

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

September 2022

Independent Living

1417 SE 107th Avenue
Portland, OR 97216
503-408-0404



CHERRYWOOD VILLAGE
A GENERATIONS COMMUNITY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>11:00 Church Service (CH) 4</p> <p>Blood Pressure Checks with Rachele (VC)</p>	<p>5</p> <p>LABOR DAY HOLIDAY</p> <p>Vitality Center Open 9am - 3pm</p> <p>No Grocery Shopping Today</p>	<p>6</p> <p>10:00 Aqua Zumba (Pool) 10:00 Sit & Stretch (CR) 10:30 Cardio (CR) 11:00 Balance (CR) 1:00 Ladies Bible Study (BR) 3:00 10K Dice Game (GR2) 5:00 Wii Bowling (BR) 6:30 Chess Club (CR)</p>	<p>7</p> <p>9:00 Excursion: Seaside (sign up required) 10:00 Strength & Conditioning w/ Jen (CR) 2:00 Painting w/ Brian (AS) 5:00 Wii Bowling (BR) 6:00 Monte Carlo Bingo (CR)</p>	<p>8</p> <p>10:00 Aqua Fitness (Pool) 10:00 Sit & Stretch (CR) 10:30 Cardio 10:00 Syzgy (GR 2) 11:00 Balance Class (CR) 12:30 Pinochle (GR 2) 1:00 Ladies Discussion Group 5:00 Wii Bowling (BR) 6:00 Board Games (CR)</p>	<p>9</p> <p>9:00 Grocery Shopping: Winco, Bi-Mart, Target (Gardens, Orchards, Cottages) 10:00 Grocery Shopping: Winco, Bi-Mart, Target (Greens, Wynridge) 10:00 Golf With Friends 10:00 Strength & Conditioning w/ Jen 2:00 Mahjong (GR2) 7:00 Song and Praise</p>	<p>3</p> <p>9:00 Coffee Hour (CR) 9:00 Walk w/ Jen 11:00 Church Service (CH) 11:30 Balance Class (CR) 1:30 Poker 6:30 Hand to Foot Card Game (CR) 6:30 Chaplain's Choice (CH)</p>
<p>11:00 Church Service (CH) 11</p> <p>Blood Pressure Checks with Rachele (VC)</p>	<p>12</p> <p>9:00 Chair Exercise (CR) NEW! 1:00 Bridge (GR2) Grocery Shopping: Fred Meyer 1:00 Gardens, Cottages, Wyn 2:00 Greens/ Wynridge 3:00 Orchards 2:00 Classical Club (CR) 5:00 Wii Bowling (BR) 6:30 Majong (GR2)</p>	<p>13</p> <p>10:00 Aqua Zumba (Pool) 10:00 Sit & Stretch (CR) 10:30 Cardio (CR) 11:00 Balance (CR) 1:00 Ladies Bible Study (BR) 3:00 10K Dice Game (GR2) 5:00 Wii Bowling (BR) 6:30 Chess Club (CR)</p>	<p>14</p> <p>9:00 Excursion: Men's Breakfast/Ladies Lunch (sign up required) 10:00 Strength & Conditioning w/ Jen (CR) 2:00 Painting with Brian (AS) 5:00 Wii Bowling (BR) 6:00 Monte Carlo Bingo (CR)</p>	<p>15</p> <p>10:00 Aqua Fitness (Pool) 10:00 Sit & Stretch (CR) 10:00 Syzgy 10:30 Cardio 11:00 Balance (CR) 11:30 Parkinson's Support Gr (BR) 1:00 Ladies Discussion Gr (BR) 12:30 Pinochle (GR 2) 5:00 Wii Bowling (BR) 6:00 Board Games (CR) a</p>	<p>16</p> <p>8:15 ZUMBA Gold (CR) 9:00 Grocery Shopping: Winco, Bi-Mart, Target (Gardens, Orchards, Cottages) 10:00 Grocery Shopping: Winco, Bi-Mart, Target (Greens, Wynridge) 10:00 Golf With Friends 10:00 Strength & Conditioning (CR) 2:00 Mahjong (GR2) 3:00 Molli Paige Performance 7:00 Song and Praise</p>	<p>17</p> <p>9:00 Coffee Hour (CR) 9:00 Walk w/ Jen 11:00 Church Service (CH) 11:30 Balance Class (CR) 1:30 Poker 6:30 Hand to Foot Card Game (CR) 6:30 Chaplain's Choice (CH)</p>
