



December 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>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.</p>	<p><i>For additional activity supplies please contact Life Enrichment on the 3rd floor or by calling the front desk at 425-557-4200</i></p>		<p>FRIDAY—Dec. 16th ★ 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>1</p> <p>9:30 Water Exercise (P) 10:30 Stretch & Flex (GA) 1:00 Card Game “Sevens” (1FL) 1:30 Balance Class (GA) 3:00 Film Lecture w/ Lance Rhoades: “Singin’ in the Rain” - 70th Anniversary (GA) 7:00 AARP Presentation: “Holiday and Charity Scams”</p>	<p>2</p> <p>10:00 Enhance Fitness (GA) 11:00 Guest Speaker: Church of Jesus Christ of Latter-day Saints (GA) 1:00 Bridge (DR) 1:00 Mah-Jong Game (1FL) 3:00 Life Enrichment Planning Meeting (GA) 7:00 Movie Night “White Elephant” (2012) Foreign Film – Spanish</p>	<p>3</p> <p>10:00 Mah-Jong Game (1FL) 10:30 Stretch & Flex (GA) 2:00 Holiday Concert w/ The Issaquah Singers (GA) 7:00 Movie Night “Made in Italy” (2020)</p>
<p>4</p> <p>9:30/10:15 Church Shuttle * 11:00 Women’s Coffee Hour (LR) 1:00 Scrabble (GR) 1:15 Sammamish Symphony Orchestra * 2:00 Rummikub Game (1FL) 2:00 Movie Matinee “The Light Between Oceans” (2016) 7:00 Movie Night “The Jazz Singer” (1927) 7:00 Card Game “Rummy” (1FL)</p>	<p>5</p> <p>10:00 Enhance Fitness (GA) 11:00 Brain Fitness (GA) 1:00 Caregiver Support Group (GR) 1:30 Current Events (GA) 3:00 Holiday Painting w/ Emily (GA) * 6:30 Jumbo Crossword Puzzle (LR)</p>	<p>6</p> <p>9:30/10:45/12:00 Fred Meyer Grocery Shuttle *</p> <p>10:00 TheraBand Class (GA) 1:00 Bridge (DR) 1:30 Stockings for Heroes (GA) 3:00 AARP Fraud Presentation (GA)</p>	<p>7</p> <p>10:00 Enhance Fitness (GA) 11:00 Chair Yoga (GA) 11:15 Shopping Outing to Trader Joe’s* 1:00 Friendly Bridge (GR) 3:00 Town Hall (GA) 7:00 Documentary Movie “Young@Heart” (2007)</p>	<p>8</p> <p>9:30 Water Exercise (P) 10:30 Stretch & Flex (GA) 11:30-2:00 (LR) <i>UW Pharmacist Informational Table & Bone Density Screenings</i> 1:00 Card Game “Sevens” (1FL) 1:30 Balance Class (GA) 2:30 UW Pharmacist Lecture: “Bone Health” (GA) Dining Room closed for Dinner * (Employee Holiday Party)</p>	<p>9</p> <p>10:00 Enhance Fitness (GA) 11:00 Cinnamon Roll & Hot Chocolate Delivery * (Eastside Fire & Rescue Fundraiser) 1:00 Bridge (DR) 1:00 Mah-Jong Game (1FL) 3:00 Beer, Chips and Bingo (GA) 7:00 Movie Night “Tesla” (2020)</p>	<p>10</p> <p>10:00 Mah-Jong Game (1FL) 10:30 Stretch & Flex (GA) 1:30 Discovery Blue Planet DVD Series: Tidal Seas & Coasts (GA) 2:00 Fulghum Book Review with Claudia (PDR) 4:00 Guitar Performance (LR) 7:00 Movie Night “The French Dispatch” (2021)</p>
