



Volunteers of America®

OREGON

August 2019 Activity Schedule for Marie Smith Center

The Marie Smith Adult Day Center

In partnership with Providence ElderPlace

4616 N. Albina
Portland, OR 97217
503-335-9980
www.voaoor.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
	Free Events Around the City: - PDX Art Museum: Free 1 st Thursday - OR Jewish Museum: Free 1 st Thursday - 1 st Friday Open Studios and Street Exhibition - Wellness Farmers Market: Aug 4 th - Washington Park Summer Festival and PDX Int'l Rose Test Garden: Aug. 1 st		1 10:15 Women's Group w/ Marilyn 11:00 Earth Tones Music Therapy 1:15 Bingo 2:30 Memories in the Making Art 3:30 Reading "Becoming" 4:00 Social Time Baked Chicken, Yams, Green Beans	2 10:15 Tai Chi w/ Ben 11:00 Earth Tones Music Therapy 1:15 Bingo 2:30 Movie Matinee 4:00 Social Time Sloppy Joe, G. Salad, Peaches
5 10:15 Pet Visit w/ Larry 11:00 Cooking w/ Ben 1:15 Bingo 2:30 Travelogue 3:30 Garden Time 4:00 Social Time BBQ Chix Sand, P. Beans, G. Salad	6 9:45 Book Club w/ Author 11:00 Earth Tones Music Therapy 1:15 Bingo 2:30 Gardening Time 3:15 Reading 4:00 Social Time Veg. Lasagna, Broccoli, Peaches	7 10:15 Tai Chi w/ Ben 11:00 Horticultural Therapy 1:00 Music w/ St. John VB. 2:15 Bingo 3:30 Reading 4:00 Social Time Ham, M. Potato, G. Beans	8 10:15 Women's Group w/ Marilyn 11:00 Earth Tones Music Therapy 1:15 Bingo 2:30 Memories in the Making Art 3:30 Reading "Becoming" 4:00 Social Time Shepherd Pie, C. Carrots, Applesauce	9 10:15 Tai Chi w/ Ben 11:00 Earth Tones Music Therapy 1:15 Bingo 2:30 Movie Matinee 4:00 Social Time Turkey Sand, Split Pea Soup, G. Salad
12 10:15 Pet Visit w/ Larry 11:00 Cooking w/ Ben 1:15 Bingo 2:30 Travelogue 3:30 Garden Time 4:00 Social Time Scallop Potato, Ham, Broccoli	13 9:45 Book Club w/ Author 11:00 Earth Tones Music Therapy 1:15 Bingo 2:30 Gardening Time 3:15 Reading 4:00 Social Time Turkey Sand, Veggie Soup, G. Salad	14 10:15 Tai Chi w/ Ben 11:00 Horticultural Therapy 1:00 Healthy Living Tips 2:15 Bingo 3:30 Reading 4:00 Social Time Hamburger, Pinto Beans, G. Salad	15 10:15 Women's Group w/ Marilyn 11:00 Earth Tones Music Therapy 1:15 Bingo 2:30 Memories in the Making Art 3:30 Reading "Becoming" 4:00 Social Time Spaghetti Cass. Green Beans, Pear	16 10:15 Tai Chi w/ Ben 11:00 Earth Tones Music Therapy 1:15 Bingo 2:30 Movie Matinee 4:00 Social Time Teriyaki Chicken, Rice, Cooked Carrot
19 10:15 Pet Visit w/ Larry 11:00 Music w/ St. John VB. 1:15 Bingo 2:30 Travelogue 3:30 Garden Time 4:00 Social Time Curry Chicken, G. Beans, Peaches	20 9:45 Book Club w/ Author 11:00 Earth Tones Music Therapy 1:15 Bingo 2:30 Gardening Time 3:15 Reading 4:00 Social Time Meatballs, M. Potato, Broccoli	21 10:15 Tai Chi w/ Ben 11:00 Horticultural Therapy 1:15 Healthy Living Tips 2:15 Bingo 3:30 Reading 4:00 Social Time BBQ Chicken, P. Beans, C. Carrots	22 10:15 Women's Group w/ Marilyn 11:00 Earth Tones Music Therapy 1:15 Bingo 2:30 Memories in the Making Art 3:30 Reading "Becoming" 4:00 Social Time Penne Pasta, G. Beans, Applesauce	23 10:15 Mr. Morgan's Visit 11:00 Earth Tones Music Therapy 1:15 Bingo 2:30 Movie Matinee 4:00 Social Time Turkey Sand, White Bean Soup, Salad
26 10:15 Pet Visit w/ Larry 11:00 Cooking w/ Ben 1:15 Bingo 2:30 Travelogue 3:30 Garden Time 4:00 Social Time Mac & Cheese, Ham, Green Beans	27 9:45 Book Club w/ Author 11:00 Earth Tones Music Therapy 1:15 Bingo 2:30 Gardening Time 3:15 Reading 4:00 Social Time Meat Loaf, Mashed Potato, Broccoli	28 10:15 Tai Chi w/ Ben 11:00 Horticultural Therapy 1:15 Healthy Living Tips 2:15 Bingo 3:30 Reading 4:00 Social Time Turkey Sand, Minestrone, G. Salad	29 10:15 Women's Group w/ Marilyn 11:00 Earth Tones Music Therapy 1:15 Bingo 2:30 Memories in the Making Art 3:30 Reading "Becoming" 4:00 Social Time Baked Chicken, Yams, Green Beans	30 10:15 Tai Chi w/ Ben 11:00 Earth Tones Music Therapy 1:15 Bingo 2:30 Movie Matinee 4:00 Social Time Sloppy Joe, Green Salad, Peaches