

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Legend (AR) Activity Room (FR) Family Room (LB) Lobby (DR) Dining Room (RR) Resource Room (CH) Clubhouse ** Sign up at the front desk = Birthday	*Schedule is subject to change at any time so remember to check our daily activity schedule posted on the community board and elevators.*			1 9:00 Water Aerobics (CH) 9:00 Morning Exercise (AR) 1:30 Skip-Bo (FR) 2:00 New Years Craft (AR)** 3:00 Memory Lane (FR) 6:30 Bingo (AR) No Transportation No Housekeeping	2 9:00 Water Aerobics (CH) 9:00 Morning Exercise (AR) 10:00 Blackjack (FR) 3:30 Walking group (LB) 6:30 Hand & Foot (FR) Franny Y 	3 10:00 Chapel Service (AR) 11:15 Blood Pressure Checks (RR) 2:00 Cookies & Socializing (LB) 2:00 Rummikub (FR) 4:00 Wii Bowling (FR) 6:30 Skip-Bo (FR) 6:45 Movie & Popcorn (AR)
4 9:00 Morning Exercise (AR) 1:15 31 Card Game (FR) 3:00 Blackjack (AR) 4:45 Joyce Plays Piano (LB) 6:30 Hand & Foot (FR) 6:45 Movie & Popcorn (AR)	5 9:00 Water Aerobics (CH) 9:00 Morning Exercise (AR) 10:00 Book Club (AR) 2:00 Rummikub (FR) 2:15 Ice Cream Social(LB) 3:15 Chair Volleyball (AR) 4:00 Barb Plays Piano (LB) 6:30 Hand & Foot (FR)	6 9:00-10:30 Walmart shopping** 9:00 Water Aerobics (CH) 9:00 Morning Exercise (AR) 10:00 "Good Old Days" Reading with Julee White(RR) 2:00 Tai Chi/Yoga (AR) 1:30 Mexican Train Dominoes (AR) 3:30 Phase 10 (FR) 6:30 Bingo (AR)	7 9:00 Water Aerobics (CH) 9:00 Morning Exercise (AR) 10:00 Bible study w/Linda(AR) 1:30 3-13 Card Game (FR) 2:00 Resident Council Meeting (AR) 3:00 Blackjack (FR) 4:30 Sing Along w/ Joyce (LB) 5:40 Hand & Foot (FR)	8 9:00 Water Aerobics (CH) 9:00 Morning Exercise (AR) 10:00 Blue Heron Bakery** 2:00 Craft Class (AR) 3:00 Memory Lane (FR) 4:00 Mosaic Coloring (FR) 6:30 Bingo (AR) John H 	9 9:00 Water Aerobics (CH) 9:00 Morning Exercise (AR) 10:00 Blackjack (FR) 2:00 Entertainment (LB) "Jo Lawn" 3:30 Walking Group (LB) 6:30 Hand & Foot (FR)	10 10:00 Chapel Service (AR) 2:00 Cookies & Socializing (LB) 2:00 Rummikub (FR) 4:00 Wii Bowling (FR) 6:30 Skip-Bo (FR) 6:45 Movie & Popcorn (AR)
11 9:00 Morning Exercise (AR) 1:15 31 Card Game (FR) 3:00 Blackjack (AR) 4:45 Joyce Plays Piano (LB) 6:30 Hand & Foot (FR) 6:45 Movie & Popcorn (AR) Frank M 	12 9:00 Water Aerobics (CH) 9:00 Morning Exercise (AR) 10:00 Book Club (AR) 2:00 Rummikub (FR) 2:15 Ice Cream Social(LB) 3:15 Chair Volleyball (AR) 4:00 Barb Plays Piano (LB) 6:30 Hand & Foot (FR)	13 9:00 Water Aerobics (CH) 9:00 Morning Exercise (AR) 10:00 "Good Old Days" Reading with Julee White(RR) 11:00 Out to Lunch "Olive Garden" 1:30 Mexican Train Dominoes (FR) 2:00 Home Health Talk with Joseph 6:30 Bingo (AR)	14 9:00 Morning Exercise (A R) 9:00 Water Aerobics (CH) 10:00 Bible study w/Linda(AR) 1:30 3-13 Card Game (FR) 2:00 Tai Chi/Yoga (AR) 3:00 Blackjack (FR) 4:30 Sing Along w/ Joyce (LB) 5:45 Hand & Foot (FR)	15 9:00 Water Aerobics (CH) 9:00 Morning Exercise (AR) 10:00 Chair Yoga (AR) 3:00 Washington State Museum** 3:00 Memory Lane (FR) 4:00 Mosaic Coloring (FR) 6:30 Bingo (AR)	16 9:00 Water Aerobics (CH) 9:00 Morning Exercise (AR) 10:00 Blackjack (FR) 2:00 Entertainment (LB) "Entertainment Explosion" 3:30 Walking Group (LB) 6:30 Hand & Foot (FR)	17 10:00 Chapel Service (AR) 11:15 Blood Pressure Checks (RR) 2:00 Cookies & Socializing (LB) 2:00 Rummikub (FR) 4:00 Wii Bowling (FR) 6:30 Skip-Bo (FR) 6:45 Movie & Popcorn (AR)
