


August 2019

Independent Living Lifestyle & Leisure

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>CAP SANTE COURT Retirement Community</div> <div>1111 32nd St. Anacortes, WA 98221 360-293-8088</div>		<div><div>CC</div>Community Connections</div> <div><div>CE</div>Continuing Education</div> <div><div>LL</div>Lifestyle & Leisure</div> <div><div>PE</div>Physical Engagement</div> <div><div>SS</div>Spiritual Support</div>		<div>10:30 Sing Along 1</div> <div>1:30 <div>LL</div> Bingo Bango!</div> <div>6:00 <div>LL</div> Movie & Popcorn</div>	<div>10:00 Fritter Friday 2</div> <div>1:30 <div>PE</div> Yoga</div> <div>2:30 Scott Thomson On Guitar</div> <div>3:30 <div>CC</div> Happy Hour</div> <div>6:00 <div>CE</div> Documentary</div>	<div>9:30 <div>CC</div> 9:30 Breakfast Club 3</div> <div>3:45 <div>CC</div> Card Games</div>
<div>9:00 <div>LL</div> Coffee with the Ladies 4</div> <div>10:30 <div>SS</div> Deep Breathing</div> <div>6:00 <div>LL</div> Movie Night</div>	<div>1:30 <div>PE</div> Yoga 5</div> <div>3:00 Have Your Portrait Sketched</div> <div>6:00 <div>CE</div> Documentary</div> <div>6:00 <div>LL</div> Ice Cream Social</div>	<div>10:30 <div>LL</div> Bingo Bango! 6</div> <div>1:30 <div>LL</div> Safeway Shopping</div> <div>2:30 <div>CE</div> TED TALKS</div> <div>6:00 National Night Out</div>	<div>11:00 Picnic at Wa Park 7</div> <div>1:15 <div>PE</div> Yoga</div> <div>6:00 <div>LL</div> Happy Hour</div> <div>6:00 Nature Documentary</div>	<div>10:30 Arts & Crafts; Paper Flowers 8</div> <div>1:30 <div>LL</div> Bingo Bango!</div> <div>2:30 All About Hearing</div> <div>6:00 <div>LL</div> Movie & Popcorn</div>	<div>11:00 Flyswatter Volleyball 9</div> <div>1:30 <div>PE</div> Yoga</div> <div>2:30 Virginia's Art Gallery</div> <div>3:30 <div>CC</div> Happy Hour</div> <div>6:00 <div>CE</div> Documentary</div>	<div>9:30 <div>CC</div> 9:30 Breakfast Club 10</div> <div>11:00 Paint the Park Purple! Alzheimer's Fundraiser</div> <div>3:45 <div>CC</div> Card Games</div>
<div>9:00 <div>LL</div> Coffee with the Ladies 11</div> <div>10:30 <div>SS</div> Deep Breathing</div> <div>12:00 Historical Cruise through La Conner</div> <div>6:00 <div>LL</div> Movie Night</div>	<div>1:30 <div>PE</div> Yoga 12</div> <div>3:00 Have Your Portrait Sketched</div> <div>3:15 Words Games</div> <div>6:00 <div>CE</div> Documentary</div> <div>6:00 <div>LL</div> Ice Cream Social</div>	<div>9:30 Blood Pressure Check 13</div> <div>10:30 <div>LL</div> Bingo Bango!</div> <div>1:30 <div>LL</div> Safeway Shopping</div> <div>2:30 <div>CE</div> TED TALKS</div> <div>6:00 <div>CC</div> Documentary</div>	<div>10:30 <div>CC</div> Cap Sante Cafe 14</div> <div>1:15 <div>PE</div> Yoga</div> <div>2:30 <div>CC</div> Walmart Trip</div> <div>6:00 <div>LL</div> Happy Hour</div> <div>6:00 Nature Documentary</div>	<div>10:30 Deception Pass Park Ranger Presentation 15</div> <div>1:30 <div>LL</div> Bingo Bango!</div> <div>6:00 <div>LL</div> Movie & Popcorn</div>	<div>10:00 Fritter Friday 16</div> <div>1:30 <div>PE</div> Yoga</div> <div>2:00 Don Beck Singer</div> <div>3:30 <div>CC</div> Happy Hour</div> <div>6:00 <div>CE</div> Documentary</div>	<div>9:30 <div>CC</div> 9:30 Breakfast Club 17</div> <div>3:45 <div>CC</div> Card Games</div>
<div>9:00 <div>LL</div> Coffee with the Ladies 18</div> <div>10:30 <div>SS</div> Deep Breathing</div> <div>6:00 <div>LL</div> Movie Night</div>	<div>1:30 <div>PE</div> Yoga 19</div> <div>3:00 Have Your Portrait Sketched</div> <div>3:15 Mind Madness</div> <div>6:00 <div>CE</div> Documentary</div> <div>6:00 <div>LL</div> Ice Cream Social</div>	<div>10:30 <div>LL</div> Bingo Bango! 20</div> <div>1:30 <div>LL</div> Safeway Shopping</div> <div>2:30 <div>CE</div> TED TALKS</div> <div>6:00 <div>CC</div> Documentary</div>	<div>10:30 <div>CC</div> Cap Sante Cafe 21</div> <div>1:15 <div>PE</div> Yoga</div> <div>2:30 <div>CC</div> Oak Harbor Dollar Store</div> <div>6:00 <div>LL</div> Happy Hour</div> <div>6:00 Nature Documentary</div>	<div>10:30 Sing Alone 22</div> <div>1:30 <div>LL</div> Bingo Bango!</div> <div>6:00 <div>LL</div> Movie & Popcorn</div>	<div>11:00 Flyswatter Volleyball 23</div> <div>1:30 <div>PE</div> Yoga</div> <div>3:30 Beer Tasting</div> <div>3:30 <div>CC</div> Happy Hour</div> <div>6:00 <div>CE</div> Documentary</div>	<div>9:30 <div>CC</div> 9:30 Breakfast Club 24</div> <div>3:45 <div>CC</div> Card Games</div>
<div>9:00 <div>LL</div> Coffee with the Ladies 25</div> <div>10:30 <div>SS</div> Deep Breathing</div> <div>2:00 Community Talks</div> <div>6:00 <div>LL</div> Movie Night</div>	<div>1:30 <div>PE</div> Yoga 26</div> <div>3:00 Have Your Portrait Sketched</div> <div>3:15 Drawing</div> <div>6:00 <div>CE</div> Documentary</div> <div>6:00 <div>LL</div> Ice Cream Social</div>	<div>10:30 <div>LL</div> Bingo Bango! 27</div> <div>1:30 <div>LL</div> Safeway Shopping</div> <div>2:30 <div>CE</div> TED TALKS</div> <div>6:00 <div>CC</div> Documentary</div>	<div>10:30 <div>CC</div> Cap Sante Cafe 28</div> <div>1:15 <div>PE</div> Yoga</div> <div>2:30 <div>CC</div> Jet Boat Tour</div> <div>6:00 <div>LL</div> Happy Hour</div> <div>6:00 Nature Documentary</div>	<div>10:30 Trivia & Mind Madness 29</div> <div>1:30 <div>LL</div> Bingo Bango!</div> <div>6:00 <div>LL</div> Movie & Popcorn</div>	<div>1:30 <div>PE</div> Yoga 30</div> <div>3:30 BBQ Fun In The Sun</div> <div>3:30 <div>CC</div> Happy Hour</div> <div>6:00 <div>CE</div> Documentary</div>	<div>9:30 <div>CC</div> 9:30 Breakfast Club 31</div> <div>3:45 <div>CC</div> Card Games</div>