

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



January 2020

Wishing you a Happy New Year

Happy New Year

2:30: Movie: Resident Choice

New Year's Day

5
9:15 Church Transportation
2:30 Movie
6:30 Hand & Foot Card Game

6
9:15 CS Bible Lesson M-F
10:30 Stretching
11:00 Pray the Rosary
1:15 Scenic Drive
1:20 Fitness with Maria
2:30 Word Games
4:15 Music with Bonnie

WEST SEATTLE APPT
7
10:00 West Seattle Club Mtg
10:30 Morning Stretch
11:00 Daily Lifts ~ Sentinel
2:30 Shopping: Fred Meyer
4:15 Music with Bonnie
6:30 Hand & Foot Card Game

8
10:30 Morning Stretch
10:45 Daily Lifts ~ Sentinel
1:20 Fitness with Maria
2:15 Bingo
4:15 Music with Bonnie

9
10:15 Morning Shopping
10:30 Morning Stretch
11:00 Ambassador Meeting
1:30 Shopping: Southcenter
2:00 Left Center & Right
4:00 CARD MAKING with Vickie
6:30 Hand & Foot Card Game

10
10:30 Morning Stretch
1:20 Fitness with Maria
2:00 Coffee & Trivia
3:00 PRESENTATION: Mindfulness based Stress Reduction with Kadi Sprengle
3:30 Lets Play Pool

11
10:30 Resident Council Meeting
2:00 Bunco Buddies
2:30 Sing Along with Amy
2:30 Movie: Resident Choice

12
9:15 Church Transportation
2:30 Movie
6:30 Hand & Foot Card Game

13
9:15 CS Bible Lesson M-F
10:30 Dr Phil Good
11:00 Pray the Rosary
1:20 Fitness with Maria
2:30 Word Games
3:30 Lets Play Pool
4:15 Music with Bonnie
7:00 Book Discussion

SOUTH END APPTS
14
10:30 Morning Stretch
11:00 Daily Lifts ~ Sentinel
2:00 TALK FOOD with Lisa
3:00 S.A.I.L with Lynette
4:15 Music with Bonnie
6:30 Hand & Foot Card Game

15
10:00 VAN TRIP: Uwajimaya ~ Asian Products, Grocery, Gifts & Food Court
10:30 Morning Stretch
10:45 Daily Lifts ~ Sentinel
1:20 Fitness with Maria
2:15 Bingo
4:15 Music with Bonnie

16
10:15 Morning Shopping
10:30 Morning Stretch
2:00 STORYTELLER: Debbie Dimitre portrays Alice Paul
6:30 Hand & Foot Card Game

17
10:30 Morning Stretch
10:30 Van Ride: Original Bakery
1:20 Fitness with Maria
2:00 Coffee, Cookie Social
3:30 Lets Play Pool

18
10:00 Toastmasters
10:30 Bunco Buddies
2:30 MUSIC AND SING ALONG with Sandra Walker

19
9:15 Church Transportation
2:30 Movie
6:30 Hand & Foot Card Game

20
9:15 CS Bible Lesson M-F
10:30 Dr Phil Good
11:00 Pray the Rosary
1:20 Fitness with Maria
2:30 Word Games
4:15 Music with Bonnie

DOWNTOWN APPTS
21
10:30 Morning Stretch
11:00 Daily Lifts ~ Sentinel
3:00 S.A.I.L with Lynette
4:15 Music with Bonnie
6:30 Hand & Foot Card Game

22
10:30 Morning Stretch
10:45 Daily Lifts ~ Sentinel
11:00 LUNCH OUT: Youngs Cafe
1:20 Fitness with Maria
2:15 Bingo
4:15 Music with Bonnie

23
10:15 Morning Shopping
10:30 Morning Stretch
1:30 Shopping: Fred Meyer
2:00 Left, Center & Right
6:30 Hand & Foot Card Game

24
10:00 W.S. Garden Club
10:30 Morning Stretch
1:20 Fitness with Maria
2:30 Resident Activity Mtg.
3:30 Lets Play Pool

25
2:00 Bunco Buddies
2:30 Movie

Activity Professionals Week

Martin Luther King Day

Chinese New Year

26
9:15 Church Transportation
2:30 Movie
6:30 Hand & Foot Card Game

27
9:15 CS Bible Lesson M-F
10:30 Dr Phil Good
11:00 Pray the Rosary
1:20 Fitness with Maria
2:30 Word Games
4:15 Music with Bonnie
7:00 Book Discussion

DISCRETIONARY APPTS
28
10:30 Morning Stretch
11:00 Daily Lifts ~ Sentinel
1:30 Local Shopping
3:00 S.A.I.L with Lynette
4:15 Music with Bonnie
6:30 Hand & Foot Card Game

29
9:30 VAN TRIP: Snoqualmie Casino
10:30 Morning Stretch
10:45 Daily Lifts ~ Sentinel
1:20 Fitness with Maria
2:15 Bingo
4:15 Music with Bonnie
4:30 DINNER OUT: House of Hong

30
10:15 Morning Shopping
10:30 Morning Stretch
1:30 Shopping: Goodwill
2:00 Craft Day
3:30 Lets Play Pool
6:30 Hand & Foot Card Game

31
10:15 LUNCH OUT: EMPTY BOWLS Fundraiser at Burien Community Center
10:30 Morning Stretch
1:20 Fitness with Maria
2:00 Pie & Coffee Social
3:30 Lets Play Pool

Resident & Family Italian Dinner
Van Trip: Burke Museum
Storyteller: Debbie Dimitre

Australia Day (observed)