

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Location Key

- BP-Bailey's Pub
- SR-Cascade Card Rm
- DR-Dungeness Room
- GR-Game Room
- L&CR-Lewis & Clark Room
- PDR-Private Dining Room
- QR-Quilceda Room
- RDR-Rainier Dining Room
- SR-Snoqualmie Room
- TH-Theatre
- SFC-Soar Fitness Center
- BR-Ball Room
- P2-New Bistro
- ICR-Interurban Conf. Rm

* **Outing**



1

Doctor Runs South
(Northgate / Seattle)
8:00 - 2:00
11:00 Seated Exercise SR
(first come first serve)
1:00 Trivia P2 Bistro
3:00 Seated Exercise SR
(first come first serve)
3 & 7 Movie,
Morning Glory TH

2

2:00 - 3:00 Happy Hour in the
SR (first come first serve)
~OR~
2:30 - 3:30 Happy Hour in the
P2 Bistro
(first come first serve)
3 & 7 Movie,
Morning Glory TH

3

11:00 Chair Tai Chi SR
(first come first serve)
2:00 Face Mask Decorating
SR
2:00 News & Views with
Claire in the Ballroom
3 & 7 Movie,
Morning Glory TH

4

10:00 Seahawks @
Miami Dolphins on FOX
11:00 Seated Yoga SR
(first come first serve)
3:00 Seated Yoga SR
(first come first serve)
4:00 Short Stories w/Kay P2
3 & 7 Movie, Outlaw King TH

5

9:30 Blood Pres. Check, MR
11:00 Seated Exercise SR
(first come first serve)
3:00 Seated Exercise SR
(first come first serve)
1:00 New Resident Orienta-
tion in the Ballroom
3 & 7 Movie, Outlaw King TH

6

Doctor Runs North
8:00 - 2:00
10:00 Check out your book
club book in the Life
Engagement office
11:00 Chair Tai Chi SR
(first come first serve)
3:00 Chair Tai Chi SR
(first come first serve)
3:00 Res. Council Meeting
Interurban Conference Room
3 & 7 Movie, Outlaw King TH

7

11:00 Seated Yoga SR
(first come first serve)
1:00 Bingo P2 Bistro
3:00 Seated Yoga SR
(first come first serve)
3:00 Hospitality Meeting in the
Ballroom
3 & 7 Movie,
The Wedding Planner TH

8

Doctor Runs South
8:00 - 2:00
11:00 Seated Exercise SR
(first come first serve)
3:00 Seated Exercise SR
(first come first serve)
3 & 7 Movie,
The Wedding Planner TH

9

2:00 - 3:00 Happy Hour in the
SR (first come first serve)
~OR~
2:30 - 3:30 Happy Hour in the
P2 Bistro
(first come first serve)
3 & 7 Movie,
The Wedding Planner TH

10

11:00 Chair Tai Chi SR
(first come first serve)
2:00 Face Mask Decorating
SR
2:00 News & Views with
Claire in the Ballroom
3 & 7 Movie, Les Miserables
TH

11

11:00 Seated Yoga SR
(first come first serve)
3:00 Seated Yoga SR
(first come first serve)
5:20 Seahawks vs
Minnesota Vikings on NBC
3 & 7 Movie, Les Miserables
TH

12

9:30 Blood Pres. Check, MR
11:00 Seated Exercise SR
(first come first serve)
3:00 Seated Exercise SR
(first come first serve)
3 & 7 Movie, Les Miserables
TH

13

Doctor Runs North
8:00 - 2:00
11:00 Chair Tai Chi SR
(first come first serve)
3:00 Chair Tai Chi SR
(first come first serve)
3 & 7 Movie, Wishman TH

14

11:00 Seated Yoga SR
(first come first serve)
1:00 Bingo P2 Bistro
3:00 Seated Yoga SR
(first come first serve)
3:00 Activity Meeting in the
Ballroom
3 & 7 Movie, Wishman TH

15

Doctor Runs South
(Northgate / Seattle)
8:00 - 2:00
11:00 Seated Exercise SR
(first come first serve)
1:00 Hangman P2 Bistro
3:00 Seated Exercise SR
(first come first serve)
3 & 7 Movie, Wishman TH

