

Sunday

Monday




Tuesday

Wednesday

Thursday

Friday

Saturday

									
<b>Church Transportation</b> Pick up: 8:45 9:45 10:30 <b>1:30 Scenic Drive *T</b>	<b>6</b> 9:15 Aqua Aerobics (FF Pool) <b>9:30 Shopping *T</b> 10:15 Dance Cardio (Fitness Room) 11:00 Balance & Strength (Fitness Room) 12:00 Chair Yoga (Fitness Room) 1:00 Mexican Train (Solarium) 3:00 Crosswords (FF Juice Bar) 3:00 Ping Pong (Card Room)	<b>7</b> <b>AM Doctor Appointments</b> <b>9:00 Art History (Mtg. Room) \$</b> 1:00 Cribbage (Card Room) 1:00 Pinochle (Juice Bar) <b>12:15 Hearing Aid Cleaning (GHS TBD)</b> <b>1:00 Resident Board Council Meeting (GHS Activity Room 2)</b> 6:45 Black Jack (Fitness Room)	<b>8</b> <b>9:00 Art History (Mtg. Room) \$</b> 1:00 Cribbage (Card Room) 1:00 Pinochle (Juice Bar) <b>12:15 Hearing Aid Cleaning (GHS TBD)</b> <b>1:00 Resident Board Council Meeting (GHS Activity Room 2)</b> 6:45 Black Jack (Fitness Room)	<b>9</b> 9:15 Aqua Aerobics (FF Pool) 10:15 Dance Cardio (Fitness Room) 11:00 Balance & Strength (Fitness Room) 12:00 Chair Yoga (Fitness Room) 3:00 Whammo (Fitness Room) 3:00 Ping Pong (Card Room) 6:45 Raffle Bingo (Fitness Room)	<b>10</b> <b>9:00 Walking: Auburn Outlet Mall *T</b> 10:00 Bible Study (Fitness Room) <b>1:00 Sing-a-Long with Akiko Ketron (GHS Juice Bar)</b> 1:00 Pinochle (Juice Bar) 6:30 Texas Hold'em (Card Room) <b>PM Doctor Appointments</b>	<b>11</b> 9:15 Aqua Aerobics (FF Pool) <b>9:30 Shopping *T</b> 10:15 Dance Cardio (Fitness Room) 11:00 Balance & Strength (Fitness Room) 12:00 Chair Yoga (Fitness Room) 1:00 Bridge (Card Room) 3:00 Jeopardy (Fitness Room) <b>6:30 Movie Night (Fitness Room)</b>	<b>12</b> 1:15 Dime Bingo (Fitness Room) 6:45 Black Jack (Fitness Room)		
<b>Church Transportation</b> Pick up: 8:45 9:45 10:30 <b>1:30 Scenic Drive *T</b> <b>3:30 The 12<sup>th</sup> Washington State Korean-American Day Celebration at Federal Way PAC (Free Admission) *T</b>	<b>13</b> 9:15 Aqua Aerobics (FF Pool) <b>9:30 Shopping *T</b> 10:15 Dance Cardio (Fitness Room) 11:00 Balance & Strength (Fitness Room) 12:00 Chair Yoga (Fitness Room) 1:00 Mexican Train (Solarium) <b>2:00 Birthday Celebration with Tony McCarthy (GHS Juice Bar)</b> 3:00 Crosswords (FF Juice Bar) 3:00 Ping Pong (Card Room)	<b>14</b> <b>AM Doctor Appointments</b> <b>9:00 Art History (Mtg. Room) \$</b> 1:00 Cribbage (Card Room) 1:00 Pinochle (Juice Bar) <b>3:30 Happy Hour at Jimmy Mac's Roadhouse in Federal Way *T\$</b> <b>6:45 Celebration of Elvis Presley: Music by "Elvis Presley" (Fitness Room) *T</b>	<b>15</b> <b>AM Doctor Appointments</b> <b>9:00 Art History (Mtg. Room) \$</b> 1:00 Cribbage (Card Room) 1:00 Pinochle (Juice Bar) <b>3:00 Activity Meeting (Fitness Room)</b> <b>4:00 Sunset Dinner at Anthony's HomePort in Des Moines *T\$</b> 6:45 Black Jack (Fitness Room)	<b>16</b> 9:15 Aqua Aerobics (FF Pool) <b>10:00 Lunch Outing to Muckleshoot Casino *T\$</b> 10:15 Dance Cardio (Fitness Room) 11:00 Balance & Strength (Fitness Room) 12:00 Chair Yoga (Fitness Room) 3:00 Ping Pong (Card Room) <b>4:00 Roundtable (Fitness Room)</b> <b>6:00 Piano with Cameron (GHS Juice Bar)</b> 6:45 Raffle Bingo (Fitness Room)	<b>17</b> <b>9:00 Walking: Tacoma Mall *T</b> 10:00 Bible Study (Fitness Room) <b>1:00 Sing-a-Long with Akiko Ketron (GHS Juice Bar)</b> 1:00 Pinochle (Juice Bar) 6:30 Texas Hold'em (Card Room) <b>PM Doctor Appointments</b>	<b>18</b> <b>9:00 Senior Foot Care (Meeting Room)</b> 9:15 Aqua Aerobics (FF Pool) <b>9:30 Shopping *T</b> 10:15 Dance Cardio (Fitness Room) 11:00 Balance & Strength (Fitness Room) 12:00 Chair Yoga (Fitness Room) 1:00 Bridge (Card Room) 3:00 Jeopardy (Fitness Room)	<b>19</b> 1:15 Dime Bingo (Fitness Room) 6:45 Black Jack (Fitness Room)		
