MIRAMONT POINTE
Senior Living

MARCH 2018

Locations

Cafe, C
Dining Room, D
Dining Room Patio, DRP
First Floor, 1st
Library, LIB
Lobby, L
Meditation Garden, MG
Outings, O
Pool, P
Private Dining Room, PDR
Second Floor, 2nd
Seventh Floor/Charlie's Corner, 7th
Talbert Room, T
Weight Room, WR

"The measure of a life, after all, is not its duration but its donation." — Corrie Ten Boom

Calendar events subject to change.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 9:15 Better You (Pilates), T **10:00 Yarn Crawl, O** 10:15 Catholic Communion, 7th 10:30 Water Aerobics, P 11:00 Executive Committee Meeting, PDR 2:30 FIT to Stretch®, T 3:00 FIT to Be Strong®, T	**2** 9:00 Foot Care, 1st 9:00 Donuts & Trivia, C 10:00 Wii Bowling, Renegades, 7th **10:00 Beanbag Baseball, T** 11:15 MP Singalong, T **1:00 Speaker Topic: Japanese Garden, T** 2:00 FIT to Balance®, T 3:30 Yoga Flex, T 4:00 Happy Hour, 7th 6:30 Dice & Dimes (LRC), C	**3** **9:30 Fred Meyer, Sunnyside, O** 10:30 Water Aerobics, P 1:00 Bingo, T **4:00 Musician William Spilette, T** 6:30 Movie Night, T
4 **8:00 Christ the King Catholic, O** **10:00 Valley View Church\ Apostolic, O** **10:00 Cooking w/Shelly, 2nd** **1:00 Nondenominational Church, T** **3:00 Clip Coupon/Valiant Veterans®, C** 6:30 Evening Cinema, T	**5** 9:00 FIT to Pedal®, T 9:30 Flowering Florists, C **11:00 Jewelry Repair, L** **11:15 Biscuits near New Fred Meyer, O** 2:00 Wii Bowling, Alley Cats, 7th 2:30 Cardio Strength, T **3:00 BIG WORD Brain Stretcher, C**	**6** 9:15 Better You (Pilates), T 9:30 Prayer Time w/Pastor Berry 10:30 Bible Study, T 10:30 Knotty Knitters, LIB 10:30 Water Aerobics, P 1:00 Wii Bowling, Wow, 7th 2:30 FIT to Stretch®, T 3:00 FIT to Be Strong®, T 3:00 Wii Bowling, King Pins, 7th 4:00 Happy Hour, 7th 6:30 Wii Bowling, Rollin' Witches, 7th	**7** **8:30 SOS Breakfast, Veterans Only, D** 9:00 FIT to Pedal®, T **10:00 Cinnamon Rolls & Conversation, 2nd** 10:30 TED Talk Video & Discussion, T 1:00 Wii Bowling, Keglers, 7th **2:00 Beg./Int. Bridge Instruction, LIB** 2:00 FIT to Balance®, T **2:30 Pianist Monte Watters, T** 3:00 Wii Bowling, The Rookies, 7th 4:00 Wine Wednesday, C 7:00 Wii Bowling, Hot Doggers, 7th	**8** 8:00 Herta Fitness Assistance, WR **8:30 Spirit Mountain Casino, O** **9:00 Casino, O** 9:15 Better You (Pilates), T 10:15 Catholic Communion, 7th 10:30 Water Aerobics, P 2:00 Caregiver Education, PDR 2:30 FIT to Stretch®, T 3:00 FIT to Be Strong®, T	**9** 9:00 Foot Care, 1st 9:00 Donuts & Trivia, C 10:00 Wii Bowling, Renegades, 7th **10:00 Beanbag Baseball, T** 11:15 MP Singalong, T **2:00 All Resident Council Meeting, T** 3:30 Yoga Flex, T 4:00 Happy Hour, 7th 6:30 Dice & Dimes (LRC), C	**10** **9:30 Bi-Mart/Dollar Store, O** 10:30 Water Aerobics, P 1:00 Bingo, T **4:00 5 Student Recital, T** 6:30 Movie Night, T
