



Premier Residential Retirement Since 1987

November

The Gardens at Town Square
 933 111th Ave NE
 Bellevue, WA 98004
 (425) 688-1900

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:00 Chair Exercise (CH) 10:00 Low Impact Workout (CH) 11:00 Moving for Better Balance Tai Chi with Andrea* 11:00 The Universe: Mysterious Microscopic Galaxies (TH) 2:00 Afternoon Concert: (LR) Gary Lee Hood– Piano & Vocals 6:30 Movie Classics: (TH) <i>Love in the Afternoon</i>	2 9:00 Chair Yoga (CH) 9:30 Low Impact Workout (CH) 10:00 Cardio Exercise (CH) 10:00 Stretch & Flex (AZ) 11:00 Martin Luther, the Reformation and the Nation (TH) 11:00 Knit Wits (LR) 1:00 Caring for the Caregiver with Seth (AZ) 2:30 Comedy Classics: (TH) All in the Family– Meet the Bunkers 6:30 Evening Action/Thriller: (TH) <i>The 355</i>	3 9:00 Chair Exercise (CH) 10:00 Low Impact Workout (CH) 11:00 Guest Speaker: (AZ) Great Decisions with Jacob Bolotin 11:00 RR Bridge (LR) 11:00 PBS America: (TH) Vajra Sky Over Tibet– Journey into Buddhism 1:00 RR Bible Study (AZ) 1:30 Hot Chocolate Social (LR) 2:00 Open Art with Beverly (OR) 3:00 Breathe and Relax: (TH) Meditation with Seth 6:30 Evening Movie (TH)	4 9:00 Chair Yoga (CH) 9:30 Low Impact Workout (CH) 10:00 Cardio Exercise– Seated or Standing (CH) 10:00 NO Stretch & Flex (AZ) 11:00 Moving for Better Balance Tai Chi with Andrea* 11:00 Uncovering the Dinosaurs of the Great Plains (TH) 1:00 Unexpected Biodiversity in Floodplains around Lake Chiemsee (TH) 2:30 Afternoon Concert: (LR) Bonnie Birch & Nick Accordion & Vocals 6:30 Friday Night Comedy: (TH) <i>Marry me</i>	5 9:00 Chair Exercise (CH) 10:00 Low Impact Workout (CH) 10:00 RR Board Games (LR) 11:00 Feel-Good Matinee: (TH) <i>Field of Dreams</i> 1:00 Magical Oman Part 1: In Sinbad's Footsteps (TH) 2:00 Afternoon Concert: (LR) Kristin Fletcher– Piano & Vocals 6:30 Encore Movie Showing: (TH) <i>Field of Dreams</i>
6 8:15 AM–12:00 PM Church Shuttle* 9:00 Chair Yoga (CH) 9:30 Low Impact Workout (CH) 10:00 Cardio Exercise– Seated or Standing (CH) 11:00 Canada: Alberta's Amazing Wildlife (TH) 1:00 Dollar Tree* 1:05 Seahawks Football: (TH) Seattle @ Arizona Cardinals 6:30 Evening Musical: (TH) <i>Singin' in the Rain</i> **Daylight Savings Ends** Set your Clocks back 1 Hour	7 9:00 Chair Yoga (CH) 9:30 Low Impact Workout (CH) 9:30 QFC/Bartell's* 10:00 Cardio Exercise (CH) 10:00 NO Stretch & Flex (AZ) 11:00 Australia's Diverse Tropical Rainforest (TH) 11:00 RR Bridge (LR) 1:00 QFC/Bartell's* 1:00 Saving the Wild Part 1: (TH) The Big Cats 2:30 New Musical Guest: (LR) Michelle Huang– Classical Pianist 6:30 Evening Movie (TH)	8 Election Day 9:00 Chair Exercise (CH) 10:00 Low Impact Workout (CH) 11:00 Moving for Better Balance Tai Chi with Andrea* 11:00 The Universe: Explosive Death Star (TH) 1:30 Guest Speaker: (AZ) Film History with Lance Rhoades Casablanca 3:00 Contemporary Issues with Seth (AZ) 7:00 Seattle Hockey: (TH) Nashville Predators @ Kraken	9 9:00 Chair Yoga (CH) 9:30 Low Impact Workout (CH) 10:00 Cardio Exercise (CH) 10:00 NO Stretch & Flex (AZ) 11:00 Knit Wits (LR) 11:00 Who was Karl Marx (TH) 1:00 Comedy Classics: (TH) Maude– The New Housekeeper 2:00 Guest Speaker: (AZ) Music History with Dr. Deacon Stravinsky's Classical Ballet: Pulcinella & Apollo 6:30 Evening Action: (TH) <i>Okja</i>	10 9:00 Chair Exercise (CH) 10:00 Low Impact Workout (CH) 11:00 Guest Speaker: (AZ) Current Events with Jacob