

Sunday

Monday

Tuesday

Wednesday


Thursday

Friday

Saturday



# September 2016 Gardens and Hearthside

|   |   |  |  |  |   |  |
|---|---|--|--|--|---|--|
| <p><b>Church Pick up:</b> 4<br/>8:45<br/>9:15<br/>10:15</p> <p><b>1:30 Scenic Bus Ride</b></p>  | <p><b>5</b></p>  <p>Labor Day</p>  | <p><b>AM Doctor Appointments 6</b><br/>9:45 Bible Study (Activity 2)<br/>1:30 Pianist Emmy Purainer (Juice Bar)<br/>1:00 Book Club (FF Mtg Rm)<br/>3:00 Whammo (Activity 2)<br/><b>3:30 Happy Hour at The Cliff House *T \$</b></p>  | <p><b>8:30 Men's Breakfast *T\$ 7</b><br/>9:00 Traveling Library (HS)<br/>1:00 Fitness Class (Activity 2)<br/>1:30 Pete Mazza (FF Fit Rm)<br/>1:45 Roundtable (Juice Bar)<br/>2:00 Crumby Time (Juice Bar)<br/>3:00 Bingo (Activity 2)</p> | <p><b>PM Doctor Appointments 8</b><br/><b>9:30 Walking~Milton Trail *T</b><br/>1:30 Afternoon Stretch (JB)<br/>3:00 Whammo (Activity 2)</p>  | <p><b>9:30 Shopping 9</b><br/>1:00 Fitness Class (Act 2)<br/>2:30 Front Porch Stories (JB)</p>                                      | <p><b>1:45 Bingo Bonanza 10</b><br/>(Fairfield Fitness Rm)</p> |
| <p><b>Church Pick up:</b> 11<br/>8:45<br/>9:15<br/>10:15</p> <p><b>1:30 Scenic Bus Ride</b></p> <p>Grandparents Day</p>                   | <p><b>9:30 Shopping *T 12</b><br/>10:30 Pet Visit with Lilly (JB)<br/>1:00 Fitness Class (Activity 2)<br/>3:00 Bingo (Activity 2)</p>   | <p><b>AM Doctor Appointments 13</b><br/>9:30 Art History (FF Mtg Rm)<br/>9:45 Bible Study (Activity 2)<br/>1:30 Music with Ron Herring (Juice Bar)<br/><b>2:00 Shopping at Value Village *T\$</b><br/>3:00 Whammo (Activity 2)</p>   | <p><b>9:00 Washington State Talking Books and Braille Library Tour/Pike Place Market *T\$ 14</b><br/>2:00 Jeopardy (JB)<br/>3:00 Bingo (Activity 2)</p>  | <p><b>PM Doctor Appointments 15</b><br/><b>9:30 Walking~Buckley Trail *T</b><br/>1:00 Federal Way Symphony Presentation (FF Mtg Rm) *T<br/>1:00 "Letting Go" Support Group (GHS Activity Rm 2)<br/>2:00 Wine and Cheese (Dining Room)<br/>3:00 Whammo (Activity 2)</p> | <p><b>9:30 Shopping 16</b><br/>9:00 Senior Footcare (Craft Rm)<br/>1:00 Fitness Class (Act 2)<br/>2:30 Front Porch Stories (JB)</p> | <p><b>1:45 Bingo Bonanza 17</b><br/>(Fairfield Fitness Rm)</p> |
| <p><b>Church Pick up:</b> 18<br/>8:45<br/><b>9:05*** (new time)</b><br/><b>10:30*** (new time)</b></p> <p><b>1:30 Scenic Bus Ride</b></p> | <p><b>9:30 Shopping *T 19</b><br/>1:00 Fitness Class (Activity 2)<br/>3:00 Bingo (Activity 2)</p>   | <p><b>AM Doctor Appointments 20</b><br/>9:30 Art History (FF Mtg Rm)<br/>9:45 Bible Study (Activity 2)<br/>1:00 Music with Primo Kim (JB)<br/>3:00 Whammo (Activity 2)</p>   | <p><b>10:00 Washington State Fair in Puyallup *T\$ 21</b><br/>2:00 Jeopardy (JB)<br/>3:00 Bingo (Activity 2)</p>   | <p><b>PM Doctor Appointments 22</b><br/><b>9:30 Walking~Wright Park *T</b><br/>1:00 Health Fair Presentation (FF Meeting Rm) *T<br/>3:00 Whammo (Activity 2)</p> <p>Autumn Begins</p>  | <p><b>9:30 Shopping 23</b><br/>1:00 Caregivers Support Group (FF Meeting Rm)<br/>2:00 Sing-a-Long (JB)</p>                          | <p><b>1:45 Bingo Bonanza 24</b><br/>(Fairfield Fitness Rm)</p> |
| <p><b>Church Pick up:</b> 25<br/>8:45<br/><b>9:05*** (new time)</b><br/><b>10:30*** (new time)</b></p> <p><b>1:30 Scenic Bus Ride</b></p> | <p><b>9:30 Shopping *T 26</b><br/>10:30 Pet Visit with Lily (JB)<br/>1:00 Fitness Class (Activity 2)<br/>1:30 Music with Dan Roberts Birthday Party (Juice Bar)<br/>3:00 Bingo (Activity 2)</p> | <p><b>AM Doctor Appointments 27</b><br/>9:30 Art History (FF Mtg Rm)<br/>9:45 Bible Study (Activity 2)<br/>1:30 Whack-a-Ball (JB)<br/>2:00 "Let's Talk Soup" with Chef Michael (FF Mtg Rm)<br/>3:00 Whammo (Activity 2)<br/><b>4:00 Sunset Dinner at Jimmy Mac's Roadhouse *T \$</b></p> | <p><b>11:30 Ladies lunch at the Olive Garden *T\$ 28</b><br/>1:00 Fitness Class (Activity 2)<br/>3:00 Bingo (Activity 2)</p>   | <p><b>PM Doctor Appointments 29</b><br/><b>9:30 Walking~Roegner Park *T</b><br/>1:30 Afternoon Stretch (JB)<br/>3:00 Whammo (Activity 2)</p>   | <p><b>9:30 Shopping 30</b><br/>1:00 Fitness Class (Act 2)<br/>2:30 Front Porch Stories (JB)</p>                                     | <p>(Fairfield Fitness Rm)</p>                                  |

