



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday														
				<p>Thrive is integral to the culture at all Era Living communities. All residents and staff are invited to partake in Thrive. Together, we achieve greater health and well being.</p> 		<ul style="list-style-type: none"> ● Trips ● Music, Lectures ● Monthly Events ● Marketing 														
<div style="border: 2px solid black; border-radius: 15px; padding: 10px; background-color: #f4a460;"> <p style="text-align: center; font-style: italic;">Residents Birthdays</p> <table style="width: 100%; border-collapse: collapse;"> <tr><td style="padding: 2px 5px;">Lorig, Andrea</td><td style="padding: 2px 5px; text-align: right;">06/05</td></tr> <tr><td style="padding: 2px 5px;">Summers, Karen</td><td style="padding: 2px 5px; text-align: right;">06/11</td></tr> <tr><td style="padding: 2px 5px;">Chung, Jean</td><td style="padding: 2px 5px; text-align: right;">06/14</td></tr> <tr><td style="padding: 2px 5px;">Dobbyn, Kristine</td><td style="padding: 2px 5px; text-align: right;">06/18</td></tr> <tr><td style="padding: 2px 5px;">Oda, Doris</td><td style="padding: 2px 5px; text-align: right;">06/21</td></tr> <tr><td style="padding: 2px 5px;">Gottheil, Ruth</td><td style="padding: 2px 5px; text-align: right;">06/23</td></tr> <tr><td style="padding: 2px 5px;">Kent, Eloise</td><td style="padding: 2px 5px; text-align: right;">06/24</td></tr> </table> </div>			Lorig, Andrea	06/05	Summers, Karen	06/11	Chung, Jean	06/14	Dobbyn, Kristine	06/18	Oda, Doris	06/21	Gottheil, Ruth	06/23	Kent, Eloise	06/24	<p style="text-align: right;">1</p> <p>10:00 BB & Balance 11:15 Water Aerobics 1:00 Bridge 1:15 Brain Fitness 2:00 Mindful Relaxation 4:00 Lance Rhoades: 55th Anniversary of Camelot! 7:30 Movie: Darkest Hour</p> <p style="text-align: center;"><u>TV Channel 370 ONLY</u></p> <p>9:00 Gentle Yoga 10:00 2 in1 Workout 12:00 Matinee Movie</p>	<p style="text-align: right;">2</p> <p>9:30 Enhance Fitness 9:30 Bookmobile 11:00 Wellness 360 1:00 Action Book Club 1:00 Rummy Tiles & Board Games-See WAAG 1:30 Sit & Get Fit 2:00 Current Events 7:30 Movie : Lee Daniels' The Butler</p> <p style="text-align: center;"><u>TV Channel 370 ONLY</u></p> <p>9:00 Chair Yoga 10:00 Walk Exercise 12:00 Matinee Movie</p>	<p style="text-align: right;">3</p> <p>9:30 Tai Ji Quan II 10:15 Rosary 11:15 Water Aerobics 1:00 Mahjong/Bridge 1:00 Watercolor Workshop 1:30 Chair Yoga 7:30 Movie: You've Got Mail</p> <p style="text-align: center;"><u>TV Channel 370 ONLY</u></p> <p>9:00 Seated Cardio 10:00 2in1 Workout 12:00 Matinee Movie</p>	<p style="text-align: right;">4</p> <p>9:15 Met Opera HD-Kent Hamlet 9:30 Enhance Fitness 11:00 Open Swim 1:00 Bridge 1:30 Tai Ji Quan 3:00 Weekend Movie: Lord of the Rings: The Fellowship of the Ring</p> <p style="text-align: center;"><u>TV Channel 370 ONLY</u></p> <p>9:00 Chair Stretching 10:00 Sit & Dance 11:00 Journey from the Sun's Center</p>
