


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1 style="font-family: cursive;">February</h1>						
<p>3</p> <p>8:00 Church Shuttle* 🌿 1:00 Scenic Drive* 3:15 Super Bowl Party (AZ) 7:00 Movie (TH)</p>	<p>4</p> <p>8:30 Swimming Aljoja* 9:00 QFC/ Bartell's* 9:30 QFC/ Bartell's* 11:00 Enhance Fitness (AZ) 🌿 12:15 Open Bridge (LR) 12:30 Open Pinochle (OR) 1:00 QFC/ Bartell's* 1:30 QFC/Bartell's* 2:30 Bingo (OR) 7:00 Movie (TH)</p>	<p>5</p> <p>10:00 Flex & Stretch (AZ) 11:00 Low Impact Aerobics (AZ) 🌿 11:00 Catholic Rosary (OR) 12:45 Crossroads Mall* 2:00 Mindful Meditation (TH) 🌿 3:00 Contemporary Issues (AZ) 🌿 7:00 Movie (TH)</p>	<p>6</p> <p>8:30 Water Aerobics: Aljoja* 11:00 Enhance Fitness (AZ) 🌿 11:00 Knit Wits (TH) 1:30 Mind Matrix (AZ) 🌿 3:00 Nutrition Talk (TH) 🌿 "Food and Nutrition Myths" 7:00 Movie (TH)</p>	<p>7</p> <p>11:00 Enhance Fitness (AZ) 🌿 11:00 Great Decisions (TH) "Refugees and Global Migration" 1:00 Bible Study (AZ) 🌿 2:00 Sing-a-Long for Sunshine (LR) 🌿 7:00 Movie (TH)</p>	<p>1</p> <p>10:00 Flex & Stretch (AZ) 11:00 Low Impact Aerobics (AZ) 🌿 12:15 Friendship Bridge (LR) 1:00 Volunteer Hour (LR) 🌿 2:00 Play Reading Group (OR) 🌿 4:00 Destination Dinner (DR) "China" 7:00 Chinese Dragon Dancers</p>	<p>2</p> <p>11:00 Cards: Rummy (LR) 1:00 Beginners Tai Chi (AZ) 🌿 2:15 Mind Matrix (AZ) 🌿 3:00 The Men Who Built America (TH) 7:00 Movie (TH)</p>
<p>10</p> <p>8:00 Church Shuttle* 🌿 1:00 Dollar Store* 2:00 Pianist Jimmy (LR) 7:00 Movie (TH)</p>	<p>11</p> <p>8:30 Swimming Aljoja* 9:00 QFC/ Bartell's* 9:30 QFC/ Bartell's* 11:00 Enhance Fitness (AZ) 🌿 12:15 Open Bridge (LR) 12:30 Open Pinochle (OR) 1:00 Trader Joe's* 1:30 Trader Joe's* 2:30 Bingo (OR) 6:30 Dean Hayes Performance (LR)</p>	<p>12</p> <p>10:00 Flex & Stretch (AZ) 11:00 Low Impact Aerobics (AZ) 🌿 11:00 Catholic Rosary (OR) 12:00 Newcomer Group (PDR) 1:00 Thrive Meeting (AZ) 🌿 2:00 Mindful Meditation (TH) 🌿 3:00 Low Vision Support (OR) 7:00 Movie (TH)</p>	<p>13</p> <p>8:30 Water Aerobics: Aljoja* 10:00 Resident Council (TH) 11:00 Enhance Fitness (AZ) 🌿 11:00 Knit Wits (TH) 🌿 1:30 Mind Matrix (AZ) 🌿 3:00 Baking with Abriya* (LR) 7:00 Movie (TH)</p>	<p>14</p> <p>10:00 Resident Council (TH) 11:00 Enhance Fitness (AZ) 🌿 1:00 Bible Study (AZ) 🌿 2:30 Love Is In The Air Happy Hour (LR) 7:00 Movie (TH)</p>	<p>15</p> <p>10:00 Flex & Stretch (AZ) 🌿 11:00 Low Impact Aerobics (AZ) 🌿 11:30 Lunch at Topsy Cow* 12:15 Friendship Bridge (LR) 2:00 Play Reading Group (OR) 🌿 7:00 Movie (TH)</p> <p style="text-align: center;">February Birthday Dinner Magnolia Dining Room</p>	<p>16</p> <p>11:00 Cards: Rummy (LR) 1:00 Beginners Tai Chi (AZ) 🌿 2:00 Ralph Richter (TH) 2:30 Line Dancing Class* 3:00 The Men Who Built America (TH) 7:00 Movie (TH)</p>
<p>17</p> <p>8:00 Church Shuttle* 🌿 1:00 Village Theatre* 2:15 Giant Crossword (LR) 7:00 Movie (TH)</p>	<p>18</p> <p>8:30 Swimming Aljoja* 9:00 QFC/ Bartell's* 9:30 QFC/ Bartell's* 11:00 Enhance Fitness (AZ) 🌿 12:15 Open Bridge (LR) 12:30 Open Pinochle (OR) 1:00 Fred Meyer* 1:30 Fred Meyer* 2:30 Bingo (OR) 5:00 New Resident Dinner* 7:00 Movie (TH)</p>	<p>19</p> <p>10:00 Flex & Stretch (AZ) 11:00 Low Impact Aerobics (AZ) 🌿 11:00 Catholic Rosary (OR) 12:00 Newcomer Group (PDR) 🌿 1:30 Life In Art (OR) 🌿 2:00 Mindful Meditation (TH) 🌿 3:00 Contemporary Issues (AZ) 🌿 7:00 Movie (TH)</p>	<p>20</p> <p>8:30 