

Elite Care Senior Living

# Newsletter

August 2023



## Dear Elite Care Family & Friends,

As we roll right through summer and into fall, we are soaking up every ounce of sunshine and every minute of good vibes here at Elite Care. We always look forward to summertime because it means participating in the annual Tigard Music Festival! For the second year in a row, Elite Care at Fanno Creek has helped sponsor this local business and artist collaboration- which has tripled in size since its start in 2022!

This year over 70 booths featuring small businesses and local artists were present to crowds of more than 10,000 people. Popular local bands played across 3 stages, and food carts from all over the area converged to feed the masses over a hot weekend in July. It is so rewarding to be part of the community and to meet so many new people in a fun environment. Elite Care at Fanno Creek may be small- but we show our support in a big way for our community.

Elite Care is also a member of the Tigard Chamber of Commerce, which is centered around spotlighting small businesses within the Tigard area. We are so proud to be members of change in a positive way for our community. We look forward to see how much growth the Tigard Music Festival has achieved next year!

Elite Care Management





## Oatfield Estates July 4th Barbeque

We really started July off with a bang this year. We might not have had actual fireworks on campus, but that didn't stop us from having a really wonderful time. This year, we were finally able to invite families to join us, and the party was over the moon more than we expected in numbers of guests and the joy experienced. We had a specialty drinks cart out, and Elite Care sprang for the residents and staff to enjoy a cold beverage. Our chefs outdid themselves with creamy potato salad, green salad, burgers, dogs, fruits, and novelty ice cream bars. Live music filled the air while folks ate and chatted, and we had lawn games, face-painting, and even a professional photographer available for anyone interested in capturing their holiday family moments.



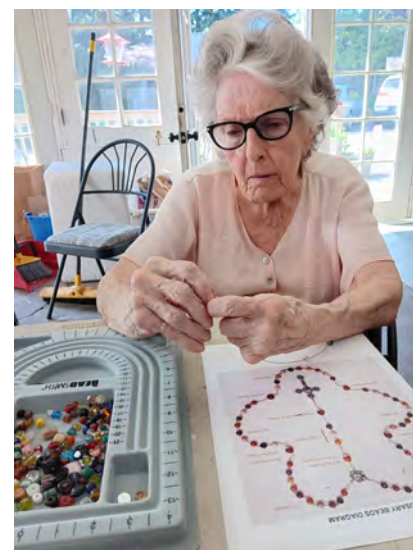




## Oatfield Estates

### Arts and Crafts

Creativity is a big part of life on campus. Everyone loves to join together and contribute their individual flare to group projects, or create independent works of art to showcase their talents. This month, we made jewelry, lavender sachets, rosary beads and rosemary wreaths, and even a whole scarecrow to celebrate Build a Scarecrow Day. People painted and drew pictures. Art happened everywhere, indoors and out of doors, in planned projects, and in inspiration on the fly.







## Oatfield Estates Green Thumbs

Horticulture has a special place in the heart of Elite Care. We love our green babies, and spend a lot of our spring, summer and fall months digging in the dirt and playing with our plants. Jill Nelson always comes through with a unique therapeutic horticulture activity every month, and July was all about the propagation and repotting of succulents, using them to decorate rock gardens. Residents also made natural fertilizer and worked on sprouts projects. They perfected composting techniques and spent a lot of time harvesting potatoes, blackberries, blueberries, kale and many other fruits and vegetables from our generous plants. It was a blast harvesting and creating wands and sachets from the lavender on campus, and using the Rosemary for wreaths during our Rosemary Wreath and Rosary Bead activity.