16

2:00 - 3:00 Happy Hour in the
SR (first come first serve)
~OR~
2:30 - 3:30 Happy Hour in the
P2 Bistro
(first come first serve)
3 & 7 Movie,
Faith, Wishman TH

17

11:00 Chair Tai Chi SR
(first come first serve)
2:00 Face Mask Decorating
SR
2:00 News & Views with
Claire in the Ballroom
3:00 Chair Tai Chi SR
(first come first serve)
3 & 7 Movie, Big Miracle TH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Seahawks Bye Week 18 11:00 Seated Yoga SR (first come first serve) 3:00 Seated Yoga SR (first come first serve) 4:00 Short Stories w/Kay P2 3 & 7 Movie, Big Miracle TH	19 9:30 Blood Pres. Check, MR 11:00 Seated Exercise SR (first come first serve) 3:00 Seated Exercise SR (first come first serve) 3:00 All Resident Meeting in the Ballroom 4:00 Billiards, DR 3 & 7 Movie, The Promise TH	20 Doctor Runs North 8:00 - 2:00 11:00 Chair Tai Chi SR (first come first serve) 3:00 Chair Tai Chi SR (first come first serve) 3:00 All Resident Meeting in the Ballroom 3 & 7 Movie, The Promise TH	21 11:00 Seated Yoga SR (first come first serve) 1:00 Bingo P2 Bistro 3:00 Seated Yoga SR (first come first serve) 3:00 Dining Meeting in the Ballroom 3 & 7 Movie, The Promise TH	22 Doctor Runs South 8:00 - 2:00 11:00 Seated Exercise SR (first come first serve) 1:00 Hangman P2 Bistro 3:00 Seated Exercise SR (first come first serve) 3:00 All Resident Meeting in the Ballroom 3 & 7 Movie, Hostiles TH	23 11:00 Card Class in the Inter- urban Room 2:00 - 3:00 Happy Hour in the SR (first come first serve) ~OR~ 2:30 -3:30 Happy Hour in the P2 Bistro (first come first serve) 3:00 All Resident Meeting in the Ballroom 3 & 7 Movie, Hostiles TH Happy 100th Birthday Bob W	24 11:00 Chair Tai Chi SR (first come first serve) 2:00 News & Views with Claire in the Ballroom 2:00 Face Mask Decorating SR 3 & 7 Movie, Hostiles TH
25 11:00 Seated Yoga SR (first come first serve) 3:00 Seated Yoga SR (first come first serve) 1:05 Seahawks @ St Louis Cardinals on FOX 3 & 7 Movie, 1917 TH	26 9:30 Blood Pres. Check, MR 11:00 Seated Exercise SR (first come first serve) 3:00 Seated Exercise SR (first come first serve) 3:00 All Resident Meeting in the Ballroom 3 & 7 Movie,1917 TH	27 Doctor Runs North 8:00 - 2:00 11:00 Chair Tai Chi SR (first come first serve) 1:00 Armchair Travel to Haunted Places with Kay SR 3:00 All Resident Meeting in the Ballroom 3 & 7 Movie, 1917 TH	28 Doctor Runs Eastside Only 8:00 - 2:00 11:00 Seated Yoga SR (first come first serve) 1:00 Armchair Travel to Haunted Places with Kay SR 3:00 Seated Yoga SR (first come first serve) 3:00 Bldg., Grounds & Safety Meeting in the Ballroom 3 & 7 Movie, 1917 TH	29 Doctor Runs South 8:00 - 2:00 11:00 Seated Exercise SR (first come first serve) 1:00 Trivia P2 Bistro 3:00 Seated Exercise SR (first come first serve) 3:00 All Resident Meeting in the Ballroom 3 & 7 Movie, The Addams Family TH	30 2:00 - 3:00 Happy Hour in the SR (first come first serve) ~OR~ 2:30 - 3:30 Happy Hour in the P2 Bistro (first come first serve) 3:00 All Resident Meeting in the Ballroom 3 & 7 Movie, The Addams Family TH	31 11:00 Chair Tai Chi SR (first come first serve) 2:00 Costume Parade 3 & 7 Movie, The Addams Family TH



Any questions, comments or feedback regarding this monthly activity calendar, please see Candace

- *Activities in **GREEN** are Exercise related activities
- *Activities in **BLUE** are Entertainers performing in the month.
- *Activities in **RED** are outings

CALENDAR IS SUBJECT TO CHANGE!

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