


AC = Arts & Craft Room
 DR = Dining room
 FR = Fitness Room
 LBY=Lobby
 MZ = Mezzanine
 OC= Old Chapel (by lobby)
 ULR = Upper Living Room
 #528 = Apartment 528
 = Outings



FEBRUARY 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Puzzle Tournament Begins 9:30 Senior Fitness ULR 2:00 Knitting/Crocheting DR 5:30 Movie ULR	2 9:30 Fish Outing 12:00 Brown Bag Lunch DR 2:00 Jan's Coloring Grp DR
3 3:00 Worship DR 3:30 Superbowl Party #528 5:00 Pegs & Jokers DR 5:30 Music Rehearsal ULR	4 9:30 Senior Fitness ULR 1:00 Pinochle #528 1:30 Schwan's DR 2:00 Knitting/Crocheting DR 7:00 Bible Study LDS #528	5 9:30 Yoga Class ULR 1:00 Catholic Comm. OC 1:00 Gardening Committee ULR 2:00 Resident Board Meeting DR 5:30 Bingo DR	6 9:30 Senior Fitness ULR 1:00 Art Class AC 6:00 Camelot Lodge #1 Meeting	7 9:00 Shopping TBA 9:30 Yoga Class ULR 1:00 Pinochle #528	8 9:30 Senior Fitness ULR 2:00 Knitting/Crocheting DR 5:30 Movie ULR	9 2:00 Outing to Trader Joe's/ Dollar Tree 2:00 Jan's Coloring Grp DR 6:00 Social Hour (BYOB) DR
10 2:00 Outing to Chuck's 3:00 Worship DR 5:00 Pegs & Jokers DR 5:30 Music Rehearsal ULR	11 9:30 Senior Fitness ULR 1:00 Pinochle #528 2:00 Knitting /Crocheting DR 7:00 Bible Study LDS #528	12 9:30 Yoga Class ULR 1:00 Catholic Communion OC 2:00 Resident Association Meeting DR 2:30 Birthday Party w/ Music 5:30 Bingo DR	13 9:30 Senior Fitness ULR 2:00 Valentine Card Craft DR	14 Valentine's Day 9:00 Shopping TBA 9:30 Yoga Class ULR 1:00 Pinochle #528 4:30 Valentine's Day Party w/ Upfront Band DR	15 9:30 Senior Fitness ULR 2:00 Knitting & Crocheting DR 2:00 Terry Ross Classical Club w/ tea & cookies DR 5:30 Movie ULR	16 12:00 Brown Bag Lunch DR 2:00 Jan's Coloring Grp DR 2:00 Pool Tournament MZ
17 2:00 Outing to Applebee's 3:00 Worship 5:00 Pegs & Jokers DR 5:30 Music Rehearsal ULR	18 President's Day 9:30 Senior Fitness ULR 1:00 Pinochle #528 1:30 Schwan's DR 2:00 Knitting /Crocheting DR 7:00 Bible Study LDS #528	19 9:30 Yoga Class ULR 1:00 Catholic Communion OC 5:30 Bingo DR	20 9:30 Senior Fitness ULR 1:00 Art Class AC 2:00 Book Club #528 3:00 Cherry Pie & President's Day Craft 6:00 Camelot Lodge #1	21 9:00 Shopping TBA 9:30 Yoga Class ULR 1:00 Pinochle #528 2:30 Q & A Meeting DR	22 9:30 Senior Fitness ULR 2:00 Knitting & Crocheting 5:30 Movie ULR	23 12:00 Resident Potluck DR 2:00 Jan's Coloring Grp DR
24 3:00 Worship DR 5:00 Pegs and Jokers DR 5:30 Music Rehearsal ULR	25 9:15 Lucky Eagle Casino Trip 9:30 Senior Fitness ULR 1:00 Pinochle #528 2:00 Knitting /Crocheting DR 7:00 Bible Study LDS #528	26 9:30 Yoga Class ULR 1:00 Catholic Communion 2:30 Vancouver Library DR 5:30 Bingo DR	27 9:30 Senior Fitness ULR 10:30 Outing to Dollar Tree/ Grocery Outlet	28 9:00 Shopping TBA 9:30 Yoga Class ULR 1:00 Pinochle #526		

Croissants, Teas and Recipes



Residents enjoyed each other's company and the sharing of some delicious family recipes in the KOPRC dining room. Here are a few new dishes you may want to try. The painting above is an original drawing by artist and KOPRC resident Betty Webb and her recipe entitled "Four Stuffed Peppers."

- 1 pkg hamburger**
- 2 eggs**
- Splash of can milk**
- 1 piece dried toast**
- 1 stalk celery, chopped finely**
- 1/2 Teas. pepper**
- 1 Teas. salt**
- 1 teas garlic**
- 1 teas onion**
- 4 green peppers, cleaned**

Mix hamburger and rest of ingredients. Stuff peppers generously. Put 1/2 inches of water in bottom of glass pan, place peppers in pan of water, cover with foil. Bake 1 1/2 hours at 350 degrees.

Will you be my Valentine? Valentine's Day Party on February 14th at 4:30 PM. Enjoy the Upfront Jazz Band, savor a custom taco from our taco bar and a scrumptious dessert from our dessert buffet.



Residents Lorraine, Millie, Betty and Liza (pictured left) pose for a picture while enjoying some hot tea and croissants while participating in a recipe swap. Below is a sample of one of the recipes that was shared by the group.

Poppy Seed Cake - Helen Kearney's mom used this recipe (1940)

- 3/4 stick butter**
- 1 cup sugar**
- 1/4 cup poppy seeds**
- 1/2 tsp almond flavor**
- 2 eggs**
- 1 1/2 cup flour**
- 1 tsp baking powder**
- 1/2 tsp salt**
- 1/2 cup milk**



Preheat oven to 350 degrees, grease a loaf pan, cream together butter and sugar. Add poppy seed, almond, eggs and beat until fluffy. Sift dry ingredients and mix in alternately with milk. Pour into loaf pan. Bake at 350 for 50 minutes. Cool 5-10 minutes in pan, pour glaze over the loaf and continue cooling in pan before serving.

Glaze

- 1 cup confectioner's sugar**
- 1 small lemon (juiced) or 1 tsp concentrate**
- 1/2 tsp almond flavor**
- Mix until smooth**

The residents really enjoyed the recipe swap and Look forward to eventually publishing a recipe book of their favorite dishes. There will be more recipe swaps to come as we plan this project.

