



October 2019 Activity Schedule for Lambert House

Volunteers of America®

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 & Socialization
10:30: Exercise
11:00: Activities
12:00: Lunch
12:45- 2:15: Activities
2:30: Snack & Socialization
3:00: 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

Lisa Jones

Beth Nelson

Melissa Newell

On-Call

Harris Heck

VOA is an
equal opportunity
provider and employer

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	<p style="text-align: right;">1</p> <p>10:30 Exercise with Crissy 11:00 Trivia 12:45 Balloon Ball 1:15 Garden Group: All About Gourds! 2:30 Snack & Socialization</p> <p style="text-align: center;"><i>Cheese Sandwich, Tomato Soup & Salad</i></p>	<p style="text-align: right;">2</p>  <p>10:30 Exercise with Crissy 11:00 Trivia 12:45 Balloon Ball with CPS 1:15 Brain Games with CPS 2:30 Snack & Coloring Pages with CPS 2:45 Truffles Time & Games</p> <p style="text-align: center;"><i>Hamburger, Mixed Fruit & Salad</i></p>	<p style="text-align: right;">3</p> <p>10:15 Exercise with Crissy 1:00 Horticulture Therapy 2:45 Balloon Ball 1:15 Brain Games 2:30 Snack & Socialization</p> <p style="text-align: center;"><i>Meatloaf, Mashed Potatoes & Carrots</i></p>	<p style="text-align: right;">4</p>  <p>10:30 Exercise with Crissy 11:00 Will's One Man Band 12:45 Balloon Ball 1:15 Guess the Object 2:15 What's Cooking: Pretzels 2:45 Truffles Time & Games</p> <p style="text-align: center;"><i>Spaghetti & Green Beans</i></p>
<p style="text-align: right;">7</p> <p>10:30 Exercise 11:00 Music Therapy with Maggie 12:45 Balloon Ball 1:15 Trivia 2:30 Snack & Socialization 2:45 Games</p> <p style="text-align: center;"><i>Baked Chicken, Baked Beans & Peas</i></p>	<p style="text-align: right;">3</p>  <p>10:30 Exercise 11:00 Brain Games 12:45 Balloon Ball 1:15 Trivia 2:30 Snack & Socialization</p> <p style="text-align: center;"><i>Lasagna, Broccoli & Applesauce</i></p>	<p style="text-align: right;">9</p> <p>10:30 Exercise 11:00 Trivia 12:45 Balloon Ball with CPS 1:15 Brain Games with CPS 2:30 Snack & Coloring Pages with CPS 2:45 Truffles Time & Games</p> <p style="text-align: center;"><i>Beef Stroganoff & Green Beans</i></p>	<p style="text-align: right;">10</p> <p>10:15 Exercise 11:00 Horticulture Therapy 12:45 Balloon Ball 1:15 Brain Games 2:30 Snack & Socialization</p> <p style="text-align: center;"><i>Beef Stew, Green Beans & Apples</i></p>	<p style="text-align: right;">11</p> <p>10:30 Exercise 11:00 Will's One Man Band 12:45 Balloon Ball 1:15 Pet Therapy with Sage & Rufus 2:15 Snack: Ice Cream 2:45 Truffles Time & Games</p> <p style="text-align: center;"><i>Chicken Stir-Fry, Carrots & Pineapple</i></p>
<p style="text-align: right;">14</p> <p>10:30 Exercise with Crissy 11:00 Music Therapy w/ Maggie & EFRN 12:45 Balloon Ball 1:15 Trivia 2:30 Snack & Socialization 2:45 Games</p> <p style="text-align: center;"><i>Turkey Sandwich, Chicken Noodle Soup & Salad</i></p>	<p style="text-align: right;">15</p> <p>10:30 Exercise with EFRN 11:00 Music with Rob 12:45 Balloon Ball 1:15 Garden Group: Apple Tasting 2:30 Snack & Socialization</p> <p style="text-align: center;"><i>Chicken Strips, Fries & Broccoli</i></p>	<p style="text-align: right;">16</p> <p>10:30 Exercise with Crissy 11:00 Trivia 12:45 Balloon Ball with CPS 1:15 Brain Games with CPS 2:30 Snack & Coloring Pages with CPS 2:45 Truffles Time & Games</p> <p style="text-align: center;"><i>Chicken Penne Pasta, Vegetable & Mixed Fruit</i></p>	<p style="text-align: right;">17</p> <p style="text-align: center;">Prune Day</p> <p>10:15 Exercise with Crissy 11:00 Horticulture Therapy 12:45 Balloon Ball 1:15 Brain Games 1:45 All About Prunes 2:30 Snack & Socialization</p> <p style="text-align: center;"><i>Meatballs, Mashed Potatoes & Carrots</i></p>	<p style="text-align: right;">18</p> <p style="text-align: center;">Swinerton! 