

# The Fountains Vitality Events Calendar November 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Location Key</b>  <b>1</b> - 1st floor near whale mural  <b>2</b> - 2nd floor near Conference Rm.  <b>FCR</b> - Fountains Community Rm.  <b>DR</b> - Dining Room in Fountains  <b>LR</b> - Living Room  <b>L</b> - Lobby  <b>P</b> - Parlor in Terrace  <b>R</b> - Rehab  <b>T</b> - Terrace (additional locations)  <b>TCR</b> - Terrace Community Room  <b>VCR</b> - Vitality Ctr. Community Rm.</p>	<p><b>Election Dates to Remember:</b>  <b>November 1st:</b> LAST day to mail in your ballots  <b>November 6th:</b> Election Day. Last day to bring ballots to official drop box by 8:00 p.m.  <b>** If unable to deliver to a drop box yourself, the Vitality team will make ballot drops up until Election Day!</b></p> <p><b>✓ VOTE</b></p>		<p><b>HAPPY BIRTHDAY</b>  <b>11/5 Maxine Jaeckel</b>  <b>11/6 Kay Purcell</b>  <b>11/8 Leonard Lande</b>  <b>11/12 Ronetta McGarrell</b>  <b>11/13 Vi Thompson</b></p>	<p><b>1</b>            9:30 Happy Feet - R            9:45 Stretch &amp; Flex - 2            10:45 Creative Journaling w/ Devin - <u>FCR</u>            1:30 Fresh Flower Arranging - <u>FCR</u>            3:00 Food Fun: Cheesy Mushroom Puff Pastry Bites - <u>R</u>            5:45 Bingo w/ Devin - <u>R</u></p>	<p><b>2</b>            9:30 &amp; 1:15 Shopping @ Fred Meyer &amp; Winco - <u>L</u>            9:30 Happy Feet - <u>R</u>            9:45 Strength Building w/ Ron - <u>2</u>            10:45 Mystery Pong - <u>R</u>            1:00 Diabetic Support Group - <u>T</u>            1:00 Bio Documentary: "Houdini" - <u>LR</u>            2:30 Garden Club w/ Cheyenne: Pine Cone Wreaths Part 1 - <u>FCR</u>            5:45 Game Night: Rummikub - <u>R</u>            6:00 Loss Support Group - <u>P</u></p>	<p><b>3</b>            9:00 Poetry Out Loud - <u>FCR</u>            10:00 TC Baptist Singers - <u>DR</u>            10:45 Balloon Bounce - <u>R</u>            1:00 Indoor Bowling - <u>R</u>            2:00 History of Thanksgiving: Thanksgiving Day Parade Tech - <u>FCR</u>            3:15 Bean Bag Toss - <u>2</u>            5:45 Bingo w/ Devin - <u>FCR</u></p>
<p><b>4</b>            10:45 Sunday Worship - <u>2</u>            1:00 Balloon Volleyball - <u>FCR</u>            1:30 Games for the Brain - <u>VCR</u>            2:30 Terrace Worship Service - <u>T</u>            3:00-4:00 Treasure Shop Open - <u>T</u>            3:30 Provoking Thoughts: "How Your Gut Affects Your Mind" - <u>TVL</u>            5:45 Let's Play 5 Crowns - <u>R</u></p>	<p><b>5</b>            9:15 Spiritual Devotions - <u>FCR</u>            9:30 Happy Feet - <u>R</u>            10:45 The BIG Word Game - <u>2</u>            1:30 Sit &amp; Be Fit w/ Ron - <u>2</u>            3:00 Ready For Liftoff: Paper Airplane Race - <u>R</u>            5:45 Bingo w/ Steph - <u>R</u></p>	<p><b>ELECTION DAY 6</b>            9:30 Shopping @ CTC Mall, Target, Trader Joes &amp; Umpqua Bank - <u>L</u>            9:30 Happy Feet - <u>R</u>            9:45 Strength Building - <u>2</u>            10:45 Balloon Bounce - <u>1</u>            1:30 Color Club - <u>R</u>            3:00 Get to Know You Social - <u>DR</u>            3:00-4:00 Treasure Shop Open - <u>T</u>            