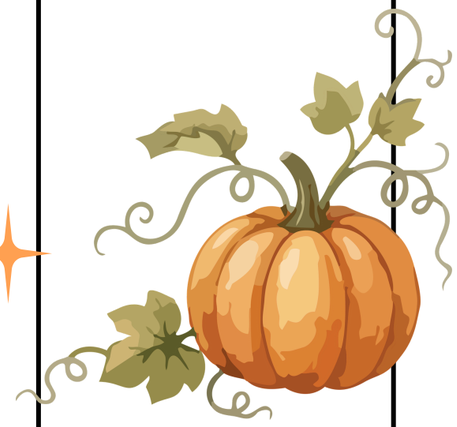


# Novembez



The Gardens At Town Square
Premier Retirement Living

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|---|
| 1<br>**Church Transportation* 8:30am-10:30am**<br>11:00 Morning Series (TH)<br>*The Honeymooners*<br>1:00 Ping Pong (LR)<br>2:00 Bingo (OR)<br>3:00 Sunday Series & Popcorn (TH)<br>*Prohibition*<br>6:45 Evening Movie (TH)<br>*The Eyes of Tammy Faye* | 2<br>**9:30 QFC/ CVS***<br>10:00 Stretch & Flex (AZ)<br>10:45 Enhance Fitness (AZ)<br>11:00 RH Bridge (LR)<br>**1:00 QFC/ CVS***<br>2:00 RH Men's Pool Game (BR)<br>2:00 Caregiver Support with Seth (OR)<br>**3:00 Guest Speaker Lauren Carroll: Understanding Dementia (AZ)**<br>6:45 Evening Movie (TH)<br>*Evelyn* | 3<br>**10:00 King County Elections Loop Tour***<br>11:00 Virtual Gentle Chair Yoga (AZ)<br>1:00 Meditation w/ Seth (TH)<br>1:30 RH Mexican Train Dominos (MDR)<br>2:00 Death Cafe with Seth (AZ)<br>**3:00 Musical Performance with Jeff Brewer (LR)**<br>6:45 Evening Movie (TH)<br>*The Truman Show* | 4<br>9:00 Stretch & Flex (OR)<br>10:00 Fitness Center Tutorial w/ LE* (FC)<br>11:00 Knit Wits (LR)<br>**11:00 Reflective Tape Decorating with Mary Lynne (LR)**<br>1:00 RH Canasta (OR)<br>1:30 RH Sing-Along w/ Carleen & Kathy (LR)<br>2:00 Matinee Movie (TH)<br>*Carnegie Hall*<br>6:45 Evening Movie (TH)<br>*Heaven Can Wait* | 5<br>**10:00 Cruising for Coffee French Bakery***<br>10:00 Strength & Balance w/ Select Rehab (AZ)<br>11:00 Current Events (AZ) with Jacob Bolotin:<br>11:00 RH Bridge (LR)<br>1:00 RH Bible Study (AZ)<br>**3:00 Birthday Happy Hour & Musical Performance with Luke (LR)**<br>6:45 Evening Movie (TH)<br>*Coming Home* | 6<br>*Tech Support w/ Evan* Sign Up Required*<br>10:00 Stretch & Flex (AZ)<br>10:00 RH Bridge w/ Kay (LR)<br>10:45 Enhance Fitness (AZ)<br>1:00 Train Your Brain (OR)<br>**2:00 Guest Speaker Debbie Kelley Underwater Volcanoes (AZ)**<br>3:00 Volunteer Opportunity: Blankets for Humane Society (OR)<br>6:45 Evening Movie (TH)<br>*The Social Network* | 7<br>9:00 Swimming at Aljoya*<br>10:00 Bellevue Square Independent Mall Walk*<br>1:00 RH Scrabble (LR)<br>1:00 Matinee Movie & Popcorn (TH)<br>*About A Boy*<br>2:30 RH Mah Jongg (LR)<br>**2:30 Digital Photography Group (AZ)**<br>6:45 Evening Movie (TH)<br>*A Beautiful Day in the Neighborhood* |
| 8<br>**10:00 Dollar Tree Shopping***<br>11:00 Morning Series (TH)<br>*The Honeymooners*<br>1:00 Ping Pong (LR)<br>1:25 Seahawks vs Cardinals (B)<br>2:00 RH Book Club (OR)<br>3:00 Sunday Series & Popcorn (TH)<br>*Prohibition*<br>6:45 Evening Movie (TH)<br>*The Replacements* | 9<br>**9:30 QFC/ CVS***<br>10:00 Stretch & Flex (AZ)<br>10:45 Enhance Fitness (AZ)<br>11:00 RH Bridge (LR)<br>**1:00 Fred Meyer***<br>2:00 RH Men's Pool Game (BR)<br>3:00 Healing Hearts with Seth (OR)<br>6:45 Evening Movie (TH)<br>*The Legend of Bagger Vance* | 10<br>*Tech Support w/ Evan* Sign Up Required*<br>10:00 Fitness Center Tutorial w/ LE* (FC)<br>11:00 Virtual Gentle Chair Yoga (AZ)<br>1:00 Meditation w/ Seth (TH)<br>1:30 RH Mexican Train Dominos (MDR)<br>2:00 Culinary/ Dining Meeting (AZ)<br>**3:00 Chef Demo (AZ)**<br>6:45 Evening Movie (TH)<br>*Still Alice* | 11<br>*VETERAN'S DAY*<br>10:00 Stretch & Flex (AZ)<br>10:45 Enhance Fitness (AZ)<br>11:00 Knit Wits (LR)<br>1:00 RH Canasta (OR)<br>**2:00 Veterans Day Happy Hour & Trumpet Stylings with Debbie (LR)**<br>3:00 Staff Spotlight: Stephen Abdul Hamid (AZ)<br>6:45 Evening Movie (TH)<br>*Man of the Year* | 12<br>10:00 Strength & Balance w/ Select Rehab (AZ)<br>**10:00 Mass & Communion w/ Father Joseph (TH)**<br>11:00 RH Bridge (LR)<br>1:00 RH Bible Study (OR)<br>**2:30 All Residents' Council Meeting (AZ)**<br>5:00 VIP Chef's Dinner* November Birthdays<br>6:45 Resident Choice Movie Night with Kay (TH) | 13<br>10:00 Stretch & Flex (AZ)<br>10:00 RH Bridge w/ Kay (LR)<br>10:45 Enhance Fitness (AZ)<br>1:00 Train Your Brain (OR)<br>2:00 Documentary (TH)<br>*Ultimate Aviation*<br>**3:00 Life Enrichment Open Forum (AZ)**<br>6:45 Evening Movie (TH)<br>*It Happened at the World's Fair* | 14<br>9:00 Swimming at Aljoya*<br>10:00 Bellevue Square Independent Mall Walk*<br>1:00 RH Scrabble (LR)<br>1:00 Matinee Movie & Popcorn (TH)<br>*One Fine Day*<br>2:00 RH Writing with Catherine (OR)<br>2:30 RH Mah Jongg (LR)<br>6:45 Evening Movie (TH)<br>*The Best Exotic Marigold Hotel* |

