



May 2018

Happy Birthday! 5/2 – Royce S. 5/4 – Gretchen F. 5/8 – Shirley M. 5/12 – Delaney B. 5/14 – James V. 5/16 – Laurel R., Mabel C. 5/18 – Helga K. 5/19 – Ruth S. 5/20 – RoseMarie T. 5/25 – Kathy B., Robert H. 5/26 – Donald H. 5/27 – Ruthie H. 5/31 – Elizabeth G.

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| <p>Welcome to</p>  <p>THE HEIGHTS <i>at Columbia Knoll</i></p> <p>8320 NE Sandy Blvd. Portland Oregon 97220 503-203-1094 www.theheightsatck.com After-Hours Emergency: 971-284-6082</p> | <p>Dining Room Hours: <u>LEP</u> Continental Breakfast 7:30am-9:00am M-F Lunch: 11:00am-1:00pm Dinner: 4:00pm-6:00pm <u>Saturday/Sunday Brunch:</u> 10:30am-11:30am & 12:00pm-1:00pm Dinner: 4:00pm-6:00pm</p> | <p>TUESDAY 1 9:00-3:00 Doctor Appts. – L <u>LEP</u> 9:30 Read to Preschool – FC 11:00 Mountain Man Candy - SC 1:30 Rosary – T 2:30 My Heart Tea – MP (Bring your teacup and tea, see Activities Binder for more information)</p> | <p>WEDNESDAY 2 9:00-1:00 Doctor Appts. – L <u>LEP</u> 10:00 Knitting Lessons – MP 1:00 Rummage Sale Planning – MP (Sign up in Activities Binder) 2:30 Tai Chi: Moving For Better Balance – FC 3:30 Bean Bag Sports – SC (Outside, weather permitting)</p> | <p>THURSDAY 3 9:00-3:00 Doctor Appts. – L <u>LEP</u> 10:45 Ride Connect - L 12:30 Bunco – SC 1:30 Food Forum - MP 2:00 Town Hall – MP (Early Bird Basket Winner Chosen) 3:00 Monthly Movie Selection– T</p> | <p>FRIDAY 4 10:00 Walk with Jo - MP 12:00 The Friendship Club – PDR 1:15 Croquet - Courtyard (Outside, weather permitting) 3:00 Happy Hour – SC 6:00 Movie – T <u>Marshall</u></p> | <p>SATURDAY 5 10:00 Sit to be Fit – FC 1:15 Card Making - AR/C <u>LEP</u> 2:00 Movie Matinee – T <u>Coco</u> 2:45 Chair Tai Chi – FC</p> <p>Cinco De Mayo</p> |
| <p>SUNDAY 6 9:00 Church Transport – L <u>LEP</u> 1:15 Lilac Days Trip (\$5); Dinner at Back Bear Diner - L <u>LEP</u> (Sign up in Activities Binder)</p> <p>7:00pm Non-Denominational Service – MP</p> | <p>MONDAY 7 8:00-12:00 Doctor Appts – L <u>LEP</u> 10:00 Bling 'N Things - SC 1:15 Banking & Errands – L <u>LEP</u> 1:30 Scrabble - MP 3:00 Talk Your Weight Off – FC</p> <p>7:00 Providence Family Night – DR (Learn details on this exciting new program)</p> | <p>TUESDAY 8 9:00-3:00 Doctor Appts. – L <u>LEP</u> 9:30 Read to Preschool – FC 10:00 Funky Flowers By Flory - SC 1:30 Rosary – T 3:00 Yoga Dance – MP <u>LEP</u> 7:00 Bingo – MP</p> <p>National Teacher Day</p> | <p>WEDNESDAY 9 9:00-1:00 Doctor Appts. – L <u>LEP</u> 10:00 Knitting Lessons – MP 2:30 Tai Chi: Moving For Better Balance – FC 3:30 Wii Sports - SC</p> | <p>THURSDAY 10 9:00-3:00 Doctor Appts. – L <u>LEP</u> 10:45 Ride Connect - L 1:30 Bunco – SC 2:30 Wii Sports - SC</p> | <p>FRIDAY 11 10:00 Walk with Jo – MP 12:00 Garden Club Meeting – MP 1:15 Brain Fitness Games – AR/C 3:00 Happy Hour - MP 6:00 Movie – T <u>The Grand Budapest Hotel</u></p> | <p>SATURDAY 12 10:00 Sit to be Fit – FC 9:00 Breakfast at Lakeside Chalet Camas Mother's Day Plant & Garden Fair – L Garden Club 2:15 Cedar Hills Shopping – L <u>LEP</u> 1:30 Play Pokeno – AR/C 2:00 Movie Matinee – T <u>Amadeus</u> 3:00 Chair Tai Chi – FC</p> |
