

Ida Culver House Ravenna

JANUARY 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Please call if you have any questions regarding Life Enrichment's Programming (206) 523- 7315</p>	<p>1 9:30 Enhance Fitness L1(SL) 10:30 Enhance Fitness L2(SL) 11:15 Meditation (L) 1:15 Shopping at Northgate** 2:30 Clinic (WC) 3:30 TED Talks (SL) 4:00 Coffee Chat (SL)</p>	<p>2 9:30 Stroll - Alki** 10:00 Yoga (SL) 12:00 Swimming** 12:00 Librarian Is In (L) 1:15 Scenic Drive to Fremont** 3:00 Dietitian Lecture (SL) 3:00 Food Bank Volunteering**</p>	<p>3 8:30 Pray the Rosary (PDR) 9:30 Enhance Fitness L1 (SL) 9:30 Burke Museum trip** 10:00 Knit & Stitch (FR) 10:30 Enhance Fitness L2 (SL) 2:30 Clinic (WC) 3:00 Quiddler (AR) 2:30 Resident Association Meeting (DR) 6:00 Dominoes (AR)</p>	<p>4 9:30 Stroll - Carkeek** 9:30 Bible Study with Pat Larson (SL) 10:45 Tai Chi Class (SL) 1:00 Martin Luther King Jr Poems from students at Assumption School (AR) 2:00 Hearing Aid Service (AR) 2:30 BINGO! (DR) 3:30 Wellness Talk (SL) 6:30 Bridge (AR)</p>	<p>5 9:15 University Village** 9:30 Enhance Fitness Lvl 1 10:30 Enhance Fitness Lvl 2 1:00 Brain Fitness (AR) 2:15 Great Decisions "United Nations"(SL) 3:30 Shanghai Rummy Card Game (AR) 5:00 Shabbat Dinner** (PDR)</p>	<p>6 10:00 Yoga (SL) 11:15 Meditation (L) 2:30 Elyn's Craft Corner (MF) 3:00 Quiddler (AR) 3:30 Afternoon Board Games (AR) 6:30 Saturday Night Movie "Wonder Women" (SL)</p>
<p>7 8:00 Church Transport ** 8:00 New Sign-up Sheets: 1/14 - 1/19 (Front Desk) 9:15 Catholic Service (L) 1:00 Scrabble (AR) 3:00 Performance from Ron Herring (SL) 3:00 Quiddler (AR) 4:00 Dominoes (AR)</p>	<p>8 9:30 Enhance Fitness L1 (SL) 10:30 Enhance Fitness L (SL) 11:15 Meditation (L) 1:15 Shopping Trip to Fred Meyer** 2:30 Clinic (WC) 3:30 TED Talks (SL)</p>	<p>9 9:30 Stroll - Meadowbrook** 10:00 Yoga (SL) 12:00 Swimming** 12:00 Librarian Is In (L) 1:15 Scenic Drive to Edmonds** 2:00 Book Talk (L) 3:00 Contemporary Issues (SL)</p>	<p>10 8:30 Pray the Rosary (PDR) 9:30 Enhance Fitness LI(SL) 10:00 Knit & Stitch (FR) 10:30 Enhance Fitness L2 (SL) 11:30 Lunch at Ivar's Salmon House** 2:30 Clinic (WC) 3:00 Quiddler (AR) 6:00 Dominoes (AR)</p>	<p>11 9:30 Stroll - Golden Gardens** 9:30 Bible Study with Pat Larson (L) 10:45 Tai Chi Class (SL) 2:30 BINGO! (DR) 3:00 Newcomer Group (AR) 6:30 Bridge (AR)</p>	<p>12 9:15 University Village** 9:30 Enhance Fitness L1(SL) 10:30 Enhance Fitness L2(SL) 1:00 Brain Fitness (AR) 2:15 Current Events with Jacob Bolotin (SL) 3:30 Shanghai Rummy Card Game (AR)</p>	<p>13 9:30 Beading with Eileen Long (AR) 10:00 Yoga (SL) 11:15 Meditation (L) 3:00 Quiddler (AR) 3:30 Afternoon Board Games (AR) 6:30 Saturday Night Movie "A Dog's Purpose" (SL)</p>
<p>14 8:00 Church Transport ** 8:00 New Sign-up Sheets:1/21 - 1/26 (Front Desk) 9:15 Catholic Service (L) 1:00 Scrabble (AR) 2:30 Movie Matinee Classics: "The Long Goodbye" (SL) 3:00 Quiddler (AR) 4:00 Dominoes (AR)</p>	<p>15 9:30 Enhance Fitness L1 (SL) 10:30 Enhance Fitness L 2 (SL) 11:15 Meditation (L) 1:15 Shopping trip to Whole Foods** 2:30 Clinic (WC) 3:30 TED Talks (SL)</p>	<p>16 9:30 Stroll - Magnuson** 10:00 Yoga (SL) 12:00 Swimming** 12:00 Librarian Is In (L) 1:15 Scenic Drive to West Seattle** 3:30 Winter Happy Hour (SL)</p>	<p>17 8:30 Pray the Rosary (PDR) 9:30 Enhance