

September 2022

KENMORE SENIOR LIVING

(425) 481-4200
Lifestyle Programs

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 KENMORE SENIOR LIVING Independent Living Assisted Living • Memory Care				1 P 10:30 Keep Moving Exercise (TV) S 11:00 Resident Spotlight (LB) S 1:30 Discuss Pirates (AR) C 2:00 Movie Matinee (TV)	2 O 9:30 Fred Meyers (LB) P 10:30 Exercise YouTube (TV) C 11:00 Word Puzzles (AR) M 1:30 Happy Hour w/ Carol (DR) C 4:00 Who am I? (1st Floor)	3 P 10:30 Exercise C 1:30 Scrabble (AR) L 3:00 Colorama (AR)
4 P 10:30 Exercise (TV) C 1:30 Cribbage (AR) L 3:00 Colorama (AR)	Labor Day 5 P 10:30 Step up to exercise (TV) C 11:00 Would you rather? guessing game(AR) S 1:00 Kenmore Church (TV) C 1:30 Occupational Wheel of fortune (AR) L 3:00 Bingo (AR)	6 P 10:30 Exercise YouTube (TV) L 11:00 iPhone and iPad help (AR) S 1:00 Bible Study (PDR) L 2:30 Travelogue to Tortuga (TV) C 3:30 Scrabble (AR)	7 S 10:00 Catholic Communion (PDR) P 10:30 Move & Groove Exercise (TV) C 11:00 Bible Jeopardy (AR) L 1:30 Watercolor w/ Dennis (AR) L 3:00 Bingo (AR)	8 L 9:45 Mobile Library (LB) P 10:30 Keep Moving Exercise (TV) S 11:00 Resident Spotlight (LB) O 1:30 3rd Place Books Outing (LB) S 2:00 Movie Matinee (TV)	9 O 9:30 Dollar Tree (LB) P 10:30 Exercise youtube (TV) C 11:00 Uno (AR) S 2:30 Comedy By Candy (LB) C 4:00 Fun facts about Fall (1st Floor)	10 P 10:30 Exercise (TV) C 1:30 Scrabble (AR) L 3:00 Colorama (AR)
11 P 10:30 Exercise (TV) C 1:30 Cribbage (AR) L 3:00 Colorama (AR)	12 P 10:30 Full Body Exercise (TV) C 11:00 Jeopardy (AR) S 1:00 Kenmore Church (TV) C 1:30 Let's Decorate for Fall (AR) L 3:00 Bingo (AR)	13 P 10:30 Exercise YouTube (TV) L 11:00 How to use YouTube (TV) S 1:00 Bible Study (PDR) C 2:00 Book Club (AR) 3:00 Journal Club (AR)	14 S 10:00 Catholic Services (PDR) P 10:30 Move & Groove Exercise (TV) C 11:00 Watercolor w/ Dennis (AR) S 1:00 Sara's 104 Birthday (AR) L 3:00 Bingo (AR)	15 P 10:30 Keep Moving Exercise (TV) S 11:00 Resident Spotlight (LB) O 2:00 Scenic Drive (LB) S 2:00 Movie Matinee (TV)	16 P 10:30 Exercise to Oldies (TV) C 11:00 Scattergories (AR) M 2:30 Happy Hour w/ Rouge Musicals (LB) C 4:00 Who done it? (1st Floor)	17 P 10:30Exercise (TV) C 1:30Scrabble (AR) L 3:00 Colorama (AR)
18 P 10:30 Exercise (TV) C 1:30 Cribbage (AR) L 3:00 Colorama (AR)	19 P 10:30 Exercise w/ Apphia (TV) C 11:00 Family Feud (AR) S 1:00 Kenmore Church (TV) C 1:30 Hangman Game (AR) L 3:00 Bingo (AR)	20 P 10:30 Exercise YouTube (TV) L 11:00 Navigating your TV (TV) S 1:00 Bible Study (PDR) L 2:00 Knitting W/ Johanne (AR) C 3:00 Scrabble (AR)	21 S 10:00 Catholic Services (PDR) P 10:30 Move & Groove Exercise (TV) C 11:00 Crafts w/ Kim (AR) C 1:30 Word in a Word (AR) L 3:00 Bingo (AR)	22 P 10:30 Keep Moving Exercise (TV) S 11:00 Resident Spotlight (LB) O 1:30 Kirkland Waterfront Outing (LB) S 2:00 Movie Matinee (TV)	23 P 10:30 Exercise to the Oldies (TV) C 11:00 Yahtzee (AR) M 1:30 Karaoke Sing along Competition (AR) C 3:00 Shuffleboard (AR)	24 P 10:30 Exercise (TV) C 1:30 Scrabble (AR) L 3:00 Colorama (AR)
25 P 10:30 Exercise (TV) C 1:30 Cribbage (AR) L 3:00 Colorama (AR)	26 P 10:30 Exercise w/ Apphia(TV) C 11:00 Wheel of Fortune (AR) S 1:00 Kenmore Church (TV) C 1:30 Brain Ticklers (AR) L 3:00 Bingo (AR)	27 P 10:30 Exercise w/ Apphia (TV) L 11:00 How to use Email (AR) S 1:00 Bible Study (PDR) C 2:00 Shake Loose a Memory (AR) C 3:00 Left Right Center Game (AR)	28 S 10:00 Catholic Services (PDR) P 10:30 Move & Groove Exercise (TV) C 11:00 Art for fun (AR) S 1:30 Dramatic Readings (AR) L 3:00 Bingo	29 P 10:30 Keep Moving Exercises (TV) S 11:00 Resident Spotlight (LB) O 1:30 Scenic Drive (LB) S 2:00 Movie Matinee (TV)	30 S 9:30 Birthday Brunch (invite only) (AR) P 10:30 Exercise to the oldies (TV) C 11:00 Tree Trivia (AR) M 1:30 Singalong to Musicals(TV) C 3:00 Memory game (AR)	P Physical wellness/ fitness S Social/ Spiritual Engagements C Cognitive visual & Learning Skills M Music L Life Enrichment Skills O Outdoor Activities

ALL ACTIVITIES SUBJECT TO CHANGE