



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>11:00 Church Service (CH) 1</p> <p>Vitality Center Closed</p> 	<p>2</p> <p>10:00 Walking Group w/ Jen (VC)</p> <p>Grocery Shopping: Fred Meyer</p> <p>1:00 Gardens, Cottages, Wyn 2:00 Greens/ Wynridge 3:00 Orchards 5:00 Wii Bowling (BR) 6:30 Mahjong (GR2)</p>	<p>3</p> <p>10:00 Aqua Zumba (Pool) 10:00 Sit & Stretch (CR) 10:30 Balance & Bands (CR) 11:00 Low Impact Cardio (CR) 1:00 Ladies Bible Study (CR) 2:00 Music History: Frank Sinatra w/ Gordon Herman (BR) 3:00 10K Dice Game (GR2) 3:00 Chess (CR) 4:00 Wii Bowling (BR)</p>	<p>4</p> <p>9:00 Excursion: Movie at Century 16 Eastport (Movie Avatar 2- Sign Up Required) 2:00 Painting w/ Brian (CR) 2:00 CWV Writers Group (AS) 3:30 Scrabble (CR) 5:00 Wii Bowling (BR) 6:00 Monte Carlo Bingo (CR)</p>	<p>5</p> <p>10:00 Syzgy (GR2) 10:00 Aqua Fitness (Pool) 10:00 Sit & Stretch (CR) 10:30 Balance & Bands (CR) 11:00 Low Impact Cardio (CR) 11:30 Care Giver Support Group (BR) 12:30 Pinochle (GR 2) 2:00 Women's Discussion Gr (CR) 5:00 Wii Bowling (BR) 6:30 Board Games (CR)</p>	<p>6</p> <p>9:00 Grocery Shopping: Winco, Bi-Mart, Target (Gardens, Orchards, Cottages) 10:00 Grocery Shopping: Winco, Bi-Mart, Target (Greens, Wynridge) 11:00 Cornhole (CR) 2:30 Entertainment: Shaymus Hanlin (RA) 7:00 Song and Praise (CH)</p>	<p>7</p> <p>9:00 Coffee Hour (CR) 11:00 Church Service (CH) 1:30 Poker (BR) 6:30 Hand to Foot Card Game (CR)</p> <p>Vitality Center Open 9AM-3PM</p>	
<p>8</p> <p>11:00 Church Service (CH)</p> <p>Vitality Center Open 9AM-3PM</p>	<p>9</p> <p>10:00 Walk Group w/ Jen (VC) 2:00 Classical Club (BR) Grocery Shopping: Fred Meyer</p> <p>1:00 Gardens, Cottages, Wyn 2:00 Greens/ Wynridge 3:00 Orchards 5:00 Wii Bowling (BR) 6:30 Mahjong (GR2)</p>	<p>10</p> <p>10:00 Aqua Zumba (Pool) 10:00 Sit & Stretch (CR) 10:30 Balance & Bands (CR) 11:00 Low Impact Cardio (CR) 1:00 Ladies Bible Study (CR) 3:00 10K Dice Game (GR2) 3:00 Chess (CR) 4:00 Wii Bowling (BR)</p>	<p>11</p> <p>9:00 Excursion: Men's Breakfast (Old Mill Saloon)/Ladies' Lunch (Otto & Anita's Schnitzelhaus) (Sign Up Required) 2:00 Painting with Brian (CR) 3:30 Meet & Greet/Social Hour (CR) 5:00 Wii Bowling (BR) 6:00 Monte Carlo Bingo (CR) 7:00 Video Series: "The Wonders of Life" (C)</p>	<p>12</p> <p>10:00 Syzgy (GR2) 10:00 Aqua Fitness (Pool) 10:00 Sit & Stretch (CR) 10:30 Balance & Bands (CR) 10:30 Lutheran worship service (C) 11:00 Low Impact Cardio (CR) 12:30 Pinochle (GR 2) 2:00 Women's Discussion Gr (CR) 3:00 Garden Club (CR) 5:00 Wii Bowling (BR) 6:30 Board Games (CR)</p>	<p>13</p> <p>9:00 Grocery Shopping: Winco, Bi-Mart, Target (Gardens, Orchards, Cottages) 10:00 Grocery Shopping: Winco, Bi-Mart, Target (Greens, Wynridge) 11:00 Bananagrams (CR) 1:00 Knitting & Crocheting Group (CR) 2:30 Entertainment: John Gilmore (RA) 7:00 Song and Praise (CH)</p>	<p>14</p> <p>9:00 Coffee Hour (CR) 11:00 Church Service (CH) 6:30 Hand to Foot Card Game (CR)</p> <p>Vitality Center Open 9AM-3PM</p>	
