



November 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Thrive is a holistic approach to healthy aging designed to achieve optimal health, energy, and life enjoyment. Focused on supporting mind, body, and spirit and developed in collaboration with the U of WA Schools of Nursing and Social Work.	For additional activity supplies please contact Life Enrichment on the 3rd floor or by calling the front desk at 425-557-4200	1 9:00 Water Exercise (P) 9:30/10:45/12:00 Fred Meyer Grocery Shuttle * 1:00 Bridge (DR) 2:00 Left Center Right Game (1FL) 3:00 Emergency Preparedness Meeting w/ Susan V (GA)	2 10:00 Enhance Fitness (GA) 11:00 Chair Yoga (GA) 1:00 Friendly Bridge (GR) 3:00 Town Hall (GA) 7:00 Film Fans Movie Night: "Butch Cassidy and the Sundance Kid" (1969) (GA) & (370/371)	3 Featured Resident Artist & Interior Designer: Stan & Gwen Soderberg Open House 11-3 (Apt. #323) 9:30 Water Exercise (P) 10:30 Stretch & Flex (GA) 1:00 Card Game "Sevens" (1FL) 1:30 Balance Class (GA) 3:00 Lance Rhoades Lecture: "Casablanca" - 80th Anniversary (GA) 6:30 Film Fans Discussion of: "Butch Cassidy and the Sundance Kid" (1969) (GA)	4 10:00 Enhance Fitness (GA) 11:00 Life Enrichment Planning Meeting (GA) 12:15 Pickering Barn Christmas Craft Show * 1:00 Bridge (DR) 1:00 Mah-Jong Game (1FL) 3:00 Beer, Chips & Bingo (GA) 7:00 Movie Night "Senior Moment" (2021)	5 10:00 Mah-Jong Game (1FL) 10:30 Stretch & Flex (GA) 1:30 World's Last Great Places DVD Series: Rain Forests (GA) 2:00 Fulghum Book Review with Claudia (PDR) 7:00 Movie Night "To Catch A Thief" (1955)
6 9:30 / 10:15 Church Shuttle * 11:00 Women's Coffee Hour (LR) 1:00 Scrabble (GR) 1:15 Outing to Washington Wind Symphony Concert * 2:00 Rummikub Game (1FL) 2:00 Movie Matinee "Dog" (2022) 7:00 Movie Night "Guess Who's Coming to Dinner" (1967) 7:00 Card Game "Rummy" (1FL)	7 10:00 Enhance Fitness (GA) 11:00 Brain Fitness (GA) 1:30 Current Events (GA) 3:00 Wellness 360 w/ Mallory: Special Guest—Telehealth w/ Dr. Peter Olson (GA) 7:00 Webinar—"The Hidden Magic Inside Your iPhone" (for iPhone users)	8 9:30/10:45 QFC Grocery Shuttle * 10:00 TheraBand Class (GA) 11:30 Health Talk w/ Select Rehab: "Fall Prevention and Fall Recovery" (GA) 1:00 Bridge (DR) 1:00 David Smith Lecture: "Wisdom" (GA) 3:00 Red, White & Blue Bingo (GA)	9 10:00 Enhance Fitness (GA) 11:00 Chair Yoga (GA) 11:15 Brunch/Lunch Outing to Salish Lodge at Snoqualmie Falls * 1:00 Friendly Bridge (GR) 1:00 Bible Class: "The Life of King David" (GA) 3:00 Memphis Belles—USO Tour (GA) 7:00 Documentary Movie "Mountain" (2018)	10 9:30 Water Exercise (P) 10:30 Stretch & Flex (GA) 1:00 Card Game "Sevens" (1FL) 1:30 Balance Class (GA) 2:00 Food Forum (GR) 2:30 Music Lecture w/ Theodore Deacon—Handel (GA) 6:30 Jumbo Crossword Puzzle (LR) *Mary's Place Donation drop off day—Apartment #306 10:00-2:00	11 10:00 Enhance Fitness (GA) 11:15 Shopping Outing to Bellevue Square * 1:00 Bridge (DR) 1:00 Mah-Jong Game (1FL) 3:00 Veteran's Day Program (GA) 7:00 Movie Night (Documentary) "The Medals of World War II" (2006) Veteran's Day	12 10:00 Mah-Jong Game (1FL) 10:30 Stretch & Flex (GA) 1:30 World's Last Great Places DVD Series: Islands (GA) 2:00 Fulghum Book Review with Claudia (PDR) 7:00 Movie Night "The Other Son" (2012) Foreign Film—French