Thursday, September 1<sup>st</sup> 9:30 am- Walking on the Soos Trail. **Reservations needed.**

Monday, September 5<sup>th</sup> Labor Day

Tuesday, September 6<sup>th</sup> 1:30 pm- Come listen to pianist Emmy Purainer in the Juice Bar.  
1:00 pm- Book club is meeting in the Fairfield Fitness room.  
3:30 pm- Happy hour at the Cliff House. **Reservations needed.**

Wednesday, September 7<sup>th</sup> 8:30 am- Men's breakfast with Chris. **Reservations needed.**  
9:00 am- Traveling library in the GHS Juice Bar.  
1:30 pm- Listen to Current Events with Pete Mazza in the Fairfield Fitness Room.  
1:45 pm- Roundtable in the Juice Bar.  
2:00 pm- Crumby Time (Juice Bar)

Thursday, September 8<sup>th</sup> 9:30 am- Walking on the Milton Trail. **Reservations needed.**

Tuesday, September 13<sup>th</sup> 1:30 pm- Music with Ron Herring in the Juice Bar.  
2:00 pm- Shopping at Value Village. **Reservations needed.**

Wednesday, September 14<sup>th</sup> 9:00 am- A tour of the Washington State Talking Books and Braille Library followed by a trip to the Pike Place Market to shop, have lunch or walk around. There will be walking from the library to Pike Place. **Reservations needed.**

Thursday, September 15<sup>th</sup> 9:30 am- Walking at the Buckley Trail. **Reservations needed.**  
1:00 pm- "Letting Go" meeting in the GHS Activity Room 2.  
1:00 pm- Federal Way Symphony presentation with Michael Nims in the Fairfield Meeting Room.  
2:00 pm- Wine and Cheese in the Dining Room.