<p>11:00 Church Service (CH) 18</p> <p>Blood Pressure Checks with Rachele (VC)</p>	<p>19</p> <p>9:00 Chair Exercise (CR) 1:00 Bridge (GR2) Grocery Shopping: Fred Meyer: 1:00 Gardens, Cottages, Wyn 2:00 Greens/ Wynridge 3:00 Orchards 2:00 Classical Club (CR) 5:00 Wii Bowling (BR) 6:30 Majong (GR2)</p>	<p>20</p> <p>10:00 Aqua Zumba (Pool) 10:00 Sit & Stretch (CR) 10:30 Cardio (CR) 11:00 Balance (CR) 1:00 Ladies Bible Study (BR) 3:00 10K Dice Game (GR2) 5:00 Wii Bowling (BR) 6:30 Chess Club (CR)</p>	<p>21</p> <p>9:00 Excursion: Jewell Elk Refuge and Camp 18 Restaurant (Sign up required) 10:00 Strength & Conditioning w/ Jen (CR) 1:00 BINGO Under the Tent 2:00 Painting w/ Brian (AS) 5:00 Wii Bowling (BR) 6:00 Monte Carlo Bingo (CR)</p>	<p>22</p> <p>10:00 Aqua Fitness (Pool) 10:00 Sit & Stretch (CR) 10:00 Syzgy (GR 2) 10:30 Cardio 11:00 Balance (CR) 10:00 Syzgy (GR 2) 12:30 Pinochle (GR 2) 1:00 Ladies Discussion Gr (BR) 5:00 Wii Bowling (BR) 6:0 Board Games (CR)</p>	<p>23</p> <p>8:15 ZUMBA Gold (CR) 9:00 Grocery Shopping: Winco, Bi-Mart, Target (Gar, Orch, Cot) 10:00 Grocery Shopping: Winco, Bi-Mart, Target (Greens, Wynridge) 10:00 Golf With Friends 10:00 Strength & Conditioning w/ Jen 2:00 Mahjong (GR2) 3:00 Jass 2 Plus One Performance 7:00 Song and Praise</p>	<p>24</p> <p>9:00 Coffee Hour (CR) 9:00 Walk w/ Jen 11:00 Church Service (CH) 11:30 Balance Class (CR) 1:30 Poker 6:30 Hand to Foot Card Game (CR) 6:30 Chaplain's Choice (CH)</p>
<p>11:00 Church Service (CH) 25</p> <p>Blood Pressure Checks with Rachele (VC)</p>	<p>26</p> <p>9:00 Chair Exercise (CR) 1:00 Bridge (GR2) Grocery Shopping: Fred Meyer 1:00 Gardens, Cottages, Wyn 2:00 Greens/ Wynridge 3:00 Orchards 2:00 Classical Club (CR) 5:00 Wii Bowling (BR) 6:30 Majong (GR2)is</p>	<p>27</p> <p>10:00 Aqua Zumba (Pool) 10:00 Sit n Stretch (CR) 10:30 Cardio (CR) 11:00 Balance (CR) 1:00 Ladies Bible Study (BR) 3:00 10K Dice Game (GR2) 5:00 Wii Bowling (BR) 6:30 Chess Club (CR)</p>	<p>28</p> <p>9:00 Excursion; Woodburn Outlets (Sign up required) 10:00 Strength & Conditioning w/ Jen (CR) 2:00 Painting w/ Brian (AS) 5:00 Wii Bowling (BR) 6:00 Monte Carlo Bingo (CR)</p>	<p>29</p> <p>10:00 Aqua Fitness (Pool) 10:00 Sit & Stretch (CR) 10:00 Syzgy (GR 2) 10:30 Cardio 11:00 Balance (CR) 1:00 Ladies Discussion Gr (BR) 12:30 Pinochle (GR 2) 5:00 Wii Bowling (BR) 6:00 Board Games (CR)</p>	<p>30</p> <p>8:15 ZUMBA Gold (CR) 9:00 Grocery Shopping: Winco, Bi-Mart, Target (Gar, Orch, Cot) 10:00 Grocery Shopping: Winco, Bi-Mart, Target (Greens, Wynridge) 10:00 Golf With Friends 10:00 Strength & Conditioning w/ Jen 2:00 Mahjong (GR2) 7:00 Song and Praise</p>	<p>Location Key</p> <p>AS - Art Studio BR- Board Room CH- Chapel CR- Community Room GR 2- Greens 2nd Floor MT- Movie Theatre VC- Vitality Center</p>