

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# January 2020

## FAIRFIELD & COTTAGES

	<p>1</p> <p><b>Happy New Year!!</b></p> <p>New Year's Day</p>	<p>2</p> <p><b>9:00 Walking: Auburn Mall R &amp; T</b> <b>NO BIBLE STUDY</b> 1:00 Pinochle (Juice Bar) 1:00 Avon with Mary Berge (Juice Bar) 1:30 Music &amp; Motion (GHS Activity Room 2)</p> <p><b>PM Doctor Appointments</b></p>	<p>3</p> <p><b>9:30 Shopping R &amp; T</b> <b>9:40 Traveling Library (GHS Juice Bar)</b> 10:15 Dance Cardio (Fitness Room) 11:00 Balance &amp; Strength (Fitness Rm) 12:00 Chair Yoga (Fitness Room) 1:00 Bridge (Card Room)</p>	<p>4</p> <p>1:00 Dime Bingo (Fitness Room) 6:45 Black Jack (Fitness Room)</p>		
<p>5</p> <p><b>Church Transportation</b> Pick up: 8:30 9:30 10:30 <b>1:30 Scenic Drive R &amp; T</b></p>	<p>6</p> <p><b>9:30 Shopping R &amp; T</b> 10:15 Dance Cardio (Fitness Room) 11:00 Balance &amp; 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)</p>	<p>7</p> <p><b>AM Doctor Appointments</b> 10:00 Rummikub (Card Room) 10:30 Posture Power (Fitness Room) 10:45 Just BREATHE (Fitness Room) 1:00 Pinochle (Juice Bar) <b>1:30 Entertainment with Primo Kim (GHS Juice Bar)</b> <b>4:00 Happy Hour at Katy Downs R &amp; T \$</b> 6:45 Black Jack (Fitness Room)</p>	<p>8</p> <p><b>8:30 Men's Breakfast R &amp; T \$</b> 10:15 Dance Cardio (Fitness Room) 11:00 Balance &amp; Strength (Fitness Rm) <b>11:30 Dollar Store at Milton R &amp; T</b> 12:00 Chair Yoga (Fitness Room) 3:00 Ping Pong (Card Room) 3:00 Whammo (Fitness Room) 6:45 Raffle Bingo (Fitness Room)</p>	<p>9</p> <p><b>9:00 Walking: Tacoma Mall R &amp; T</b> 10:00 Bible Study (Meeting Room) 1:00 Pinochle (Juice Bar) 1:30 Balloon Volleyball (GHS Juice Bar)</p> <p><b>PM Doctor Appointments</b></p>	<p>10</p> <p><b>9:30 Shopping R &amp; T</b> 10:15 Dance Cardio (Fitness Room) 11:00 Balance &amp; Strength (Fitness Rm) 12:00 Chair Yoga (Fitness Room) <b>1:00 Sing-A-Long with Akiko Ketron (GHS Juice Bar)</b> 1:00 Bridge (Card Room) 3:15 Jeopardy (Fitness Room)</p>	<p>11</p> <p>1:00 Dime Bingo (Fitness Room) 6:45 Black Jack (Fitness Room)</p>
<p>12</p> <p><b>Church Transportation</b> Pick up: 8:30 9:30 10:30 <b>1:30 Scenic Drive R &amp; T</b></p>	<p>13</p> <p><b>9:30 Shopping R &amp; T</b> 10:15 Dance Cardio (Fitness Room) 11:00 Balance &amp; 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)</p>	<p>14</p> <p><b>AM Doctor Appointments</b> 10:00 Rummikub (Card Room) 10:30 Posture Power (Fitness Room) 10:45 Just BREATHE (Fitness Room) 1:00 Pinochle (Juice Bar) <b>1:30 Entertainment with Rusty Robins (GHS Juice Bar)</b> 6:45 Black Jack (Fitness Room)</p>	<p>15</p> <p><b>10:00 Lunch Outing to Emerald Queen Casino in Fife R &amp; T \$</b> 10:15 Dance Cardio (Fitness Room) 11:00 Balance &amp; Strength (Fitness Rm) 12:00 Chair Yoga (Fitness Room) <b>4:00 Round Table (Fitness Room)</b> 6:45 Raffle Bingo (Fitness Room)</p>	<p>16</p> <p><b>9:00 Walking: Southcenter Mall R &amp; T</b> 10:00 Bible Study (Meeting Room) 1:00 Pinochle (Juice Bar) <b>2:00 Entertainment with Gary Hausam (GHS Juice Bar)</b></p> <p><b>PM Doctor Appointments</b></p>	<p>17</p> <p><b>9:00 Senior Foot Care (GHS Craft Rm)</b> <b>9:30 Shopping R &amp; T</b> 10:15 Dance Cardio (Fitness Room) 11:00 Balance &amp; Strength (Fitness Rm) 12:00 Chair Yoga (Fitness Room) 1:00 Bridge (Card Room) <b>1:00 Caregiver Support Group (Gardens Fireside Room)</b> 3:00 Jeopardy (Fitness Room)</p>	<p>18</p> <p>1:00 Dime Bingo (Fitness Room) 6:45 Black Jack (Fitness Room)</p>
<p>19</p> <p><b>Church Transportation</b> Pick up: 8:30 9:30 10:30 <b>1:30 Scenic Drive R &amp; T</b></p> <p>Activity Professionals Week</p>	<p>20</p> <p><b>9:30 Shopping R &amp; T</b> 10:15 Dance Cardio (Fitness Room) 11:00 Balance &amp; 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)</p> <p>Martin Luther King Day</p>	<p>21</p> <p><b>AM Doctor Appointments</b> 10:00 Rummikub (Card Room) 10:30 Posture Power (Fitness Room) 10:45 Just BREATHE (Fitness Room) 1:00 Pinochle (Juice Bar) <b>1:30 Birthday Party with Larry Barge (GHS Juice Bar)</b> <b>4:00 Sunset Dinner at Wally's Chowder House R &amp; T \$</b> 6:45 Black Jack (Fitness Room)</p>	<p>22</p> <p>10:15 Dance Cardio (Fitness Room) 10:45 Balance &amp; Strength (Fitness Rm) <b>11:15 Bible Study with Pastor Will (GHS Activity Room 2)</b> <b>11:30 Outing to Black Diamond Bakery R &amp; T \$</b> <b>2:00 Popcorn Time (Juice Bar)</b> 3:00 Ping Pong (Card Room) 3:00 Whammo (Fitness Room) 6:45 Raffle Bingo (Fitness Room)</p>	<p>23</p> <p><b>9:00 Walking: The Commons Mall R &amp; T</b> 10:00 Bible Study (Meeting Room) 1:00 Pinochle (Juice Bar) 1:30 Music &amp; Motion (GHS Activity Room 2) <b>2:00 Wine &amp; Cheese (Juice Bar)</b></p> <p><b>PM DOCTOR APPOINTMENTS</b></p>	<p>24</p> <p><b>9:30 Shopping R &amp; T</b> 10:15 Dance Cardio (Fitness Room) 11:00 Balance &amp; Strength (Fitness Rm) 12:00 Chair Yoga (Fitness Room) <b>1:00 Sing-A-Long with Akiko Ketron (GHS Juice Bar)</b> 1:00 Bridge (Card Room) 3:15 Jeopardy (Fitness Room)</p> <p>Chinese New Year</p>	<p>25</p> <p>1:00 Dime Bingo (Fitness Room) 6:45 Black Jack (Fitness Room)</p>
<p>26</p> <p><b>Church Transportation</b> Pick up: 8:30 9:30 10:30 <b>1:30 Scenic Drive R &amp; T</b></p>	<p>27</p> <p><b>9:30 Shopping R &amp; T</b> 10:15 Dance Cardio (Fitness Room) 11:00 Balance &amp; 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)</p> <p>Australia Day (observed)</p>	<p>28</p> <p><b>AM Doctor Appointments</b> 10:00 Rummikub (Card Room) 10:30 Posture Power (Fitness Room) 10:45 Just BREATHE (Fitness Room) 1:00 Pinochle (Juice Bar) <b>1:30 Entertainment with Ron Herring (Fitness Room)</b> <b>2:30 "Let's Talk Soup" with Michael (FF Meeting Room)</b> <b>4:00 Activity Meeting (Fitness Room)</b> 6:45 Black Jack (Fitness Room)</p>	<p>29</p> <p>10:15 Dance Cardio (Fitness Room) 10:45 Balance &amp; Strength (Fitness Rm) <b>11:30 Ladies Lunch Olive Garden R &amp; T \$</b> <b>2:00 Book Club (GHS Activity Room 2)</b> 3:00 Ping Pong (Card Room) 3:15 Whammo (Fitness Room) 6:45 Raffle Bingo (Fitness Room)</p>	<p>30</p> <p><b>9:00 Walking: South Hill Mall R &amp; T</b> 10:00 Bible Study (Meeting Room) 1:00 Pinochle (Juice Bar) 1:30 Balloon Volleyball (GHS Juice Bar)</p> <p><b>PM DOCTOR APPOINTMENTS</b></p>	<p>31</p> <p><b>9:30 Shopping R &amp; T</b> 10:15 Dance Cardio (Fitness Room) 11:00 Balance &amp; Strength (Fitness Rm) 12:00 Chair Yoga (Fitness Room) 1:00 Bridge (Card Room) 3:00 Jeopardy (Fitness Room)</p>	<p>"Simplicity is the Ultimate Sophistication." ~Leonardo da Vinci</p>

