

# livfun

Russellville Park

MAY 2012 • ENJOY THE JOURNEY

## Chef Ken's Saute Lunch Features "Step Into Sushi"

Our residents "stepped into Sushi" with both hands as they learned to make Sushi. It was a first for many a brave soul, including the teacher! We were all smiles as we watched each Sushi roll come to completion and get served to the other brave souls waiting to taste our creations.



## Blending Voices Choir Goes On the Road

In March, our very own Blending Voices Choir went on the road for the very first time! They ventured off to Canfield Place and Markham House, two other Leisure Care communities in the Portland area, to present "Catch a Falling Star." Although they do not profess to be professionals, they sure do shine like stars to us!



WEEKLY SCHEDULE

SUNDAYS	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
2:00 Trivia, ARE 2:00 Tile Rummy, 5LB 3:30 Dice & Dimes, ARE 7:00 Movie, TH	11:00 Blending Voices, ARE 11:00 Dice 'n' Dimes, TH 1:00 Sing-Along, TH 3:00 Bingo, ARE	10:00 Tai Chi, ARE 11:00 Current Events, ARW 1:00 Pinochle, ARW 2:15 Just for Fun: Wii Bowling, TH 7:00 Cribbage/Canasta 7:00 Musical Encores, 3SR	6:30 Pool Table Games, BR 7:00 Movie, TH 7:00 Pinochle, ARE 7:00 Pingpong, 4SR	11:00 Blending Voices Practice, ARE 11:15 Nickel Bingo, MC 1:00 Tile Rummy, 5SR 2:00 Crochet Class, 5LB 6:30 Skip-Bo, 5LB	11:15 Russellville Horseshoes, TH 1:15 Just for Fun: Wii Bowling, TH 3:30 Social Hour, ARE 6:30 Pool Table Games, BR 7:00 Bingo, ARE 7:00 Movie, TH	10:00 Tai Chi, ARE 11:00 Just for Fun: Wii Bowling, Bar 1:00 Pinochle, ARE 1:00 Saturday Matinee, TH 1:00 Scrabble, ARW 3:15 Easy Fit Walking Group, L 7:00 Movie, TH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Locations</b> Activity Room (East Building), ARE Activity Room (West Building), ARW Art Room, Art Billiards Room, BR Bistro Area, BA Bocce Ball Court, BB East Courtyard, EC East End Bar, Bar Fireside Area West, FAW Fitness Room (3rd Floor), FR3 Library (1st Floor), 1LB Library (5th Floor), 5LB Lobby, L Market Cafe, MC Overton's Restaurant, OR PrimeFit Gym, Gym Salmon Springs Grill, SSG Salon Nyla, SAL Sun Room (3rd Floor), 3SR Sun Room (4th Floor), 4SR Sun Room (5th Floor), 5SR Theatre, TH West 2nd Floor, W2F West 3rd Floor, W3F West Courtyard, WC						
10:00 Morning Coffee Club, MC 2:15 Movie, TH 7:00 Gospel Sing-Along, ARE	9:55 Healthy Back I, Gym 10:00 Morning Coffee Club, MC 10:35 Healthy Back II, Gym 7:00 Musical Monday: Jerry Bobbe, TH	9:55 Strength & Stretch I, Gym 10:00 Morning Coffee Club, MC 10:35 Strength & Stretch II, Gym 1:15 The History of May Day, TH 2:00 Watercolor Class, Art 7:00 Bible Study, ARE	9:00 AARP Driver Safety Program, TH 9:55 Healthy Back I, Gym 10:00 Morning Coffee Club, MC 10:35 Healthy Back II, Gym 11:15 The Sounds of Latin America, TH 1:15 Dice & Dimes, ARW 2:00 Community Service, Art 2:15 Movie, TH 3:00 Easy Fit Walking Group, L 3:30 Journey to Mexico Mixer, TH	9:00 AARP Driver Safety Program, TH 9:55 Strength & Stretch I, Gym 10:00 Morning Coffee Club, MC 10:30 Bookmobile, BA 10:35 Strength & Stretch II, Gym 1:30 Holy Cross Bible Study, TH 2:00 Tremble Clefs, ARE 3:00 "A Woman's Journey" Ladies' Tea Party, ARW	Russellville Adventure: Clackamas Town Center, L 9:55 Strength, Core & More I, Gym 10:00 Morning Coffee Club, MC 10:35 Strength, Core & More II, Gym 2:15 Movie, TH 3:00 Easy Fit Walking Group, L	CINCO DE MAYO 10:00 Morning Coffee Club, MC 3:00 Cinco de Mayo at the Bar, Bar 4:00 Catholic Mass, ARE
