



Volunteers of America®

March 2020 Activity Schedule for Lambert House

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

OREGON

Lambert House

Adult Day Center

2600 SE 170th Ave.

Portland, Oregon 97236

(503) 760-2075

www.voar.org

Hours of Operation

7:30 a.m. – 4:00 p.m.

Mon/Wed/Fri

7:30 a.m. – 3:00 p.m.

Tues/ Thurs

Daily Schedule

9:00: Coffee & Conversation

10:30: Exercise

11:00: Activities

12:00: Lunch

12:45- 2:15: Activities

2:15: Snack & Conversation

2:45: Small Group Activities

Program Director

Alison Bookman-Skidmore

Program Supervisor/

Case Manager

Julie LaRocco Harms

Registered Nurse

Hailey Lowe

Licensed Practical Nurse

Victor Ramirez

Administrative Coordinator

Cindy Kibbons

Activity Coordinator/

Volunteer Coordinator

Crissy Kibbons-Lindahl

Program Assistants

Sherry Hawkins

Beth Nelson

Melissa Newell













On-Call

Harris Heck

VOA is an

equal opportunity

provider and employer

<p>Banana Cream Pie Day 2</p> <p>10:30 Exercise with Crissy 11:00 Music Therapy with Maggie 12:45 Kickball  1:15 Trivia 2:15 Snack: Banana Cream Pie 2:45 Games <i>Chicken Taco Pie, Pinto Beans & Peaches</i></p>	<p>Happy Birthday Mike! 3</p> <p>10:30 Exercise with Crissy  11:00 Music with Rob 12:45 Balloon Ball 1:15 Garden Group: Tomato starts 2:15 Snack & Conversation <i>Sloppy Joes, Oven Potato & Salad</i></p>	<p>4</p> <p>10:30 Exercise 11:00 Bingo 12:45 Kickball 1:15 Bible Study or Coffee Time 1:45 Trivia 2:15 Snack & Conversation 2:45 Truffles Time & Games <i>Chicken Noodle Casserole & Broccoli</i></p>	<p>5</p> <p>10:15 Exercise 11:00 Horticulture Therapy with Rebecca 12:50 Music Therapy with Tonya 1:40 Have You Ever 2:15 Snack & Conversation <i>Teriyaki Chicken, Rice & Carrots</i></p>	<p>Happy Birthday Stephanie 6</p> <p>10:30 Exercise with Crissy  11:00 Will's One-Man Band 12:45 Balloon Ball 1:15 Pet Therapy with Sage & Rufus 2:15 What's Snacking: Oreos 2:45 Truffles Time & Games <i>Cheese Sandwich, Chicken Noodle Soup & Salad</i></p>
<p>9</p> <p>10:30 Exercise with Crissy 11:00 Music Therapy with Maggie & EFRN 12:45 Kickball  1:15 All About Aardvarks 2:15 Snack & Conversation 2:45 Games <i>Sweet Thai Chicken, Rice & Broccoli</i></p>	<p>10</p> <p>10:30 Exercise with Crissy 11:00 Brain Games 12:45 Balloon Ball 1:15 Garden Group: Pepper Starts 2:15 Snack & Conversation <i>Cheeseburger, Pinto Beans & Salad</i></p>	<p>11</p> <p>10:30 Exercise with Crissy 11:00 Brain Games 12:30 Bible Study with Alex 1:00 Music Therapy with Tonya 2:15 Snack & Coloring Pages 2:45 Truffles Time & Game <i>Beef-A-Roni & Carrots</i></p>	<p>12</p> <p>10:15 Exercise with Crissy 11:00 Horticulture Therapy with Rebecca 12:45 Balloon Ball 1:15 Trivia 1:40 Craft- Shamrock Jewelry 2:15 Snack & Conversation <i>Meatloaf, Mashed Potatoes & Green Beans</i></p>	<p>Happy Birthday Sue 13</p> <p>10:30 Exercise  11:00 Music with Ron Ruiz 12:45 Balloon Ball 1:15 Guess the Object 2:15 What's Snacking: Choc. Chip Cookies 2:45 Truffles Time & Games <i>Baked Chicken, Rice & Peas</i></p>
