

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



1
9:00 Water Aerobics (CH)
9:00 Morning Exercise (AR)
10:00 Book Club (FR)
2:00 Rummikub (FR)
2:15 Ice Cream Social (LB)
3:00 Chehalis Trail Stroll (LB)
4:00 Barb Plays Piano (LB)
5:45 Hand & Foot (FR)

2
9:00 Walmart shopping**
9:00 Water Aerobics (CH)
9:00 Morning Exercise (AR)
1:30 Mexican Train Dominoes (FR)
2:00 Entertainment (LB)
"Gary Liden"
3:00 Phase 10 (FR)
6:30 Bingo (AR)

3
9:00 Barrier Free Fishing**
9:00 Water Aerobics (CH)
9:00 Morning Exercise (AR)
10:00 Bible Study (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)
5:45 Hand & Foot (FR)
Jim B.
Nancy D.

4
9:00 Water Aerobics (CH)
9:00 Morning Exercise (AR)
10:00 Chair Yoga (AR)
1:30 Skip-Bo (FR)
2:00 Craft Class (AR)**
3:00 Mosaic Coloring (FR)
6:30 Bingo (AR)

5
9:00 Water Aerobics (CH)
9:00 Morning Exercise (AR)
10:00 Blackjack (FR)
2:00 Singing Bowl Meditation (AR)
3:00 31 Card Game (FR)
3:30 Walking Group (LB)
5:45 Hand & Foot (FR)
6:30 Entertainment (LB)
"Liu Family"

6
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)
5:45 Skip-Bo (FR)
6:45 Movie & Popcorn (AR)

7
9:00 Morning Exercise (AR)
1:15 31 Card Game (FR)
3:00 Blackjack (FR)
4:45 Joyce Plays Piano (LB)
5:45 Hand & Foot (FR)
6:45 Movie & Popcorn (AR)

Bev S.

8
9:00 Water Aerobics (CH)
9:00 Morning Exercise (AR)
10:00 Book Club (FR)
2:00 Rummikub (FR)
2:15 Ice Cream Social (LB)
3:00 Chehalis Trail Stroll (LB)
4:00 Barb Plays Piano (LB)
5:45 Hand & Foot (FR)

9
9:00 Water Aerobics (CH)
9:00 Morning Exercise (AR)
10:00 "Golden Years" Rainier Game **
1:30 Mexican Train Dominoes (FR)
2:00 Tai Chi/Chair Yoga (AR)
3:00 Phase 10 (FR)
4:00 "Good Old Days" reading with Julee (RR)
6:30 Bingo (AR)
Ed T.

10
9:00 Water Aerobics (CH)
9:00 Morning Exercise (AR)
10:00 Bible Study (AR)
1:30 3-13 Card Game (FR)
1:00 Timberland Library "Tales & Tails"**
3:00 Blackjack (FR)
4:30 Sing Along w/ Joyce (LB)
5:45 Hand & Foot (FR)

11
9:00 Water Aerobics (CH)
9:00 Morning Exercise (AR)
10:00 Chair Yoga (AR)
1:30 Skip-Bo (FR)
2:00 Memory lane (FR)
3:00 Mosaic Coloring (FR)
6:30 Bingo (AR)

12
9:00 Water Aerobics (CH)
9:00 Morning Exercise (AR)
10:00 Blackjack (FR)
2:00 Entertainment (LB)
"Matt Gurley"
3:00 31 Card Game (FR)
3:30 Walking Group (LB)
5:45 Hand & Foot (FR)

13
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)
5:45 Skip-Bo (FR)
6:45 Movie & Popcorn (AR)

14
9:00 Morning Exercise (AR)
1:15 31 Card Game (FR)
3:00 Blackjack (FR)
4:45 Joyce Plays Piano (LB)
5:45 Hand & Foot (FR)
6:45 Movie & Popcorn (AR)

Lonna F.

15
9:00 Water Aerobics (CH)
9:00 Morning Exercise (AR)
10:00 Book Club (FR)
2:00 Rummikub (FR)
2:15 Ice Cream Social (LB)
3:00 Chehalis Trail Stroll (LB)
4:00 Barb Plays Piano (LB)
5:45 Hand & Foot (FR)

16
9:00 Water Aerobics (CH)
9:00 Morning Exercise (AR)
11:00 Out to Lunch ** "Ram Restaurant and Brewery"
1:30 Mexican Train Dominoes (FR)
2:00 Scenic Drive**
3:00 Phase 10 (FR)
4:00 "Good Old Days" reading with Julee (RR)
6:30 Bingo (AR)