DAYLIGHT SAVING TIME BEGINS **11** **8:00 Christ the King Catholic, O** **10:00 Valley View Church\ Apostolic, O** **10:00 Cooking w/Shelly, 2nd** **1:00 Nondenominational Church, T** 2:00 Hot Chocolate Social, C 6:30 Evening Cinema, T	**12** 9:00 FIT to Pedal®, T 9:30 Flowering Florists, C 2:00 Wii Bowling, Alley Cats, 7th 2:30 Cardio Strength, T **3:00 Group Game (e.g., Pictionary), C** **4:00 Dinner at Sayler's Steak House, O**	**13** 9:15 Better You (Pilates), T 9:30 Prayer Time w/Pastor Berry 10:30 Bible Study, T 10:30 Knotty Knitters, LIB 10:30 Water Aerobics, P 1:00 Wii Bowling, Wow, 7th **1:00 Watercolor w/Melissa, C** 2:30 FIT to Stretch®, T 3:00 FIT to Be Strong®, T 3:00 Wii Bowling, King Pins, 7th 4:00 Happy Hour, 7th 6:30 Wii Bowling, Rollin' Witches, 7th	**14** 9:00 FIT to Pedal®, T **10:00 Cinnamon Rolls & Conversation, 2nd** 10:30 TED Talk Video & Discussion, T 1:00 Wii Bowling, Keglers, 7th **2:00 Beg./Int. Bridge Instruction, LIB** 2:00 FIT to Balance®, T 3:00 Wii Bowling, The Rookies, 7th **3:00 Kitchen Tour, Must Sign Up, D** 4:00 Wine Wednesday, C **6:30 Pianist/Violinist David M., T** 7:00 Wii Bowling, Hot Doggers, 7th	**15** 9:15 Better You (Pilates), T **10:00 RF Wildlife Refuge/ Lunch, O** 10:15 Catholic Communion, 7th 10:30 Water Aerobics, P 2:30 FIT to Stretch®, T 3:00 FIT to Be Strong®, T	**16** 9:00 Foot Care, 1st 9:00 Donuts & Trivia, C 10:00 Wii Bowling, Renegades, 7th **10:00 Beanbag Baseball, T** 11:15 MP Singalong, T 2:00 FIT to Balance®, T 3:30 Yoga Flex, T 4:00 Happy Hour, 7th 6:30 Dice & Dimes (LRC), C	**ST. PATRICK'S DAY** **17** **9:30 Fred Meyer, Sunnyside, O** 10:30 Water Aerobics, P 1:00 Bingo, T **4:00 Classical Pianist Christy, T** 6:30 Movie Night, T
18 **8:00 Christ the King Catholic, O** **10:00 Valley View Church\ Apostolic, O** **10:00 Cooking w/Shelly, 2nd** **1:00 Nondenominational Church, T** **1:30 Sunday Drive, O** 6:30 Evening Cinema, T	**19** 9:00 FIT to Pedal®, T 9:30 Flowering Florists, C **11:00 Jewish Deli, O** 2:00 Wii Bowling, Alley Cats, 7th 2:30 Ted's Mobility Clinic, C 2:30 Cardio Strength, T **3:00 BIG WORD Brain Stretcher, C**	**SPRING BEGINS** **20** 9:15 Better You (Pilates), T 9:30 Prayer Time w/Pastor Berry 10:30 Bible Study, T 10:30 Knotty Knitters, LIB 10:30 Water Aerobics, P 1:00 Wii Bowling, Wow, 7th 2:30 FIT to Stretch®, T 3:00 FIT to Be Strong®, T 3:00 Wii Bowling, King