



January 2023




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</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 3 (2010)</i> 7:00 Movie Night <i>"New Year's Eve" (2011)</i> 7:00 Card Game "Rummy" (1FL)</p> <p>NEW YEAR'S DAY</p>	<p>2</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>3</p> <p>9:30/10:45/12:00 Fred Meyer Grocery Shuttle * \$</p> <p>10:00 TheraBand Class (GA) 1:00 Bridge (DR) 3:00 Life Enrichment Planning Meeting (GA) 7:00 National Geographic: <i>World's Last Greatest Places: Coastal Africa</i></p>	<p>4</p> <p>10:00 Enhance Fitness (GA) 11:00 Chair Yoga (GA) 11:15 Shopping Outing to The Dollar Tree * \$ 1:00 Friendly Bridge (GR) 3:00 Town Hall (GA) 7:00 Film Fans Movie Night: <i>"West Side Story" (1961) (GA) & (370/371)</i></p>	<p>5</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 Ping Pong, Putting and Popcorn (GA) 6:30 Film Fans Discussion of: <i>"West Side Story" (1961) (GA)</i></p>	<p>6</p> <p>10:00 Enhance Fitness (GA) 1:00 Bridge (DR) 1:00 Mah-Jong Game (1FL) 3:00 Museum of Flight Lecture: <i>"Apollo: Greatest Accomplishment Of Mankind ... Ever!" (GA)</i> 7:00 Movie Night <i>"Honest Thief" (2020)</i></p>	<p>7</p> <p>10:00 Mah-Jong Game (1FL) 10:30 Stretch & Flex (GA) 1:30 America's National Parks: Yosemite (GA) 7:00 Movie Night <i>"Lansky" (2021)</i></p>
<p>8</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>"The Accidental Tourist" (1988)</i> 7:00 Movie Night <i>"Here Today" (2021)</i> 7:00 Card Game "Rummy" (1FL)</p>	<p>9</p> <p>10:00 Enhance Fitness (GA) 11:00 Brain Fitness (GA) 12:00 Harp performance with Candy (LR) 1:00 Caregiver Support Group (GR) 1:30 Current Events (GA) 3:30 Harp performance with Candy (LR)</p> <p>Resident Council Voting 10:00am—3:00pm Lobby</p>	<p>10</p> <p>9:00 Water Exercise (P) 9:30/10:45 QFC Grocery Shuttle * \$</p> <p>1:00 Bridge (DR) 1:00 Library Volunteering (LB) 1:00 David Smith Lecture: <i>"Wisdom" (GA)</i> 2:00 Left Center Right Game (1FL) 3:00 Sunshine Club (GA) 7:00 National Geographic: <i>World's Last Greatest Places: North America</i></p>	<p>11</p> <p>10:00 Enhance Fitness (GA) 11:00 Chair Yoga (GA) 12:15 Catholic Communion (GR) 1:00 Friendly Bridge (GR) 1:00 Bible Class: <i>"Philippians" (GA)</i> 3:00 Contemporary Issues Women's Group (GA) 7:00 Documentary Movie <i>"Ken Burns America: The Congress" (1988)</i></p>	<p>12</p> <p>9:30 Water Exercise (P) 10:30 Stretch & Flex (GA) 1:00 Card Game "Sevens" (1FL) 1:00 Men Only—Beer, Chips & Putting (DR) 1:30 Balance Class (GA) 2:00 Food Forum (GR)</p>	<p>13</p> <p>10:00 Enhance Fitness (GA) 11:15 Shopping Outing to Trader Joe's * \$ 1:00 Bridge (DR) 1:00 Mah-Jong Game (1FL) 3:00 Beer, Chips & Bingo (GA) 7:00 Movie Night <i>"The Year My Parents Went On Vacation" (2008)</i> Foreign Film—Portuguese</p>	<p>14</p> <p>10:00 Mah-Jong Game (1FL) 10:30 Stretch & Flex (GA) 11:45 Outing to Bill & Melinda Gates Foundation Discovery Center * Free 1:30 America's National Parks: Yellowstone (GA) 7:00 Movie Night <i>"12 Mighty Orphans" (2021)</i></p>