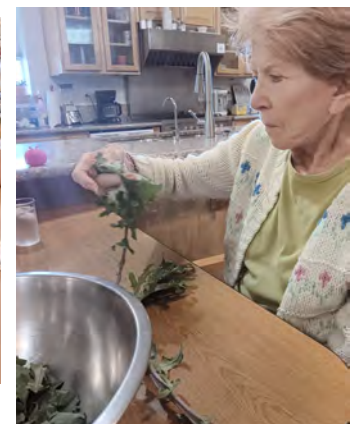
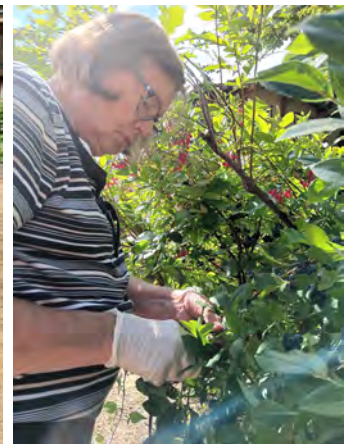






## Oatfield Estates Fantastic Foods

Our garden activities obviously have a lot of spillover into the kitchen activities. Patty created a lot of opportunities for us to enjoy the bountiful harvest gathered by residents and staff. Together, we made kale chips roasted and seasoned with nutritional yeast, onion and garlic powder, dried dill, white vinegar, olive oil, salt and pepper which were amazing even for folks who don't like kale. Residents pitched in to bake cakes for the thirteen resident birthdays we celebrated this month, decorating them with hand-crafted frosting and fresh fruits. The fresh produce we had left went into our joyful juicing activities, and livened up mealtimes. We baked berry crisps and made fresh basil pesto. On other foodie fronts, the Chocolate Lover's Association had another gathering to pair coffees and cocoas in the happiest ways. All in all, it was a happy month for munching on campus.







## Oatfield Estates

### Outings

The most popular outings are always to shop, and who can blame us? We love getting out to the grocery and picking our favorite snacks, stocking up on essentials, and grabbing a specialty coffee on the way out. Brew coffee is fine and all, but who doesn't love the occasional espresso with all the frills? We also made a special trip out to the Tigard Music Festival where Elite Care was a sponsor. We spent all weekend promoting our quaint and unique Fanno Creek campus, while listening to the most amazing music.





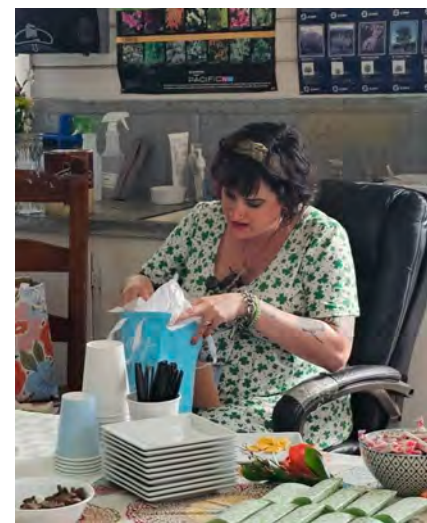


## Oatfield Estates

### Social Events and Celebrations

Along with our thirteen resident birthdays, we also celebrated summer with a neighboring community. Harvest Homes in Portland hosted a lovely barbeque for our staff and residents to attend. Residents enjoyed fun musical and skit presentations by both staff and resident attendees.

We also said farewell to Bailey, one of our Activities Coordinators, as she embarked on her maternity leave. We hosted a small baby shower that residents and staff were both invited to attend in the Garden Hangout. We snacked, sipped beverages, decorated onesies, and showered her with gifts for her newborn-to-be. Along the same lines, we had an extremely large party to bid farewell to a beloved resident who made the difficult choice to leave Oatfield and relocate closer to her family. Jeanie has been a favorite on campus, and jumped right into campus life from the day she arrived. She loved it here and we loved her, but we are happy she is going to have her family close by, and wish her well on the next leg of her journey. Best of luck!







