



JANUARY

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 Yoga (CH) 9:30 Low Impact Workout (CH) 10:00 Cardio Exercise- Seated or Standing (CH) 11:00 30-Minute Feel-Good Documentary- Baby White Bengal Tiger Meets New Friend (TH) 1:00 Seahawks Football (TH) New York Jets @ Seattle 6:30 Ken Burns- The Roosevelts An Intimate History- Episode 1 <i>Get Action (1858-1901)</i>	2 9:00 Chair Yoga (CH) 9:30 Low Impact Workout (CH) 9:30 QFC/Bartell's* 10:00 Cardio Exercise- Seated or Standing (CH) 10:00 Stretch & Flex (AZ) 11:00 RR Bridge (LR) 11:30 25 Most Beautiful Destinations in Europe (TH) 1:00 QFC/Bartell's* 2:30 Rick Steves' Europe- Austrian & Italian Alps (TH) 6:30 Classic Comedies (TH) <i>My Favorite Wife</i>	3 9:00 <u>Out to Breakfast*</u> <u>Farine Bakery & Café</u> 9:00 Chair Exercise (CH) 10:00 Low Impact Workout (CH) 11:00 Inside the Tudor Hunting Lodge Loved by Henry VIII (TH) 1:00 Trivia with Stephanie (OR) 2:30 <u>Afternoon Concert (LR)</u> <u>Johnny Chiecsek-</u> <u>Guitar & Vocals</u> 6:30 Evening Sports Drama (TH) <i>12 Mighty Orphans</i>	4 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 Knitting Group (LR) 1:30 <u>Guest Speaker (AZ)</u> <u>Film History with Lance-</u> <u>American Cities Seen Through</u> <u>The Movies- New York City</u> 6:30 Evening Comedy (TH) <i>Dog</i>	5 9:00 Chair Exercise (CH) 10:00 Low Impact Workout (CH) 11:00 <u>Guest Speaker (AZ)</u> <u>Current Events with</u> <u>Jacob Bolotin</u> 11:00 RR Bridge (LR) 1:00 NO RR Bible Study (AZ) 2:00 <u>Open Art with Beverly (OR)</u> 3:00 Breathe & Relax Meditation with Seth (TH) 6:30 Period Piece Movie (TH) <i>Lincoln</i>	6 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 <u>Moving for Better Balance</u> <u>Tai Chi with Andrea*</u> 1:00 NOVA- Looking for Life on Mars (TH) 2:30 RR Play Reading with Gene Melnick (OR) 6:30 Friday Night with The Beatles (TH) <i>Get Back- Part 1 (Days 1-7)</i>	7 9:00 Chair Exercise (CH) 10:00 Low Impact Workout (CH) 10:00 RR Board Games (LR) 11:00 Oscar Winning Matinee (TH) <i>Mrs. Doubtfire</i> 2:00 The Earp Brothers- Lawmen of the West (TH) 6:30 Encore Movie Showing (TH) <i>Mrs. Doubtfire</i>
8 <i>8:15 AM-12:00 PM</i> <i>Church Shuttle*</i> 9:00 Chair Yoga (CH) 9:30 Low Impact Workout (CH) 10:00 Cardio Exercise- Seated or Standing (CH) 11:00 Cutest Animal Moment Compilation (TH) 1:00 <u>Dollar Tree*</u> 2:00 How Politics Affect Constitutional Law (TH) 6:30 Ken Burns- The Roosevelts An Intimate History- Episode 2 <i>In the Arena (1901-1910)</i>	9 9:00 Chair Yoga (CH) 9:30 Low Impact Workout (CH) 9:30 QFC/Bartell's* 10:00 Cardio Exercise- Seated or Standing (CH) 10:00 Stretch & Flex (AZ) 11:00 RR Bridge (LR) 11:30 30 Most Beautiful Cities in the World (TH) 1:00 <u>Trader Joes*</u> 2:30 A Journey Through Grief with Seth (AZ) 6:30 Classic Comedies (TH) <i>The Court Jester</i>	10 9:00 Chair Exercise (CH) 10:00 Low Impact Workout (CH) 11:00 <u>Moving for Better Balance</u> <u>Tai Chi with Andrea*</u> 1:00 <u>Uwajimaya & Total Wine*</u> 3:00 Caring for the Caregiver with Seth (AZ) 4:30 <u>Out to Dinner*</u> <u>Matts' Rotisserie & Oyster Lounge</u> 6:30 Evening Movie Based on Real Life (TH) <i>Dream Horse</i>	11 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 Knitting Group (LR) 2:00 <u>Guest Speaker (AZ)</u> <u>Jacqueline Lockwood-</u> <u>KCLS Bellevue Librarian</u> 6:30 Evening Romantic Drama (TH) <i>Redeeming Love</i>	12 9:00 National Hot Tea Day LR) 9:00 Chair Exercise (CH) 10:00 Low Impact Workout (CH) 11:00 <u>Guest Speaker (AZ)</u> <u>Current Events with</u> <u>Jacob Bolotin</u> 11:00 RR Bridge (LR) 1:00 RR Bible Study (AZ) 2:30 Resident Council (AZ) 3:00 Breathe & Relax Meditation with Seth (TH) 6:30 Evening Movie (TH) TBD	13 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 <u>Moving for Better Balance</u> <u>Tai Chi with Andrea*</u> 1:00 NOVA- Artic Sinkholes (TH) 2:30 RR Play Reading with Gene Melnick (OR) 6:30 Friday Night with The Beatles (TH) <i>Get Back- Part 2 (Days 8-16)</i>	14 9:00 Chair Exercise (CH) 10:00 Low Impact Workout (CH) 10:00 RR Board Games (LR) 11:00 Oscar Winning Matinee (TH) <i>The English Patient</i> 2:00 Norman Rockwell- An American Portrait (TH) 6:30 Encore Movie Showing (TH) <i>The English Patient</i>
15 <i>8:15 AM-12:00 PM</i> <i>Church Shuttle*</i> 9:00 Chair Yoga (CH) 9:30 Low Impact Workout (CH) 10:00 Cardio Exercise- Seated or Standing (CH) 11:00 30-Minute Feel-Good Documentary- Baby Pygmy Hippo Takes First Swim (TH) 1:00 National Strawberry Ice Cream Day (LR) 2:00 How Should the Constitution Be Interpreted? Who Decides its Meaning? (TH) 6:30 Ken Burns- The Roosevelts An Intimate History- Episode 3 <i>The Fire of Life (1910-1919)</i>	16 9:00 Chair Yoga (CH) 9:30 Low Impact Workout (CH) 9:30 QFC/Bartell's* 10:00 Cardio Exercise- Seated or Standing (CH) 10:00 Stretch & Flex (AZ) 11:00 RR Bridge (LR) 11:30 25 Most Ancient Ruins of the World (TH) 1:00 <u>Fred Meyer*</u> 2:30 Rick Steves' Europe- Egypt's Cairo (TH) 6:30 Classic Comedies (TH) <i>The Road to Bali</i>	17 9:00 Chair Exercise (CH) 10:00 Low Impact Workout (CH) 11:00 <u>Moving for Better Balance</u> <u>Tai Chi with Andrea*</u> 11:30 The History of Europe- Who was Alfred the Great? (TH) 2:00 <u>Happy Hour: (LR)</u> <u>Gary Lee Hood- Piano & Vocals</u> 6:30 Evening Movie (TH) TBD	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 Knitting Group (LR) 2:30 <u>Guest Speaker (AZ)</u> <u>Dietician Amanda Riffle-</u> <u>Diet Myths and Facts</u> 6:30 Evening Comedy (TH) <i>The Englishman Who Went Up a Hill but Came Down a Mountain</i>	19 9:00 Chair Exercise (CH) 10:00 Low Impact Workout (CH) 11:00 Modern Physics- How we Know Dark Matter Exists (TH) 11:00 RR Bridge (LR) 1:00 RR Bible Study (AZ) 1:30 National Popcorn Day (LR) 2:00 <u>Open Art with Beverly (OR)</u> 3:00 Breathe & Relax Meditation with Seth (TH) 7:00 Seattle Hockey (TH) New Jersey Devils @ Kraken	20 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 <u>Moving for Better Balance</u> <u>Tai Chi with Andrea*</u> 1:00 RR Book Club (OR) 2:00 National Cheese Lovers Day (LR) 2:30 RR Play Reading with Gene Melnick (OR) 6:30 Friday Night with The Beatles (TH) <i>Get Back- Part 3 (Days 17-22)</i>	21 9:00 Chair Exercise (CH) 10:00 Low Impact Workout (CH) 10:00 RR Board Games (LR) 11:00 Oscar Winning Matinee (TH) <i>Driving Miss Daisy</i> 2:00 Charles Dickens- Tale of Ambition & Genius (TH) 6:30 Encore Movie Showing (TH) <i>Driving Miss Daisy</i>

January 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