13 9:30 / 10:15 Church Shuttle * 11:00 Women's Coffee Hour (LR) 1:00 Scrabble (GR) 2:00 Rummikub Game (1FL) 2:00 Movie Matinee "The Bridges of Madison County" (1995) 7:00 Movie Night "Dead Reckoning" (1947) 7:00 Card Game "Rummy" (1FL)	14 10:00 Enhance Fitness (GA) 11:00 Brain Fitness (GA) 1:00 Caregiver Support Group (GR) 1:30 Current Events (GA) 3:00 Classical Pianist—Michele Huang (GA)	15 9:00 Water Exercise (P) 10:45/12:00 Fred Meyer Grocery Shuttle * 1:00 Bridge (DR) 1:00-3:00 Walker/Wheelchair Check/Repair Clinic (Apt #159) 2:00 Left Center Right Game (1FL) 3:00 AARP Fraud Presentation (GA) 4:00-6:00 Dinner Music (LR)	16 10:00 Enhance Fitness (GA) 11:00 Chair Yoga (GA) 12:15 Outing to Squak Mountain Nursery * 1:00 Friendly Bridge (GR) 1:00-2:30 Painting w/ Pamela (1FL) * 3:00 Women's Contemporary Issues (GA) 7:00 Documentary Movie "Elvis At The Movies" (2002)	17 9:30 Water Exercise (P) 10:30 Stretch & Flex (GA) 11:00-2:00 Pop Up Jewelry Store (LR) 1:00 Card Game "Sevens" (1FL) 1:30 Balance Class (GA) 2:00 Book Club (PDR) 3:00 The Traveling Chocolate Co. Eat, Make, Learn! (GA) * 6:30 Trivia Night with Nick & Rebecca (GA)	★Traveling Library Day 18 10:00 Enhance Fitness (GA) 10:30 Birthday Brunch * (DR) 10:30 Outing to Snoqualmie Casino * 1:00 Bridge (DR) 1:00 Mah-Jong Game (1FL) 3:00 Fall Happy Hour (LR) 7:00 Movie Night "The Marksman" (2021)	19 10:00 Mah-Jong Game (1FL) 10:30 Stretch & Flex (GA) 1:30 Discovery Channel Blue Planet DVD Series: Frozen Seas & Coral Seas (GA) 2:00 Fulghum Book Review with Claudia (PDR) 7:00 Movie Night "We're No Angels" (1955)



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<p>20</p> <p>9:30 / 10:15 Church Shuttle * 11:00 Women's Coffee Hour (LR) 1:00 Scrabble (GR) 2:00 Rummikub Game (1FL) 2:00 Movie Matinee <i>"Out of Africa" (1985)</i> 7:00 Movie Night <i>"Riding Alone for Thousands of Miles" (2005)</i> <i>Foreign Film—China</i> 7:00 Card Game "Rummy" (1FL)</p>	<p>21</p> <p>10:00 Enhance Fitness (GA) 11:00 Brain Fitness (GA) 1:30 Current Events (GA) 3:00 Resident/Resident Council Meeting (GA) 6:30 Jumbo Word Search (LR)</p>	<p>22</p> <p>9:30/10:45 Safeway Grocery Shuttle * 10:00 TheraBand Class (GA) 1:00 Bridge (DR) 1:00 David Smith Lecture: <i>"Wisdom" (GA)</i> 3:00 Violin & Guitar w/ Julie and Julian (LR)</p>	<p>23</p> <p>10:00 Enhance Fitness (GA) 11:00 Chair Yoga (GA) 11:00 Episcopal Communion with Rev. Marilyn Brown (GR) 1:00 Friendly Bridge (GR) 1:00 Bible Class: <i>"The Life of King David" (GA)</i> 1:00-2:30 Painting w/ Pamela (1FL) * 3:00 Sunshine Club (GA) 7:00 Documentary Movie <i>"Oceans" (2009)</i></p>	<p>24</p> <p>1:00 Card Game "Sevens"(1FL) <i>*Activity Cart Available In Living Room</i> <i>Thanksgiving Dinner 11:00am – 3:00pm (DR)</i> <i>(Reservations Required)</i> THANKSGIVING</p>	<p>25</p> <p>10:00 Enhance Fitness (GA) 1:00 Bridge (DR) 1:00 Mah-Jong Game (1FL) 3:00 Bingo & Mimosas (GA) 7:00 Movie Night <i>"An Old Fashioned Thanksgiving" (2008)</i></p>	<p>26</p> <p>10:00 Mah-Jong Game (1FL) 10:30 Stretch & Flex (GA) 12:15 Outing to Village Theatre "Cinderella" * 1:30 Discovery Channel Blue Planet DVD Series: Open Ocean & The Deep (GA) 7:00 Movie Night <i>"On The Town" (1949)</i></p>																
