

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



New Year's Day

**1**

**AM Doctor Appointment**

1:00 Pinochle (Juice Bar)  
 1:00 Cribbage (Card Room)  
 1:30 **Current Events with Pete Mazza** (Fitness Room)  
 3:30 **Happy Hour at Applebee's \*T\$ RSVP**

**2**

8:30 **Men's Breakfast \*T\$**  
 11:00 Fitness (Fitness Room)  
 12:00 Chair Chi (Fitness Room)  
 4:00 **Round Table** (Fitness Rm)  
 6:45 Raffle Bingo (Fitness Room)

**3**

9:00 Walking: The Commons

**PM Doctor Appointments**

1:00 Pinochle (Juice Bar)  
 1:00 **Avon 1-3 pm** (Solarium)

**4**

9:00 **Water Toning (Pool)**  
 9:00 **Traveling Library** (Hearthside Lobby)  
 9:30 **Shopping \*T**  
 10:15 Zumba Gold (Fit. Rm)  
 11:00 Fitness (Fitness Rm)  
 12:00 Chair Yoga (Fitness Rm)  
 1:30 **Music with Emmy Purainer** (GHS Juice Bar)  
 1:30 **Bridge** (Card Rm)

**5**

1:30 **Dime Bingo** (Fitness Room)  
 6:45 **Black Jack** (Fitness Room)

**7**

**Church Transportation**  
 Pick up:  
 8:45  
 9:30  
 10:30  
 1:30 **Scenic Bus Ride \*T**

**8**

9:00 **Water Toning (Pool)**  
 9:30 **Shopping \*T**  
 10:15 Zumba Gold (Fitness Room)  
 11:00 Fitness (Fitness Room)  
 12:00 Chair Yoga (Fitness Room)  
 2:00 Mexican Train (Solarium)

**9**

**AM Doctor Appointment**

9:30 **Art History \*\$**  
 1:00 Pinochle (Juice Bar)  
 1:00 Cribbage (Card Room)  
 1:30 **Music with Ron Herring** (GHS Juice Bar)

**10**

10:00 **Le May Car Museum \*T\$**  
 12:00 Stretch (Fitness Room)  
 3:00 Whammo (Fitness Room)

**Around the World Dinner**

6:45 Raffle Bingo (Fitness Room)

**11**

9:00 Walking: South Hill Mall  
 10:00 Bible Study (Mtg Rm)

**PM Doctor Appointments**

1:00 Pinochle (Juice Bar)  
 1:00 **Book Club** (GHS Activity Room 2)

**12**

9:00 **Water Toning (Pool)**  
 9:30 **Shopping \*T**  
 10:15 Zumba Gold (Fit. Rm)  
 11:00 Fitness (Fitness Rm)  
 12:00 Chair Yoga (Fitness Rm)  
 1:30 Bridge (Card Rm)  
 3:30 Jeopardy (Fit Rm)

**13**

1:30 **Dime Bingo** (Fitness Room)  
 6:45 **Black Jack** (Fitness Room)

**14**

**Church Transportation**  
 Pick up:  
 8:45  
 9:30  
 10:30  
 1:30 **Scenic Bus Ride \*T**

**15**

9:00 **Water Toning (Pool)**  
 9:30 **Shopping \*T**  
 10:15 Zumba Gold (Fitness Room)  
 11:00 Fitness (Fitness Room)  
 12:00 Chair Yoga (Fitness Room)  
 2:00 **Birthday Celebrations and Music with Dan Roberts** (GHS Juice Bar)  
 2:00 Mexican Train (Solarium)

**16**

**AM Doctor Appointment**

9:30 **Art History \*\$**  
 1:00 Pinochle (Juice Bar)  
 1:00 Cribbage (Card Room)  
 4:00 **Sunset Dinner: Tokyo Japanese Steakhouse**

**17**

10:00 **Muckleshoot Casino and Lunch \*T\$ RSVP**  
 10:15 Zumba Gold (Fitness Room)  
 11:00 Fitness (Fitness Room)  
 12:00 Chair Chi (Fitness Room)  
 3:00 Whammo (Fitness Room)  
 6:45 Raffle Bingo (Fitness Room)

**18**

9:00 Walking: The Outlet Mall  
 10:00 Bible Study (Mtg Rm)

**PM Doctor Appointments**

1:00 Pinochle (Juice Bar)  
 2:00 **Wine and Cheese Social** (Dining Room)

