ready for life is a daily practice. - Janet Hollander, Fitness Coordinator

Happy Yoga

Wednesdays, 3:00-4:00 (F)

We embark on our journey, focusing on breath to locate inner peace and relaxation. Join **Tara Shafer** for happy yoga that will bring a smile to your face. We learn each pose, modifying to each individual's preference while outlining health benefits, as well as learning both the English and Sanskrit name for each pose we tackle. Enjoy the freedom to go at your own pace while continuing to push yourself to the next level. You will learn the poses so well that you can incorporate them into your home exercise program (flashcards provided).

Nia – Blended Exercise

Fridays, 6th, 13th, 20th 3:00-4:00 (F)

A blend of many of the exercise styles you have used on other days. **Nia** is functional fitness stirred together with yoga, tai chi, dance, and other martial arts. Variety keeps our brains interested and committed to fitness while we increase strength, agility, mobility, stability, and flexibility. Think about it - each of these elements is very important. This is the program that **Janet Hollander** has been studying in depth for the last year.

At-Home Exercise Program NEW YEAR

Start keeping count of the exercises you do every day and add them to our group total. Our fitness coordinator can assist you with choosing exercises that meet your needs. Then you proceed with a plan you can do on your own. Benefit from the support and encouragement that are built into the Home Exercise Program. Begin by calling the office and making an appointment with Janet.

Functional Fitness

Mondays & Wednesdays, 9:00-10:00 (F)

Practice exercises for strength, agility, and balance. What if it's too much? Attend only the beginning segments that match your fitness level. For those ready for a real workout, the first 20 minutes is your essential warm-up before going on to more demanding resistance activities using weights, standing, and other tools. Instructors: **Kim Hance** and **Janet Hollander**.

Tai Chi

Tuesdays, 10:00-11:00 (At)

This graceful meditative martial art improves circulation, breath control, and promotes emotional relaxation. This class is for those who want to develop a firm stance to improve your balance. Instructors: **Suman Barkhas** and **Dhyana Kahapea**.

Re-Start Exercise

Wed., 11:30-12:00 & Fri., 2:00-2:30 (F)

We have to start somewhere to return to gentle exercise following injury or illness. This half-hour class focuses on improving the basic moves of everyday life and "oiling our joints." Let's get our bodies back on track. Instructor: **Janet Hollander**

World Rhythms Drum Circle

Thursdays, 1:30-2:30 (D)

Drumming offers the opportunity to think, act, and perceive the world in extraordinary ways while you improve coordination and steady internal rhythms. We explore new and ancient healing rhythms from around the world in the collective "ah ha...!" of drumming together. Instructor: **Candy Davis**. **Includes Drum Dance** - allow your whole body to delight in rhythm.

Sounding

Tuesdays, 2:30-3:00 (F)

Experience whole-body toning that requires no musical ability, no vocal training, and no calisthenics. Vibratory frequency is intrinsic to life.

Salem Singers

Sunday, January 8th, 2:00 PM (At)

The Salem Singers male chorus first organized in 1943. They are like a brotherhood. Although they have had several different members over their many years, one thing has always stood true. They sing under the motto: "Spreading the Gospel of Jesus Christ through the medium of music." This men's Chorus is proud to share their gift with you, and share the love of God with their words and voices. We are in for a special treat because one of their members, **Steve Ferguson**, is the grandson to our very own **Eileen Ware**. In addition, Director **John Schmidt** and Pianist **Joan Thompson** lead the group. One of the original nineteen members from 1943, **Francis Wonderly**, is still singing in the Chorus. Their repertoire includes many southern gospel, traditional hymns and contemporary selections. Every few years, the Salem Singers go on tour with their message. The Chorus has traveled extensively throughout the Pacific Northwest for concerts as well as radio and television appearances. No matter where they sing, the Salem Singers never fail to touch the hearts of those who listen to their message of Salvation.

Old Time Fiddlers

Wednesday, January 18th 7:00 PM (At)



Enjoy the good ol' fashion tunes from a simpler time. The sound of fiddles combines with the rambling strings of the banjo accompanied by an array of instruments such as the guitar, mandolin and upright bass. A fine group of talented musicians collectively create the old-timey music we all love to tap our toes to.