Bolotin 11:00 RR Bridge (LR) 11:00 The Moor: Amazing Discoveries in an Eerie & Dangerous Habitat (TH) 1:00 RR Bible Study (AZ) 1:30 National Vanilla Cupcake Day (LR) 2:30 Resident Council (AZ) 3:00 Breathe and Relax: (TH) Meditation with Seth 6:30 Evening Movie (TH)	11 Veterans Day 9:00 Chair Yoga (CH) 9:30 Low Impact Workout (CH) 10:00 Cardio Exercise– Seated or Standing (CH) 10:00 NO Stretch & Flex (AZ) 11:00 Veterans Day Concert: (LR) The Memphis Belles and the USO Tour 1:00 Moving for Better Balance Tai Chi with Andrea* (Special time today only) 1:30 Veterans Day: A Celebration of Our Nation's Military Branches (TH) 2:30 RR Play Reading with Gene Melnick (OR) 6:30 Friday Night Comedy: (TH) <i>A Man Called Ove</i>	12 9:00 Chair Exercise (CH) 10:00 Low Impact Workout (CH) 10:00 RR Board Games (LR) 11:00 Feel-Good Matinee: (TH) <i>Downton Abbey: A New Era</i> 1:30 Magical Oman Part II: Along the Incense Route (TH) 6:30 Encore Movie Showing: (TH) <i>Downton Abbey: A New Era</i>
13 8:15 AM–12:00 PM Church Shuttle* 9:00 Chair Yoga (CH) 9:30 Low Impact Workout (CH) 10:00 Cardio Exercise– Seated or Standing (CH) 11:00 Wild Faces of the Andes: A Unique Nature Paradise (TH) 1:00 Being Poirot (TH) 2:30 History: Top 10 Greatest Ancient Monuments (TH) 6:30 Evening Drama: (TH) <i>Spencer</i>	14 9:00 Chair Yoga (CH) 9:30 Low Impact Workout (CH) 9:30 QFC/Bartell's* 10:00 Cardio Exercise (CH) 10:00 NO Stretch & Flex (AZ) 11:00 New Zealand's Incredible West Coast (TH) 11:00 RR Bridge (LR) 1:00 Trader Joes* 1:00 Saving the Wild Part II: (TH) Rhinos 2:00 Afternoon Concert: (LR) Johnny Chiecsek– Guitar & Vocals 6:30 Evening Movie (TH)	15 9:00 Chair Exercise (CH) 10:00 Low Impact Workout (CH) 11:00 Moving for Better Balance Tai Chi with Andrea* 11:00 The Universe: The Day the Moon Vanished (TH) 1:00 Afternoon Concert: (LR) Terry Bartelme– 1960's Hits 2:30 A Journey through Grief with Seth (AZ) 6:30 Movie Classics: (TH) <i>The Producers</i>	16 9:00 Chair Yoga (CH) 9:30 Low Impact Workout (CH) 10:00 Cardio Exercise (CH) 10:00 Stretch & Flex (AZ) 11:00 Knit Wits (LR) 11:00 Comedy Classics: (TH) The Jerry Lewis Show 11:00 Pop-up Boutique: (LR) \$5 Handmade Jewelry by Kathy Whitman 1:00 Men's Group with Seth (AZ) 2:30 Guest Speaker: (AZ) History Prof. Bill Woodward– The Civil War in Washington Territory 6:30 Evening Action/Sci-Fi: (TH) <i>The Batman</i>	17 9:00 Chair Exercise (CH) 10:00 Low Impact Workout (CH) 11:00 RR Bridge (LR) 11:00 Clark & McCullough Comedy Classics (TH) 11:30 Out to Lunch*: Ivar's Seafood Bar 1:00 RR Bible Study (AZ) 1:30 The Outcast Artists: (TH) America's Most Underrated Painters 2:00 Open Art with Beverly (OR) 3:00 Breathe and Relax: (TH) Meditation with Seth 7:00 Seattle Hockey: (TH) New York Rangers @ Kraken	18 9:00 Chair Yoga (CH) 9:30 Low Impact Workout (CH) 10:00 Cardio Exercise– Seated or Standing (CH) 10:00 Stretch & Flex (AZ) 11:00 Moving for Better Balance Tai Chi with Andrea* 11:00 Dinosaurs: On the Trail of Prehistory (TH) 1:00 RR Book Club (OR) 1:30 The Medieval Urban Planning Of Maze-like Cities (TH) 2:30 RR Play Reading with Gene Melnick (OR) 6:30 Friday Night Comedy: (TH) <i>Accidental Love</i>	19 9:00 Chair Exercise (CH) 10:00 Low Impact Workout (CH) 10:00 RR Board Games (LR) 11:00 Feel-Good Matinee: (TH) <i>Southside with You</i> 1:30 How Otters Survive in the Rocky Mountains (TH) 6:30 Encore Movie Showing: (TH) <i>Southside with You</i>

