

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 9:00 Swimming at Aljoya* 10:00 Independent (B) Walking Group 1:00 RH Scrabble (LR) 1:00 Matinee Movie & Popcorn (TH) <i>Invincible</i> 2:00 RH Mah Jongg (LR) 2:00 RH Writing (OR) with Catherine 3:00 Bananagrams (LR) 6:45 Evening Movie (TH) <i>I'll Take Sweden</i>
2 Church Transportation* 8:30am-10:30am 11:00 Morning Series: <i>Doc Martin</i> (TH) 1:00 Ping Pong (LR) 2:00 Bingo (OR) 3:00 Sunday Series & Popcorn (TH) <i>The Blue Planet: Seas of Life</i> 6:45 Evening Movie (TH) <i>Fantastic Beasts & Where to Find Them</i>	3 9:30 QFC/ CVS* 10:00 Stretch & Flex (AZ) 10:45 Enhance Fitness (AZ) 11:00 RH Bridge w/ Sally (LR) 1:00 QFC/ CVS* 2:00 RH Men's Pool Game (BR) 3:00 Musical (LR) Performance with Jaeden Luke 6:45 Evening Movie (TH) <i>The Secret of Roan Irish</i>	4 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 Caring for the Caregiver (OR) 3:00 Guest Speaker Margaret Coan (TH) Wastewater Treatment 6:45 Evening Movie (TH) <i>About a Boy</i>	5 10:00 Stretch & Flex (AZ) Scarves with Savita 10:00AM - 2:00PM (LR) 10:45 Enhance Fitness (AZ) 11:00 Knit Wits (LR) 12:20 MET Opera Live HD: Aida* 1:30 RH Sing-Along w/ Carleen & Kathy (LR) 2:00 RH Canasta (OR) 3:00 Culinary/ Dining Meeting (TH) 6:45 Evening Movie (TH) <i>Days of Thunder</i>	6 10:00 Strength & Balance w/ Select Rehab (AZ) 11:00 Great Decisions with Jacob Bolotin: US Engagement Of Africa (AZ) 11:00 RH Bridge w/ Sally (LR) 12:00 Senior Day: Mariners Game* 1:00 RH Bible Study (AZ) 2:00 Guest Speaker Bill Woodward (TH) 250 Years Ago: Ideas To Independence 6:45 Evening Movie (TH) <i>Country Strong</i>	7 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 Emergency Preparedness with Esayas (AZ) Courtyard BBQ Bash 3:00PM - 4:00PM (CY) 6:45 Resident Choice Movie Night with Kay (TH)	8 9:00 Swimming at Aljoya* 10:00 Independent (B) Walking Group 1:00 RH Scrabble (LR) 1:00 Matinee Movie & Popcorn (TH) <i>Best in Show</i> 2:00 RH Mah Jongg (LR) 2:30 Digital Photography Group (AZ) 6:45 Evening Movie (TH) <i>The War with Grandpa</i>
9 10:00 Dollar Tree Shopping* 11:00 Morning Series: <i>Doc Martin</i> (TH) 1:00 Ping Pong (LR) 2:00 RH Book Club (OR) 3:00 Sunday Series & Popcorn (TH) <i>The Blue Planet: Seas of Life</i> 6:45 Evening Movie (TH) <i>The Thomas Crown Affair</i>	10 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 Healing Hearts Collective (OR) 3:00 Meet & Greet with Chef Sam (LR) 6:45 Evening Movie (TH) <i>The Pacifier</i>	11 10:00 Fitness Center Tutorial* w/ Life Enrichment (FC) 10:00 Squak Mountain Nursery* 11:00 Virtual Gentle Chair Yoga (AZ) 1:00 Meditation w/ Seth (TH) 1:30 RH Mexican Train Dominos (MDR) 2:00 Crafters Corner: Tie Dye (CY) 3:00 Women's Forum with Seth (AZ) 6:45 Evening Movie (TH) <i>Fried Green Tomatoes</i>	12 10:00 Stretch & Flex (AZ) 10:00 Exquisite Creatures Exhibit: Artwork of Christopher Marley* 10:45 Enhance Fitness (AZ) 11:00 Knit Wits (LR) 1:00 Tech Support (OR) Computer Workshop* <i>Sign Up Required</i> 2:00 RH Canasta (OR) 3:00 Life Enrichment Forum (TH) 6:45 Evening Movie (TH) <i>Somewhere in Time</i>	13 10:00 Strength & Balance w/ Select Rehab (AZ) 10:30 Seattle Japanese Garden Walk* 11:00 RH Bridge with Sally (LR) 1:00 Documentary (TH) <i>The Beatles</i> 1:00 RH Bible Study (AZ) 2:30 All Residents' Council Meeting (AZ) 6:45 Evening Movie (TH) <i>Killers of the Flower Moon</i>	14 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 Musical Performance with Laura Dean: Four Decades of Favorite Songs (LR) 3:00 Root Beer Float Social (CY) 6:45 Evening Movie (TH) <i>Wicked</i>	15 9:00 Swimming at Aljoya* 10:00 Independent (B) Walking Group 1:00 RH Scrabble (LR) 1:00 Matinee Movie & Popcorn (TH) <i>A Good Woman</i> 2:00 RH Mah Jongg (LR) 2:00 RH Writing (OR) with Catherine 3:00 August Trivia (LR) 6:45 Evening Movie (TH) <i>Gandhi</i>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