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Kent, Eloise	06/24																			
<p style="text-align: right;">5</p> <p>8:30 Church Transport 1:15 Opera: Earth to Kenzie 1:30 Sit & Get Fit (Video) 3:00 Weekend Movie: Lord of the Rings: The Two Towers</p> <p style="text-align: center;"><u>TV Channel 370 ONLY</u></p> <p>9:00 Shoulder Stretching 10:00 2 in 1 Workout 12:00 Matinee Movie</p>	<p style="text-align: right;">6</p> <p>10:00 Knitting in Bistro 11:00 Tech Session 1:00 Bridge/Mahjong 1:30 Tai Ji Quan 2:00 Painting Stepping Stone Crafts 3:00 Tai Ji Quan II 7:30 Movie: Three Days of The Condor</p> <p style="text-align: center;"><u>TV Channel 370 ONLY</u></p> <p>9:00 Seated Total Body 10:00 Walk Exercise 12:00 Matinee Movie</p>	<p style="text-align: right;">7</p> <p>9:30 Enhance Fitness 11:00 QFC Shopping 11:00 French with Chloe 1:00 Mahjong/Rummy Tiles 1:30 Sit & Get Fit 3:00 Men's Group 7:30 Movie: Toscana</p> <p style="text-align: center;"><u>TV Channel 370 ONLY</u></p> <p>9:00 Sit and Dance 10:00 Total Body Exercise 12:00 Matinee Movie</p>	<p style="text-align: right;">8</p> <p>10:00 BB & Balance 11:00 Town Hall 1:00 Bridge 1:15 Brain Fitness 2:00 Mindful Relaxation 4:00 Lance Rhoades Cinema Pioneers (Charlie Chapin) 7:30 Movie: Ben is Back</p> <p style="text-align: center;"><u>TV Channel 370 ONLY</u></p> <p>9:00 Gentle Yoga 10:00 2 in1 Workout 12:00 Matinee Movie</p>	<p style="text-align: right;">9</p> <p>9:30 Enhance Fitness 11:00 Aspiring Writers 1:00 Rummy Tiles & Board Games- See WAAG 1:30 Sit & Get Fit 2:00 Current Events 3:30 Cocktail Party 7:30 Movie : Poseidon</p> <p style="text-align: center;"><u>TV Channel 370 ONLY</u></p> <p>9:00 Chair Yoga 10:00 Walk Exercise 12:00 Matinee Movie</p>	<p style="text-align: right;">10</p> <p>9:30 Tai Ji Quan II 10:15 Rosary 11:15 Water Aerobics 1:00 Mahjong/Bridge 1:00 Watercolor Workshop 1:30 Chair Yoga 7:30 Movie: Julie 1956</p> <p style="text-align: center;"><u>TV Channel 370 ONLY</u></p> <p>9:00 Seated Cardio 10:00 2in1 Workout 12:00 Matinee Movie</p>	<p style="text-align: right;">11</p> <p>9:30 Enhance Fitness 11:00 Open Swim 1:30 Seattle Center Indigenous People Festival 1:00 Bridge 1:30 Tai Ji Quan 3:00 Weekend Movie: Nomadland</p> <p style="text-align: center;"><u>TV Channel 370 ONLY</u></p> <p>9:00 Chair Stretching 10:00 Sit & Dance 11:00 Mysteries of the Deep</p>														

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p style="text-align: right;">12</p> <p>8:30 Church Transport 1:00 Wayne Marshall Plays & Conducts Gershwin 1:30 Sit & Get Fit (Video) 3:00 Weekend Movie: Jurassic Park: The Lost World</p> <p><u>TV Channel 370 ONLY</u> 9:00 Shoulder Stretching 10:00 2 in 1 Workout</p>	<p style="text-align: right;">13</p> <p>10:00 Knitting in Bistro 11:00 Volunteer Voices 1:00 Bridge/Mahjong 1:30 Tai Ji Quan 2:00 Great Decisions 3:00 Tai Ji Quan II 7:30 Movie: Quartet</p> <p><u>TV Channel 370 ONLY</u> 9:00 Seated Total Body 12:00 Matinee Movie</p>	<p style="text-align: right;">14</p> <p>9:30 Enhance Fitness 11:00 French with Chloe 11:00 QFC Shopping 1:00 Mahjong/Rummy Tiles 1:30 Sit & Get Fit (Video) 2:00 Shakespeare Class 3:00 Women's Group 4:00 Eric on Piano 7:30 Movie: Red Dawn 2012</p> <p><u>TV Channel 370 ONLY</u> 9:00 Sit and Dance 10:00 Total Body Exercise 12:00 Matinee Movie</p>	<p style="text-align: right;">15</p> <p>9:30 Food Bank Volunteer 10:00 BB & Balance 11:15 Water Aerobics 1:00 Bridge 1:15 Brain Fitness 2:00 Mindful Relaxation 3:00 David Kaynor 7:30 Movie: Like a Boss</p> <p><u>TV Channel 370 ONLY</u> 9:00 Gentle Yoga 10:00 2 in1 Workout 12:00 Matinee Movie</p>	<p style="text-align: right;">16</p> <p>9:30 Enhance Fitness 11:00 Wellness 360 "People's Memorial Association" 1:00 Rummy Tiles & Board Games- See WAAG 1:30 Sit & Get Fit 2:00 Current Events 7:30 Movie: A League of Their Own 1992</p> <p><u>TV Channel 370 ONLY</u> 9:00 Chair Yoga 10:00 Walk Exercise 12:00 Matinee Movie</p>	<p style="text-align: right;">17</p> <p>9:30 Tai Ji Quan II 10:15 Rosary 11:15 Water Aerobics 1:00 Mahjong/Bridge 1:00 Watercolor Workshop 1:30 Chair Yoga 3:30 Naomi Entertainment: Cabaret 7:30 Movie: Georgetown</p> <p><u>TV Channel 370 ONLY</u> 9:00 Seated Cardio 10:00 2in1 Workout 12:00 Matinee Movie</p>	<p style="text-align: right;">18</p> <p>9:30 Enhance Fitness 11:00 Open Swim 1:00 Bridge 1:00 5th Ave Theatre: And So That Happened... 1:30 Tai Ji Quan 3:00 Weekend Movie: The Godfather 1972</p> <p><u>TV Channel 370 ONLY</u> 9:00 Chair Stretching 10:00 Sit & Dance 11:00 Serengeti II</p>
<p style="text-align: right;">19</p> <p>Father's Day Sunday Brunch 11-2PM 8:30 Church Transport 1:30 Car Show Issaquah 3:00 Weekend Movie: The Inventor: Out for Blood in Silicon Valley No Dinner</p> <p><u>TV Channel 370 ONLY</u> 9:00 Shoulder Stretching 10:00 2 in 1 Workout 11:00 Operation Iceberg</p>	<p style="text-align: right;">20</p> <p>10:00 Knitting in Bistro 11:00 Ballet: Paquita 1:00 Bridge/Mahjong 1:30 Tai Ji Quan 3:00 Tai Ji Quan II 7:30 Movie: Promised</p> <p><u>TV Channel 370 ONLY</u> 9:00 Seated Total Body 10:00 Walk Exercise 12:00 Matinee Movie</p>	<p style="text-align: right;">21</p> <p>9:30 Enhance Fitness 11:00 QFC Shopping 11:00 French with Chloe 1:00 Mahjong/Rummy Tiles 3:00 Resident Council 7:30 Movie: All Roads Lead To Rome 2016</p> <p><u>TV Channel 370 ONLY</u> 9:00 Sit and Dance 10:00 Total Body Exercise 12:00 Matinee Movie</p>	<p style="text-align: right;">22</p> <p>10:00 BB & Balance 11:15 Water Aerobics 1:00 Bridge 1:15 Brain Fitness 2:00 Mindful Relaxation 5:00 Marketing Garden Party 7:30 Movie: Teacher of the Year</p> <p><u>TV Channel 370 ONLY</u> 9:00 Gentle Yoga 10:00 2 in1 Workout 12:00 Matinee Movie</p>	<p style="text-align: right;">23</p> <p>9:30 Enhance Fitness 11:00 Aspiring Writers 11:30 SYC Boat Trip 1:00 Rummy Tiles & Board Games- See WAAG 1:30 Sit & Get Fit 1:30 Volunteer Native Planting 3:00 Resident Music Fund UW Pianist 7:30 Movie: The Big Sleep</p> <p><u>TV