**19**

9:00 **Water Toning (Pool)**  
 9:00 **Senior Foot Care** (Meeting Rm)  
 9:30 **Shopping \*T**  
 10:15 Zumba Gold (Fit. Rm)  
 11:00 Fitness (Fitness Rm)  
 12:00 Chair Yoga (Fitness Rm)  
 1:30 Bridge (Card Rm)  
 3:30 Jeopardy (Fit Rm)

**20**

1:30 **Dime Bingo** (Fitness Room)  
 6:45 **Black Jack** (Fitness Room)

**21**

**Church Transportation**  
 Pick up:  
 8:45  
 9:30  
 10:30  
 1:30 **Scenic Bus Ride \*T**

**22**

9:00 **Water Toning (Pool)**  
 9:30 **Shopping \*T**  
 10:15 Zumba Gold (Fitness Room)  
 11:00 Fitness (Fitness Room)  
 12:00 Chair Yoga (Fitness Room)  
 2:00 Mexican Train (Solarium)

**23**

**AM Doctor Appointment**

9:30 **Art History \*\$**  
 1:00 Pinochle (Juice Bar)  
 1:00 Cribbage (Card Room)  
 2:00 **Shopping at Value Village**

**24**

10:15 Zumba Gold (Fitness Room)  
 11:00 Fitness (Fitness Room)  
 12:00 Chair Chi (Fitness Room)  
 3:00 Whammo (Fitness Room)  
 6:45 Raffle Bingo (Fitness Room)

**25**

9:00 Walking: Tacoma Mall  
 10:00 Bible Study (Mtg Rm)

**PM Doctor Appointments**

1:00 Pinochle (Juice Bar)  
 2:00 **Crumby Time** (Juice Bar)

**26**

9:00 **Water Toning (Pool)**  
 9:30 **Shopping \*T**  
 10:15 Zumba Gold (Fit. Rm)  
 11:00 Fitness (Fitness Rm)  
 12:00 Chair Yoga (Fitness Rm)  
 1:30 Bridge (Card Rm)  
 1:00 **Caregivers Support Group** (Fairfield Meeting Room)  
 3:30 Jeopardy (Fit Rm)

Australia Day

**27**

1:30 **Dime Bingo** (Fitness Room)  
 6:45 **Black Jack** (Fitness Room)

**28**

**Church Transportation**  
 Pick up:  
 8:45  
 9:30  
 10:30  
 1:00 **Federal Way Symphony \*T\$**

**29**

9:00 **Water Toning (Pool)**  
 9:30 **Shopping \*T**  
 10:15 Zumba Gold (Fitness Room)  
 11:00 Fitness (Fitness Room)  
 12:00 Chair Yoga (Fitness Room)  
 2:00 Mexican Train (Solarium)

**30**

**AM Doctor Appointment**

9:30 **Art History \*\$**  
 1:00 Pinochle (Juice Bar)  
 1:00 Cribbage (Card Room)  
 2:00 **Let's Talk Soup with Chef Michael**  
 2:30 **Activity Meeting with Fay**

**31**

10:15 Zumba Gold (Fitness Room)  
 11:00 Fitness (Fitness Room)  
 12:00 Chair Chi (Fitness Room)  
 12:30 **Ladies Lunch at Olive Garden \*T\$ RSVP**  
 3:00 Whammo (Fitness Room)  
 6:45 Raffle Bingo (Fitness Room)

Tu B'Shevat

# January 2018

## Fairfield and Cottages

# Fairfield & Cottages January 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 (320<sup>th</sup>, Safeway, Walmart)**