<b>Church Transportation</b> Pick up: 8:45 9:45 10:30 <b>1:30 Scenic Drive *T</b>	<b>20</b> 9:15 Aqua Aerobics (FF Pool) <b>9:30 Shopping *T</b> 10:15 Dance Cardio (Fitness Room) 11:00 Balance & Strength (Fitness Room) 12:00 Chair Yoga (Fitness Room) 1:00 Mexican Train (Solarium) 3:00 Crosswords (FF Juice Bar) 3:00 Ping Pong (Card Room)  Martin Luther King Day Tu B'Shevat	<b>21</b> <b>AM Doctor Appointments</b> <b>9:00 Art History (Mtg. Room) \$</b> 1:00 Cribbage (Card Room) 1:00 Pinochle (Juice Bar) <b>3:00 Activity Meeting (Fitness Room)</b> <b>4:00 Sunset Dinner at Anthony's HomePort in Des Moines *T\$</b> 6:45 Black Jack (Fitness Room)	<b>22</b> <b>AM Doctor Appointments</b> <b>9:00 Art History (Mtg. Room) \$</b> 1:00 Cribbage (Card Room) 1:00 Pinochle (Juice Bar) <b>1:30 Shopping at Value Village *T\$</b> <b>2:00 "Let's Talk Soup" with Michael (Meeting Room)</b> 6:45 Black Jack (Fitness Room)	<b>23</b> 9:15 Aqua Aerobics (FF Pool) 10:15 Dance Cardio (Fitness Room) 11:00 Bible Study with Pastor Will (GHS Activity Room 2) 11:00 Balance & Strength (Fitness Room) 12:00 Chair Yoga (Fitness Room) 3:00 Ping Pong (Card Room) 3:00 Whammo (Fitness Room) 6:45 Raffle Bingo (Fitness Room)	<b>24</b> <b>9:00 Walking: Commons Mall *T</b> 10:00 Bible Study (Fitness Room) <b>1:00 Book Club (Meeting Room)</b> 1:00 Pinochle (Juice Bar) <b>2:00 Wine &amp; Cheese (Juice Bar)</b> 6:30 Texas Hold'em (Card Room) <b>PM Doctor Appointments</b>	<b>25</b> 9:15 Aqua Aerobics (FF Pool) <b>9:30 Shopping *T</b> 10:15 Dance Cardio (Fitness Room) 11:00 Balance & Strength (Fitness Room) 12:00 Chair Yoga (Fitness Room) <b>1:00 Caregiver Support Group (Meeting Room)</b> 1:00 Bridge (Card Room) 3:00 Jeopardy (Fitness Room) <b>6:30 Movie Night (Fitness Room)</b>	<b>26</b> 1:15 Dime Bingo (Fitness Room) 6:45 Black Jack (Fitness Room)		
<b>Church Transportation</b> Pick up: 8:45 9:45 10:30 <b>1:30 Scenic Drive *T</b>	<b>27</b> 9:15 Aqua Aerobics (FF Pool) <b>9:30 Shopping *T</b> 10:15 Dance Cardio (Fitness Room) 11:00 Balance & Strength (Fitness Room) 12:00 Chair Yoga (Fitness Room) 1:00 Mexican Train (Solarium) <b>1:00 Entertainment with Ron Herring (GHS Juice Bar)</b> 3:00 Crosswords (FF Juice Bar) 3:00 Ping Pong (Card Room) Australia Day (observed)	<b>28</b> <b>AM Doctor Appointments</b> <b>9:00 Art History (Mtg. Room) \$</b> 1:00 Cribbage (Card Room) 1:00 Pinochle (Juice Bar) <b>1:30 Shopping at Value Village *T\$</b> <b>2:00 "Let's Talk Soup" with Michael (Meeting Room)</b> 6:45 Black Jack (Fitness Room)	<b>29</b> <b>AM Doctor Appointments</b> <b>9:00 Art History (Mtg. Room) \$</b> 1:00 Cribbage (Card Room) 1:00 Pinochle (Juice Bar) <b>1:30 Shopping at Value Village *T\$</b> <b>2:00 "Let's Talk Soup" with Michael (Meeting Room)</b> 6:45 Black Jack (Fitness Room)	<b>30</b> 9:15 Aqua Aerobics (FF Pool) 10:15 Dance Cardio (Fitness Room) 11:00 Balance & Strength (Fitness Room) <b>11:30 Ladies Lunch to Black Diamond Bakery *T\$</b> 12:00 Chair Yoga (Fitness Room) 3:00 Ping Pong (Card Room) 3:00 Whammo (Fitness Room) <b>6:00 Piano with Cameron (GHS Juice Bar)</b> 6:45 Raffle Bingo (Fitness Room)	<b>31</b> <b>9:00 Walking: South Hill Mall *T</b> 10:00 Bible Study (Fitness Room) <b>12:00 New Resident Lunch (Private Dining Room) *T</b> 1:00 Pinochle (Juice Bar) 6:30 Texas Hold'em (Card Room) <b>PM Doctor Appointments</b>	<b>Resident Birthdays:</b> Doreen Young 1/06 Mary Jasmund 1/07 Gerald Toupin 1/08 Claire Faler 1/14 Elfie Hornby 1/20 Leonard Loflin 1/24 Jim Angel 1/27 Nora Divincenzo 1/27 Helen Kutz 1/27 Bill Lewis 1/28			



