































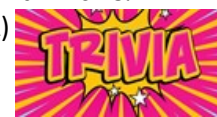









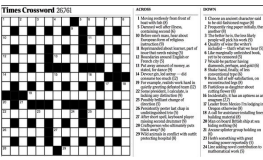











Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Goodbye 2023! welcome 2024!</p>	<p>NEW YEAR'S DAY! 1</p> <p>10:00 Enhance Fitness (GA)</p> <p>11:00 Brain Fitness (GA)</p> <p>3:00 Beer, Chips & Bingo (GA) \$</p> <p>B I N G O</p> <p>6:30 Jumbo Crossword Puzzle (LR)</p> 	<p>2</p> <p>9:00 Water Exercise (P)</p> <p>10:00 Scrabble (1FL)</p> <p>10:00 TheraBand Class (GA)</p> <p>10:45/12:00</p> <p>Fred Meyer Grocery Shuttle * \$</p> <p>1:00 Bridge (GR)</p> <p>2:00 Library Volunteering (LB)</p> <p>3:00 Sunshine Club (GA)</p> 	<p>3</p> <p>10:00 Enhance Fitness (GA)</p> <p>11:00 Chair Yoga (GA)</p> <p>11:15 "Boys in the Boat" Movie Theater Outing * \$\$</p> <p>12:15 Catholic Communion (GR)</p> <p>1:00 Bridge (GR)</p> <p>3:00 Town Hall (GA)</p> <p>7:00 Film Fans Movie Night: "The Devil Wears Prada" (2006) (GA) & (TouchTown)</p> 	<p>4</p> <p>9:00 Water Exercise (P)</p> <p>10:30 Stretch & Flex (GA)</p> <p>11:15 Lunch Outing to Salish Lodge at Snoqualmie Falls * \$</p> <p>1:00 Card Game "Sevens" (1FL)</p> <p>1:30 Balance Class (GA)</p> <p>3:00 Life Enrichment Planning Meeting (GA)</p> <p>6:30 Film Fans Discussion of: "The Devil Wears Prada" (2006) (GA)</p> 	<p>5</p> <p>10:00 Enhance Fitness (GA)</p> <p>11:15 Craft w/ Roseann: Zentangle Activity (1FL)</p> <p>1:00 Bridge (GR)</p> <p>1:00 Mah-Jong Game (1FL)</p> <p>3:00 4th Floor—Floor Party! (1FLR)</p> <p>7:00 Movie Night "The Jazz Singer" (1980) (GA) & (TT)</p>  	<p>6</p> <p>10:30 Stretch & Flex (GA)</p> <p>11:15 Mindfulness Practices (GA)</p> <p>11:00 Mah-Jong Game (1FL)</p> <p>12:00 Rummikub Game (1FL)</p> <p>12:30 Documentary: "Art of Scandinavia" (GA) & (TT)</p> <p>2:00 Short Story Creative Writing Class w/Claudia (PDR)</p> <p>7:00 Movie Night "Message in A Bottle" (1999)</p> 
<p>7</p> <p>8:30 - 12:30 Church Shuttle * </p> <p>11:00 Women's Coffee Hour (LR)</p> <p>1:00 Scrabble (1FL)</p> <p>2:00 Rummikub Game (1FL)</p> <p>2:00 Movie Matinee "Fiddler On The Roof" (1971)</p> <p>7:00 Card Game "Rummy" (1FL)</p>  	<p>8</p> <p>10:00 Enhance Fitness (GA)</p> <p>11:00 Brain Fitness (GA)</p> <p>12:15 Outing to UW Biology Greenhouse Tour * FREE</p> <p>1:00 Card Game "Sevens" (1FL)</p> <p>1:00 Caregiver Support (GR)</p> <p>3:00 Harp Performance w/ Candy (GA)</p> 	<p>9</p> <p>9:00 Water Exercise (P)</p> <p>10:00 Scrabble (1FL)</p> <p>10:45/12:00</p> <p>QFC Grocery Shuttle * \$</p> <p>1:00 Bridge (GR)</p> <p>1:00 David Smith Lecture: "Contemporary Ethics" (GA)</p> <p>3:00 Bingo & Cookies (GA) \$</p> <p>B I N G O</p>	<p>10</p> <p>10:00 Outing to see the West Seattle Troll "Bruun Idun" * FREE</p> <p>10:00 Enhance Fitness (GA)</p> <p>11:00 Chair Yoga (GA)</p> <p>1:00 Bridge (GR)</p> <p>3:00 Contemporary Issues Women's Group (GA)</p> 	