

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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*Happy Birthday!*

Jongejan, Kay 7/05	Akiyama, Kinuko 7/11
Dowling, Bill 7/06	Bovarnick, Ruth 7/19
Harper, William 7/06	Bernstein, Ruth 7/22
Packman, Ilaine 7/07	Sohn, Vivian 7/24
Harrington, Dolores 7/09	Parsons, Chris 7/27

Music & Lectures  
 Marketing Events  
 Trips  
 Unique Events

1

9:15 Water Fitness  
 10:00 Facilities Committee  
 11:00 Balance Class w/ Select Rehab  
 11:30 Flower Arranging for Lilly's  
 1:00 Bridge  
 1:15 Brain Fitness  
 2:00 Tai Chi  
 3:00 Kris Hambrick  
 3:15 Mindful Meditation  
 7:15 Movie Night

2

9:30 Enhance Fitness  
 10:45 Bookmobile  
 11:00 Aspiring Writers  
 1:00 Sit & Be Fit  
 1:00 Great Decisions  
 2:00 Current Events  
 3:00 Women's Group  
 4:15 Docuseries  
 6:45 Star Spangled Banner Outing  
 7:00 MOSAIC Mercer Island

3

9:00 Men's Breakfast  
 9:15 Water Fitness  
 10:50 Rosary  
 11:00 Living Well w/ Hearing Loss  
 1:00 Bridge  
 1:15 Watercolor Group  
 2:00 Tai Chi (Video)  
 3:15 Advanced Meditation  
 3:30 Summer Popsicle Social  
 5:00 Mercer Island Art Walk  
 7:15 Movie Night

4

**4th of July BBQ 11-2**

9:30 Enhance Fitness  
 11:00 Concert Truck Outing  
 1:00 Bridge  
 1:00 Mahjong  
 3:15 Bingo!  
 3:15 Movie Matinee

**No Dinner**

5

8:30 Church Transport  
 10:00 Good News w/ Andrea  
 11:30 Mindful Walking  
 1:00 Sit and Be Fit  
 1:00 Scenic Drive  
 2:00 Tech Help w/MI HS Students  
 3:00 Scrabble  
 3:15 Movie Matinee  
 7:15 Movie Night

6

9:15 Water Fitness  
 10:00 Knitting Group  
 10:00 French II avec Chloe  
 11:00 Dancing w/Bella  
 1:00 Bridge  
 2:00 Tai Chi  
 3:00 Schmooze with Rabbi Nissan  
 4:00 Tarot w/Emlly  
 7:15 Movie Night

7

9:30 Enhance Fitness  
 11:00 QFC and Metro Market Shopping  
 11:00 French I avec Chloe  
 1:00 Mahjong  
 1:00 Sit & Be Fit  
 1:00 Rummy Tiles  
 2:30 Acrylic Painting  
 4:15 Docuseries  
 7:15 Movie Night

8

9:15 Water Fitness  
 11:00 Town Hall  
 12:00 Flower Arranging for Lilly's  
 1:00 Bridge  
 1:15 Brain Fitness  
 2:00 Tai Chi  
 3:15 Mindful Meditation  
 3:30 Housekeeping Committee  
 7:15 Movie Night

9

9:30 Enhance Fitness  
 11:00 Caregiver Support Group  
 1:00 Sit & Be Fit  
 2:00 Current Events  
 3:30 Men's Group  
 4:15 Docuseries  
 7:15 Movie Night

10

9:00 Men's Breakfast  
 9:15 Water Fitness  
 10:50 Rosary  
 11:00 Trader Joes  
 11:00 Living Well w/Chronic Pain  
 11:00 Music Committee  
 1:00 Bridge  
 1:15 Watercolor Group  
 2:00 Tai Chi (VIDEO)  
 3:15 Tap Dance w/Peggy Garber  
 3:15 Power & Politics in the Age of AI  
 7:15 Movie Night

11

9:30 Enhance Fitness  
 10:00 La Conner Outing with Lunch at Waterfront Cafe  
 11:00 Gym Equipment Demonstration with Pamela  
 1:00 Bridge  
 1:00 Mahjong  
 3:15 Bingo!  
 3:15 Move Matinee  
 7:15 Movie Night

