

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:30 Daily Chronicle 10:00 Cardio Drum with Paz 11:00 Oldies Trivia 2:00 Tuesday Matinee in The Dorian Theater 3:45 Kickboxing with Chris 6:00 Bowling	2 9:30 Bible Study 10:45 Chair Chi with Chris 11:30 Lunch at the River's Edge Restaurant 1:30 Scenic Drive 3:00 Strength and Mobility Class with Chris in Gym 4:00 Power Walking Club 6:00 Ring Toss	3 9:30 Daily Chronicle 10:00 Sit & Stretch with Paz 1:15 Chair Chi with Chris 2:30 Thirsty Thursdays with Tasty Treats 6:00 Rhythm, Music, Dance!	4 9:30 Daily Chronicle 10:45 Yoga with Chris 1:30 Louis Faro Performs 2:30 EZ Does It Trivia 3:00 Mindful Meditation 6:00 Tic-Tac-Toe	5 9:30 Morning Meditation 10:30 Morning Yoga 12:30 Bosie State VS OR Ducks 1:30 Scenic Drive 3:30 Make Your Own Scented Lotion 6:00 Balloon Ball
6 9:30 Coffee and Conversation 10:30 Chair Chi with August 11:00 Power Walking Club 1:30 Sunday Bingo 4:00 Evening Gather 6:00 Sunday Night Movie With Popcorn	7 9:30 Monday Morning Mochas 10:00 Cardio Drum with Paz 10:30 Aromatherapy Matching Game 1:30 Music and Milkshakes 3:00 Chair Chi with Chris 4:00 Evening Gather 6:00 Cornhole Labor Day	8 9:30 Daily Chronicle 10:00 Cardio Drum with Paz 11:00 Scratchboard Art 2:00 Tuesday Matinee in The Dorian Theater 3:45 Kickboxing with Chris 6:00 Bowling	9 9:30 Bible Study 10:45 Chair Chi with Chris 1:30 Scenic Drive 3:00 Strength and Mobility Class with Chris in Gym 4:00 Arts and Crafts 6:00 Ring Toss	10 9:30 Daily Chronicle 10:00 Sit & Stretch with Paz 1:15 Chair Chi with Chris 2:30 Thirsty Thursdays with Tasty Treats 6:00 Rhythm, Music, Dance!	11 9:30 Daily Chronicle 10:45 Yoga with Chris 1:30 Noodle Ball 2:30 Armchair Travelogue And Fun Facts 3:00 Mindful Meditation 6:00 Tic-Tac-Toe Rosh Hashanah Begins	12 9:00 Bosie State VS Ducks 9:30 Morning Meditation 10:30 Morning Yoga 1:30 Guitar with Tim 3:30 Sensory Stories 6:00 Balloon Ball
13 9:30 Coffee and Conversation 10:30 Chair Chi with August 11:00 Power Walking Club 1:30 Sunday Bingo 4:00 Evening Gather 6:00 Sunday Night Movie With Popcorn Grandparents Day	14 9:30 Monday Morning Mochas 10:00 Cardio Drum with Paz 1:30 Bake Apple Dump Cake 3:00 Chair Chi with Chris 3:30 Pet Therapy w/ FETCH 4:00 Evening Gather 6:00 Cornhole	15 9:30 Daily Chronicle 10:00 Cardio Drum with Paz 11:00 Wacky Wordies 2:00 Tuesday Matinee in The Dorian Theater 3:45 Kickboxing with Chris 6:00 Bowling	16 9:30 Bible Study 10:45 Chair Chi with Chris 11:30 Lunch at the River's Edge Restaurant 1:30 Scenic Drive 3:00 Strength and Mobility Class with Chris in Gym 4:00 Power Walking Club 6:00 Ring Toss	17 9:30 Daily Chronicle 10:00 Sit & Stretch with Paz 1:15 Chair Chi with Chris 2:00 Sara Scofield Performs 6:00 Rhythm, Music, Dance!	18 9:30 Daily Chronicle 10:45 Yoga with Chris 1:30 Bingo 2:30 Waterford Walk 3:00 Mindful Meditation 6:00 Tic-Tac-Toe 7:30 Portland State VS Ducks	19 9:30 Morning Meditation 10:30 Morning Yoga 1:30 Scenic Drive 3:30 Make Your Own Perfume 6:00 Balloon Ball Oktoberfest Begins
20 9:30 Coffee and Conversation 10:30 Chair Chi with August 11:00 Power Walking Club 1:30 Family Bingo! 4:00 Evening Gather 6:00 Sunday Night Movie With Popcorn Yom Kippur Begins	21 9:30 Monday Morning Mochas 10:00 Cardio Drum with Paz 10:30 Sensory Stories 2:00 Timothy Patrick Performs 3:00 Chair Chi with Chris 4:00 Evening Gather 6:00 Cornhole	22 9:30 Daily Chronicle 10:00 Cardio Drum with Paz 11:00 Concentration Puzzles 2:00 Tuesday Matinee in The Dorian Theater 3:45 Kickboxing with Chris 6:00 Bowling Autumn Begins	23 9:30 Bible Study 10:45 Chair Chi with Chris 1:30 Scenic Drive 3:00 Strength and Mobility Class with Chris in Gym 4:00 Button Mosaic 6:00 Ring Toss	24 9:30 Daily Chronicle 10:00 Sit & Stretch with Paz 1:15 Chair Chi with Chris 2:30 Thirsty Thursdays with Tasty Treats 6:00 Rhythm, Music, Dance!	25 9:30 Daily Chronicle 10:45 Yoga with Chris 1:30 Noodle Ball 2:30 Popcorn and Trivia 3:00 Mindful Meditation 6:00 Tic-Tac-Toe Sukkot Begins	26 USC VS Ducks (TBA) 9:30 Morning Meditation 10:30 Morning Yoga 1:30 Guitar with Tim 3:30 Sensory Stories 6:00 Balloon Ball
27 9:30 Coffee and Conversation 10:30 Chair Chi with August 11:00 Power Walking Club 1:30 Sunday Bingo 4:00 Evening Gather 6:00 Sunday Night Movie With Popcorn	28 9:30 Monday Morning Mochas 10:00 Cardio Drum with Paz 2:00 Tim and Family Sings 3:00 Chair Chi with Chris 4:00 Evening Gather 6:00 Cornhole	29 9:30 Daily Chronicle 10:00 Cardio Drum with August 11:00 Scratchboard Art 2:00 Reader's Theater 3:45 Kickboxing with Chris 6:00 Bowling	30 9:30 Bible Study 10:45 Chair Chi with Chris 11:30 Lunch at the River's Edge Restaurant 1:30 Scenic Drive 3:00 Strength and Mobility Class with Chris in Gym 4:00 Power Walking Club 6:00 Ring Toss	September 2026 South Shore		

Please Note: Thurs-Sun only 1 Life Enrichment Associate on duty- activities will rotate between shores. All activities Subject to Change.