


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
October 2024 Cherrywood Village Independent Living  CHERRYWOOD VILLAGE A GENERATIONS COMMUNITY		1 10:00 Aqua Zumba (Pool) 10:00 Sit & Stretch (CR) 10:30 Balance & Bands (CR) 11:00 Low Impact Cardio (CR) 11:00 Blood Pressure Clinic w/ AgeRight (MT) 1:00 Ladies Bible Study (CR) 3:00 10K Dice Game (GR2) 3:00 Chess (CR) 4:00 Wii Bowling (BR)	2 Excursion: 9AM, End of Oregon Trail Interpretive Center & Lunch 11:00 Docuseries: Night On Earth, Ep. 1 (MT) 12:30 Knitting & Crochet Group (CR) 1:30 CWV Writers Group (AS) 1:30 Midweek "Pick me Up" w/ Chaplain Dennis (CH) 2:00 Painting w/ Brian (CR) 6:15 Monte Carlo Bingo (CR) 7:00 Midweek Devotional Service (CH)	3 10:00 Aqua Fitness (Pool) 10:00 Sit & Stretch (CR) 10:30 Balance & Bands (CR) 11:00 Low Impact Cardio (CR) 1:00 Sight Loss Discussion Group (AS) 1:30 Women's Discussion Group (CR) 5:00 Wii Bowling (BR) 6:30 Board Games (CR)	4 9:00 Grocery Shopping: Winco, Bi-Mart, Target (GA, OR, COTT) 10:00 Grocery Shopping: Winco, Bi-Mart, Target (GR & WYN) 10:30 Prayer Service (CH) 11:00 Standing Balance Class (CR) 1:00 Fraud Prevention w/ US Bank (BR) 2:30 Performance: Stan Lasley (RA) 3:30 Collaborative Art Project (RA Fireplace Room)	5 9:00 Coffee Hour (CR) 11:00 Church Service (CH) 1:30 Poker (BR) 6:30 Hand and Foot Card Game (CR) Vitality Center Open 9AM-3PM	
	6 11:00 Church Service (CH) 2:30 Sunday Matinee: Aloha (MT) Vitality Center Open 9AM-3PM	7 9:00 Grocery Shopping: Trader Joe's 10:00 Chair Yoga w/ Lisa (CR) Grocery Shopping: Fred Meyer: 1:00 Gardens, Cottages, 2:00 Greens/ Wynridge, 3:00 Orchards 5:00 Wii Bowling (BR) 6:30 Mahjong (GR2)	8 10:00 Aqua Zumba (Pool) 10:00 Sit & Stretch (CR) 10:30 Balance & Bands (CR) 11:00 Low Impact Cardio (CR) 1:00 Ladies Bible Study (CR) 3:00 10K Dice Game (GR2) 3:00 Chess (CR) 4:00 Wii Bowling (BR) Building Meetings w/ Elizabeth	9 Excursion: 9 AM, Waterfall Corridor Tour 11:00 Docuseries: Night On Earth, Ep. 2 (MT) 1:30 Midweek "Pick me Up" w/ Chaplain Dennis (CH) 7:00 Midweek Devotional Service (CH)	10 10:00 Aqua Fitness (Pool) 10:30 Lutheran Worship Service (CH) 1:00 Art Walk (BR, CR, 2nd Floor of VSG) 5:00 Wii Bowling (BR) 6:30 Board Games (CR)	11 9:00 Grocery Shopping: Winco, Bi-Mart, Target (GA, OR, COTT) 10:00 Grocery Shopping: Winco, Bi-Mart, Target (Greens, Wynridge) 10:30 Prayer Service (CH) 11:00 Printmaking Demo/Presentation w/ Mimi Williams (CR) 12:00 Catholic Mass (CH) 1:00 Collab Art Project (RA) 2:30 Performance: Heidi & Ben Sadler (RA)	12 9:00 Coffee Hour (CR) 11:00 Church Service (CH) 6:30 Hand and Foot Card Game (CR) Vitality Center Open 9AM-3PM
	13 11:00 Church Service (CH) 2:30 Sunday Matinee: Still Alice (MT) Vitality Center Open 9AM-3PM	14 10:00 Walking Group (VSG) 1:00 Multnomah County Voting Presentation (BR) Grocery Shopping: Fred Meyer: 1:00 Gardens, Cottages, 2:00 Greens/ Wynridge, 3:00 Orchards 2:00 Classical Music Club (CR) 5:00 Wii Bowling (BR) 6:30 Mahjong (GR2)	15 10:00 Aqua Zumba (Pool) 10:00 Sit & Stretch (CR) 10:30 Balance & Bands (CR) 11:00 Low Impact Cardio (CR) 11:00 Blood Pressure Clinic w/ AgeRight (MT) 1:00 Ladies Bible Study (CR) 1:00 Nutrition Presentation w/ Paul Damazo (BR) 3:00 10K Dice Game (GR2) 3:00 Chess (CR) 4:00 Wii Bowling (BR)	16 Excursion: 8:45 AM: Men's Breakfast-Elmer's 11:00 Docuseries: Night On Earth, Ep. 3 (MT) 12:30 Knitting & Crochet Group (AS) 1:00 Trip to the Library 1:30 Midweek "Pick me Up" (CH) 6:15 Monte Carlo Bingo (CR) 7:00 Midweek Devotional Service (CH)	17 