## Oatfield Estates

### Exercise and Movement

Staying active, especially while we can enjoy the glorious summer weather, is especially important to many of our residents. Our Tai Chi Master, Papi, went traveling abroad this month, and he has some very big shoes to fill. John Ross didn't hesitate to step up and help out however he could, and could be seen throughout campus faithfully leading fellow residents through many of the exercises he was able to memorize through Papi's instruction. Thanks to John, everyone's Cloud Hands will still be on point when Papi returns from his travels. Folks also eagerly jumped into all sorts of lawn games, golf, bean bag toss, snowball fights, yoga, pilates, balance practice and horseshoes. You name it, we probably worked it into our morning exercises.







## Oatfield Estates

### Music Fun

As always, there were a multitude of different performers who gave concerts on campus this month, as well as a host of other music- and rhythm-related activities. We also had a piano tuner on site working on three of the house pianos so that people can play them whenever the mood strikes. Drumming circles have become a favorite, where folks can feel the music and practice coordination and timing together.







### Oatfield Estates

#### Odds and Ends

The big things that we don't have room for anywhere else always land in Odds and Ends. This month, we had a lot of fun with animals on campus. We have a beautiful bunny who has settled in near Jefferson House, and people were excited to swing by to see it, stopping to grab a cup of food from Cascade to feed the Koi in passing. We also have had a number of staff puppies visit and give cuddles to folks who need them, and the chickens have been gorging on resident supplied treats and leftovers.

Book Discussions and Bingo, Trivia sessions and walks of the grounds have filled all the small spaces left between the big events. We just keep on keeping on here at Oatfield Estates. We hope you have a safe and happy August, and we'll see you back for the next edition of the Newsletter!







## Fanno Creek

This month at Fanno creek we did outdoor yoga and group walks daily! Walks around our garden always include a stop at the blackberry bushes and the fig tree to pick fresh ripe fruit. Fun fact, our blackberries are “thornless”, so they are extra safe for residents to reach in deep to find the perfect berry without being pricked by a pesky thorne. The morning walking group continues to grow and thrive as the summer rolls on into fall.

Recently, the garden group has started a sensory garden next to the chicken coop. The raised beds are walker level, so everyone can participate in the creation of this therapeutic area. The beds are filled with lavender, parsley, sweet peas and various other herbs that residents can engage their senses with sight, smell and taste. With the sound of birds chirping we have all of our senses engaged in peaceful tranquility right in our backyard. Residents love enjoying mornings out here before it gets too hot outside.

The Fanno Creek family especially enjoys our daily social hours that happen from 2:30-3:30. We always have a fun snack while we chat and socialize. At least two times a month we even get live music that we enjoy until dinner is served. With or without music, good conversation is had!







### Fanno Creek

We enjoyed fun baking projects with the residents this month. This included picking blackberries and mashing them for our muffin mix! Our Chef, Jennifer loves to incorporate all of our fresh garden vegetables and fruits into special treats for residents to indulge in. Our garden has proven to be very beneficial for residents who enjoy spending time outside being active and socializing. Many of our activities were centered around the garden this month which also extends into the chicken coop, which got a lot of love this month as well! We have finally fortified the coop to keep our chickens safe and sound during the night from natural predators around Fanno Creek. Our beautiful ladies have been enjoying the gardens as well during the day, and residents always remember to feed them scraps from our kitchen.

We sadly lost a couple residents this month. The house meeting group did an amazing job recording written memories of our time with those who passed away. We send our warm memories home with the family of the friends we lost. We honored our passed friends during our weekly devotional meeting. We honored them by talking about happy memories and shared a group prayer.







## Fanno Creek

### Fanno Creek Staff Highlight:

This month's employee spotlight is Krysta Poley! She was hired as our newest caregiver at Fanno Creek. Krysta recently moved here from Saucier Mississippi. She worked in an orthopedic surgeons office in Mississippi, where she also completed her associates degree in general education. Krysta took various medical related classes such as Medical coding. She has a very clear passion for working in the industry. She is already jumping in and learning care plans and being hands on during training. Krysta enjoys outdoor activities such as hiking and four wheeling. She has a personal goal to become a homeowner in the future. She is from a large family and is excited to get more involved in our community! Welcome to the Fanno Creek Family Krysta.