Paul Prince

Sunday, January 22nd, 2:00 PM (At)



Paul Prince is a dynamic and exciting performer of original and traditional music on acoustic guitar. Born in Honolulu, Paul performs Hawaiian, African and Classical music and will bring a special acoustic performance to Willamette Oaks. One of Paul's interests is African music, specifically from Zimbabwe and he once toured the Northern Continent with that country's musical hero Thomas Mapfumo. In 1994 Paul was named one of two U.S. finalists in *Guitar Player Magazine's* Ultimate Fingerstyle Competition and his CD *Ocean Bells* has received high praise and airplay around the world. Paul is currently working on his next CD which will focus on collaborations with Zimbabwean musicians and an update of his unique solo guitar style.

W4O

Working for Others

Boutique Luncheon

Wed., January 11th, 12:00 (OL)

As a special thank you we will be hosting a luncheon for all of our fabulous gift boutique volunteers. Thank you for everything you do each and every day. The boutique is thriving through your hard work and dedication. We appreciate you!

Tectonics of the Western U.S.

Tuesday, January 3rd, 11:00 (WH)

Learn about the tectonic processes that helped form and to this day still affect the West Coast of the U.S. **Ethan Bitzer** explains the Cascadia Subduction zone and why it is one of the most important subduction zones in the world.

The Pulsera Project

Monday, January 16th, 11:00 (WH)

Caitlin Jarvis travels to Nicaragua once again. This time she participates in **The Pulsera Project**, “a non-profit organization that empowers former street children in Nicaragua through sales of their colorful hand-woven pulseras (Spanish for bracelets).” Caitlin shares a photo presentation recapping her journey while emphasizing the importance of the project. “The Pulsera Project began in 2009 when a group of friends adventuring in Nicaragua discovered a shelter for former street kids in the foothills of Managua. The kids were masters of weaving colorful pulseras but had little market for their artwork in Nicaragua. Some of the travelers returned home with handfuls of pulseras and the idea to sell them in their schools as a fundraiser for their new Nicaraguan friends. The Pulsera Project empowers young North Americans and Nicaraguans to partner in creating a brighter future. U.S. students bring enormous educational and economic advantages to the global exchange, and many students gladly share these advantages to help lift up young Nicaraguans, who live in the second poorest country in the Western Hemisphere.”

**Enthusiasm from the Ground Up
Healthy Feet = Good Life**

Thursday, January 19th, 3:00 (WH)

Fresh from the active aging conference, **Janet Hollander** brings a presentation on the importance of keeping your feet healthy and how foot health and comfort affects the quality of your whole life. Attendance includes the booklet “Foot Owner’s Manual” and a slide show on basic important factors to consider.

Literary Intersections Book Club

Saturday, January 7th 10:15 (CCR)

If you like to read, come share your input. Any one of **Tony Hillerman’s** provocative Tribal Police mysteries set in the Four Corners area of southwestern U.S. are to be the subject for the January meeting.

The Art of Memoir

Monday, Jan. 9th, 23rd, 10:30 (KC)

Shine a new light on the past with tried-and-true writing methods that draw out exciting memories, polish them up, and let you share them with others who can relate. No need to prepare anything—there will be opportunities to write with others. Writer/editor **Candy Davis** is your host.

The Art of Personal Essay

Mon., Jan. 2nd, 16th, 30th, 10:30 (KC)

If you’re in touch with your own wisdom about the quirky way the world works, writing a short personal essay is your best soapbox. It’s also a great way to sort out and refine your own ideas. Writer/editor **Candy Davis** will introduce prompts and revision tricks to help you shape your ideas.

A Love of Language

German Conversation
Tuesdays 3:00 (KC)
Casual conversation for fluent speakers

French Conversation & Literary Study
Thursdays 3:00 (CCR)
Read and discuss classic texts in French

Spanish Instruction
Fridays 2:00 (TA)
Learn, speak and write with native speaker, **Norma Samano**

On The Road

Men’s Breakfast

Tuesday, January 10th, 8:00

Imagine a hot, filling breakfast, coffee and juice along with excellent company, entertainment and door prizes on an early Tuesday morning. You can have all of this at the Campbell Senior Center’s Men’s Breakfast for the unbelievable price of just **\$4 at the door**. If you regularly attend the men’s breakfast please encourage some of our newcomers to join you for breakfast. **E**