11-12</p> <p>10:30 Exercise with Crissy 11:00 Bingo with Swinerton! 12:45 Balloon Ball 1:15 Guess the Object 2:15 What's Cooking: Caramel & Apples 2:45 Truffles Time & Games</p> <p style="text-align: center;"><i>S&S Chicken, Cauliflower</i></p>
<p style="text-align: right;">21</p> <p style="text-align: center;">Movie Day!</p> <p>10:30 Exercise with Crissy 11:00 Music Therapy with Maggie 12:45 Movie Matinee 2:30 Snack & Socialization 2:45 Games</p> <p style="text-align: center;"><i>Beef Tamale Pie, Beans & Peas</i></p>	<p style="text-align: right;">22</p> <p style="text-align: center;">Toothbrush Tuesday</p> <p>10:30 Exercise with Crissy 11:00 Music with Rob 12:45 Balloon Ball 1:15 Garden Group: Hydrangea Sachets 1:45 Toothbrush Trivia 2:30 Snack & Socialization</p> <p style="text-align: center;"><i>Turkey Sandwich, Chicken Rice Soup & Salad</i></p>	<p style="text-align: right;">23</p> <p>10:30 Exercise with Crissy 11:00 Trivia 12:45 Kick Ball 1:15 Brain Games 2:30 Snack & Coloring Pages 2:45 Truffles Time & Games</p> <p style="text-align: center;"><i>BBQ Chicken, Mashed Potatoes & Carrots</i></p>	<p style="text-align: right;">24</p> <p style="text-align: center;">Camouflage Animal Day</p> <p>10:15 Exercise with Crissy 11:00 Horticulture Therapy 12:45 Balloon Ball 1:15 Brain Games 1:45 Camouflage Animals 2:30 Snack & Socialization</p> <p style="text-align: center;"><i>Parmesan Chicken, Rice & Broccoli</i></p>	<p style="text-align: right;">25</p> <p>10:30 Exercise with Crissy 11:00 Brain Games 12:45 Balloon Ball 1:15 Pet Therapy with Sage & Rufus 2:15 What's Cooking: Pumpkin Cookies 2:45 Truffles Time & Games</p> <p style="text-align: center;"><i>Sloppy Joe, Oven Potato & Peaches</i></p>
<p style="text-align: right;">28</p> <p>10:30 Exercise 11:00 Music Therapy with Maggie 12:45 Balloon Ball 1:15 Trivia 2:30 Snack & Socialization 2:45 Games</p> <p style="text-align: center;"><i>Chicken, Scalloped Potatoes & Broccoli</i></p>	<p style="text-align: right;">29</p> <p>10:30 Exercise with Crissy 11:00 Music with Rob 12:45 Balloon Ball 1:15 Garden Group: All About Pumpkins 2:30 Snack & Socialization</p> <p style="text-align: center;"><i>Cheese Sandwich, Tomato Soup & Salad</i></p>	<p style="text-align: right;">30</p> <p style="text-align: center;">Jack-o'-Lantern Day</p> <p>10:30 Exercise with Crissy 11:00 Trivia 12:45 Balloon Ball with CPS 1:15 Brain Games with CPS 2:30 Snack & Coloring Pages with CPS 2:45 Truffles Time & Games</p> <p style="text-align: center;"><i>Hamburger, Mixed Fruit & Salad</i></p>	<p style="text-align: right;">31</p> <p style="text-align: center;">HAPPY HALLOWEEN</p> <p>10:15 Exercise with Crissy 11:00 Horticulture Therapy 12:45 Balloon Ball 1:15 Brain Games 2:30 Snack: Cupcakes!</p>  <p style="text-align: center;"><i>Meatloaf, Mashed Potatoes & Carrots</i></p>	<p style="text-align: center;">Birthdays</p>  <p style="text-align: center;"><i>10th - Leonard</i></p>

For more information visit our website www.voar.org/adult-day-services or check out our Facebook page LambertHouse@LambertHouseAdultDay