



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Transportation: APPT. Day <b>1</b> 9:30 SAIL Fitness 10:30 Water Fitness 1:00 Sit & Fit 3:30 Happy Hour 6:30 Mexican Train	Transportation: APPT. Day <b>2</b> 9:30 Cardio/Strength Fitness <b>11:00 Brain Fitness w/Patti</b> 1:00 Sit & Fit 2:00 Bingo 3:30 Happy Hour 6:30 Triomino's 7:00 Movie Night	<b>3</b> 9:30 S.A.I.L. Fitness 10:30 Catholic Prayer Service 10:30 Water Fitness 1:00 Sit & Fit 3:00 Needle Group 3:00 Happy Hour 6:30 Bingo 6:30 Cribbage	Transportation: APPT. Day <b>4</b> Coast Guard Birthday 9:30 Cardio/Strength Fitness 1:00 Sit & Fit <b>2:00 CRAFTERS CORNER</b> 3:00 Happy Hour 3:00 Pinochle 6:30 Mexican Train <b>7:00 Music Works 4Vets And Wine Social</b>	<b>5</b> 9:30 SAIL Fitness 10:30 Water Fitness 1:00 Sit & Fit 2:00 Bingo 4:00 Bar Trivia 6:30 Triomino's 7:00 Friday Night Movie	<b>HOT ROD 4 HEROES 11am-4pm 6</b> <u>Cars, food trucks, music</u> 9:15 Support Run 2 Remember 9:30 Exercise with Darlene 10:30 Games with Darlene 1:00 Darlene's 30 Minute fitness 2:00 Bingo: Easy, straight games 3:00 Cribbage 3:15 Cards: Hand & Foot 6:30 Mexican Train 7:00 Saturday Movie Night
8:20 Shuttle to St. Frances Cab <b>7</b> 9:30 Shuttle to St. John Bosco 9:30 Church @ Patriots Landing <b>11:00 Walk Outside w/Darlene</b> 1:00 Darlene's 30 Minute fitness <b>1:00 Shopping at Lakewood Goodwill</b> 2:00 Bingo 6:30 Triominos 7:00 Movie Night	Transportation: APPT. Day <b>8</b> 9:30 SAIL Fitness 10:30 Water Fitness 11:00 Brain Fitness 1:00 Sit & Fit <b>2:00 Bean Bag Games in Lobby</b> 3:30 Happy Hour 6:30 Mexican Train	Transportation: APPT. Day <b>9</b> 9:30 Cardio/Strength Fitness 10:30 Playing 8-ball billiards <b>11:00 Brain Fitness w/Patti</b> 1:00 Sit & Fit 2:00 Bingo <b>3:00 New Comer Happy Hour</b> 6:30 Triomino's 7:00 Movie Night	<b>10</b> 9:30 S.A.I.L. Fitness 10:30 Catholic Prayer Service 10:30 Water Fitness 1:00 Sit & Fit 3:00 Needle Group 3:00 Happy Hour 6:30 Bingo 6:30 Cribbage	Transportation: APPT. Day <b>11</b> 9:30 Cardio/Strength Fitness 10:15 Smart phone/Computer Help 1:00 Sit & Fit <b>2:00 New Comer Orientation</b> 3:00 Happy Hour 3:00 Pinochle 6:30 Mexican Train	<b>12</b> 9:30 SAIL Fitness 10:30 Water Fitness 1:00 Sit & Fit 2:00 Bingo 4:00 Bar Trivia 6:30 Triomino's 7:00 Friday Night Movie	9:15 Support Run 2 Remember <b>9:00 Shopping: Walmart 13</b> 9:30 Exercise with Darlene 10:30 Games with Darlene 1:00 Darlene's 30 Minute fitness 2:00 Bingo: Easy, straight games 3:00 Cribbage 3:15 Cards: Hand & Foot 6:30 Mexican Train 7:00 Saturday Movie Night
8:20 Shuttle to St. Frances Cab <b>14</b> 9:30 Shuttle to St. John Bosco 9:30 Church @ Patriots Landing <b>11:00 Theater read w/Darlene</b> 1:00 Darlene's 30 Minute fitness <b>1:00 Scenic Drive &amp; Bliss Ice-Creamery in DuPont</b> 2:00 Bingo 6:30 Triominos 7:00 Movie Night	Transportation: APPT. Day <b>15</b> 9:30 SAIL Fitness 10:30 Water Fitness 1:00 Sit & Fit 2:00 Songbirds w/Alan 3:30 Happy Hour 6:30 Mexican Train	9:30 Cardio/Strength Fitness <b>16</b> 10:00 Book Club <b>10:00 