
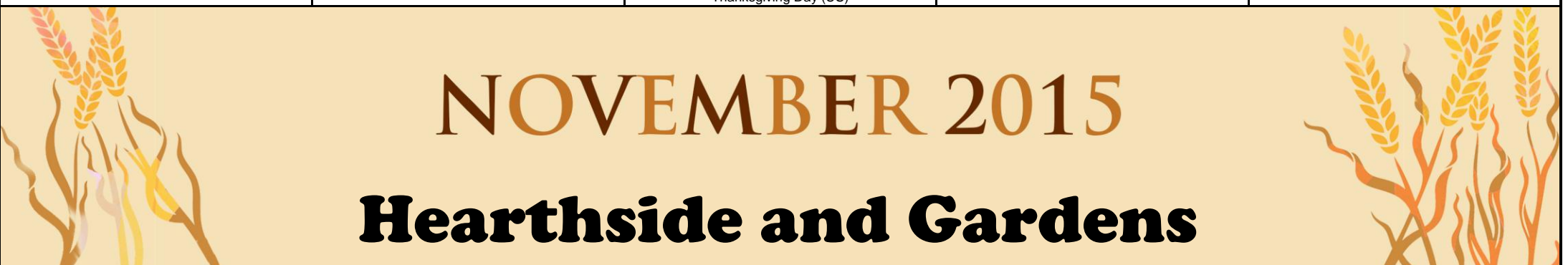


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Church Pick up:</b> 1 8:45 9:30 10:15  <b>1:30 Scenic Bus Ride</b>  <small>Daylight Saving Time Ends</small>	<b>9:30 Shopping *T</b> 2 10:30 Pet Visit with Lily (JB) 1:00 Fitness Class (Activity 2) <b>1:00 Walking at Ruston Way *T</b> 2:00 Bingo (Activity 2)	<b>AM Doctor Appointments</b> 3 9:45 Bible Study 2:00 Dice Toss (JB) 3:00 Whammo (Activity 2) <b>3:30 Happy Hour at Gino's Bistro *T \$</b>	<b>8:30 Men's Breakfast *T \$</b> 4 9:45 Traveling Library (HS) 1:00 Fitness Class (Activity 2) 1:00 Pete Mazza (FF JB) 1:45 Roundtable (JB) 2:00 Crumby Time (JB) 3:00 Bingo (Activity 2) 6:00 Family Mtg Pharmacy (JB)	<b>9:00 Walking at South Center Mall *T</b> 5 10:30 Pete Mazza "20 <sup>th</sup> Century" Lecture Series (FF JB) 1:00 Resident Meeting (JB) Pharmacy Services <b>PM Doctor Appointments</b> 3:00 Whammo (Activity 2)	<b>9:30 Shopping *T</b> 6 1:00 Fitness Class (Activity2) 2:00 Sing-a-long (JB)	<b>7</b> 12:30 Front Porch Stories (JB) 3:00 Bingo (Activity 2)
<b>Church Pick up:</b> 8 8:45 9:30 10:15  <b>1:30 Scenic Bus Ride</b>	<b>9:30 Shopping *T</b> 9 1:00 Fitness Class (Activity 2) <b>1:00 Walking at Brannon Park*T</b> 2:00 Bingo (Activity 2) 3:00 Music with James Coates (JB)	<b>AM Doctor Appointments</b> 10 9:45 Bible Study 2:00 Hangman (JB) 3:00 Whammo (Activity 2)	<b>9:00 Veterans Breakfast</b> 11 <b>(FF Dining Room)</b> <b>11:00 Memorial Trip to Tahoma National Cemetery *T</b> 1:00 Fitness (Activity 2) 1:30 Music with Jim & Beth Wulff (JB) 3:00 Bingo (Activity 2) <small>Veterans Day (US) Remembrance Day (Canada)</small>	<b>9:00 Walking at Auburn Super Mall *T</b> 12 10:30 Pete Mazza "20 <sup>th</sup> Century" Lecture Series (FF JB)  <b>PM Doctor Appointments</b> 3:00 Whammo (Activity 2)	<b>9:30 Shopping *T</b> 13 1:00 Fitness Class (Activity2) 2:00 Sing-a-long (JB)	<b>14</b> 12:30 Front Porch Stories (JB) 3:00 Bingo (Activity 2)
