



Volunteers of America®

OREGON

November 2019 Activity Schedule for Marie Smith Center

The Marie Smith Adult Day Center

In partnership with Providence ElderPlace

4616 N. Albina Ave
Portland, OR 97217
503-335-9980
www.voao.org

Hours of Operation

Monday – Friday
7:30 a.m. – 5:00 p.m.

Caregiver Support Group

3rd Thursday of the month

Daily Schedule

7:30: Snack & Socializing
10:15: Exercise/Brain Fitness
11:00: Activities
12:00: Lunch
1:00: Activities
2:00: Snack and Activity
3:00: Afternoon Exercise
4:00: Gardening Time/Brain & Board Games/Sing Along

Program Director

Alison Bookman-Skidmore

Program Supervisor/

Case Manager

Lisa Nims, MSW

Nurse

Victor Ramirez, LPN

Office Support

Rebecca Krenz, C.N.A.

Care & Recreational Team

Sanquita Miles
Mimi Galindo
Shanae Wilson
Aucha'Nae Moore
Ben Puggarana

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			November Zodiac: Scorpio: Nov. 1 st – Nov. 22 nd Sagittarius: Nov. 23 rd – Nov. 30 th November Flower: Chrysanthemum November Birthstone: Citrine	1
4	5	6	7	8
10:15 Pet Visit w/ Larry 11:00 Cooking w/ Ben 1:15 Earth Tones Music Therapy 2:15 Bingo 3:15 Travelogue 4:00 Social Time Baked Chicken, Baked Beans, Peas	9:45 Book Club w/ Author 11:00 Earth Tones Music Therapy 1:15 Bingo 2:30 Brain Teaser Games 3:15 Arts & Crafts Activities 4:00 Social Time Lasagna, Broccoli, Apple Sauce	10:15 Tai Chi w/ Ben 11:00 Horticultural Therapy 1:00 Healthy Living Tips 2:15 Bingo 3:30 Karaoke 4:00 Social Time Beef Stroganoff, Green Beans, Pasta	10:15 Women's Group w/ Marilyn 11:00 Earth Tones Music Therapy 1:15 Bingo 2:30 Brain Teaser Games 3:15 Arts & Crafts Activities 4:00 Social Time Beef Stew, Green Salad, Apples	10:15 Tai Chi w/ Ben 11:00 Art w/ Geezer Gallery 1:15 Bingo 2:30 Movie Matinee 4:00 Social Time Spaghetti, Green Beans, Pasta Chicken Stir Fry, C. Carrots, Pineapple
11	12	13	14	15
Veterans Day 10:15 Pet Visit w/ Larry 11:00 Cooking w/ Ben 1:15 Earth Tones Music Therapy 2:15 Bingo 3:15 Travelogue 4:00 Social Time Turkey Sandwich, Noodle, G. Salad	9:45 Book Club w/ Author 11:00 Earth Tones Music Therapy 1:15 Bingo 2:30 Brian Teaser Games 3:15 Arts & Crafts Activities 4:00 Social Time Chicken Strips, Broccoli, Fries	10:15 Tai Chi w/ Ben 11:00 Horticultural Therapy 1:00 Music w/ St. John VB. 2:15 Bingo 3:30 Karaoke 4:00 Social Time Chicken Penne, Veggies, Mixed Fruit	10:15 Women's Group w/ Marilyn 11:00 Earth Tones Music Therapy 1:15 Bingo 2:30 Brain Teaser Games 3:15 Arts & Crafts Activities 4:00 Social Time Meatballs, M. Potato, Cooked Carrots	10:15 Tai Chi w/ Ben 11:00 Art w/ Geezer Gallery 1:15 Bingo 2:30 Movie Matinee 4:00 Social Time S&S Chicken, Cauliflower, Rice
18	19	20	21	22
10:15 Pet Visit w/ Larry 11:00 Cooking w/ Ben 1:15 Earth Tones Music Therapy 2:15 Bingo 3:15 Travelogue 4:00 Social Time Beef Tamale Pie, Beans, Pears	Thanksgiving Lunch 9:45 Book Club w/ Author 11:00 Earth Tones Music Therapy 1:15 Bingo 2:30 Brain Teaser Games 3:15 Arts & Crafts Activities 4:00 Social Time Thanksgiving Meal	10:15 Tai Chi w/ Ben 11:00 Horticultural Therapy 1:15 Healthy Living Tips 2:15 Bingo 3:30 Karaoke 4:00 Social Time BBQ Chicken, M. Potato, C. Carrots	10:15 Women's Group w/ Marilyn 11:00 Earth Tones Music Therapy 1:15 Bingo 2:30 Brain Teaser Games 3:15 Arts & Crafts Activities 4:00 Social Time Parmesan Chicken, Broccoli, Rice	10:15 Mr. Morgan's Visit 11:00 Art w/ Geezer Gallery 1:15 Bingo 2:30 Movie Matinee 4:00 Social Time Sloppy Joe, Oven Potato, Spring Mix
25	26	27	28	29
10:15 Pet Visit w/ Larry 11:00 Music w/ St. John VB. 1:15 Earth Tones Music Therapy 2:15 Bingo 3:15 Travelogue 4:00 Social Time Chicken, Scallop Potato, Broccoli	9:45 Book Club w/ Author 11:00 Earth Tones Music Therapy 1:15 Bingo 2:30 Brain Teaser Games 3:15 Arts & Crafts Activities 4:00 Social Time Tomato Soup, Cheese Sandwich, Salad	Thanksgiving Lunch 10:15 Tai Chi w/ Ben 11:00 Horticultural Therapy 1:15 Healthy Living Tips 2:15 Bingo 3:30 Karaoke 4:00 Social Time Thanksgiving Meal	MSC Closed Thanksgiving Day	MSC Closed Day after Thanksgiving