ACU Bank visit Conf. Rm. No Appt. one on one visits</b> <b>11:00 Brain Fitness w/Patti</b> 10:30 Playing 8-ball billiards 1:00 Sit & Fit 2:00 Bingo 6:30 Triomino's 7:00 Movie Night	<b>17</b> 9:30 S.A.I.L. Fitness 10:30 Catholic Prayer Service 10:30 Water Fitness 1:00 Sit & Fit <b>2:00 RAPL General Meeting for all</b> 3:00 Needle Group 3:00 Happy Hour 6:30 Bingo 6:30 Cribbage	Transportation: APPT. Day <b>18</b> 9:30 Cardio/Strength Fitness 1:00 Sit & Fit <b>2:00 Resident B-day Party /Trivia</b> 3:00 Happy Hour 3:00 Pinochle 6:30 Mexican Train	<b>19</b> 9:30 SAIL Fitness 10:30 Water Fitness 1:00 Sit & Fit 2:00 Bingo 4:00 Bar Trivia 6:30 Triomino's 7:00 Friday Night Movie	9:15 Support Run 2 Remember <b>9:00 Shopping: McChord BX/commissary 20</b> 9:30 Exercise with Darlene 10:30 Games with Darlene 1:00 Darlene's 30 Minute fitness 2:00 Bingo: Easy, straight games 3:00 Cribbage 3:15 Cards: Hand & Foot 6:30 Mexican Train 7:00 Saturday Movie Night
8:20 Shuttle to St. Frances Cab <b>21</b> 9:30 Shuttle to St. John Bosco 9:30 Church @ Patriots Landing <b>11:00 Crafting w/Darlene</b> 1:00 Darlene's 30 Minute fitness <b>1:00 Shopping Lakewood Town Center</b> 2:00 Bingo 6:30 Triominos 7:00 Movie Night	Transportation: APPT. Day <b>22</b> 9:30 SAIL Fitness 10:30 Water Fitness 1:00 Sit & Fit 2:00 Songbirds w/Alan 3:30 Happy Hour 6:30 Mexican Train	Transportation: APPT. Day <b>23</b> 9:30 Cardio/Strength Fitness <b>11:00 Brain Fitness w/Patti</b> 1:00 Sit & Fit 2:00 Bingo 3:30 Happy Hour 6:30 Triomino's 7:00 Movie Night	<b>24</b> 9:30 S.A.I.L. Fitness 10:30 Catholic Prayer Service 10:30 Water Fitness 1:00 Sit & Fit <b>2:00 BINGO Time change today only</b> 3:00 Needle Group 3:00 Happy Hour 6:30 Cribbage	Transportation: APPT. Day <b>25</b> 9:30 Cardio/ Fitness 1:00 Sit & Fit 3:00 Happy Hour 3:00 Pinochle 6:30 Mexican Train	<b>26</b> 9:30 SAIL Fitness 10:30 Water Fitness 1:00 Sit & Fit 2:00 Bingo 4:00 Bar Trivia 6:30 Triomino's 7:00 Friday Night Movie	9:15 Support Run 2 Remember <b>9:00 Shopping: Ft Lewis PX/Commissary 27</b> 9:30 Exercise with Darlene 10:30 Games with Darlene 1:00 Darlene's 30 Minute fitness 2:00 Bingo: Easy, straight games 3:00 Cribbage 3:15 Cards: Hand & Foot 6:30 Mexican Train 7:00 Saturday Movie Night
8:20 Shuttle to St. Frances Cab <b>28</b> 9:30 Shuttle to St. John Bosco 9:30 Church @ Patriots Landing <b>11:00 Boat Races w/Darlene</b> 1:00 Darlene's 30 Minute fitness <b>1:00 Shopping Fred Meyer</b> 2:00 Bingo 6:30 Triominos 7:00 Movie Night	Transportation: APPT. Day <b>29</b> 9:30 SAIL Fitness 10:30 Water Fitness 1:00 Sit & Fit 3:30 Happy Hour 6:30 Mexican Train	Transportation: APPT. Day <b>30</b> 9:30 Cardio/Strength Fitness <b>11:00 Brain Fitness w/Patti</b> 1:00 Sit & Fit 2:00 Bingo 3:30 Happy Hour 6:30 Triomino's 7:00 Movie Night	<b>31</b> 9:30 S.A.I.L. Fitness 10:30 Catholic Prayer Service 10:30 Water Fitness 1:00 Sit & Fit <b>2:00 TOWN HALL</b> 3:00 Needle Group 3:00 Happy Hour 6:30 Bingo 6:30 Cribbage	 <b>August 2022</b> Patriots Landing Assisted Living & Independent Calendar		