

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



November 2019



<p>DAYLIGHT SAVING TIME ENDS 3</p> <p>9:00 Church Transportation 1:00 Salvation Army 1:05 Seahawks vs. Tampa Bay Buccaneers 6:30 Hand & Foot Card Game</p> <p><small>Daylight Saving Time Ends</small></p>		<p>9:15 CS Bible Lesson M - F 4</p> <p>10:30 Craft Decoupage 10:30 Dr. Phil Good 11:00 Pray the Rosary 1:15 Scenic Drive 1:20 Fitness with Maria 2:30 Word Games with Christine 4:15 Music with Bonnie</p>		<p>West Seattle Appts. 5</p> <p>10:30 Morning Stretch with Yvonne 11:00 TAI CHI with Steve 10:45 CS Daily Lifts ~ Sentinel 1:30 Shopping Senior Discount Day at Fred Meyer 2:00 Game Day 4:15 Music with Bonnie 6:30 Hand & Foot Card Game</p>		<p>10:30 Morning Stretch 6</p> <p>10:30 LUNCH OUT: IHOP 10:45 CS Live Web Testimony 1:20 Fitness with Maria 2:15 BINGO! 3:30 DINNER, DIVE & DANCE Sr. Center of West Seattle & Chelan Café</p>		<p>10:15 Morning Shopping 7</p> <p>10:30 Morning Stretch! 11:00 Monthly Ambassador Meeting 11:40 S.A.I.L. Fitness with Lynette 1:30 VAN TRIP: Seattle Art Museum Italian Masterpieces 3:30 Let's Play Pool 4:00 Card Making with Vickie 6:30 Hand & Foot Card Game</p>		<p>10:00 Scenic Ride: Fall Leaves 1</p> <p>10:00 Women's Bible Study 10:30 Morning Stretch 1:20 Fitness with Maria 2:00 Coffee Time with Heather 3:30 Let's Play Pool</p>		<p>10:00 Toastmasters 2</p> <p>10:30 Morning Stretch with Yvonne 11:00 Presentation: Take the Stress Out of Medicare ~ Open Enrollment 2:00 Bunco Buddies</p>	
<p>9:00 Church Transportation 10</p> <p>9:00 Dog Safe Canine CPR and First Aid 2:30 Movie 6:30 Hand & Foot Card Game</p>		<p>9:15 CS Bible Lesson M - F 11</p> <p>10:30 Dr. Phil Good 11:00 Pray the Rosary 1:20 Fitness with Maria 2:00 VETERAN'S DAY CELEBRATION Honoring Our Veterans 3:30 Let's Play Pool 7:00 Book Discussion <small>Veterans Day (US) Remembrance Day (Canada)</small></p>		<p>SOUTH END APPTS. 12</p> <p>10:30 Coffee Social with Lynette 10:30 Morning Stretch with Yvonne 11:00 CS Daily Lifts ~ Sentinel 11:00 TAI CHI with Steve 3:00 Calligraphy with Joyce & Bonnie 4:15 Music with Bonnie 6:30 Hand & Foot Card Game</p>		<p>10:00 Boutique Experience Spa Day 13</p> <p>10:30 VAN TRIP: MOLBAK'S Nursery, Gift Shoppe & Garden Cafe 10:30 Morning Stretch 10:45 CS Live Web Testimony 1:20 Fitness with Maria 2:15 BINGO! 4:15 Music with Bonnie</p>		<p>10:15 Morning Shopping 14</p> <p>10:30 Morning Stretch 11:40 S.A.I.L. Fitness with Lynette 1:30 Shopping: Southcenter 3:30 Let's Play Pool 4:00 Card Making with Vicki 6:30 Hand & Foot Card Game</p>		<p>10:00 Scenic Ride: Fall Leaves 15</p> <p>10:00 Women's Bible Study 10:30 Morning Stretch 1:20 Fitness with Maria 2:00 Coffee Time with Heather 3:30 Let's Play Pool</p>		<p>9:00 AARP Driving Safety Class 16</p> <p>9:00 Dog Safe Canine CPR and First Aid 10:00 Toastmasters 10:30 Morning Stretch 2:00 Bunco Buddies</p>	
<p>9:00 Church Transportation 17</p> <p>9:00 Dog Safe Canine CPR and First Aid 5:25 Seahawks vs. Eagles 6:30 Hand & Foot Card Game</p>		<p>9:15 CS Bible Lesson M - F 18</p> <p>10:30 Dr. Phil Good 11:00 Pray the Rosary 1:20 Fitness with Maria 2:30 Word Games 3:30 Let's Play Pool</p>		<p>DOWNTOWN APPTS. 19</p> <p>10:30 Morning Stretch with Yvonne 11:00 CS Daily Lifts ~ Sentinel 11:00 Tai Chi with Steve 2:30 Left, Center & Right Game 6:30 Hand & Foot Card Game</p>		<p>10:30 LUNCH OUT: Young's Cafe 20</p> <p>10:30 Morning Stretch 10:45 CS Live Web Testimony 1:20 Fitness with Maria 2:15 BINGO!</p>		<p>10:15 Morning Shopping 21</p> <p>10:30 Morning Stretch 11:40 S.A.I.L. Fitness with Lynette 1:30 Shopping: Trader Joe's & PCC 3:30 Let's Play Pool 6:30 Hand & Foot Card Game</p>		<p>10:00 Scenic Ride 22</p> <p>10:00 West Seattle Garden Club 10:30 Morning Stretch 1:20 Fitness with Maria 2:00 PRESENTATION: National Native American Heritage Month Display 3:30 Let's Play Pool</p>		<p>10:30 Morning Stretch 23</p> <p>Resident & Family Harvest Luncheon 12:00 pm - 2:00 pm</p>	
<p>9:00 Church Transportation 24</p> <p>10:00 Seahawks Vs. Falcons 2:30 Movie 6:30 Hand & Foot Card Game</p>		<p>9:15 CS Bible Lesson M - F 25</p> <p>10:30 Morning Stretch with Bonnie 11:00 Pray the Rosary 1:15 Scenic Drive 1:20 Fitness with Maria 2:30 Word Games 3:30 Let's Play Pool 4:15 Music with Bonnie 7:00 Book Discussion</p>		<p>DISCRETIONARY APPTS. 26</p> <p>10:30 Morning Stretch with Yvonne 11:00 Tai Chi with Steve 11:00 CS Daily Lifts ~ Sentinel 2:30 Piano Program with Bonnie 6:30 Hand & Foot Card Game</p>		<p>10:30 Morning Stretch 27</p> <p>10:00 VAN TRIP: Snoqualmie Casino 10:45 CS Live Web Testimony 1:20 Fitness with Maria 2:15 BINGO! 3:30 RESIDENT ACTIVITY MEETING 4:15 Music with Bonnie</p>		<p>HAPPY THANKSGIVING 28</p> <p>9:15 CS Thanksgiving Service 10:30 Morning Stretch 2:30 HOLIDAY MOVIE: An Old-Fashioned Thanksgiving 3:30 Let's Play Pool 6:30 Hand & Foot Card Game <small>Thanksgiving Day (US)</small></p>		<p>10:00 Scenic Ride 29</p> <p>10:00 Women's Bible Study 10:30 Morning Stretch 1:20 Fitness with Maria 2:00 Coffee Time with Heather 3:30 Let's Play Pool 4:00 DINNER OUT: Classic Eats Happy Hour</p>		<p>10:30 Morning Stretch with Yvonne 30</p> <p>2:00 Bunco Buddies 2:30 Movie</p>	