




# July 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>For additional activity supplies please contact Life Enrichment on the 3rd floor or by calling the front desk at 425-557-4200</i></p>	 <b>THRIVE</b> mind • body • spirit <p>Thrive is a holistic approach to healthy aging designed to achieve optimal health, energy, and life enjoyment. Focused on supporting mind, body, and spirit and developed in collaboration with the U of WA Schools of Nursing and Social Work.</p>	<p><b>Symbol Key:</b></p> <p><b>"*"</b> Requires advanced sign-up at the Front Desk in the Life Enrichment Binder.</p> <p>Anything written in <b>Bold*</b> is typically off site</p> <p><b>*Bold &amp; Purple indicates Invite &amp; RSVP required at front desk</b></p> <p>Anything in <b>BLUE</b> indicates TouchTown (Ch. 370/371)</p>		<p><b>FRIDAY—JULY 15th</b></p> <p>★ <i>Traveling Library—</i>  <i>be sure your King County Library books are turned in to the LE Office or the front desk by 10 am.</i></p>	<p><b>1</b></p> <p>10:00 Enhance Fitness (GA)            11:00-12:30 Art lecture with Kolya Rice—Baroque Arts Series (GA)            1:00 Bridge (DR)            1:00 Mah-Jong Game (1FL)            3:00 July 4th Happy Hour - Music w/ Cindy and Bob (DRP)            7:00 Movie Night  <i>"Mildred Place" (1945)</i></p>	<p><b>2</b></p> <p>10:00 Mah-Jong Game (1FL)            10:30 Stretch &amp; Flex (GA)            1:00 Writing Group (GR)            2:00 Fulghum Book Review with Claudia (PDR)            7:00 Movie Night  <i>"Safety Not Guaranteed" (2012)</i></p>
<p><b>3</b></p> <p>9:30 Church Shuttle *            10:15 Church Shuttle *            11:00 Women's Coffee Hour (LR)            1:00 Scrabble (GR)            2:00 Movie Matinee  <i>"An American in Paris" (1951)</i>            7:00 Movie Night  <i>"Mr. Smith Goes to Washington" (1939)</i>            7:00 Card Game "Rummy" (1FL)</p>	<p><b>4</b></p> <p>10:00 Enhance Fitness (GA)            11:00 Brain Fitness (GA)            1:00 Handel—Music for Royal Fireworks            3:00 Bingo, Cookies &amp; Fireworks (GA)            7:00 New York Fireworks Show  <b>4th of July BBQ! (DR)</b>  <b>4th of July!</b></p>	<p><b>5</b></p> <p>10:45/12:00  <b>Fred Meyer Grocery Shuttle *</b>            11:00 Quilt Group Informational Meeting (GR)            1:00 Bridge (DR)            2:00 Stretch &amp; Flex (GA)            3:00 Sunshine Club Root Beer Float Social (DRP)</p>	<p><b>6</b></p> <p>10:00 Enhance Fitness (GA)            11:00 Chair Yoga (GA)            11:00 Caregiver Support Group (GR)            11:15 Lunch Outing  <b>Sammamish Cafe*</b>            1:00 Friendly Bridge (GR)            3:00 Town Hall (GA)            7:00 Documentary Movie  <i>"The Marines" (2006)</i></p>	<p><b>7</b></p> <p>10:30 Stretch &amp; Flex (GA)  <b>11:15 Outing to Trader Joe's *</b>            1:00 Card Game "Sevens" (1FL)            1:30 Balance Class (GA)            2:00 Library Volunteering (LB)            2:30 Music Lecture w/ Theodore Deacon—Liszt (GA)            *Pharmacist on-site 9am-12pm</p>	<p><b>8</b></p> <p>10:00 Enhance Fitness (GA)            11:00-12:30 Art lecture with Kolya Rice—Baroque Arts Series (GA)            1:00 Bridge (DR)            1:00 Mah-Jong Game (1FL)            3:00 Life Enrichment Planning Meeting w/ donuts! (GA)            7:00 Movie Night  <i>"The Flying Scots Man" (2006)</i></p>	<p><b>9</b></p> <p>10:00 Mah-Jong Game (1FL)            10:30 Stretch &amp; Flex (GA)            1:00 Writing Group (GR)            2:00 Fulghum Book Review with Claudia (PDR)            7:00 Movie Night  <i>"Elizabeth" (1998)</i></p>