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|---|---|---|---|---|---|---|
| 15<br>**Church Transportation* 8:30am-10:30am**<br>11:00 Morning Series (TH)<br>*The Honeymooners*<br>11:00 Ping Pong (LR)<br>1:05 Seahawks vs Raiders (TH)<br>2:00 Bingo (OR)<br>**3:00 Sungmee Cello Studio Student Music Recital (LR)**<br>6:45 Evening Movie (TH)<br>*The Shack* | 16<br>**9:30 QFC/ CVS***<br>10:00 Stretch & Flex (AZ)<br>10:45 Enhance Fitness (AZ)<br>11:00 RH Bridge (LR)<br>1:00 QFC/ CVS*<br>**2:00 Town Hall (AZ)**<br>2:00 RH Men's Pool Game (BR)<br>**3:00 Musical (LR) Performance with Johnny Chiecsek**<br>6:45 Evening Movie (TH)<br>*Song Sung Blue* | 17<br>10:00 Fitness Center Tutorial w/ LE* (FC)<br>11:00 Virtual Gentle Chair Yoga (AZ)<br>1:00 Meditation w/ Seth (TH)<br>**1:00 Understanding Shakespeare (AZ)**<br>1:30 RH Mexican Train Dominos (MDR)<br>3:00 Women's Forum with Seth (AZ)<br>6:45 Evening Movie (TH)<br>*Eleanor the Great* | 18<br>10:00 Stretch & Flex (AZ)<br>**10:00 Nordic Museum***<br>10:45 Enhance Fitness (AZ)<br>11:00 Knit Wits (LR)<br>1:00 RH Canasta (OR)<br>3:00 Nutrition with Amanda (AZ)<br>Community Menu Development<br>**4:00 Dinner at Matt's Rotisserie & Oyster Lounge***<br>6:45 Evening Movie (TH)<br>*I Love My Dad* | 19<br>10:00 Strength & Balance w/ Select Rehab (AZ)<br>11:00 Great Decisions (AZ) with Jacob Bolotin: National Security<br>11:00 RH Bridge (LR)<br>1:00 RH Bible Study (OR)<br>2:00 UW Pharmacy Talk: Supplemental & OTC Products (AZ)<br>**Art Gala: Solo Sumi Show 3:00PM - 4:00PM (LR)**<br>6:45 Evening Movie (TH)<br>*The Choice* | 20<br>*Tech Support w/ Evan* Sign Up Required*<br>10:00 Stretch & Flex (AZ)<br>10:00 RH Bridge w/ Kay (LR)<br>10:45 Enhance Fitness (AZ)<br>1:00 Train Your Brain (OR)<br>**2:00 Tech Talk with Evan AI 101 & Safety (AZ)**<br>3:00 November Trivia (LR)<br>6:45 Evening Movie (TH)<br>*The Magic of Belle Isle* | 21<br>9:00 Swimming at Aljoya*<br>10:00 Bellevue Square Independent Mall Walk*<br>1:00 RH Scrabble (LR)<br>**1:30 Puget Sound Beekeepers Association (AZ)**<br>2:30 RH Mah Jongg (LR)<br>2:30 Digital Photography Group (TH)<br>6:45 Evening Movie (TH)<br>*Finding Forester* |
| 22<br>**10:00 Scenic Drive***<br>11:00 Morning Series (TH)<br>*The Honeymooners*<br>1:00 Ping Pong (LR)<br>**1:00 PCC Shopping***<br>2:00 RH Bingo (OR)<br>3:00 Sunday Series & Popcorn (TH)<br>*Prohibition*<br>6:45 Evening Movie (TH)<br>*The Namesake* | 23<br>**9:30 QFC/ CVS***<br>10:00 Stretch & Flex (AZ)<br>10:45 Enhance Fitness (AZ)<br>11:00 RH Bridge (LR)<br>**1:00 Safeway***<br>2:00 RH Men's Pool Game (BR)<br>2:00 Men's Parlor with Seth (OR)<br>**3:00 Guest Speaker Kris Hambrick James Dean (AZ)**<br>6:45 Evening Movie (TH)<br>*The Secret Dare to Dream* | 24<br>10:00 Fitness Center Tutorial w/ LE* (FC)<br>11:00 Virtual Gentle Chair Yoga (AZ)<br>**11:15 Lunch Outing* Cascadia Pizzeria**<br>1:00 Meditation w/ Seth (TH)<br>1:30 RH Mexican Train Dominos (MDR)<br>3:00 Contemporary (AZ) Issues with Seth<br>6:45 Evening Movie (TH)<br>*The Art of Racing in the Rain* | 25<br>10:00 Stretch & Flex (AZ)<br>10:45 Enhance Fitness (AZ)<br>11:00 Knit Wits (LR)<br>1:30 Guest Speaker Theo Deacon: Kismet: The Arabian Night Musical (AZ)<br>**3:00 Musical (LR) Performance with Chris Anderson**<br>6:45 Evening Movie (TH)<br>*The Thanksgiving Treasure* | 26<br>10:00 Morning Movie (TH)<br>*Seabiscuit*<br>***Thanksgiving Day Buffet 11:00am - 2:00pm (MDR)***<br>12:00 Comedy Hour (TH)<br>*1940's Cartoons*<br>2:00 Matinee Movie (TH)<br>*The Family Man*<br>6:45 Evening Movie (TH)<br>*Annie*<br> | 27<br>*Tech Support w/ Evan* Sign Up Required*<br>10:00 Stretch & Flex (AZ)<br>10:00 RH Bridge w/ Kay (LR)<br>10:45 Enhance Fitness (AZ)<br>1:00 Giant Crossword (OR)<br>2:00 Ciders & Sweaters Social (LR)<br>**3:00 Guest Speaker Lance Rhoades: Food & Film (AZ)**<br>6:45 Evening Movie (TH)<br>*Mrs. Harris Goes to Paris* | 28<br>9:00 Swimming at Aljoya*<br>10:00 Bellevue Square Independent Mall Walk*<br>1:00 RH Scrabble (LR)<br>1:00 Matinee Movie & Popcorn (TH)<br>*Mrs. Palfrey at the Claremont*<br>2:00 RH Writing with Catherine (OR)<br>2:30 RH Mah Jongg (LR)<br>6:45 Evening Movie (TH)<br>*Moonstruck* |
| 29<br>**11:00 Bellevue Library***<br>11:00 Morning Series (TH)<br>*The Honeymooners*<br>1:00 Ping Pong (LR)<br>1:25 Seahawks vs 49ers (B)<br>2:00 Bingo (OR)<br>3:00 Sunday Series & Popcorn (TH)<br>*Prohibition*<br>6:45 Evening Movie (TH)<br>*The Help* | 30<br>**9:30 QFC/ CVS***<br>10:00 Stretch & Flex (AZ)<br>10:45 Enhance Fitness (AZ)<br>11:00 RH Bridge (LR)<br>**1:00 QFC/ CVS***<br>2:00 RH Men's Pool Game (BR)<br>**3:00 Musical Performance with Jaeden Luke (LR)**<br>6:45 Resident Choice Movie Night with Kay (TH) | | | | | |

**LOCATION LEGEND**

| | | | |
|---|---|---|---|
| (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 |

**FACTORIA HEARING:**
CALL 425-457-7999, TO SCHEDULE YOUR 15 MINUTE VISIT TODAY

**MARIA ZULEMA, LMP**
KICKBACKRELAX206@GMAIL.COM
KICK BACK RELAX, PLLC
425.545.3582 OFFICE
425.495.3808 CELL

WEDNESDAYS 10-2PM APT 216

**LIFE: SELECT REHAB APT. 362**
CONTACT CLINICAL LEAD, DIANE BRIDGES, ABOUT THE FOLLOWING SERVICES:
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SPEECH THERAPY
425-389-2360

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WEDNESDAYS 10:30AM
BY APPOINTMENT ONLY
CONTACT SACRED HEART:
DIANA SCHIRO @ 425-864-9277 OR
JACKIE WEEKS @ 425-443-7353