



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
	<p>1 9:30 QFC/ CVS* 10:00 Stretch & Flex (AZ) 10:45 Enhance Fitness Testing (AZ) 11:00 RH Bridge (LR)</p> <p style="text-align: center;">Mini Massages with Maria Zulema* Sign Up Required 12:00PM-4:00PM (TH)</p> <p>1:00 QFC/ CVS* 3:00 RH Men's Pool Game (BR) 6:00 Bistro Bingo Bash & Prizes (B) 6:45 Evening Movie (TH) <i>Calendar Girls</i></p>	<p>2 10:00 Fitness Center Tutorial* w/ Life Enrichment (FC) 11:00 Virtual Gentle Chair Yoga (AZ) 1:00 Meditation w/ Seth (TH) 1:30 RH Mexican Train Dominos (MDR) 2:00 Healing Hearts Collective (OR) 3:00 Through the Eras Extravaganza & Musical Performance with Chris Anderson (First Floor) 6:45 Evening Movie (TH) <i>The Pursuit of Happyness</i></p>	<p>3 9:00 Stretch & Flex (OR) 10:00 PJ's & Pancakes Social (AZ) 11:00 Knit Wits (LR) 1:00 Tech Support with Evan* 1:00 Documentary: (AZ) <i>The Civil War</i> 2:00 RH Canasta (OR) Gardening with Ciscoe 2:00PM-3:30PM (LR) 5:45 MET Opera El Ultimo Sueno de Frida y Diego* 6:45 Evening Movie (TH) <i>Saturday Night Fever</i></p>	<p>4 10:00 Strength & Balance w/ Select Rehab (AZ) 11:00 Great Decisions (AZ) Ukraine & The Future of European Security 11:00 RH Bridge w/ Sally (LR) 1:00 RH Bible Study (AZ) Ice Cream Truck 1:30PM - 3:30PM 2:00 Guest Speaker Bill Woodward (TH) U.S.: 250 Years Ago Destination Dinner: Greece 4:30PM-6:30PM (MDR) 6:45 Evening Movie (TH) <i>When in Rome</i></p>	<p>5 10:00 Stretch & Flex (AZ) 10:00 Drop in Tech Support with Evan (TH) 10:00 RH Bridge w/ Kay (LR) 10:45 Enhance Fitness (AZ) 1:00 Train Your Brain (OR) 2:00 Tech Support Guideline Presentation (TH) 3:00 Resident Appreciation Social (LR) 6:45 Resident Choice Movie Night with Kay (TH)</p>	<p>6 9:00 Swimming at Aljoja* 10:00 Morning (B) Walking Group 11:00 Rummy (LR) 1:00 RH Scrabble (LR) 1:00 Baseball Game: Braves at Mariners (TH) 2:00 RH Writing (OR) with Catherine 3:00 Bananagrams Tile Game (LR) 6:45 Evening Movie (TH) <i>The Theory of Everything</i></p>
<p>7 Church Transportation* 8:30am-10:30am</p> <p>11:00 Morning Series(TH) <i>Downton Abbey</i> 11:00 Ping Pong (LR) 2:00 Bingo (OR) 3:00 Sunday Series & Popcorn (AZ) <i>The National Parks</i></p> <p>Student Music Recital 2:00PM - 4:00PM (LR) 6:45 Evening Movie (TH) <i>Mrs. Doubtfire</i></p>	<p>8 9:30 QFC/ CVS* 10:00 Stretch & Flex (AZ) 10:45 Enhance Fitness (AZ) 11:00 RH Bridge w/ Sally (LR) 1:00 Fred Meyer* 2:00 RH Women's Pool Game (BR) 2:00 Caring for the Caregiver (OR) 3:00 Musical Performance with Do Peterson (LR) 6:45 Evening Movie (TH) <i>Coda</i></p>	<p>9 10:00 Fitness Center Tutorial* w/ Life Enrichment (FC) 10:00 Washington Park Arboretum Tram Tour* 11:00 Virtual Gentle Chair Yoga (AZ) 1:00 Meditation w/ Seth (TH) 1:30 RH Mexican Train Dominos (MDR) 2:00 June Trivia (LR) 3:00 Guest Speaker Damon Clark: Sleep Hygiene (TH) 6:45 Evening Movie (TH) <i>Bobby Jones, Stroke of Genius</i></p>	<p>10 10:00 Stretch & Flex (AZ) 10:00 Bellevue Nursey* 10:45 Enhance Fitness (AZ) 11:00 Knit Wits (TH) 1:30 RH Sing-Along w/ Carleen & Kathy (LR) 2:00 RH Canasta (OR) 