

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																													
				Location Legend <table><tr><td>(AZ)</td><td>Azalea Room - FL3</td><td>(B)</td><td>Bistro - FL1</td></tr><tr><td>(CH)</td><td>In-House Channel 370</td><td>(TL)</td><td>Terrace - FL2</td></tr><tr><td>(LR)</td><td>Living Room - FL1</td><td>(FC)</td><td>Fitness Center - FL1</td></tr><tr><td>(MDR)</td><td>Magnolia Dining - FL1</td><td>(FD)</td><td>Front Desk - FL1</td></tr><tr><td>(OR)</td><td>Orchid Room- FL3</td><td>(CY)</td><td>Courtyard - FL2</td></tr><tr><td>(TH)</td><td>Theater - FL1</td><td>(RH)</td><td>Resident Hosted</td></tr><tr><td>(*)</td><td>Sign-Up Required</td><td>(BR)</td><td>Billiards Room - FL 1</td></tr></table>		(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		
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		1 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 Select Rehab (TH) Speech Therapy 101 3:00 Musical Performance with Laura Dean: Four Decades of Favorite Songs (LR) 6:45 Evening Movie (TH) <i>Ordinary People</i>	2 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 RH Canasta (OR) 1:30 RH Sing-Along w/ Carleen & Kathy (LR) 3:00 Culinary/ Dining Meeting (TH) 6:45 Evening Movie (TH) <i>Zoom: Academy for Superheroes</i>	3 10:00 Strength & Balance w/ Select Rehab (AZ) 11:00 Great Decisions (AZ) with Jacob Bolotin: Future of Human Rights & International Law 11:00 RH Bridge w/ Sally (LR) 1:00 RH Bible Study (AZ) Volunteer Opportunity: The Sophia Way Presentation & Kit Making 3:00PM - 4:30PM (AZ) 6:45 Evening Movie (TH) <i>42</i>	4 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 Tech Support: (TH) Comcast Workshop <i>Sign-Up Required*</i> Apple Cup Tailgate Party 3:00PM - 4:00PM (LR) 6:45 Evening Movie (TH) <i>Big Fish</i>	5 9:00 Swimming at Aljoya* 10:00 Independent (B) Walking Group 1:00 RH Scrabble (LR) 1:00 Matinee Movie & Popcorn (TH) <i>Nim's Island</i> 2:00 RH Mah Jongg (LR) 2:30 Digital Photography Group (AZ) 6:45 Evening Movie (TH) <i>Signs</i>																													
6 Church Transportation* 8:30am-10:30am 11:00 Morning Series: <i>Doc Martin</i> (TH) 1:00 Ping Pong (LR) 1:00 Apple Cup Viewing (AZ) 2:00 Bingo (OR) 3:00 Sunday Series & Popcorn (TH) <i>The Great Courses: World's Greatest Painting</i> 6:45 Evening Movie (TH) <i>Fluke</i>	7 Labor Day 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 Performance (LR) with Do Peterson 6:45 Evening Movie (TH) <i>The Thorn Birds</i>	8 10:00 Ride the Light Rail 101 with Evan* 10:00 Fitness Center Tutorial* w/ Life Enrichment (FC) 11:00 Virtual Gentle Chair Yoga (AZ) 1:30 RH Mexican Train Dominos (MDR) Resident Survey Satisfaction Results Presentation 3:00PM (AZ) 6:45 Evening Movie (TH) <i>The Thorn Birds</i>	9 10:00 Stretch & Flex (AZ) 10:45 Enhance Fitness (AZ) 11:00 Lunch at Original Pancake House* 11:00 Knit Wits (LR) 1:00 RH Canasta (OR) 2:00 Tech Support: (TH) Comcast Workshop <i>Sign-Up Required*</i> 3:00 Prepared & Protected: Emergency Supply Sale (LR) 6:45 Evening Movie (TH) <i>The Thorn Birds</i>	10 10:00 Strength & Balance w/ Select Rehab (AZ) 10:00 Mass & Communion w/ Father Joseph (TH) 11:00 RH Bridge with Sally (LR) 11:00 Seattle Japanese Garden Walk* 1:00 RH Bible Study (AZ) 2:30 All Residents' Council Meeting (AZ) 6:45 Evening Movie (TH) <i>The Thorn Birds</i>	11 Rosh Hashanah 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 Guest Speaker Rebecca Albiani Documenting the Dust Bowl Lange & Post (AZ) 3:00 Tie Dye (CY) 6:45 Evening Movie (TH) <i>A Yiddish World Remembered</i>	12 9:00 Swimming at Aljoya* 10:00 Independent (B) Walking Group 1:00 RH Scrabble (LR) 1:00 Matinee Movie & Popcorn (TH) <i>Office Space</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>Hollywood Ending</i>																													

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
