

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
			9:30 SAIL Fitness 10:00 Red Wind Casino 10:30 Aqua Activities 10:30 Catholic Prayer Service 11:00 Communion 12:15 Sit & Fit 1:00 Gentle Stretching 1:00 Pinochle 2:00 Newcomers Welcome 2:00 Mystery Book Club 3:00 Needle Group 5:30 Larry Barry Sing-along 6:30 Cribbage 6:30 Bingo Canada Day	1 Transportation: APPT. Day 9:30 Cardio/Strength Fitness 10:30 Walking Group 12:15 Sit & Fit 1:00 Gentle Stretching 1:00 Bible Study 6:15 Mexican Train 6:30 Resident Run Card Games	2 9:30 Senior Fitness 10:30 Aqua Activities 10:45 Walmart/Costco/Safeway Lacey 12:15 Sit & Fit 1:00 Gentle Stretching 1:00 Gentle Stretching 2:00 Bingo 3:15 Wii Games 6:15 Triominos 7:00 Movie Night	3 9:15 Support Run 2 Remember 10:15 Tai Chi Class 11:00 Wii Games 12:15 Sit & Fit Celebrating Our 21st Year 4th of July Event starting at 3:00pm American Legion Band, BBQ, Live Music/Front of Building 6:15 Mexican Train 7:00 Movie Night Independence Day (U.S.)	4 Happy 4th of July
5 9:30 Shuttle to St. John Bosco 9:30 Church @ Patriots Landing 12:30 Ft Lewis PX/Commissary 12:15 Chair Yoga 1:00 Sit & Fit 1:00 Pinochle 2:00 Bingo 5:30 Larry Barry Sing-along 6:15 Triominos 7:00 Movie Night	6 Transportation: APPT. Day 9:30 SAIL Fitness 10:00 Compassion in Conversation 10:30 Aqua Activities 12:15 Sit & Fit 1:00 Gentle Stretching 1:00 Library Committee Meeting 2:00 Brain Fitness 6:15 Mexican Train	7 Transportation: APPT. Day 9:30 Cardio/Strength Fitness 10:15 Outdoor Games 10:30 Walking Group 12:15 Sit & Fit 1:00 Gentle Stretching 2:00 Bingo 6:15 Triominos 7:00 Movie Night 2pm – 7pm Lakewood Farmers Mkt See Kim for information	8 9:30 SAIL Fitness 10:00 Lakewood Towne Center 10:30 Aqua Activities 10:30 Catholic Prayer Service 11:00 Communion 12:15 Sit & Fit 1:00 Gentle Stretching 1:00 Pinochle 3:00 Needle Group 5:30 Larry Barry Sing-along 6:30 Cribbage 6:30 Bingo	9 Transportation: APPT. Day 9:30 Cardio/Strength Fitness 10:30 Walking Group 12:15 Sit & Fit 1:00 Gentle Stretching 1:00 Bible Study 2:00 Outdoor Games 6:15 Mexican Train 6:30 Resident Run Card Games 3pm – 7pm DuPont Farmers Mkt See Kim for Information	10 9:30 Senior Fitness 10:30 Aqua Activities 11:00 Masonry on the Green 12:15 Sit & Fit 1:00 Gentle Stretching 2:00 Bingo 3:00 Marty J Wine Social 6:15 Triominos 7:00 Movie Night	11 9:15 Support Run 2 Remember 9:30 Move and Groove 10:15 Tai Chi Class 10:45 Dough Zone 11:00 Wii Games 12:15 Sit & Fit 1:00 Harmonycares Presentation 1:00 Gentle Stretching 2:00 Bingo 6:15 Mexican Train 6:30 Resident Run Card Games 7:00 Movie Night	
12 9:30 Shuttle to St. John Bosco 9:30 Church @ Patriots Landing 12:30 McChord BX/Commissary 12:15 Chair Yoga 1:00 Sit & Fit 1:00 Pinochle 2:00 Bingo 5:30 Larry Barry Sing-along 6:15 Triominos 7:00 Movie Night	13 Transportation: APPT. Day 9:30 SAIL Fitness 10:00 Compassion in Conversation 10:30 Aqua Activities 10:30 “Diamond Painting” w/Kim 12:15 Sit & Fit 1:00 Gentle Stretching 2:00 Bean Bag Toss 3:00 Bar Bingo 6:15 Mexican Train	14 Transportation: APPT. Day 9:30 Cardio/Strength Fitness 10:30 Cookies & Socializing 12:15 Sit & Fit 1:00 Gentle Stretching 2:00 Bingo 3:15 Patty Mannie Historian 6:15 Triominos 7:00 Movie Night Bastille Day	15 9:30 SAIL Fitness 10:00 Fred Meyer, Lakewood 10:30 Aqua Activities 10:30 Catholic Prayer Service 11:00 Communion 12:15 Sit & Fit 1:00 Gentle Stretching 1:00 Pinochle 2:00 RAPL Meeting for Residents 3:00 Needle Group 5:30 Larry Barry Sing-along 6:30 Cribbage 6:30 