13: MOTHER'S DAY 10:00 Morning Coffee Club, MC 11:00 Mother's Day Brunch 1:00 Worship Service, ARE 2:15 Movie, TH	14: 9:55 Healthy Back I, Gym 10:00 Morning Coffee Club, MC 10:35 Healthy Back II, Gym 7:00 Musical Monday: PDX Vox Choir, ARE	15: 9:55 Strength & Stretch I, Gym 10:00 Morning Coffee Club, MC 10:35 Strength & Stretch II, Gym 1:15 On Parade!, TH 2:00 Watercolor Class, Art 7:00 Bible Study, ARE	16: 9:55 Healthy Back I, Gym 10:00 Morning Coffee Club, MC 10:35 Healthy Back II, Gym 11:15 The Happy Hot Dog Ride, TH 1:15 Dice & Dimes, ARW 2:00 Community Service Collections, Art 2:15 Movie, TH 3:00 Easy Fit Walking Group, L 3:30 Journey to Washington Wine Country Mixer, TH	17: 9:55 Strength & Stretch I, Gym 10:00 Morning Coffee Club, MC 10:35 Strength & Stretch II, Gym 11:00 Chef Ken's "All American Journey" Saute Lunch, or Holy Cross Bible Study, TH 2:00 Tremble Clefs, ARE	18: 9:55 Strength, Core & More I, Gym 10:00 Morning Coffee Club, MC 10:35 Strength, Core & More II, Gym 2:15 Movie, TH 3:00 Easy Fit Walking Group, L	19: ARMED FORCES DAY Fun-O-Rama Parade, L 10:00 Morning Coffee Club, MC 4:00 Catholic Mass, ARE
20: 10:00 Morning Coffee Club, MC 1:00 Worship Service, ARE 2:15 Movie, TH 7:00 Birthday Celebration, ARE	21: 9:55 Healthy Back I, Gym 10:00 Morning Coffee Club, MC 10:35 Healthy Back II, Gym 7:00 Musical Monday: Pianist, Linda Smith, TH	22: 9:55 Strength & Stretch I, Gym 10:00 Morning Coffee Club, MC 10:35 Strength & Stretch II, Gym 11:15 Resident Meeting, ARE 12:00 Birthday Celebration Lunch Hour, SSG 1:15 Discover Canada, TH 7:00 Bible Study, ARE	23: 9:55 Healthy Back I, Gym 10:00 Morning Coffee Club, MC 10:35 Healthy Back II, Gym 11:15 North American Family Vacation, TH 1:15 Dice & Dimes, ARW 2:00 Water Exercise (Assisted), Gym 2:00 Community Service, Art 2:15 Movie, TH 3:00 Easy Fit Walking Group, L	24: 9:55 Strength & Stretch I, Gym 10:00 Morning Coffee Club, MC 10:35 Strength & Stretch II, Gym 11:00 Chef Ken's "All American Journey" Saute Lunch, SSG 1:30 Catholic Communion, TH 2:00 Tremble Clefs, ARE 3:00 "The Man, the Journey" Gents Only, Bar	25: Russellville Adventure: Spirit Mountain Casino, L 9:55 Strength, Core & More I, Gym 10:00 Morning Coffee Club, MC 10:35 Strength, Core & More II, Gym 2:00 Water Exercise (Assisted), Gym 2:15 Movie, TH 3:00 Easy Fit Walking Group, L	26: 10:00 Morning Coffee Club, MC 3:00 Vintage Spirits and Forgotten Cocktails, Bar
27: 10:00 Morning Coffee Club, MC 1:00 Worship Service, ARE 2:15 Movie, TH 7:00 Sharing Lives, ARE	28: MEMORIAL DAY 9:55 Healthy Back I, Gym 10:00 Morning Coffee Club, MC 10:35 Healthy Back II, Gym 11:00 Memorial Day BBQ 7:00 Sig Unander: Mexico's Aztec Eagles, TH	29: 9:55 Strength & Stretch I, Gym 10:00 Morning Coffee Club, MC 10:35 Strength & Stretch II, Gym 1:15 The Road to Memorial Day, TH 7:00 Bible Study, ARE	30: National Senior Health and Fitness Day Enjoy the Journey Walk Get Moving ... Start Improving Let the Games Begin Celebrate the Journey	31: 9:55 Strength & Stretch I, Gym 10:00 Morning Coffee Club, MC 10:35 Strength & Stretch II, Gym 2:00 Tremble Clefs, ARE	Transportation Monday 10 a.m. Bank & Post Office Monday 10:30 a.m. Specialty Shopping East & West Monday 1 p.m. Grocery Shopping East & West Tuesday 9 a.m. Medical Appointments Zone 1 Wednesday 9 a.m. Medical Appointments Zone 2 Thursday 9 a.m. Medical Appointments Zone 3 Friday TBD Adventure Trips Friday 10 a.m. Bank & Post Office	

# Learn New Salsa Steps

The sounds of Salsa echoed the halls as we “learned new steps” at one of our funtastic mixers!



# A Tour of Art with Barbara Emmett

Russellville Adventures take us to many places, but sometimes it's really special. This March we had the pleasure of touring a local art community and visiting Bellemly Studios, where the talents of our own Barbara Emmett were on display.



## **RUSSELLVILLE PARK**

*It's More Than Retirement. It's Five-Star Fun.*

20 SE 103rd Avenue  
Portland, OR 97216  
503.254.5900

