



November 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.voaor.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

Beth Nelson

Melissa Newell

On-Call

Harris Heck

VOA is an

equal opportunity

provider and employer






MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	<p>2nd - Dewey 20th - Pat 28th - George</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: Banana Pudding 2:45 Truffles Time & Games</p> <p><i>Spaghetti & Green Beans</i></p>
<p>4</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><i>Baked Chicken, Baked Beans & Peas</i></p>	<p>5</p> <p>10:30 Exercise with Crissy 11:00 Music with Rob 12:45 Balloon Ball 1:15 Garden Group: Hydrangea Sachets 2:30 Snack & Socialization</p> <p><i>Lasagna, Broccoli & Applesauce</i></p> 	<p>6</p> <p>10:30 Exercise with Crissy 11:00 Trivia 12:45 Balloon Ball 1:15 Brain Games 2:30 Snack & Coloring Pages 2:45 Truffles Time & Games</p> <p><i>Beef Stroganoff & Green Beans</i></p>	<p>7</p> <p>10:15 Exercise with Crissy 11:00 Horticulture Therapy 12:45 Balloon Ball 1:15 Brain Games 2:30 Snack & Socialization</p> <p><i>Beef Stew, Green Salad & Apples</i></p> 	<p>National Cappuccino Day! 8</p> <p>10:30 Exercise with Crissy 11:00 Music with Ron Ruiz 12:45 Balloon Ball 1:15 Pet Therapy with Sage & Rufus 2:15 What's Cooking: Cappuccino & Cookies 2:45 Truffles Time & Games</p> <p><i>Chicken Stir-Fry, Carrots & Pineapple</i></p>
<p>Veteran's Day 11</p> <p>10:30 Exercise with Crissy 11:00 Music Now 12:45 Balloon Ball 1:15 Trivia 2:30 Snack & Socialization 2:45 Games</p> <p><i>Turkey Sandwich, Chicken Noodle Soup & Salad</i></p>	<p>12</p> <p>10:30 Exercise with Crissy 11:00 Music with Rob 12:45 Balloon Ball 1:15 World Kindness Day Project 2:30 Snack & Socialization</p> <p><i>Chicken Strips, Fries & Broccoli</i></p>	<p>World Kindness Day! 13</p> <p>10:30 Exercise with Crissy 11:00 Trivia 12:45 Balloon Ball 1:15 Brain Games 2:30 Snack & Coloring Pages 2:45 Truffles Time & Games</p> <p><i>Chicken Penne Pasta, Vegetable & Mixed Fruit</i></p> 	<p>14</p> <p>10:15 Exercise with Crissy 11:00 Horticulture Therapy 12:45 Balloon Ball 1:15 Brain Games 2:30 Snack & Socialization</p> <p><i>Meatballs, Mashed Potatoes & Carrots</i></p>	<p>Swinerton! 11-12 15</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: Bundt Cakes 2:45 Truffles Time & Games</p> <p><i>Sweet & Sour Chicken, Cauliflower</i></p>
<p>Movie Day! 18</p> <p>10:30 Exercise with Crissy 11:00 Music Now 12:45 Movie Matinee 2:30 Snack & Socialization 2:45 Games</p> <p><i>Beef Tamale Pie, Beans & Pears</i></p>	<p>19</p> <p>10:30 Exercise with EFRN 11:00 Trivia 12:45 Balloon Ball 1:15 Garden Group: Pumpkins 2:30 Snack & Socialization</p> <p><i>Turkey Sandwich, Chicken Rice Soup & Salad</i></p> 	<p>20</p> <p>10:30 Exercise with Crissy 11:00 Trivia 12:45 Kick Ball 1:15 Brain Games in the dining room</p> <p>3:00-6:00pm Open House</p> <p><i>BBQ Chicken, Mashed Potatoes & Carrots</i></p>	<p>21</p> <p>10:15 Exercise with Crissy 11:00 Horticulture Therapy 12:45 Balloon Ball 1:15 Brain Games 2:30 Snack & Socialization</p> <p><i>Parmesan Chicken, Rice & Broccoli</i></p> 	<p>22</p> <p>10:30 Exercise with Crissy 11:00 Music with Ron Ruiz 12:45 Balloon Ball 1:15 Pet Therapy with Sage & Rufus 2:15 What's Cooking: Peanut Butter Cookies 2:45 Truffles Time & Games</p> <p><i>Sloppy Joe, Oven Potato & Peaches</i></p>
<p>25</p> <p>10:30 Exercise 11:00 Music Now 12:45 Balloon Ball 1:15 Trivia 2:30 Snack & Socialization 2:45 Games</p> <p><i>Chicken, Scalloped Potatoes & Broccoli</i></p> 	<p>26</p> <p>10:30 Exercise with Crissy 11:00 Music with Rob 12:45 Balloon Ball 1:15 Garden Group: Harvest Sachets 2:30 Snack & Socialization</p> <p><i>Thanksgiving Meal & Pumpkin Cheesecake</i></p>	<p>27</p> <p>Pumpkin Pie Day</p> <p>10:30 Exercise with Crissy 11:00 Trivia 12:45 Balloon Ball 1:15 Brain Games 2:30 Snack & Coloring Pages 2:45 Truffles Time & Games</p> <p><i>Thanksgiving Meal & Pumpkin Pie</i></p>	<p>Center Closed 28</p> 	<p>Center Closed 29</p> 

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