<p>11</p> <p>9:00 Water Exercise (P)</p> <p>10:30 Stretch & Flex (GA)</p> <p>11:15 On-Site Dermatology: Skin Cancer Awareness (GA)</p> <p>12:15 Shopping & Coffee at Gilman Village * \$</p> <p>1:00 Card Game "Sevens" (1FL)</p> <p>1:30 Balance Class (GA)</p> <p>2:00 Food Forum (PDR)</p> <p>2:30 Music Lecture w/ Theodore Deacon: "Fred Astaire Dancing on Air: His Films & Artistry" (GA)</p>  	<p>12</p> <p>10:00 Enhance Fitness (GA)</p> <p>11:15 Line Dancing! (GA)</p> <p>12:00 Lunch Outing to Subway (Sandwiches) * \$</p> <p>1:00 Bridge (GR)</p> <p>1:00 Mah-Jong Game (1FL)</p> <p>3:00 Stories of a Lifetime: "Remembering grandparents & being a grandparent" (GA)</p> <p>7:00 Movie & Popcorn Night "Love the Coopers" (2015) (GA) & (TouchTown)</p>  	<p>13</p> <p>10:30 Stretch & Flex (GA)</p> <p>11:15 Mindfulness Practices (GA)</p> <p>11:00 Mah-Jong Game (1FL)</p> <p>12:00 Rummikub Game (1FL)</p> <p>2:00 JP & The OK Rhythm Boys (GA)</p> <p>7:00 Movie Night "O Brother Where Art Thou?" (2000)</p> 
<p>14</p> <p>8:30 - 12:30 Church Shuttle * </p> <p>11:00 Women's Coffee Hour (LR)</p> <p>12:30-1:30 Fireside Chat with Susan V (LR)</p> <p>1:00 Scrabble (1FL)</p> <p>2:00 Rummikub Game (1FL)</p> <p>2:00 Movie Matinee "The Chronicles of Namia" (2005)</p> <p>7:00 Card Game "Rummy" (1FL)</p>  	<p>MLK DAY 15</p> <p>10:00 Enhance Fitness (GA)</p> <p>11:00 Brain Fitness (GA)</p> <p>1:00 Card Game "Seven" (1FL)</p> <p>3:00 Resident Council Meeting (GA)</p> <p>6:30 Jumbo Crossword Puzzle (LR)</p> 	<p>16</p> <p>9:00 Water Exercise (P)</p> <p>10:00 Scrabble (1FL)</p> <p>11:00 Grief Support Group NEW! (PDR)</p> <p>10:45/12:00</p> <p>Fred Meyer Grocery Shuttle * \$</p> <p>1:00 Bridge (GR)</p> <p>3:00 Shakespeare Class (GA)</p> 	<p>17</p> <p>10:00 Enhance Fitness (GA)</p> <p>11:00 Chair Yoga (GA)</p> <p>11:00 Episcopal Communion with Rev. Marilyn Brown (GR)</p> <p>11:15 Shopping Outing to Trader Joe's * \$</p> <p>1:00 Bridge (GR)</p> <p>1:00 Bible Class: "Hebrews" (GA)</p> <p>3:00 Contemporary Issues MEN'S Group (GA) NEW!</p> <p>4:15 Dinner Outing to Sansonina Italian Ristorante in Renton * \$</p> 	<p>18</p> <p>9:00 Water Exercise (P)</p> <p>10:30 Stretch & Flex (GA)</p> <p>11:15 Shopping Outing to: Marshal's HomeGoods & Dick's * \$</p> <p>1:00 Card Game "Sevens" (1FL)</p> <p>1:30 Balance Class (GA)</p> <p>3:00 Book Club (PDR)</p> <p>BOOK DISCUSSION GROUP</p>  	<p>19</p> <p>10:00 Enhance Fitness (GA)</p> <p>10:00 Birthday Brunch * (DR)</p> <p>10:00-10:30 Traveling Library (L)</p> <p>1:00 Bridge (GR)</p> <p>1:00 Mah-Jong Game (1FL)</p> <p>2:00 Shabbat w/ Rabbi Schneur (PDR)</p> <p>3:00 Film Lecture w/ Lance Rhoades: "Mary Poppins 60th Anniversary" (GA)</p> <p>7:00 Movie Night "Argo" (2012)</p> 	<p>20</p> <p>10:30 Stretch & Flex (GA)</p> <p>11:15 Mindfulness Practices (GA)</p> <p>11:00 Mah-Jong Game (1FL)</p> <p>12:00 Rummikub Game (1FL)</p> <p>12:30 Documentary: "Michael Palin and the Mystery of Hammershoi" (GA) & (TT)</p> <p>2:00 Short Story Creative Writing Class w/Claudia (PDR)</p> <p>7:00 Movie Night "The Mighty Macs" (2009)</p> 

