

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>August Road Trips</p> <p>Poulsbo Maritime Museum and Green Light Diner</p> <p>Arlington Kangaroo Farm and the Outback</p> <p>Cedar River Watershed XXX Rootbeer Drive-In</p>	<p>August Road Trips</p> <p>Mariners vs. Houston Astros Senior Day</p> <p>Dinner Dive and Dance Senior Center West Seattle</p> <p>Van Trip: Nordic Museum</p>	<p>10:00 Talk Food with Sami 10:00 Morning Stretch 10:30 Huckleberry Square 11:00 Activity Time 11:00 TMC Live Web Meeting 1:30 Fitness with Maria 2:30 Movie 3:00 Show, Share & Chat 3:30 VAN TRIP: West 5 Dinner and Dance at WS Senior Center</p>	<p>10:00 Strength & Balance 10:00 Morning Stretch 10:15 QFC, Banks, Rite Aid 1:30 VAN TRIP: Nordic Museum 1:30 Strength Training 2:30 Cookies and Conversation with Candy Lee 6:30 Hand & Foot Card Game 6:30 Hymn Sing</p>	<p>10:00 Strength & Balance 10:00 Morning Stretch 10:00 Scenic Van Ride Seward Park 11:00 Activity Time 11:00 Tai-Chi with Robert 1:30 Fitness with Maria 1:30 Show, Share & Chat 2:30 Movie</p>	<p>9:00 AARP Driving Class 10:00 Morning Stretch 10:00 Toastmasters 1:30 Strength Training 2:30 Movie</p>
<p>9:00 Church Transportation 11:30 West Seattle Christian Communion Service 1:30 Sing Along with the Salvation Army 2:30 Cookies & Conversation with Candy Lee 2:30 Documentary</p>	<p>10:00 Morning Stretch 11:00 Activity Time 11:15 Pray the Rosary 1:30 Fitness with Maria 2:00 Pet Visit with Maggie Mae 2:30 Word Games 3:30 Show, Share & Chat</p>	<p>West Seattle Appts</p> <p>10:00 Strength & Balance 10:00 Morning Stretch 10:30 Coffee Social 10:45 CS Daily Lifts-Sentinel Radio 11:00 Tai-Chi with Robert 1:00 Walking Club 1:30 Strength Training 2:30 Cookies & Conversation 3:30 Book Club 6:30 Hand & Foot Card Game</p>	<p>10:00 Morning Stretch 9:30 VAN TRIP: Poulsbo Maritime Museum and Lunch at the Green Light Diner 11:00 TMC Live Web Meeting 1:30 Fitness with Maria 2:30 Stay Sharp 4:00 Show, Share & Chat</p>	<p>Birthday Celebrations</p> <p>10:00 Strength & Balance 10:00 Morning Stretch 10:15 QFC, Banks, Rite Aid 1:30 Shopping: Southcenter 1:30 Strength Training 2:30 Cookies and Conversation with Candy Lee 3:30 Book Club 6:30 Hand & Foot Card Game 6:30 Hymn Sing</p>	<p>10:00 Strength & Balance 10:00 Morning Stretch 10:30 Lunch Out Spud Fish & Chips 11:00 Activity Time 11:00 Tai-Chi with Robert 1:30 Fitness with Maria 1:30 Show, Share & Chat 2:00 Let's Make S'mores 2:30 Movie</p>	<p>9:00 Bermuda Shorts Pancake Breakfast 10:00 Morning Stretch 10:30 Resident Council Meeting 1:30 Strength Training with Robert 2:00 Sing Along with Amy 2:30 Movie</p>
<p>9:00 Church Transportation 11:30 West Seattle Christian Communion Service 2:30 Movie 2:30 Cookies & Conversation with Candy Lee</p>	<p>10:00 Morning Stretch 11:00 Activity Time 11:15 Pray the Rosary 1:30 Fitness with Maria 2:00 Pet Visit with Maggie Mae 2:30 Word Games 3:30 Show, Share & Chat</p>	<p>Burien/Highline Appts</p> <p>10:00 Strength & Balance 10:00 Morning Stretch 10:30 Coffee Social 10:45 CS Daily Lifts-Sentinel Radio 11:00 Tai-Chi with Robert 11:30 Round Table with Jim 1:00 Walking Club 1:30 Strength Training 2:30 Cookies & Conversation 3:30 Book Club</p>	<p>10:00 Morning Stretch 10:00 VAN TRIP: Arlington Kangaroo Farm & lunch at the Outback Steakhouse 11:00 TMC Live Web Testimony Meet 1:30 Fitness with Maria 2:30 Stay Sharp 4:00 Show, Share & Chat</p>	<p>10:00 Strength & Balance 10:00 Morning Stretch 10:15 QFC, Banks, Rite Aid 1:30 Walmart 1:30 Strength Training 2:30 Cookies and Conversation with Candy Lee 3:30 Book Club 6:30 Hand & Foot Card Game 6:30 Hymn Sing</p>	<p>10:00 Strength & Balance 10:00 Morning Stretch 10:30 VAN TRIP: Cedar River Watershed & XXX Rootbeer Drive-In 11:00 Activity Time 11:00 Tai-Chi with Robert 1:30 Fitness with Maria 1:30 Show, Share & Chat 2:30 Movie</p>	<p>10:00 Morning Stretch 10:00 Toastmasters 1:30 Strength Training with Robert 2:30 Movie</p>

