



Volunteers of America®

OREGON

Lambert House

Adult Day Center

2600 SE 170th 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

June 2019 Activity Schedule for Lambert House

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>10:30 Exercise with Crissy 11:00 Music Therapy with Maggie 12:45 Trivia 1:15 Balloon Ball Teams 2:30 Snack & Socialization 2:45 Games</p> <p><i>Turkey Sandwich, Minestrone Soup & Salad</i></p>	<p>A Cheesy Day 4 Happy Birthday Robert!</p> <p>10:30 Exercise with Crissy 11:00 Music with Rob 12:45 Balloon Ball 1:15 Garden Group: What's in Bloom 2:00 Truffles Time 2:30 Snack: Cheese Tasting <i>Ham, Scalloped Potatoes & Carrots</i></p>	<p>Happy Birthday Molly! 5</p> <p>10:30 Exercise with Crissy 11:00 Flower Bouquets 12:45 Kick Ball 1:15 Brain Games 2:30 Snack & Socialization 2:45 Truffles Time & Games <i>Sloppy Joe, Baked Beans & Peaches</i></p>	<p>6</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>BBQ Chicken, Mashed Potatoes & Green Beans</i></p>	<p>Donut Day 7</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: Dipped Donuts 2:30 Snack & Socialization 2:45 Truffles Time & Games <i>Mac & Cheese, Broccoli & Applesauce</i></p>
<p>Iced Tea Day 10</p> <p>10:30 Exercise with Crissy 11:00 Music Therapy with Maggie 12:45 Movie Matinee & Popcorn 2:30 Snack & Socialization 2:45 Games</p> <p><i>Chicken, Brown Rice & Broccoli</i></p>	<p>11</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>BBQ Chicken, Pinto Beans & Salad</i></p>	<p>Welcome CPS 1230-3pm 12</p> <p>10:30 Exercise with Crissy 11:00 Music with Rob 12:45 Balloon Ball with CPS 1:15 Brain Games with CPS 2:30 Snack & Coloring Pages 2:45 Truffles Time & Games</p> <p><i>Pizza, Salad & Fruit</i></p>	<p>Nursing Assistant Day! 13</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 & Socialization</p> <p><i>Meatloaf, Mashed Potatoes & Green Beans</i></p>	<p>14</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: Pudding Parfaits 2:45 Truffles Time & Games</p> <p><i>Chicken Alfredo, Broccoli & Fruit</i></p>
<p>Welcome Youth Works 930am-3pm 17</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 & Socialization with YW 2:45 Games</p> <p><i>Chicken Curry Casserole, Broccoli & Mixed Fruit</i></p>	<p>18</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 & Socialization</p> <p><i>Turkey Sandwich, Chicken Soup & Salad</i></p>	<p>19</p> <p>10:30 Exercise with Crissy 11:00 Music with Rob 12:45 Kick Ball 1:15 Brain Games 2:30 Snack: Cheese Crackers 2:45 Truffles Time & Games</p> <p><i>Pizza, Salad & Fruit</i></p>	<p>Jaws Day 20</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>Chicken Sandwich, Potatoes & Salad</i></p>	<p>Swinerton! 11-12 21 World Alzheimer Awareness Day</p> <p>10:30 Exercise 11:00 Bingo with Swinerton! 12:45 Balloon Ball 1:15 Guess the Object 2:15 Snack: Banana Milkshakes 2:45 Truffles Time & Games</p> <p><i>Beef Tamale Pie, Rice & Beans</i></p>
<p>Welcome Youth Works 12:30-3pm 24 Happy Birthday Donnie!</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 & Socialization 2:45 Games</p> <p><i>Vegetable Lasagna & Broccoli</i></p>	<p>Welcome Youth Works 12:30-3pm 25</p> <p>10:30 Exercise with Crissy 11:00 Trivia 12:45 Balloon Ball with YW 1:15 Garden Group with YW- Rose Sachets 2:00 Truffles Time 2:30 Snack & Socialization</p> <p><i>Chicken, Mashed Potatoes & Green Beans</i></p>	<p>26</p> <p>10:30 Exercise with Crissy 11:00 Music with Rob 12:45 Kick Ball 1:15 Brain Games 2:30 Snack: Cheese Crackers 2:45 Truffles Time & Games</p> <p><i>Chicken Pot Pie & Carrots</i></p>	<p>Happy Birthday Anita! 27</p> <p>10:15 Exercise with Crissy 11:00 Music Therapy 12:45 Balloon Ball 1:15 Brain Games 1:45 Science Time! 2:30 Snack & Socialization</p> <p><i>Swedish Meatballs & Green Beans</i></p>	<p>Tapioca Day 28</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: Tapioca Pudding 2:45 Truffles Time & Games</p> <p><i>Hamburger, Tater Tots & Salad</i></p>
<p>Birthdays</p> <p></p> <p>4th - Robert 5th - Molly</p>	<p></p>	<p>Birthdays</p> <p></p> <p>9th - Mike S. 22nd - LaDonna 24th - Donnie</p>	<p></p>	<p>Birthdays</p> <p></p> <p>27th - Anita 30th - Alice</p>