# January Highlights

**Tuesday, January 7 – 4:00PM Happy Hour at Katy Downs R & T \$**

**Wednesday, January 15 – 10:00AM Lunch outing to Emerald Queen Casino in Fife R & T \$**

**Tuesday, January 21 – 4:00PM Wally's Chowder House Des Moines R & T \$**

**Wednesday, January 22 – 11:30AM Lunch outing to Black Diamond Bakery R & T \$**

**Tuesday, January 28 – 1:30PM Entertainment with Ron Herring (Fitness Room)**

Tuesday, January 7 – 1:30 Entertainment with Primo Kim (GHS Juice Bar)

Friday, January 10 – 1:00 Sing-A-Long with Akiko Ketron (GHS Juice Bar)

Tuesday, January 14 – 1:30 Entertainment with Rusty Robins (GHS Juice Bar)

Thursday, January 16 – 2:00 Entertainment with Gary Hausam (GHS Juice Bar)

**Friday, January 17 – 1:00 Caregiver Support Group (Gardens Fireside Room – all are welcome!)**

Tuesday, January 21 – 1:30 Birthday Party with Larry Barge (GHS Juice Bar)

Friday, January 24 – 1:00 Sing-A-Long with Akiko Ketron (GHS Juice Bar)

Tuesday, January 28 – 2:30 Let's Talk Soup with Michael (Meeting Room)

Wednesday, January 29 – 2:00 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

## January 2020 Activity Calendar

### Bus Trips and Shopping

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

**Church pick-up Sunday: 8:30 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 (320<sup>th</sup>, 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 1<sup>st</sup> 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