

Sunday

Monday

Tuesday

Wednesday

Thursday


Friday

Saturday



Helen's & Rainier March 2025

10:00 am Morning Social & Daily Chronicle 1
11:00 am Board Games
3:00 pm High Tea
4:00 pm Joy Of Coloring

10:00 am Morning Social & Daily Chronicle 2
11:00 am Goal Setting
1:30 pm Sunday Matinee
3:00 pm Kaia H.'s Birthday!(R)
4:00 pm B-I-N-G-O (R)


10:00 am Morning Social & Daily Chronicle 3
11:00 am Shamrock Craft
1:30 pm Flower Arrangements
3:00 pm High Tea
4:00 pm Music Trivia

10:00 am Morning Social & Daily Chronicle 4
11:00 am Tai Chi (A)
1:30 pm Puzzle Power Hour
3:00 pm High Tea
4:00 pm B-I-N-G-O (H/R)

10:00 am Morning Social & Daily Chronicle 5
11:00 am Exercise
1:30 pm Art & app: Rocks
3:00 pm High Tea
4:00 pm Comedy Club

10:00 am Morning Social & Daily Chronicle 6
11:00 am Tai Chi (H)
1:30 pm Book Club
1:30 pm Outing: PDX Art Museum
3:00 pm High Tea
4:00 pm B-I-N-G-O (H/R)

10:00 am Morning Social & Daily Chronicle 7
11:00 am Friday Matinee
1:30 pm Exercise
3:00 pm High Tea
4:00 pm Joy of Coloring

10:00 am Morning Social & Daily Chronicle 8
11:00 am Board Games
3:00 pm High Tea
4:00 pm Joy Of Coloring

10:00 am Morning Social & Daily Chronicle 9
11:00 am Sun Catchers
1:30 pm Sunday Matinee
3:00 pm High Tea
4:00 pm B-I-N-G-O (R)

Daylight Savings

10:00 am Morning Social & Daily Chronicle 10
11:00 am Shamrock Pins
1:30 pm Flower Arrangements
3:00 pm High Tea
4:00 pm "I'm Lucky Because..."

10:00 am Morning Social & Daily Chronicle 11
11:00 am Tai Chi (A)
11:00 am Therapeutic Horticulture w/ Jill
1:30 pm Puzzle Power Hour
3:00 pm High Tea
4:00 pm B-I-N-G-O (H/R)

10:00 am Morning Social & Daily Chronicle 12
11:00 am Exercise
1:30 pm Culture Club: Ireland
3:00 pm High Tea
4:00 pm Comedy Club

10:00 am Morning Social & Daily Chronicle 13
11:00 am Tai Chi (H)
1:30 pm Book Club
3:00 pm High Tea
4:00 pm B-I-N-G-O (H/R)

Eclipse of the Moon

10:00 am Morning Social & Daily Chronicle 14
11:00 am Friday Matinee
1:30 pm Irish Step Dancers
1:30 pm Exercise
3:00 pm High Tea
4:00 pm Joy of Coloring

Pi Day 3.14

10:00 am Morning Social & Daily Chronicle 15
11:00 am Board Games
3:00 pm High Tea
4:00 pm Joy Of Coloring

10:00 am Morning Social & Daily Chronicle 16
11:00 am Slime Time
1:30 pm Sunday Matinee
3:00 pm High Tea
4:00 pm B-I-N-G-O (R)

10:00 am Morning Social & Daily Chronicle 17
11:00 am Music Trivia
1:00 pm Flower Arrangements
3:00 pm High Tea
4:00 pm Pool


St. Patrick's Day

10:00 am Morning Social & Daily Chronicle 18
11:00 am Tai Chi (A)
1:30 pm Puzzle Power Hour
3:00 pm High Tea
4:00 pm B-I-N-G-O (H/R)

10:00 am Morning Social & Daily Chronicle 19
11:00 am Exercise
1:30 pm Kris Concert (L/T)
3:00 pm High Tea
4:00 pm Comedy Club

10:00 am Morning Social & Daily Chronicle 20
11:00 am Llama Visit
11:00 am Tai Chi (H)
1:30 pm Book Club
3:00 pm High Tea
4:00 pm B-I-N-G-O (H/R)

10:00 am Morning Social & Daily Chronicle 21
11:00 am Friday Matinee
1:30 pm Exercise
3:00 pm High Tea
4:00 pm Joy of Coloring

10:00 am Morning Social & Daily Chronicle 22
11:00 am Board Games
3:00 pm High Tea
4:00 pm Joy Of Coloring

10:00 am Morning Social & Daily Chronicle 23
11:00 am 4-leaf Clover Chain
1:30 pm Sunday Matinee
3:00 pm High Tea
4:00 pm B-I-N-G-O (R)

10:00 am Morning Social & Daily Chronicle 24
11:00 am Calming Bottles
1:30 pm Flower Arrangements
3:00 pm High Tea
3:30 pm House Meeting (H)
4:00 pm Shaving Cream Shamrocks

10:00 am Morning Social & Daily Chronicle 25
11:00 am Tai Chi (A)
1:30 pm Puzzle Power Hour
3:00 pm High Tea
4:00 pm B-I-N-G-O (H/R)

10:00 am Morning Social & Daily Chronicle 26
11:00 am Exercise
1:30 pm Kyle Concert (ASH)
3:00 pm High Tea
4:00 pm Comedy Club

10:00 am Morning Social & Daily Chronicle 27
11:00 am Tai Chi (H)
1:30 pm Book Club
1:30 pm Outing: Wooden Shoe Tulip Festival
3:00 pm High Tea
3:30 pm House Meeting (R)
4:00 pm B-I-N-G-O (H/R)

10:00 am Morning Social & Daily Chronicle 28
11:00 am Friday Matinee
1:30 pm Exercise
3:00 pm High Tea
4:00 pm Joy of Coloring

10:00 am Morning Social & Daily Chronicle 29
11:00 am Board Games
3:00 pm High Tea
4:00 pm Joy Of Coloring

Friends & Family Day

10:00 am Morning Social & Daily Chronicle 30
11:00 am Goal Review
1:30 pm Sunday Matinee
3:00 pm High Tea

10:00 am Morning Social & Daily Chronicle 31
11:00 am Music Trivia
1:30 pm Flower Arrangements
3:00 pm High Tea
4:00 pm Slime Time

All Activities are subject to change or cancellation due to community needs
Hair Salon every Wednesday



A- Adams House, ASH-Ashland House, CL- Cascade Lawn, H-Helen's House, HD- Hood House, J-Jefferson House, R-Rainier House, L-Larch House, T-Tabor House, GH- Garden Hangout, UC- Upper Campus, LC- Lower Campus, RH- Rotating Houses, PG- Putting Green, RR- Resident Room.