


| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|---|--|--|---|
| 1 9:00 Church Transportation 1:00 Salvation Army 2:30 Movie 6:30 Hand & Foot Card Game | 2 Happy Labor Day 9:15 CS Bible Lesson M - F 10:30 Dr. Phil Good 11:00 Pray the Rosary 2:30 Word Games 3:00 Adult Coloring 3:30 Let's Play Pool Music <small>Labor Day</small> | 3 WEST SEATTLE APPTS 10:30 Morning Stretch with Yvonne 11:00 TAI CHI with Steve 10:45 CS Daily Lifts ~ Sentinel 2:15 Fresh Flowers 2:30 Talk Food ~ Chef Sami 4:15 Music with Bonnie 6:30 Hand & Foot Card Game | 4 10:30 Morning Stretch 10:30 LUNCH OUT: Black Angus Steakhouse 10:45 CS Live Web Testimony 1:20 Fitness with Maria 2:00 BINGO! 3:30 DINNER, DIVE & DANCE Senior Center of West Seattle & Chelan Cafe | 5 10:15 Morning Shopping 10:30 Morning Stretch! 11:00 S.A.I.L. Fitness 1:30 Shopping Southcenter 4:00 Card Making with Vicki 3:30 Let's Play Pool 6:30 Hand & Foot Card Game | 6 10:00 Walking Club 10:00 Crestwood Garden Club 10:30 Morning Stretch 2:00 Coffee Time 2:30 Movie 3:30 Let's Play Pool 6:30 EVENING OUT: Highline Heritage Museum | 7 10:00 Toastmasters 10:30 Morning Stretch! with Yvonne 2:00 Bunco Buddies 2:30 Movie |
| 8 9:00 Church Transportation 1:00 First Roxhill Park Music Festival 2:30 Movie 6:30 Hand & Foot Card Game <small>Grandparents' Day</small> | 9 9:15 CS Bible Lesson M - F 10:30 Dr. Phil Good 11:00 Pray the Rosary 1:20 Fitness with Maria 2:00 Making (Hats) 2:30 Word Games 3:00 Adult Coloring 3:30 Let's Play Pool 4:15 Music with Bonnie 7:00 Book Discussion | 10 SOUTH END APPTS. 10:15 Coffee Social with Lynette 10:30 Morning Stretch /Yvonne 11:00 CS Daily Lifts ~ Sentinel 11:00 Tai Chi with Steve 3:00 Calligraphy with Joyce 4:15 Music with Bonnie 6:30 Hand & Foot Card Game | 11 10:00 Boutique Experience 10:00 VAN TRIP: Northwest Trek Senior Month 10:30 Morning Stretch 10:45 CS Live Web Testimony 11:00 Boutique Experience 1:20 Fitness with Maria 2:00 BINGO! 4:15 Music with Bonnie | 12 10:15 Morning Shopping 10:30 Morning Stretch 11:00 S.A.I.L. Fitness 1:30 Shopping Burien Farmer's Market 3:30 Let's Play Pool 6:30 Hand & Foot Card Gam | 13 10:00 Walking Club 10:00 Women's Bible Study 10:30 Morning Stretch 1:20 Fitness with Maria 1:30 Coffee Time: Original Bakery 2:30 Movie 3:30 Let's Play Pool | 14 9:00 AARP Driving Class 10:30 RESIDENT COUNCIL MEETING 11:30 Presentation: Take the Stress Out of Medicare 2:00 Bunco Buddies 2:00 Music with Amy 2:30 Movie |
| 15 9:00 Church Transportation 2:30 Movie 6:30 Hand & Foot Card Game | 16 9:15 CS Bible Lesson M - F 10:30 Dr. Phil Good 11:00 Pray the Rosary 2:00 Scenic Ride 2:30 Word Games 3:00 Adult Coloring 3:30 Let's Play Pool Music 4:15 Music with Bonnie | 17 DOWNTOWN APPTS. 10:30 Morning Stretch with Yvonne 11:00 CS Daily Lifts ~ Sentinel 11:00 Tai Chi with Steve 2:30 Left, Center & Right Game 4:15 Music with Bonnie 6:30 Hand & Foot Card Game | 18 10:30 VAN TRIP: Issaquah Salmon Hatchery and XXX Rootbeer Drive-Inn 10:30 Morning Stretch 10:45 CS Live Web Testimony 1:20 Fitness with Maria 2:00 BINGO! 4:15 Music with Bonnie | 19 10:15 Morning Shopping 10:30 Morning Stretch! 11:00 S.A.I.L. Fitness 11:30 Flu Shots 1:30 Shopping Trader Joe's 3:30 Let's Play Pool 6:30 Hand & Foot Card Game | 20 10:00 Walking Club 10:00 Women's Bible Study 10:30 Morning Stretch 1:20 Fitness with Maria 2:00 Fresh Fruit Smoothies 2:30 Movie 3:30 Let's Play Pool | 21 10:00 Toastmasters 10:30 Morning Stretch with Yvonne 2:00 Bunco Buddies 2:30 Movie <small>Oktoberfest Begins</small> |
| 22 9:00 Church Transportation 2:30 Movie 6:30 Hand & Foot Card Game | 23 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 3:00 Adult Coloring 3:30 Let's Play Pool 4:15 Music with Bonnie 7:00 Book Discussion <small>Autumn Begins</small> | 24 DISCRETIONARY APPTS. 10:30 Morning Stretch with Yvonne 11:00 Tai Chi with Steve 11:00 CS Daily Lifts ~ Sentinel 4:15 Music with Bonnie 6:30 Hand & Foot Card Game | 25 10:30 Morning Stretch 9:30 VAN TRIP: Muckleshoot Casino 10:45 CS Live Web Testimony 1:20 Fitness with Maria 2:00 BINGO! 3:30 RESIDENT ACTIVITY MEETING 4:15 Music with Bonnie | 26 10:15 Morning Shopping 10:30 Morning Stretch! 1:30 Shopping Fred Meyer 4:30 DINNER OUT: House of Hong 6:30 Hand & Foot Card Game | 27 10:00 Walking Club 10:00 Women's Bible Study 10:00 West Seattle Garden Club 10:30 Morning Stretch 1:20 Fitness with Maria 2:30 Movie 3:30 Let's Play Pool | 28 10:30 Morning Stretch with Yvonne 10:30 Bunco Buddies 2:30 PIANO CONCERT Celebrating the Seahawks with Sandra Walker |
| 29 9:00 Church Transportation 2:30 Movie 6:30 Hand & Foot Card Game | 30 9:15 CS Bible Lesson M - F 10:30 Dr. Phil Good 11:00 Pray the Rosary 2:00 Scenic Ride 2:30 Word Games 3:00 Adult Coloring 3:30 Let's Play Pool Music 4:15 Music with Bonnie <small>Rosh Hashanah (first Day)</small> |  | | | | |

September 2019

Daystar's Fall Activities