Friday, September 16<sup>th</sup> 9:00 am- Senior Foot Care in Craft Room.

Tuesday, September 20<sup>th</sup> 1:00 pm- Come listen to pianist of Primo Kim at the GHS JB.  
4:00 pm- Sunset dinner at Jimmy Mac's Roadhouse. **Reservations needed.**

Wednesday, September 21<sup>st</sup> 10:00 am- Washington State Fair in Puyallup. The cost is \$9.00 per resident for entrance fee. Lunch is on your own. **Reservations needed.**

Thursday, September 22<sup>nd</sup> 9:30 am- Walking at Wright Park. **Reservations needed.**  
1:00 pm- Health Fair presentation in the Fairfield Meeting Room.

Friday, September 23<sup>rd</sup> 1:00 pm- Caregivers Support Group in the Fairfield Meeting Room.

Monday, September 26<sup>th</sup> 1:30 pm- Come celebrate September birthdays with Dan Roberts in the Juice Bar.

Tuesday, September 27<sup>th</sup> 2:00 pm- "Let's Talk Soup" with Chef Michael in the Fairfield Meeting Room.

Wednesday, September 28<sup>th</sup>, 11:30 am- Ladies lunch at the Olive Garden. **Reservations needed.**

Thursday, September 29<sup>th</sup> 9:30 am- Walking at Roegner Park. **Reservations needed.**

## Hearthside and Gardens *September Activity Calendar*

### Bus Trips and Shopping

Please make reservations with the Front Desk 253-838-3700

|                           |          |   |
|---------------------------|----------|---|
| Church pick-ups           | Sunday   | 8:45; *9:05; *10:30                             |
| Local Doctor Appointments | Tuesday  | 9:00 am - 1:00 pm                               |
|                           | Thursday | 1:00 pm - 4:00 pm                               |
| Local Morning Shopping    | Monday   | 9:30 am (Fred Meyer, Winco, Banking)            |
|                           | Friday   | 9:30 am (320 <sup>th</sup> , Safeway, Walmarts) |

Senior Foot Care Friday~ September 16<sup>th</sup> Craft Room...call front desk for reservations

### Extras

Water Toning- Monday, Wednesday, and Friday 9:00 Spa/Pool  
10:15 am Zumba Gold/Line Dancing: Mon/Wed/Fri Fairfield Fitness Room  
12:00 pm Chair Yoga: Monday and Friday; Chair Chi: Wednesday Fairfield Fitness Room  
**Fitness-Monday, Wednesday & Friday at 1:00 pm Activity 2 Room**

King Co. Traveling Library 1<sup>st</sup> Wed. of each month 9:00 at the Juice Bar

### **Beauty Shop 253-838-5987**

Tuesday, Thursday and Friday Hearthside Building

**Bingo~** Monday-3 pm; Wednesday- 3pm (Activity Rm 2), **Saturday 1:45 pm** (FF Fitness Rm)

**Birthday Party~** Monday, September 26<sup>th</sup> at 1:30 pm in the **Juice Bar**

**Front Porch Stories~** Friday, September 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, and 30<sup>th</sup> at 2:30 pm in the **Juice Bar**

**Whammo~** Tuesday and Thursday at 3 pm **Activity 2 Room**

**Roundtable Wednesday~** September 7<sup>th</sup> at 1:45 pm in the **Juice Bar**

**Sing-a-Long~** Friday, September 23<sup>rd</sup> at 2:00 in the **Juice Bar**

**Whack-a-Ball~** Tuesday, September 27<sup>th</sup> at 1:00 pm in the **Juice Bar**