November 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>20 8:15 AM–12:00 PM Church Shuttle*</p> <p>9:00 Chair Yoga (CH) 9:30 Low Impact Workout (CH) 10:00 Cardio Exercise- Seated or Standing (CH) 11:00 The Reality of a Falkland Summer (TH) 1:00 Scenic Drive*: Bellevue—See what’s changing In the “Neighborhood City” 1:30 Unexpected Romance In the Wildlife of South Africa’s Coastline (TH) 2:30 Comedy Hour with Bob Hope (TH) 6:30 Evening Drama: (TH) <i>Lunana: A Yak in the Classroom</i></p>	<p>21</p> <p>9:00 Chair Yoga (CH) 9:30 Low Impact Workout (CH) 9:30 QFC/Bartell’s* 10:00 Cardio Exercise (CH) 10:00 Stretch & Flex (AZ) 11:00 RR Bridge (LR) 11:00 The City Beneath the Waves (TH) 1:00 Fred Meyer* 1:30 The Incredible Natural Wonders of New Zealand (TH) 2:30 National Gingerbread Cookie Day (LR) 6:30 Evening Movie (TH)</p>	<p>22</p> <p>9:00 Chair Exercise (CH) 10:00 Low Impact Workout (CH) 11:00 Moving for Better Balance Tai Chi with Andrea* 11:00 The Universe: How to Survive on Mars (TH) 1:00 Art Perspective: (TH) The Secrets Hidden in Holbein’s Tudor Portraits 1:30 History Trivia with Stephanie (OR) 2:00 How the Alaskan Oil Pipeline was Built (TH) 3:00 Contemporary Issues with Seth (AZ) 6:30 Movie Classics: (TH) <i>Alice Doesn’t Live Here Anymore</i></p>	<p>23</p> <p>9:00 Chair Yoga (CH) 9:30 Low Impact Workout (CH) 10:00 Cardio Exercise (CH) 10:00 Stretch & Flex (AZ) 11:00 Knit Wits (LR) 11:00 Modern Marvels: (TH) Brewing Iconic Beers 2:00 Happy Hour: (LR) Family Gathering Trio 7:00 Seattle Hockey: (TH) San Jose Sharks @ Kraken</p>	<p>24 Thanksgiving</p> <p>9:00 Chair Exercise (CH) 10:00 Low Impact Workout (CH) 11:00 History Channel Presents: The Real Story of Thanksgiving (TH) 1:00 Matinee Movie: (TH) <i>Blithe Spirit</i> 6:30 Encore Movie Showing: (TH) <i>Blithe Spirit</i></p>	<p>25</p> <p>9:00 Chair Yoga (CH) 9:30 Low Impact Workout (CH) 10:00 Cardio Exercise- Seated or Standing (CH) 10:00 Stretch & Flex (AZ) 11:00 NO Moving for Better Balance Tai Chi with Andrea* 11:00 The Secret World of Australia’s Prehistoric Giants (TH) 1:00 Artists Create a Victorian Mirror from Scratch (TH) 2:00 Line Dancing with Karen (AZ) 6:30 Friday Night Comedy: (TH) <i>French Exit</i></p>	<p>26</p> <p>9:00 Chair Exercise (CH) 10:00 Low Impact Workout (CH) 10:00 RR Board Games (LR) 11:00 The Incredible Life of Dolphins (TH) 1:00 Feel-Good Matinee: (TH) <i>King Richard</i> 6:30 Encore Movie Showing: (TH) <i>King Richard</i> **Apple Cup Time: TBD (Will be shown instead of the scheduled theater program)</p>