### Resident Spot light Fanno Creek:

Ralph was born and raised in Portland Oregon with his two sisters. Ralph proudly served in Vietnam as a combat veteran. After returning home from his time in the service, Ralph married his highschool sweetheart, and they had three children together. After graduating from U of O, Ralph spent his career of 41 years with PGE.

Ralph enjoys living at Fanno creek because of the camaraderie and community he's involved with. He raised all three of his children in the Tigard area and has been active in community projects over the years. Ralph enjoys sports and he's a big fan of his Oregon ducks football team. Ralph has been enjoying time in our Fanno Creek garden this season helping tend to the raised beds and encouraging other residents to spend time outdoors. Ralph is known



around the community for giving out candy to other residents after meals, and everyone looks forward to his bright smile and catching up on current events.

The most current event in Ralph's life is that his oldest son just welcomed a new baby! Ralph is now a first time proud grandpa, and looks forward to sharing updates with all of his neighbors. We appreciate Ralph because he is always watching out for his fellow residents, and is very great about ensuring that everyone's voice is heard. Ralph is active in our community meetings and offers great ideas about bettering our Tigard campus. We appreciate you being such an important part of our Tigard Family, Ralph!





## Oatfield Estates New Residents



### **Welcome to Hood House, Jo Ann!**

Jo Ann was born in Omaha, Nebraska. She also lived in Ohio from 1961-1973 until moving to Oregon in 1973. She worked as a bookkeeper and secretary, raised seven children, and has many grandchildren.

Jo Ann is an independent spirit who enjoys watching Jeopardy, reading, and doing word searches. She has also been involved with Pinochle clubs in the past and appreciates music from the 1940's. Other interests of Jo Ann's include gardening, quilting, cooking, sewing, playing cards, and enjoying ice cream and sweets.

We look forward to meeting Jo Ann and finding out some more of her favorite things!



### **Welcome to Hood House, Joe !**

Joe was born in Idaho, but has lived in Oregon for most of his life. His family owned a dry cleaning business when he was growing up. After high school, Joe got married and moved to Oregon in the 1960's with his family to pursue his banking career. He eventually became the Vice President of U.S. Bank and was an elder of his church. He and his wife raised four kids and took them on many family camping trips, road trips to visit family in Idaho, and even a trip to Switzerland in 2011!

Joe enjoys classic cars like a '59 T-bird he once used to work on, watching college football, playing guitar and writing songs, attending church, spending time with family and talking with his grand children, walking, reading, going to the library, and his morning coffee. He has a particular fondness for Mexican and Italian food, political thrillers and true crime shows, the National Treasure series, and nonfiction authors like John Grisham and Tom Clancy. Some of Joe's favorite musicians are Neil Diamond, James Taylor, and Eric Clapton.

We look forward to welcoming Joe to our community and getting to know him even more!





## Oatfield Estates

### Staff Highlight

#### Meet Lulu

Lulu has enjoyed being a Caregiver and Med Tech for over 10 years. Her mom has been in the Senior Care profession since Lulu was young, so for Lulu it was a natural path to select immediately after graduating high school. Lulu has just recently accepted the position of Resident Care Coordinator at Oatfield Estates and is doing an amazing job.

Whenever another staff member reaches out for assistance with almost any task, Lulu always seems to be one of the first to respond in support. She epitomizes the expectation of a “team member”.

Oatfield Estates provides Lulu the experience of feeling “like you are a part of this community”, not working for a corporation. She is also one of our live-in staff members, renting an apartment on campus. She shares that when she advises a family that she lives on-site, it provides them a level of comfort to know that Lulu is so readily available for their loved ones.

