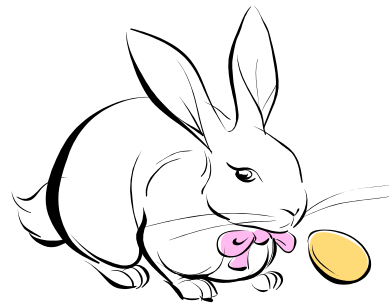


AC = Arts & Craft Room
 DR = Dining room
 FR = Fitness Room
 LBY=Lobby
 MZ = Mezzanine
 OC= Old Chapel (by lobby)
 ULR = Upper Living Room
 #528 = Apartment 528
 ★ = Outings



APRIL 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 9:30 Senior Fitness ULR 1:00 Pinochle 2:00 Knitting/Crocheting DR 3:00 Hand & Foot (Canasta) DR	2 9:30 Yoga Class 1:00 Catholic Communion OC 2:00 Resident Board Meeting #528 5:30 Bingo DR	3 9:30 Senior Fitness ULR 1:00 Art Class AC 5:00 Accountability Group ULR 6:00 Camelot Lodge #1 Meeting	4 9:00 Shopping TBA ★ 9:30 Yoga Class ULR 1:00 Pinochle #528 2:00 Derek Johnson Classical Music DR 3:00 LDS Scripture Studies #528	5 9:30 Senior Fitness ULR 2:00 Knitting/Crocheting DR 5:00 Mexican Train/Rummy Cube DR 5:30 Movie ULR	6 ★ 9:30 Fish Outing 12:00 Brown Bag Lunch DR 2:00 Jan's Coloring Grp DR 3:00 Su Cruz Celebration of Life DR
7 ★ 2:00 Trip to El Tapatio Restaurant 3:00 Worship DR 5:00 Pegs & Jokers DR 5:30 Music Rehearsal ULR	8 9:30 Senior Fitness ULR 1:00 Pinochle #528 1:30 Schwan's DR 2:00 Knitting/Crocheting DR 3:00 Hand & Foot (Canasta) DR	9 9:30 Yoga Class ULR 1:00 Catholic Comm. OC 2:00 Resident Association Meeting #528 2:30 Birthday Party w/Avi DR 5:30 Bingo DR	10 ★ 9:30 Senior Fitness ULR 10:00 Trip to Retails 5:00 Accountability Group ULR	11 ★ 9:00 Shopping TBA 9:30 Yoga Class ULR 1:00 Pinochle #528 2:00 Pie & Milk DR 3:00 LDS Scripture Studies #528	12 9:30 Senior Fitness ULR 2:00 Knitting/Crocheting DR 5:00 Mexican Train/Rummy Cube DR 5:30 Movie ULR	13 ★ 11:00 Trip to Benny's Restaurant 2:00 Jan's Coloring Grp DR 6:00 Social Hour (BYOB) DR
14 ★ 2:00 Trip to Chuck's Produce 3:00 Worship DR 5:00 Pegs & Jokers DR 5:30 Music Rehearsal ULR	15 9:30 Senior Fitness ULR 1:00 Pinochle #528 2:00 Knitting /Crocheting DR 3:00 Hand & Foot (Canasta) DR	16 9:30 Yoga Class ULR 1:00 Catholic Communion OC 5:30 Bingo DR	17 9:30 Senior Fitness ULR 1:00 Art Class AC 2:00 Book Club #528 4:00 Haiku Poetry Craft DR 5:00 Accountability Group ULR 6:00 Camelot Lodge #1 Meeting	18 Holy Thursday ★ 9:00 Shopping TBA 9:30 Yoga Class ULR 1:00 Pinochle #528 2:30 Q & A Meeting DR 3:00 LDS Scripture Studies #528	19 Good Friday 9:30 Senior Fitness ULR 2:00 Knitting & Crocheting DR 2:00 Terry Ross Classical Club w/tea & cookies DR 5:00 Mexican Tran/Rummy Cube DR	20 ★ 9:30 Fish Outing 12:00 Brown Bag & Easter Egg Coloring DR 2:00 Jan's Coloring Grp DR
21 Easter 3:00 Worship 5:00 Pegs & Jokers DR 5:30 Music Rehearsal ULR	22 9:30 Senior Fitness ULR 1:00 Pinochle #528 1:30 Schwan's DR 2:00 Knitting /Crocheting DR 3:00 Hand& Foot (Canasta) DR	23 9:30 Yoga Class ULR 1:00 Catholic Communion OC 2:30 Vancouver Library DR 3:00 Tea & English muffins DR 5:30 Bingo DR	24 9:30 Senior Fitness ULR 1:00 Art Class AC 5:00 Accountability Group ULR	25 ★ 9:00 Shopping TBA 9:30 Yoga Class ULR 1:00 Pinochle #528 2:00 Pool Tournament MZ 3:00 LDS Scripture Studies #528	26 9:30 Senior Fitness ULR 2:00 Knitting & Crocheting DR 5:00 Mexican Train/Rummy Cube DR 5:30 Movie ULR	27 12:00 Potluck DR 2:00 Jan's Coloring Grp DR
28 3:00 Worship DR 5:00 Pegs & Jokers DR 5:30 Music Rehearsal ULR	29 9:30 Senior Fitness ULR 1:00 Pinochle #528 2:00 Knitting /Crocheting DR 3:00 Hand& Foot (Canasta) DR	30 9:30 Yoga Class ULR 1:00 Catholic Communion OC 5:30 Bingo DR				



