

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<i>Meal Times:</i> <i>8:00 AM Breakfast</i> <i>12:00 PM Lunch</i> <i>3:00 PM Snack</i> <i>5:00 PM Dinner</i>	1 10:00 Daily Chronicles 10:15 Zumba with Music 11:00 Calendar Review 1:15 Sing-Fit Sing Along 2:00 What Am I? 2:30 Table Bowling 3:00 Refreshments & Music 3:30 Bingo 6:00 Movie: My Big Fat Greek Wedding	2 10:00 Daily Chronicles 10:15 Spa Hour 11:00 Word Puzzles: Labor Day 1:15 Stretch & Flex 1:45 Sing-Fit Sing Along 2:30 Courtyard Social 3:00 Refreshments & Music 3:30 Balloon Volleyball 6:00 Movie: Midnight in Paris	3 10:00 Daily Chronicles 10:15 Ball Exercise 11:00 5-Second Think Fast 1:15 Pass It Down 2:00 Watercolor Painting: Vintage Abstract 2:45 Follow Along Music Circle 3:00 Refreshments & Music 3:30 Bingo 6:00 Movie: I'll Take Sweden	4 10:00 Daily Chronicles 10:15 Morning Exercise 11:00 Zen Zone 1:15 5 Clues: What Job Is It? 1:30 Musical Performance with Larissa Satichev 2:30 Courtyard Summer Water Games 3:00 Refreshments & Music 3:30 Basketball 6:00 Movie: Millions	5 10:00 Daily Chronicles 10:15 Stretch & Strength 11:00 Would You Rather 1:15 Reminiscing 1:45 Category Catch the Ball 2:30 Begins With.... Word Play 3:00 Refreshments & Music 3:30 Bean Bag Frog Toss 6:00 Movie: Second Chorus
6 10:00 Daily Chronicles 10:15 Pool Noodle Exercise 11:00 Short Story 1:15 Bingo 2:00 Tic Tac Toe Golf 2:45 Guess the Animal Sound 3:00 Refreshments & Music 3:30 Pass the Ball 6:00 Movie: Glorifying the American Girl	7 10:00 Be Fit with Select Rehab 10:30 Daily Chronicles 11:00 Shake Loose a Memory 1:15 Stretch & Flex 1:45 Memory: Matching Pairs 2:30 Parachute Games 3:00 Refreshments & Music 3:30 Horse Shoes 6:00 Movie: The Secret of Roan Inish	8 10:00 Daily Chronicles 10:15 Zumba with Music 11:00 Connect the Dots 1:15 Sing-Fit Sing Along 2:00 Category Catch the Ball 2:30 Bistro Social 3:00 Refreshments & Music 3:30 Bingo 6:00 Movie: The Master of Disguise	9 10:00 Daily Chronicles 10:15 Spa Hour 11:00 Giant Jigsaw Puzzles 1:15 Scenic Drive 1:45 Stretch & Flex 2:15 Fun with Food: Celebrating Peace Day 3:00 Refreshments & Music 3:30 Curling Zone 6:00 Movie: The Jane Austen Book Club	10 10:00 Daily Chronicles 10:15 Ball Exercise 11:00 Brain Café 1:15 Pass It Down 2:00 Crafting Session: Door Hanger 2:45 Follow Along Music Circle 3:00 Refreshments & Music 3:30 Bingo 6:00 Movie: Chasing Liberty	11 <i>Rosh Hashanah</i> 10:00 Daily Chronicles 10:15 Morning Exercise 11:00 Zen Zone 1:15 Stretch & Flex 1:45 Drama Theatre: What's in a Name 2:30 Courtyard Summer Water Games 3:00 Refreshments & Music 3:30 Pass the Ball 6:00 Movie: Maid in Manhattan	12 10:00 Daily Chronicles 10:15 Stretch & Strength 11:00 True or False Game 1:15 Add It Up Math Games 1:45 Ring Toss 2:30 Junk Drawer Detective: School Teacher 3:00 Refreshments & Music 3:30 Skee Ball 6:00 Movie: Delightfully Dangerous
13 10:00 Daily Chronicles 10:15 Pool Noodle Exercise 11:00 Reading Retreat 1:15 Bingo 2:00 Bullseye 2:30 Drawing & Painting 3:00 Refreshments & Music 3:30 Basketball 6:00 Movie: Rhythm in the Clouds	14 10:00 Daily Chronicles 10:30 Meditation with Seth 11:00 Question Ball Game 1:15 Stretch & Flex 1:45 Courtyard Summer Water Games 2:15 September IQ 3:00 Refreshments & Music 3:30 Cornhole Bag Toss 6:00 Movie: Once	15 10:00 Daily Chronicles 10:15 Zumba with Music 11:00 Category Catch the Ball 1:15 Sing-Fit Sing Along 2:00 Documentary: The Beatles: Get Back 3:00 Refreshments & Music 3:30 Bingo 6:00 Movie: House of Flying Daggers	16 10:00 Daily Chronicles 10:15 Spa Hour 11:00 Word Puzzles: Grandparents Day 1:15 Stretch & Flex 1:45 Destination Travelogue: Meet Me in Montreal 2:30 Courtyard Social 3:00 Refreshments & Music 3:30 Balloon Volleyball 6:00 Movie: One Fine Day	17 10:00 Daily Chronicles 10:15 Full Body Exercise 11:00 5-Second Think Fast 1:15 Pass It Down 2:00 Musical Performance with Ashley Webster 3:00 Refreshments & Music 3:30 Bingo 6:00 Movie: Because of Winn-Dixie	18 10:00 Daily Chronicles 10:15 Morning Exercise 11:00 Zen Zone 1:15 Stretch & Flex 1:45 Watercolor Painting: Rosh Hashanah 2:15 Orchestra Showing 3:00 Refreshments & Music 3:30 Basketball 6:00 Movie: Sweet Home Alabama	19 10:00 Daily Chronicles 10:15 Stretch & Strength 11:00 Would You Rather 1:15 Reminiscing 1:45 Category Catch the Ball 2:30 Begins With.... Word Play 3:00 Refreshments & Music 3:30 Bean Bag Frog Toss 6:00 Movie: Calendar Girl
20 <i>Yom Kippur</i> 10:00 Daily Chronicles 10:15 Pool Noodle Exercise 11:00 Short Story 1:15 Bingo 1:45 Tic Tac Toe Golf 2:30 Guess the Animal Sound 3:00 Refreshments & Music 3:30 Pass the Ball 6:00 Movie: A Yiddish World Remembered	21 10:00 Be Fit with Select Rehab 10:30 Daily Chronicles 11:00 Shake Loose a Memory 1:15 Stretch & Flex 1:45 Yiddish Phrase 2:30 Memory: Matching Pairs 3:00 Refreshments & Music 3:30 Horse Shoes 6:00 Movie: The Holdovers	22 10:00 Daily Chronicles 10:15 Zumba with Music 11:00 Connect the Dots 1:15 Sing-Fit Sing Along 2:00 Category Catch the Ball 2:30 Yom Kippur Poetry & Coffee Cake Baking 3:00 Refreshments & Music 3:30 Bingo 6:00 Movie: Enchanted	23 10:00 Daily Chronicles 10:15 Spa Hour 11:00 Giant Jigsaw Puzzles 1:15 Scenic Drive 1:45 Stretch & Flex 2:30 Musical Performance with Johnny Chiecsek 3:00 Refreshments & Music 3:30 Curling Zone 6:00 Movie: Out to Sea	24 10:00 Daily Chronicles 10:15 Ball Exercise 11:00 Brain Café 1:15 Pass It Down 2:00 Crafting Session: Celebrating Peace Day 2:45 Follow Along Music Circle 3:00 Refreshments & Music 3:30 Bingo 6:00 Movie: Music & Lyrics	25 10:00 Daily Chronicles 10:15 Morning Exercise 11:00 Zen Zone 1:15 Stretch & Flex 1:45 Imagine That! Improvisation Fun 2:30 Bistro Social 3:00 Refreshments & Music 3:30 Pass the Ball 6:00 Movie: Capote	26 10:00 Daily Chronicles 10:15 Stretch & Strength 11:00 True or False Game 1:15 Add It Up Math Games 1:45 Ring Toss 2:30 Junk Drawer Detective: The 1970's 3:00 Refreshments & Music 3:30 Skee Ball 6:00 Movie: Doll Face
27 <i>Happy Birthday Dick!</i> 10:00 Daily Chronicles 10:15 Pool Noodle Exercise 11:00 Reading Retreat 1:15 Bingo 2:00 Bullseye 2:30 Orchestra Showing 3:15 Birthday Celebration 6:00 Movie: People Are Funny	28 10:00 Daily Chronicles 10:15 Creative Movement 11:00 Question Ball Game 1:15 Stretch & Flex 1:45 Parachute Games 2:30 Musical Cabaret: Classic Hollywood 3:00 Refreshments & Music 6:00 Movie: Elvis	29 10:00 Daily Chronicles 10:15 Zumba with Music 11:00 Category Catch the Ball 1:15 Sing-Fit Sing Along 2:00 What Am I? 2:30 Table Bowling 3:00 Refreshments & Music 3:30 Bingo 6:00 Movie: The Little Rascals	30 10:00 Daily Chronicles 10:15 Spa Hour 11:00 Word Puzzles: September 1:15 Stretch & Flex 1:45 Watercolor Painting: Destination Montreal 2:30 Autumn Social 3:00 Refreshments & Music 3:30 Balloon Volleyball 6:00 Movie: Moon Struck			

