

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

November 2019

FAIRFIELD & COTTAGES

<div>November 2019</div> <div>FAIRFIELD & COTTAGES</div>						<div>9:30 Shopping R & T</div> <div>9:40 Traveling Library (GHS Juice Bar)</div> <div>10:15 Dance Cardio (Fitness Room)</div> <div>11:00 Balance & Strength (Fitness Room)</div> <div>12:00 Chair Yoga (Fitness Room)</div> <div>1:00 Bridge (Card Room)</div> <div>1</div>	<div>1:00 Dime Bingo (Fitness Room)</div> <div>6:45 Black Jack (Fitness Room)</div> <div>2</div>
<div>Church Transportation</div> <div>Pick up:</div> <div>8:45</div> <div>9:30</div> <div>10:30</div> <div>1:30 Scenic Drive R & T (Turn Clocks Back 1 hour)</div> <div>Daylight Saving Time Ends</div> <div>3</div>	<div>9:30 Shopping R & T</div> <div>10:15 Dance Cardio (Fitness Room)</div> <div>11:00 Balance & Strength (Fitness Room)</div> <div>12:00 Chair Yoga (Fitness Room)</div> <div>1:00 Mexican Train (Solarium)</div> <div>3:00 Ping Pong (Card Room)</div> <div>6:30 Texas Hold'em (Card Room)</div> <div>4</div>	<div>AM Doctor Appointments</div> <div>10:00 Rummikub (Card Room)</div> <div>10:30 Posture Power (Fitness Room)</div> <div>11:00 Just Breathe (Fitness Room)</div> <div>1:00 Pinochle (Juice Bar)</div> <div>2:00 Entertainment with Emmy Purainer (GHS Juice Bar)</div> <div>4:00 Happy Hour at JP Tavern R & T \$</div> <div>6:45 Black Jack (Fitness Room)</div> <div>5</div>	<div>8:30 Men's Breakfast R & T \$</div> <div>10:15 Dance Cardio (Fitness Room)</div> <div>11:00 Balance & Strength (Fitness Room)</div> <div>11:15 Bible Study with Pastor Will (GHS Activity Room 2)</div> <div>11:30 Dollar Store at Milton R & T</div> <div>12:00 Chair Yoga (Fitness Room)</div> <div>3:00 Whammo (Fitness Room)</div> <div>6:45 Raffle Bingo (Fitness Room)</div> <div>6</div>	<div>9:00 Walking: South Hill Mall R & T</div> <div>10:00 Bible Study (Meeting Room)</div> <div>1:00 Pinochle (Juice Bar)</div> <div>1:00 Avon with Mary Barge (Juice Bar)</div> <div>1:30 Music & Motion (GHS Activity Room 2)</div> <div>3:00 ABC's of Medicare (FF Meeting Room)</div> <div>PM Doctor Appointments</div> <div>7</div>	<div>9:30 Shopping R & T</div> <div>10:15 Dance Cardio (Fitness Room)</div> <div>11:00 Balance & Strength (Fitness Room)</div> <div>12:00 Chair Yoga (Fitness Room)</div> <div>1:00 Sing-along with Akiko Ketron (GHS Juice Bar)</div> <div>1:00 Bridge (Card Room)</div> <div>3:00 Jeopardy (Fitness Room)</div> <div>8</div>	<div>1:00 Dime Bingo (Fitness Room)</div> <div>6:45 Black Jack (Fitness Room)</div> <div>9</div>	
<div>Church Transportation</div> <div>Pick up:</div> <div>8:45</div> <div>9:30</div> <div>10:30</div> <div>1:30 Scenic Drive R & T</div> <div>10</div>	<div>9:30 Shopping R & T</div> <div>10:15 Dance Cardio (Fitness Room)</div> <div>11:00 Balance & Strength (Fitness Room)</div> <div>12:00 Chair Yoga (Fitness Room)</div> <div>1:00 Mexican Train (Solarium)</div> <div>3:00 Ping Pong (Card Room)</div> <div>6:00 Veterans Day Celebration Entertainment with Jim & Beth Wulff (Dining Room)</div> <div>6:30 Texas Hold'em (Card Room)</div> <div>Veterans Day (US)</div> <div>Remembrance Day (Canada)</div> <div>11</div>	<div>AM Doctor Appointments</div> <div>10:00 Rummikub (Card Room)</div> <div>10:30 Posture Power (Fitness Room)</div> <div>11:00 Just Breathe (Fitness Room)</div> <div>11:30 Fun with Succulents (R) (Fitness Room)</div> <div>1:00 Pinochle (Juice Bar)</div> <div>6:45 Black Jack (Fitness Room)</div> <div>12</div>	<div>10:00 Lunch Outing to Muckleshoot Casino R & T \$</div> <div>10:15 Dance Cardio (Fitness Room)</div> <div>11:00 Balance & Strength (Fitness Room)</div> <div>12:00 Chair Yoga (Fitness Room)</div> <div>4:00 Round Table (Fitness Room)</div> <div>6:45 Raffle Bingo (Fitness Room)</div> <div>RUSSIAN THEME DINNER</div> <div>13</div>	<div>9:00 Walking: Auburn Super Mall R & T</div> <div>10:00 Bible Study (Meeting Room)</div> <div>1:00 Pinochle (Juice Bar)</div> <div>1:30 Music & Motion (GHS Activity Room 2)</div> <div>PM Doctor Appointments</div> <div>14</div>	<div>9:00 Senior Foot Care (GHS Craft Rm)</div> <div>9:30 Shopping R & T</div> <div>10:15 Dance Cardio (Fitness Room)</div> <div>11:00 Balance & Strength (Fitness Room)</div> <div>12:00 Chair Yoga (Fitness Room)</div> <div>1:00 Bridge (Card Room)</div> <div>1:00 Caregiver Support Group (Gardens Fireside Room)</div> <div>3:00 Jeopardy (Fitness Room)</div> <div>15</div>	<div>1:00 Dime Bingo (Fitness Room)</div> <div>6:45 Black Jack (Fitness Room)</div> <div>16</div>	