Fitness L1 (SL) 10:00 Knit & Stitch (FR) 10:30 Enhance Fitness L 2(SL) 11:00 Bookmobile (SL) 1:15 Columbia City Bakery** 2:30 Clinic (WC) 3:00 Quiddler (AR) 6:00 Dominoes (AR)</p>	<p>18 9:30 Stroll - Hamlin** 9:30 Bible Study with Pat Larson (L) 10:45 Tai Chi Class (SL) 1:00 Math Games with students from Assumption School (AR) 2:30 BINGO! (DR) 3:00 Newcomer Group (AR) 6:30 Bridge (AR)</p>	<p>19 9:15 University Village** 9:30 Enhance Fitness L1 (SL) 10:30 Enhance Fitness L2(SL) 1:00 Brain Fitness (AR) 2:30 Swingtime Trio Performance and Happy Hour (DR) 3:30 Shanghai Rummy Card Game (AR)</p>	<p>20 10:00 Yoga (SL) 11:15 Meditation (L) 2:30 Elyn's Craft Corner (MF) 3:00 Quiddler (AR) 3:30 Afternoon Board Games (AR) 6:30 Saturday Night Movie "The Big Sick" (SL)</p>
<p>21 8:00 Church Transport ** 8:00 New Sign-up Sheets: 1/28 - 2/2(Front Desk) 9:15 Catholic Service (L) 1:00 Scrabble (AR) 2:00 Sigma Alpha Iota Performance (SL) 3:00 Quiddler (AR) 4:00 Dominoes (AR)</p>	<p>22 9:30 Enhance Fitness L1 (SL) 10:30 Enhance Fitness L2 (SL) 11:15 Meditation (L) 1:15 Shopping trip to The Dollar Store** 2:30 Clinic (WC) 3:30 TED Talks (SL)</p>	<p>23 9:30 Stroll - Gasworks** 10:00 Yoga (SL) 12:00 Swimming** 12:00 Librarian Is In (L) 1:15 Scenic Drive to Kirkland** 3:00 Low Vision Support Group with Sight Connection (SL)</p>	<p>24 8:30 Pray the Rosary (PDR) 9:30 Enhance Fitness L1(SL) 10:00 Knit & Stitch (FR) 10:30 Enhance Fitness L2 (SL) 2:30 Clinic (WC) 3:00 Lance Rhoades Presentation (SL) 3:00 Quiddler (AR) 5:00 Birthday Dinner & Emiko Hori (DR) 6:00 Dominoes (AR)</p>	<p>25 9:30 Stroll - Greenlake** 9:30 Bible Study with Pat Larson (L) 10:45 Tai Chi Class (SL) 11:30 Lunch at Salmon Bay Café** 2:30 BINGO! (DR) 3:00 Newcomer Group (AR) 4:00 Kitchen Corner (DR) 6:30 Bridge (AR)</p>	<p>26 9:15 University Village** 9:30 Enhance Fitness L1 (SL) 10:30 Enhance Fitness L2 (SL) 1:00 Brain Fitness (AR) 2:15 Current Events with Jacob Bolotin (SL) 3:30 Shanghai Rummy Card Game (AR)</p>	<p>27 9:30 Beading with Eileen Long (AR) 10:00 Yoga (SL) 11:15 Meditation (L) 2:30 Elyn's Craft Corner (MF) 3:00 Quiddler (AR) 3:30 Afternoon Board Games (AR) 6:30 Saturday Night Movie "The Dark Tower" (SL)</p>
<p>28 8:00 Church Transport ** 8:00 New Sign-up Sheets: 2/4 - 2/9 (Front Desk) 9:15 Catholic Service (L) 1:00 Scrabble (AR) 2:30 Movie Matinee Classics: "Battle of the Sexes" (SL) 3:00 Quiddler (AR) 4:00 Dominoes (AR)</p>	<p>29 9:30 Enhance Fitness L 1(SL) 10:30 Enhance Fitness L2 (SL) 11:15 Meditation (L) 1:15 Shopping trip to Trader Joe's** 2:30 Clinic (WC) 3:30 TED Talks (SL)</p>	<p>30 9:30 Stroll - Alki** 10:00 Yoga (SL) 12:00 Swimming** 12:00 Librarian Is In (L) 1:15 Scenic Drive to Magnolia** 3:00 Parkinson's Support Group (AR)</p>	<p>31 8:30 Pray the Rosary (PDR) 9:30 Enhance Fitness L1(SL) 9:30 Coast Guard Museum* 10:00 Knit & Stitch (FR) 10:30 Enhance Fitness L2(SL) 2:00 Noel Sisters Performance (SL) 2:30 Clinic (WC) 3:00 Quiddler (AR) 6:00 Dominoes (AR)</p>	<p>Personal Transportation is offered Tuesdays, Wednesdays and Thursdays. 9:00am - 4:00pm. Complete request at the front desk.</p>	<p>Location Key: (L) = 3rd Floor Library (AR) = Activity Room (DR) = Dining Room (FR) = Fireside Room (PDR) = Private Dining Room (SL) = South Lounge (WC) = Wellness Center ** = Sign-up Required</p>	