Water Aerobics: Aljoja* 11:00 Enhance Fitness (AZ) 🌿 11:00 Knit Wits (TH) 🌿 1:30 Guest Speaker (TH) "Art Talk" 3:00 Art Gala (LR) "Northwest Watercolors Society" 7:00 Turner Classic Movie (TH)</p>	<p>21</p> <p>10:00 Seattle Chocolate Tour* 11:00 Enhance Fitness (AZ) 🌿 11:00 Jewelry with Kathy (LR) 1:00 Bible Study (AZ) 🌿 3:00 Town Hall (AZ) 🌿 7:00 Movie (TH)</p>	<p>22</p> <p>10:00 Flex & Stretch (AZ) 11:00 Low Impact Aerobics (AZ) 🌿 12:15 Friendship Bridge (LR) 2:00 Play Reading Group (OR) 🌿 3:00 Men's Parlor (PDR) 🌿 7:00 Movie (TH)</p>	<p>23</p> <p>11:00 Cards: Rummy (LR) 1:00 Beginners Tai Chi (AZ) 🌿 2:00 "Taste Of With" Kentra (LR) 3:00 The Men Who Built America (TH) 7:00 Movie (TH)</p>
<p>24</p> <p>8:00 Church Shuttle* 🌿 1:00 Sammamish Symphony* 1:30 Guest Speaker (TH) "Oscars Preview" 4:00 Academy Awards (TH)</p>	<p>25</p> <p>8:30 Swimming Aljoja* 9:00 QFC/ Bartell's* 9:30 QFC/ Bartell's* 11:00 Enhance Fitness (AZ) 🌿 12:15 Open Bridge (LR) 12:30 Open Pinochle (OR) 1:00 QFC/ Bartell's* 1:30 QFC/Bartell's* 2:30 Bingo (OR) 3:00 Friends/Family (OR) Caregiver Support Group 7:00 Movie (TH)</p>	<p>26</p> <p>10:00 Flex & Stretch (AZ) 11:00 Low Impact Aerobics (AZ) 🌿 11:00 Sunshine Club (LR) 🌿 11:00 Catholic Rosary (OR) 🌿 12:00 Newcomer Group (PDR) 1:30 Life In Art (OR) 🌿 3:00 Appetizers with Apryl (AZ) 7:00 Movie (TH)</p>	<p>27</p> <p>8:30 Water Aerobics: Aljoja* 11:00 Enhance Fitness (AZ) 🌿 11:00 Knit Wits (TH) 🌿 11:00 Traveling Library (LR) 1:30 Mind Matrix (AZ) 🌿 3:00 February Trivia (LR) 7:15 Turner Classic Movie (TH)</p>	<p>28</p> <p>11:00 Enhance Fitness (AZ) 🌿 1:00 Bible Study (AZ) 🌿 2:30 Guest Speaker "Emily Dickinson" (TH) 4:30 Dinner Outing Ruth Chris* 7:00 Movie (TH)</p>	<p>Locations & Floor</p> <p>(*) Sign-up Required (AZ) Azalea Room (3rd) (BR) Billiards (1st) (TH) Theater (1st) (TV) TV Room (3rd) (LR) Living Room (1st) (B) Bistro (1st) (DR) Dining Room (1st) (PDR) Private Dining Room</p>	

- Mon: Bingo:** Join your friends for a game of bingo! Remember to bring your dimes and game face.
- Tues: Life in Art:** Enter a world of color and beauty with Deborah Kapoor as we learn different techniques to create works of art!
- Contemporary Issues:** Examine and discuss issues of our day, within the context of real life experiences.
Group Facilitator: Marilyn Oakes-Greenspan.
- Meditation Class:** Marilyn Oakes-Greenspan will be leading this class as we thrive to achieve inner calm and peace.
- Wed: Knit-Wits:** Open to all Gardens residents who would like to knit hats and scarves for the less fortunate.
- Mind Matrix:** Join us for this program that involves a variety of activities to engage different areas of your brain that you might not use on a daily basis.
- Thurs: Bible Study:** Join Kay Lester for a Bible Study in the Azalea Room.
- Newcomer Group:** If you have lived at The Gardens for less than a year, please join us for this informative group. You will get to meet the Department Directors, hear about The Gardens services, and get to know new friends.
- Fri: Friendship Bridge:** Calling all Bridge players! Come play a round of cards with other bridge fans.
- Play Reading Group:** Join Gene Melnick for this resident ran group. You will have the opportunity to act out scenes from books and plays in a closed setting with friends and neighbors! All materials will be provided.