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>12</p> <p>8:30 Church Transport</p> <p>10:00 Good News w/ Andrea</p> <p>11:30 Mindful Walking</p> <p>1:00 Sit and Be Fit</p> <p>1:00 Ballard Locks Concert</p> <p>2:00 Tech Help w/MI HS Students</p> <p>3:00 Scrabble</p> <p>3:15 Movie Matinee</p> <p>7:15 Movie Night</p>	<p>13</p> <p>9:15 Water Fitness</p> <p>10:00 Knitting Group</p> <p>10:00 French II avec Chloe</p> <p>1:00 Bridge</p> <p>1:30 Tiny Homes Curtain Making</p> <p>2:00 Tai Chi</p> <p>3:00 Shakespeare Class</p> <p>4:00 Tarot w/Emily</p> <p>7:15 Movie Night</p>	<p>14</p> <p>9:30 Enhance Fitness</p> <p>11:00 Aljoia Book Club</p> <p>11:00 QFC and Metro Market Shopping</p> <p>11:00 French I avec Chloe</p> <p>1:00 Sit &amp; Be Fit</p> <p>1:00 Mahjong</p> <p>1:00 Rummy Tiles</p> <p>1:15 Admin &amp; Reception Committee</p> <p>2:30 Acrylic Painting w/Emily</p> <p>4:15 Docuseries</p> <p>7:15 Movie Night</p>	<p>15</p> <p>9:15 Water Fitness</p> <p>11:00 Balance Class w/ Select Rehab</p> <p>11:30 Flower Arranging Lily's</p> <p>1:00 Bridge</p> <p>1:15 Brain Fitness</p> <p>2:00 Tai Chi</p> <p>3:15 Mindful Meditation</p> <p>3:30 Cocktail Party</p> <p>7:15 Movie Night</p>	<p>16</p> <p>9:30 Enhance Fitness</p> <p>11:00 Aspiring Writers</p> <p>11:00 Culinary Committee</p> <p>11:00 Low Vision Support Group</p> <p>1:00 Sit &amp; Be Fit</p> <p>2:00 Current Events</p> <p>3:00 Women's Group</p> <p>4:15 Docuseries</p> <p>7:15 Movie Night</p>	<p>17</p> <p>9:00 Men's Breakfast</p> <p>9:15 Water Fitness</p> <p>10:50 Rosary</p> <p>11:00 Costco</p> <p>11:00 Wellness Committee</p> <p>1:00 Bridge</p> <p>1:15 Watercolor Group</p> <p>2:00 Tai Chi (VIDEO)</p> <p>3:15 Advanced Meditation</p> <p>7:15 Movie Night</p>	<p>18</p> <p>9:30 Enhance Fitness</p> <p>12:00 Snoqualmie Casino</p> <p>1:00 Bridge</p> <p>1:00 Mahjong</p> <p>3:15 Bingo!</p> <p>3:15 Movie Matinee</p> <p>7:15 Movie Night</p>
<p>19</p> <p><b>Lunch Buffet 11-2</b></p> <p>8:30 Church Transport</p> <p>10:00 Good News w/ Andrea</p> <p>11:30 Mindful Walking</p> <p>1:00 Sit and Be Fit</p> <p>1:00 Ballard Locks Concert</p> <p>2:00 Tech Help w/MI HS Students</p> <p>3:00 Scrabble</p> <p>3:15 Movie Matinee</p> <p><b>NO DINNER</b></p>	<p>20</p> <p>9:15 Water Fitness</p> <p>10:00 Knitting Group</p> <p>10:00 French II avec Chloe</p> <p>11:00 Dancing w/Bella</p> <p>12:30 MIW Book Club</p> <p>1:00 Bridge</p> <p>2:00 Tai Chi</p> <p>2:00 Nutritionist Presentation</p> <p>4:00 Tarot w/Emily</p> <p>7:15 Movie Night</p>	<p>21</p> <p>9:30 Enhance Fitness</p> <p>11:00 QFC and Metro Market Shopping</p> <p>11:00 