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<div>21</div> <div>8:30 - 12:30 Church Shuttle * </div> <div>11:00 Women’s Coffee Hour (LR)</div> <div>1:00 Scrabble (1FL)</div> <div>1:00 Outing to Shakespeare’s “The Comedy of Errors” in Seattle * \$\$ </div> <div>2:00 Rummikub Game (1FL)</div> <div>2:00 Movie Matinee “88 Minutes” (2007) </div> <div>7:00 Card Game “Rummy” (1FL)</div>	<div>22</div> <div>10:00 Enhance Fitness (GA) </div> <div>11:00 Brain Fitness (GA)</div> <div>1:00 Card Game “Sevens” (1FL)</div> <div>1:00 Caregiver Support (GR)</div> <div>3:00 Ambassador Meeting (PDR)</div>	<div>23</div> <div>9:00 Water Exercise (P) </div> <div>10:00 Scrabble (1FL)</div> <div>10:00 TheraBand Class (GA)</div> <div> 10:45/12:00 Safeway Grocery Shuttle * \$</div> <div>1:00 Bridge (GR)</div> <div>1:00 David Smith Lecture: “Contemporary Ethics” (GA)</div> <div>3:00 Nutrition Talk: w/ Amanda: “Food Safety 101” (GA)</div>	<div>24</div> <div>10:00 Enhance Fitness (GA)</div> <div>11:00 Chair Yoga (GA)</div> <div>11:00 Lunch or Afternoon Tea—Queen Mary Tea Room In Seattle * \$ </div> <div>1:00 Bridge (GR)</div> <div>3:00 Contemporary Issues Women’s Group (GA)</div> <div>6:30 Trivia Night with Nick & Rebecca (GA) </div>	<div> FULL MOON 25</div> <div>Wolf Moon</div> <div>9:00 Water Exercise (P) </div> <div>10:30 Stretch & Flex (GA)</div> <div>11:30 Current Events (GA)</div> <div>★ New Time & Day!</div> <div>1:00 Card Game “Sevens” (1FL)</div> <div>1:30 Balance Class (GA)</div> <div>3:00 Guest Speaker: Issaquah Food Bank (GA)</div>	<div>26</div> <div>10:00 Enhance Fitness (GA)</div> <div> 10:00 Outing to Snoqualmie Casino * \$</div> <div>12:00 In-House Wellness Informational Meeting (GA)</div> <div>1:00 Bridge (GR)</div> <div>1:00 Mah-Jong Game (1FL)</div> <div>3:00 Happy Hour & Music “Remembering ABBA” (GA)</div> <div>7:00 Movie Night  “The Princess Bride” (1987)</div>	<div>27</div> <div>10:30 Stretch & Flex (GA)</div> <div>11:15 Mindfulness Practices (GA)</div> <div>11:00 Mah-Jong Game (1FL)</div> <div>12:00 Rummikub Game (1FL)</div> <div>12:30 Documentary: “The Life and Art of Edward Burra” (GA) & (TT)</div> <div>7:00 Movie Night  “Facing the Giants” (2006)</div>	
<div>28</div> <div>8:30 - 12:30 Church Shuttle * </div> <div>11:00 Women’s Coffee Hour (LR)</div> <div>1:00 Scrabble (1FL)</div> <div>2:00 Rummikub Game (1FL)</div> <div>2:00 Music Recital (GA) </div> <div>2:00 Movie Matinee: “I Dreamed of Africa” (2000) </div> <div>7:00 Card Game “Rummy” (1FL)</div>	<div>29</div> <div>10:00 Enhance Fitness (GA) </div> <div>11:00 Brain Fitness (GA)</div> <div>1:00 Card Game “Sevens” (1FL)</div> <div>1:30 