

KEY:

AR- Activity Room
CR- Conference Room
 Delta AR Activities

Alpha Solarium Activities
 Bravo Solarium Activities
 Charlie Solarium Activities

Outings (off OVHL campus)
 One on Ones

March OVHL 2025 Recreation Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>30 1000 Games 1300 Chair Yoga 1400 Bingo in the AR 1545 Church Serv. CH 2500 PM Video Calls</p>	<p>31 1030 Jeopardy in A1 1030 Trivia and Donuts 1300 Pinochle 1300 Scrabble 1400 Church in the AR 1445 Chair Yoga PM Bravo 1:1s PM Video Calls</p>	<p>Alpha: Jacqui.wells@vhlebanon.org or ext. 5553 Tu-Sa</p> <p>Bravo: Bess.Nichols@ovhlebanon.org M-F, or ext. 5556 for Avery S. Su-Wed</p> <p>Charlie: Aylisha.Nickeson@ovhlebanon.org or ext. 5556 Tu-Sa</p> <p>Delta: Madeline.Neilson@ovhlebanon.org or ext. 5113 M-F</p>	<p><u>Happy Birthday</u></p>	<p>Recreation Director Bess Nichols Email: bess.nichols@ovhlebanon.org Phone/Text: 541-409-6569</p> <p>*Contact Bess for Non-Medical Transports via phone/text/in person*</p>	<p>Calendar may change due to weather, volunteer and Veteran request/needs. Contact Recreation with concerns. <u>R.E.D Friday:</u> Remember Everyone Deployed by wearing RED</p>	<p>1 1000 Beading with Leonard 1030 Arts and Crafts 1300 Catholic Services on Ch 2500 1400 Moving to Music PM Video Calls</p>
<p>2 1000 Games 1300 Chair Yoga 1400 Bingo in the AR 1600 Church Serv. CH 2500 PM Video Calls</p>	<p>3 1030 Bravo Lunch 1030 Jeopardy in A1 1300 Pinochle 1300 Building Trebuchet PM Bravo 1:1s 1400 Church in the AR 1445 Chair Yoga PM Video Calls</p>	<p>4 1030 ABC Bowling at Lakeshore Lanes Jax/Aylisha 1030 Exercise 1400 Projected Events 1500 Baking C2 PM Alpha 1:1s 1600 Boxing w/Megan PM Video Calls</p>	<p>5 1000 Projected Events w/ Donuts 1000 Poker Group w/Avery 1000 Projected Events/Doughnut Social 1400 Snow Cones PM Rec in CPR Training in AR PM Video Calls</p>	<p>6 0900 Alpha Lebanon Wal Mart 1000 Bingo- AR 1400 Music with Possibly Irish & Irish Happy Hour in the AR PM Video Calls</p>	<p>7 R.E.D. Friday 1000 Texas Holdem' w/Jax 1030 Charlie Lunch Mongolian Grill 1430 Mexican Train PM Video Calls PM Charlie 1:1s</p>	<p>8 1000 Beading with Leonard 1030 Wood working 1300 Catholic Services on Ch 2500 1400 Women Vet Roses Delivery PM Video Calls</p>

