



November

The Gardens at Town Square
 933 111th Ave NE
 Bellevue, WA 98004
 (425) 688-1900

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>1</p> <p>9:30 Low Impact Workout (CH) 10:00 Cardio Exercise- Seated or Standing (CH) 10:00 Stretch & Flex (AZ) 11:00 Knit Wits (LR) 2:00 RR Canasta (OR) 3:00 Memory Loss: What is Normal and What is Not? with Kristoffer Rhoads, PhD. (AZ) <i>(Sign up necessary)</i> 6:30 Evening Movie (TH) <i>Arsenic and Old Lace</i></p>	<p>2</p> <p>9:00 Chair Exercise (CH) 10:00 Low Impact Workout (CH) 10:00 Strength & Balance with Select Rehab (AZ) 11:00 RR Bridge (LR) 11:00 Guest Speaker (AZ) Great Decisions with Jacob: The Koreas 1:00 RR Bible Study (AZ) 2:00 Open Art with Beverly (OR) 4:45 Seattle Restaurant Week* Novilhos Brazilian Steakhouse <i>(3-course meal- menu & price in binder)</i> 6:30 Evening Movie (TH) <i>The Bridge on the River Kwai</i></p>	<p>3</p> <p>9:30 Low Impact Workout (CH) 10:00 Cardio Exercise (CH) 10:00 Stretch & Flex (AZ) 10:30 Snoqualmie Casino* Fall Prevention with Andrea (AZ) 1:00 Afternoon Concert (LR) Johnny Chiecsek- Guitar & Vocals 2:30 RR Play Reading with Gene (OR) 3:15 Gratitude & Appreciation Social (AZ) 6:30 Evening Movie (TH) <i>The King's Speech</i></p>	<p>4</p> <p>9:00 Chair Exercise (CH) 10:00 Low Impact Workout (CH) 10:00 RR Board Games (LR) 1:00 Independent Walking Group (B) 2:00 Matinee Movie (TH) <i>Forever Young</i> 6:30 Evening Concert: (LR) Piatigorsky Foundation Presents- Kristina Cook (Soprano) & Kessa Mefford (Piano Accompanist)</p>
<p>5 Daylight Saving Ends</p> <p>9:00 Chair Yoga (CH) 9:30 Low Impact Workout (CH) 10:00 Cardio Exercise- Seated or Standing (CH) 10:00 Morning Football: Seattle @ Baltimore Ravens (TH) 1:00 Cascadia Art Museum* 6:30 Evening Movie (TH) <i>Monty Python's- Life of Brian</i></p> 	<p>6</p> <p>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) 1:00 Caring for the Caregiver (OR) 1:00 QFC/Bartell's* 2:00 Birthday Social (AZ) 3:30 Madlibs! (OR) 6:30 Evening Movie (TH) <i>Minority Report</i></p>	<p>7 Election Day</p> <p>9:30 Park Walk*: Medina Park (.4 mile) 10:00 Low Impact Workout (CH) 11:00 Tai Chi for Arthritis & Fall Prevention with Andrea (AZ) 1:30 RR Mexican Train Dominos (MDR) 2:00 Go to Nepal & India with Rinzin (AZ) 3:30 The Wonders of America's State Parks: Niagara Falls- America's Oldest State Park (TH) 4:00pm- 5:00pm Wine & Appetizers (LR) 6:30 Evening Movie (TH) <i>The Peanut Butter Falcon</i></p>	<p>8</p> <p>9:30 Low Impact Workout (CH) 10:00 Cardio Exercise- Seated or Standing (CH) 10:00 Stretch & Flex (AZ) 11:00 Knit Wits (LR) 1:00 **NEW SPEAKER/ACTIVITY** Shakespeare Class with Shanna Allman (AZ) 2:00 RR Canasta (OR) 3:30 The Worlds Greatest Geological Wonders: "The Amazon Basins- Lungs of the Planet" (TH) <i>(Video & Discussion)</i> 6:30 Evening Movie (TH) <i>Legends of the Fall</i></p>	<p>9</p> <p>9:00 Chair Exercise (CH) 10:00 Low Impact Workout (CH) 10:00 Mass & Communion with Father Joseph (TH) 10:00 Strength & Balance with Select Rehab (AZ) 11:00 