

Sunday
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday

# July 2023

Patriots Landing Independent & Assisted Living Life Enrichment

<p>8:20 Shuttle to St. Frances Cab 9:30 Shuttle to St. John Bosco 9:30 Church @ Patriots Landing 11:15 <b>Crafts</b> 1:00 <b>McChord BX/Commissary</b> 1:00 30 Minute fitness 2:00 Bingo 6:15 Triominos 6:30 Poker 7:00 Movie Night</p>	<p><b>2</b> Transportation: APPT. Day 9:30 SAIL Fitness 1:00 Sit &amp; Fit 3:00 Golf Putting 6:15 Mexican Train</p>	<p><b>3</b> <b>Happy 4<sup>th</sup> of July</b> 9:30 SAIL Fitness DVD 1:00 Sit &amp; Fit DVD <b>4<sup>th</sup> of July Event starting at 6:00pm</b> <b>American Legion Band, BBQ, Big Band, Fireworks at Dusk</b> <b>Front of Building.</b>  Independence Day (US)</p>	<p><b>4</b> 9:30 SAIL Fitness <b>10:00 Tacoma Mall</b> 10:30 Catholic Prayer Service 11:00 Communion 1:00 Sit &amp; Fit 3:00 Needle Group 3:00 Cards: Bridge 6:30 Cribbage 6:30 Bingo</p>	<p><b>5</b> Transportation: APPT. Day 9:30 Cardio/Strength Fitness 1:00 Sit &amp; Fit 6:15 Mexican Train 6:30 Poker</p>	<p><b>6</b> 9:30 SAIL Fitness <b>11:00 Jean Pierre's Three 16 French Restaurant</b> 1:00 Sit &amp; Fit 2:00 Bingo 6:15 Triominos 7:00 Friday Night Movie</p>	<p><b>7</b> 9:15 Support Run 2 Remember 9:30 Exercise <b>10:00 Ft Lewis PX/Commissary</b> 10:30 Board Games 1:00 30 Minute fitness 2:00 Bingo 3:00 Cribbage 6:15 Mexican Train <b>7:00 Trivia Night w/ Steven D. Independence Day Trivia</b> <small>Canada Day</small></p>	
<p>8:20 Shuttle to St. Frances Cab 9:30 Shuttle to St. John Bosco 9:30 Church @ Patriots Landing 11:15 Walk 1:00 <b>Ft Lewis PX/Commissary</b> 1:00 30 Minute fitness <b>3:00 Music 4 Vets/ Wine social</b> 6:15 Triominos 6:30 Poker 7:00 Movie Night</p>	<p><b>9</b> Transportation: APPT. Day 9:30 SAIL Fitness <b>11:00 Brain fitness</b> 1:00 Sit &amp; Fit <b>2:00 Bean Bag Toss</b> 3:00 Golf Putting 6:15 Mexican Train</p>	<p><b>10</b> Transportation: APPT. Day 9:30 Cardio/Strength Fitness 10:30 Playing 8-ball billiards 1:00 Sit &amp; Fit 2:00 Bingo 3:15 Poker 6:15 Triominos 7:00 Movie Night</p>	<p><b>11</b> 9:30 SAIL Fitness <b>10:00 Walmart</b> <b>11:00 Anthonys Olympia</b> 10:30 Catholic Prayer Service 11:00 Communion 1:00 Sit &amp; Fit 3:00 Needle Group 3:00 Cards: Bridge 6:30 Cribbage</p>	<p><b>12</b> Transportation: APPT. Day 9:30 Cardio/Strength Fitness 1:00 Sit &amp; Fit <b>1:45 Crafting Social</b> 6:15 Mexican Train 6:30 Poker</p>	<p><b>13</b> 9:30 SAIL Fitness <b>11:00 Bacco Trattoria Italian</b> 1:00 Sit &amp; Fit <b>2:00 Bingo – 6 Games</b> <b>3:30 Cabaret Singer Music Social</b> 6:15 Triominos 7:00 Friday Night Movie</p>	<p><b>14</b> 9:15 Support Run 2 Remember 9:30 Exercise <b>10:00 Ft Lewis PX/Commissary</b> 1:00 30 Minute fitness 2:00 Bingo 3:00 Cribbage 6:15 Mexican Train 7:00 Saturday Movie Night</p>	