Dinner at SweetWaters on the River

Tuesday, January 17th, 5:15 pm

SweetWaters on the River is a destination restaurant that defines the quintessential Northwest dining experience. They maintain a focus on local and fresh ingredients as well as unique choices such as Oregon truffles, huckleberries and artisan cheeses. Their unique geographic position is perfect for the wine enthusiast in which they showcase Oregon’s growing wine industry where world class Pinot Noir is compared to the best of those from Burgundy. Guests with a palate for fresh innovative cuisine and an enthusiasm for fine wine will appreciate the unrivaled service and authentic ambiance of SweetWaters on the River. Please bring money to pay for your own meal. **E**

Eugene Symphony

Piazzolla’s Four Seasons

Thursday, January 19th, 7:15 pm

Journey to the Hult Center to experience the Eugene Symphony. “Bold color and atmosphere infuse Piazzolla’s Four Seasons of Buenos Aires in a symphonic program featuring the fiery flair of Latin culture. Marquez’s Danzon and Mendelssohn’s Italian Symphony ignite passions in an evening of orchestral performances sure to thrill! Andres Franco is the guest conductor and Lindsay Deutsch is featured on the violin.” **Please bring your season ticket and sign up for the bus. Transportation fee is \$1.50. E**

Shelton McMurphey Johnson House

Tea with Tara

Wednesday, January 25th, 10:30 – 1:30

Join Tara for tea at the historical Victorian **Shelton McMurphey Johnson House** also known as the “Castle on the Hill”. We enjoy a sit down private tea party and will be served freshly brewed tea, scones, tea sandwiches and a sweet dessert. A tour of the house is also included. While we have tea let’s have a focus topic and discuss the teas that used to be held right here at Willamette Oaks to benefit organizations in our community. Let’s become inspired during our traditional tea set in the beautifully decorated home while brainstorming ways to restore the annual high tea here at Willamette Oaks. Trip price is \$20 and includes the private tea and the tour. **E**

Drums on the Run

Ridgefield Middle School in Springfield

Tuesday, January 31st, 4:30 – 8:30 pm

We take part in the **Ridgeview’s Science Fair** featuring several themes such as the Science of Animals, the Science of Weather and of course the **Science of Music**. As part of the music program our drum circle demonstrates the scientific benefits of drum circles for all ages. Around 450 people will be in attendance including parents, teachers, students and of course our very own drumming team! Dinner and snacks provided. **E**

Warm Water Pool

Thursdays, 10:00

Join us at **Willamalane pool**. Feel free to swim laps or do your own exercise routine. We swim for about an hour and return before lunch. The drop in fee for the pool is \$3.75 at the door or you can purchase a 10 swim punch card for \$30 (that is just \$3.00 per pool entry!) Please remember to bring your suit, towel and some change for your locker. Join the wave of residents hooked on warm water exercise – no commitment necessary. **On January 26th we will be having Chinese food at Gateway Restaurant after our swim.** Please bring money for your meal on that day. **W, L**

Soaring Spirits

Bible Study
Wednesdays 10:00 (WH)
 Find caring support and motivation in this weekly celebration of the Bible through song and study.

Reciting the Rosary
Wednesdays 1:00 (WH)
 Everyone is welcome to this weekly gathering to recite the rosary.

The Nones
Sundays 3:30 (OL)
 If you usually check the box marked "None" when asked for your religious preference on various forms, you don't have to feel alone. This free thinking group engages in spirited discussions on a large variety of subjects.

Ki Breathing
Fridays 9:00 (CCR)
 Try this simple practice that can do wonders to start your day off well and possibly improve your health all week. Gather with other residents to practice your relaxation breathing in a calm atmosphere. **Dennis Lewandoski**, an Oregon Ki Society instructor, is back to coach us. **E, S**

Church Shuttle Sundays
9:30 Methodist
10:05 Catholic, Presbyterian
 Choose your favorite service and sign up ahead of time at the sign-in desk to ride our free bus.

At The Show

Saturday Night at the Movies 7:00 (WH)
 See Live Wire for full film descriptions.

7th The Young Victoria
14th Finians Rainbow
21st Million Dollar Baby
28th In Her Shoes

Fridays: Documentary Films 7:00 (WH)
Tuesdays: Global Issues in Film 7:00 (WH)
 See Live Wire for weekly descriptions of films selected by **Bill Foster!**

To Your Health!

Medical Transportation
Mondays 1:00-4:00
Wed. and Thurs. 9:00-11:00 & 1:00-4:00
 Shuttle transportation to any doctors office in the area. Please notify the office 24 hours in advance of your appointment.