13 10:00 Dollar Tree Shopping* 11:00 Morning Series: <i>Doc Martin</i> (TH) 11:00 Ping Pong (LR) 1:00 Bingo (OR) 2:00 RH Book Club (OR) 3:00 Conchord Student Music Recital (LR) 6:45 Evening Movie (TH) <i>Stranger Than Fiction</i>	14 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 Open Pool (BR) 3:00 Caring for the Caregiver (OR) 3:45 Dinner at McMenamins* 6:45 Evening Movie (TH) <i>The Birdcage</i>	15 Pharmacy Consultations* 10:20AM - 2:50PM Sign Up Required 11:00 Virtual Gentle Chair Yoga (AZ) 1:00 Meditation w/ Seth (TH) 1:00 Understanding Shakespeare (OR) 1:30 RH Mexican Train Dominos (MDR) 3:00 UW Pharmacy Talk with Abby: AI & Pharmacies (TH) 6:45 Evening Movie (TH) <i>Bonnie & Clyde</i>	16 10:00 Stretch & Flex (AZ) 10:45 Enhance Fitness (AZ) Alzheimer’s Fundraising Event: Brunch & Bubbles 10:30AM (LR) Entrance Fee Required Sign Up Required 11:00 Knit Wits (LR) 1:00 RH Canasta (OR) 3:00 Life Enrichment Open Forum (TH) 6:45 Evening Movie (TH) <i>Shall We Dance</i>	17 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 Johnny Chiecsek (LR) 5:00 VIP Chef’s Dinner: September Birthdays* 6:45 Evening Movie (TH) <i>Lilies of the Field</i>	18 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 Tech Talk with Evan: Safety & Scam Prevention (AZ) End of Summer Courtyard BBQ Bash 3:00PM - 4:00PM (CY) 6:45 Evening Movie (TH) <i>Along Came Polly</i>	19 9:00 Swimming at Aljoia* 10:00 Independent (B) Walking Group 1:00 RH Scrabble (LR) 1:00 Matinee Movie & Popcorn (TH) <i>S1m0ne</i> 2:00 RH Mah Jongg (LR) 2:30 Digital Photography Group (AZ) 6:45 Evening Movie (TH) <i>The Da Vinci Code</i>
20 <i>Yom Kippur</i> Church Transportation* 8:30am-10:30am 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: <i>The Great Courses: World’s Greatest Painting</i> (TH) 6:45 Evening Movie (TH) <i>Liar Liar</i>	21 9:30 QFC/ CVS* 10:00 Stretch & Flex (AZ) 10:45 Enhance Fitness (AZ) 11:00 RH Bridge w/ Sally (LR) 1:00 Trader Joe’s* 2:00 Town Hall (AZ) 2:00 RH Men’s Pool Game (BR) 3:00 Healing Hearts Collective (OR) 6:45 Evening Movie (TH) <i>Buffalo Bill & The Indians</i>	22 10:00 Fitness Center Tutorial* w/ Life Enrichment (FC) 10:00 Death Café with Seth (OR) 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>Chasing Bigfoot</i> 3:00 Women’s Forum with Seth (AZ) 6:45 Evening Movie (TH) <i>Muncih</i>	23 10:00 Stretch & Flex (AZ) 10:45 Enhance Fitness (AZ) 11:00 Knit Wits (LR) 1:00 Life in Art with Renee Plevy (OR) 1:00 RH Canasta (LR) 3:00 Guest Speaker Kris Hambrick (AZ) History of the Movie Musical 6:30 Starry Night Soiree & Musical Performance with Robbie Egelstad (LR)	24 10:00 Strength & Balance w/ Select Rehab (AZ) 10:00 Squak Mountain Greenhouse & Nursery* 11:00 RH Bridge w/ Sally (LR) 1:00 RH Bible Study (AZ) 2:00 Nutrition w/ Amanda: Understanding Protein Needs (AZ) 3:00 Chef Demo with Chef Sam (AZ) 6:45 Evening Movie (TH) <i>Away We Go</i>	25 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 (OR) 3:00 Guest Speaker Lauren Carroll Understanding Alzheimer’s & Dementia (AZ) 6:45 Evening Movie (TH) <i>Artificial Intelligence</i>	26 9:00 Swimming at Aljoia* 10:00 Independent (B) Walking Group 1:00 RH Scrabble (LR) 1:00 Matinee Movie & Popcorn (TH) <i>Dr. Strangelove</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>Cinderella Man</i>
27 10:00 Scenic Drive* 11:00 Morning Series: <i>Doc Martin</i> (TH) 11:00 Ping Pong (LR) 2:00 Musical (LR) Performance with Carrillo 3:00 Sunday Series & Popcorn: <i>The Great Courses: World’s Greatest Painting</i> (TH) 6:45 Evening Movie (TH) <i>Star Trek</i>	28 9:30 QFC/ CVS* 10:00 Stretch & Flex (AZ) 11:00 RH Bridge w/ Sally (LR) 1:00 QFC/ CVS* 2:00 RH Women’s Pool Game (BR) 2:00 Men’s Parlor with Seth (OR) 3:00 Guest Speaker Bob Staffeld: Medicare 101 (TH) 6:45 Evening Movie (TH) <i>Tristian & Isolde</i>	29 10:00 Fitness Center Tutorial* w/ Life Enrichment (FC) 11:00 Virtual Gentle Chair Yoga (AZ) 1:30 RH Mexican Train Dominos (MDR) 2:00 Documentary (TH) <i>Tiny Machines</i> 3:00 Musical Performance w/ Chris Anderson (LR) 6:45 Evening Movie (TH) <i>The Fugitive Kind</i>	30 9:00 Stretch & Flex (OR) 10:30 Enhance Fitness Testing (FC) 11:00 Knit Wits (LR) 1:30 Guest Speaker Theo Deacon: (AZ) Jesus Christ Superstar & Evita 2:00 Chateau St. Michelle Winery* 3:00 September Trivia (LR) 6:45 Evening Movie (TH) <i>The Aviator</i>	Maria Zulema, LMP kickbackrelax206@gmail.com Kick Back Relax, PLLC 425.545.3582 Office 425.495.3808 Cell Wednesdays 10-2pm apt 203 Factoria Hearing: Call 425-457-7999, to schedule your 15 minute visit today!	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	LIFE: Select Rehab Apt. 362 Contact Clinical Lead, Diane Bridges, about the following services: Physical/ Occupational Therapy Speech Therapy 425-389-2360