<b>Church Pick up:</b> 15 8:45 9:30 10:15  <b>1:30 Scenic Bus Ride</b>	<b>9:30 Shopping *T</b> 16 10:30 Pet Visit with Lily (JB) 1:00 Fitness Class (Activity 2) <b>1:00 Walking at Van Lierop Trail *T</b> 2:00 Bingo (Activity 2)	<b>AM Doctor Appointments</b> 17 9:45 Bible Study 1:30 Fall craft (Activity 2) 3:00 Whammo (Activity 2) <b>4:00 Sunset Dinner at Pomodoro *T \$</b>	<b>9:30 Bass Pro Shop Bowling/Lunch *T \$</b> 18 1:00 Fitness (Activity 2) 3:00 Bingo (Activity 2)	<b>9:00 Walking at Tacoma Mall *T</b> 19 10:30 Pete Mazza "20 <sup>th</sup> Century" Lecture Series (FF JB)  <b>PM Doctor Appointments</b> 3:00 Whammo (Activity 2)	<b>9:30 Shopping *T</b> 20 1:00 Fitness Class (Activity2) 2:00 Sing-a-long (JB)  Senior Foot Care (Craft Rm) *	<b>21</b> 12:30 Front Porch Stories (JB) 3:00 Bingo (Activity 2)
<b>Church Pick up:</b> 22 8:45 9:30 10:15 <b>1:00 Fed. Way Symphony ~ "Messiah" *T</b> <b>2:00 Scenic Bus Ride</b>	<b>9:30 Shopping *T</b> 23 1:00 Fitness Class (Activity 2) <b>1:00 Walking at Nathan Chapman Trail *T</b> 2:00 Bingo (Activity 2) 3:00 Music with Dan (JB) 3:00 Birthday Party (JB)	<b>AM Doctor Appointments</b> 24 9:45 Bible Study 3:00 Whammo (Activity 2)	<b>25</b> 1:00 Fitness (Activity 2) 3:00 Bingo (Activity 2)	<b>26</b>  <small>Thanksgiving Day (US)</small>	<b>27</b> 1:00 Caregiver Support (Fairfield Meeting Room) 2:00 Sing-a-long (JB)	<b>28</b> 12:30 Front Porch Stories (JB) 3:00 Bingo (Activity 2)
<b>Church Pick up:</b> 29 8:45 9:30 10:15 <b>1:00 Bell choir (Fairfield Fitness Room)</b> <b>2:00 Scenic Bus Ride</b>	<b>9:30 Shopping *T</b> 30 1:00 Fitness Class (Activity 2) <b>1:00 Walking at Wapato Lake Trail *T</b> 2:00 Bingo (Activity 2)	 <h1 style="margin: 0;">NOVEMBER 2015</h1> <h2 style="margin: 0;">Hearthside and Gardens</h2>				

**Sunday, November 1<sup>st</sup> ~ 2:00 am** Turn clocks **back** one hour.  
Daylight savings time ends.

**Monday, November 2<sup>nd</sup> ~ 1:00 pm** Walking at Ruston Way

**Tuesday, November 3<sup>rd</sup> ~ 3:30 pm** Happy Hour at Gino's Bistro. Reservations needed.

**Wednesday, November 4<sup>th</sup> ~ 8:30 am** Men's Breakfast with Chris. Reservations needed.  
**1:45 pm** Roundtable in the juice bar.  
**6:00 pm** Family Meeting for any residents on Medication Services. Come hear from our new pharmacy.