17
9:00 Costco shopping**
9:00 Water Aerobics (CH)
9:00 Morning Exercise (AR)
10:00 Bible Study (AR)
1:30 3-13 Card Game (FR)
2:00 Lakewold Gardens **
3:00 Blackjack (FR)
4:30 Sing Along w/ Joyce (LB)
5:45 Hand & Foot (FR)

18
9:00 Water Aerobics (CH)
9:00 Morning Exercise (AR)
10:00 Chair Yoga (AR)
1:30 Skip-Bo (FR)
2:00 Craft Class (AR)**
3:00 Mosaic Coloring (FR)
6:30 Bingo (AR)

19 Juneteenth
9:00 Water Aerobics (CH)
9:00 Morning Exercise (AR)
10:00 Blackjack (FR)
2:00 Entertainment (LB)
"Entertainment Explosion"
3:00 31 Card Game (FR)
3:30 Walking Group (LB)
5:45 Hand & Foot (FR)

20
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)
5:45 Skip-Bo (FR)
6:45 Movie & Popcorn (AR)

21 Fathers Day
9:00 Morning Exercise (AR)
1:15 31 Card Game (FR)
3:00 Blackjack (FR)
4:45 Joyce Plays Piano (LB)
5:45 Hand & Foot (FR)
6:45 Movie & Popcorn (AR)

Joe H.

22
9:00 Water Aerobics (CH)
9:00 Morning Exercise (AR)
10:00 Book Club (FR)
2:00 Rummikub (FR)
2:15 Ice Cream Social (LB)
3:00 Chehalis Trail Stroll (LB)
4:00 Barb Plays Piano (LB)
5:45 Hand & Foot (FR)

23
9:00 Water Aerobics (CH)
9:00 Morning Exercise (AR)
10:00 Tai Chi/Chair Yoga (AR)
1:30 Mexican Train Dominoes (FR)
2:00 Health Talk w/ Lynessa from Advanced health care (AR)
3:00 Phase 10 (FR)
4:00 "Good Old Days" reading with Julee (RR)
6:30 Bingo (AR)

24
9:00 Water Aerobics (CH)
9:00 Morning Exercise (AR)
10:00 Value Village and Dollar store shopping**
10:00 Bible Study (AR)
1:30 3-13 Card Game (FR)
2:00 Brunos European Restaurant **
3:00 Blackjack (FR)
4:30 Sing Along w/ Joyce (LB)
5:45 Hand & Foot (FR)

25
9:00 Water Aerobics (CH)
9:00 Morning Exercise (AR)
10:00 Chat w/ JoAnn about caregiving resources (FR)
1:30 Skip-Bo (FR)
2:00 Card-making with Linda (AR)**
3:00 Mosaic Coloring (FR)
6:30 Bingo (AR)

26
9:00 Water Aerobics (CH)
9:00 Morning Exercise (AR)
10:00 Blackjack (FR)
3:00 31 Card Game (FR)
3:30 Walking Group (LB)
5:45 Hand & Foot (FR)

27
10:00 Chapel Service (AR)
2:00 Cookies & Socializing (LB)
2:00 Rummikub (FR)
4:00 Wii Bowling (FR)
4:00 Blood Pressure Checks (RR)
5:45 Skip-Bo (FR)
6:45 Movie & Popcorn (AR)

28
9:00 Morning Exercise (AR)
1:15 31 Card Game (FR)
3:00 Blackjack (FR)
4:45 Joyce Plays Piano (LB)
5:45 Hand & Foot (FR)
6:45 Movie & Popcorn (AR)

29
9:00 Water Aerobics (CH)
9:00 Morning Exercise (AR)
10:00 Book Club (FR)
2:00 Rummikub (FR)
2:15 Ice Cream Social (LB)
3:00 Chehalis Trail Stroll (LB)
4:00 Barb Plays Piano (LB)
5:45 Hand & Foot (FR)

Audrey S.

30
9:00 Water Aerobics (CH)
9:00 Morning Exercise (AR)
10:00 Tai Chi/Chair Yoga (AR)
1:30 Mexican Train Dominoes (FR)
2:00 Resident Birthday Party
3:00 Phase 10 (FR)
4:00 "Good Old Days" reading with Julee (RR)
6:30 Bingo (AR)

Sherri S.

Schedule is subject to change at any time so remember to check our daily activity schedule posted on the community board and elevators.

Legend
(AR) Activity Room
(FR) Family Room
(LB) Lobby
(DR) Dining Room
(RR) Resource Room
(CH) Clubhouse
** Sign up at the front desk = Birthday

