



Volunteers of America®

OREGON

**Lambert House**

**Adult Day Center**

2600 SE 170<sup>th</sup> 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**

Haley 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

# July 2019 Activity Schedule for Lambert House



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p><b>Welcome Youth Works 12:30-3pm 1</b></p> <p>10:30 Exercise 11:00 Music Therapy with Maggie 12:45 Balloon Ball with YW 1:15 Guess the Object with YW 2:30 Snack &amp; Socialization 2:45 Games</p> <p><i>Mac &amp; Cheese with Ham, Green Beans</i></p>	<p><b>Welcome Youth Works 12:30-3pm 2</b></p> <p><b>Halfway point to 2020!</b></p> <p>10:30 Exercise with Crissy 11:00 Trivia 12:45 Balloon Ball with YW 1:15 Brain Games 2:30 Snack &amp; Socialization 2:45 Games</p> <p><i>Meatloaf, Mashed Potatoes &amp; Broccoli</i></p>	<p><b>3</b></p> <p>10:30 Exercise with Crissy 11:00 Music with Rob 12:45 Kick Ball 1:15 Brain Games 2:30 Snack &amp; Socialization 2:45 Truffles Time &amp; Games</p> <p><i>Turkey Sandwich, Minestrone Soup &amp; Salad</i></p>	<p><b>4</b></p> <p><b>Center Closed In Observance of the 4<sup>th</sup> of July</b></p>	<p><b>5</b></p> <p>10:30 Exercise with Crissy 11:00 Brain Games 12:45 Balloon Ball 1:15 Pet Therapy with Sage &amp; Rufus 2:15 What's Cooking: <b>Blueberry Parfaits</b> 2:30 Snack &amp; Socialization 2:45 Truffles Time &amp; Games</p> <p><i>Sloppy Joe, Baked Beans &amp; Peaches</i></p>
<p><b>Welcome Youth Works 930am-3pm 8</b></p> <p><b>Drink Coca-Cola Day</b></p> <p>10:30 Exercise 11:00 Music Therapy with Maggie 12:45 Balloon Ball with YW 1:15 Guess the Object with YW 2:30 Snack &amp; Socialization with YW 2:45 Games</p> <p><i>BBQ Chicken Sandwich, Pinto Beans &amp; Salad</i></p>	<p><b>9</b></p> <p>10:30 Exercise with Crissy 11:00 Trivia 12:45 Balloon Ball 1:15 Garden Group: What's in Bloom 2:00 Truffles Time 2:30 Snack</p> <p><i>Vegetable Lasagna, Peaches &amp; Broccoli</i></p>	<p><b>Welcome PIA 10-12:45pm 10</b></p> <p>10:30 Exercise with Crissy 11:00 Brain Games with PIA 12:45 Kick Ball 1:00 Music with Rob 2:30 Snack &amp; Socialization 2:45 Truffles Time &amp; Game</p> <p><i>Pizza &amp; Green Beans</i></p>	<p><b>Welcome PIA 11:45am-2:30pm 11</b></p> <p>10:15 Exercise with Crissy 11:00 Horticulture Therapy 12:00 Lunch with PIA 12:45 Balloon Ball with PIA 1:15 Brain Games with PIA 2:30 Snack &amp; Socialization</p> <p><i>Shepherd's Pie, Carrots &amp; Apples</i></p>	<p><b>12</b></p> <p>10:30 Exercise with Crissy 11:00 Music with Ron Ruiz 12:45 Balloon Ball 1:15 Guess the Object 2:15 What's Cooking: <b>Blueberry Smoothie</b> 2:45 Truffles Time &amp; Games</p> <p><i>Turkey Sandwich, Split Pea Soup &amp; Salad</i></p>