22 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 30-Minute Feel-Good Documentary- Adorable Baby Animal Moments (TH) 1:00 <u>Scenic Drive*</u> Bellevue 2:00 The Politics of the United States Supreme Court (TH) 6:30 Ken Burns– The Roosevelts An Intimate History– Episode 4 The Storm (1920-1933)	23 9:00 Chair Yoga (CH) 9:30 Low Impact Workout (CH) 9:30 QFC/Bartell's* 10:00 Cardio Exercise- Seated or Standing (CH) 10:00 Stretch & Flex (AZ) 11:00 RR Bridge (LR) 11:30 25 Greatest Natural Wonders of the World (TH) 1:00 <u>Safeway*</u> 2:00 National Pie Day (LR) 2:30 Rick Steves' Europe- Istanbul (TH) 6:30 Classic Comedies (TH) Gigi	24 9:00 Chair Exercise (CH) 10:00 Low Impact Workout (CH) 11:00 <u>Moving for Better Balance</u> <u>Tai Chi with Andrea*</u> 12:00 <u>Out to Lunch*</u> Agave Cocina & Cantina 1:30 Biography– Neiman Marcus Last of the Merchant Kings (TH) 3:00 Men's Group with Seth (AZ) 6:30 Romantic Classics (TH) Love Affair	25 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 Knitting Group (LR) 1:30 <u>Guest Speaker (AZ)</u> <u>Dr. Theodore Deacon-</u> <u>The Life of Beethoven</u> <u>Symphony No. 1</u> 3:30 Pre-Dinner Drinks (LR) Apple-Cranberry Moscow Mule 6:30 Evening Sports Drama (TH) American Underdog	26 9:00 Chair Exercise (CH) 10:00 Low Impact Workout (CH) 11:00 The Birth of Free Speech (TH) 11:00 RR Bridge (LR) 1:00 RR Bible Study (AZ) 1:30 The First Woman to Run for President (TH) 3:00 Breathe & Relax Meditation with Seth (TH) 6:30 Evening Movie (TH) TBD	27 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 <u>Moving for Better Balance</u> <u>Tai Chi with Andrea*</u> 1:00 NOVA– Rebuilding Notre Dame (TH) 2:30 RR Play Reading with Gene Melnick (OR) 6:30 Quirky Comedy (TH) The 100-Year Old Man Who Climbed Out the Window and Disappeared	28 9:00 Chair Exercise (CH) 10:00 Low Impact Workout (CH) 10:00 RR Board Games (LR) 11:00 Oscar Winning Matinee (TH) Going My Way 2:00 Sean Connery– Close up (TH) 6:30 Encore Movie Showing (TH) Going My Way
29 8:15 AM–12:00 PM Church Shuttle* All Day: National Puzzle Day (LR) 9:00 Chair Yoga (CH) 9:30 Low Impact Workout (CH) 10:00 Cardio Exercise- Seated or Standing (CH) 11:00 30-Minute Feel-Good Documentary– Baby Rhino Reunites with Mom (TH) 1:00 <u>Crossroads Mall*</u> 2:00 The Original Intent of the Constitution– Myths of American History (TH) 6:30 Ken Burns– The Roosevelts An Intimate History– Episode 5 The Rising Road (1933-1939)	30 9:00 Chair Yoga (CH) 9:30 Low Impact Workout (CH) 9:30 QFC/Bartell's* 10:00 Cardio Exercise- Seated or Standing (CH) 10:00 Stretch & Flex (AZ) 11:00 RR Bridge (LR) 11:30 25 Most Surreal Places on Earth (TH) 1:00 <u>Target- Factoria*</u> 2:00 Wellness 360 with Seth (AZ) 6:30 Classic Comedies (TH) Doubting Thomas	31 9:00 Chair Exercise (CH) 10:00 Low Impact Workout (CH) 11:00 <u>Moving for Better Balance</u> <u>Tai Chi with Andrea*</u> 11:00 <u>Diabetes Awareness Day</u> <u>Informative Booth with UW</u> <u>Pharmacist Abby Winter (LR)</u> 1:00 <u>Guest Speaker (AZ)</u> <u>Diabetes Awareness, Prevention,</u> <u>Treatment and Information with</u> <u>UW Pharmacist Abby Winter</u> 2:30 Contemporary Issues with Seth (AZ) 6:30 Evening Drama (TH) Mr. Holland's Opus				

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