


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>1</p> <p>10:00 Stretch & Flex (AZ) 10:45 Enhance Fitness (AZ) 11:00 Knit Wits (LR) 1:30 RH Sing-Along w/ Carleen & Kathy (LR) 2:00 RH Canasta (OR) 3:00 Culinary / Dining Meeting (TH) 3:45 Kirkland Waterfront Farmers Market* 6:45 Resident Choice Movie Night with Kay (TH)</p>	<p>2</p> <p>10:00 Ben Franklin's Crafts & Frames in Redmond* 11:00 Great Decisions with Jacob Bolotin (AZ) Multilateral Institution In a Changing World 11:00 RH Bridge w/ Sally (LR) 1:00 RH Bible Study (AZ) 3:00 Documentary (TH) <i>Untold History of The United States</i> 6:45 Evening Movie (TH) <i>Hidden Figures</i></p>	<p>3</p> <p>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) 1:00 Train Your Brain (OR) 2:00 4th of July Trivia (LR) 3:00 Courtyard BBQ Bash (CY) 6:45 Evening Movie (TH) <i>A River Runs Through It</i></p>	<p>4</p> <p>9:00 Swimming at Aljoja* 10:00 Independent (B) Walking Group 11:00 Rummy (LR) 1:00 RH Scrabble (OR) 4th of July Happy Hour & Musical Performance 1:30PM - 2:30PM (LR) 3:00 Frank Sinatra Live at Caesar Palace 6:45 Evening Movie (TH) <i>Catch Me if you Can</i></p>
<p>5</p> <p>Church Transportation* 8:30am-10:30am 11:00 Morning Series: <i>The Mary Tyler Moore Show (TH)</i> 1:00 Goodwill Thrift Store Shopping* 1:00 Ping Pong (LR) 2:00 RH Bingo (OR) 3:00 Sunday Series & Popcorn (TH) 6:45 Evening Movie (TH) <i>Minority Report</i></p>	<p>6</p> <p>9:30 QFC/ CVS* 10:00 Stretch & Flex (AZ) 10:45 Enhance Fitness (AZ) 11:00 RH Bridge w/ Sally (LR) 12:00 FIFA World Cup Viewing (TH) 1:00 QFC/ CVS* 2:00 RH Men's Pool Game (BR) 3:00 Musical (LR) Performance with Jonah Wulf 6:45 Evening Movie (TH) <i>The Winslow Boy</i></p>	<p>7</p> <p>Tech Support with Evan* <i>Sign Up Required</i> 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) 3:00 Caring for the Caregiver (OR) 4:30 Dinner Outing: The Crab Pot* 6:45 Evening Movie (TH) <i>Black Swan</i></p>	<p>8</p> <p>10:00 Stretch & Flex (AZ) 10:00 Pike Place Market* 10:45 Enhance Fitness (AZ) 11:00 Knit Wits (TH) Pharmacy Consultations* 12:10PM - 2:10PM <i>Sign-Up Required</i> 2:00 RH Canasta (OR) 3:00 UW Health Talk: GLP Use in Older Adults (TH) 6:45 Evening Movie (TH) <i>The Curious Case of Benjamin Button</i></p>	<p>9</p> <p>9:15 Mercury Coffee Co. Coffee Tasting* 10:00 Strength & Balance w/ Select Rehab (AZ) 11:00 RH Bridge with Sally (LR) 1:00 RH Bible Study (AZ) 2:30 All Residents' Council Meeting (AZ) 3:40 Baseball Game (TH) Mariners at Marlins 6:30 Summer Spritz & S'mores Social (CY) 6:45 Evening Movie (TH) <i>South