Walker Clinic
Tuesday 10th, 2:30 (CCR)
Travis McMurrian will tune your walker and offer advice on height, brakes and other important adjustments. Even if you think your walker is perfect please stop by. You may be surprised that although your walker feels great now it can feel so much better with just a few slight adjustments. The best part is there is **no cost to you**. United Seating provides all of these adjustments for free!

Eyeglasses Cleaned, Adjusted & Repaired
Monday 9th, 2:30 (FL)
Cindy Washburn of Lifetime Eye Care gives your glasses back that like-new fit.

Blood Pressure (CCR) and/or Hearing Check (Li) **Monday 16th, 2:30**
 This is a great way to keep tabs on your health. Special thanks to **PeaceHealth's** volunteer nurse and to **David Willoughby**.

On The Table

Cards & Games
 Canasta, Bingo, Cribbage, Scrabble, Pinoche, Shuffleboard, Pool, Poker and Bridge – we have it all. See the Calendar for organized gatherings or inquire with our Programs staff for private groups. Don't see your favorite on the Calendar? Bring ideas to Tara for assistance in finding other players.

Get Togethers

Ol' Time Sing Along
Wednesdays 2:00 (At)
 No press, no performance, no pressure—just sing-along fun on the old songs we all know and love. Wake up your lungs and have a laugh with friends.

Sing Out!
Friday January 13th, 7:00 (At)
Friday January 27th, 7:00 (At)
 Join nimble-fingered pianist **Mary Griggs** as we sing songs together, new and old. Encourage family and friends to attend and sing along. We meet twice this month.

Computer Club
Saturday 14th, 10:00 (Li)
 Computer expert **Peter Loewy** answers questions and shares a wealth of knowledge.

Current Events
Fridays 1:00 (WH)
 Share information and debate views on current events as well as political and social issues in the news today.

Community Spotlight

Newcomer's Social
Monday 9th, 2:00 (D)
 Following the Town Meeting let's all gather to welcome those residents who are new to our community. This is a great time to find out about your new neighbors and make them feel at home. Tea, coffee, and fresh goodies will be served. **Kim Harrison** is your hostess.

Residents' Association Meeting and Community Celebration
Monday 16th, 1:30 (D)
 Our monthly business meeting provides updates for our community on decisions and events that affect us all. We also recognize special honorees among our members, including those with birthdays and move-in anniversaries this month. Refreshments are served.

Coffee Klatch -- Daily
10:30 - 11:30; 2:30 - 3:30 (D)
 You supply the topics — we supply the coffee and cookies.
Town Meeting
Mondays 1:30 (D)
 Have a question for manager **Claudia Norton**? An issue you'd like resolved, or maybe just a bit of gossip you'd like to share? We make announcements and relay the latest breaking news about our community. Find out what is going on in the coming week.

Knitting, Crocheters, Quilters
Fridays, 1:00 (KC)
ALL ARE WELCOME. Experienced and beginners who need help. Enjoy a relaxing hour as we create blankets, scarves and other warm necessities for those in need. This group is really starting to take off. We encourage you to stop by and see what we are all about!
Residents' Support Group
Thursdays 7:00 (CCR)
 Loneliness can creep into everyone's life. This group helps you deal with sadness, accept your present way of living, participate in events, seek friends and talk about your feelings.

Personalized Trip & Class Registration

Monday 30th 9:00-12:00 and 2:00-4:00
Tuesday 31st 9:00-12:00
and by appointment (OL)
 Want to learn about organized group excursions? Want to take a fitness class on campus but you don't know which one? Want to find out about upcoming performances on our stages? Make an appointment at the **Sign-Up Desk in the lobby** next to the Gift Boutique. **The registration sheets will be out by 4 PM on Thursday January 26th.** Our friendly staff answers questions about all the opportunities at Willamette Oaks and how to break into the action.

