



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AR Activity Room LVDR Lakeview Dining Room TV Television Room CTC Coffee Talk Café RG Rose Garden L Lobby LL Lobby Lounge S Salon GR Garden Room GP Games Plus Room PP Pea Patch Outside	PDR Private Dining Room GT Games Tables WC Wellness Center Ch 1981 TV Channel 1981 Gym 3rd Floor Gym * Sign-up in Activity Book ** Sign-up in Life Enrichment Office *** Sign up in Wellness Center		1 9:30 Strength & Balance (AR) 10:10 Exercise by Select (AR) 11:00 Bingo (AR) 1:00 Pinochle (CTC) 1:15 Uwajimaya* 2:00 Activity Review with Anescia (AR) 6:30 Bridge (CTC) 7:00 Movie Night (CH 1981)	2 9:00 Enhance Fitness (AR) 10:15 Breathe & Relax Meditation with Seth (CANCELED) 11:00 Lunch at Royal Orchid* 1:15 Flower Prep (GR) 2:00 Resident Association (AR) 6:30 Cribbage (GPR)	3 9:30 Fred Meyer/ Safeway* 9:30 Strength & Balance(AR) 10:20 Fred Meyer* 1:00 Bird Club (LVDR) 2:00 Happy Hour with Charlie Brown (LVDR) 7:00 Movie Night (CH 1981)	 HAPPY 4TH of JULY 4 9:30 Strength & Balance (AR) 10:30 Poetry Hour (TV) 11:00 Bingo (AR) 4th of July BBQ 11:30 - 2:30 (LVDR) 1:00 Poker (CTC) 2:00 Great Courses: Oceanography (TV) 7:00 Movie Night (CH 1981)
5 9:30 St. Matthew's (CH 1981) 12:00 St. Anthony's (CH 1981) 1:00 Enhance Fitness (AR) 1:30 Blaine Memorial United Methodist (CH 1981) 2:00 Beading Bracelets (AR) 3:00 Canasta (Near 140) 7:00 Movie Night (CH 1981)	6 9:30 Strength & Balance (AR) 10:30 Shopping at Hobby Lobby* 1:15 Scenic Drive* "Burien" 2:00 David Kaynor "Mammals of the Arctic" (AR) 3:15 Melon Monday (AR) 6:30 Bridge (CTC)	7 9:00 Enhance Fitness (AR) 9:30 Catholic Service (TV) 10:30 Coulon Park Walk* 11:00 Select Rehab: (AR) "Restless Leg Syndrome" 2:00 Amanda Riffle: "Simplified Diabetes Meal Planning" (AR) 3:15 Renton Farmers Market* 3:40 Mariners vs Marlins (TV)	8 9:30 Strength & Balance (AR) 10:10 Exercise by Select(AR) 11:00 Bingo (AR) 1:00 Pinochle (CTC) 1:15 QFC Shopping* 2:00 Healing Hearts (GPR) with Seth 2:30 Trivia with Nick (AR) 6:30 Bridge (CTC) 7:00 Movie Night (CH 1981)	9 9:00 Enhance Fitness (AR) 10:15 Breathe & Relax (GP) Meditation with Seth 11:00 Men's Group (AR) 1:15 SAM - Tour with Charyl Kay* 2:00 Life Reflections (AR) with Seth 4:15 Dinner at Sansonina* 6:30 Cribbage (GPR)	10 9:30 Strength & Balance AR) 9:30 Fred Meyer/ Safeway* 10:20 Fred Meyer* 1:00 Bird Club (LVDR) 2:00 KCLS Renton Library* 5:00 Shabbat Dinner* (PDR) 6:30 Board Games (CTC) 7:00 Movie Night (CH 1981)	11 9:30 Strength & Balance (AR) 11:00 Bingo (AR) 1:00 Poker (CTC) 2:00 Great Courses: Oceanography (TV) 7:00 Movie Night (CH 1981)

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12 9:30 St. Matthew's (CH 1981) 12:00 St. Anthony's (CH 1981) 1:30 Blaine Memorial United Methodist (CH 1981) 1:00 Enhance Fitness (AR) 3:00 Canasta (Near 140) 7:00 Movie Night (CH 1981)	13 9:30 Strength & Balance (AR) 10:15 Shopping at Southcenter Mall* 11:00 Shakespeare (AR) 3:15 Melon Monday (AR) 6:30 Bridge (CTC)	14 9:00 Enhance Fitness (AR) 9:30 Catholic Service (TV) 10:30 Meet Your Neighbors Donut Social 2:00 Current Events with Jacob (AR) 3:15 Renton Farmers Market* 4:00 MLB All-Star Game (TV) 	15 9:30 Strength & Balance (AR) 10:10 Exercise by Select (AR) 11:00 Bingo (AR) 1:00 Pinochle (CTC) 1:15 Trader Joe's and PCC* 2:00 