<p>11</p> <p>9:30 Church Shuttle * 10:15 Church Shuttle * 11:00 Women’s Coffee Hour (LR) 1:00 Scrabble (GR) 2:00 Rummikub Game (1FL) 2:00 Movie Matinee “Fiddler On The Roof” (1971) 7:00 Movie Night “The Courier” (2021) 7:00 Card Game “Rummy” (1FL)</p>	<p>12</p> <p>9:30 Shopping Outing to Bellevue Square *</p> <p>10:00 Enhance Fitness (GA) 11:00 Brain Fitness (GA) 1:30 Current Events (GA) 3:00 Bingo, Eggnog & Cookies (GA) 6:30 Jumbo Word Search (LR)</p>	<p>13</p> <p>9:00 Water Exercise (P) 9:30/10:45 QFC Grocery Shuttle *</p> <p>11:30 Health Talk w/ Select Rehab: “Planning w/ Purpose 2023” (GA) 1:00 Bridge (DR) 1:00 Library Volunteering (LB) 2:00 Left Center Right Game (1FL) 3:00 Sunshine Club (GA) 7:00 Seattle SeaChordsmen Barbershop Choir (GA)</p>	<p>14</p> <p>9:30 Holiday Tour -Fairmont Olympic Hotel Seattle *</p> <p>10:00 Enhance Fitness (GA) 12:15 Catholic Communion (GR) 1:00 Friendly Bridge (GR) 1:00 Bible Class: “Christmas Carols & The Christmas Story” (GA) 3:00 Contemporary Issues Women’s Group (GA) 7:00 Film Fans Movie Night: “My Big Fat Greek Wedding” (GA) & (370/371)</p>	<p>15</p> <p>9:30 Water Exercise (P) 10:30 Stretch & Flex (GA) 1:00 Card Game “Sevens” (1FL) 1:30 Balance Class (GA) 2:00 Book Club (PDR) 3:00 Our House Jazz Quartet (GA) 6:30 Film Fans Discussion of: “My Big Fat Greek Wedding” (GA)</p>	<p>★ Traveling Library Day 16</p> <p>10:00 Enhance Fitness (GA) 10:30 Birthday Brunch * (DR) 1:00 Bridge (DR) 1:00 Mah-Jong Game (1FL) 2:30 Music Lecture w/ Theodore Deacon—Handel (GA) 6:00 Holiday Lights Tour * 7:00 Movie Night “Playing For Keeps” (2012)</p>	<p>17</p> <p>10:00 Mah-Jong Game (1FL) 10:30 Stretch & Flex (GA) 1:30 Discovery Blue Planet DVD Series: Seasonal Seas & Ocean World (GA) 2:00 Fulghum Book Review with Claudia (PDR) 7:00 Movie Night “Invisible Stripes” (1939)</p>



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<p>18</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>"America The Story Of Us" - Part 1 (2010)</i> 4:00 Hanukkah Candle Lighting w/ Esther (LR) 7:00 Movie Night <i>"Under The Tuscan Sun" (2003)</i> 7:00 Card Game "Rummy" (1FL) <i>Hanukkah Begins</i></p>	<p>19</p> <p>10:00 Enhance Fitness (GA) 11:00 Brain Fitness (GA) 1:00 Caregiver Support Group (GR) 1:30 Current Events (GA) 3:00 Resident's Council Meeting: <i>"Meet the Candidates for the 2023 Election"</i> (GA) 4:00 Hanukkah Candle Lighting (LR)</p>	<p>20</p> <p>10:45/12:00 Fred Meyer Grocery Shuttle *</p> <p>10:00 TheraBand Class (GA) 1:00 Bridge (DR) 3:00 Holiday Singalong with Bob (GA) 4:00 Hanukkah Candle Lighting (LR)</p> <p>6:00 Holiday Lights Tour *</p>	<p>21</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) 3:00 Klezmer Band - Chanukah Music Performance (GA) 4:15 Hanukkah Candle Lighting w/Rabbi Mirel (LR) 7:00 Documentary Movie <i>"Julia Child: America's Favorite Chef"</i> (2004)</p>	<p>22</p> <p>9:30 Water Exercise (P) 10:30 Stretch & Flex (GA) 11:15 Fred Meyer Shuttle *</p> <p>1:00 Card Game "Sevens" (1FL) 1:30 Balance Class (GA) 3:00 Holiday Happy Hour & Music (GA) 4:00 Hanukkah