



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

Lisa Jones
Beth Nelson
Melissa Newell

On-Call

Harris Heck

**VOA is an
equal opportunity
provider and employer**

August 2019 Activity Schedule for Lambert House

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p style="text-align: center;">Birthdays</p>  <p style="text-align: center;">9th - Roy 10th - Biet</p>	<p style="text-align: center;">Birthdays</p>  <p style="text-align: center;">12th - Debbie 24th - Diane</p>		<p style="text-align: right;">1</p> <p>10:15 Exercise with Crissy 11:00 Bingo 11:00 Horticulture Therapy 12:45 Balloon Ball 1:15 Brain Games 2:30 Snack & Socialization</p> <p style="text-align: center;"><i>Baked Chicken, Yams, & Green Beans</i></p>	<p style="text-align: right;">2</p> <p>Ice Cream Sandwich Day! 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: Ice Cream Sandwich 2:45 Truffles Time & Games</p> <p style="text-align: center;"><i>Sloppy Joe, Baked Beans & Peaches</i></p>
<p style="text-align: right;">5</p> <p>Pamper Yourself Day! 10:30 Exercise with Crissy 11:00 Music Therapy with Maggie 12:45 Balloon Ball 1:15 Spa Time! 2:30 Snack & Socialization 2:45 Games</p> <p style="text-align: center;"><i>BBQ Chicken Sandwich, Pinto Beans & Salad</i></p>	<p style="text-align: right;">6</p> <p>Root Beer Float Day! 10:30 Exercise with Crissy 11:00 Music with Rob 12:45 Balloon Ball 1:15 Garden Group: Sedum Starts 2:00 Truffles Time 2:30 Snack: Root Beer Floats</p> <p style="text-align: center;"><i>Vegetable Lasagna, Peaches & Broccoli</i></p>	<p style="text-align: right;">7</p> <p>Lighthouse Day! 10:30 Exercise with Crissy 11:00 Trivia 12:45 Kick Ball 1:15 Brain Games 1:45 Google Time: Light Houses 2:30 Snack & Socialization 2:45 Truffles Time & Game</p> <p style="text-align: center;"><i>Ham, Mashed Potatoes & Green Beans</i></p>	<p style="text-align: right;">8</p> <p>10:15 Exercise with Crissy 11:00 Bingo 11:00 Horticulture Therapy 12:45 Balloon Ball 1:15 Brain Games 1:45 Science Time! 2:30 Snack & Socialization</p> <p style="text-align: center;"><i>Shepherd's Pie, Carrots & Apples</i></p>	<p style="text-align: right;">9</p> <p>Popsicle Friday! 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: Watermelon 2:45 Truffles Time & Games</p> <p style="text-align: center;"><i>Turkey Sandwich, Split Pea Soup & Salad</i></p>
<p style="text-align: right;">12</p> <p>Melon Monday 10:30 Exercise 11:00 Music Therapy with Maggie 12:45 Balloon Ball 1:15 Trivia 2:30 Snack: Melon 2:45 Games</p> <p style="text-align: center;"><i>Ham, Scalloped Potatoes & Broccoli</i></p>	<p style="text-align: right;">13</p> <p>10:30 Exercise with Crissy 11:00 Brain Games 12:45 Balloon Ball 1:15 Garden Group: Pressing Flowers 2:00 Truffles Time 2:30 Snack & Socialization</p> <p style="text-align: center;"><i>Turkey Sandwich, Veggie Soup & Salad</i></p>	<p style="text-align: right;">14</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>Hamburger, Pinto Beans & Salad</i></p>	<p style="text-align: right;">15</p> <p>10:15 Exercise with Crissy 11:00 Horticulture Therapy 11:00 Bingo or Reading Club 12:45 Balloon Ball 1:15 Brain Games 2:30 Snack & Socialization</p> <p style="text-align: center;"><i>Spaghetti Casserole, Green Beans & Pears</i></p>	<p style="text-align: right;">16</p> <p>Swinerton! 11-12 Welcome Good Shepard! 10am-1230pm 10:30 Exercise with Crissy 11:00 Bingo with Swinerton! 12:45 Balloon Ball 1:15 Guess the Object 2:15 What's Cooking: Strawberry, Banana Blueberry 2:45 Truffles Time & Games</p> <p style="text-align: center;"><i>Breakfast for Lunch!</i></p>
<p style="text-align: right;">19</p> <p>Movie Day! 10:30 Exercise with Crissy 11:00 Music Therapy w/ Maggie & EFRN 12:45 Movie Matinee 2:30 Snack & Socialization 2:45 Games</p> <p style="text-align: center;"><i>Curry Chicken, Green Beans & Peaches</i></p>	<p style="text-align: right;">20</p> <p>Lemonade Day! 10:30 Exercise with EFRN 11:00 Music with Rob 12:45 Balloon Ball 1:15 Garden Group: Pressing Flowers 2:00 Truffles Time 2:30 Snack & Socialization</p> <p style="text-align: center;"><i>Meatballs, Mashed Potatoes & Broccoli</i></p>	<p style="text-align: right;">21</p> <p>National Senior Citizen Day! 10:30 Exercise with Crissy 11:00 Trivia 12:45 Kick Ball 1:15 Brain Games 2:30 Snack: Cheese & Crackers 2:45 Truffles Time & Games</p> <p style="text-align: center;"><i>Pizza & Salad</i></p>	<p style="text-align: right;">22</p> <p>10:15 Exercise with Crissy 11:00 Horticulture Therapy 11:00 Bingo or Reading Club 12:45 Balloon Ball 1:15 Brain Games 1:45 Science Time! Flying Butterflies 2:30 Snack & Socialization</p> <p style="text-align: center;"><i>Penne Pasta, Green Beans & Applesauce</i></p>	<p style="text-align: right;">23</p> <p>Popsicle Friday! 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: Pineapple 2:45 Truffles Time & Games</p> <p style="text-align: center;"><i>Turkey Sandwich, White Bean Soup & Salad</i></p>
<p style="text-align: right;">26</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>Mac & Cheese with Ham, Green Beans</i></p>	<p style="text-align: right;">27</p> <p>10:30 Exercise 11:00 Music with Rob 12:45 Balloon Ball 1:15 Brain Games 2:00 Truffles Time 2:30 Snack & Socialization</p> <p style="text-align: center;"><i>Meatloaf, Mashed Potatoes & Broccoli</i></p>	<p style="text-align: right;">28</p> <p>Bow Tie Day 10:30 Exercise with Crissy 11:00 Trivia 12:45 Kick Ball 1:15 Brain Games 1:45 Craft: Bow Tie Decorating 2:30 Snack & Coloring Pages 2:45 Truffles Time & Games</p> <p style="text-align: center;"><i>Turkey Sandwich, Minestrone Soup & Salad</i></p>	<p style="text-align: right;">29</p> <p>10:15 Exercise with Crissy 11:00 Horticulture Therapy 11:00 Bingo or Reading Club 12:45 Balloon Ball 1:15 Brain Games 2:30 Snack & Socialization</p> <p style="text-align: center;"><i>Baked Chicken, Yams, & Green Beans</i></p>	<p style="text-align: right;">30</p> <p>Popsicle Friday! 10:30 Exercise with Crissy 11:00 Brain Games 12:45 Balloon Ball 1:15 Guess the Object 1:45 Craft: Drift Wood Sailboats 2:15 What's Cooking: Strawberry Lemonade 2:45 Truffles Time & Games</p> <p style="text-align: center;"><i>Sloppy Joe, Baked Beans & Peaches</i></p>