10:00 Aqua Fitness (Pool) 10:00 Sit & Stretch (CR) 10:30 Balance & Bands (CR) 11:00 Low Impact Cardio (CR) 1:30 Women's Discussion (CR) 2:30 Town Hall (VSG) 5:00 Wii Bowling (BR) 6:30 Board Games (CR)	18 9:00 Grocery Shopping: Winco, Bi-Mart, Target (GA, OR, COTT) 10:00 Grocery Shopping: Winco, Bi-Mart, Target (Greens, Wynridge) 10:30 Prayer Service (CH) 1:00 Diversity Group (CR) 2:30 Performance: Oregon Old Time Fiddlers (RA) 3:30 Collaborative Art Project (RA Fireplace Room)	19 9:00 Coffee Hour (CR) 11:00 Church Service (CH) 1:30 Poker (BR) 6:30 Hand and Foot Card Game (CR) Vitality Center Open 9AM-3PM
	20 11:00 Church Service (CH) 1:00 CWV Trick or Treat Event (VSG) 2:30 Sunday Matinee: Find Me Falling (MT) Vitality Center Open 9AM-3PM	21 9:00 Grocery Shopping: Trader Joe's 10:00 Chair Yoga w/ Lisa (CR) Grocery Shopping: Fred Meyer: 1:00 Gardens, Cottages, 2:00 Greens/ Wynridge, 3:00 Orchards 1:00 Japanese American Experience Presentation (BR) 5:00 Wii Bowling (BR) 6:30 Mahjong (GR2)	22 10:00 Aqua Zumba (Pool) 10:00 Sit & Stretch (CR) 10:30 Balance & Bands (CR) 11:00 Low Impact Cardio (CR) 1:00 Ladies Bible Study (CR) 3:00 10K Dice Game (GR2) 3:00 Chess (CR) 4:00 Wii Bowling (BR)	23 Excursion: 11 AM: Ladies' Lunch Hoho Restaurant 11:00 Docuseries: Night On Earth, Ep. 4 (MT) 12:30 Knitting & Crochet Group (CR) 1:30 Midweek "Pick me Up" w/ Chaplain Dennis (CH) 2:00 Painting w/ Brian (CR) 3:30 Social Hour (CR) 6:15 Monte Carlo Bingo (CR) 7:00 Midweek Devotional Service (CH)	24 10:00 Aqua Fitness (Pool) 10:00 Sit & Stretch (CR) 10:30 Balance & Bands (CR) 11:00 Low Impact Cardio (CR) 1:30 Women's Discussion Gr (CR) 5:00 Wii Bowling (BR) 6:30 Board Games (CR)	25 9:00 Grocery Shopping: Winco, Bi-Mart, Target (GA, OR, COTT) 10:00 Grocery Shopping: (GR & WYN) 10:30 Prayer Service (CH) 12:00 Catholic Communion Service (CH) 1:00 Collab Art Project (RA) 1:30 Book Club (BR) 2:30 Performance: Music We Remember (RA)	26 9:00 Coffee Hour (CR) 11:00 Church Service (CH) 6:30 Hand and Foot Card Game (CR) Vitality Center Open 9AM-3PM
	27 11:00 Church Service (CH) 2:30 Sunday Matinee: We Have A Ghost (MT) Vitality Center Open 9AM-3PM	28 10:00 Walking Group (VSG) 10:00 Tai Chi (CR) Grocery Shopping: Fred Meyer: 1:00 Gardens, Cottages, 2:00 Greens, Wynridge, 3:00 Orchards 1:00 History of Cole Porter Presentation w/ Gordon Herman (CR) 2:00 Classical Music Club (BR) 5:00 Wii Bowling (BR) 6:30 Mahjong (GR2)	29 10:00 Aqua Zumba (Pool) 10:00 Sit & Stretch (CR) 10:30 Balance & Bands (CR) 11:00 Low Impact Cardio (CR) 1:00 Ladies Bible Study (CR) 3:00 10K Dice Game (GR2) 3:00 Chess (CR) 4:00 Wii Bowling (BR)	30 Excursion: 11 AM: Lunch Outing Claim Jumpers 11:00 Docuseries: Night On Earth, Ep. 5 (MT) 12:30 Knitting & Crochet Group (CR) 1:30 Midweek "Pick me Up" w/ Chaplain Dennis (CH) 2:00 Painting w/ Brian (CR) 6:15 Monte Carlo Bingo (CR) 7:00 Midweek Devotional Service (CH)	31 10:00 Aqua Fitness (Pool) 10:00 Sit & Stretch (CR) 10:30 Balance & Bands (CR) 11:00 Low Impact Cardio (CR) 1:30 Women's Discussion Gr (CR) 2:30 CWV Halloween Costume Parade & Contest (RA) 5:00 Wii Bowling (BR) 6:30 Board Games (CR)	October 2024 Cherrywood Village Independent Living <div style="text-align: right;"> Location Key: AS-Art Studio, BR-Board Room, CR-Community Room, MT-Movie Theater, VC-Vitality, GR2-Greens 2nd Floor, GR3-Greens 3rd Floor, CH- Chapel, RA-Royal Anne Dining Room RED-OFF Campus BLUE-Vitality Staff Led Events </div>	

ALL ACTIVITIES AND EVENTS ARE SUBJECT TO CHANGE BASED ON STAFF AND RESIDENT NEEDS.