3:00 Culinary / Dining Meeting (TH) 4:15 Dinner Outing: The Shed, Woodinville Rooftop Bar* 6:45 Evening Movie (TH) <i>Butch Cassidy & The Sundance Kid</i></p>	<p>11 10:00 Strength & Balance w/ Select Rehab (AZ) 10:00 Mass & Communion w/ Father Joseph (TH) 10:30 Northwest African American Museum* 11:00 RH Bridge with Sally (LR) 1:00 RH Bible Study (AZ) 2:30 All Residents' Council Meeting (AZ) 5:10 Baseball Game: Mariners at Astros (B) 6:45 Evening Movie (TH) <i>Remains of the Day</i></p>	<p>12 Tech Support with Evan* <i>Sign Up Required</i> 10:00 Stretch & Flex (AZ) 10:00 RH Bridge w/ Kay (LR) 10:45 Enhance Fitness (AZ) 11:30 Stronger Memory (OR) 12:30 Documentary: (AZ) <i>The Civil War</i> 2:00 Giant Crossword Puzzle (OR) 3:00 Musical (LR) Performance Jukebox Cabaret 6:45 Evening Movie (TH) <i>Arthur</i></p>	<p>13 9:00 Swimming at Aljoja* 10:00 Morning (B) Walking Group 11:00 Rummy (LR) 1:00 RH Scrabble (LR) 1:00 Matinee Movie & Popcorn (TH) <i>The Arrival</i> 2:30 Digital Photography Group (AZ) 6:45 Evening Movie (TH) <i>North by Northwest</i></p>

JUNE 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday														
<p>14</p> <p>11:00 Morning Series(TH) <i>Downton Abbey</i></p> <p>11:00 Ping Pong (LR)</p> <p>1:00 Village Theatre* Hymon & Parfunkle Musical</p> <p>2:00 RH Book Club (OR)</p> <p>3:00 Sunday Series & Popcorn (AZ) <i>The National Parks</i></p> <p>Student Music Recital 2:00PM - 4:00PM (LR)</p> <p>6:45 Evening Movie (TH) <i>Rudy</i></p>	<p>15</p> <p>9:30 QFC/ CVS*</p> <p>10:00 Stretch & Flex (AZ)</p> <p>10:45 Enhance Fitness (AZ)</p> <p>11:00 RH Bridge w/ Sally (LR)</p> <p>1:00 QFC/ CVS*</p> <p>2:00 Town Hall & Sensational Survey Party (LR)</p> <p>3:00 RH Pool Game (BR)</p> <p>6:45 Resident Choice Movie Night with Kay (TH)</p>	<p>16</p> <p>10:00 Fitness Center Tutorial* w/ Life Enrichment (FC)</p> <p>11:00 Virtual Gentle Chair Yoga (AZ)</p> <p>1:00 Shakespeare with Shanna (OR)</p> <p>1:00 Meditation w/ Seth (TH)</p> <p>1:30 RH Mexican Train Dominos (MDR)</p> <p>3:00 Contemporary Issues With Seth (AZ)</p> <p>4:00 Dinner Outing: Din Tai Fung*</p> <p>6:45 Evening Movie (TH) <i>A Beautiful Mind</i></p>	<p>17</p> <p>10:00 Stretch & Flex (AZ)</p> <p>10:00 Lunch at Nicolino & Issaquah Troll Park Walk*</p> <p>10:45 Enhance Fitness (AZ)</p> <p>11:00 Knit Wits (LR)</p> <p>1:00 Documentary: (TH) <i>The Civil War</i></p> <p>2:00 RH Canasta (OR)</p> <p>3:00 Life Enrichment Forum (AZ)</p> <p>4:20 Baseball Game: (B) Padres at Mariners</p> <p>6:45 Evening Movie (TH) <i>The Holdovers</i></p>	<p>18</p> <p>10:00 Strength & Balance w/ Select Rehab (AZ)</p> <p>11:00 Current Events with Jacob Bolotin (AZ)</p> <p>11:00 RH Bridge w/ Sally (LR)</p> <p>1:00 RH Bible Study (OR)</p> <p>3:00 Birthday Happy Hour & Musical Performance with Ashley (LR)</p> <p>5:00 VIP Chef's Dinner: June Birthdays*</p> <p>6:45 Evening Movie (TH) <i>Brooklyn</i></p>	<p>19 Tech Support w/ Evan* <i>Sign Up Required</i></p> <p>10:00 Stretch & Flex (AZ)</p> <p>10:00 World Cup (TH) USA vs. Australia</p> <p>10:00 RH Bridge (LR)</p> <p>10:45 Enhance Fitness (AZ)</p> <p>11:30 Stronger Memory (OR)</p> <p>1:00 Train Your Brain (AZ)</p> <p>2:00 Life in Art with Renee Plevy (OR)</p> <p>3:00 Documentary: (TH) <i>Reconstructing Creole</i></p> <p>6:45 Evening Movie (TH) <i>12 Years a Slave</i></p>	<p>20</p> <p>9:00 Swimming at Aljoia*</p> <p>10:00 Morning (B) Walking Group</p> <p>11:00 Rummy (LR)</p> <p>1:00 RH Scrabble (LR)</p> <p>1:00 Matinee Movie & Popcorn (TH) <i>John Q</i></p> <p>2:00 RH Writing (OR) with Catherine</p> <p>3:00 Bananagrams Tile Game (LR)</p> <p>6:45 Evening Movie (TH) <i>American Graffiti</i></p>														
<p>21</p> <p><i>Father's Day</i></p> <p>Church Shuttle* 8:30am-10:30am</p> <p>11:00 Morning Series (TH) <i>Downton Abbey</i></p> <p>1:00 Ping Pong (LR)</p> <p>2:00 Bingo (OR)</p> <p>3:00 Sunday Series & Popcorn (TH) <i>The National Parks</i></p> <p>Father's Day Dinner 4:00PM-7:00PM (MDR)</p> <p>6:45 Evening Movie (TH) <i>The Book Thief</i></p>	<p>22</p> <p>9:30 QFC/ CVS*</p> <p>10:00 Stretch & Flex (AZ)</p> <p>10:45 Enhance Fitness (AZ)</p> <p>11:00 RH Bridge w/ Sally (LR)</p> <p>1:00 Trader Joes*</p> <p>2:00 RH Men's Pool Game (BR)</p> <p>2:00 Men's Group with Seth (OR)</p> <p>3:00 Meet the Artist: (TH) Eleanor Doerman</p> <p>6:45 Evening Movie (TH) <i>The Pianist</i></p>	<p>23</p> <p>10:00 Fitness Center Tutorial* w/ Life Enrichment (FC)</p> <p>10:30 Documentary: (TH) <i>The Civil War</i></p> <p>11:00 Virtual Gentle Chair Yoga (AZ)</p> <p>1:00 Meditation w/ Seth (TH)</p> <p>1:30 RH Mexican Train Dominos (MDR)</p> <p>2:00 Women's Group with Seth (AZ)</p> <p>3:00 Musical Performance with Jake Bean (LR)</p> <p>6:45 Evening Movie (TH) <i>Mystery, Alaska</i></p>	<p>24</p> <p>10:00 Stretch & Flex (AZ)</p> <p>10:45 Enhance Fitness (AZ)</p> <p>11:00 Knit Wits (LR)</p> <p>11:00 Baseball Game (TH) Mariners at Royals</p> <p>1:30 Guest Speaker Theo Deacon: (AZ) Damn Yankees & The Pajama Game</p> <p>2:00 RH Canasta (OR)</p> <p>3:00 Sangria Summer Social (CY)</p> <p>6:45 Evening Movie (TH) <i>Four Weddings & A Funeral</i></p>	<p>25</p> <p>10:00 Strength & Balance w/ Select Rehab (AZ)</p> <p>10:30 Sammamish Animal Sanctuary*</p> <p>11:00 RH Bridge w/ Sally (LR)</p> <p>1:00 RH Bible Study (AZ)</p> <p>2:00 Nutrition w/ Amanda: Hydration (AZ)</p> <p>2:50 Bellevue Farmer's Market*</p> <p>6:45 Evening Movie (TH) <i>Road to Perdition</i></p> <p>7:00 World Cup (B) Turkey vs. USA</p>	<p>26</p> <p>10:00 Stretch & Flex (AZ)</p> <p>10:00 RH Bridge w/ Kay (LR)</p> <p>10:45 Enhance Fitness (AZ)</p> <p>11:30 Stronger Memory (OR)</p> <p>1:00 Documentary: <i>Alone in the Wilderness</i> (TH)</p> <p>1:00 Train Your Brain (OR)</p> <p>2:00 RH Low Vision: (OR) Transportation Access</p> <p>3:00 Not Your Father's Root Beer Float Social (CY)</p> <p>6:45 Evening Movie (TH) <i>Becoming Jane</i></p>	<p>27</p> <p>9:00 Swimming at Aljoia*</p> <p>10:00 Morning (B) Walking Group</p> <p>11:00 Rummy (LR)</p> <p>1:00 RH Scrabble (LR)</p> <p>1:00 Matinee Movie & Popcorn (TH) <i>The Way We Were</i></p> <p>2:30 Digital Photography Group (AZ)</p> <p>6:45 Evening Movie (TH) <i>Quiz Show</i></p>														