Pacific</i></p>	<p>10</p> <p>10:00 Stretch & Flex (AZ) 10:00 RH Bridge w/ Kay (LR) 10:45 Enhance Fitness (AZ) 1:00 Train Your Brain (OR) 2:00 Musical Performance USO Summer Tour with the Memphis Belles (LR) 3:00 Documentary (TH) <i>Untold History of The United States</i> 4:10 Baseball Game (TH) Mariners at Rays 6:45 Evening Movie (TH) <i>Senna</i></p>	<p>11</p> <p>9:00 Swimming at Aljoja* 10:00 Independent (B) Walking Group 11:00 Rummy (LR) 1:00 RH Scrabble (LR) 1:00 Matinee Movie & Popcorn (TH) <i>Finding Forrester</i> 2:30 Digital Photography Group (AZ) 6:45 Evening Movie (TH) <i>Driving Miss Daisy</i></p>
<p>12</p> <p>10:00 Dollar Tree Shopping* 11:00 Morning Series: <i>The Mary Tyler Moore Show (TH)</i> 1:00 Ping Pong (LR) 1:00 Scenic Drive: Mercer Island* 2:00 RH Book Club (OR) 3:00 Sunday Series & Popcorn (TH) 6:45 Evening Movie (TH) <i>The Green Mile</i></p>	<p>13</p> <p>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) 3:00 Healing Hearts Collective (OR) 6:45 Evening Movie (TH) <i>Send Me No Flowers</i></p>	<p>14</p> <p>10:00 Fitness Center Tutorial* w/ Life Enrichment (FC) 11:00 Virtual Gentle Chair Yoga (AZ) 12:00 FIFA World Cup Semi-Finals (AZ) 1:00 Meditation w/ Seth (TH) 1:30 RH Mexican Train Dominos (MDR) 2:00 Life Enrichment Forum (TH) 3:00 Women's Forum with Seth (AZ) 6:45 Evening Movie (TH) <i>Scent of a Woman</i></p>	<p>15</p> <p>10:00 Stretch & Flex (AZ) 10:45 Enhance Fitness (AZ) 11:00 Knit Wits (LR) 12:00 FIFA World Cup Semi-Finals (TH) Device Spa Day 1:00PM - 3:00PM (LR) 2:00 RH Canasta (OR) 3:00 Guest Speaker (TH) Bernice Tannenbaum Discovering PNW Bats 6:45 Evening Movie (TH) <i>Ran</i></p>	<p>16</p> <p>10:00 Strength & Balance w/ Select Rehab (AZ) 11:00 Current Events with Jacob Bolotin (AZ) 11:00 RH Bridge w/ Sally (LR) 1:00 RH Bible Study (AZ) Art Gala: Harmony of Colors & Musical Performance with Ambiance Jazz 3:00PM - 4:30PM (LR) 6:45 Resident Choice Movie Night with Kay (TH)</p>	<p>17</p> <p>Tech Support w/ Evan* <i>Sign Up Required</i> 10:00 Stretch & Flex (AZ) 10:00 RH Bridge w/ Kay (LR) 10:45 Enhance Fitness (AZ) 1:00 Train Your Brain (OR) 2:00 Documentary (TH) <i>Untold History of The United States</i> 3:00 Guest Speaker (AZ) David Lee Joyner Walking in Memphis 6:45 Evening Movie (TH) <i>Twelfth Night</i></p>	<p>18</p> <p>10:00 Independent (B) Walking Group 11:00 RH Rummy (LR) 1:00 RH Scrabble (LR) 1:00 Matinee Movie & Popcorn (TH) <i>Hachi</i> 2:00 RH Writing (OR) with Catherine 3:00 RH Bananagrams Tile Game (LR) 6:45 Evening Movie (TH) <i>Dances with Wolves</i></p>