<p><b>10</b></p> <p>9:30 Church Shuttle *            10:15 Church Shuttle *            11:00 Women's Coffee Hour (LR)            1:00 Scrabble (GR)            2:00 Movie Matinee  <i>"Another Thin Man" (1939)</i>            7:00 Movie Night  <i>"Fury" (1936)</i>            7:00 Card Game "Rummy" (1FL)</p>	<p><b>11</b></p> <p>10:00 Enhance Fitness (GA)            11:00 Brain Fitness (GA)            1:30 Current Events (GA)            3:00 Beer, Chips and Bingo (GA)</p>	<p><b>12</b></p> <p>9:30/10:45  <b>QFC Grocery Shuttle *</b>            11:30 Health Talk w/ Select Rehab:  <i>"BIG MOVE w/Parkinson's" (GA)</i>            1:00 David Smith Lecture:  <i>"Mormonism" (GA)</i>            1:00 Bridge (DR)            2:00 Stretch &amp; Flex (GA)            4:00-6:00            Dinner Music (DR)</p>	<p><b>13</b></p> <p>10:00 Enhance Fitness (GA)            11:00 Chair Yoga (GA)            12:15 Catholic Communion (GR)            1:00 Friendly Bridge (GR)            1:00-2:30 Bible Class: <i>"The Life of King David" (GA)</i>            3:00 Contemporary Issues Women's Group (GA)            7:00 Documentary Movie  <i>"Bobby Fisher Against the World" (2011)</i></p>	<p><b>14</b></p> <p>10:30 Stretch &amp; Flex (GA)  <b>11:30 Outing to Snoqualmie Casino *</b>            1:00 Card Game "Sevens" (1FL)            1:30 Balance Class (GA)            6:30 Trivia Night with Nick &amp; Rebecca (GA)</p>	<p><b>★Traveling Library Day 15</b></p> <p>10:00 Enhance Fitness (GA)            11:00-12:30 Art lecture with Kolya Rice—Baroque Arts Series (GA)            1:00 Bridge (DR)            1:00 Mah-Jong Game (1FL)            3:00 Drinks &amp; Jazz with Casey (GA)            7:00 Movie Night  <i>"Martian Child" (2007)</i></p>	<p><b>16</b></p> <p>10:00 Mah-Jong Game (1FL)  <b>10:00 Pickering Barn Farmer's Market *</b>            10:30 Stretch &amp; Flex (GA)            1:00 Writing Group (GA)            2:00 Fulghum Book Review with Claudia (PDR)            7:00 Movie Night  <i>"The Rainmaker" (1997)</i></p>



# July 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<p><b>9:30 Church Shuttle *</b>  <b>10:15 Church Shuttle *</b>            11:00 Women's Coffee Hour (LR)            1:00 Scrabble (GR)</p> <p>2:00 Movie Matinee  <i>"The Kid With the Bike"</i>            (2011)            (Foreign Film—Belgium)</p> <p>7:00 Movie Night  <i>"On the Rocks"</i> (2020)</p> <p>7:00 Card Game "Rummy" (1FL)</p>	<p>10:00 Enhance Fitness (GA)</p> <p style="text-align: center;"><b>10:00 Outing to Bellevue Square Mall*</b></p> <p>11:00 Brain Fitness (GA)            1:00 Caregiver Support Group (GR)            1:30 Current Events (GA)            3:00 Resident/Resident Council Meeting (GA)</p>	<p style="text-align: center;"><b>10:45/12:00 Fred Meyer Grocery Shuttle *</b></p> <p>12:30 Mindful Relaxation (GR)            1:00 Bridge (DR)            2:00 Stretch &amp; Flex (GA)            3:00 Celebration of Life (GA)            6:30 Bingo &amp; Popcorn (GA)</p>	<p>10:00 Enhance Fitness (GA)            11:00 Chair Yoga (GA)            11:00 Episcopal Communion with Rev. Marilyn Brown (GR)            1:00 Friendly Bridge (GR)            3:00 Wellness 360 w/ Mallory <i>"Emotional