

September 2019

Independent Living Lifestyle & Leisure



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1:00 Movie-Fly Away Home 2:30 Bingo 6:00 Five Crowns Card Game 1	Carol's Birthday Labor Day 2 10:00 Wii Bowling 11:00 Stretch and Flex 2:00 Outdoor Activities - Weather Permitting 6:00 Five Crowns Card Game 6:00 Mexican Train Game	10:00 Errands 2:00 Movie 3:45 Wine Social 6:00 RummiKub 6:00 Shanghai Rummy 3	10:00 Blood Pressure Checks 11:00 Stretch and Flex 2:30 Esquires / Birthdays Celebration Music 6:00 Hand and Foot 4	10:00 Casino Run 3:00 Marcia Kester / Music 6:00 Five Crowns Card Game 5	11:00 Stretch and Flex 1:15 Pinochle 2:45 Ice Cream Social 3:15 The Knitting Experience 6:00 RummiKub 6	Lee's Birthday 7 1:30 Wheel of Fortune 3:00 Outdoor Activities/ Weather Permitting 6:00 Shanghai Rummy Card Game
Seahawks vs Cincinnati/1:05 PM/CBS 8 2:30 Bingo 6:00 Five Crowns Card Game	10:00 Parkinson's Support Group 10:00 Wii Bowling 11:00 Stretch and Flex 2:30 Outdoor Activities - Weather Permitting 6:00 Five Crowns Card Game 6:00 Mexican Train Game 9	10:00 Errands 2:00 Movie 3:45 Hometowns Music 3:45 Wine Social 6:00 RummiKub 6:00 Shanghai Rummy 10	10:00 Blood Pressure Checks 11:00 Resident Meeting with Lee 1:15 Quarter Bingo 6:00 Hand and Foot 11	11:00 All About Hearing 1:15 Donut Run 3:15 Nails with Gail 6:00 Five Crowns Card Game 12	11:00 Stretch and Flex 1:15 Pinochle 2:45 Ice Cream Social 3:15 The Knitting Experience 6:00 RummiKub 13	1:30 Wheel of Fortune 3:00 Outdoor Activities / Weather Permitting 6:00 Shanghai Rummy Card Game 14
Bob's Birthday Seahawks at Pittsburgh/10:00 AM/Fox 15 1:00 Movie 2:30 Bingo 6:00 Five Crowns Card Game	10:00 Wii Bowling 11:00 Stretch and Flex 1:15 Scam Discussion/Police Dept 6:00 Five Crowns Card Game 6:00 Mexican Train Game 16	10:00 Errands 1:15 Pasek Cellars/ Wine Tasting 2:00 Movie 3:45 Wine Social 6:00 RummiKub 6:00 Shanghai Card Game 17	10:00 Blood Pressure Checks 11:00 Stretch and Flex 1:15 Quarter Bingo 6:00 Hand and Foot 18	1:30 Sakuma Brothers/ Fruit, Etc. 3:15 Nails with Gail 6:00 Five Crowns Card Game 19	11:00 Stretch and Flex 1:15 Pinochle 2:45 Ice Cream Social 3:15 The Knitting Experience 6:00 RummiKub 20	1:30 Wheel of Fortune 6:00 Shanghai Rummy Card Game 21
Betty's Birthday Seahawks vs New Orleans/1:25 PM/CBS 22 2:30 Bingo 6:00 Five Crowns Card Game	10:00 Wii Bowling 11:00 Stretch and Flex 6:00 Five Crowns Card Game 6:00 Mexican Train Game 23	Diana's Birthday 24 10:00 Errands 2:00 Movie 3:45 Dennis Sakowski / Music 3:45 Wine Social 6:00 RummiKub 6:00 Shanghai Rummy	10:00 Blood Pressure Checks 11:00 Stretch and Flex 1:15 Quarter Bingo 6:00 Hand and Foot 25	11:00 Lunch with Bob / San Juan Bowling Alley 3:15 Nails with Gail 6:00 Five Crowns Card Game 26	11:00 Stretch and Flex 1:15 Pinochle 2:45 Ice Cream Social 3:15 The Knitting Experience 6:00 RummiKub 27	1:30 Wheel of Fortune 6:00 Shanghai Rummy Card Game 28
Seahawks @ Arizona/1:05 PM/FOX 29 2:30 Bingo 6:00 Five Crowns Card Game	10:00 Wii Bowling 11:00 Stretch and Flex 6:00 Five Crowns Card Game 6:00 Mexican Train Game 30	<div>  <div> 2311 E Division St Mount Vernon, WA 98274 360-428-0222 </div> </div>				