



January 2023 Events Calendar



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1</p> <p>HAPPY NEW YEAR</p> 	<p>2</p> <p>10:30 Conversations w MJ</p> <p>1:00 Gentle Chair Yoga</p> <p>2:30 Watercolors w Cathy Shiovitz</p> <p>3:45 Reading w Nils</p>	<p>3</p> <p>10:30 Film History w Lance Rhoades</p> <p>1:00 'Wisdom' w David Smith</p> <p>3:30 Poetry Salon w Nils</p>	<p>4</p> <p>10:30 *Museum Outing: Burke Museum</p> <p>1:00 Current Events w Jacob Bolotin</p>	<p>5</p> <p>10:30 Food Advisory w Brian Hedlund</p> <p>2-3:30 *Tech Help Desk</p> <p>2:00 Celebration of Life</p>	<p>6</p> <p>1:00 American History #2 w Kristi Busch</p> <p>1:00 Around the World: China</p> <p>3-4:30 Donation Drop-off IDA'S FREE - 4 - ALL</p>	<p>7</p> <p>10:30 *Park Walk: Ballard Locks</p> <p>10-12 Residents Shop IDA'S FREE - 4 - ALL</p> <p>7:00 'Saturday Night Thrive' Social</p>
<p>8</p> <p>2:30 Cottages Block Party</p> 	<p>9</p> <p>10:30 <i>Extraordinary Birds of Southern North America</i> w D. Kaynor</p> <p>1:00 Gentle Chair Yoga</p> <p>3:30 Fossil Fiddlers</p>	<p>10</p> <p>10:30 Resident Council <i>*See your TV Guide for replays of the Resident Council Mtg on Channel 1981/1982</i></p> <p>1:00 ICHB Quilters</p> <p>3:15 Improv 101</p>	<p>11</p> <p>10:30 End-of-Life Presentation</p> <p>10:30 *Scenic Drive: Edmonds</p> <p>1:00 Current Events w Jacob Bolotin</p> <p>2:30 January Birthday Celebration</p> 	<p>12</p> <p>10:30 Nutrition Talk</p> <p>2-3:30 *Tech Help Desk</p> <p>3:00 ICHB Choir</p> <p>7:00 'wdz' Guitar Performance</p>	<p>13</p> <p>1:00 American History #2 w Kristi Busch</p> <p>1:00 Music History w Dr. Theo Deacon</p> <p>3:00 BINGO</p> <p>7:00 Trivia Night</p>	<p>14</p> <p>9:30 *Park Walk: Carkeek Park</p> 
<p>15</p> <p>3:00 Lauren Dean – Music in the Westward Expansion</p>	<p>16 MLK Jr. Day</p> <p>10:30 Select Rehab Talk</p> <p>1:00 Gentle Chair Yoga</p> <p>2:30 Watercolors w Cathy Shiovitz</p> <p>3:45 Reading w Nils</p>	<p>17</p> <p>1:00 'Wisdom' w David Smith</p> <p>2:30 Celebrating Cultures Happy Hour: China</p> 	<p>18</p> <p>10:30 *Out to Lunch: Chinooks</p> <p>1:00 Current Events w Jacob Bolotin</p>	<p>19</p> <p>9 - 11:30 Diabetes Info Booth</p> <p>1:00 Diabetes Lecture</p> <p>2-3:30 *Tech Help Desk</p> <p>3:00 ICHB Choir</p>	<p>20</p> <p>1:00 American History #2 w Kristi Busch</p> <p>3:00 BINGO</p>	<p>21</p> <p>9:30 *Park Walk: Smith Cove</p> <p>7:00 'Saturday Night Thrive' Social</p>
<p>22 Lunar New Year</p>  <p>2:30 A Bldg Block Party</p> <p>7:00 Emerald Harmony A Capella Performance</p>	<p>23</p> <p>10:30 <i>Great Geologic Features of NW Oregon</i> w David Kaynor</p> <p>1:00 Gentle Chair Yoga</p> <p>3:30 Fossil Fiddlers</p> <p>7:00 Blue Notes Jazz Trio</p>	<p>24</p> <p>10:30 Film History w Lance Rhoades</p> <p>1:00 ICHB Quilters</p> <p>3:15 Improv 101</p>	<p>25</p> <p>10:30 *Scenic Drive: Magnolia</p> <p>1:00 Current Events w Jacob Bolotin</p>	<p>26</p> <p>2-3:30 *Tech Help Desk</p> <p>3:00 ICHB Choir</p>	<p>27</p> <p>1:00 American History #2 w Kristi Busch</p> <p>1:00 Music History w Dr. Theo Deacon</p> <p>3:00 BINGO</p> <p>7:00 Trivia Night</p>	<p>28</p> <p>1:30 *Outing: Seattle Philharmonic @ Benaroya Hall</p> 
<p>29</p>  <p>3:00 Johnny Chiecsek Guitar Performance</p>	<p>30</p> <p>1:00 Gentle Chair Yoga</p> <p>3:45 Reading w Nils</p>	<p>31</p> <p>10:30 *Outing: Tulalip Casino & Premium Outlets</p> <p>3:30 Hearing Loss Lecture</p> 				

Events are subject to change.

Please refer to your Week at a Glance for the most up-to-date information and schedule.