Around Town Shopping

<p>Sheldon Plaza Mondays 9:30 Market of Choice Safeway Wells Fargo Rite Aid Shamrock Gifts Bi-Mart Walgreen's</p>	<p>Oakway Mall 1st Mon 9:30 3rd Tues 10:00 Talbots Coldwater Creek Trader Joes Bed, Bath & Beyond Umpqua Bank TJ Maxx</p>	<p>Valley River Tuesday 10:00 Macy's JC Penney SAS Shoes DMV Umpqua Bank</p>	<p>Delta Oaks Tuesday 1:30 Market of Choice Wal-Mart Dick's Pak Mail Home Depot Lazy Boy</p>	<p>Santa Clara Friday 10:15 Fred Meyer Albertson's Jo Ann Fabrics Dollar Tree Selco Post Office</p>
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
9:30/10:05 Church Shuttle	9:00 Functional Fitness F	8:00 Bkfst. Club BHB	9:00 Functional Fitness F	10:00 TRIP Warm Water Pool	9:00 Ki Breathing CCR	10:15 Book Club CCR
	9:30 Sheldon Plaza/Oakway	10:00 Tai Chi At	10:00 Bible Study WH		10:15 Healthy Eating D	
3:30 Nones OL	10:15 Pool is Cool P	11:00 Study Geology WH	11:30 Re-Start F	1:30 Drum Circle D	10:15 Pool is Cool P	1:30 Bingo D
	10:30 Personal Essay KC	10:00 Shuffleboard F	1:00 Reciting Rosary WH	3:00 French CCR	1:00 Current Events WH	
6:45 Canasta OL	1:30 Town Meeting D	10:00 Shop Valley River Ctr	2:00 Scrabble FL	7:00 Resident Support CCR	1:00 Knit, Crochet, Quilt KC	7:00 Film WH
		1:30 Shop Delta Oaks	2:00 Sing Along At		2:00 Spanish TA	
		2:30 Sounding F	3:00 YOGA F		2:00 Re-Start F	
		3:00 German KC	6:45 Cribbage FL		3:00 Nia Exercise Blend F	
		7:00 Global Issues WH			7:00 Documentary Film WH	
8	9	10	11	12	13	14
9:30/10:05 Church Shuttle	9:00 Functional Fitness F	8:00 Men's Breakfast	9:00 Functional Fitness F	10:00 TRIP Warm Water Pool	9:00 Ki Breathing CCR	
	9:30 Sheldon Plaza	10:00 Tai Chi At	10:00 Bible Study WH		10:15 Healthy Eating D	10:00 Computer Club Li
2:00 Concert At Salem Singers	10:15 Pool is Cool P	10:00 Shuffleboard F	11:30 Re-Start F	1:30 Drum Circle D	10:15 Pool is Cool P	
	10:30 Art of Memoir KC	10:00 Shop Valley River Ctr	12:00 Boutique Lunch OL	3:00 French CCR	10:15 Shop Santa Clara	
3:00 Art Reception LG	11:00 Resident Brd.Mtg CCR	11:00 Positive Thought WH	1:00 Reciting Rosary WH	4:00 Open Bar BHB	1:00 Current Events WH	1:30 Bingo D
	1:30 Town Meeting D	1:30 Shop Delta Oaks	2:00 Scrabble FL	7:00 Resident Support CCR	1:00 Knit, Crochet, Quilt KC	
	2:00 Newcomer's Social D	2:30 Walker Clinic CCR	2:00 Sing Along At		2:00 Spanish TA	
3:30 Nones OL	2:30 Eyeglass Repair FL	2:30 Sounding F	3:00 YOGA F		2:00 Re-Start F	7:00 Film WH
6:45 Canasta OL	3:00 Hall Party Planning WH	3:00 German KC	6:45 Cribbage FL		3:00 Nia Exercise Blend F	
		7:00 Global Issues WH			7:00 Documentary Film WH	
					7:00 Sing Out At	

Trip Information Codes

- F = Free time
- W = Walking
- U = Uneven ground
- A = High altitude
- O = Outdoors
- E = Easy trip
- S = Standing
- Str= Stairs
- NR = No refund
- LA = Light Activity

