

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

February is the Border
between Winter and Spring.
- Terri Guillemets

February 2020

FAIRFIELD & COTTAGES

February is the Border between Winter and Spring. - Terri Guillemets				February 2020				1:00 Dime Bingo (Fitness Room) 6:45 Black Jack (Fitness Room)				1								
FAIRFIELD & COTTAGES																				
9:30 Hymn Singing with Sid (Juice Bar) 3:00 Super Bowl Party (GHS Activity Room 2) Groundhog Day		2	10:15 Dance Cardio (Fitness Room) 11:00 Balance & Strength (Fitness Rm) 12:00 Chair Yoga (Fitness Room) 1:00 Mexican Train (Solarium) 3:00 Ping Pong (Card Room) 6:30 Texas Hold'em (Card Room)		3	AM Doctor Appointments 4 10:00 Rummikub (Card Room) 10:30 Posture Power (Fitness Room) 10:45 Just BREATHE (Fitness Room) 1:00 Pinochle (Juice Bar) 4:00 Happy Hour at Dave's of Milton R & T \$ 6:45 Black Jack (Fitness Room)		4	8:30 Men's Breakfast R & T \$ 10:15 Dance Cardio (Fitness Room) 11:00 Balance & Strength (Fitness Rm) 11:15 Bible Study with Pastor Will (GHS Activity Room 2) 11:30 Dollar Store at Milton R & T 12:00 Chair Yoga (Fitness Room) 3:00 Ping Pong (Card Room) 3:00 Whammo (Fitness Room) 6:45 Raffle Bingo (Fitness Room)		5	9:00 Walking: Auburn Outlet Mall R & T 10:00 Bible Study (Meeting Room) 11:15 Independence Rehab (GHS Activity Room 2) R & T Fall Prevention Presentation / Brenda 1:00 Pinochle (Juice Bar) 1:00 Avon with Mary Berge (Juice Bar) 1:00 Affair with Chocolate R & T (FF Dining Room) PM Doctor Appointments		6	9:30 Shopping R & T 9:40 Traveling Library (GHS Juice Bar) 10:15 Dance Cardio (Fitness Room) 11:00 Balance & Strength (Fitness Rm) 12:00 Chair Yoga (Fitness Room) 1:00 Bridge (Card Room) 1:00 Sing-A-Long with Akiko Ketron (GHS Juice Bar) 3:15 Jeopardy (Fitness Room)		7	1:00 Dime Bingo (Fitness Room) 6:45 Black Jack (Fitness Room)		8
9:30 Hymn Singing with Sid (Juice Bar)		9	10:15 Dance Cardio (Fitness Room) 11:00 Balance & Strength (Fitness Rm) 12:00 Chair Yoga (Fitness Room) 1:00 Mexican Train (Solarium) 3:00 Ping Pong (Card Room) 6:30 Texas Hold'em (Card Room)		10	AM Doctor Appointments 11 10:00 Rummikub (Card Room) 10:30 Posture Power (Fitness Room) 10:45 Just BREATHE (Fitness Room) 11:30 Heart Craft (Fitness Room) 1:00 Pinochle (Juice Bar) 2:00 Entertainment with Debbie Dimitre (FF Fitness Room) 6:45 Black Jack (Fitness Room)		11	10:15 Dance Cardio (Fitness Room) 10:45 Balance & Strength (Fitness Rm) 11:30 Outing to Bass Pro Sports & Bowling in Tacoma R & T \$ 4:00 Round Table (Fitness Room) 6:45 Raffle Bingo (Fitness Room)		12	9:00 Walking: Tacoma Mall R & T 10:00 Bible Study (Meeting Room) 10:30 Posture Power (Fitness Room) 10:45 Just BREATHE (Fitness Room) 1:00 Pinochle (Juice Bar) 1:30 Balloon Volleyball (GHS Juice Bar) 6:30 Valentine Sweetheart Ball with Mark Stern (FF Fitness Room) PM Doctor Appointments		13	9:30 Shopping R & T 10:15 Dance Cardio (Fitness Room) 11:00 Balance & Strength (Fitness Rm) 12:00 Chair Yoga (Fitness Room) 1:00 Bridge (Card Room) Valentine's Day		14	1:00 Dime Bingo (Fitness Room) 6:45 Black Jack (Fitness Room)		15
		16	10:15 Dance Cardio (Fitness Room) 11:00 Balance & Strength (Fitness Rm) 12:00 Chair Yoga (Fitness Room) 1:00 Mexican Train (Solarium) 1:00 Drawing on the Right Side of the Brain (GHS Activity Room 2) 3:00 Ping Pong (Card Room) 6:30 Texas Hold'em (Card Room) Presidents' Day (US)		17	AM Doctor Appointments 18 10:00 Rummikub (Card Room) 10:30 Posture Power (Fitness Room) 10:45 Just BREATHE (Fitness Room) 1:00 Pinochle (Juice Bar) 1:30 Birthday Party with Dave Reynolds (GHS Juice Bar) 4:00 Sunset Dinner at Ranchito's in Milton R & T \$ 6:45 Black Jack (Fitness Room)		18	10:15 Dance Cardio (Fitness Room) 11:00 Balance & Strength (Fitness Rm) 12:00 Chair Yoga (Fitness Room) 1:30 Entertainment with Cosmos Dream (FF Fitness Room) 3:00 Ping Pong (Card Room) 3:00 Whammo (Fitness Room) 6:45 Raffle Bingo (Fitness Room)		19	9:00 Walking: Southcenter Mall R & T 10:00 Bible Study (Meeting Room) 10:30 Posture Power (Fitness Room) 10:45 Just BREATHE (Fitness Room) 1:00 Pinochle (Juice Bar) 1:30 Music & Motion (GHS Activity 2) 2:00 Movie Matinee (Theatre Room) PM Doctor Appointments		20	9:00 Senior Foot Care (GHS Craft Rm) 9:30 Shopping R & T 10:15 Dance Cardio (Fitness Room) 11:00 Balance & Strength (Fitness Rm) 12:00 Chair Yoga (Fitness Room) 1:00 Bridge (Card Room) 1:00 Caregiver Support Group (Gardens Fireside Room) 3:00 Jeopardy (Fitness Room)		21	1:00 Dime Bingo (Fitness Room) 6:45 Black Jack (Fitness Room)		22
		23	10:15 Dance Cardio (Fitness Room) 11:00 Balance & Strength (Fitness Rm) 12:00 Chair Yoga (Fitness Room) 1:00 Mexican Train (Solarium) 3:00 Ping Pong (Card Room) 6:30 Texas Hold'em (Card Room)		24	AM Doctor Appointments 25 10:00 Rummikub (Card Room) 10:30 Posture Power (Fitness Room) 10:45 Just BREATHE (Fitness Room) 1:00 Pinochle (Juice Bar) 2:00 "Let's Talk Soup" with Michael (FF Meeting Room) 4:00 Activity Meeting (Fitness Room) 6:45 Black Jack (Fitness Room) Mardi Gras		25	10:15 Dance Cardio (Fitness Room) 10:45 Balance & Strength (Fitness Rm) 11:15 Bible Study with Pastor Will (GHS Activity Room 2) 11:30 Ladies Lunch Buttered Biscuit R & T \$ 2:15 Book Club (Activity Room 2) 3:00 Ping Pong (Card Room) 3:30 Whammo (Fitness Room) 6:45 Raffle Bingo (Fitness Room) Ash Wednesday		26	9:00 Walking: The Commons Mall R & T 10:00 Bible Study (Meeting Room) 10:30 Posture Power (Fitness Room) 10:45 Just BREATHE (Fitness Room) 1:00 Pinochle (Juice Bar) 1:30 Entertainment with Ty & Natalie (GHS Juice Bar) R & T PM Doctor Appointments		27	9:30 Shopping R & T 10:15 Dance Cardio (Fitness Room) 11:00 Balance & Strength (Fitness Rm) 12:00 Chair Yoga (Fitness Room) 1:00 Bridge (Card Room) 3:00 Jeopardy (Fitness Room)		28	1:00 Dime Bingo (Fitness Room) 6:45 Black Jack (Fitness Room)		29
												Leap Day								