Channel 370 ONLY</u> 9:00 Chair Yoga 10:00 Walk Exercise</p>	<p style="text-align: right;">24</p> <p>9:30 Tai Ji Quan II 10:15 Rosary 11:15 Water Aerobics 1:00 Mahjong/Bridge 1:00 Watercolor Workshop With Victoria 1:30 Chair Yoga 3:30 TED Talks 7:30 Movie: W.E 2021</p> <p><u>TV Channel 370 ONLY</u> 9:00 Seated Cardio 10:00 2in1 Workout 12:00 Matinee Movie</p>	<p style="text-align: right;">25</p> <p>9:30 Enhance Fitness 11:00 Open Swim 1:00 Bridge 1:30 STRUM Ballard Locks 1:30 Tai Ji Quan 3:00 Weekend Movie: The Maltese Falcon 1941</p> <p><u>TV Channel 370 ONLY</u> 9:00 Chair Stretching 10:00 Sit & Dance 11:00 Seven Worlds One Planet</p>
<p style="text-align: right;">26</p> <p>8:30 Church Transport 12:15 Village Theatre: Mamma Mia! 1:30 Sit & Get Fit (Video) 3:00 Weekend Movie: Anna Karenina 2012</p> <p><u>TV Channel 370 ONLY</u> 9:00 Shoulder Stretching 10:00 2 in 1 Workout</p>	<p style="text-align: right;">27</p> <p>10:00 Knitting in Bistro 11:00 Ballet: Starstuck 1:00 Bridge/Mahjong 1:30 Tai Ji Quan 3:00 Tai Ji Quan II 7:00 Fireside Lounge Music 7:30 Movie: The Last Emperor 1987</p> <p><u>TV Channel 370 ONLY</u> 9:00 Seated Total Body 10:00 Walk Exercise 12:00 Matinee Movie</p>	<p style="text-align: right;">28</p> <p>9:30 Enhance Fitness 11:00 French with Chloe 11:00 QFC Shopping 1:00 Mahjong/Rummy Tiles 1:30 Sit & Get Fit 2:00 Finding Your Roots 3:00 Men's Group 7:30 Movie: Crooked House</p> <p><u>TV Channel 370 ONLY</u> 9:00 Sit and Dance 10:00 Total Body Exercise 12:00 Matinee Movie</p>	<p style="text-align: right;">29</p> <p>10:00 BB & Balance 11:15 Water Aerobics 1:00 Bridge 1:15 Brain Fitness 2:00 Mindful Relaxation 3:00 Resident Memoir Presentation 7:30 Movie: West Side Story 2021</p> <p><u>TV Channel 370 ONLY</u> 9:00 Gentle Yoga 10:00 2 in1 Workout 12:00 Matinee Movie</p>	<p style="text-align: right;">30</p> <p>9:30 Enhance Fitness 1:00 Rummy Tiles & Board Games- See WAAG 1:30 Sit & Get Fit 2:00 Current Events 7:30 Movie: Imitation Game 2014</p> <p><u>TV Channel 370 ONLY</u> 9:00 Chair Yoga 10:00 Walk Exercise 12:00 Matinee Movie</p>	<div style="display: flex; flex-direction: column; align-items: center;"> <div style="display: flex; align-items: center; margin-bottom: 10px;"> <div style="width: 15px; height: 15px; background-color: red; border-radius: 50%; margin-right: 5px;"></div> <p>Trips</p> </div> <div style="display: flex; align-items: center; margin-bottom: 10px;"> <div style="width: 15px; height: 15px; background-color: blue; border-radius: 50%; margin-right: 5px;"></div> <p>Music, Lectures</p> </div> <div style="display: flex; align-items: center; margin-bottom: 10px;"> <div style="width: 15px; height: 15px; background-color: green; border-radius: 50%; margin-right: 5px;"></div> <p>Monthly Events</p> </div> <div style="display: flex; align-items: center;"> <div style="width: 15px; height: 15px; background-color: purple; border-radius: 50%; margin-right: 5px;"></div> <p>Marketing</p> </div> </div>	