



Volunteers of America®

OREGON

March 2020 Activity Schedule for Marie Smith Center

The Marie Smith Health & Social 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, CNA

Care & Recreational Team

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>10:15 Pet Visit w/ Larry 11:00 Cooking w/ Sanquita 1:15 Earth Tones Music Therapy 2:15 Bingo 3:15 Travelogue 4:00 Social Time Chicken Taco Pie, P. Beans, Fruit</p>	<p>3</p> <p>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 Sloppy Joe, Oven Potato, Salad</p>	<p>4</p> <p>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 Chicken Noodle Casserole, Broccoli</p>	<p>5</p> <p>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 Teriyaki Chicken, Cooked Carrots, Rice</p>	<p>6</p> <p>10:15 Tai Chi w/ Ben 11:00 Art w/ Geezer Gallery 1:15 Bingo 2:30 Movie Matinee 4:00 Social Time Chicken Noodle, Cheese Sand, Salad</p>
<p>9</p> <p>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 Sweet Thai Chicken, Rice, Broccoli</p>	<p>10</p> <p>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 Cheeseburger, P. Beans, Salad</p>	<p>11</p> <p>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 Beef A Roni, Cooked Carrots, Pasta</p>	<p>12</p> <p>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 Meatloaf, M. Potato, Green Beans</p>	<p>13</p> <p>10:15 Tai Chi w/ Ben 11:00 Art w/ Geezer Gallery 1:15 Bingo 2:30 Movie Matinee 4:00 Social Time Baked Chicken, Peas, Rice</p>
<p>16</p> <p>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 R. Ranch Chicken, Broccoli, Rice</p>	<p>17</p> <p>St. Patrick's Day</p> <p>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 Taco Soup, Cheese Sandwich, Salad</p>	<p>18</p> <p>10:15 Tai Chi w/ Ben 11:00 Horticultural Therapy 1:00 Healthy Living Tips 2:00 Bingo 3:30 Karaoke 4:00 Social Time Hon/Lem Chicken, M. Potato, Carrots</p>	<p>19</p> <p>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 SW Mc&Cheese, G. Beans, Apples</p>	<p>20</p> <p>10:15 Tai Chi w/ Ben & Mr. Morgan 11:00 Art w/ Geezer Gallery 1:15 Bingo 2:30 Movie Matinee 4:00 Social Time Philly Chicken Sand, Salad, Fruit</p>
<p>23</p> <p>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 Spaghetti Cass, Broccoli, Peaches</p>	<p>24</p> <p>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 BBQ Chicken Sand, Salad, Fruit</p>	<p>25</p> <p>10:15 Tai Chi w/ Ben 11:00 Horticultural Therapy 1:15 Healthy Living Tips 2:00 Bingo 3:30 Karaoke 4:00 Social Time Beef Enchilada, Carrots, Rice</p>	<p>26</p> <p>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 Chicken Dumpling, G. Beans, Biscuit</p>	<p>27</p> <p>10:15 Tai Chi w/ Ben 11:00 Art w/ Geezer Gallery 1:15 Bingo 2:30 Movie Matinee 4:00 Social Time Veggie Soup, Turkey Sand, Salad</p>
<p>30</p> <p>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 Spaghetti Casserole, Broccoli, Peaches</p>	<p>31</p> <p>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 BBQ Chicken Sand, Salad, Fruit</p>			
<p>THERE IS NO ELEVATOR TO SUCCESS. YOU HAVE TO TAKE THE STAIRS</p>				