



#### OUR HOURS

9:00am-5:00pm

Monday thru  
Friday

FEBRUARY 2023

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VOLUME 12, ISSUE 2

## Monthly Gazette

### INTRODUCING... A NEW PROGRAM MODEL!

Mt. Hood Adult Day Center is  
excited to announce a significant change to our program model!

Starting this month, February 2023, we will be offering two programs:  
AM program and PM program.

Check out PAGE 3 for our new club schedule!

#### AM PROGRAM HOURS

9 AM — 2 PM



#### PM PROGRAM HOURS

12 PM — 5 PM

Do you have questions on how to sign up?

Lauren, our Program Director is happy to talk you  
through the process!

Please call: (971)-801-4169 or  
email: [Lauren@mthoodadulthoodcenter.com](mailto:Lauren@mthoodadulthoodcenter.com)  
to get started!



## The Golden Girls

R	I	O	A	M	E	M	M	R	U	R	S
O	A	V	H	I	H	I	L	P	O	O	O
E	I	E	L	N	C	L	S	R	I	O	P
N	D	L	I	N	N	E	N	H	E	M	H
S	O	F	I	E	A	S	L	S	T	M	I
T	R	I	L	S	L	G	O	H	M	A	A
O	O	T	N	O	B	R	O	S	M	T	T
L	T	A	A	T	R	L	I	L	I	E	U
A	H	L	T	A	E	I	O	R	D	S	E
F	Y	Y	S	A	D	I	D	S	A	E	N
S	O	U	T	H	E	R	N	A	A	O	N
O	N	M	I	A	M	I	S	L	R	I	G
T	F	R	I	E	N	D	S	H	I	P	E
S	S	I	L	O	V	E	L	L	Y	O	S

BLANCHE  
 FLORIDA  
 STAN  
 FRIENDSHIP  
 ROSE  
 GOLDEN  
 ST. OLAF  
 LOVE  
 DOROTHY  
 GIRLS  
 MINNESOTA  
 ROOMMATES  
 SOPHIA  
 ITALY  
 SOUTHERN  
 MIAMI  
 MILES



# February 2023

Theme = Thank you for Being a Friend



SUN	MON	TUE	WED	THUR	FRI	SAT
February is Black History Month			1	2 Groundhog Day	3	4
5	6 Oatmeal Monday	7 Rose Day	8 Chocolate Day	9 National Pizza Day	10	11
12 Super Bowl Sunday	13	14 Valentine's Day	15 Lantern Festival	16	17 Random Acts of Kindness Day	18
19	20 National Comfy Day	21 Mardi Gras	22 Ash Wednesday	23	24 Twin Peaks Day	25
26	27	28 National Science Day				

# Daily Club Meetings

Monday	Tuesday	Wednesday	Thursday	Friday
<b>8:00 AM</b>	<b>8:00 AM</b>	<b>8:00 AM</b>	<b>8:00 AM</b>	<b>8:00 AM</b>
Daily Chronicle	Daily Chronicle	Daily Chronicle	Daily Chronicle	Daily Chronicle
<b>9:00 AM</b>	<b>9:00 AM</b>	<b>9:00 AM</b>	<b>9:00 AM</b>	<b>9:00 AM</b>
Game Show	Game Show	Game Show	Game Show	Game Show
Crossword	Crossword	Crossword	Crossword	Crossword
Current Events	Current Events	Current Events	Current Events	Current Events
<b>10:00 AM</b>	<b>10:00 AM</b>	<b>10:00 AM</b>	<b>10:00 AM</b>	<b>10:00 AM</b>
Cooking Club	Cooking Club	Cooking Club	Cooking Club	Fun & Fit
Card Making/Floral	YouTube	Whiteboard	Whiteboard	Pamper & Polish
Wii Bowling	Fun & Fit	Chair Yoga	Art as Therapy	Wii Bowling
<b>11:00 AM</b>	<b>11:00 AM</b>	<b>11:00 AM</b>	<b>11:00 AM</b>	<b>11:00 AM</b>
Dominoes	Brain Train	Retro Radio	BINGO	BINGO
Crochet	Tanagrams	Gardening	Pamper & Polish	Open Play
Billiards	Billiards	Billiards	Billiards	Billiards
<b>12:00 PM</b>	<b>12:00 PM</b>	<b>12:00 PM</b>	<b>12:00 PM</b>	<b>12:00 PM</b>
Lunch	Lunch	Lunch	Lunch	Lunch
Karaoke	Karaoke	Karaoke	Karaoke	Karaoke
Billiards	Billiards	Billiards	Billiards	Billiards
<b>1:00 PM</b>	<b>1:00 PM</b>	<b>1:00 PM</b>	<b>1:00 PM</b>	<b>1:00 PM</b>
Walking Club	Walking Club	Walking Club	Walking Club	Walking Club
Billiards	Billiards	Billiards	Billiards	Billiards
<b>1:30 PM</b>	<b>1:30 PM</b>	<b>1:30 PM</b>	<b>1:30 PM</b>	<b>1:30 PM</b>
Table Games	Whiteboard	Remember This!	Yahtzee/Dominoes	Crochet
Social Circle	Card Making/Crochet	Mindfulness	Whiteboard	BINGO
Billiards	Billiards	Billiards	Billiards	Billiards
<b>2:30 PM</b>	<b>2:30 PM</b>	<b>2:30 PM</b>	<b>2:30 PM</b>	<b>2:30 PM</b>
Magazines & Mandalas	Craft	Retro Radio	BINGO	How it's Made/Crochet
YouTube	Dominoes/Yahtzee	Gardening	Magazines/Mandalas	Art as Therapy
Fun & Fit	Wii Bowling	Wii Bowling	Art as Therapy	Whiteboard
<b>3:30 PM</b>	<b>3:30 PM</b>	<b>3:30 PM</b>	<b>3:30 PM</b>	<b>3:30 PM</b>
PM Snack	PM Snack	PM Snack	PM Snack	PM Snack
Game Show	Game Show	Game Show	Game Show	Game Show
Jukebox	Jukebox	Jukebox	Jukebox	Jukebox
<b>4:30 PM</b>	<b>4:30 PM</b>	<b>4:30 PM</b>	<b>4:30 PM</b>	<b>4:30 PM</b>
Open Play	Open Play	Open Play	Open Play	Open Play
Table Games	Table Games	Table Games	Table Games	Table Games

Mt. Hood Adult Day Center and Mt. Hood Senior Solutions would like to THANK our loyal friends and supporters for their continued dedication to us over the last 12 years!

## CAREGIVER SUPPORT GROUPS

1st Thursday — ZOOM

### CAREGIVER Support Group

11 AM - 12 PM

**Date: February 2, 2023**

**Location: ZOOM**

***Call to register***

**971-421-0100**

Zoom link will be provided upon registration

3rd Thursday — in person

### CAREGIVER Support Group

11 AM - 12 PM

**Date: February 16, 2023**

**Location: Conference Room**

**@ Mt. Hood Adult Day Center**

**Topic: "Let's celebrate love"**

***Call to register***

**971-421-0100**

Lunch provided; \$10 donation requested

## FREE LEGAL CLINIC & ESTATE PLANNING

**FEBRUARY 2023**

**THIS MONTHS FEATURED LAWYER:**

**MICHEAL ROSE**

Michael Rose can meet with people via phone call or Zoom video chat.

Bring your questions and concerns regarding Elder Law.



**Call Cathy at**

**971-400-7030**

**to register**

## PLACEMENT & REFERRAL SERVICES



**Mt. Hood Senior Solutions is here to help you with referral and placement services.**

**971-400-7030**