Candle Lighting with Smile on Seniors (LR)</p>	<p>23</p> <p>10:00 Enhance Fitness (GA) 1:00 Bridge (DR) 1:00 Mah-Jong Game (1FL) 3:00 Christmas Carolers (GA) 4:00 Hanukkah Candle Lighting (LR) 7:00 Movie Night <i>"It's A Wonderful Life"</i> (1946)</p>	<p>24</p> <p>10:00 Mah-Jong Game (1FL) 10:30 Stretch & Flex (GA) 12:00 Movie Matinee: <i>"White Christmas"</i> (19) (GA) 4:00 Hanukkah Candle Lighting (LR) 7:00 Movie Night <i>"A Christmas Carol"</i> (1984)</p> <p>CHRISTMAS EVE</p>
<p>25</p> <p>1:00 Scrabble (GR) 2:00 Rummikub Game (1FL) 2:00 Movie Matinee <i>"America The Story Of Us" - Part 2 (2010)</i> 4:00 Hanukkah Candle Lighting (LR) 7:00 Movie Night <i>"Miracle On 34th Street"</i> (1947) *Activity Cart Available (LR) CHRISTMAS DAY</p>	<p>26</p> <p>10:00 Enhance Fitness (GA) 11:00 Brain Fitness (GA) 3:00 Bingo & Mimosas (GA) 6:30 Jumbo Crossword Puzzle (LR)</p>	<p>27</p> <p>9:00 Water Exercise (P) 9:30/10:45 Safeway Grocery Shuttle *</p> <p>11:30 Lecture w/David Kaynor: <i>"Mt. Rainier"</i> (GA) 1:00 Bridge (DR) 2:00 Left Center Right Game (1FL) 1:30 Scenic Drive *</p>	<p>28</p> <p>10:00 Enhance Fitness (GA) 11:00 Chair Yoga (GA) 1:00 Friendly Bridge (GR) 3:00 Wellness 360: Dietary Guidelines & Supplements w/ Nutritionist, Amanda (GA) 7:00 Documentary Movie <i>"Planet Of Snail"</i> (2011) Foreign Film – Korean</p>	<p>29</p> <p>9:30 Water Exercise (P) 10:30 Stretch & Flex (GA) 11:15 Outing to Target *</p> <p>1:00 Card Game "Sevens" (1FL) 1:30 Balance Class (GA) 3:00 Craft w/ Emily (GA)</p>	<p>30</p> <p>10:00 Enhance Fitness (GA) 10:30 Outing to Snoqualmie Casino *</p> <p>1:00 Bridge (DR) 1:00 Mah-Jong Game (1FL) 3:00 Bingo & Cookies (GA) 7:00 Movie Night <i>"The Bucket List"</i> (2007)</p>	<p>31</p> <p>10:00 Mah-Jong Game (1FL) 10:30 Stretch & Flex (GA) 1:30 Movie Matinee: Holiday Inn (1942) (GA) 2:00 Fulghum Book Review with Claudia (PDR) 7:00pm-9:00pm New Year's Eve party w/ Jazz Band "Spectrum" (GA) 7:00 Movie Night <i>"Holiday Inn"</i> (1942)</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>Symbol Key:</p> <p>** Requires advanced sign-up at the Front Desk in the Life Enrichment Binder.</p> <p>Anything written in Bold* is typically off site</p> <p>*Bold & Purple indicates Invite & RSVP required at front desk</p> <p>Anything in BLUE indicates TouchTown (Ch. 370/371)</p>	<p>Room Key:</p> <p>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>*TouchTown (Ch.370/371) Programming</p> <p>Morning Meditation Walks Qi Gong Exercise Routine Chair Yoga Chair Exercise Mindful Relaxation Better Balance Gentle Yoga Bedtime Mindful Relaxation</p> <p>Mon Wed Fri 8:00am Sun Tues 9:30am Sun Tues Thur 10:30am Mon Wed Fri Sat 10:30am Mon-Sat 2:30pm Mon-Sat 3:00pm Sun Tues Thur 9:00pm 7 days/week 9:30pm</p>	<p>←</p> <p>★ See schedule in BLUE with all the programs available on TouchTown (Ch. 370/371)</p> <p>←</p>	