<p>28</p> <p>10:00 Dollar Tree Shopping*</p> <p>11:00 Morning Series (TH) <i>Downton Abbey</i></p> <p>1:00 Ping Pong (LR)</p> <p>1:00 Scenic Drive*</p> <p>2:00 RH Bingo (OR)</p> <p>3:00 Sunday Series & Popcorn (TH) <i>The National Parks</i></p> <p>6:45 Evening Movie (TH) <i>The Shawshank Redemption</i></p>	<p>29</p> <p>9:30 QFC/ CVS*</p> <p>10:00 Stretch & Flex (AZ)</p> <p>10:45 Enhance Fitness (AZ)</p> <p>11:00 RH Bridge w/ Sally (LR)</p> <p>1:00 QFC/ CVS*</p> <p>2:00 RH Women's Pool Game (BR)</p> <p>3:00 Musical Performance with Lucy London (LR)</p> <p>6:45 Evening Movie (TH) <i>Quartet</i></p>	<p>30</p> <p>10:00 Fitness Center Tutorial* w/ Life Enrichment (FC)</p> <p>10:30 Documentary: (TH) <i>The Civil War</i></p> <p>11:00 Virtual Gentle Chair Yoga (AZ)</p> <p>1:00 Current Events (AZ)</p> <p>1:30 RH Mexican Train Dominos (MDR)</p> <p>Meet the Artist: Renee & Karen 2:30PM-4:00PM (TH)</p> <p>6:45 Evening Movie (TH) <i>The Inheritance</i></p>	<div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> <p>Location Legend</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">(AZ) Azalea Room - FL3</td> <td style="width: 50%;">(B) Bistro - FL1</td> </tr> <tr> <td>(CH) In-House Channel 370</td> <td>(TL) Terrace - FL2</td> </tr> <tr> <td>(LR) Living Room - FL1</td> <td>(FC) Fitness Center - FL1</td> </tr> <tr> <td>(MDR) Magnolia Dining - FL1</td> <td>(FD) Front Desk - FL1</td> </tr> <tr> <td>(OR) Orchid Room - FL3</td> <td>(CY) Courtyard - FL2</td> </tr> <tr> <td>(TH) Theater - FL1</td> <td>(RH) Resident Hosted</td> </tr> <tr> <td>(*) Sign-Up Required</td> <td>(BR) Billiards Room - FL 1</td> </tr> </table> </div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> <p style="text-align: center;">Factoria Hearing:</p> <p style="text-align: center;">Call 425-457-7999, to schedule your 15 minute visit today!</p> </div>		(AZ) Azalea Room - FL3	(B) Bistro - FL1	(CH) In-House Channel 370	(TL) Terrace - FL2	(LR) Living Room - FL1	(FC) Fitness Center - FL1	(MDR) Magnolia Dining - FL1	(FD) Front Desk - FL1	(OR) Orchid Room - FL3	(CY) Courtyard - FL2	(TH) Theater - FL1	(RH) Resident Hosted	(*) Sign-Up Required	(BR) Billiards Room - FL 1	<div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> <p style="text-align: center;">One-on-One Holy Communion</p> <p style="text-align: center;">Wednesdays 10:30am By Appointment Only Contact Sacred Heart: Diana Schiro @ 425-864-9277 or Jackie Weeks @ 425-443-7353</p> </div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> <p style="text-align: center;">Maria Zulema, LMP</p> <p style="text-align: center;">kickbackrelax206@gmail.com Kick Back Relax, PLLC 425.545.3582 Office 425.495.3808 Cell</p> <p style="text-align: center;">Wednesdays 10-2pm apt 203</p> </div>	<div style="border: 1px solid black; padding: 5px;"> <p style="text-align: center;">LIFE: Select Rehab Apt. 362</p> <p style="text-align: center;">Contact Clinical Lead, Diane Bridges, about the following services: Physical/ Occupational Therapy Speech Therapy 425-389-2360</p> </div>
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