<p>27 8:15 AM–12:00 PM Church Shuttle*</p> <p>9:00 Chair Yoga (CH) 9:30 Low Impact Workout (CH) 10:00 Cardio Exercise- Seated or Standing (CH) 11:00 Edge of Nowhere: (TH) A Journey to Macquarie Island 1:00 Target*: Factoria 1:05 Seahawks Football: (TH) Las Vegas Raiders @ Seattle 6:30 Evening Musical: (TH) <i>West Side Story</i></p>	<p>28</p> <p>9:00 Chair Yoga (CH) 9:30 Low Impact Workout (CH) 9:30 QFC/Bartell’s* 10:00 Cardio Exercise (CH) 10:00 Stretch & Flex (AZ) 11:00 RR Bridge (LR) 11:00 How do Octopus & Squid Communicate? (TH) 1:00 Safeway* 1:30 Cracking the Secret of Ancient Codes (TH) 2:30 Afternoon Concert: Good Co.—Jazz Duet (LR) 4:30 Out to Dinner*: Cactus– Kirkland 6:30 Evening Movie (TH)</p>	<p>29</p> <p>9:00 Chair Exercise (CH) 10:00 Low Impact Workout (CH) 11:00 Moving for Better Balance Tai Chi with Andrea* 11:00 The Universe: Ancient Mysteries Solved (TH) 1:00 Wild Survival: The Fall of the Frozen Kingdom (TH) 2:00 Town Hall (AZ) 6:30 Movie Classics: (TH) <i>South Pacific</i></p>	<p>30</p> <p>9:00 Chair Yoga (CH) 9:30 Low Impact Workout (CH) 10:00 Cardio Exercise (CH) 10:00 Stretch & Flex (AZ) 11:00 Knit Wits (LR) 11:00 Modern Marvels: (TH) How Banks Keep the Economy Running 1:00 Wellness 360 with Seth (AZ) 2:30 The Colgate Comedy Hour: Dean Martin & Jerry Lewis (TH) 6:30 Evening Drama: (TH) <i>Terms of Endearment</i></p>			

Transportation Reservation Process

- Transportation is available from 8:15am-4:00pm Monday-Friday
- We do not take same day personal transportation requests.
- We ask for at least 24 hours prior notice to set a transportation reservations. Reservations are taken on a first come first served basis.

In accordance with DSHS, face masks are to be worn over your nose and mouth at all times while riding in any company vehicle

RR = “Resident Run”

**RR indicates
that one of our wonderful
Gardens Residents is
leading the activity!**

**If you would like to lead an activity,
please call Life Enrichment**

Location Legend

(AZ)	Azalea Room - 3rd Floor
(B)	Bistro - 1st Floor
(CH)	In-House Channel 370
(G)	Garden Room - 2nd Floor
(GM)	Gym - 1st Floor
(LR)	Living Room - 1st Floor
(MDR)	Magnolia Dining Room - 1st Floor
(OR)	Orchid Room– 3rd Floor
(TH)	Theater - 1st Floor
*	SIGN-UP REQUIRED