<p>9 Daylight Savings-Spring Forward 1000 Games</p> <p>1300 Chair Yoga</p> <p>1400 Bingo in the AR</p> <p>1600 Church Serv. CH 2500</p> <p>PM Video Calls</p>	<p>10 1030 Rhythm Works Drum Circle in AR</p> <p>1300 Pinochle 1300 Scrabble 1300 Charlie Shooting Range</p> <p>1400 Church in the AR 1445 Chair Yoga PM Video Calls</p>	<p>11 0900 Bravo Walmart 1030 Moving to Music/Meditation 1300 Garden Meeting 1030 Dough for Indian Fry Bread C1 1400 All Staff 1500 Make Indian Fry Bread C1 PM Alpha 1:1s 1600 Boxing w/Megan</p>	<p>12 1000 Poker Group w/Avery 1030 Bean Bag Toss 1100 Alpha Lunch at Chang's Mongolian in Salem 1330 Music with Ron and Rachel in AR 1500 Ladder Shoot 1500 Painting PM Video Calls</p>	<p>13 1000 Charlie Walmart</p> <p>1000 NO LIMIT Bingo- AR</p> <p>1400 Happy Hour</p> <p>PM Video Calls</p>	<p>14 R.E.D. Friday 1030 Charlie Garden 1100 Texas Holdem' W/Jax 1300 Pioneer Elementary Minute to Win It Games in AR 1400 Yahtzee 1430 Mexican Train PM Video Calls</p>	<p>15 1000 Beading with Leonard 1030 Leather works with Gary 1300 Catholic Services on Ch 2500 1400 Moving to Music PM Video Calls</p>
<p>16 1000 Bravo A&W Country Drive</p> <p>1300 Chair Yoga</p> <p>1400 Bingo in the AR</p> <p>1600 Church Serv. CH 2500</p> <p>PM Video Calls</p>	<p>17 St. Patrick's Day 1030 Trivia and Donuts 1030 Jeopardy in A1 1300 Pinochle 1300 Baking in A3 PM Bravo 1:1s 1400 Church in the AR 1445 Chair Yoga PM Video Calls</p>	<p>18 1030 Root Beer Floats and Trivia 1030 Moving to Music/Meditation 1030 Exercise 1300 Resident Council in the AR 1400 Mexican Train 1430 Tie Dye PM Alpha 1:1s 1600 Boxing w/Megan PM Video Calls</p>	<p>19 0830 Oregon Coast Aquarium Jax/Aylisha</p> <p>1000 Poker Group w/Avery</p> <p>1400 Bunny Therapy in the AR</p> <p>PM Video Calls</p>	<p>20 1000 Bingo- AR 1000 Birdwatching with Jax 1400 Sewing Guild</p> <p>1400 Happy Hour/Birthday Celebration in the AR PM Video Calls</p>	<p>21 R.E.D. Friday 1000 Texas Holdem' W/Jax 1030 Scrabble</p> <p>1300 Pioneer Elementary Minute to Win It Games in AR</p> <p>1500 Ladies Tea in Delta AR PM Video Calls</p>	<p>22 1000 Beading with Leonard 1000 Arts and Crafts 1300 Catholic Services on Ch 2500 1400 Moving to Music PM Video Calls</p>
<p>23 1000 Games</p> <p>1300 Chair Yoga</p> <p>1400 Bingo in the AR</p> <p>1600 Church Serv. CH 2500</p> <p>PM Video Calls</p>	<p>24 0900 Bravo Freddie's</p> <p>1030 Jeopardy in A1 1300 Scrabble 1300 Pinochle 1400 Church in the AR 1445 Chair Yoga PM Bravo 1:1s PM Video Calls</p>	<p>25 1030 Moving to Music/Meditation 1030 Exercise 1200 Cultural Diversity Luncheon: Ireland 1300 Bravo Shooting Range</p> <p>1400 Mexican Train</p> <p>1400 Hand and Foot No Boxing Today PM Video Calls</p>	<p>26 0800 Spirit Mountain Casino w/Bess & Jax 0900 Donuts and Trivia 1030 Indoor Garden</p> <p>1000 Poker Group w/Avery</p> <p>1330 Making Slime 1400 Bean Bag Toss PM Video Calls</p>	<p>27 Skills Lab in AR 1000 Charlie Fred Meyer 1030 Pet Therapy w/Dyson</p> <p>1330 Ladderball</p> <p>1500 Pool</p> <p>PM Video Calls</p>	<p>28 R.E.D. Friday 0900 Alpha Kohl's/Winco/Panera 1000 NO LIMIT Bingo- AR</p> <p>1400 Happy Hour</p> <p>PM Video Calls</p>	<p>29 1000 Beading with Leonard 1030 Wood working 1300 Catholic Services on Ch 2500 1400 Moving to Music PM Video Calls</p>