18 9:00 Morning Exercise (AR) 1:15 31 Card Game (FR) 3:00 Blackjack (AR) 4:45 Joyce Plays Piano (LB) 6:30 Hand & Foot (FR) 6:45 Movie & Popcorn (AR)	19 9:00 Water Aerobics (CH) 9:00 Morning Exercise (AR) 10:00 Book Club (AR) 2:00 Rummikub (FR) 2:15 Ice Cream Social(LB) 3:15 Chair Volleyball (AR) 4:30 Barb Plays Piano (LB) 6:30 Hand & Foot (FR)	20 9:00 Water Aerobics (CH) 9:00 Morning Exercise (AR) 10:00 "Good Old Days" Reading with Julee White(RR) 1:30 Mexican Train Dominoes (FR) 2:00 Entertainment (LB) "Terry Bartelme" 3:30 Phase 10 (FR) 6:30 Bingo (AR) Myra K 	21 9:00 Trader Joes shopping** 9:00 Morning Exercise (A R) 9:00 Water Aerobics (CH) 10:00 Bible study w/Linda(AR) 1:30 3-13 Card Game (FR) 2:00 Scenic Drive** 3:00 Blackjack (FR) 4:30 Sing Along w/ Joyce (LB) 5:45 Hand & Foot (FR) Jean J 	22 9:00 Water Aerobics (CH) 9:00 Morning Exercise (AR) 10:00 Chair Yoga (AR) 2:00 Card Making w/ Linda (AR)** 3:00 Memory Lane (FR) 4:00 Mosaic Coloring (FR) 6:30 Bingo (AR)	23 9:00 Water Aerobics (CH) 9:00 Morning Exercise (AR) 10:00 Blackjack (FR) 2:00 Entertainment (LB) "Robin Todd" 3:30 Walking Group (LB) 6:30 Hand & Foot (FR)	24 10:00 Chapel Service (AR) 2:00 Cookies & Socializing (LB) 2:00 Rummikub (FR) 4:00 Wii Bowling (FR) 6:30 Skip-Bo (FR) 6:45 Movie & Popcorn (AR)
25 9:00 Morning Exercise (AR) 1:15 31 Card Game (FR) 3:00 Blackjack (AR) 4:45 Joyce Plays Piano (LB) 6:30 Hand & Foot (FR) 6:45 Movie & Popcorn (AR)	26 9:00 Water Aerobics (CH) 9:00 Morning Exercise (AR) 10:00 Book Club (AR) 2:00 Rummikub (FR) 2:15 Ice Cream Social(LB) 3:15 Chair Volleyball (AR) 4:30 Barb Plays Piano (LB) 6:30 Hand & Foot (FR)	27 9:00 Water Aerobics (CH) 9:00 Morning Exercise (AR) 10:00 "Good Old Days" Reading with Julee White(RR) 1:30 Mexican Train Dominoes (FR) 2:00 Residents Birthday Party (AR) 3:30 Phase 10 (FR) 6:30 Bingo (AR) 	28 9:00 Morning Exercise (A R) 9:00 Water Aerobics (CH) 10:00 Bible study w/Linda(AR) 1:30 3-13 Card Game (FR) 2:00 Tai Chi/Yoga (AR) 3:00 Blackjack (FR) 4:30 Sing Along w/ Joyce (LB) 5:45 Hand & Foot (FR)	29 9:00 Water Aerobics (CH) 9:00 Morning Exercise (AR) 10:00 Chair Yoga (AR) 2:00 Home care talk with Rachael 3:00 Memory Lane (FR) 4:00 Mosaic Coloring (FR) 6:30 Bingo (AR)	30 9:00 Water Aerobics (CH) 9:00 Morning Exercise (AR) 10:00 Blackjack (FR) 2:00 Entertainment (LB) "Ron Rosenbloom" 3:30 Walking Group (LB) 6:30 Hand & Foot (FR) Van L 	31 10:00 Chapel Service (AR) 2:00 Cookies & Socializing (LB) 2:00 Rummikub (FR) 4:00 Wii Bowling (FR) 6:30 Skip-Bo (FR) 6:45 Movie & Popcorn (AR)