<p>8:20 Shuttle to St. Frances Cab 9:30 Shuttle to St. John Bosco 9:30 Church @ Patriots Landing 11:15 Theater Read 1:00 <b>McChord BX/Commissary</b> 1:00 30 Minute fitness 2:00 Bingo 6:15 Triominos 6:30 Poker 7:00 Movie Night</p>	<p><b>16</b> Transportation: APPT. Day 9:30 SAIL Fitness 1:00 Sit &amp; Fit 6:15 Mexican Train 6:30 Golf Putting</p>	<p><b>17</b> Transportation: APPT. Day 9:30 Cardio/Strength Fitness <b>10:00 Book Club – 3<sup>rd</sup> floor</b> <b>10:00 ACU Banking for residents</b> 10:30 Playing 8-ball billiards 1:00 Sit &amp; Fit 2:00 Bingo 3:15 Poker 6:15 Triominos 7:00 Movie Night</p>	<p><b>18</b> 9:30 SAIL Fitness <b>10:00 Fred Meyers</b> 10:30 Catholic Prayer Service 11:00 Communion 1:00 Sit &amp; Fit 3:00 Needle Group 3:00 Cards: Bridge 6:30 Cribbage 6:30 Bingo</p>	<p><b>19</b> Transportation: APPT. Day 9:30 Cardio/Strength Fitness <b>10am-1pm Craft Fair (Lobby)</b> 1:00 Sit &amp; Fit 3:00 Mahjong 6:15 Mexican Train 6:30 Poker <b>7:00 History Stories w/Steven D Sports &amp; Local Legends</b></p>	<p><b>20</b> 9:30 SAIL Fitness <b>11:00 Curry Corner Lacey</b> 1:00 Sit &amp; Fit 2:00 Bingo (6 games) <b>3:15 Story Time</b> 6:15 Triominos 7:00 Friday Night Movie</p>	<p><b>21</b> 9:15 Support Run 2 Remember 9:30 Exercise <b>10:00 McChord BX/Commissary</b> 1:00 30 Minute fitness 2:00 Bingo 3:00 Cribbage 6:15 Mexican Train 7:00 Saturday Movie Night</p>	
<p>8:20 Shuttle to St. Frances Cab 9:30 Shuttle to St. John Bosco 9:30 Church @ Patriots Landing 11:15 Walk <b>12:30 EMERALD DOWNS / Running of the Corgi Dog Races</b> 1:00 <b>Ft Lewis PX/Commissary</b> 1:00 30 Minute fitness 2:00 Bingo 6:15 Triominos 6:30 Poker 7:00 Movie Night</p>	<p><b>23</b> Transportation: APPT. Day 9:30 SAIL Fitness <b>11:00 Brain Fitness</b> 1:00 Sit &amp; Fit <b>2:00 Songbirds w/Alan Z</b> 6:15 Mexican Train 6:30 Golf Putting</p>	<p><b>24</b> Transportation: APPT. Day 9:30 Cardio/Strength Fitness 10:30 Playing 8-ball billiards 1:00 Sit &amp; Fit 2:00 Bingo 3:15 Poker 6:15 Triominos 7:00 Movie Night</p>	<p><b>25</b> 9:30 SAIL Fitness <b>10:00 Farmers Market Olympia</b> 10:30 Catholic Prayer Service 11:00 Catholic Mass 1:00 Sit &amp; Fit <b>2:00 Town Hall</b> 3:00 Needle Group 3:00 Cards: Bridge 6:30 Cribbage 6:30 Bingo</p>	<p><b>26</b> Transportation: APPT. Day 9:30 Cardio/Strength Fitness 1:00 Sit &amp; Fit <b>2:00 Residents Birthday Party/Trivia</b> 6:15 Mexican Train 6:30 Poker</p>	<p><b>27</b> 9:30 SAIL Fitness <b>11:00 Elmer's Restaurant Tacoma</b> 1:00 Sit &amp; Fit 2:00 Bingo 6:15 Triominos 7:00 Friday Night Movie</p>	<p><b>28</b> 9:15 Support Run 2 Remember 9:30 Exercise <b>10:00 Ft Lewis PX/Commissary</b> 1:00 30 Minute fitness 2:00 Bingo 3:00 Cribbage 6:15 Mexican Train 7:00 Saturday Movie Night</p>	
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