5:45 Wine &amp; Jigsaws! - <u>FCR</u></p>	<p><b>7</b>            9:00 <i>EXCURSION</i>: Morning Scenic Drive (Please Sign Up @ Desk)            9:00-11:00 Senior Fitness Test - <u>VCR</u>            9:30 Happy Feet - <u>R</u>            9:45 Twister Toss Exercises - <u>2</u>            10:45 Tabletop Balloon Ball - <u>R</u>            2:30 Newer Movie Matinee: "I Can Only Imagine" (Faith Drama) - <u>LR</u>            3:00 Village Voices Rehearsal - <u>VCR</u>            5:30 Exploring Your Faith w/ Phil - <u>P</u>            5:45 Left, Center, Right Dice Game - <u>FCR</u></p>	<p><b>8</b>            9:00-11:00 Senior Fitness Test <u>VCR</u>            9:30 Happy Feet - <u>R</u>            9:45 Stretch &amp; Flex - <u>2</u>            10:45 Balloon Bounce - <u>1</u>            10:45 Oregon Hearing Aid Clinic - <u>P</u>  <b>2:00-3:30 Village Salute To Our Veterans - <u>DR</u></b>            5:45 Bingo w/ Devin - <u>R</u></p>	<p><b>9</b>            9:00-11:00 Senior Fitness Test <u>VCR</u>            9:30 &amp; 1:15 Shopping @ Fred Meyer &amp; Winco - <u>L</u>            9:30 Happy Feet - <u>R</u>            9:45 Strength Building w/ Ron - <u>2</u>            10:45 Mystery Pong - <u>R</u>            1:00 Bio Documentary: "Les Paul: Chasing Sound" - <u>LR</u>            2:30 Arts &amp; Crafts: Acorn Necklaces - <u>R</u>            5:45 Game Night: Rummikub - <u>R</u>            6:00 Loss Support Group - <u>P</u></p>	<p><b>10</b>            9:00 Exercise w/ Cheyenne - <u>2</u>            10:00 New Hope Singers - <u>DR</u>            10:45 Coffee &amp; Conversation w/ Devin - <u>R</u>            1:00 Indoor Bowling - <u>R</u>            2:00 Garden Club w/ Cheyenne: Pine Cone Wreaths: Part 2 - <u>FCR</u>            3:15 Ladder Golf - <u>FCR</u>            5:45 Bingo w/ Devin - <u>FCR</u></p>
<p><b>VETERANS DAY 11</b>            10:45 Sunday Worship - <u>2</u>            1:00 Balloon Volleyball - <u>FCR</u>            1:30 Games for the Brain - <u>VCR</u>            2:30 Terrace Worship Service - <u>T</u>            3:00-4:00 Treasure Shop Open - <u>T</u>            3:30 Great Courses: Outsmart Yourself - <u>TVL</u>            5:30 Grief Share Discussion w/ Phil - <u>P</u>            5:45 The BIG Word Game - <u>R</u></p>	<p><b>12</b>            9:15 Spiritual Devotions - <u>FCR</u>            9:30 Happy Feet - <u>R</u>            10:45 Cranium Crunches - <u>2</u>            1:30 Sit &amp; Be Fit w/ Ron - <u>2</u>            3:00 Music Exploration &amp; Discussion w/ Stephanie - <u>R</u>            5:45 Bingo w/ Steph - <u>R</u></p>	<p><b>13</b>            9:30 Shopping @ CTC Mall, Target, New Seasons &amp; Umpqua Bank - <u>L</u>            9:30 Happy Feet - <u>R</u>            9:45 Strength Building - <u>2</u>            10:45 Balloon Bounce - <u>1</u>            1:30 Color Club - <u>R</u>            2:30 DIY Collage Your World: Winter Holidays - <u>FCR</u>            3:00-4:00 Treasure Shop Open - <u>T</u>  <b>4:00-5:30 Village Western Party w/ The Rounders Bluegrass Band - <u>T</u></b></p>	<p><b>14</b>            9:30 Happy Feet - <u>R</u>            9:45 Twister Toss Exercises - <u>2</u>            10:45 Tabletop Balloon Ball - <u>R</u>            11:00 <i>EXCURSION</i>: Lunch @ McGrath's Fish House (Please Sign Up @ Desk)            2:30 Classic Movie Matinee: "Pride and Prejudice" (Drama) - <u>LR</u>            3:00 Village Voices Rehearsal - <u>VCR</u>            5:30 Musical Memoirs w/ Phil - <u>P</u>            5:45 King's Corner Card Game - <u>FCR</u></p>	<p><b>15</b>            9:30 Catholic Mass - <u>T</u>            9:30 Happy Feet - <u>R</u>            9:45 Sports Stretch - <u>2</u>            10:45 Creative Journaling w/ Devin - <u>FCR</u>  <b>1:00 Village Remembrance Service - <u>VCR</u></b>            3:00 Visits w/ Carla, Kristi and their dogs, Hudson and Betsy            5:45 Bingo w/ Devin - <u>R</u></p>	<p><b>16</b>            9:30 &amp; 1:15 Shopping @ Fred Meyer &amp; Winco - <u>L</u>            9:30 Happy Feet - <u>R</u>            9:45 Strength Building w/ Ron - <u>2</u>            10:30 Music, Memories &amp; Wisdom w/ Sara - <u>FCR</u>            1:00 Bio Documentary: "Chasing Churchill: In Search of My Grandfather" - <u>LR</u>            2:00-3:00 Oregon Historical Society - <u>P</u>            3:00 November Birthday Party w/ Singer &amp; Pianist, DAVID COOLEY! - <u>DR</u>            5:45 Game Night: Rummikub - <u>R</u>            6:00 Loss Support Group - <u>P</u></p>	<p><b>17</b>            9:30 Poetry Out Loud - <u>FCR</u>            10:45 Balloon Bounce - <u>R</u>            1:00 Indoor Bowling - <u>R</u>            2:00 History of Thanksgiving: The First Thanksgiving - <u>FCR</u>            3:15 Bean Bag Toss - <u>2</u>            5:45 Bingo w/ Devin - <u>FCR</u></p>
<p><b>18</b>            10:45 Sunday Worship - <u>2</u>            1:00 Balloon Volleyball - <u>FCR</u>            1:30 Games for the Brain - <u>VCR</u>            2:30 Terrace Worship Service - <u>T</u>            3:00-4:00 Treasure Shop Open - <u>T</u>            3:30 Provoking Thoughts: "Why Do People Fall In Love" - <u>TVL</u>            5:45 Let's Play 5 Crowns - <u>R</u></p>	<p><b>19</b>            9:15 Spiritual Devotions - <u>FCR</u>            9:30 Happy Feet - <u>R</u>            10:45 The BIG Word Game - <u>2</u>            1:30 Sit &amp; Be Fit w/ Ron - <u>2</u>            3:00 Monday Music w/ Pianist, STAN LASLEY! - <u>DR</u>            5:45 Bingo w/ Steph - <u>R</u></p>	<p><b>20</b>            9:30 &amp; 1:15 Shopping @ Fred Meyer &amp; Winco - <u>L</u>            9:30 Happy Feet - <u>R</u>            9:45 Strength Building - <u>2</u>            10:45 Balloon Bounce - <u>1</u>            1:30 Color Club - <u>R</u>            3:00 Let's Play Two Truths &amp; A Lie - <u>FCR</u>            3:00-4:00 Treasure Shop Open - <u>T</u>            5:45 Wine &amp; Jigsaws! - <u>FCR</u></p>	<p><b>21</b>            9:30 Happy Feet - <u>R</u>            9:45 Twister Toss Exercises - <u>2</u>            10:45 Tabletop Balloon Ball - <u>R</u>            1:30 <i>EXCURSION</i>: Corbett's Mystery Drive &amp; Ice Cream Stop (Sign Up @ Front Desk)            2:30 Newer Movie Matinee: "Breathe" (Bio Drama) - <u>LR</u>            3:00 Village Voices Rehearsal <u>VCR</u>            5:30 Exploring Your Faith w/ Phil - <u>P</u>            5:45 Left, Center, Right Dice Game - <u>FCR</u></p>	<p><b>22</b>            9:30 Happy Feet - <u>R</u>            9:45 Stretch &amp; Flex - <u>2</u>            10:45 Thanksgiving BINGO - <u>FCR</u>            1:00 Holiday Treat: Let's Make Popcorn Balls - <u>R</u></p> <p></p>	<p><b>23</b>  <b>NO SHOPPING TODAY</b>            9:30 Happy Feet - <u>R</u>            9:45 Strength Building w/ Ron - <u>2</u>            10:45 Mystery Pong - <u>R</u>  <b>1:00 CIVIL WAR GAME PIZZA PARTY (Please Sign Up and Pay @ Desk)</b>            5:45 Game Night: Rummikub - <u>R</u>            6:00 Loss Support Group - <u>P</u></p>	<p><b>24</b>            9:30 Exercise w/ Cheyenne - <u>2</u>            10:45 Coffee &amp; Conversation w/ Devin - <u>R</u>            1:00 Indoor Bowling - <u>R</u>            2:00 History of Thanksgiving: Thanksgiving Fact Check - <u>FCR</u>            3:15 Ladder Golf - <u>FCR</u>            5:45 Bingo w/ Devin - <u>FCR</u></p>
<p><b>25</b>            10:45 Sunday Worship - <u>2</u>            1:00 Balloon Volleyball - <u>FCR</u>            1:30 Games for the Brain - <u>VCR</u>            2:30 Terrace Worship Service - <u>T</u>            3:00-4:00 Treasure Shop Open - <u>T</u>            3:30 Great Courses: Outsmart Yourself - <u>TVL</u>            5:30 Grief Share Discussion w/ Phil - <u>P</u>            5:45 The BIG Word Game - <u>R</u></p>	<p><b>26</b>            9:15 Spiritual Devotions - <u>FCR</u>            9:30 Happy Feet - <u>R</u>            10:45 Crossword Craze - <u>2</u>            1:30 THE ROSE CITY SINGERS! - <u>DR</u>            3:00 Sit &amp; Be Fit w/ Ron - <u>2</u>            5:45 Bingo w/ Steph - <u>R</u></p>	<p><b>27</b>            9:30 Shopping @ CTC Mall, Target, Costco &amp; Umpqua Bank - <u>L</u>            9:30 Happy Feet - <u>R</u>            10:45 Rehab Resident Council Meeting - <u>FCR</u>            1:30 Color Club - <u>R</u>            2:30 Food Services Forum - <u>FCR</u>            3:00 ALF Resident Meeting - <u>FCR</u>            3:00 Village Veterans Gathering - <u>P</u>            3:00-4:00 Treasure Shop Open - <u>T</u>            5:45 Wine &amp; Jigsaws! - <u>FCR</u></p>	<p><b>28</b>            9:30 Happy Feet - <u>R</u>            10:00 Bingo OR Arts &amp; Crafts w/ St. Rose School 2nd Graders - <u>2</u> or <u>FCR</u>            11:30 Lunch w/ 2nd Grade! - <u>DR</u>            2:30 Classic Movie Matinee: "The Beatles: A Hard Day's Night" - <u>LR</u>            3:00 Village Voices Rehearsal - <u>VCR</u>            5:30 Musical Memoirs w/ Phil - <u>P</u>            5:45 King's Corner Card Game - <u>FCR</u></p>	<p><b>29</b>            9:30 Happy Feet - <u>R</u>            9:45 Stretch &amp; Flex - <u>2</u>            10:45 Creative Journaling w/ Devin - <u>FCR</u>            1:30 Paint to Music w/ Devin - <u>FCR</u>            3:00 Food Fun: Pecan Pie Shortbread Cookies - <u>R</u>            5:45 Bingo w/ Devin - <u>R</u></p>	<p><b>30</b>            9:30 &amp; 1:15 Shopping @ Fred Meyer &amp; Winco - <u>L</u>            9:30 Happy Feet - <u>R</u>            9:45 Strength Building w/ Ron - <u>2</u>            10:45 Mystery Pong - <u>R</u>            1:00 Social Documentary: "The Power of Myth" - <u>LR</u>            2:30 Happy Hour w/ Singer/ Guitarist, DENNIS HARRIS! - <u>DR</u>            5:45 Game Night: Rummikub - <u>R</u>            6:00 Loss Support Group - <u>P</u></p>	