Wellness"</i> (GA)</p> <p>7:00 Documentary Movie <i>"Jiro Dreams of Sushi"</i> (2011)</p>	<p style="text-align: center;"><b>10:00 Outing to the Japanese Garden at the WA Park Arboretum *</b></p> <p>10:30 Stretch &amp; Flex (GA)            1:00 Card Game "Sevens" (1FL)            1:30 Balance Class (GA)            2:00 Book Club (PDR)            3:00 Lecture w/ Bill Woodward <i>"Will the 2020s Roar like the 1920s"</i> (GA)</p>	<p>10:00 Enhance Fitness (GA)  <b>10:30 Birthday Brunch * (DR)</b>            11:00-12:30 Art lecture with Koyla Rice—Baroque Arts (GA)            1:00 Bridge (DR)            1:00 Mah-Jong Game (1FL)            3:00 Magic Show w/ Magic Monty (GA)</p> <p>7:00 Movie Night <i>"Barbara"</i> (2012)            (Foreign Film—Germany)</p>	<p>10:00 Mah-Jong Game (1FL)            10:30 Stretch &amp; Flex (GA)            1:00 Writing Group (GR)            2:00 Fulghum Book Review with Claudia (PDR)</p> <p>7:00 Movie Night <i>"Big Fish"</i> (2003)</p>
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
<p><b>9:30 Church Shuttle *</b>  <b>10:15 Church Shuttle *</b>            11:00 Women's Coffee Hour (LR)            1:00 Scrabble (GR)</p> <p>2:00 Movie Matinee  <i>"The Prince &amp; the Pauper"</i>            (1937)</p> <p>7:00 Movie Night  <i>"My Blue Heaven"</i> (1990)</p> <p>7:00 Card Game "Rummy" (1FL)</p>	<p>10:00 Enhance Fitness (GA)            11:00 Brain Fitness (GA)</p> <p style="text-align: center;"><b>1:00 Scenic Drive with specialty Ice Cream stop *</b></p> <p>1:30 Current Events (GA)            2:30 Great Decisions: <i>"Drug Policy in Latin America"</i> (GA)</p>	<p style="text-align: center;"><b>9:30/10:45 Safeway Grocery Shuttle *</b></p> <p>1:00 Bridge (DR)            1:00 David Smith Lecture: <i>"Mormonism"</i> (GA)            2:00 Stretch &amp; Flex (GA)            3:00 Nutrition Talk w/ Courtney <i>"Superfoods for Superior Health"</i> (GA)</p>	<p>10:00 Enhance Fitness (GA)            11:00 Chair Yoga (GA)</p> <p style="text-align: center;"><b>11:00 Outing to Bellevue Art Museum *</b></p> <p>1:00 Friendly Bridge (GR)            1:00-2:30 Bible Class: <i>"The Life of King David"</i> (GA)            3:00 Contemporary Issues Women's Group (GA)</p> <p>7:00 Documentary Movie <i>"Deep Water"</i> (2006)</p>	<p>10:30 Stretch &amp; Flex (GA)            1:00 Card Game "Sevens" (1FL)            1:30 Balance Class (GA)            3:00 Lance Rhoades Lecture: <i>"The History of the Western Movie"</i> (GA)</p>	<p>10:00 Enhance Fitness (GA)</p> <p style="text-align: center;"><i>White Elephant Sale</i>            12pm-3pm            (Gilman Auditorium)</p> <p>1:00 Bridge (DR)            1:00 Mah-Jong Game (1FL)            3:00 Visit from WA Therapy Doodles (dogs) (GA)</p> <p>7:00 Movie Night <i>"Belfast"</i> (2021)</p>	<p>10:00 Mah-Jong Game (1FL)            10:30 Stretch &amp; Flex (GA)            1:00 Writing Group (GR)            2:00 Fulghum Book Review with Claudia (PDR)</p> <p>7:00 Movie Night <i>"My Best Friend"</i> (2007)            (Foreign Film—France)</p>
<b>31</b>	<b>Wellness Services:</b>		<b>Room Key:</b>		<b>*TouchTown (Ch.370/371) Programming</b>	
