

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 2020

GARDENS & HEARTHSIDE

| | | | | | | |
|---|---|--|---|---|---|--|
| Happy New Year!! <small>New Year's Day</small> | | | 1 9:00 Walking: Auburn Mall R & T 10:30 Posture Power (Activity Rm 2) 10:45 Just BREATHE (Activity Rm 2) 11:30 Sittercize (Activity Room 2) 1:30 Music & Motion (Activity Rm 2) 2:00 Wine & Cheese (Juice Bar) 3:00 Whammo (Activity Room 2) 6:15 Entertainment with Sid (Juice Bar) PM Doctor Appointments | 2 9:30 Shopping R & T 9:40 Traveling Library (Juice Bar) 10:30 Sittercize (Activity Room 2) 11:30 Friday Focus Mindfulness 101 (Activity Room 2) 1:30 Jeopardy (Activity Room 2) 2:30 Pokeno (Activity Room 2) | 3 11:15 Sittercize (Activity Room 2) 12:30 "The Apartment" Movie (Activity Room 2) 3:00 Bingo (Activity Room 2) | 4 11:15 Sittercize (Activity Room 2) 12:30 "The Apartment" Movie (Activity Room 2) 3:00 Bingo (Activity Room 2) |
| 5 9:30 Hymn Singing with Sid (Juice Bar) Church Transportation Pick up: 8:30 9:30 10:30 1:30 Scenic Drive R & T | 6 9:30 Shopping R & T 1:00 Just BREATHE (Activity Room 2) 3:15 Bingo (Activity Room 2) | 7 AM Doctor Appointments 9:45 Bible Study (Activity Room 2) 11:30 Sittercize (Activity Room 2) 1:30 Entertainment with Primo Kim (Juice Bar) 3:00 Whammo (Activity Room 2) 4:00 Happy Hour at Katy Downs R & T \$ | 8 8:30 Men's Breakfast R & T \$ 10:30 Sittercize (Activity Room 2) 11:30 Trivia Toss (Juice Bar) 11:30 Dollar Store at Milton R & T 1:30 Afternoon Calm (Activity Room 2) 2:00 Popcorn Time (Juice Bar) 3:00 Bingo (Activity Room 2) | 9 9:00 Walking: Tacoma Mall R & T 10:30 Posture Power (Activity Rm 2) 10:45 Just BREATHE (Activity Rm 2) 11:30 Sittercize (Activity Room 2) 1:30 Balloon Volleyball (Juice Bar) 3:00 Whammo (Activity Room 2) PM Doctor Appointments | 10 9:30 Shopping R & T 10:30 Sittercize (Activity Room 2) 11:30 Friday Focus (Activity Room 2) Gratitude Affirmations 1:00 Sing-A-Long with Akiko Ketron (GHS Juice Bar) 2:00 Jeopardy (Activity Room 2) 3:15 Bingo (Activity Room 2) | 11 11:15 Sittercize (Activity Room 2) 1:00 Gratitude Affirmation Boards (Activity Room 2) 3:00 Bingo (Activity Room 2) |
| 12 9:30 Hymn Singing with Sid (Juice Bar) Church Transportation Pick up: 8:30 9:30 10:30 1:30 Scenic Drive R & T | 13 9:30 Shopping R & T 1:00 PASSWORD (Activity Room 2) 3:15 Bingo (Activity Room 2) | 14 AM Doctor Appointments 10:30 Visit with Lily – Therapy Dog (GHS Juice Bar) No Bible Study 11:30 Sittercize (Activity Room 2) 1:30 Entertainment with Rusty Robins (Juice Bar) 3:00 Whammo (Activity Room 2) | 15 10:00 Lunch Outing to Emerald Queen Casino in Fife R & T \$ 10:30 Sittercize (Activity Room 2) 11:30 Wheel of Fortune (Juice Bar) 1:45 Round Table (Activity Rm 2) 3:00 Bingo (Activity Room 2) | 16 9:00 Walking: Southcenter Mall R & T 10:30 Posture Power (Activity Rm 2) 10:45 Just BREATHE (Activity Rm 2) 11:30 Sittercize (Activity Room 2) 2:00 Entertainment with Gary Hausam (GHS Juice Bar) 3:00 Whammo (Activity Room 2) 6:15 Entertainment with Sid (Juice Bar) PM Doctor Appointments | 17 9:00 Senior Foot Care (Craft Room) 9:30 Shopping R & T 10:30 Sittercize (Activity Room 2) 11:30 Tech Help (Activity Room 2) 1:00 Caregiver Support Group (Gardens Fireside Room) 1:30 Jeopardy (Activity Room 2) 3:00 Pokeno (Activity Room 2) | 18 11:15 Sittercize (Activity Room 2) 12:30 "Some Like It Hot" Movie (Activity Room 2) 3:00 Bingo (Activity Room 2) |