| <p>SUNDAY 13 9:00 Church Transport – L <u>LEP</u> 10:30-1:00 Mothers' Day Brunch - DR 1:15 Fred Meyer – L 3:00 Fred Meyer – L 7:00pm Non-Denominational Service – MP Mothers' Day</p> | <p>MONDAY 14 8:00-12:00 Doctor Appts – L <u>LEP</u> 11:00 Ted's Mobility - SC 1:15 Banking & Errands – L <u>LEP</u> 1:30 Scrabble – MP 3:00 Talk Your Weight Off - FC</p> | <p>TUESDAY 15 8:30 Catholic Mass - MP 9:00-3:00 Doctor Appts. – L <u>LEP</u> 9:30 Read to Preschool – FC 11:00 Handi Helper Jewelry – SC 2:00 Resident Council – MP 3:30 Croquet – Courtyard (Outside, weather permitting)</p> | <p>WEDNESDAY 16 9:00-1:00 Doctor Appts. – L <u>LEP</u> 10:00 Knitting Lessons – MP 12:00 Book Club – PDR 2:30 Tai Chi: Moving For Better Balance – FC 3:30 Bean Bag Sports – SC (Outside, weather permitting) Ramadan Begins</p> | <p>THURSDAY 17 9:00-3:00 Doctor Appts. – L <u>LEP</u> 10:45 Ride Connect - L 1:30 Bunco – SC 2:30 Yoga in Chairs with Karen - FC 4:30 Community Birthday – DR</p> | <p>FRIDAY 18 10:00 Walk with Jo – MP 10:00 Providence; Health check- T 11:00 Veterans' Lunch – PDR 2:30 Visit with Annie & Tom – MP 3:00 Happy Hour – MP 6:00 Movie – T <u>Shakespeare In Love</u></p> | <p>SATURDAY 19 10:00 Sit to be Fit – FC 10:00 Linda Hurley Cards – SC 1:00 Mosaic Class – AR/C <u>LEP</u> 2:00 Movie Matinee – T <u>Mary Poppins</u> 2:30 – 4:00pm Rose Festival Court Visit - L 3:00 Saturday Sing-Along - L</p> |
| <p>SUNDAY 20 9:00 Church Transport – L <u>LEP</u> 1:15 Ilani Casino , and Dinner at Chu's Chinese Eatery – L <u>LEP</u></p> <p>7:00pm Non-Denominational Service – MP</p> | <p>MONDAY 21 8:00-12:00 Doctor Appts – L <u>LEP</u> 1:15 Banking & Errands – L <u>LEP</u> 1:30 Scrabble - MP 3:00 Talk Your Weight Off – FC 4:00 Car Wash - <u>LEP</u> (Sign up in Activities Book)</p> | <p>TUESDAY 22 9:00-3:00 Doctor Appts. – L <u>LEP</u> 9:30 Read to Preschool – FC 1:30 Rosary – T 2:00 Water Color Class – AR/C <u>LEP</u> 7:00 Bingo - MP</p> | <p>WEDNESDAY 23 9:00-1:00 Doctor Appts. – L <u>LEP</u> 10:00 Knitting Lessons - MP 2:30 Avada Hearing Clinic - SC 3:30 Tai Chi: Moving For Better Balance – FC (Outside, weather permitting)</p> <p>National Taffy Day</p> | <p>THURSDAY 24 9:00-3:00 Doctor Appts. – L <u>LEP</u> 10:45 Ride Connect - L 11:00 Library Outreach – SC 1:30 Bunco – SC 3:00 New Resident Orientation – MP</p> | <p>FRIDAY 25 10:00 Walk with Jo – MP 1:15 Senior Stretch & Strength - FC 3:00 Happy Hour – MP 6:00 Movie – T <u>TBA</u></p> | <p>SATURDAY 26 10:00 Sit to be Fit – FC 9:00– Tillamook Cheese Factory/Blue Heron – L <u>LEP</u> 10:00 Jeanette's Avon – SC 1:30 Play Pokeno – AR/C 2:00 Movie Matinee – T <u>TBA</u> 2:45 Chair Tai Chi – FC</p> |
| <p>SUNDAY 27 9:00 Church Transport – L <u>LEP</u></p> <p>1:15 Fred Meyer– L 3:00 Fred Meyer – L</p> <p>7:00pm Non-Denominational Service – MP</p> | <p>MONDAY 28</p> <p>The Knoll Holiday Hours: 8:00-10:00am Continental Breakfast 1:00-3:00 Dinner Service</p> <p>1:30 Scrabble - MP 3:00 Talk Your Weight Off – FC Memorial Day!</p> | <p>TUESDAY 29 9:00-3:00 Doctor Appts. – L <u>LEP</u> 9:30 Read to Preschool – FC 1:30 Rosary – T 2:30 Croquet - Courtyard (Outside, weather permitting)</p> | <p>WEDNESDAY 30 9:00-1:00 Doctor Appts. – L <u>LEP</u> 10:00 Knitting Lessons – MP 2:30 Move Your Feet To The Beat – FC 3:30 Bean Bag Sports – SC (Outside, weather permitting)</p> | <p>THURSDAY 31 9:00-3:00 Doctor Appts. – L <u>LEP</u> 10:45 Ride Connect – L</p> <p>11:00-1:00 Barbecue – Courtyard Raffle Prizes and Entertainment!</p> <p>1:30 Bunco – SC 3:00 Set up Tables for Rummage Sale - L</p> |  <p>Unless marked <u>LEP</u>, all activities are open to ALL Residents</p> | <p>AR/C = Arts & Crafts Room (2nd) DR = The Knoll (1st) FC = Fitness Center (1st) GP = Game Parlor (3rd) L = Lobby (1st) MP = Columbia View Room (4th) PDR = Private Dining Room (1st) SC = Stutz' Corner/Bistro (1st) T= Theater (2nd)</p> |