The biggest reward of working at Oatfield Estates for Lulu is the honor and trust bestowed on her to care for and ‘be there’ for our residents when they are walking through the most vulnerable times of their lives. She loves to provide comfort, love and always hugs.

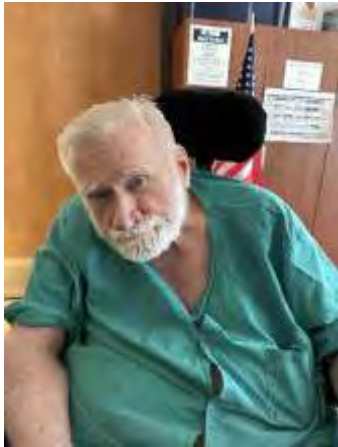
Lulu has many hobbies that include planting flowers, cooking, salmon fishing and smoking the salmon she has caught. Lulu also loves to apply makeup on others, as well as face paint.







### Oatfield Estates      New Residents



**Welcome to Tabor House, Rusty!** Rusty originally hails from California and later moved to Wyoming with family. He is a Vietnam Navy Veteran who served four years in the military and then became a contractor. He also has lived in Arizona and Idaho, eventually ending up in Oregon for work and staying here.

Rusty loves sports of all kinds; especially horse racing, basketball, baseball, and pool. One of his favorite pastimes is watching a game over a bag of microwave popcorn. He also enjoys Turner Classic movies, old school country music, steak and cheeseburgers, and his best canine friend, Mutt. Rusty has a sharp sense of humor and an infectious laugh that makes chatting with Rusty a fun experience.

Rusty is intrigued with his new home and hoping to check out some of the upcoming outings. We're looking forward to meeting him and making him feel more at home!

### Welcome Taylor to our Tabor House Family.



When you first meet Taylor, you might notice his warm and youthful smile. Taylor is our youngest resident here at Oatfield Estates. This young man greets each day with a purpose and an infectious positivity that you can't help but want to be a part of. He loves to chat with every person he meets, and has made fast friends with some of his fellow residents all across campus.

Taylor has lived in the Portland/ Milwaukie area for his entire life. He went to the job core and has worked in the construction industry. What Taylor really loves is children and music! Infact, Taylor is now relearning some instruments that he played before his accident, and is excited to join other residents who play music as well. Taylor has goals to start school again in the fall, but is not sure what subject he wants to focus on. If you get the chance, I highly recommend you stop in and chat with our newest resident in Tabor House, he's a pretty amazing young man. Welcome Taylor, we look forward to getting to know you better!