- Sat: The Men Who Built America:** Meet the titans who forged the foundation of modern America and created the American Dream. This mini-series shines a spotlight on the influential builders, and dreamers.
- 1 Destination Dinner:** A taste of China is ahead at this themed Destination Dinner! Be on the look out for uniquely inspired Chinese cuisine with tasteful décor in honor of the New Year! Join us after dinner for some live dragon dancers!
- 3 Super Bowl Party:** Come watch the 52nd annual Super Bowl game on the big screen with RAMS VS PATRIOTS! Themed mock tails and appetizers will be available courtesy of our amazing Culinary Team!
- 6 Nutrition Health Talk: 'Food and Nutrition Myths'** Everyday there are new fads and fallacies about food. Come and join us in the discussion to demolish the myths and misunderstandings about: all processed food being unhealthy, foods containing cholesterol should be avoided, carbohydrates and whole grain, how to be a sugar detective and the six supermarket myths.
- 7 Great Decisions: "Refugees and Global Migration"** Join us for America's largest discussion program on world affairs. The program model involves reading the Great Decisions Briefing Book, watching the DVD, and meeting in a discussion group lead by expert Jacob Bolotin discussing the most critical global issues facing America today.
- 8 Thrive Rally: Join us for this one of a kind**
- 11 Dean Hayes Performance:** Dean has performed with top bands and artists over the years playing music from the 40's, 50's, 60's, and so much more. Join us for a unique, interactive musical performance.
- 13 Baking with Abriya:** As we're entering in the month of "love" all my baking lovers come join me as we decorate valentine's day cookies.
- 14 'Love is in the Air' Valentine's Day Happy Hour:** Join us for an afternoon of sweet treats, beats, and dancing feet! Live entertainment by Randy Rogers!
- 15 Lunch at Topsy Cow:** Topsy Cow believes in supporting local farmers, ranchers, and brewers. From their 7 oz. custom ground, always grass fed patties, to their artisan bakery buns, you'll be sure to taste the difference!

- 16 Ralph Richter:** Join Ralph Richter for another exciting travelogue where we will be travelling to Japan! Don't miss this fascinating presentation!
- Line Dancing Class:** Join Karen Warner as she teaches us long forgotten dance moves. Get moving and have fun all at the same time as we learn synchronized line dances!
- 17 Giant Crossword Puzzle:** If you enjoy doing crosswords you will love this Giant Crossword. Come down and socialize with friends while completing a crossword puzzle that is easy for all to see.
- 20 Art Talk: "Gambling on Impressionism"-** Art Dealer Paul Durand Ruel's belief in a group of innovative artists led to him gambling on a new style of French artists, the Impressionists. Through his persistence and planning Ruel was responsible for helping to 'invent impressionism.'
- Art Gala:** You are cordially invited to attend a unique Art Gala exhibition "Northwest Watercolors Society" Engage all your senses with art, wine, appetizers, and musical entertainment.
- 21 Seattle Chocolate Tour:** For 25 years, Seattle Chocolates has been making, packaging and shipping more than a million pounds of decadent truffles, chocolate bars and seasonal and special occasion products out of its 60,000-square-foot Tukwila warehouse. And now, for the first time in their 25-year history, they've opened their doors to the public with their Experience Chocolate tour. **\$12.60 admission fee**
- Town Hall:** This monthly meeting is designed to provide access to all departmental directors to pose questions and receive updates. Please fill out a suggestion form prior to the meeting and deposit in the suggestion box in the theatre or mail room.
- 22 Men's Lunch:** This is a great opportunity to meet other men from our community for a special lunch in the Private Dining Room on the first Tuesday of every month.
- 23 Taste Of with Kentra:** Food has been said to be one of the most simple pleasures in life. It can feed the soul and unlock cherished childhood memories. Join our Chef, Kentra Parsons, as we explore exotic cuisines and dishes.
- 24 Guest Speaker: "Lance Rhodes":** Lance Rhoades is a Seattle based scholar who completed his graduate studies in Comparative Literature and Cinema Studies at the University of Washington. Join us in the theatre for a presentation on "An Oscar's Preview".
- 25 Caregiver Support Group:** Join Marilyn Oakes-Greenspan for a supportive discussion about caring for your loved ones. All are welcome to participate or just listen.
- 26 Appetizers with Apryl:** Do you have any questions or concerns for the executive director? You are invited to an open forum with Apryl Tolstoy.
- 27 February Trivia:** How much do you know about the month of February? Take our fun February Trivia test and see how many questions you get right!
- 28 Guest Speaker "The Myth of Amherst":** Debbie has been enchanting audiences with her historical docudramas bringing to life various women from American history. Join us for this one of a kind presentation on the life story of American Poet Emily Dickinson. A very passionate, introspective and reclusive woman who, after a life time of obscurity and rejection, was finally recognized as a powerful voice in American Poetry eight years after her death in 1886.
- Dinner at Ruth Chris:** The memory of a great meal stays with you long after the table's been cleared. Which is why Ruth's Chris uses only the freshest and finest ingredients, like USDA Prime steaks, fresh-squeezed juices and locally sourced produce.