# January Highlights

Wednesday, January 2: 8:30AM → Men's Breakfast → \*T\$

11:30AM → Dollar Store at Milton → \*T\$

1:15PM → Current Events with Pete Maza → Meeting Room

6:00PM → Piano with Cameron → GHS Juice Bar

Tuesday, January 8: 9:00AM → Art History → Meeting Room → \$

12:15PM → Hearing Aid Cleaning → GHS TBA

1:00PM → Resident Board Council Meeting → GHS Activity Meeting 2

Thursday, January 10: 1:00PM → Sing-a-Long with Akiko Ketron → GHS Juice Bar

Monday, January 14: 2:00PM → Birthday Party with Tony McCarthy → GHS Juice Bar

Tuesday, January 15: 9:00AM → Art History → Meeting Room → \$

3:30PM → Happy Hour at Jimmy Mac's Roadhouse in Federal Way → \*T\$

6:45PM → Celebration of Elvis Presley: Music by "Elvis Presley" → Fitness Room \*T

Wednesday, January 16: 10:00AM → Lunch Outing to Emerald Queen Casino → \*T\$

4:00PM → Roundtable → Juice Bar

6:00PM → Piano with Cameron → GHS Juice Bar

Thursday, January 17: 1:00PM → Sing-a-Long with Akiko Ketron → GHS Juice Bar

Friday, January 18: 9:00AM → Senior Foot Care → Meeting Room

Tuesday, January 22: 9:00AM → Art History → Meeting Room → \$

1:00PM → Music with Dan Spahng → GHS Juice Bar

3:15PM → Activity Meeting → Fitness Room

4:00PM → Sunset Dinner at Anthony's HomePort in Des Moines → \*T\$

Thursday, January 24: 1:00PM → Book Club → Meeting Room

2:00PM → Wine and Cheese → Juice Bar

Friday, January 25: 1:00 Caregiver Support Group → Meeting Room

Monday, January 28: 1:00PM → Entertainment with Ron Herring → GHS Juice Bar

Tuesday, January 29: 9:00AM → Art History → Meeting Room → \$

1:30PM → Shopping at Value Village \*T\$

2:00PM → "Let's Talk Soup" with Michael → Meeting Room

Wednesday, January 30: 11:30AM → Ladies Lunch Outing to Black Diamond Bakery → \*T\$

Thursday, January 31: 12:00PM → New Resident Lunch → Private Dining Room → \*T

# Fairfield and Cottages

## January 2019 Activity Calendar

### Bus Trips and Shopping

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

**Church pick-up Sunday: 8:45 am, 9:45 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 Thursday ~ 6:30 Card Room**

**King Co. Traveling Library 1<sup>st</sup> Friday of each month ~ 9:40 Hearthside Lobby**

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

**Tuesday, Thursday & Friday Hearthside/Gardens Building**

