

# Activity Schedule Cottages: September 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p style="text-align: center;"><b>St Anthony Church Mass Schedule</b></p> <p>Tuesday 11:00 am Wednesday 9:00 am Thursday 11:00 am Friday 9:00 am Saturday 4:30 pm Sunday 8:00 &amp; 10:30</p>	<p><b>Saint Anthony Village</b> <b>3560 SE 79<sup>th</sup> Ave</b> <b>Portland, OR 97206</b> <b>503-775-4414</b></p>					1.
2.	<p>3.</p> <p style="text-align: center;">9:30 Walking Group</p> <p style="text-align: center;">10:30 Exercise</p> <p style="text-align: center;">2:00 Puzzles and Cognitive Work Out!</p> <p style="text-align: center;">3:00 Guided Meditation</p>	<p>4.</p> <p style="text-align: center;">9:30 1-1 Visits</p> <p style="text-align: center;">10:30 Exercise</p> <p style="text-align: center;">2:00 Bingo</p> <p style="text-align: center;">3:00 Dancing/Imaginative Play</p>	<p>5.</p> <p style="text-align: center;">9:30 Walking Group</p> <p style="text-align: center;">10:30 Exercise</p> <p style="text-align: center;">1:30 Sing-Along</p> <p style="text-align: center;">2:30 Ice Cream Social</p>	<p>6.</p> <p style="text-align: center;">9:30 Drumming with Ted!</p> <p style="text-align: center;">10:00 Garden Group (ALF)</p> <p style="text-align: center;">10:30 Exercise</p> <p style="text-align: center;">2:00 Kinetic Sand Therapy</p>	<p>7.</p> <p style="text-align: center;">10:30 Exercise</p> <p style="text-align: center;">1:30 Massage Therapy</p> <p style="text-align: center;">2:00 Noodle Balloon</p> <p style="text-align: center;">3:00 Full Circle Discussion Group and Time Slips Storytelling</p>	8.
9.	<p>10.</p> <p style="text-align: center;">9:30 Walking Group</p> <p style="text-align: center;">10:30 Exercise</p> <p style="text-align: center;">2:00 Trivia, News, and Reading</p> <p style="text-align: center;">3:00 Guided Meditation</p>	<p>11.</p> <p style="text-align: center;">9:30 1-1 Visits</p> <p style="text-align: center;">10:30 Exercise</p> <p style="text-align: center;">2:00 Bingo</p> <p style="text-align: center;">3:00 Dancing/Imaginative Play</p>	<p>12.</p> <p style="text-align: center;">9:30 Walking Group</p> <p style="text-align: center;">10:30 Exercise</p> <p style="text-align: center;">1:30 Sing-Along</p> <p style="text-align: center;">2:30 Ice Cream Social</p>	<p>13.</p> <p style="text-align: center;">9:30 1-1 Visits</p> <p style="text-align: center;">10:00 Garden Group (ALF)</p> <p style="text-align: center;">10:30 Exercise</p> <p style="text-align: center;">2:00 Kinetic Sand Therapy</p>	<p>14.</p> <p style="text-align: center;">10:30 Exercise</p> <p style="text-align: center;">2:00 Full Circle Discussion Group and Time Slips Storytelling</p> <p style="text-align: center;">3:00 1-1 Visits</p>	15.
16.	<p>17.</p> <p style="text-align: center;">9:30 Walking Group</p> <p style="text-align: center;">10:30 Exercise</p> <p style="text-align: center;">2:00 Puzzles and Cognitive Work Out!</p> <p style="text-align: center;">3:00 Guided Meditation</p>	<p>18.</p> <p style="text-align: center;">1-1 Visits</p> <p style="text-align: center;">10:30 Therapy Llama Visit!!</p> <p style="text-align: center;">2:00 Bingo</p> <p style="text-align: center;">3:00 Dancing/Imaginative Play</p>	<p>19.</p> <p style="text-align: center;">10:30 Outing to the Memory Garden</p> <p style="text-align: center;">1:30 Sing-Along</p> <p style="text-align: center;">2:30 Ice Cream Social</p>	<p>20.</p> <p style="text-align: center;">9:30 1-1 Visits</p> <p style="text-align: center;">10:00 Garden Group (ALF)</p> <p style="text-align: center;">10:30 Exercise</p> <p style="text-align: center;">2:00 Mobile Making</p>	<p>21.</p> <p style="text-align: center;">10:30 Exercise</p> <p style="text-align: center;">1:30 Massage Therapy</p> <p style="text-align: center;">2:00 Noodle Balloon</p> <p style="text-align: center;">3:00 Full Circle Discussion Group and Time Slips Storytelling</p>	22.
23.	<p>24.</p> <p style="text-align: center;">9:30 Walking Group</p> <p style="text-align: center;">10:30 Exercise</p> <p style="text-align: center;">1:30 Historical Society Lecture (ALF)</p> <p style="text-align: center;">3:30 Trivia, News, and Reading</p>	<p>25.</p> <p style="text-align: center;">9:30 1-1 Visits</p> <p style="text-align: center;">10:30 Exercise</p> <p style="text-align: center;">2:00 Bingo</p> <p style="text-align: center;">3:00 Dancing/Imaginative Play</p>	<p>26.</p> <p style="text-align: center;">9:30 Walking Group</p> <p style="text-align: center;">10:30 Exercise</p> <p style="text-align: center;">1:30 Sing-Along</p> <p style="text-align: center;">2:30 Monthly Birthday Party (ALF)</p>	<p>27.</p> <p style="text-align: center;">9:30 1-1 Visits</p> <p style="text-align: center;">10:00 Garden Group (ALF)</p> <p style="text-align: center;">10:30 Exercise</p> <p style="text-align: center;">1:30 Singing with Audrey</p> <p style="text-align: center;">3:00 Mobile Making</p>	<p>28.</p> <p style="text-align: center;">10:30 Exercise</p> <p style="text-align: center;">2:00 Full Circle Discussion Group and Time Slips Storytelling</p> <p style="text-align: center;">3:00 1-1 Visits</p>	29.

30.

--	--	--	--	--	--	--	--