French I avec Chloe</p> <p>12:00 Birthday Lunch</p> <p>1:00 Mahjong</p> <p>1:00 Sit &amp; Be Fit</p> <p>1:00 Rummy Tiles</p> <p>4:15 Docuseries</p> <p>7:15 Movie Night</p>	<p>22</p> <p>9:15 Water Fitness</p> <p>11:00 Balance Class w/ Select Rehab</p> <p>11:30 Flower Arranging for Lily's</p> <p>1:00 Bridge</p> <p>1:15 Brain Fitness</p> <p>2:00 SCMS Open Rehearsal</p> <p>3:15 Mindful Meditation</p> <p>5:00 Garden Party</p> <p>7:15 Movie Night</p>	<p>23</p> <p>9:30 Enhance Fitness</p> <p>11:00 Parkinson's Support Group</p> <p>1:00 Sit &amp; Be Fit</p> <p>2:00 Current Events</p> <p>3:30 Men's Group</p> <p>4:15 Docuseries</p> <p>7:15 Movie Night</p>	<p>24</p> <p>9:00 Men's Breakfast</p> <p>9:15 Water Fitness</p> <p>10:50 Rosary</p> <p>1:00 Bridge</p> <p>1:15 Watercolor Group</p> <p>2:00 Tai Chi (Video)</p> <p>3:15 Tap Dance w/ Peggy Garber</p> <p>4:00 Happy Hour with Steve Ryals</p> <p>7:15 Movie Night</p>	<p>25</p> <p>9:30 Enhance Fitness</p> <p>12:00 Belle Square Outing</p> <p>1:00 Bridge</p> <p>1:00 Mahjong</p> <p>3:15 Movie Matinee</p> <p>7:15 Movie Night</p>
<p>26</p> <p>8:30 Church Transport</p> <p>10:00 Good News w/ Andrea</p> <p>11:30 Mindful Walking</p> <p>1:00 Sit and Be Fit</p> <p>2:00 Tech Help w/MI HS Students</p> <p>3:00 Scrabble</p> <p>3:15 Movie Matinee</p> <p>7:15 Movie Night</p>	<p>27</p> <p>9:15 Water Fitness</p> <p>10:00 Knitting Group</p> <p>10:00 French II avec Chloe</p> <p>1:00 Bridge</p> <p>2:00 Tai Chi</p> <p>3:00 Shakespeare Class</p> <p>4:00 Tarot w/Emily</p> <p>7:15 Movie Night</p>	<p>28</p> <p>9:15 Uwajimaya</p> <p>9:30 Enhance Fitness</p> <p>10:00 Birthday Dreams Volunteer</p> <p>11:00 Resident Council</p> <p>11:00 French I avec Chloe</p> <p>1:00 Mahjong</p> <p>1:00 Sit &amp; Be Fit</p> <p>1:00 Rummy Tiles</p> <p>3:00 QFC and Metro Market Shopping</p> <p>4:15 Docuseries</p> <p>7:15 Movie Night</p>	<p>29</p> <p>9:15 Water Fitness</p> <p>10:00 The Secrets of Dying Presentation</p> <p>11:00 Balance Class w/ Select Rehab</p> <p>11:30 Flower Arranging For Lily's</p> <p>1:00 Bridge</p> <p>1:15 Brain Fitness</p> <p>2:00 Tai Chi</p> <p>3:15 Mindful Meditation</p> <p>7:15 Movie Night</p>	<p>30</p> <p>9:30 Enhance Fitness</p> <p>1:00 Sit &amp; Be Fit</p> <p>2:00 Current Events</p> <p>3:00 Women's Group</p> <p>3:15 Tech with Andrea</p> <p>4:15 Docuseries</p> <p>7:15 Movie Night</p>	<p>31</p> <p>9:00 Men's Breakfast</p> <p>9:15 Water Fitness</p> <p>10:50 Rosary</p> <p>1:00 Bridge</p> <p>1:15 Watercolor Group</p> <p>2:00 Tai Chi (VIDEO)</p> <p>3:30 Summer Popsicle Social</p> <p>7:15 Movie Night</p>	