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>15</p> <p>9:30/10:05 Church Shuttle</p> <p>3:30 Nones</p> <p>6:45 Canasta</p>	<p>16</p> <p>9:00 Functional Fitness F 9:30 Sheldon Plaza 10:15 Pool is Cool P 10:30 Personal Essay KC 11:00 Nicaragua WH</p> <p>1:30 Association Meeting/ D Community Celebration 2:30 Hearing Li 2:30 Blood Pressure CCR</p>	<p>17</p> <p>8:00 Bkfst. Club BHB 10:00 Tai Chi At 10:00 Shuffleboard F 10:00 Valley River/Oakway 11:00 Vision Boards WH 1:30 Shop Delta Oaks 2:30 Sounding F 3:00 German KC 5:15 SweetWaters Dinner 7:00 Global Issues WH</p>	<p>18</p> <p>9:00 Functional Fitness F 10:00 Bible Study WH 11:30 Re-Start F 1:00 Reciting Rosary WH 2:00 Scrabble FL 2:00 Sing Along At 3:00 YOGA F 6:45 Cribbage FL 7:00 Concert At Old Time Fiddlers</p>	<p>19</p> <p>10:00 TRIP Warm Water Pool</p> <p>1:30 Drum Circle D 3:00 Healthy Feet WH 3:00 French CCR 7:00 Resident Support CCR</p> <p>7:15 TRIP Eugene Symphony</p>	<p>20</p> <p>9:00 Ki Breathing CCR 10:15 Healthy Eating D 10:15 Pool is Cool P 10:15 Shop Santa Clara 1:00 Current Events WH 1:00 Knit, Crochet, Quilt KC 2:00 Spanish TA 2:00 Re-Start F 3:00 Nia Exercise Blend F 7:00 Documentary Film WH</p>	<p>21</p> <p>1:30 Bingo D</p> <p>7:00 Film WH</p>
<p>22</p> <p>9:30/10:05 Church Shuttle</p> <p>2:00 Concert At Paul Prince</p> <p>3:30 Nones</p> <p>6:45 Canasta</p>	<p>23</p> <p>9:00 Functional Fitness F 9:30 Sheldon Plaza 10:15 Pool is Cool P 10:30 Art of Memoir KC</p> <p>1:30 Town Meeting D</p> <p>3:00 Hall Party Planning WH</p>	<p>24</p> <p>8:00 Bkfst. Club BHB 10:00 Tai Chi At 10:00 Shuffleboard F 10:00 Shop Valley River Ctr 11:00 Intro Geocaching WH</p> <p>1:30 Shop Delta Oaks 2:30 Sounding F 3:00 German KC 7:00 Global Issues WH</p>	<p>25</p> <p>9:00 Functional Fitness F 10:00 Bible Study WH 10:30 TRIP Tea with Tara Shelton McMurphey 11:30 Re-Start F 1:00 Reciting Rosary WH 2:00 Scrabble FL 2:00 Sing Along At 3:00 YOGA F 6:45 Cribbage FL</p>	<p>26</p> <p>10:00 TRIP Warm Water Pool/LUNCH</p> <p>1:30 Drum Circle D 3:00 French CCR 7:00 Resident Support CCR</p>	<p>27</p> <p>9:00 Ki Breathing CCR 10:15 Healthy Eating D 10:15 Pool is Cool P 10:15 Shop Santa Clara 1:00 Current Events WH 1:00 Knit, Crochet, Quilt KC 2:00 Spanish TA 2:00 Re-Start F (No Nia) 7:00 Documentary Film WH 7:00 Sing Out At</p>	<p>28</p> <p>10:00 Geocaching At</p> <p>1:30 Bingo D</p> <p>7:00 Film WH</p>
<p>29</p> <p>9:30/10:05 Church Shuttle</p> <p>3:30 Nones</p> <p>6:45 Canasta</p>	<p>30</p> <p>9:00 Functional Fitness F 9:00 – 12:00 Pers. Reg. OL 9:30 Sheldon Plaza 10:15 Pool is Cool P 10:30 Personal Essay KC</p> <p>1:30 Town Meeting D</p> <p>2:00 – 4:00 Pers. Reg. OL</p>	<p>31</p> <p>8:00 Bkfst. Club BHB 9:00 – 12:00 Pers. Reg. OL 10:00 Tai Chi At 10:00 Shuffleboard F 10:00 Shop Valley River Ctr 1:30 Shop Delta Oaks 2:30 Sounding F 3:00 German KC 4:30 Trip:Drums on the Run 7:00 Global Issues WH</p>	<p>DIRECTORY</p> <p>At = The Atrium (main floor) CL = Cascade Lounge (2nd Atrium East) P = Parlor (2nd Atrium West)</p> <p>BHB = Blue Heron Bistro CCR = Columbia Conference Room D = Dining Room F = Fitness Center FL = Fireside Lounge KC = Kingfisher Club</p> <p>SR = Skidders Retreat (3rd Atrium East) SH = Spencer's Hideaway (3rd Atrium West) A = The Aerie (4th Atrium)</p> <p>LG = La Galleria Li = Library Lo = Lobby OL = Osprey Lounge S = Serenity Spa TA = The Atelier WH = Willamette Hall</p>			