# Fanno Creek August 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1</b> 9:30am Wellness Check 10:30am Campus Loop 1:30 Table Games 2:30pm-3:30pm Social Hour 4:00 Classic TV	<b>2</b> 9:30am Wellness Check 10:30am House Meeting 1:30 Live Music: Kyla Seidler, Sam Alston 2:30pm Social Hour 4:00pm Puzzles & Chat 1st floor	<b>3</b> 9:30am Wellness Check 10:30 Campus Loop 2:30pm Social Hour 4:00 Puzzles & Chat 1st floor	<b>4</b> 9:30am Wellness Check 10:30am Garden Walk 1:00pm Table Games 2:30pm Social Hour 4:00 Movie & Snack	<b>5</b> 9:30am Wellness Check 10:30am Campus Loop 1:00pm Chicken Coop-Egg Check 2:30 Social Hour 4:00pm Nightly News
<b>6</b> <b>Roll Rhythms BDAY!</b> 9:30 Wellness Check 10:00 Garden Group 1:00 Stationary Station 2:30 Social Hour 4:00 Movie & Snack	<b>7</b> 10:30 Yoga, Grace-Lisa/USA Fitness 1:00pm Herb Harvesting 2:30-3:30pm Social hour 4:00 Nightly News	<b>8</b> 9:30 Wellness Check 10:30 House Meeting 1:30 Table Games 2:30-3:30pm Social Hour 4:00 Classic TV	<b>9</b> 9:30 Wellness Check 10:30 Stationary Station-Letter Writing 2:00pm Live Music: Marty 300 Social Hour 4:00 Nightly News	<b>10</b> 9:30 Wellness Check 10:30 Campus Loop 1:30 Snack & Social Hour 2:30pm Live Music: Acoustic Guitar, music-Biela Johnson	<b>11</b> 9:30 Tai Chi W/ Faye 10:30 Garden Walk 1:00 Table Games 2:30 Social Hour 4:00 Movie & Snack	<b>12</b> 9:30 Wellness Check 10:30 Campus Loop 1:00 Chicken Coop Check 2:30 Social Hour 4:00pm Nightly News
<b>13</b> <b>Gene Quilly BDAY!</b> 9:30 Wellness Check 10:00 Garden Group 1:00 Stationary Station 2:30 Social Hour 4:00 Movie & Snack	<b>14</b> 10:30 Yoga, Grace-Lisa/USA Fitness 1:00pm Herb Harvesting 2:30-3:30pm Social Hour 4:00pm Nightly News	<b>15</b> 9:30 Wellness Check 10:30 Campus Loop 1:30 Table Games 2:30-3:30pm Social Hour 4:00 Classic TV	<b>16</b> 9:30 Wellness Check 10:30 Stationary Station-Letter Writing 2:30 Social Hour 4:00 Nightly News	<b>17</b> 9:30 Wellness Check 10:30 Campus Loop 2:30 Social Hour 4:00 Puzzles & Chat 1st Floor	<b>18</b> 9:30 Tai Chi W/ Faye 10:30 Garden Walk 1:00 Table Games 2:30 Social Hour 4:00 Movie & Snack	<b>19</b> 9:30 Wellness Check 10:30 Campus Loop 1:00 Chicken Coop-Egg Check 2:30 Social Hour 4:00 Nightly News
<b>20</b> 9:30 Wellness Check 10:00 Garden Group 1:00 Stationary Station 2:30 Social Hour 4:00 Movie & Snack	<b>21</b> 10:30 Yoga, Grace-Lisa/USA Fitness 1:00pm Herb Harvesting 2:30pm Social Hour 4:00pm Nightly News	<b>22</b> 9:30 Wellness Check 10:30 Campus Loop 1:00 Table Games 4:00 Classic TV	<b>23</b> 9:30 Wellness Check 10:30 Campus Loop 1:00 Table Games 4:00 Classic TV	<b>24</b> 9:30 Wellness Check 10:30 Campus Loop 2:30 Social Hour 4:00 Puzzles & Chat 1st Floor	<b>25</b> 9:30 Tai Chi W/ Faye 10:30 Garden Walk 1:00 Table Games 2:30 Social Hour 4:00 Movie & Snack	<b>26</b> 9:30 Wellness Check 10:30 Campus Loop 1:00 Chicken Coop-Egg Check 2:30 Social Hour 4:00 Nightly News
<b>27</b> 9:30 Wellness Check 10:00 Garden Group 1:00 Stationary Station 2:30 Social Hour 4:00 Movie & Snack	<b>28</b> 10:30 Yoga, Grace-Lisa/USA Fitness 1:00pm Herb Harvesting 2:30 Social Hour 4:00pm Nightly News	<b>29</b> 9:30 Wellness Check 10:30 Campus Walk 1:30 Table Games 4:00 Classic TV	<b>30</b> <b>Sebastian Johnson BDAY!</b> 9:30 Wellness Check 10:30 Campus Loop 1:00 Table Games 4:00 Classic TV	<b>31</b> <b>Yvonne Rogalski BDAY!</b> 9:30 Wellness Check 10:30 Campus Loop 2:30 Social Hour 4:00 Puzzles & Chat 1st Floor	<p>All activities are subject to change or cancellation due to community needs</p> 	





