

March 2010

Aspen Ridge Retirement Community

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 9:30am Shopping to Traders Joe & Shops 10:00am Fitness 10:30am Bingo 1:15pm Trip to Suttle Lake 1:30pm Bridge Club 2:00pm Bible Study w/Joni Goodnight	2 10:00am Yoga w/ Debbie 10:30am Current Events w/ Coffee & Donuts 1:30pm Creative Arts: Making Shamrock Garland	3 9:15am Safeway/Fred Meyer/Walmart shopping 10:00am Fitness 10:30am Bingo 1:30pm Aspen Clinic 2:30pm Ladies Pampering Day	4 9:00am Billards 10:00am Fitness 10:30am Bingo 2:30pm Secure Horizons Medicare Update Seminar 6:15pm Music in the Lobby	5 10:15am Tai Chi & Oigong w/ Chris 10:30am Pinochle 11:15am Picnic Lunch and out to the Movie to see "Avatar" 3:30pm Happy Hour w/ George Milo on Piano 6:15pm Poker Night	6 10:00am Scrabble w/ Christine 1:30pm Saturday Cinema
7 9:30am Church Fellowship 1:00pm Bus Trip to See "From Russia w/Love" 1:15pm Sunday Matinee 2:00pm Holy Communion 3:30pm Janet on the Piano	8 10:00am Fitness 10:30am Bingo 1:30pm Bridge Club 1:30pm Baking St. Paddy's Day Cookies 2:00pm Bible Study w/Joni Goodnight 3:30pm Surprise Apperance by	9 10:00am Yoga w/ Debbie 10:30am Current Events w/ Coffee & Donuts 1:30pm Decorating Cookies 6:15pm Music in the Lobby	10 9:15am Safeway/Fred Meyer/Walmart shopping 10:00am Fitness 10:30am Bingo 1:30pm Aspen Clinic 2:30pm Pie & Coffee at Shari's 3:00pm Lottery Ticket Bingo	11 10:00am Fitness 10:30am Bingo 2:30pm Afternoon Tea "A History of Aprons" 6:15pm Music in the Lobby	12 10:15am Tai Chi & Oigong w/ Chris 10:30am Pinochle 1:15pm Trip to Sisters and to Sisters Coffee Shop 3:30pm Happy Hour w/ Jim Lee 6:15pm Poker Night	13 10:00am Scrabble w/ Christine 1:30pm Saturday Cinema 3:00pm-4:30pm Radio Acting Company Presentation
14 9:30am Church Fellowship 1:15pm Sunday Matinee 3:30pm Jeri Richards on Piano	15 10:00am Fitness 10:00am Yoda w/ Debbie 10:00am Day trip to Kahneeta & Picnic 10:30am Bingo 1:30pm Bridge Club 2:00pm Bible Study w/Joni Goodnight	16 10:00am Yoga w/ Debbie 10:30am Current Events w/ Coffee & Donuts 3:30pm St. Paddy's Day Happy Hour w/ Jim Lee 4:45pm St. Paddy's Day Friends & Family Buffett	17 9:15am Safeway/Fred Meyer/Walmart shopping 10:00am Fitness 10:30am Bingo 1:15pm Cent. Or. Irish Dance Performance 1:30pm Aspen Clinic 2:00pm Library Lady	18 10:00am Fitness 10:30am Bingo 2:00pm-4:00pm Memory Exercise w/ Joni Goodnight	19 10:15am Tai Chi & Oigong w/ Chris 10:30am Pinochle 1:15pm Scenic Drive to Paulina Lake 3:30pm Happy Hour w/ Alice Bernard 6:15pm Poker Night	20 10:00am Scrabble w/ Christine 1:30pm Saturday Cinema
21 9:30am Church Fellowship 1:15pm Sunday Matinee 3:30pm Surprise Entertainer	22 10:00am Fitness 10:30am Bingo 1:30pm Bridge Club 2:00pm Bible Study w/Joni Goodnight 2:30pm Shepherd's House Men's Ensemble 6:30pm Open Chess Club	23 10:00am Yoga w/ Debbie 10:30am Current Events w/ Coffee & Donuts 1:30pm Creative Arts."Making Spring Surprise"	24 9:15am Safeway/Fred Meyer/Walmart shopping 10:00am Fitness 10:30am Bingo 1:15pm Scenic Drive to Lake Creek Lodge 1:30pm Aspen Clinic 2:30pm Karaoke w/ Rootbeer	25 10:00am Fitness 10:30am Bingo 3:30pm Singing Seniors	26 10:15am Tai Chi & Oigong w/ Chris 10:30am Pinochle 11:30am Scenic Drive to Aspen Lakes Lodge 3:30pm Happy Hour w/ Glenda Downs 6:15pm Poker Night	27 10:00am Scrabble w/ Christine 1:30pm Saturday Cinema
28 9:30am Church Fellowship 1:15pm Sunday Matinee 3:30pm JoHannah & Friends	29 10:00am Fitness 10:30am Bingo 1:30pm Bridge Club 2:00pm Bible Study w/Joni Goodnight 6:30pm Open Chess Club	30 10:00am Yoga w/ Debbie 10:30am Current Events w/ Coffee & Donuts 1:30pm Baking "Apple Caramel Turnovers"	31 9:15am Safeway/Fred Meyer/Walmart shopping 10:00am Fitness 10:30am Bingo 11:30am Senior Center for a Lunch & Learn 1:30pm Aspen Clinic 2:30pm Red Hat Society Meeting			