**Thursday, November 5<sup>th</sup> ~ 9:00 am** Walking at South Hill Mall. Reservations needed.  
**1:00 pm** Resident Meeting - Repeat of Wed. evening pharmacy information for all Assisted Living residents.

**Monday, November 9<sup>th</sup> ~ 1:00 pm** Walking at Brannon Park.

**Wednesday, November 11<sup>th</sup> ~ 11:00 am** Memorial Trip to Tahoma National Cemetery.  
Reservations also needed for the bus trip.

**Thursday, November 12<sup>th</sup> ~ 9:00 am** Walking at Auburn Super Mall.

**Monday, November 16<sup>th</sup> ~ 1:00 pm** Walking at Nathan Chapman Trail.

**Tuesday, November 17<sup>th</sup> ~ 4:00 pm** Sunset Dinner will be at Pomodoro (Tacoma).  
Reservations are needed.

**Wednesday, November 18<sup>th</sup> ~ 9:30 am** Join in the fun or watch and cheer others on. We are going bowling at Bass Pro Shop in Tacoma.  
Reservations needed.

**Thursday, November 19<sup>th</sup> ~ 9:00 am** Walking at Tacoma Mall. Reservations needed.

**Sunday, November 22<sup>nd</sup> ~ 1:00 pm** Federal Way Symphony is performing at St. Luke's church. Bus begins pick-ups at 1:00 pm. Please make your reservation with front desk.

**Monday, November 23<sup>rd</sup> ~ 1:00 pm** Walking at Wapato Trail.

**Thursday, November 26<sup>th</sup> ~ HAPPY THANKSGIVING!!!**

## Hearthside and Gardens November Activity Calendar

### Bus Trips and Shopping

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

<b>Church pick-ups</b>	<b>Sunday</b>	<b>8:45; 9:30; 10:15</b>
<b>Local Doctor Appointments</b>	<b>Tuesday</b>	<b>9:00 am -1:00 pm</b>
	<b>Thursday</b>	<b>1:00-4:00 pm</b>
<b>Local Morning Shopping</b>	<b>Monday</b>	<b>9:30 am</b>
	<b>Friday</b>	<b>9:30 am</b>
<b>Resident Store</b>	<b>Tuesday-Thursday 11:00 am -1:00 pm</b> ...hot soup every Tuesday & Thursday	
<b>Senior Foot Care Friday~ November 20<sup>th</sup></b> Craft Room...call front desk for reservations		

### Extras

Water Exercise 9:00 am on Monday and Friday Spa Fairfield  
10:15 am Zumba/Line Dancing: Mon/Wed/Fri Fairfield Fitness Room  
12:00 pm Yoga: Monday, Wednesday & Friday Fairfield Fitness Room  
**Fitness-Monday, Wednesday & Friday at 1:00 pm Activity 2 Room**

**King Co. Traveling Library** 1<sup>st</sup> Wednesday of each month 9:45 at the Juice Bar

**Beauty Shop 253-838-5987**  
**Tuesday, Thursday and Friday Hearthside Building**

**Bingo** – Monday- 2 pm; Wednesday- 3pm; Saturday-3:00 pm in **Activity Room 2**

**Birthday Party** – Monday, November 23<sup>rd</sup> at 3:00 pm. Dan will be there with music. **Juice Bar**

**Front Porch Stories** – Saturday at 12:30 pm **Juice Bar**

**Whammo** – Tuesday and Thursday at 3 pm **Activity 2 Room**

**Roundtable** – Wednesday, November 4<sup>th</sup> at 1:45 pm, in the **Juice Bar**

**Hangman**-Tuesday the 10<sup>th</sup> at 2:00 pm in the **Juice Bar**

**Dice Toss**- Tuesday the 3<sup>rd</sup> at 2:00 pm in the **Juice Bar**

**Pet visit with Lily**- Monday the 3<sup>rd</sup> and 16<sup>th</sup> in the **Juice Bar**

**Fall Craft**-Tuesday the 17<sup>th</sup> at 1:30 pm in **Activity Room 2**