

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# January 2025

## Parkview Memory Care

10721 SE Cherry Blossom Dr.  
Portland OR 97216



			<p>9:30 Manicures 10:30 Hand Massages/Aroma Therapy 12:30 Wacky Wordies 1:15 L, R, C 2:00 <b>Music Therapy</b> 3:00 <b>Balloon Volleyball</b></p> <p style="text-align: center;">* Happy * New Year</p>	<p>9:30 One on One's &amp; Crossword/Word Searches 1:00 <b>Age Strong</b> 2:00 <b>Sing Along with Nadya</b> 3:00 <b>Resident Forum</b> 3:30 Words in Words</p>	<p>9:30 Puzzles and Coloring 10:30 This Day in History 12:30 <b>Music Therapy</b> 1:30 Cover the Number 2:30 Sensory Sorting 3:30 <b>Chair Exercise</b></p>	<p>9:30 One on One 10:00 Watercolor Therapy 12:30 <b>Balloon Paddle</b> 1:30 Hymn Sing 2:30 Bingo 3:30 Joggin' your Noggin'</p>
<p>9:30 Church Service 10:15 Hymn Sing 12:30 <b>Stretches and Chair Exercises</b> 1:30 This Day in History 2:00 Bingo 3:00 Trivia 3:30 Joggin' your Noggin" 5:30 Movie Night 6:30 Sunday Sundae's</p>	<p>9:45 Scenic Drive 12:30 Brain/Picture Games 2:00 Paint Project 3:00 <b>Travelogue</b> 5:30 Crosswords/Word Searches 6:30 One on Ones</p>	<p>9:30 <b>Stretches</b> 10:30 <b>Noodle Ball</b> 12:30 Junk Drawer Detective 1:30 Bingo 2:30 Sing Along 5:30 Finish the Phrase/This Day in History 6:15 Trivia</p>	<p>9:30 Manicures 10:30 Hand Massages/Aroma Therapy 12:30 Wacky Wordies 1:15 L, R, C 2:00 <b>Music Therapy</b> 3:00 <b>Balloon Volleyball</b></p>	<p>9:30 One on One's &amp; Crossword/Word Searches 1:00 <b>Age Strong</b> 2:00 <b>Performance by Phil Hall</b> 3:00 Trivia 3:30 Words in Words 5:30 Popcorn and Movie</p>	<p>9:30 Puzzles and Coloring 10:30 This Day in History 12:30 <b>Music Therapy</b> 1:30 Cover the Number 2:30 Sensory Sorting 3:30 <b>Chair Exercise</b></p>	<p>9:30 One on One 10:00 Watercolor Therapy 12:30 <b>Balloon Paddle</b> 1:30 Hymn Sing 2:30 Bingo 3:30 Joggin' your Noggin'</p>
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<p>9:30 Church Service 10:15 Hymn Sing 12:30 <b>Stretches and Chair Exercises</b> 1:30 This Day in History 2:00 Bingo 3:00 Trivia 3:30 Joggin' your Noggin" 5:30 Popcorn and Movie Night</p> <p style="text-align: center;">National Popcorn Day</p>	<p>9:45 Scenic Drive 12:30 <b>MLK Jr. Day Discussion</b> 2:00 <b>Paint Project/MLK Jr.</b> 3:00 <b>Travelogue</b> 5:30 Crosswords/Word Searches 6:30 One on Ones</p> <p style="text-align: center;">MLK Jr. Day</p>	<p>9:30 <b>Stretches</b> 10:30 <b>Noodle Ball</b> 12:30 Junk Drawer Detective 1:30 Bingo 2:30 Sing Along 5:30 Finish the Phrase/This Day in History 6:15 Trivia</p>	<p>9:30 Manicures 10:30 Hand Massages/Aroma Therapy 12:30 Wacky Wordies 1:15 L, R, C 2:00 <b>Music Therapy</b> 3:00 <b>Balloon Volleyball</b> 5:30 <b>Residents choice</b> 6:30 Popcorn and Movie</p>	<p>9:30 One on One's &amp; Crossword/Word Searches 1:00 <b>Age Strong</b> 2:00 Junk Drawer Detective 3:00 Story Writers</p>	<p>9:30 Puzzles and Coloring 10:30 This Day in History 12:30 <b>Music Therapy</b> 1:30 Cover the Number 2:30 Sensory Sorting 3:30 <b>Chair Exercise</b></p>	<p>9:30 One on One 10:00 Watercolor Therapy 12:30 <b>Balloon Paddle</b> 1:30 Hymn Sing 2:30 Bingo 3:30 Joggin' your Noggin'</p>
<p style="text-align: center;"><b>Activity Packets</b></p>	<p>9:45 Scenic Drive 12:30 Brain/Picture Games 2:00 Paint Project 3:00 <b>Travelogue</b> 5:30 Crosswords/Word Searches 6:30 One on Ones</p>	<p>9:30 <b>Stretches</b> 10:30 <b>Noodle Ball</b> 12:30 History of Kazoo's 1:00 Junk Drawer Detective 2:00 Bingo 3:00 Sing Along 5:30 Finish the Phrase/This Day in History 6:15 Trivia</p> <p style="text-align: center;">National Kazoo Day</p>	<p>9:30 Manicures 10:30 Hand Massages/Aroma Therapy 12:30 Wacky Wordies 1:15 L, R, C 2:00 <b>Music Therapy</b> 3:00 <b>Balloon Volleyball</b> 5:30 <b>Residents choice</b> 6:30 Popcorn and Movie</p>	<p>9:30 One on One's &amp; Crossword/Word Searches 1:00 <b>Age Strong</b> 2:00 Junk Drawer Detective 3:00 Story Writers</p>	<p>9:30 Puzzles and Coloring 10:30 This Day in History 12:30 <b>Music Therapy</b> 1:30 Cover the Number 2:30 Sensory Sorting 3:30 <b>Chair Exercise</b></p>	

ALL ACTIVITIES AND EVENTS ARE SUBJECT TO CHANGE BASED ON STAFF AND RESIDENT NEEDS.

Red= Special Activities Blue= Performers and Exercise