Bingo	16 Transportation: APPT. Day 9:30 Cardio/Strength Fitness 10:30 Walking Group 12:15 Sit & Fit 1:00 Gentle Stretching 1:00 Bible Study 2:00 Crafters Corner 6:15 Mexican Train 6:30 Resident Run Card Games AROWs	17 SR. DAY AT CAPITAL LAKEFAIR 9:00 Outing to Capital Lakefair 9:30 Senior Fitness 10:30 Aqua Activities 12:15 Sit & Fit 1:00 Gentle Stretching 2:00 Bingo 3:15 We Care Support Group 6:15 Triominos 7:00 Movie Night	18 9:15 Support Run 2 Remember 9:30 Move and Groove 9:30 Trolling for Lunch West Seattle, Lunch in Alki 10:15 Tai Chi Class 11:00 Wii Games 12:15 Sit & Fit 1:00 Gentle Stretching 2:00 Bingo 6:15 Mexican Train 6:30 Resident Run Card Games 7:00 Movie Night	
19 9:30 Shuttle to St. John Bosco 9:30 Church @ Patriots Landing 12:30 Ft Lewis PX/Commissary 12:15 Chair Yoga 1:00 Sit & Fit 1:00 Pinochle 2:00 Bingo 5:30 Larry Barry Sing-along 6:15 Triominos 7:00 Movie Night	20 Transportation: APPT. Day 9:30 SAIL Fitness 10:00 Compassion in Conversation 10:30 UNO 10:30 Aqua Activities 12:15 Sit & Fit 1:00 Gentle Stretching 2:00 Songbirds 6:15 Mexican Train	21 Transportation: APPT. Day 9:30 Cardio/Strength Fitness 10:15 Outdoor Games 10:30 ACU Resident Banking 12:15 Sit & Fit 1:00 Gentle Stretching 2:00 Bingo 6:15 Triominos 7:00 Movie Night	22 9:30 SAIL Fitness 10:00 McChord BX/Commissary 10:30 Aqua Activities 10:30 Catholic Prayer Service 11:00 Communion 12:15 Sit & Fit 1:00 Gentle Stretching 1:00 Pinochle 2:00 Town Hall 3:00 Needle Group 5:30 Larry Barry Sing-along 6:30 Cribbage 6:30 Bingo	23 Transportation: APPT. Day 9:30 Cardio/Strength Fitness 10:15 Outdoor Games 10:30 Walking Group 12:15 Sit & Fit 1:00 Gentle Stretching 1:00 Bible Study 2:00 Jeopardy 6:15 Mexican Train 6:30 Resident Run Card Games	24 9:30 Senior Fitness 10:00 Black Bear Diner 10:30 Aqua Activities 12:15 Sit & Fit 1:00 Gentle Stretching 2:00 Come Back Buddy Wine Social 6:15 Triominos 7:00 Movie Night	25 9:15 Support Run 2 Remember 9:30 Move and Groove 10:00 Trader Joe’s/Safeway/See’s Candy/Home Goods/McDonald’s 10:15 Tai Chi Class 11:00 Wii Games 12:15 Sit & Fit 1:00 Gentle Stretching 2:00 Bingo 6:15 Mexican Train 6:30 Resident Run Card Games	
26 9:30 Shuttle to St. John Bosco 9:30 Church @ Patriots Landing 12:30 McChord BX/Commissary 12:15 Chair Yoga 1:00 Sit & Fit 1:00 Pinochle 2:00 Bingo 5:30 Larry Barry Sing-along 6:15 Triominos 7:00 Movie Night	27 Transportation: APPT. Day 9:30 SAIL Fitness 10:00 Compassion in Conversation 10:30 Camping w/Sasquatch 10:30 Aqua Activities 12:15 Sit & Fit 1:00 Gentle Stretching 2:00 Songbirds 3:00 Bar Bingo 6:15 Mexican Train VFW	28 Transportation: APPT. Day 9:30 Cardio/Strength Fitness 10:00 Patriots Landing Book Club 10:30 Playing 8-ball & Darts 12:15 Sit & Fit 1:00 Gentle Stretching 2:00 Bingo 3:15 Wii Games 6:15 Triominos 7:00 Movie Night	29 9:30 SAIL Fitness 10:30 Aqua Activities 10:30 Catholic Prayer Service 10:00 Ed Hume Gardens Tour 11:00 Mass 12:15 Sit & Fit 1:00 Gentle Stretching 1:00 Pinochle 3:00 Needle Group 5:30 Larry Barry Sing-along 6:30 Cribbage 6:30 Bingo	30 Transportation: APPT. Day 9:30 Cardio/Strength Fitness 10:30 Walking Group 12:15 Sit & Fit 1:00 Gentle Stretching 1:00 Bible Study 2:00 Resident Birthday Party 6:15 Mexican Train 6:30 Resident Run Card Games	31 9:30 Senior Fitness 10:00 Nisqually Paddle In – DuPont Civic Center 10:30 Aqua Activities 12:15 Sit & Fit 1:00 Gentle Stretching 2:00 Bingo 3:15 Storytime 6:15 Triominos 7:00 Movie Night	Life Enrichment Calendar: Independent & Assisted Living	