<p><b>9:30 Church Shuttle *</b>  <b>10:15 Church Shuttle *</b>            11:00 Women's Coffee Hour (LR)            1:00 Scrabble (GR)</p> <p>2:00 Movie Matinee  <i>"Fighting With My Family"</i>            (2019)</p> <p>7:00 Movie Night  <i>"Eddie the Eagle"</i> (2016)</p> <p>7:00 Card Game "Rummy" (1FL)</p>	<ul style="list-style-type: none"> <li>• <b>Dr. TK (6M Primary Care Physician) - Thursdays</b></li> <li>• <b>Audiologist is here once a month</b></li> <li>• <b>Podiatrist is here twice a month</b></li> </ul> <p style="text-align: center;"><i>(Schedule your appointments for the above with Wellness)</i></p>		<p>1st Floor Loft (1FL)            Dining Room (DR)            Game Room (GR)            Gilman Auditorium (GA)            Library (LB)            Living Room (LR)            Lobby (L)            Dining Room Patio (DRP)            Private Dining Room (PDR)            Pool (P)            Pea Patch (PP)</p>		<p style="text-align: center;"><b>Wed 8:00am</b>  <b>Sun Tues 9:30am</b>  <b>Sun Tues Thur 10:30am</b>  <b>Mon Wed Fri Sat 10:30am</b>  <b>Mon-Sat 2:30pm</b>  <b>Mon-Sat 3:00pm</b>  <b>Sun Tues Thur 9:00pm</b>  <b>7 days/week 9:30pm</b></p>	
	<p><i>If you have any questions about wellness services, please go to the Wellness Center on the 1st floor.</i></p>				<p>← <b>★ See schedule in BLUE with all the programs available on TouchTown (Ch. 370/371)</b> →</p>	



# March 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><u><i>*Channel 370/371 Programming</i></u></p> <p>Sunrise Beach Walk <span style="float: right;">Wed 8:30am</span>            Qi Gong Exercise Routine <span style="float: right;">Sun Tues 9:30am</span>            Chair Yoga <span style="float: right;">Sun Tues Thur 10:30am</span>            Chair Exercise <span style="float: right;">Mon Wed Fri Sat 10:30am</span>            Mindful Relaxation <span style="float: right;">Mon-Sat 2:30pm</span>            Better Balance <span style="float: right;">Mon-Sat 3:00pm</span>            Gentle Yoga <span style="float: right;">Sun Tues Thur 9:00pm</span>            Bedtime Mindful Relaxation <span style="float: right;">7 days/week 9:30pm</span></p>		<p>←</p> <p>★ <i>See schedule in BLUE with all the programs available on Channel 370/371</i></p> <p>←</p>	<p><i>For additional activity supplies please contact Life Enrichment on the 3rd floor or by calling the front desk at 425-557-4200</i></p>			
<p><b>Room Key:</b>            1st Floor Loft (1FL)            Dining Room (DR)            Game Room (GR)            Gilman Auditorium (GA)            Library (LB)            Living Room (LR)            Lobby (L)            Dining Room Patio (DRP)            Private Dining Room (PDR)            Pool (P)            Pea Patch (PP)</p>	<p><b>Symbol Key:</b>            “*” Requires advanced sign-up at the Front Desk in the Life Enrichment Binder.            Anything written in <b>bold*</b> is typically off site            *Bold &amp; Purple indicates invite &amp; RSVP required at front desk            Anything in BLUE indicates it is on Channel 370/371</p>	<p><u>FRIDAY—December 17th</u></p> <p>★ <i>Traveling Library—be sure your King County Library books are turned in to the LE Office or the front desk by 10 am.</i></p>			<p><u>Wellness Services:</u></p> <ul style="list-style-type: none"> <li>• Dr. Min (Primary Care Physician) - Thursdays</li> <li>• Snoqualmie Lab - Thursdays</li> <li>• Audiologist is here once a month</li> <li>• Podiatrist is here twice a month</li> </ul> <p><i>(Schedule your appointments for the above with wellness)</i></p> <hr/> <p><i>If you have any questions about wellness services, please go to the wellness center on the 1st floor.</i></p>	