Music Hour with Carson Lily (AR) 6:30 Bridge (CTC) 7:00 Movie Night (CH 1981)	16 8:30 Bainbridge Island Museum of Art, The Troll and Lunch at Docks Marina and Grill** 9:00 Enhance Fitness (CANCELED) 10:15 Breathe & Relax Meditation with Seth (GP) 2:00 Scrabble & Wine (GPR) 6:30 Cribbage (GPR)	17 9:30 Strength & Balance (AR) 9:30 Fred Meyer / Safeway* 10:20 Fred Meyer* 1:00 Bird Club (LVDR) 2:00 Summer Lemonade Social (AR) 3:30 Memoir Writing Group (GR) 6:00 Board Games (CTC) 7:00 Movie Night (CH 1981)	18 9:30 Strength & Balance (AR) 10:30 Poetry Hour (TV) 11:00 Bingo (AR) 1:00 Poker (CTC) 2:00 Great Courses: Oceanography (TV) 7:00 Movie Night (CH 1981)
19 9:30 St. Matthew's (CH 1981) 12:00 St. Anthony's (CH 1981) 1:00 Enhance Fitness (AR) 1:30 Blaine Memorial United Methodist (CH 1981) 2:30 LKS Nature Walk with Sofia (L) 3:00 Canasta (Near 140) 7:00 Movie Night (CH 1981)	20 9:30 Strength & Balance (AR) 11:00 Flower Prep (GR) 1:15 Scenic Drive* "Des Moines" 2:00 Zentangle Class (AR) 3:15 Melon Monday (AR) 6:30 Bridge (CTC)	21 9:00 Enhance Fitness (AR) 9:30 Catholic Service (TV) 10:30 Coulon Park Walk* 1:15 Swimming at AMI* 3:15 Renton Farmers Market* 3:30 Dinner at Salty Blue Fish & Chips* 6:40 Mariners vs Reds (TV) 	22 9:30 Strength & Balance (AR) 10:10 Exercise by Select (AR) 11:00 Bingo (AR) 12:15 Met Opera Cinema: The Merry Widow 1:00 Pinochle (CTC) 1:30 Caring for the Caregiver (GPR) 2:30 Trivia with Nick (AR) 6:30 Bridge (CTC) 7:00 Movie Night (CH 1981)	23 Podiatry Visit 9:00 Enhance Fitness (AR) 10:15 Breathe & Relax Meditation with Seth (GP) 10:30 Renton Highlands Dollar Tree and Viet Wah* 11:00 Dining and Culinary Meeting (AR) 2:00 Town Hall (AR) 6:15 Wine Night (L)  6:30 Cribbage (GPR)	24 9:30 Strength & Balance (AR) 9:30 Fred Meyer/ Safeway* 10:20 Fred Meyer* 11:00 Traveling Library (L) 1:00 Bird Club (LVDR) 2:00 Happy Hour with The Traveling Four (LVDR) 6:30 Lit Happens Book Club (AR) 6:30 Board Games (CTC) 7:00 Movie Night (CH 1981)	25 9:30 Strength & Balance (AR) 11:00 Bingo (AR) 1:00 Poker (CTC) 2:00 Great Courses: Oceanography (TV) 7:00 Movie Night (CH 1981)
26 9:30 St. Matthew's (CH 1981) 12:00 St. Anthony's (CH 1981) 1:30 Blaine Memorial United Methodist (CH 1981) 2:00 Cooking Demonstrations with Samone (LVDR) 3:00 Canasta (Near 140) 7:00 Movie Night (CH 1981)	27 9:30 Strength & Balance (AR) 11:00 Shakespeare (AR) 1:15 Sunshine Group (AR) 2:00 Shopping at The New Knittery* 3:15 Melon Monday (AR) 6:30 Bridge (CTC)	28 9:00 Enhance Fitness (AR) 9:30 Catholic Service (TV) 10:30 Coulon Park Walk* 2:00 Current Events with Jacob (LVDR) 3:00 Great Decisions with Jacob (AR) Jazz and Cocktails 6:30 - 8:00 (Roundabout) 7:10 Mariners vs Dodgers (TV) 	29 9:30 Strength & Balance (AR) 10:10 Exercise by Select (AR) 11:00 Bingo (AR) 1:00 Pinochle (CTC) 1:15 Target Shopping* 2:00 Nurse Talk (AR) "Congestive Heart Failure" 6:30 Bridge (CTC) 7:00 Movie Night (CH 1981)	30 9:00 Enhance Fitness (AR) 10:15 Breathe & Relax Meditation with Seth (GP) 11:00 Ladies of The Lakeshore (AR) 1:15 Color Me Mine - Art Trip* 2:00 Death Café (AR) 6:30 Cribbage (GPR)	31 SEAFAIR WEEKEND 9:30 Strength & Balance (AR) 9:30 Fred Meyer / Safeway* 10:20 Fred Meyer* 1:00 Bird Club (LVDR) 2:00 Summer Luau Craft* (AR) 6:00 Board Games (CTC) 7:00 Movie Night (CH 1981) 	