

June 2026

Cogir of Tigard Cogir of Tigard AL/IL Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 12:30pm Classic Charades Game w/Addie 1:30pm Afternoon Movie 1:30pm Orion Fitness: Seated Yoga and Meditation 3:00pm Seated Gardening with Elle 6:00pm Golden Hour Games	2 10:00am Tai Chi Chih 1:00pm Bands Exercise 1:30pm Afternoon Movie 6:00pm Golden Hour Games	3 10:00am Ridgefield Wildlife Refuge Bird Viewing Outing/Drive 12:30pm Fresh Flower Arranging Workshop 1:30pm Afternoon Movie 2:00pm Concert: Tim Clark 2:00pm Grocery Shopping 6:00pm Golden Hour Games	4 Today 10:30am Orion Fitness: Balance Class 11:30am Meet Your New Resident Lifestyle Director & Activities Team 1:30pm Afternoon Movie 2:00pm Fresh Flower Arranging with Leah 3:00pm Happy Hour w/ Live Entertainment! 6:00pm Golden Hour Games	5 10:00am Tai Chi Chih 12:30pm Powells Book Store - Portland & Lunch at Mother's Bistro 1:00pm Orion Fitness: Seated Yoga & Meditation 1:30pm Afternoon Movie 2:00pm Book Club with Keirah 6:00pm Golden Hour Games	6 10:30am Orion Fitness: Low Impact Strength Training 11:00am Coffee Circle 12:30pm Water Color painting w/ Keirah 2:30pm Matinee Movie 3:00pm Bible Study w/Keirah 4:00pm Golf 6:00pm Golden Hour Games
7 9:00am Church Transportation 10:00am Mall Walking Group 11:30am BINGO w/Addie 1:00pm Orion Fitness: Balance Class 1:30pm Bridge 2:30pm Matinee Movie 6:00pm Golden Hour Games	8 1:00pm Coloring with friends 1:30pm Afternoon Movie 2:00pm Grocery Shopping 3:30pm Live Entertainment 6:00pm Golden Hour Games	9 10:00am Tai Chi Chih 1:00pm Bands Exercise 1:00pm Table Talk with Chef Rod 1:30pm Afternoon Movie 2:00pm James Hipsher Poetry Reading 6:00pm Golden Hour Games	10 10:00am Joint AL/MC Activity: Paint Your Flower Pot Art 10:30am Community Town Hall 1:00pm Winetasting at Raptor Ridge 1:30pm Afternoon Movie 6:00pm Golden Hour Games	11 10:30am Orion Fitness: Balance Class 11:00am Community Garden: Gardening Club Meeting 1:30pm Afternoon Movie 3:00pm Happy Hour w/ Live Entertainment! 6:00pm Golden Hour Games	12 10:00am Tai Chi Chih 11:00am Meet your New Neighbours 12:30pm Write Messages of Hope for Sick Children 1:00pm Orion Fitness: Seated Yoga & Meditation 1:30pm Afternoon Movie 2:00pm Show & Tell 3:30pm Afternoon walk 6:00pm Golden Hour Games	13 10:30am Orion Fitness: Low Impact Strength Training 11:00am Coffee Circle 1:30pm BINGO w/Nancy 2:30pm Matinee Movie 3:00pm Casino Day: Fake Money & Simple Card Games 6:00pm Golden Hour Games
14 9:00am Church Transportation 1:00pm Activities Meeting 1:00pm Orion Fitness: Balance Class 1:30pm Bean Bag Toss 1:30pm Bridge 2:30pm Matinee Movie 2:30pm Water Color Painting w/ Kairi 6:00pm Golden Hour Games	15 10:30am Portland Rose Garden Outing: Picnic Lunch and hang out 1:30pm Afternoon Movie 1:30pm Resident Council 3:00pm Learning Lifeloop 6:00pm Golden Hour Games	16 10:00am Tai Chi Chih 1:00pm Bands Exercise 1:30pm Afternoon Movie 2:00pm James Hipsher Poetry Reading 3:30pm Handwriting Analyst 6:00pm Golden Hour Games	17 10:00am Ridgefield Wildlife Refuge Bird Watching Outing/Scenic Drive 10:30am Chair Yoga w/ Amy 1:30pm Afternoon Movie 2:00pm Grocery Shopping 4:30pm Themed Dinner 6:00pm Golden Hour Games	18 10:30am Orion Fitness: Balance Class 11:00am We Do What We Want: Cogir Carnival to Benefit Alzheimer's 1:30pm Afternoon Movie 3:00pm Happy Hour w/ Live Entertainment! 6:00pm Golden Hour Games	19 10:00am Tai Chi Chih 11:00am Air dry clay sculpting 1:00pm Orion Fitness: Seated Yoga & Meditation 1:30pm Afternoon Movie 3:00pm Story Telling with Ken Iverson 6:00pm Golden Hour Games	20 10:00am Beaverton Farmer's Market 10:30am Orion Fitness: Low Impact Strength Training 11:00am Coffee Circle 2:30pm Matinee Movie 3:00pm Aromatherapy Breathing & Relaxation Session 4:00pm Golf 6:00pm Golden Hour Games
21 9:00am Church Transportation 10:00am Mall Walking Group 1:00pm Orion Fitness: Balance Class 1:30pm Bridge 2:30pm Matinee Movie	22 11:00am Lunch Outing to Blu Olive Mediterranean Restaraunt 1:30pm Afternoon Movie 3:00pm Community Garden: Seated Gardening with Elle 6:00pm Golden Hour Games	23 10:00am Tai Chi Chih 1:00pm Bands Exercise 1:30pm Afternoon Movie 2:00pm Crafting with Leah 6:00pm Golden Hour Games	24 10:30am Chair Yoga w/ Amy 11:00am Scenic Drive 1:30pm Afternoon Movie 2:00pm Grocery Shopping 2:00pm Linda Smith Concert 6:00pm Golden Hour Games	25 10:30am Orion Fitness: Balance Class 1:30pm Afternoon Movie 3:00pm Happy Hour w/ Live Entertainment! 6:00pm Golden Hour Games	26 10:00am Tai Chi Chih 1:00pm Orion Fitness: Seated Yoga & Meditation 1:30pm Afternoon Movie 3:00pm Afternoon walk 3:30pm Handwriting Analyst	27 10:30am Orion Fitness: Low Impact Strength Training 11:00am Coffee Circle 1:30pm BINGO w/Nancy 2:30pm Matinee Movie 3:00pm Poker

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00pm Golden Hour Games					6:00pm Golden Hour Games	6:00pm Golden Hour Games
28 9:00am Church Transportation 12:30pm Portland Art Museum - Outing 1:00pm Orion Fitness: Balance Class 1:30pm Bean Bag Toss 1:30pm Bridge 2:30pm Matinee Movie 6:00pm Golden Hour Games	29 11:00am Mobile Foot Clinic 11:00am Winetasting at Tualatin Estate Vineyards 1:30pm Afternoon Movie 6:00pm Golden Hour Games	30 10:00am Tai Chi Chih 1:00pm Bands Exercise 1:30pm Afternoon Movie 2:00pm Crafting with Leah 3:00pm Community Garden: Seated Gardening with Elle 6:00pm Golden Hour Games	1	2	3	4