<div>Church Transportation</div> <div>Pick up:</div> <div>8:45</div> <div>9:30</div> <div>10:30</div> <div>12:30 "Oliver" at St. Luke's Theatre in Federal Way (Tickets are \$10.00 and can be purchased online or at the door)</div> <div>17</div>	<div>9:30 Shopping R & T</div> <div>10:15 Dance Cardio (Fitness Room)</div> <div>11:00 Balance & Strength (Fitness Room)</div> <div>12:00 Chair Yoga (Fitness Room)</div> <div>1:00 Mexican Train (Solarium)</div> <div>3:00 Ping Pong (Card Room)</div> <div>6:30 Texas Hold'em (Card Room)</div> <div>18</div>	<div>AM Doctor Appointments</div> <div>10:00 Rummikub (Card Room)</div> <div>10:30 Posture Power (Fitness Room)</div> <div>11:00 Just Breathe (Fitness Room)</div> <div>1:00 Pinochle (Juice Bar)</div> <div>1:30 Birthday Party with Larry Barge (GHS Juice Bar)</div> <div>4:00 Sunset Dinner at Peking Wok in Federal Way R & T \$</div> <div>6:45 Black Jack (Fitness Room)</div> <div>19</div>	<div>10:15 Dance Cardio (Fitness Room)</div> <div>11:00 Balance & Strength (Fitness Room)</div> <div>12:00 Chair Yoga (Fitness Room)</div> <div>11:00 Ladies Lunch at Red Lobster R & T \$</div> <div>3:00 Ping Pong (Card Room)</div> <div>3:00 Whammo (Meeting Room)</div> <div>6:45 Raffle Bingo (Fitness Room)</div> <div>20</div>	<div>9:00 Walking: Tacoma Mall R & T</div> <div>10:00 Bible Study (Meeting Room)</div> <div>1:00 Pinochle (Juice Bar)</div> <div>1:30 Music & Motion (GHS Activity Room 2)</div> <div>2:00 Wine & Cheese (Juice Bar)</div> <div>3:00 Activity Meeting (Fitness Room)</div> <div>PM Doctor Appointments</div> <div>21</div>	<div>9:30 Shopping R & T</div> <div>10:15 Dance Cardio (Fitness Room)</div> <div>11:00 Balance & Strength (Fitness Room)</div> <div>12:00 Chair Yoga (Fitness Room)</div> <div>1:00 Sing-along with Akiko Ketron (GHS Juice Bar)</div> <div>1:00 Bridge (Card Room)</div> <div>3:00 Jeopardy (Fitness Room)</div> <div>22</div>	<div>1:00 Dime Bingo (Fitness Room)</div> <div>6:45 Black Jack (Fitness Room)</div> <div>23</div>	
<div>Church Transportation</div> <div>Pick up:</div> <div>8:45</div> <div>9:30</div> <div>10:30</div> <div>1:30 Scenic Drive R & T</div> <div>24</div>	<div>9:30 Shopping R & T</div> <div>10:15 Dance Cardio (Fitness Room)</div> <div>11:00 Balance & Strength (Fitness Room)</div> <div>12:00 Chair Yoga (Fitness Room)</div> <div>1:00 Mexican Train (Solarium)</div> <div>3:00 Ping Pong (Card Room)</div> <div>6:30 Texas Hold'em (Card Room)</div> <div>25</div>	<div>AM Doctor Appointments</div> <div>10:00 Rummikub (Card Room)</div> <div>10:30 Posture Power (Fitness Room)</div> <div>11:00 Just Breathe (Fitness Room)</div> <div>1:00 Pinochle (Juice Bar)</div> <div>1:30 Entertainment with Dan Sphung (GHS Juice Bar)</div> <div>2:00 "Let's Talk Soup" with Michael (FF Meeting Room)</div> <div>6:45 Black Jack (Fitness Room)</div> <div>26</div>	<div>NO FITNESS CLASSES</div> <div>11:15 Bible Study with Pastor Will (GHS Activity Room 2)</div> <div>2:00 Book Club (GHS Activity Rm 2)</div> <div>3:00 Ping Pong (Card Room)</div> <div>3:00 Whammo (Fitness Room)</div> <div>6:45 Raffle Bingo (Fitness Room)</div> <div>27</div>	<div>"A Grateful Heart is a Magnet for Miracles."</div> <div>- Vicki Becker</div> <div>Happy Thanksgiving!!</div> <div>Thanksgiving Day (US)</div> <div>28</div>	<div>NO SHOPPING</div> <div>NO FITNESS CLASSES</div> <div>1:00 Bridge (Card Room)</div> <div>3:00 Jeopardy (Fitness Room)</div> <div>29</div>	<div>1:00 Dime Bingo (Fitness Room)</div> <div>6:45 Black Jack (Fitness Room)</div> <div>30</div>	