Guest Lecture: “The Israel-Hamas War in Perspective” (GA)</div> <div>3:00 Health Talk w/ Select Rehab: “Fall Prevention” (GA)</div> <div>6:30 Jumbo Crossword Puzzle (LR) </div>	<div>30</div> <div>9:00 Water Exercise (P) </div> <div>10:00 Scrabble (1FL)</div> <div> 10:45/12:00 Fred Meyer Grocery Shuttle * \$</div> <div>1:00 Bridge (GR)</div> <div>3:00 Celebration of Life (GA)</div> <div></div>	<div>31</div> <div>10:00 Enhance Fitness (GA)</div> <div>11:00 Chair Yoga (GA) </div> <div>12:00-2:00 Walker/Wheelchair Safety Clinic (Apt. #159) *</div> <div>12:15 Outing to Movie Theater to see The Metropolitan Opera’s “Carmen” * \$ PATD </div> <div>1:00 Bridge (GR)</div> <div>1:00 Bible Class: “Hebrews” (GA)</div> <div>3:00 Bingo & Mimosas (GA) \$ </div>		<div>Room Key:</div> <div>1st Floor Loft (1FL)</div> <div>1st Floor Living Room (1FLR)</div> <div>Dining Room (DR)</div> <div>Dining Room Patio (DRP)</div> <div>Game Room (GR)</div> <div>Gilman Auditorium (GA)</div> <div>Library (LB)</div> <div>Living Room (LR)</div> <div>Lobby (L)</div> <div>Pea Patch (PP)</div> <div>Pool (P)</div> <div>Private Dining Room (PDR)</div>	<div>Symbol Key:</div> <div>“*” Advanced sign-up Front Desk Life Enrichment Binder.</div> <div>*Bold & Purple - Advanced RSVP & Invite at front desk</div> <div>Anything in *Bold* is typically off site</div> <div>Anything in BLUE indicates TouchTown (Ch. 370/371)</div> <div>\$ = Bring your wallet along!</div> <div>\$ PATD = Pay At The Door</div> <div>\$\$ = Tickets Purchased Ahead</div>	
<div>*TouchTown (Ch.370/371) Programming</div> <div>Morning Meditation Walks</div> <div>Tai Chi for Beginners</div> <div>Gentle Chair Yoga</div> <div>Chair Fitness Aerobics</div> <div>Low Impact Workout</div> <div>Strength Workout</div> <div>Gentle Yoga</div> <div>Bedtime Mindful Relaxation</div> <div>Mon Wed Fri 8:00am</div> <div>Sun Tues 9:30am</div> <div>Sun Tues Thur 10:30am</div> <div>Mon Wed Fri Sat 10:30am</div> <div>Mon-Sat 2:30pm</div> <div>Mon-Sat 3:30pm</div> <div>Sun Tues Thur 9:00pm</div> <div>7 days/week 9:30pm</div>		<div>⬅ See schedule in BLUE with all the exercise & meditation programs available on TouchTown (Ch. 370/371) ➡</div>		<div></div> <div>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.</div>	<div>WELLNESS SERVICES:</div> <div>Audiologist—once a month</div> <div>Podiatrist— twice a month</div> <div>If you have questions about the wellness services —OR— you would like to schedule your appointments for the above... please go to the Wellness Center on the first floor.</div>	<div>FRIDAY—Jan. 19th</div> <div>★ Traveling Library— be sure your King County Library Books are turned in to the LE Office or the Front Desk by 9:30 am</div> <div></div>	<div>For additional activity supplies please contact Life Enrichment on the 3rd floor or by calling the front desk at 425-557-4200</div>