RR Bridge (LR) 1:00 RR Bible Study (AZ) 2:30 RR Resident Council (AZ) 3:30 Trivia with Rinzin (OR) 6:30 Evening Movie (TH) <i>Carousel</i></p>	<p>10</p> <p>9:30 Low Impact Workout (CH) 10:00 Cardio Exercise (CH) 10:00 Stretch & Flex (AZ) 11:00 Tai Chi for Arthritis & Fall Prevention with Andrea (AZ) 11:00 RR Sing Along (LR) 1:00 Guest Speaker (TH) History Professor Bill Woodward: 1876- A Wild Year and a Weird Election 2:30 RR Play Reading with Gene (OR) 3:15 Gratitude & Appreciation Social (AZ) 6:30 Evening Movie (TH) <i>Calendar Girls</i></p>	<p>11 Veterans Day</p> <p>9:00 Chair Exercise (CH) 10:00 Veterans Day Ceremony At Sunset Hills Memorial Park Cemetery* 10:00 Low Impact Workout (CH) 10:00 RR Board Games (LR) 1:00 Independent Walking Group (B) 1:30 Low Impact Aerobics with Maria (AZ) <i>(time change today only)</i> 6:30 Evening Movie (TH) <i>Silver Linings Playbook</i></p>
<p>12</p> <p>9:00 Chair Yoga (CH) 9:30 Low Impact Workout (CH) 10:00 Cardio Exercise- Seated or Standing (CH) 10:00 Volunteer Park Conservatory* 1:25 Seahawks Social (TH) Washington Commanders @ Seattle 2:00 The Gardens Book Club with Rinzin (OR) 6:30 Evening Movie (TH) <i>Footloose</i></p>	<p>13</p> <p>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) 1:00 Trader Joes* 2:30 Autumn at The Gardens Soiree with Music from: Janet Raynor (LR) 4:00pm- 5:00pm Pre-Dinner Drinks (LR) 6:30 Evening Movie (TH) <i>Flash Dance</i></p>	<p>14</p> <p>9:30 Park Walk*: Old Market Street Trail (1.2 mile) 10:00 Low Impact Workout (CH) 11:00 Tai Chi for Arthritis & Fall Prevention with Andrea (AZ) 1:30 RR Mexican Train Dominos (MDR) 2:00 What's New with Medicare (AZ) <i>(Sign up necessary)</i> 3:30 National Pickle Day: Pickle Social- Let's Relish The Moment (LR) 6:30 Evening Movie (TH) <i>Slumdog Millionaire</i></p>	<p>15</p> <p>9:30 Low Impact Workout (CH) 10:00 Cardio Exercise- Seated or Standing (CH) 10:00 Stretch & Flex (AZ) 11:00 Knit Wits (LR) 1:00 Nutrition with ERA Dietician: Amanda Riffle: Maintaining Muscle Mass with Aging (AZ) 2:00 RR Canasta (OR) 3:00 Levy's Travelogue (AZ) 6:30 Evening Concert: Seattle Symphony Violinist- Iiana Zaks (LR)</p>	<p>16</p> <p>9:00 Chair Exercise (CH) 10:00 Low Impact Workout (CH) 10:00 Strength & Balance with Select Rehab (AZ) 11:00 RR Bridge (LR) 11:00 Guest Speaker (AZ) Current Events with Jacob Bolotin 1:00 RR Bible Study (AZ) 2:00 Open Art with Beverly (OR) 6:30 Evening Movie (TH) <i>A River Runs Through It</i></p>	<p>17</p> <p>9:30 Low Impact Workout (CH) 10:00 Cardio Exercise (CH) 10:00 Stretch & Flex (AZ) 11:00 Tai Chi for Arthritis & Fall Prevention with Andrea (AZ) 1:00 Eastside Heritage Speaker (AZ) Getting Around the Eastside 2:30 RR Play Reading with Gene (OR) 3:15 Gratitude & Appreciation Social (AZ) 6:30 Evening Movie (TH) <i>Casablanca</i></p>	<p>18</p> <p>9:00 Chair Exercise (CH) 10:00 Low Impact Workout (CH) 10:00 RR Board Games (LR) 1:00 Independent Walking Group (B) 2:00 Matinee Movie (TH) <i>Hope Floats</i> 6:30 Evening Movie (TH) <i>Fancy Pants</i></p>