Sunday Church Schedule

- 9:15** Fauntleroy Church, UCC
- 9:15** 14th Church of Christ, Scientist
- 9:30** St Elizabeth Episcopal
- 9:30** Kingdom Hall
- 10:15** Grace Church
- 10:15** Our Lady of Guadalupe
- 10:30** Holy Family Church

Spiritual Activities

- 9:15** CS Bible Lesson/Sermon Fellowship; Monday – Friday
- 10:00** Friday Women's Bible Study
- 11:15** Monday Pray the Rosary
- 11:30** West Seattle Christian Sunday Communion Service Twice a Month
- 6:30** Thursday Evening Hymn Sing
- 6:30** Evening CS Sunday Service Last Sunday of the Month

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19 9:00 Church Transportation 11:30 West Seattle Christian Communion Service 2:30 Cookies & Conversation with Candy Lee 2:30 Movie	20 10:00 Morning Stretch 11:00 Activity Time 11:15 Pray the Rosary 1:30 Fitness with Maria 2:00 Pet Visit with Maggie Mae 2:30 Word Games 3:30 Show, Share & Chat	21 Downtown Appts 10:00 Strength & Balance 10:00 Morning Stretch 10:30 Coffee Social 10:45 CS Daily Lifts-Sentinel Radio 11:00 Tai-Chi with Robert 1:00 Walking Club 1:30 Strength Training 2:00 Resident Ambassadors Meeting 2:30 Cookies & Conversation 3:30 Book Club 6:30 Hand & Foot Card Game	22 10:00 Morning Stretch 11:00 VAN TRIP: Seattle Mariners vs Houston Astros Senior Day 11:00 TMC Live Web Testimony Meeting 11:00 Activity Time 1:30 Fitness with Maria 2:30 Stay Sharp 4:00 Show, Share & Chat	23 10:00 Morning Stretch 10:00 Strength & Balance 10:15 QFC, Banks, Rite Aid 1:30 Shopping: Burien Farmers Market 1:30 Strength Training 2:30 Cookies and Conversation with Candy Lee 3:30 Book Club 4:00 DINNER OUT: Classic Eats 6:30 Hand & Foot Card Game 6:30 Hymn Sing	24 10:00 Strength & Balance 10:00 Morning Stretch 10:30 Scenic Van Ride 11:00 Activity Time 11:00 Tai-Chi with Robert 1:30 Fitness with Maria 1:30 Show, Share & Chat 2:30 Daystar Bonus Buck Auction and Raffle	25 10:00 Morning Stretch 1:30 Strength Training 2:30 Movie
26 9:00 Church Transportation 2:30 Movie 2:30 Cookies & Conversation with Candy Lee 6:30 CS Sunday Service	27 10:00 Morning Stretch 10:30 Resident Activity Meeting 11:00 Activity Time 11:15 Pray the Rosary 1:30 Fitness with Maria 2:00 Pet Visit with Maggie Mae 2:30 Word Games 3:30 Show, Share & Chat	28 Discretionary Appointments 10:00 Strength and Balance 10:00 Morning Stretch 10:45 CS Daily Lifts-Sentinel Radio 11:00 Tai-Chi with Robert 1:00 Walking Club 1:30 Strength Training 2:00 Hot Diggity Dog! BBQ Hot Dogs with Jim 2:30 Cookies & Conversation 3:30 Book Club 6:30 Hand & Foot Card Game	29 9:30 VAN TRIP: Snoqualmie Casino 10:00 Morning Stretch 11:00 TMC Live Web Testimony Meeting 1:30 Fitness with Maria 2:30 Stay Sharp 4:00 Show, Share & Chat 7:00 Evening Bingo	30 10:00 Morning Stretch 10:00 Strength & Balance 10:15 QFC, Banks, Rite Aid 1:30 Shopping: Fred Meyer 1:30 Strength Training 2:30 Cookies and Conversation with Candy Lee 3:30 Book Club 6:30 Hand & Foot Card Gam 6:30 Hymn Sing	31 10:00 Strength & Balance 10:00 Morning Stretch 11:00 Activity Time 11:00 Tai-Chi with Robert 1:30 Fitness with Maria 1:30 Show, Share & Chat 2:30 Movie	 Welcome Nancy Gaston Roger Parker Louise Carter

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6:30 Thursday Evening Hymn Sing
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August 2018

2615 SW Barton St
Seattle, WA 98126
206.937.6122

Summertime!

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