



*Where Friendships and Fun  
Never Get Old*

**CHERRY HEIGHTS**  
Retirement Community

# SEPTEMBER 2009

910 Cherry Heights Road  
The Dalles, OR 97058  
541-296-6880  
www.frontiermgmt.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Happy Birthday !</b></p> <p>Flo Hearn 9/1 Sue Holt-Clifton 9/2 Kathleen Oster 9/6 Catherine Ferguson 9/19 Jannette Lunden 9/21 Kay Spivey 9/22</p>		<p><b>1</b> 9:15 Exercise 10-Dr Apts <b>11:30 Resident Meeting</b> 1:30 Devotions</p>	<p><b>2</b> 9:00 Walking on River Trail. 11-UNO Cards <b>2pm Bus Ride</b> 1945 WWII Formally Surrender</p>	<p><b>3</b> 9:15 Exercise 10-Dr Apts 2-Pinhole <b>National Sweet Corn Day</b></p>	<p><b>4</b> 9:15 Exercise 10:30 Share Time 2pm Candy Bingo <b>National News paper carrier</b></p>	<p><b>5</b> 2pm Popcorn and Soda Come and Visit Ellie and Zen <b>BE LATE FOR SOMETHING</b></p>
<p><b>6</b> 10 Snack &amp; Chat 12:30 Lunch 4:00 Church <b>National Read A Book Day</b></p>	<p><b>7</b> 9:15 Exercise <b>12 Labor Day Picnic On Patio</b> <b>LABOR DAY</b></p>	<p><b>8</b> 9:15 Exercise 10 Dr Apts <b>Invite Friend @Lunch</b> 3:00 Bible Study <b>6:30 Dufur Boys</b></p>	<p><b>9</b> 9:15 Exercise <b>10-Kathy Fellow Balloon Comic</b> 2-Games 6:15 Julie/Flutes</p>	<p><b>10</b> 9:15 Exercise 10-Dr. Apts 2-Pinhole <b>NFL regular season begins</b></p>	<p><b>11</b> 9:15 Exercise <b>10:30 Avon Demonstration</b> 2pm Candy BINGO</p>	<p><b>12</b> 2-Travel w/Zen &amp; Ellie <b>Chocolate Milkshake Day</b></p>
<p><b>13</b> 10 Snacks &amp; Chat 12:30 Lunch 4:00 Church <b>National Grandparents Day</b></p>	<p><b>14</b> 9:15 Exercise 10 Shopping <b>12-Jim/ Hearing Aides</b> 2-\$\$\$BINGO</p>	<p><b>15</b> 9:15 Exercise 10 Dr. Apt <b>Wear A Hat To Lunch</b> 3:00 Bible Study <b>National Hat Day</b></p>	<p><b>16</b> 9:15 Walk @ Waterfront Trail. 10:30 Games 2pm Cooking <b>Cinnamon Bread Day</b></p>	<p><b>17</b> 9:15 Exercise 10 Dr. Apts 2-Pinhole <b>National Apple Dumpling Day</b></p>	<p><b>18</b> FOOTCARE 9:15 Exercise 10:30 Bowling 2pm CANDY BINGO</p>	<p><b>19</b> 2pm Travels w/ Zen and Elli <b>National Eat A Apple Day</b></p>
<p><b>20</b> 10 Snack &amp; Chat 12:30 Lunch <b>2pm Tour of Discovery</b> 4:00 Church</p>	<p><b>21</b> 9:15 Exercise 10 Shopping 2-\$\$\$BINGO</p>	<p><b>22</b> 9:15 Exercise 10 Dr. Apts <b>Invite friend @Lunch</b> 3:00 Bible Study <b>AUTUMN BEGINS</b></p>	<p><b>23</b> 10-Oregon Zoo <b>Birds of Pray</b> 2-Checkers <b>National Checkers Day</b></p>	<p><b>24</b> 9:15 Exercise 10 Dr. Apt 2-Pinhole <b>National Punctuation</b></p>	<p><b>25</b> 9:15 Exercise <b>10:30 Bus Ride</b> 2-Candy Bingo</p>	<p><b>26</b> 2pm Travels w/ Ellie &amp; Zen  <b>Ice Cream Sundae</b></p>
<p><b>27</b> 10 Snack &amp; Chat 12:30 Lunch <b>2pm Discovery Tour</b> 4pm Church</p>	<p><b>28</b> 9:15 Exercise 10-Shopping 2-\$\$\$BINGO <b>National Good Neighbor Day</b></p>	<p><b>29</b> 9:15 Exercise 10 Dr. Apts <b>10-Catholic Mass</b> 3:00 Bible Study <b>5-Early Dinner</b> <b>6:00 Old Time Fiddlers</b></p>	<p><b>30</b> 9:15 Exercise 10:30 Games <b>National Ask A Stupid “?”</b></p>	<p><i>Where Friendships and Fun Never Get Old</i></p>		