November Highlights

Tuesday, November 5 – 4:00PM Happy Hour at JP Tavern (R&T \$)

Thursday, November 7 – 3:00PM ABC's of Medicare (FF Meeting Room)

**Monday, November 11 – 6:00PM Veteran's Day Celebration
Entertainment with Jim & Beth Wulfi
(Dining Room)**

Tuesday, November 12 – 11:30 Fun with Succulents (R)

Wednesday, November 13 – 10:00AM Muckleshoot Casino (R&T \$)

Tuesday, November 19 – 4:00PM Peking Wok (R&T \$)

Tuesday, November 5 – 2:00 Entertainment with Emmy Purainer (GHS Juice Bar)

Friday, November 8 – 12:45 Sing-A-Long with Akiko Ketron (GHS Juice Bar)

Friday, November 15 – 1:00PM Caregiver Support Group (Gardens Fireside Room – all are welcome!)

Tuesday, November 19 – 1:30PM Birthday Party with Larry Barge (GHS Juice Bar)

Thursday, November 21 – 2:00 Wine & Cheese (Juice Bar)

Friday, November 22 – 12:45 Sing-A-Long with Akiko Ketron (GHS Juice Bar)

Tuesday, November 26 – 1:30 Entertainment with Dan Sphung (GHS Juice Bar)

Tuesday, November 26 – 2:00 Let's Talk Soup with Michael (Meeting Room)

Wednesday, November 27 – 2:00PM Book Club (GHS Activity Room 2)

**Monday, Wednesday, Friday – Fitness with Debbie Leavitt
10:15AM Dance Cardio, 11AM Balance & Strength, 12PM Chair Yoga**

Fairfield and Cottages November 2019 Activity Calendar

Bus Trips and Shopping

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

Church pick-up Sunday: 8:45 am, 9:30 am and 10:30 am

Local Doctor Appointments: Tuesday ~ 9:00 am - 1:00 pm

Thursday ~ 1:00 pm - 4:00 pm

Local Morning Shopping: Monday ~ 9:30 am (320th, Safeway, Walmart)

Friday ~ 9:30 am (Fred Meyer, WinCo, Post Office and Banks)

Extras

Ping Pong Monday & Wednesday ~ 3:00 Card Room

Black Jack Tuesday & Saturday ~ 6:45 Fitness Room

Texas Hold'em Monday ~ 6:30 Card Room

RummiKub Tuesday ~ 10:00 Card Room

King Co. Traveling Library 1st Friday of each month ~ 9:40 GHS Juice Bar

Beauty Shop ~ 253-838-5987

Tuesday, Thursday & Friday Hearthside/Gardens Building

**Please sign up in advance for the events that have
transportation provided (R&T). Sign-up at the front desk!**

Please note: R = Reservations needed

T = Transportation Provided

\$ = There is a Cost