| 19 9:30 Hymn Singing with Sid (Juice Bar) Church Transportation Pick up: 8:30 9:30 10:30 1:30 Scenic Drive R & T <small>Activity Professionals Week</small> | 20 9:30 Shopping R & T 1:00 Just BREATHE (Activity Room 2) 3:15 Bingo (Activity Room 2) <small>Martin Luther King Day</small> | 21 AM Doctor Appointments 9:45 Bible Study (Activity Room 2) 11:30 Sittercize (Activity Room 2) 1:30 Birthday Party with Larry Barge (GHS Juice Bar) 3:00 Whammo (Activity Room 2) 4:00 Sunset Dinner at Wally's Chowder House R & T \$ | 22 10:30 Sittercize (Activity Room 2) 11:15 Bible Study with Pastor Will (Activity Room 2) 11:30 Outing to Black Diamond Bakery R & T \$ 1:30 Afternoon Calm (Activity Room 2) 3:00 Bingo (Activity Room 2) | 23 9:00 Walking: The Commons Mall R & T 10:30 Posture Power (Activity Rm 2) 10:45 Just BREATHE (Activity Rm 2) 11:30 Sittercize (Activity Room 2) 1:30 Music & Motion (Activity Rm 2) 3:00 Whammo (Activity Room 2) PM Doctor Appointments | 24 9:30 Shopping R & T 10:30 Sittercize (Activity Room 2) 11:30 Friday Focus (Activity Room 2) Mind and Body Connection 1:00 Sing-A-Long with Akiko Ketron (GHS Juice Bar) 2:00 Jeopardy (Activity Room 2) 3:15 Bingo (Activity Room 2) | 25 11:15 Sittercize (Activity Room 2) 1:00 Happy Chinese New Year (Activity Room 2) 3:00 Bingo (Activity Room 2) <small>Chinese New Year</small> |
| 26 9:30 Hymn Singing with Sid (Juice Bar) Church Transportation Pick up: 8:30 9:30 10:30 1:30 Scenic Drive R & T | 27 9:30 Shopping R & T 1:00 PASSWORD (Activity Room 2) 2:15 Activity Meeting (Activity Room 2) 3:15 Bingo (Activity Room 2) <small>Australia Day (observed)</small> | 28 AM Doctor Appointments 9:30 Bible Study (Activity room 2) 10:30 Visit with Lily – Therapy Dog (GHS Juice Bar) 11:30 Sittercize (Activity Room 2) 1:00 "Let's Talk Soup" with Michael (Gardens Dining Room) 1:30 Entertainment with Ron R & T Herring (FF Fitness Room) 3:00 Whammo (Activity Room 2) | 29 10:30 Sittercize (Activity Room 2) 11:30 Ladies Lunch Olive Garden R & T \$ 11:30 Hangman (Juice Bar) 1:30 Afternoon Calm (Activity Room 2) 2:00 Book Club (Activity Room 2) 3:15 Bingo (Activity Room 2) | 30 9:00 Walking: South Hill Mall R & T 10:30 Posture Power (Activity Rm 2) 10:45 Just BREATHE (Activity Rm 2) 11:30 Sittercize (Activity Room 2) 1:30 Balloon Volleyball (Juice Bar) 3:00 Whammo (Activity Room 2) 6:15 Entertainment with Sid (Juice Bar) PM Doctor Appointments | 31 9:30 Shopping R & T 10:30 Sittercize (Activity Room 2) 11:30 Charity Stitch (Looms) (Activity Room 2) 1:30 Jeopardy (Activity Room 2) 3:00 Pokeno (Activity Room 2) | "Simplicity is the Ultimate Sophistication." ~Leonardo da Vinci |

January Highlights

Fairfield Extras for Gardens/Hearthside:

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

Wednesday, January 15 – 10:00 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 (FF Fitness Room)

Please note: R = Reservations needed
T = Transportation Provided
\$ = There is a Cost

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

Gardens & Hearthside

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 (320th, Safeway, Walmart)

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

Extras

Sittercize (Activity Room 2)

Tuesday & Thursday & Saturday ~11:15AM,

Wednesday & Friday ~ 10:30AM

King Co. Traveling Library 1st Friday of each month ~ 9:40AM

~ Gardens 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!

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 – 1:00 Let's Talk Soup with Michael (Gardens Dining Room)

Wednesday, January 29 – 2:00PM Book Club (GHS Activity Room 2)