The Terrace: September 2026

September Birthdays & Highlighted Events:

- September 2nd & 16th: Courtyard Socials:** Enjoy a refreshing treat while playing games in our beautiful courtyard.
- September 9th& 23rd, Scenic Drive:** Enjoy a relaxing scenic drive as we take in the beautiful surroundings our state has to offer.
- September 27th: Happy Birthday Bash:** Celebrate Dick with cake, decorations, and a joyful birthday social to make him feel truly special.
- September 30th: Autumn Social:** Sweater weather, crisp air, and good company! Come join us for an autumn get-together filled with cozy vibes, seasonal treats, and plenty of laughs
- Knit & Chat, Wednesdays at 1:45pm:** Calling all knitters! All those that enjoy any type of needlework are invited to this relaxing activity.



Activities: We offer a variety of active and brain stimulating activities. Groups are lead by Life Enrichment and Terrace staff members throughout the day, and take place seven days a week. We are always open to suggestions and welcome you to join us.

The Gardens at Town Square
933 111th Avenue NE,

Bellevue, WA 98004
(425) 688-1900 tel
(425) 462-1127 fax

The Terrace LE Staff

Maria Susner:	Maria.ArellanoSus@eraliving.com
Jabria Allen:	Jabria.Allen@eraliving.com
Esther Kado:	Esther.Kado@eraliving.com
Linda Brisk:	Linda.Brisk@eraliving.com

Live Entertainment:

- Join us for a little fun as we invite entertainers to get us singing and dancing to old time favorites.
- Friday, September 4th at 1:30pm: Larissa Satichev (Piano)
- Thursday, September 17th at 2:00pm: Ashley Webster (Pianist)
- Wednesday, September 23rd at 2:30pm: Johnny Chiecsek (Vocals & Guitar)
- Monday, September 28th at 2:30pm: Classic Hollywood Cabaret (vocals)