<p><b>Welcome Youth Works 930am-3pm 15</b></p> <p><b>National Gumi Worm Day!</b></p> <p>10:30 Exercise 11:00 Music Therapy with Maggie 12:45 Balloon Ball with YW 1:15 Guess the Object with YW 2:30 Snack &amp; Socialization with YW 2:45 Games</p> <p><i>Ham, Scalloped Potatoes &amp; Broccoli</i></p>	<p><b>Welcome MEPI 16</b></p> <p>10:30 Exercise with Crissy 11:00 Art Project with MEPI 12:45 Balloon Ball 1:15 Garden Group: What's in Bloom 2:00 Truffles Time 2:30 Snack &amp; Socialization</p> <p><i>Turkey Sandwich, Veggie Soup &amp; Salad</i></p>	<p><b>Welcome PIA 10-12:45pm 17</b></p> <p>10:30 Exercise with Crissy 11:00 Brain Games with PIA 12:45 Kick Ball 1:00 Music with Rob 2:30 Snack &amp; Coloring Pages 2:45 Truffles Time &amp; Games</p> <p><i>Hamburger, Pinto Beans &amp; Salad</i></p>	<p><b>18</b></p> <p>10:15 Exercise 11:00 Horticulture Therapy 12:45 Balloon Ball 1:15 Brain Games 2:30 Snack &amp; Socialization</p> <p><i>Spaghetti Casserole, Green Beans &amp; Pears</i></p>	<p><b>Swinerton! 11-12 19</b></p> <p><b>Breyers Ice Cream Day</b></p> <p>10:30 Exercise 11:00 Bingo with Swinerton! 12:45 Balloon Ball 1:15 Guess the Object 2:15 Snack: <b>Ice Cream Sundaes</b> 2:45 Truffles Time &amp; Games</p> <p><i>Teriyaki Chicken, Rice &amp; Carrots</i></p>
<p><b>Welcome Youth Works 12:30-3pm 22</b></p> <p>10:30 Exercise with Crissy 11:00 Music Therapy with Maggie 12:45 Balloon Ball with YW 1:15 Guess the Object with YW 2:30 Snack &amp; Socialization 2:45 Games</p> <p><i>Curry Chicken, Green Beans &amp; Peaches</i></p>	<p><b>Welcome Youth Works 12:30-3pm 23</b></p> <p>10:30 Exercise with Crissy 11:00 Music with Rob 12:45 Balloon Ball with YW 1:15 Brain Games with YW 2:00 Truffles Time 2:30 Snack &amp; Socialization</p> <p><i>Meatballs, Mashed Potatoes &amp; Broccoli</i></p>	<p><b>Women Aviators Day 24</b></p> <p>10:30 Exercise with Crissy 11:00 Trivia 12:45 Kick Ball 1:15 Brain Games 2:30 Snack &amp; Coloring Pages 2:45 Truffles Time &amp; Games</p> <p><i>Pizza &amp; Green Salad</i></p>	<p><b>Wear Red Shoes Day 25</b></p> <p>10:15 Exercise with Crissy 11:00 Horticulture Therapy 12:45 Balloon Ball 1:15 Brain Games 1:45 Science Time! 2:30 Snack &amp; Socialization</p> <p><i>Penne Pasta, Green Beans &amp; Applesauce</i></p>	<p><b>26</b></p> <p>10:30 Exercise with Crissy 11:00 Music with Ron Ruiz 12:45 Balloon Ball 1:15 Pet Therapy with Sage &amp; Rufus 2:15 What's Cooking: <b>Blueberries &amp; Cream</b> 2:45 Truffles Time &amp; Games</p> <p><i>Turkey Sandwich, White Bean Soup &amp; Salad</i></p>
<p><b>Welcome Youth Works 12:30-3pm 29</b></p> <p>10:30 Exercise with Crissy 11:00 Music Therapy with Maggie 12:45 Balloon Ball with YW 1:15 Guess the Object with YW 2:30 Snack &amp; Socialization 2:45 Games</p> <p><i>Mac &amp; Cheese with Ham, Green Beans</i></p>	<p><b>Welcome Youth Works 12:30-3pm 30</b></p> <p><b>Cheesecake Day!</b></p> <p>10:30 Exercise with Crissy 11:00 Music with Rob 12:45 Balloon Ball with YW 1:15 Brain Games with YW 2:00 Truffles Time 2:30 Snack: <b>Cheesecake</b></p> <p><i>Meatloaf, Mashed Potatoes &amp; Broccoli</i></p>	<p><b>31</b></p> <p>10:30 Exercise with Crissy 11:00 Trivia 12:45 Kick Ball 1:15 Brain Games 2:30 Snack &amp; Coloring Pages 2:45 Truffles Time &amp; Games</p> <p><i>Turkey Sandwich, Minestrone Soup &amp; Salad</i></p>		<p><b>Birthdays</b></p>  <p><b>8<sup>th</sup> - Don C.</b> <b>17<sup>th</sup> - Marcia</b> <b>22<sup>nd</sup> - Bill</b></p>

For more information visit our website [www.voar.org/adult-day-services](http://www.voar.org/adult-day-services) or checkout our Facebook page LambertHouse@LambertHouseAdultDay