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

## **Extras**

**Zumba Gold Monday–Wednesday–Friday 10:15 Fitness Room**

**Fitness Monday–Wednesday–Friday 11:00 Fitness Room**

**Chair Yoga Monday and Friday 12:00 Fitness Room**

**Chair Chi Wednesday 12:00 Fitness Room**

**Water Toning Monday and Friday 9:00 Pool**

**King Co. Traveling Library 1<sup>st</sup> Friday of each month 9:00 Hearthside Lobby**

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

Tuesday, Thursday & Friday Hearthside/Gardens Building

**Bingo** - Wednesday at 6:45 pm & Saturday at 1:45 pm in the Fitness Room

**Birthday Party** - Monday, Jan. 15<sup>th</sup> at 2:00 pm celebrating birthdays at GHS Juice Bar

**Bridge** - Friday at 1:30 pm in the Card Room.

**Cribbage** - Tuesday at 1:00 pm in the Card Room.

**Jeopardy** - Friday at 3:30 pm in the Fitness Room.

**Mexican Train** - Monday at 2:00 pm in the Solarium.

**Pinochle** - Tuesdays & Thursdays at 1:00 pm in the Juice Bar.

**Roundtable** - Wednesday~ Jan. 3rd at 4:00 pm in the Fitness Room.

**Whammo** - Wednesday at 3:00 pm in the Fitness Room.

Tuesday	Jan. 2nd	1:30 PM	Current Events with Pete Mazza ~ Fairfield Fitness Room
		3:30 PM	Happy Hour ~ Applebee's *T\$ RSVP
Wednesday	Jan. 3rd	8:30 AM	Men's Breakfast *\$ RSVP
		4:00 PM	Round Table ~ Fairfield Fitness Room
		6:45 PM	Raffle Bingo ~ Fairfield Fitness Room
Thursday	Jan. 4th	9:00 AM	Walking Club ~ The Commons *T RSVP
		1:00 PM	Avon ~ Solarium
Friday	Jan. 5th	9:00 AM	Water Toning ~ Pool
		9:00 AM	Traveling Library ~ Hearthside Lobby
		1:30 PM	Music with Emmy Perainer ~ GHS Juice Bar
Monday	Jan. 8th	9:00 AM	Water Toning ~ Pool
Tuesday	Jan. 9th	9:30 AM	Art History ~ Meeting Room *\$
		1:30 PM	Music with Ron Herring ~ GHS Juice Bar
Wednesday	Jan. 10th	10:00 AM	Le May Car Museum *T\$ RSVP
		3:00 PM	Whammo ~ Fairfield Fitness Room
			~~Around the World Dinner~~
		6:45 PM	Raffle Bingo ~ Fairfield Fitness Room
Thursday	Jan. 11th	9:00 AM	Walking ~ Southhill Mall *T RSVP
		1:00 PM	Book Club ~ Activity Room 2
Friday	Jan. 12th	9:00 AM	Water Toning ~ Pool
Monday	Jan. 15th	9:00 AM	Water Toning ~ Pool
		2:00 PM	Birthday Celebrations & Music with Dan Roberts ~ GHS Juice Bar
Tuesday	Jan. 16th	9:30 AM	Art History ~ Meeting Room *\$
		4:00 PM	Sunset Dinner: Tokyo Japanese Steakhouse *T\$ RSVP
Wednesday	Jan. 17th	10:00 AM	Muckleshoot Casino and Lunch *T\$ RSVP
		3:00 PM	Whammo ~ Fairfield Fitness Room
		6:45 PM	Raffle Bingo ~ Fairfield Fitness Room
Thursday	Jan. 18th	9:00 AM	Walking ~ The Outlet Mall *T RSVP
		2:00 PM	Wine and Cheese Social ~ Dining Room
Friday	Jan. 19th	9:00 AM	Water Toning ~ Pool
		9:00 AM	Senior Foot Care ~ Meeting Room
Monday	Jan. 22nd	9:00 AM	Water Toning ~ Pool
Tuesday	Jan. 23rd	9:30 AM	Art History ~ Meeting Room *\$
		2:00 PM	Shopping: Value Village *T RSVP
Wednesday	Jan. 24th	3:00 PM	Whammo ~ Fairfield Fitness Room
		6:45 PM	Raffle Bingo ~ Fairfield Fitness Room
Thursday	Jan. 25th	9:00 AM	Walking ~ Tacoma Mall *T RSVP
		2:00 PM	Crumby Time ~ Juice Bar
Friday	Jan. 26th	9:00 AM	Water Toning ~ Pool
		1:00 PM	Caregivers Support Group ~ Meeting Room
Sunday	Jan. 28th	1:00 PM	Federal Way Symphony *T\$ RSVP
Monday	Jan. 29th	9:00 AM	Water Toning ~ Pool
Tuesday	Jan. 30th	9:30 AM	Art History ~ Meeting Room *\$
		2:00 PM	Let's Talk Soup with Chef Michael ~ Meeting Room
		2:30 PM	Activity Meeting with Fay ~ Fitness Room
Wednesday	Jan. 31st	12:00 PM	Ladies Lunch at Olive Garden *T\$ RSVP
		3:00 PM	Whammo ~ Fairfield Fitness Room
		6:45 PM	Raffle Bingo ~ Fairfield Fitness Room