16 Church Shuttle* 8:30am-10:30am 11:00 Morning Series: <i>Doc Martin</i> (TH) 1:00 Ping Pong (LR) 2:00 Bingo (OR) 3:00 Sunday Series & Popcorn (TH) <i>The Blue Planet: Seas of Life</i> 6:45 Evening Movie (TH) <i>Pans Labyrinth</i>	17 9:30 QFC/ CVS* 10:00 Stretch & Flex (AZ) 10:45 Enhance Fitness (AZ) 11:00 RH Bridge w/ Sally (LR) 1:00 QFC/ CVS* 2:00 Town Hall (AZ) 3:00 RH Open Pool (BR) 3:00 Guest Speaker Kris Hambrick (AZ) History of the Movie Musical 6:45 Evening Movie (TH) <i>Wicked: For Good</i>	18 11:00 Virtual Gentle Chair Yoga (AZ) BBQ Picnic at Kelsey Creek Park* 11:15AM-1:30PM Sign Up Required 1:00 Meditation w/ Seth (TH) 1:30 RH Mexican Train Dominos (MDR) 3:00 Contemporary Issues with Seth (AZ) 6:45 Resident Choice Movie Night with Kay (TH)	19 10:00 Stretch & Flex (AZ) 10:00 Walk & Brunch At Café Hagen* 10:45 Enhance Fitness (AZ) 11:00 Knit Wits (LR) 1:00 Tech Support (OR) Computer Workshop* <i>Sign Up Required</i> 2:00 RH Canasta (OR) 3:00 Guest Speaker Kirstin Vracko (TH) Non-Alcoholic Beverages 6:45 Evening Movie (TH) <i>The Illusionist</i>	20 10:00 Strength & Balance w/ Select Rehab (AZ) 11:00 RH Bridge w/ Sally (LR) 11:00 Current Events with Jacob Bolotin (AZ) 1:00 RH Bible Study (AZ) 3:00 Birthday Happy Hour & Musical Performance with Ashley Webster (LR) 5:00 VIP Chef's Dinner: August Birthdays* 6:45 Evening Movie (TH) <i>Monster-in-Law</i>	21 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) 1:00 Documentary (TH) <i>The Beatles</i> 3:00 Blissful Beach Bash & Musical Performance with Stanley Alleyne (LR) 6:45 Evening Movie (TH) <i>Walk the Line</i>	22 9:00 Swimming at Aljoja* 10:00 Independent (B) Walking Group 1:00 RH Scrabble (LR) 1:00 Matinee Movie & Popcorn (TH) <i>Miracle</i> 2:00 RH Mah Jongg (LR) 2:30 Digital Photography Group (AZ) 6:45 Evening Movie (TH) <i>Hitch</i>
23 10:00 Scenic Drive* Juanita Bay 11:00 Morning Series: <i>Doc Martin</i> (TH) 1:00 Ping Pong (LR) 1:00 PCC Shopping* 2:00 RH Bingo (OR) 3:00 Sunday Series & Popcorn (TH) <i>The Blue Planet: Seas of Life</i> 6:45 Evening Movie (TH) <i>Groundhog Day</i>	24 9:30 QFC/ CVS* 10:00 Stretch & Flex (AZ) 10:45 Enhance Fitness (AZ) 11:00 RH Bridge w/ Sally (LR) 1:00 Safeway* 2:00 RH Men's Pool Game (BR) 3:00 Newcomer Group (AZ) 4:00 Dinner Outing at The Keg* 6:45 Evening Movie (TH) <i>Fitzwilly</i>	25 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) 1:30 Guest Speaker Lance Rhoades (AZ) Show Boat 3:00 Men's Parlor with Seth (OR) 6:45 Evening Movie (TH) <i>Some Like It Hot</i>	26 10:00 Stretch & Flex (AZ) 10:45 Enhance Fitness (AZ) 11:00 Knit Wits (LR) 1:30 Guest Speaker Theo Deacon: (AZ) Leonard Bernstein 2:00 RH Canasta (OR) 3:00 Alzheimer's (CY) Fundraising Event: Concert & Cocktails <i>entrance fee required</i> 6:45 Evening Movie (TH) <i>Must Love Dogs</i>	27 10:00 Strength & Balance w/ Select Rehab (AZ) 10:00 Town Center Shopping at Lake Forest Park* 11:00 RH Bridge w/ Sally (LR) 1:00 RH Bible Study (AZ) 2:00 Nutrition w/ Amanda: Nutrition & Longevity: Lessons from the Blue Zones (AZ) 3:00 Documentary (TH) <i>The Beatles</i> 6:45 Evening Movie (TH) <i>The English Patient</i>	28 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 Giant Crossword Puzzle (OR) 2:00 RH Low Vision Support (OR) 3:00 Musical (LR) Performance with Martin & Ken 6:45 Evening Movie (TH) <i>Kate & Leopold</i>	29 9:00 Swimming at Aljoja* 10:00 Independent (B) Walking Group 1:00 RH Scrabble (LR) 1:00 Matinee Movie & Popcorn (TH) <i>Mystery, Alaska</i> 2:00 RH Mah Jongg (LR) 2:00 RH Writing (OR) with Catherine 3:00 RH Bananagrams Tile Game (LR) 6:45 Evening Movie (TH) <i>The Goodbye Girl</i>
30 10:00 Mercer Island Farmers Market* 11:00 Morning Series: <i>Doc Martin</i> (TH) 1:00 Ping Pong (LR) 2:00 Bingo (OR) 3:00 Sunday Series & Popcorn (TH) <i>The Blue Planet: Seas of Life</i> 6:45 Evening Movie (TH) <i>O Brother, Where Art Thou</i>	31 9:30 QFC/ CVS* 10:00 Stretch & Flex (AZ) 10:45 Enhance Fitness (AZ) 11:00 RH Bridge w/ Sally (LR) 1:00 QFC/ CVS* 2:00 RH Women's Pool Game (BR) 3:00 Newcomer Group (AZ) 6:45 Evening Movie (TH) <i>Gigi</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		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!		