

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<div>November 2022</div> <div>Independent Living</div> <div>2022 SE 107th Avenue Portland, OR 20226 503-408-2022</div> <div><div>CHERRYWOOD VILLAGE</div><div>A GENERATIONS COMMUNITY</div></div>		<div>10:00 Aqua Zumba (Pool)</div> <div>10:00 Sit & Stretch (CR)</div> <div>10:30 Balance & Bands (CR)</div> <div>11:00 Low Impact Cardio (CR)</div> <div>11:00 Walking Group (Slower pace) w/Jen (VC)</div> <div>1:00 Ladies Bible Study (CR)</div> <div>2:00 Collaborative Art Project: Gratitude Tree (CR)</div> <div>3:00 10K Dice Game (GR2)</div> <div>5:00 Wii Bowling (BR)</div> <div>6:30 Chess Club (CR)</div> <div>1</div>	<div>9:00 Excursion Fruit Loop Drive</div> <div>10:00 Strength & Conditioning w/Jen (CR)</div> <div>2:00 Painting w/ Brian (CR)</div> <div>2:00 CWV Writers Group (BR)</div> <div>3:00 Scrabble With Jen (CR)</div> <div>5:00 Wii Bowling (BR)</div> <div>6:00 Monte Carlo Bingo (CR)</div> <div>2</div>	<div>10:00 Aqua Fitness (Pool)</div> <div>10:00 Sit & Stretch (CR)</div> <div>10:00 Syzgy (GR2)</div> <div>10:30 Balance & Bands (CR)</div> <div>11:00 Low Impact Cardio (CR)</div> <div>11:30 Caregiver Support Group (BR)</div> <div>12:30 Pinochle (GR 2)</div> <div>2:00 Ladies Discussion Group (CR)</div> <div>3:00 Garden Club (CR)</div> <div>5:00 Wii Bowling (BR)</div> <div>6:30 Board Games (CR)</div> <div>3</div>	<div>9:00 Grocery Shopping: Winco, Bi-Mart, Target (Gardens, Orchards, Cottages)</div> <div>10:00 Grocery Shopping: Winco, Bi-Mart, Target (Greens, Wynridge)</div> <div>10:00 Strength & Conditioning (CR)</div> <div>2:30 Entertainment: The Mellow Tones (RA Dining Room)</div> <div>7:00 Song and Praise (CH)</div> <div>4</div>	<div>9:00 Coffee Hour (CR)</div> <div>11:00 Church Service (CH)</div> <div>1:30 Poker (BR)</div> <div>6:30 Hand to Foot Card Game (CR)</div> <div>5</div>	
<div>11:00 Church Service (CH)</div> <div>6</div>	<div>9:00 Strength Class with Jen (CR)</div> <div>10:00 Walking Group (Faster Pace) with Jen (VC)</div> <div>11:00 Presentation: Fall Prevention by AgeStrong (CR)</div> <div>1:00 Bridge (GR2)</div> <div>Grocery Shopping: Fred Meyer</div> <div>1:00 Gardens, Cottages, Wyn</div> <div>2:00 Greens/ Wynridge</div> <div>3:00 Orchards</div> <div>5:00 Wii Bowling (BR)</div> <div>6:30 Mahjong (GR2)</div> <div>7</div>	<div>10:00 Aqua Zumba (Pool)</div> <div>10:00 Sit & Stretch (CR)</div> <div>10:30 Balance & Bands (CR)</div> <div>11:00 Low Impact Cardio (CR)</div> <div>2:00 Collaborative Art Project: Gratitude Tree (CR)</div> <div>3:00 10K Dice Game (GR2)</div> <div>5:00 Wii Bowling (BR)</div> <div>6:30 Chess Club (CR)</div> <div>8</div>	<div>9:00 Men's Breakfast/Ladies Lunch (sign up required)</div> <div>2:00 Painting with Brian (CR)</div> <div>2:00 EAF Bingo (RA)</div> <div>5:00 Wii Bowling (BR)</div> <div>6:00 Monte Carlo Bingo (CR)</div> <div>9</div>	<div>10:00 Aqua Fitness (Pool)</div> <div>10:00 Syzgy (GR2)</div> <div>10:00 Sit & Stretch (CR)</div> <div>10:30 Balance and Bands (CR)</div> <div>11:00 Balance (CR)</div> <div>12:30 Pinochle (GR 2)</div> <div>2:00 EAF Casino (BR)</div> <div>2:00 Women's Discussion Gr (CR)</div> <div>5:00 Wii Bowling (BR)</div> <div>6:30 Board Games (CR)</div> <div>10</div>	<div>9:00/10:00 Grocery Shopping: Winco, Bi-Mart, Target (sign up)</div> <div>11:00 Bananagrams w/Kristy (CR)</div> <div>2:15 Veteran Recognition (RA)</div> <div>2:30 Entertainment: John Gilmore (RA Dining Room)</div> <div>7:00 Song and Praise (CH)</div> <div>Happy Veterans Day!</div> <div></div> <div>11</div>	<div>9:00 Coffee Hour (CR)</div> <div>11:00 Church Service (CH)</div> <div>6:30 Hand to Foot Card Game (CR)</div> <div>12</div>	