<p>National Panada Day 16</p> <p>10:30 Exercise with Crissy 11:00 Music Therapy with Maggie & EFRN 12:45 Movie Matinee: Panda 2:15 Snack & Conversation 2:45 Games  <i>Ranch Chicken, Broccoli & Rice</i></p>	<p>Happy St. Patrick's Day 17</p> <p>10:30 Exercise with EFRN  11:00 Music with Rob 12:45 Balloon Ball 1:15 Garden Group: Shamrocks 2:15 Snack: Cookies <i>Pizza, Salad & Fruit</i></p>	<p>18</p> <p>10:30 Exercise with Crissy 11:00 Brain Games 12:30 Bible Study with Alex 1:00 Music Therapy with Tonya 2:15 Snack & Coloring Pages 2:45 Truffles Time & Game <i>Honey-Lemon Chicken, Mashed Potatoes & Carrots</i></p>	<p>Happy Birthday Todd 19</p> <p>10:15 Exercise with Crissy 11:00 Horticulture Therapy with Rebecca 12:45 Balloon Ball 1:15 Trivia 1:40 Science Time!  2:15 Snack & Conversation <i>SW Mac & Cheese, Green Beans & Apples</i></p>	<p>Swinerton! 1-2pm 20</p> <p>10:30 Exercise with Crissy  11:00 Bingo with Swinerton 12:45 Balloon Ball 1:15 Pet Therapy with Sage & Rufus 2:15 What's Snacking: Pineapple Upside Down Cake 2:45 Truffles Time & Games <i>Philly Chicken Sandwich, Salad & Fruit</i></p>
<p>23</p> <p>10:30 Exercise with Crissy 11:00 Music Therapy with Maggie 12:45 Kickball 1:15 Trivia 2:15 Snack & Conversation 2:45 Games <i>Spaghetti Casserole, Broccoli & Peaches</i></p>	<p>24</p> <p>10:30 Exercise with Crissy 11:00 Music with Rob 12:45 Balloon Ball 1:15 Garden Group: Green Bean Starts 2:15 Snack & Conversation <i>BBQ Chicken Sandwich, Salad & Fruit</i></p>	<p>Welcome PSU Students 10-1230pm 25</p> <p>10:30 Mason Bee Project  12:00 Lunch with PSU Students 12:30 Bible Study with Alex 1:00 Music Therapy with Tonya 1:15 Bible Study 2:15 Snack & All About Manatees 2:45 Truffles Time & Game <i>Beef Enchiladas, Rice & Carrots</i></p>	<p>Happy Birthday Brandon 26</p> <p>10:15 Exercise with Crissy 11:00 Horticulture Therapy with Rebecca  12:45 Balloon Ball 1:15 Trivia 1:40 Craft- Bird Watercolor Print 2:15 Snack & Conversation <i>Chicken with Dumplings & Green Beans</i></p>	<p>27</p> <p>10:30 Exercise with Crissy  11:00 Music with Ron Ruiz 12:45 Balloon Ball 1:15 Guess the Object 2:15 What's Snacking: Dessert Waffles 2:45 Truffles Time & Games <i>Turkey Sandwich, Veggie Soup, Salad</i></p>
<p>30</p> <p>10:30 Exercise with Crissy 11:00 Music Therapy with Maggie 12:45 Kickball 1:15 Trivia 2:15 Snack & Conversation 2:45 Games <i>Chicken Taco Pie, Pinto Beans & Peaches</i></p>	<p>31</p> <p>10:30 Exercise with Crissy 11:00 Music with Rob 12:45 Balloon Ball 1:15 Garden Group: Tomato starts 2:15 Snack & Conversation <i>Sloppy Joes, Oven Potato & Salad</i></p>	<p>HAPPY BIRTHDAY</p> <p>3rd- Mike / 6th- Stephanie</p>	<p>HAPPY BIRTHDAY</p> <p>13th- Sue</p>	<p>HAPPY BIRTHDAY</p> <p>19th- Todd / 26th- Brandon</p>