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
19 Church Shuttle* 8:30am-10:30am 11:00 Morning Series: <i>The Mary Tyler Moore Show (TH)</i> 12:00 FIFA World Cup Finals (AZ) 1:00 Snoqualmie Casino* 1:00 Ping Pong (LR) 2:00 RH Bingo (OR) 3:00 Sunday Series & Popcorn (TH) 6:45 Evening Movie (TH) <i>Casablanca</i>	20 9:30 QFC/ CVS* 10:00 Stretch & Flex (AZ) 10:45 Enhance Fitness (AZ) 11:00 RH Bridge w/ Sally (LR) 1:00 Whole Foods* 2:00 Town Hall (AZ) 3:00 RH Men's Pool Game (BR) 3:00 Reading with Gail & Katherine (AZ) Stories of Hope, Inspiration & Peace 6:45 Evening Movie (TH) <i>Perfect Stranger</i>	21 10:00 Strength & Balance w/ Select Rehab (AZ) 10:40 Lunch at the Pier & Argosy Cruise* 11:00 Virtual Gentle Chair Yoga (AZ) 1:00 Meditation w/ Seth (TH) 1:30 RH Mexican Train Dominos (MDR) 2:00 Documentary (TH) <i>Untold History of The United States</i> 3:00 Men's Parlor with Seth (OR) 6:45 Evening Movie (TH) <i>Lover's Come Back</i>	22 10:00 Stretch & Flex (AZ) 10:45 Enhance Fitness (AZ) 11:00 Knit Wits (LR) 12:20 MET Opera The Merry Widow* Crafter's Corner (AZ) 1:00PM - 2:30PM 2:00 RH Canasta (OR) 3:00 Music in the Time Of Shakespeare: The Renaissance Experience with Ayal & Victoria (LR) 6:45 Evening Movie (TH) <i>Billy Elliot</i>	23 10:00 Strength & Balance w/ Select Rehab (AZ) 11:00 RH Bridge w/ Sally (LR) 1:00 RH Bible Study (AZ) 2:00 Nutrition w/ Amanda: Simplified Diabetes Meal Planning (AZ) 2:50 Bellevue Farmer's Market* 3:00 Courtyard Ice Cream Sundae Social (CY) 6:45 Evening Movie (TH) <i>House of Flying Daggers</i>	24 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) 1:00 Train Your Brain (OR) 2:00 RH Low Vision Support: Braille & Talking Books (OR) 3:00 Wigs & Wine (CY) Courtyard Social 6:45 Evening Movie (TH) <i>The Great Gatsby</i>	25 10:00 Independent (B) Walking Group 11:00 Rummy (LR) 1:00 RH Scrabble (LR) 1:00 Matinee Movie & Popcorn (TH) <i>The Proposal</i> 2:00 RH Writing (OR) with Catherine 3:00 RH Bananagrams Tile Game (LR) 6:45 Evening Movie (TH) <i>Because of Winn- Dixie</i>
26 9:00 Bellevue Arts Fair* 11:00 Morning Series: <i>The Mary Tyler Moore Show (TH)</i> 1:00 Ping Pong (LR) 1:00 PCC Shopping* 2:00 RH Bingo (OR) 2:00 Music4Minds (LR) Student Recital 3:00 Sunday Series & Popcorn (TH) 6:45 Evening Movie (TH) <i>The Jane Austin Book Club</i>	27 9:30 QFC/ CVS* 10:00 Stretch & Flex (AZ) 10:45 Enhance Fitness (AZ) 11:00 RH Bridge w/ Sally (LR) 11:35 Baseball Game (B) Mariners at Rangers 1:00 QFC/ CVS* 2:00 Documentary (TH) <i>Untold History of The United States</i> 3:00 RH Women's Pool Game (BR) 6:45 Evening Movie (TH) <i>Larry Crown</i>	28 10:00 Fitness Center Tutorial* w/ Life Enrichment (FC) 11:00 Virtual Gentle Chair Yoga (AZ) 11:00 Summer Courtyard Garden Tour (CY) 1:00 Meditation w/ Seth (TH) 1:30 RH Mexican Train Dominos (MDR) 3:00 Contemporary Issues with Seth (AZ) 6:00 Concert on the Green At Issaquah: Kalimba* 6:45 Evening Movie (TH) <i>Pillow Talk</i>	29 10:00 Stretch & Flex (AZ) 10:30 Brunch Outing at Original Pancake House in Redmond* 10:45 Enhance Fitness (AZ) 11:00 Knit Wits (LR) 1:30 Guest Speaker Theo Deacon: (AZ) The Music Man 2:00 RH Canasta (OR) 3:00 Alzheimer's (CY) Fundraising Event: Courtyard Market 6:45 Evening Movie (TH) <i>Out of Africa</i>	30 9:40 Museum of History & Industry: Documents That Forged a Nation Exhibition* 10:00 Strength & Balance w/ Select Rehab (AZ) 11:00 RH Bridge w/ Sally (LR) 1:00 RH Bible Study (AZ) 3:00 Birthday Happy Hour & Musical Performance with Eric Verlinde (LR) 5:00 VIP Chef's Dinner: July Birthdays* 6:45 Evening Movie (TH) <i>Crazy Stupid Love</i>	31 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) 1:00 Taboo Word Game (OR) 2:00 Giant Crossword Puzzle (OR) 3:00 Emergency Preparedness Presentation with Esayas (AZ) 6:45 Evening Movie (TH) <i>Dr. Zhivago</i>	

Location Legend

(AZ) Azalea Room - FL3 (CH) In-House Channel 370 (LR) Living Room - FL1 (MDR) Magnolia Dining - FL1 (OR) Orchid Room - FL3 (TH) Theater - FL1 (*) Sign-Up Required	(B) Bistro - FL1 (TL) Terrace - FL2 (FC) Fitness Center - FL1 (FD) Front Desk - FL1 (CY) Courtyard - FL2 (RH) Resident Hosted (BR) Billiards Room - FL 1
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One-on-One Holy Communion
 Wednesdays 10:30am
 By Appointment Only
 Contact Sacred Heart:
 Diana Schiro @ 425-864-9277 or
 Jackie Weeks @ 425-443-7353

Maria Zulema, LMP
 kickbackrelax206@gmail.com
 Kick Back Relax, PLLC
 425.545.3582 Office
 425.495.3808 Cell
 Wednesdays 10-2pm apt 203

LIFE: Select Rehab Apt. 362
 Contact Clinical Lead,
 Diane Bridges, about
 the following services:
 Physical/ Occupational
 Therapy
 Speech Therapy
 425-389-2360

Factoria Hearing:
 Call 425-457-7999, to schedule your 15 minute visit today!