February Highlights

Tuesday, February 4 – 4:00 Dave's of Milton R & T \$

Thursday, February 6 – 1:00 Affair with Chocolate R & T

**Tuesday, February 11 – 2:00 Entertainment with Debbie Dimitre
(FF Fitness Room)**

Wednesday, February 12 – 11:30 Outing to Bass Pro Sports & Bowling in Tacoma R & T \$

**Thursday, February 13 – 6:30 Valentine Sweetheart Ball (FF Fitness Room)
Formal Attire appreciated**

Tuesday, February 18 – 4:00 Ranchito's in Milton R & T \$

**Wednesday, February 19 – 1:30 Entertainment with Cosmos Dream
(FF Fitness Room)**

Friday, February 7 – 1:00 Sing-A-Long with Akiko Ketron (GHS Juice Bar)

Tuesday, February 18 – 1:30 Birthday Party with Dave Reynolds (GHS Juice Bar)

Friday, February 21 – 1:00 Caregiver Support Group (Gardens Fireside Room – all are welcome!)

Tuesday, February 25 – 2:00 Let's Talk Soup with Michael (Meeting Room)

Wednesday, February 26 – 2:00 Book Club (GHS Activity Room 2)

Thursday, February 27 – 1:30 Entertainment with Ty & Natalie (GHS Juice Bar) R & T

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

Fairfield and Cottages

February 2020 Activity Calendar

Bus Trips and Shopping

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

Church pick-up Sunday: No church pickup at this time

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

Thursday ~ 1:00 pm - 4:00 pm

Local Morning Shopping:

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