# Oatfield Estates August 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>LEGEND</b> A- ADAMS HOUSE ASH- ASHLAND HOUSE C- CASCADE HOUSE CL- CASCADE LAWN H- HELENS HOUSE HD - HOGG HOUSE J- JEFFERSON HOUSE L- Larch House S- Salmier House T- Taber House SH- Sarsien Hangout UC- Upper Campus LC- Lower Campus BH- Botate Houses		<b>1</b> 10 AM Yoga (J) & 10:30 AM (H) 11 AM Tai Chi (A) & 1:30 PM (H) 2 PM Kala Chaps (ASH) 3 PM High Tea 3:30 PM Devotional (A)	<b>2</b> 9:30 AM Outing to Treder Joe's 11:15- 2:15 PM Paint & Sip- Cozumel Prints w/ Fabric (GH) 3 PM High Tea 3:30 PM Flower Identification Trek	<b>3</b> 10 AM Board of Director's Mtg (HD) 11 AM Tai Chi (A) & 1:30 PM (ASH) 3 PM High Tea & Watermelon Seed Saving Contest	<b>4 Barack Obama Day</b> 10 AM Pick Blackberries 10:15 PM House Meeting (ASH) 2 PM Pastries w/ Patsy- Coakley 3 PM High Tea w/ Cookies 3:30 PM Reading of Barack Obama Biography	<b>5</b> <b>Happy Birthday</b> Nam S. (A) 10 AM Therapeutic Horticultural Event w/ Jill (CL) 11:30- 3:15 PM Iron Bag Baseball Championship Playoff 3 PM High Tea 3:30 PM Karaoke & Drumming
<b>6</b> 10 AM Make a Wish at the Fountain 1:15 PM Cocktails & Nails- Make & Deliver Rose Beer Floats (RH) 3 PM High Tea 3:30 PM Bingo (H) <b>Pet Therapy Day</b>	<b>7 National Purple Heart Day</b> 10 AM Prep for Flowers 1:30-3 PM Flower Arranging (GH) 3 PM High Tea 3:30 PM Honor Hero Discussion for National Purple Heart Day	<b>8</b> <b>Happy Birthday</b> Jo (J) 10 AM Yoga (J) 10:30 AM (H) 11 AM Tai Chi (A) & 1:15 PM (H) 2 PM Joyful Juicing (R) 3 PM High Tea 3:30 PM Devotional Mtg (A)	<b>9</b> <b>Happy Birthday</b> Inlora (S) 9:30 AM Outing to Fred Meyer 10 AM Feed Kai 1:30 PM Culture Club- Tell Day of the World's Indigenous Peoples Drum Circle 3:30 PM Workshop w/ Painter Seth (ASH)	<b>10</b> 10 AM Parachute Play 11 AM Tai Chi (A) & 1:30 PM (ASH) 3 PM High Tea 3:30 PM Water Outdoor Route & Lila Tree	<b>11</b> 10 AM Snowball Fight 12:15 PM House Meeting (H) 1:30 PM Monty Python Concert (HD) 3 PM High Tea 3:30 PM Book Discussion (ASH)	<b>12 National Bowling Day</b> 10 AM Walk to Garden & Plant Sunflowers 1:15 PM Bowling (RH) 3 PM High Tea 3:30 PM Karaoke & Drumming