<div>11:00 Church Service (CH)</div> <div>13</div>	<div>1:00 Bridge (GR2)</div> <div>2:00 Classical Club (BR)</div> <div>Grocery Shopping: Fred Meyer</div> <div>1:00 Gardens, Cottages, Wyn</div> <div>2:00 Greens/ Wynridge</div> <div>3:00 Orchards</div> <div>5:00 Wii Bowling (BR)</div> <div>6:30 Mahjong (GR2)</div> <div>14</div>	<div>10:00 Aqua Zumba (Pool)</div> <div>1:00 Ladies Bible Study (CR)</div> <div>2:00 Collaborative Art Project: Gratitude Tree (CR)</div> <div>3:00 10K Dice Game (GR2)</div> <div>5:00 Wii Bowling (BR)</div> <div>15</div>	<div>9:00 Excursion: Casino Ilani Casino (sign up required)</div> <div>2:00 Painting w/ Brian (CR)</div> <div>3:30 Happy Hour:Meet and Greet (CR)</div> <div>5:00 Wii Bowling (BR)</div> <div>6:00 Monte Carlo Bingo (CR)</div> <div>16</div>	<div>10:00 Aqua Fitness (Pool)</div> <div>10:00 Syzgy (GR2)</div> <div>12:30 Pinochle (GR 2)</div> <div>1:00 Diversity Group (BR)</div> <div>2:00 Women's Discussion Gr (CR)</div> <div>2:30 Town Hall (VSG)</div> <div>2:30 Knitting & Crochet Group (GR3)</div> <div>5:00 Wii Bowling (BR)</div> <div>6:30 Board Games (CR)</div> <div>17</div>	<div>9:00/10:00 Grocery Shopping: Winco, Bi-Mart, Target</div> <div>10:00 Strength & Conditioning (CR)</div> <div>2:30 Entertainment: Castletown Duo (RA Dining Room)</div> <div>7:00 Song and Praise (CH)</div> <div>18</div>	<div>9:00 Coffee Hour (CR)</div> <div>11:00 Church Service (CH)</div> <div>1:30 Poker (BR)</div> <div>6:30 Hand to Foot Card Game (CR)</div> <div>19</div>	
<div>11:00 Church Service (CH)</div> <div>20</div>	<div>9:00 Strength Class with Jen (CR)</div> <div>10:00 Walking Group (Faster Pace) with Jen (VC)</div> <div>1:00 Bridge (GR2)</div> <div>Grocery Shopping: Fred Meyer:</div> <div>1:00 Gardens, Cottages, Wyn</div> <div>2:00 Greens/ Wynridge</div> <div>3:00 Orchards</div> <div>5:00 Wii Bowling (BR)</div> <div>21</div>	<div>10:00 Aqua Zumba (Pool)</div> <div>11:00 Walking Group (Slower pace) w/Jen (VC)</div> <div>1:00 Ladies Bible Study (CR)</div> <div>2:00 Collaborative Art Project:Gratitude Tree (CR)</div> <div>3:00 10K Dice Game (GR2)</div> <div>5:00 Wii Bowling (BR)</div> <div>6:30 Chess Club (CR)</div> <div>22</div>	<div>10:00 Strength & Conditioning w/Jen (CR)</div> <div>2:00 Painting w/ Brian (CR)</div> <div>3:00 Scrabble With Jen (CR)</div> <div>5:00 Wii Bowling (BR)</div> <div>6:00 Monte Carlo Bingo (CR)</div> <div>23</div>	<div>10:00 Syzgy (GR 2)</div> <div>12:30 Pinochle (GR 2)</div> <div>2:00 Women's Discussion Gr (CR)</div> <div>5:00 Wii Bowling (BR)</div> <div>6:30 Board Games (CR)</div> <div>Happy Thanksgiving!</div> <div></div> <div>24</div>	<div>9:00 /10:00 Grocery Shopping: Winco, Bi-Mart, Target (sign up)</div> <div>10:00 Golf With Friends</div> <div>10:00 Strength & Conditioning (CR)</div> <div>2:00 Book Club (BR)</div> <div>6:00 Bridge (GR2)</div> <div>7:00 Song and Praise (CH)</div> <div>25</div>	<div>9:00 Coffee Hour (CR)</div> <div>11:00 Church Service (CH)</div> <div>6:30 Hand to Foot Card Game (CR)</div> <div>6:30 Chaplain's Choice (CH)</div> <div>26</div>	
<div>11:00 Church Service (CH)</div> <div>27</div>	<div>9:00 Strength Class with Jen (CR)</div> <div>10:00 Walking Group (Faster Pace) with Jen (VC)</div> <div>1:00 Bridge (GR2)</div> <div>2:00 Classical Club (BR)</div> <div>Grocery Shopping: Fred Meyer</div> <div>1:00 Gardens, Cottages, Wyn</div> <div>2:00 Greens/ Wynridge</div> <div>3:00 Orchards</div> <div>5:00 Wii Bowling (BR)</div> <div>28</div>	<div>10:00 Aqua Zumba (Pool)</div> <div>11:00 Walking Group (Slower pace) w/Jen (VC)</div> <div>1:00 Ladies Bible Study (CR)</div> <div>2:00 Collaborative Art Project:Gratitude Tree (CR)</div> <div>3:00 10K Dice Game (GR2)</div> <div>5:00 Wii Bowling (BR)</div> <div>6:30 Chess Club (CR)</div> <div>29</div>	<div>10:00 Strength & Conditioning w/Jen (CR)</div> <div>2:00 Painting w/ Brian (CR)</div> <div>3:00 Corn Hole With Jen (CR)</div> <div>5:00 Wii Bowling (BR)</div> <div>6:00 Monte Carlo Bingo (CR)</div> <div>30</div>	<div>Location Key</div> <div>AS - Art Studio</div> <div>BR- Board Room</div> <div>CH- Chapel</div> <div>CR- Community Room</div> <div>GR 2- Greens 2nd Floor</div> <div>GR 3- Greens 3rd Floor</div> <div>MT- Movie Theatre</div> <div>VC- Vitality Center</div> <div>RED= Off campus events</div> <div>Blue= Vitality Team lead events</div> <div>RA-Royal Anne Dining Room</div>			