Pins, 7th 4:00 Happy Hour, 7th 6:30 Wii Bowling, Rollin' Witches, 7th	**21** 9:00 FIT to Pedal®, T **10:00 Cinnamon Rolls & Conversation, 2nd** 10:30 TED Talk Video & Discussion, T 1:00 Wii Bowling, Keglers, 7th **2:00 Beg./Int. Bridge Instruction, LIB** 2:00 FIT to Balance®, T **2:30 Singer Molli Paige, T** 3:00 Wii Bowling, The Rookies, 7th 4:00 Wine Wednesday, C **6:30 Banjo Milt S., T** 7:00 Wii Bowling, Hot Doggers, 7th	**22** 9:15 Better You (Pilates), T **10:00 Pendleton Woolen Mills/Lunch, O** 10:15 Catholic Mass 10:30 Water Aerobics, P **1:00 Therapy Bunnies, L** 2:00 Caregiver Education, PDR 2:30 FIT to Stretch®, T 3:00 FIT to Be Strong®, T	**23** 9:00 Foot Care, 1st 9:00 Donuts & Trivia, C 10:00 Wii Bowling, Renegades, 7th **10:00 Beanbag Baseball, T** 11:15 MP Singalong, T 2:00 FIT to Balance®, T 3:30 Yoga Flex, T 4:00 Happy Hour, 7th 6:30 Dice & Dimes (LRC), C	**24** **9:30 Trader Joe's, O** 10:30 Water Aerobics, P 1:00 Bingo, T 6:30 Movie Night, T
PALM SUNDAY **25** **8:00 Christ the King Catholic, O** **10:00 Valley View Church\ Apostolic, O** **10:00 Cooking w/Shelly, 2nd** **1:00 Nondenominational Church, T** 2:00 Hot Chocolate Social, C 6:30 Evening Cinema, T	**26** 9:00 FIT to Pedal®, T 9:30 Flowering Florists, C **9:30 Brunch at Slappy Cakes, O** 2:00 Wii Bowling, Alley Cats, 7th 2:30 Cardio Strength, T **4:00 MP Book Club, PDR**	**27** 9:15 Better You (Pilates), T 9:30 Prayer Time w/Pastor Berry 10:30 Bible Study, T 10:30 Knotty Knitters, LIB 10:30 Water Aerobics, P 1:00 Wii Bowling, Wow, 7th **1:00 Watercolor w/Melissa, C** 2:30 FIT to Stretch®, T 3:00 FIT to Be Strong®, T 3:00 Wii Bowling, King Pins, 7th 4:00 Happy Hour, 7th 6:30 Wii Bowling, Rollin' Witches, 7th	**28** 9:00 FIT to Pedal®, T **10:00 Cinnamon Rolls & Conversation, 2nd** 10:30 TED Talk Video & Discussion, T 1:00 Wii Bowling, Keglers, 7th **2:00 Beg./Int. Bridge Instruction, LIB** 2:00 FIT to Balance®, T **2:30 Monty Eldon, T** 3:00 Wii Bowling, The Rookies, 7th 4:00 Wine Wednesday, C 7:00 Wii Bowling, Hot Doggers, 7th	**29** 9:15 Better You (Pilates), T 10:15 Catholic Communion, 7th 10:30 Water Aerobics, P **11:00 Garments on the Go, T** **11:30 March Birthday Luncheon, D**	**GOOD FRIDAY** **PASSOVER BEGINS AT SUNSET** **30** 9:00 Foot Care, 1st 9:00 Donuts & Trivia, C 10:00 Wii Bowling, Renegades, 7th **10:00 Beanbag Baseball, T** 11:15 MP Singalong, T **2:00 Maundy Thurs./Good Friday, T** 2:00 FIT to Balance®, T 3:30 Yoga Flex, T 4:00 Happy Hour, 7th 6:30 Dice & Dimes (LRC), C	**31** 10:30 Water Aerobics, P **2:00 Saturday Sundae Social, 7th** 6:30 Movie Night, T