<b>13</b> <b>Happy Birthday</b> Barry (J) 10 AM Feed the Chickens 1:15 PM "Spot It" Card Game (RH) 3 PM High Tea 3:30 PM Bingo (H) <b>Pet Therapy Day</b>	<b>14</b> 10 AM Prep for Flowers (GH) 12:15 PM House Meeting (R) 1:15-3 PM Flower Arranging (GH) 2 PM Pressed Flowers 3 PM High Tea 3:30 PM One-on-Ones	<b>15</b> <b>Happy Birthday</b> Craig V. (T) 10 AM Yoga (J), 10:30 AM (H) 11 AM Tai Chi (A), 1 PM (L), 3:30 PM (HD), 2 PM (J) 2 PM Bingo (H) 3 PM High Tea 3:30 PM Devotional Meeting (A)	<b>16 National Tell a Joke Day</b> 10 AM Tell a Joke & Stretch w/ Bonds 11:45 PM Outing to Lowmiller Garden 3 PM High Tea	<b>17</b> 10 AM Netf Basketball 11 AM Tai Chi (A), 1 PM (L), 3:30 PM (HD), 2 PM (J) 3 PM High Tea 3:30 PM Book Discussion	<b>18 Hawaiian Statehood Day</b> 10 AM Bird Walk 12:15 PM House Meeting (J) 1:30 PM Concert w/ Blake Johnston (L/T) 3-4 PM High Tea & Hawaiian Lute	<b>19 National Potato Day</b> 10 AM Feed the Kai 1:15 PM Game- Hot Potato 3 PM High Tea 3:30 PM Karaoke & Drumming
<b>20 National Radio Day</b> 10 AM Feed the Kai 1:15 PM Dominions (RH) 3:15 PM Karaoke 3 PM High Tea 3:30 PM Bingo (R)	<b>21</b> 10 AM Prep for Flowers (GH) 1:15-3 PM Flower Arranging (GH) 3 PM High Tea	<b>22</b> 10 AM Yoga (J), 10:30 AM (H) 11 AM Tai Chi (A), 1 PM (L), 3:30 PM (HD), 2 PM (J) 3:30 PM Kala Concert (ASH) 3 PM High Tea 3:30 PM Devotional Meeting (A) <b>Inl. Day for the Remembrance of the Slave Trade &amp; its Abolition</b>	<b>23</b> <b>Happy Birthday</b> Joanne P. (L) 10 AM Outing- Fred Meyer 1:30 PM Remembrance of Slave Trade (RH) 3 PM High Tea 3:30 PM Workshop w/ Painter Seth	<b>24 Natl. Waffle Day</b> 10 AM Floating Balloons 11 AM Tai Chi (A), 1 PM (L), 3:30 PM (HD), 2 PM (J) 3 PM Bingo (R) 3 PM Waffle Bar (CL)	<b>25</b> <b>Happy Birthday</b> Garry (D) 10 AM Decorate for Yell! Event 1:15 PM Write to Purple Heart Soldiers 3 PM High Tea 3:30 PM Veterans' Meet & Greet	<b>26</b> <b>Happy Birthday</b> Helga (HD) 10-11:30 AM Dogs on Parade 1:15 PM Susan S. Anthony & Women's Equality Project 3 PM High Tea 3:30 PM Karaoke & Drumming <b>National Dog Day</b>
<b>27</b> 10 AM Walker "Car Wash" (HD) 12:15 PM House Meeting (HD) 1:30 PM Card Games (RH) 3 PM High Tea 3:30 PM Bingo (J) <b>Pet Therapy Day</b>	<b>28</b> 10 AM Prep for Flowers 12:15 PM House Meeting (A) 1:30-3 PM Flower Arranging 3 PM High Tea	<b>29</b> 10 AM Yoga (J), 10:30 AM (H) 11 AM Tai Chi (A), 1 PM (L), 3:30 PM (HD), 2 PM (J) 2 PM Bingo (ASH) 3 PM High Tea 3:30 PM Devotional Meeting (A)	<b>30</b> 11 AM Outing- Dohler Garden or Picnic 2 PM Bingo (H) 3 PM High Tea	<b>31</b> 9:30 AM Pick Fruit for Pies 11 AM Tai Chi (A), 1 PM (L), 3:30 PM (HD), 2 PM (J) 3 PM High Tea 3:30 PM Joyful Juicing	<b>Hair Salon Every Wednesday</b> All activities are subject to change or cancellation due to community needs	