<p>15</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>"The English Patient" (1996)</i> 7:00 Movie Night <i>"Come September" (1961)</i> 7:00 Card Game "Rummy" (1FL)</p>	<p>16</p> <p>10:00 Enhance Fitness (GA) 11:00 Brain Fitness (GA) 1:30 Current Events (GA) 3:00 Resident Council Meeting (GA) 6:30 Jumbo Word Search (LR)</p> <p>MARTIN LUTHER KING JR. DAY</p>	<p>17</p> <p>10:45/12:00 Fred Meyer Grocery Shuttle * \$</p> <p>10:00 TheraBand Class (GA) 1:00 Bridge (DR) 3:00 Celebration of Life (GA) 7:00 National Geographic: <i>World's Last Greatest Places: Rain Forests</i></p>	<p>18</p> <p>10:00 Enhance Fitness (GA) 11:00 Chair Yoga (GA) 11:15 Lunch Outing to Maltby Café * \$ 1:00 Friendly Bridge (GR) 3:00 Contemporary Issues Women's Group (GA) 7:00 Documentary Movie <i>"Dr. Martin Luther King Jr: A Historical Perspective" (1994)</i></p>	<p>19</p> <p>9:30 Water Exercise (P) 10:30 Stretch & Flex (GA) 11:15 Outing to Crossroads Mall * \$ 1:00 Card Game "Sevens" (1FL) 1:30 Balance Class (GA) 2:00 Book Club (PDR) 3:00 Ambassador Meeting (GA) 6:30 Trivia Night w/ Nick & Rebecca (GA)</p>	<p>20</p> <p>10:00 Enhance Fitness (GA) 10:30 Birthday Brunch * (DR) 11:00-11:30 Traveling Library (LR) 12:00 Ping Pong (GA) 1:00 Bridge (DR) 1:00 Mah-Jong Game (1FL) 3:00 Bingo & Cookies (GA) 7:00 Movie Night <i>"Minari" (2020)</i></p>	<p>21</p> <p>10:00 Mah-Jong Game (1FL) 10:30 Stretch & Flex (GA) 1:30 America's National Parks: Grand Canyon (GA) 2:00 Short Story Creative Writing Class w/Claudia (GR) 7:00 Movie Night <i>"The Iron Lady" (2011)</i></p>



January 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
22	23	24	25	26	27	28
<p>9:30 & 10:15 Church Shuttle *</p> <p>11:00 Women's Coffee Hour (LR)</p> <p>1:00 Scrabble (GR)</p> <p>2:00 Rummikub Game (1FL)</p> <p>2:00 Movie Matinee <i>"The Sting" (1973)</i></p> <p>7:00 Movie Night <i>"L'Argent" (1984)</i> <i>Foreign Film—French</i></p> <p>7:00 Card Game "Rummy" (1FL)</p>	<p>10:00 Enhance Fitness (GA)</p> <p>11:00 Brain Fitness (GA)</p> <p>1:00 Caregiver Support Group (GR)</p> <p>1:30 Current Events (GA)</p> <p>3:00 Health Talk w/ Select Rehab: <i>"Healthy Eating & Nutrition for The New Year"</i> (GA)</p>	<p>9:00 Water Exercise (P)</p> <p style="text-align: center;">9:30/10:45</p> <p style="text-align: center;">Safeway Grocery Shuttle * \$</p> <p>1:00 Bridge (DR)</p> <p>1:00 David Smith Lecture: <i>"Wisdom"</i> (GA)</p> <p>2:00 Left Center Right Game (1FL)</p> <p>3:00 Nutrition Talk: <i>"Diet Myths And Facts"</i> (GA)</p> <p>7:00 National Geographic: <i>World's Last Greatest Places: Deserts</i></p>	<p>10:00 Enhance Fitness (GA)</p> <p>11:00 Chair Yoga (GA)</p> <p style="text-align: center;">11:15 Lunch Outing Orenji Sushi & Noodles *</p> <p>1:00 Friendly Bridge (GR)</p> <p>3:00 Wellness 360 w/ Mallory - <i>"Benefits of Acupuncture"</i> (GA)</p> <p>7:00 Documentary Movie <i>"Healing Words: Poetry & Medicine"</i> (2008)</p>	<p>9:30 Water Exercise (P)</p> <p>10:30 Stretch & Flex (GA)</p> <p>1:00 Card Game "Sevens" (1FL)</p> <p>12:00 Ping Pong (GA)</p> <p>1:30 Balance Class (GA)</p> <p>3:00 Film Lecture w/ Lance Rhoades: <i>American Cities As seen in the Moives - Los Angeles</i> (GA)</p> <p>6:30 Washington Wind Symphony Quartet (GA)</p>	<p>10:00 Enhance Fitness (GA)</p> <p style="text-align: center;">10:30 Outing to Snoqualmie Casino *</p> <p>1:00 Bridge (DR)</p> <p>1:00 Mah-Jong Game (1FL)</p> <p>3:00 Happy Hour & Musical Performance with The Haggis Brothers (GA)</p> <p>7:00 Movie Night <i>"Postcards From The Edge"</i> (1990)</p>	<p>10:00 Mah-Jong Game (1FL)</p> <p>10:30 Stretch & Flex (GA)</p> <p>1:30 America's National Parks: <i>National Park Icons</i> (GA)</p> <p>2:00 Short Story Creative Writing Class w/Claudia (GR)</p> <p>7:00 Movie Night <i>"The Four Musketeers"</i> (1975)</p>
29	30	31			FRIDAY—Jan. 20th	WELLNESS SERVICES:
<p>9:30 & 10:15 Church Shuttle *</p> <p>11:00 Women's Coffee Hour (LR)</p> <p>1:00 Scrabble (GR)</p> <p>2:00 Rummikub Game (1FL)</p> <p>2:00 Movie Matinee <i>"The Constant Gardner"</i> (2005)</p> <p>7:00 Movie Night <i>"The Boy Who Could Fly"</i> (1986)</p> <p>7:00 Card Game "Rummy" (1FL)</p>	<p>10:00 Enhance Fitness (GA)</p> <p>11:00 Brain Fitness (GA)</p> <p>1:30 Current Events (GA)</p> <p>3:00 Stories of a Lifetime: NEW! <i>"Growing up Abroad"</i> (GA)</p> <p>7:00 Piano Bar (LR)</p>	<p style="text-align: center;">10:45/12:00</p> <p style="text-align: center;">Fred Meyer Grocery Shuttle * \$</p> <p>1:00 Bridge (DR)</p> <p style="text-align: center;">2:30 Paint & Sip with Emily * (GA)</p> <p>7:00 National Geographic: <i>World's Last Greatest Places: Africa</i></p>			<p>★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>	<ul style="list-style-type: none"> • Audiologist—once a month • Podiatrist—twice a month <p><i>If you have questions about the wellness services</i></p> <p style="text-align: center;">—OR—</p> <p><i>you would like to schedule your appointments for the above... please go to the Wellness Center on the first floor.</i></p>
<p>*TouchTown (Ch.370/371) Programming</p> <p>Morning Meditation Walks Mon Wed Fri 8:00am</p> <p>Qi Gong Exercise Routine Sun Tues 9:30am</p> <p>Chair Yoga Sun Tues Thur 10:30am</p> <p>Chair Exercise Mon Wed Fri Sat 10:30am</p> <p>Mindful Relaxation Mon-Sat 2:30pm</p> <p>Better Balance Mon-Sat 3:00pm</p> <p>Gentle Yoga Sun Tues Thur 9:00pm</p> <p>Bedtime Mindful Relaxation 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>	<p>Room Key:</p> <p>1st Floor Loft (1FL)</p> <p>Dining Room (DR)</p> <p>Game Room (GR)</p> <p>Gilman Auditorium (GA)</p> <p>Library (LB)</p> <p>Living Room (LR)</p> <p>Lobby (L)</p> <p>Dining Room Patio (DRP)</p> <p>Private Dining Room (PDR)</p> <p>Pool (P)</p> <p>Pea Patch (PP)</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>\$ = Bring Your Wallet</p> <p>Anything in BLUE indicates TouchTown (Ch. 370/371)</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><i>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.</i></p>