<p>27</p> <p>9:30 / 10:15 Church Shuttle * 11:00 Women's Coffee Hour (LR) 1:00 Scrabble (GR) 2:00 Rummikub Game (1FL) 2:00 Movie Matinee <i>"Mutiny on the Bounty" (1935)</i> 7:00 Movie Night <i>"Big Night" (1996)</i> 7:00 Card Game "Rummy" (1FL)</p>	<p>28</p> <p>10:00 Enhance Fitness (GA) 11:00 Brain Fitness (GA) 1:00 Caregiver Support Group (GR) 3:00 <i>The Odd Pearl Consort—Musical Quartet (GA)</i></p>	<p>29</p> <p>9:00 Water Exercise (P) 10:45/12:00 Fred Meyer Grocery Shuttle * 1:00 Bridge (DR) 2:00 Left Center Right Game (1FL) 3:00 <i>Current Events (GA)</i> 4:15 Outing to Garden D'lights at the Bellevue Botanical Garden *</p>	<p>30</p> <p>10:00 Enhance Fitness (GA) 11:00 Chair Yoga (GA) 12:30 Outing to Molbak's Nursery * 1:00 Friendly Bridge (GR) 3:00 Contemporary Issues Women's Group (GA) 7:00 Documentary Movie <i>"American Experience: The Kennedy's" (1992)</i></p>	<p>FRIDAY—Nov. 18 th ★ Traveling Library— <i>be sure your King County Library books are turned in to the LE Office or the front desk by 10 am.</i></p>																		
<p>Symbol Key: "*" Requires advanced sign-up at the Front Desk in the Life Enrichment Binder. Anything written in Bold* is typically off site *Bold & Purple indicates Invite & RSVP required at front desk Anything in BLUE indicates TouchTown (Ch. 370/371)</p>	<p>Room Key: 1st Floor Loft (1FL) Dining Room (DR) Game Room (GR) Gilman Auditorium (GA) Library (LB) Living Room (LR) Lobby (L) Dining Room Patio (DRP) Private Dining Room (PDR) Pool (P) Pea Patch (PP)</p>	<p>Wellness Services:</p> <ul style="list-style-type: none"> Audiologist is here once a month Podiatrist is here twice a month <p><i>(Schedule your appointments for the above with Wellness on the 1st floor)</i></p> <p><i>If you have any questions about wellness services, please go to the Wellness Center on the 1st floor.</i></p>		<p>*TouchTown (Ch.370/371) Programming</p> <table> <tr> <td>Morning Meditation Walks</td> <td>Mon Wed Fri 8:00am</td> </tr> <tr> <td>Qi Gong Exercise Routine</td> <td>Sun Tues 9:30am</td> </tr> <tr> <td>Chair Yoga</td> <td>Sun Tues Thur 10:30am</td> </tr> <tr> <td>Chair Exercise</td> <td>Mon Wed Fri Sat 10:30am</td> </tr> <tr> <td>Mindful Relaxation</td> <td>Mon-Sat 2:30pm</td> </tr> <tr> <td>Better Balance</td> <td>Mon-Sat 3:00pm</td> </tr> <tr> <td>Gentle Yoga</td> <td>Sun Tues Thur 9:00pm</td> </tr> <tr> <td>Bedtime Mindful Relaxation</td> <td>7 days/week 9:30pm</td> </tr> </table>		Morning Meditation Walks	Mon Wed Fri 8:00am	Qi Gong Exercise Routine	Sun Tues 9:30am	Chair Yoga	Sun Tues Thur 10:30am	Chair Exercise	Mon Wed Fri Sat 10:30am	Mindful Relaxation	Mon-Sat 2:30pm	Better Balance	Mon-Sat 3:00pm	Gentle Yoga	Sun Tues Thur 9:00pm	Bedtime Mindful Relaxation	7 days/week 9:30pm	<p>← ★ See schedule in BLUE for all programs ← available on TouchTown (Ch. 370/371) ←</p>
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