

# JANUARY 2024

Sunday	Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5	Saturday 6
<b>10:30 Pastries and Puzzles (AR)</b> <b>6:30 Sunday Movie: All the Pretty Horses 2000 (SL)</b>	<b>9:30</b> Morning Stretch w/ David (SL) <b>10:00 Movie:</b> Gone with the Wind Part One 1939 (SL) <b>11:30– 12:30</b> Librarian & Tech Help (L) <b>2:00 Movie:</b> Gone with the Wind Part Two 1939 (SL) <b>6:30 Texas vs UW Sugar Bowl (SL)</b>	<b>10:00</b> Yoga w/ Pat (SL) <b>12:00 Swimming*</b> <b>2:00</b> Meditation w/ Carrie (L) <b>3:15 Counseling Support Chat: What Do You Want/Need?</b> w/ Carrie (SL)	<b>9:00 Shop. U Village*</b> <b>10:30</b> Exercise w/ Anders (SL) <b>1:30 Estate Planning Presentation</b> w/ View Ridge Family Law (SL) <b>3:00</b> Resident Association Meeting (DR) <b>6:30 Movie:</b> Pride of The Yankees 1942 (SL)	<b>10:30</b> Fitness w/ Maya (SL) <b>2:00</b> I Love Lucy: The Chocolate Factory (SL) <b>3:00 Hearing Clinic (L)</b> <b>3:15 Life Changes and Transition: Weathering Change</b> w/ Carrie (SL)	<b>10:30</b> Fitness w/ Maya (SL) <b>11:30– 12:30</b> Librarian & Tech Help (L) <b>2:30</b> Breathing and Laughter Exercises w/ Maya (SL) <b>3:00</b> Special Movie: Margrete Queen of the North 2021 (SL) <b>5:00 Shabbat Dinner (PDR)*</b>	<b>2:00</b> Board Games and Cards (AR) <b>6:30</b> Movie: Gladiator 2000 (SL)
<b>7</b> <b>10:30</b> Scrabble and Canasta (4FL) <b>6:30 Sunday Movie:</b> Hidden Figures 2016 (SL)	<b>8</b> <b>9:30</b> Better Balance (SL) <b>10:30</b> Morning Stretch w/ David (SL) <b>11:30– 12:30</b> Librarian & Tech Help (L) <b>3:00 Contemporary Ethics</b> w/ David Smith (SL)	<b>9</b> <b>10:00</b> Seated Yoga w/ Pat (SL) <b>12:00 Swimming*</b> <b>2:00</b> Meditation w/ Carrie (L) <b>3:15 Recompose: Soil Transformation and Human Composting</b> w/ Carrie (SL)	<b>10</b> <b>10:30</b> Exercise w/ Maya (SL) <b>11:00 Mass</b> w/ Father Daniel (L) <b>2:00</b> Scandinavia Presentation w/ Anders (SL) <b>3:30 Tea and Crochet</b> w/ Mia (AR) <b>6:30</b> Movie: You Can Count on Me 2000 (SL)	<b>11</b> <b>9:30</b> Exercise w/ Anders (SL) <b>10:30 David Kaynor: The Geology of Mount Rainier</b> (SL) <b>2:30 Shopping at Trader Joe's*</b> <b>3:30</b> Scandinavia Trivia w/ Anders (SL)	<b>12</b> <b>10:30</b> Exercise w/ Maya (SL) <b>11:30– 12:30</b> Librarian & Tech Help (L) <b>1:00</b> Travel Experiences Discussion w/ David (SL) <b>2:30</b> Poetry Appreciation Group (L) <b>3:30</b> Bingo (AR)	<b>13</b> <b>10:30</b> Exercise w/ Anders (SL) <b>2:00</b> Board Games and Cards (AR) <b>6:30</b> Movie: Age of Innocence 1993 (SL)
<b>14</b> <b>10:30</b> Scrabble and Canasta (4FL) <b>6:30 Sunday Movie:</b> Do the Right Thing 1989 (SL)	<b>Martin Luther King Day 15</b> <b>9:30</b> Better Balance (SL) <b>10:30 Documentary:</b> Howard Thurman, Friend and Mentor of MLK (SL) <b>11:30– 12:30</b> Librarian & Tech Help (L) <b>2:00</b> Movie: Miss Juneteenth 2020 (SL) <b>3:30</b> Movie Committee Meeting (MLR)	<b>16</b> <b>10:00</b> Yoga w/ Pat (SL) <b>12:00 Swimming*</b> <b>2:00</b> Meditation w/ Carrie (L) <b>3:15 Downsizing 101: Organizational &amp; Downsizing Tips</b> w/ Carrie (SL)	<b>17</b> <b>9:00 Shop. U Village*</b> <b>10:30</b> Exercise w/ Anders (SL) <b>2:30 A History of African-American Cinema</b> w/ Lance Rhoades (SL) <b>4:30 Birthday Dinner</b> (DR) <b>6:30</b> Movie: Harriet 2019 (SL)	<b>18</b> <b>10:30</b> Fitness w/ Michael (SL) <b>10:40 Outing: The Frye Art Museum*</b> <b>2:00</b> Bingo (AR) <b>3:15 Topic of the Day: Homelessness in Seattle</b> w/ Carrie (SL)	<b>19</b> <b>10:30</b> Exercise w/ Maya (SL) <b>11:30– 12:30</b> Librarian & Tech Help (L) <b>1:00</b> Travel Experiences and Memories w/ David (SL) <b>3:00 Musical Bells Presentation and Demonstration</b> w/ Peggy Monroe (SL)	<b>20</b> <b>10:30</b> Exercise w/ Anders (SL) <b>1:00</b> Board Games and Cards (AR) <b>2:00-3:30 Collage and Printmaking</b> with Patricia-Ann (AR) <b>6:30</b> Movie: The Railway Man 2013 (SL)
<b>21</b> <b>10:30</b> Scrabble and Canasta (4FL) <b>1:00 Theatre Outing:</b> "Strong Waters" Play at 12 <sup>th</sup> Avenue Arts* <b>6:30 Sunday Movie:</b> Roy Orbison Black and White Night 1988 (SL)	<b>22</b> <b>9:30 Better Balance</b> (SL) <b>11:00 Communion</b> w/ Nina Butorac (L) <b>11:30– 12:30</b> Librarian & Tech Help (L) <b>1:30</b> Lavender Floral Sachet Craft w/ Nora (AR) <b>3:00 Health Chat</b> w/ Liz (SL)	<b>23</b> <b>10:00</b> Yoga w/ Pat (SL) <b>12:00 Swimming*</b> <b>12:45-1:15 Bookmobile</b> (AR) <b>2:00</b> Meditation w/ Carrie (L) <b>1:45 Magnuson Park Art Walk*</b> <b>3:15 Happiness</b> w/ Carrie (SL)	<b>24</b> <b>10:30</b> Exercise w/ Maya (SL) <b>1:30 Enhanced Online Security Part 1</b> w/ Anna Zefferys (SL) <b>3:30</b> Kitchen Korner (SL) <b>6:30</b> Movie: Before Sunrise 1995 (SL)	<b>25</b> <b>10:30</b> Exercise w/ Michael (SL) <b>2:00 Gaza War Impact on Lebanon and Lessons Learnt</b> w/ Maya (SL) <b>3:15 Shopping at PCC*</b> <b>4:30</b> Destination Dinner: Lebanon (DR)	<b>26</b> <b>10:30</b> Exercise w/ Maya (SL) <b>11:30– 12:30</b> Librarian & Tech Help (L) <b>1:30</b> Life Enrichment Chat (SL) <b>2:30</b> Poetry Appreciation Group (L) <b>3:30 Happy Hour</b> (SL)	<b>27</b> <b>10:30</b> Exercise w/ Anders (SL) <b>2:00</b> Board Games and Cards (AR) <b>6:30:</b> Movie: The Lives of Others 2006 (SL)
<b>28</b> <b>10:30</b> Scrabble and Canasta (4FL) <b>6:30 Sunday Movie:</b> Tucker: The Man and His Dream 1988 (SL)	<b>29</b> <b>9:30</b> Better Balance (SL) <b>11:30– 12:30</b> Librarian & Tech Help (L) <b>2:00</b> Bingo (AR) <b>3:00</b> Documentary: Rainier the Mountain 1999 (SL)	<b>30</b> <b>10:00</b> Yoga w/ Pat (SL) <b>11:00 Current Events</b> w/ Jacob Bolotin (SL) <b>12:00 Swimming*</b> <b>2:00</b> Meditation w/ Carrie (L) <b>3:15 Coping w/ Anxiety &amp; Stress</b> w/ Carrie (SL)	<b>31</b> <b>9:00 Shop. U Village*</b> <b>10:30</b> Ex. w/ Maya (SL) <b>1:30 Enhanced Online Security Part 2</b> w/ Anna Zefferys (SL) <b>6:30</b> Movie: Victoria and Abdul 2017 (SL)		AR – Activity Room DR – Dining Room L – Library FR – Fireside Room MLR – Maple Leaf Room PDR – Private D. Room 4FL – 4 <sup>th</sup> Floor Lobby SL – South Lounge	<b>* Sign up at the Front Desk</b>