Tucker + Chaplain Rosie = Best Friends Forever!

Tucker is a Newfoundland and standard poodle mix or a newfy-poo. He is one years old and weighs in at eighty pounds. Tucker was found through Rosie's daughter who lives in Santa Claus, Indiana. One picture via text message and Rosie instantly fell in love with Tucker. "I knew he was the one for me!"

When Tucker was younger he was in a breeders home where he was kept in isolation outside in a kennel. The

breeder had to move to Japan and so therefore, sold Tucker. Proud pet parent Rosie explains, "He was moved again to another breeder near my daughter. This breeder had many animals so Tucker was not alone. But when my daughter went to take him home he was so frightened he couldn't even go inside the house. He had no exposure to people other than getting fed and groomed. That's why Tucker is very shy. He is learning how to be a service animal so he is one smart dog."

Tucker is quite handsome and his unusual looks seem to draw people to him. He has fur that is so beautiful and soft. Everyone loves to come up and pet him. His favorite treat? Naugahyde bones! Rosie explains, "One day I gave him a Naugahyde bone that looked kind of like a femur bone, and it disappeared. I later went into my son's room where I keep my geraniums and my succulents during the winter and I noticed that one of my big planters was in a mess. I went to sort out the soil and I found his bone inside the big planter –completely buried. It was so funny!"

Tucker's personality is a good natured one. He likes to sleep a lot. (One of his favorite things to do, besides play fetch.) But, if Rosie leaves the house he goes ballistic! He runs back and forth running through the house like a madman looking for her. He drools all over the place, and when she comes back he's still a wreck. Rosie says, " I think he might need Prozac! He just never wants to leave my side. And when he can't go with me it's hard on him, so I take him to Doggy Day Care. Tucker is more than a service dog, he is my best friend forever and I don't know what I would do without him."

Yoga for Seniors...

By Jan Rider

Give Yoga a try! Check out KOPRC resident Jan Rider's Yoga class on



Tuesdays and Thursdays in the Upper Living Room. The format is a thirty minute class similar to Risa's senior fitness class on Mondays, Wednesdays and Fridays in the Upper Living Room but works different parts of the body. There are no complicated yoga poses, just deep breathing and meditation all done from a seated position. A very peaceful workout. For people that would like to work out daily, these two exercise classes are easy to do and compliment one another. So why not do both?

Questions? Feel free to contact Jan Rider Apt #221



Every time you are able to find some humor in a difficult situation, you win.

Lessons Learned In Life



Save the Date!

**2019 Macular Degeneration and Vision Expo
Saturday, April 6, 2019 9 a.m. to 4 p.m.**

**DoubleTree by Hilton Hotel
1000 NE Multnomah Street, Portland, Oregon**

Call 503-494-8511 or visit caseyamd.com to view the event schedule and register.

"You can't depend on your eyes when your imagination is out of focus." Mark Twain