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
19 9:00 Chair Yoga (CH) 9:30 Low Impact Workout (CH) 10:00 Cardio Exercise- Seated or Standing (CH) 1:25 Seahawks Social (AZ) Seattle @ LA Rams 1:30 Bingo (OR) 3:30 World Heritage Sites: "Ancient Egyptian Thebes" (TH) 6:30 Evening Movie (TH) <i>Message in a Bottle</i>	20 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 (OR) 11:30 Tequila & Tacos (LR) 1:00 Safeway* 2:00 Men's Group with Cliff Warner (AZ) 3:00 Great Artists of the Italian Renaissance- "Brunelleschi & Ghiberti in Florence" (TH) (video and discussion) 6:30 Evening Movie (TH) <i>Seven Brides for Seven Brothers</i>	21 9:30 Park Walk*: Heritage Park Trail (1.1 mile) 10:00 Low Impact Workout (CH) 11:00 Tai Chi for Arthritis & Fall Prevention with Andrea (AZ) 1:30 RR Mexican Train Dominos (MDR) 6:30 Evening Movie (TH) <i>Fried Green Tomatoes</i>	22 9:30 Low Impact Workout (CH) 10:00 Cardio Exercise- Seated or Standing (CH) 10:00 Stretch & Flex (AZ) 11:00 Film History with Lance Rhoades: (AZ) 55th Anniversary of Seminal Sci-Fi Film 2001: A Space Odyssey 11:00 Knit Wits (LR) 2:00 RR Canasta (OR) 3:30 The Worlds Greatest Geological Wonders: "Iguazu Falls-Thundering Waterfalls" (TH) (Video & Discussion) 6:30 Evening Movie (TH) <i>Fiddler on the Roof</i>	23 Thanksgiving 9:00 Chair Exercise (CH) 10:00 Low Impact Workout (CH) 10:30 Planes, Trains & Automobiles (TH) 2:00 Hannah and Her Sisters (TH) 5:20 Thanksgiving Football (TH) SF 49ers @ Seattle Seahawks	24 9:30 Low Impact Workout (CH) 10:00 Cardio Exercise (CH) 10:00 Stretch & Flex (AZ) 11:00 NO Tai Chi for Arthritis & Fall Prevention with Andrea (AZ) 1:00 Gratitude & Appreciation Social (AZ) 6:30 Evening Movie (TH) <i>The Holiday</i>	25 9:00 Chair Exercise (CH) 10:00 Low Impact Workout (CH) 10:00 RR Board Games (LR) 11:00 Low Impact Aerobics with Maria (AZ) 2:00 Brain Games (OR) 1:00 Independent Walking Group (B) 6:30 Evening Movie (TH) <i>One Fine Day</i> <p style="text-align: center;">Apple Cup: WSU Cougars @ UW Huskies Time: TBA Location: Theater</p>
26 9:00 Chair Yoga (CH) 9:30 Low Impact Workout (CH) 10:00 Cardio Exercise- Seated or Standing (CH) 10:30 Dollar Tree* 2:00 The Gardens Book Club with Rinzin (OR) 3:30 World Heritage Sites: "The Forbidden City of Beijing" (TH) (Video & Discussion) 6:30 Evening Movie (TH) <i>Cinderella Man</i>	27 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) 1:00 Fred Meyer* 1:00 A Journey Through Grief with D'Anna Edison (OR) 3:00 Great Artists of the Italian Renaissance- "Donatello & Luca della Robbia" (TH) (video and discussion) 6:30 Evening Movie (TH) <i>Julie & Julia</i>	28 9:30 Park Walk*: Everest Memorial Loop (.9 mile) 10:00 Low Impact Workout (CH) 11:00 Tai Chi for Arthritis & Fall Prevention with Andrea (AZ) 12:00 The Calcutta Grill at Newcastle Golf Club* 1:30 RR Mexican Train Dominos (MDR) 3:30 The Wonders of America's State Parks: New York's Adirondacks- Forever Wild (TH) 6:30 Evening Movie (TH) <i>How to Steal a Million</i>	29 9:30 Low Impact Workout (CH) 10:00 Cardio Exercise- Seated or Standing (CH) 10:00 Stretch & Flex (AZ) 11:00 Knit Wits (LR) 1:30 Guest Speaker (AZ) Dr. Theodore Deacon- The Life of Beethoven Symphony No. 9 3:30 The Worlds Greatest Geological Wonders: "Mammoth Cave- Worlds Underground" (TH) (Video & Discussion) 6:30 Evening Movie (TH) <i>It's Kind of a Funny Story</i>	30 9:00 Chair Exercise (CH) 10:00 Low Impact Workout (CH) 10:00 Strength & Balance with Select Rehab (AZ) 11:00 RR Bridge (LR) 1:00 RR Bible Study (AZ) 3:30 Art Gala: Resident Works (LR) Live Demo by Beverly Fotheringham 6:30 Evening Movie (TH) <i>Country Strong</i>		

LIFE by Select Rehab is in apartment 362

Contact Isha Saluja for more information about the following services offered:

Physical Therapy
Occupational Therapy
Speech Therapy

Ph (425) 389-2360
Gardens.Town.Square@selectrehab.com

MASSAGE THERAPIST

Michelle Pearson, LMT, is a wonderful massage therapist offering in-residence visits to our community. Michelle enjoys working with people to melt stress and tension so they can live from a place of deeper ease and energy.

To schedule, contact via text or phone:
206-778-1457.

Location Legend

(AZ)	Azalea Room - 3rd Floor
(CH)	In-House Channel 370
(G)	Garden Room - 2nd Floor
(LR)	Living Room - 1st Floor
(MDR)	Magnolia Dining Room - 1st Floor
(OR)	Orchid Room- 3rd Floor
(TH)	Theater - 1st Floor
*	SIGN-UP REQUIRED
(TL)	2nd Floor Terrace