<p>15</p> <p>11:00 Church Service (CH)</p> <p>Vitality Center Open 9AM-3PM</p>	<p>16</p> <p>10:00 Walking Group w/Jen (VC) 11:00 AgeStrong Presentation: Arthritis (BR) Grocery Shopping: Fred Meyer:</p> <p>1:00 Gardens, Cottages, Wyn 2:00 Greens/ Wynridge 3:00 Orchards 5:00 Wii Bowling (BR) 6:30 Mahjong (GR2)</p>	<p>17</p> <p>10:00 Aqua Zumba (Pool) 10:00 Sit & Stretch (CR) 10:30 Balance & Bands (CR) 11:00 Low Impact Cardio (CR) 1:00 Ladies Bible Study (CR) 2:00 Craft Project w/Jen (AS) 3:00 10K Dice Game (GR2) 3:00 Chess (CR) 4:00 Wii Bowling (BR)</p>	<p>18</p> <p>9:00 Excursion: Scenic Drive: Sauvie Island (Sign Up Required) 2:00 Painting w/ Brian (CR) 3:30 Scrabble (CR) 5:00 Wii Bowling (BR) 6:00 Monte Carlo Bingo (CR) 7:00 Video Series: "The Wonders of Life" (C)</p>	<p>19</p> <p>10:00 Syzgy (GR2) 10:00 Aqua Fitness (Pool) 10:00 Sit & Stretch (CR) 10:30 Balance & Bands (CR) 11:00 Low Impact Cardio (CR) 11:30 Parkinson's Support Group (BR) 12:30 Pinochle (GR 2) 1:30 Women's Discussion Gr (CR) 2:30 Town Hall (VSG) 5:00 Wii Bowling (BR) 6:30 Board Games (CR)</p>	<p>20</p> <p>9:00 Grocery Shopping: Winco, Bi-Mart, Target (Gardens, Orchards, Cottages) 10:00 Grocery Shopping: Winco, Bi-Mart, Target (Greens, Wynridge) 1:00 Diversity Group (BR) 2:30 Entertainment: Ted Horwitz (RA) 7:00 Song and Praise (CH)</p>	<p>21</p> <p>9:00 Coffee Hour (CR) 11:00 Church Service (CH) 1:30 Poker (BR) 6:30 Hand to Foot Card Game (CR)</p> <p>Vitality Center Open 9AM-3PM</p>	
<p>22</p> <p>11:00 Church Service (CH)</p> <p>Vitality Center Open 9AM-3PM</p>	<p>23</p> <p>10:00 Walking Group w/ Jen (VC) 11:00 Alzheimer's Education Class (RSVP Required) (BR) 2:00 Classical Club (BR) Grocery Shopping: Fred Meyer</p> <p>1:00 Gardens, Cottages, Wyn 2:00 Greens/ Wynridge 3:00 Orchards 5:00 Wii Bowling (BR) 6:30 Mahjong (GR2)</p>	<p>24</p> <p>10:00 Aqua Zumba (Pool) 10:00 Sit & Stretch (CR) 10:30 Balance & Bands (CR) 11:00 Low Impact Cardio (CR) 11:00 Vitality Meeting (BR) 1:00 Ladies Bible Study (CR) 3:00 10K Dice Game (GR2) 3:00 Chess (CR) 4:00 Wii Bowling (BR)</p>	<p>25</p> <p>9:00 Excursion: Trader Joes (Sign Up Required) 2:00 Painting w/ Brian (CR) 3:30 Cornhole (CR) 5:00 Wii Bowling (BR) 6:00 Monte Carlo Bingo (CR) 7:00 Video Series: "The Wonders of Life" (C)</p>	<p>26</p> <p>10:00 Syzgy (GR2) 10:00 Aqua Fitness (Pool) 10:00 Sit & Stretch (CR) 10:30 Balance & Bands (CR) 11:00 Low Impact Cardio (CR) 12:30 Pinochle (GR 2) 2:00 Women's Discussion Gr (CR) 5:00 Wii Bowling (BR) 6:30 Board Games (CR)</p>	<p>27</p> <p>9:00 Grocery Shopping: Winco, Bi-Mart, Target (Gardens, Orchards, Cottages) 10:00 Grocery Shopping: Winco, Bi-Mart, Target (Greens, Wynridge) 2:00 Book Club (BR) 2:30 Entertainment: Mario Carboni (RA) 6:00 Bridge (GR2) 7:00 Song and Praise (CH)</p>	<p>28</p> <p>9:00 Coffee Hour (CR) 11:00 Church Service (CH) 6:30 Hand to Foot Card Game (CR) 6:30 Chaplain's Choice (CH)</p> <p>Vitality Center Open 9AM-3PM</p>	
<p>29</p> <p>11:00 Church Service (CH)</p> <p>Vitality Center Open 9AM-3PM</p>	<p>30</p> <p>10:00 Walking Group w/Jen (VC) 2:00 Classical Club (BR) Grocery Shopping: Fred Meyer</p> <p>1:00 Gardens, Cottages, Wyn 2:00 Greens/ Wynridge 3:00 Orchards 5:00 Wii Bowling (BR) 6:30 Mahjong (GR2)</p>	<p>31</p> <p>10:00 Aqua Zumba (Pool) 10:00 Sit & Stretch (CR) 10:30 Balance & Bands (CR) 11:00 Low Impact Cardio (CR) 1:00 Ladies Bible Study (CR) 3:00 10K Dice Game (GR2) 3:00 Chess (CR) 4:00 Wii Bowling (BR)</p>	<p>January 2023 Independent Living</p> <p>Location Key AS-Art Studio, BR-Board Room, CR-Community Room MT-Movie Theater, VC-Vitality Center, GR2-Greens 2nd Floor GR3-Greens 3rd Floor, RA-Royal Anne Dining Room RED=Off Campus Events BLUE=Vitality Team Led Events</p>			 <p>CHERRYWOOD VILLAGE A GENERATIONS COMMUNITY</p>	