


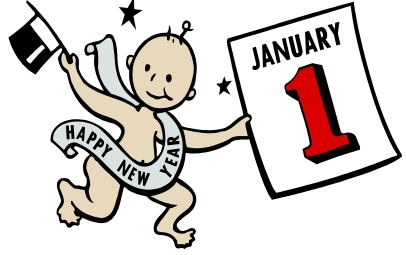




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		HAPPY NEW YEAR! 1 11:00 CS Daily Lifts ~ Sentinel Radio 11:00 Qi Gong 1:20 Kick It 3:00 Afternoon Trivia Pursuit 6:30 Hand & Foot Card Game 	2 10:00 VAN TRIPE: Let's Explore Burien and Lunch out at the Grand Central Bakery *RSVP with Activities 11:00 Strength & Conditioning 1:20 Fitness with Maria 2:00 NEW! Hump Day BINGO 3:30 Dive, Dinner and Dance: Dinner at Talarico's West Seattle then off to Senior Center for some toe tapping & dancing music by Lauren Petrie	3 10:15 Morning Shopping: QFC, Banks, Rite Aid & 35 th SW Library *RSVP with Activities 1:30 Afternoon Shopping: Southcenter *RSVP with Activities 1:30 Current Events with Pete 3:00 NEW! Late Afternoon Arts & Crafts 3:30 Let's Play Pool 6:30 Hand & Foot Card Game	4 11:00 Strength & Conditioning 1:20 Fitness with Maria 2:15 Light Dance 3:00 Movie 3:30 Let's Play Pool	5 9:00 AARP Driving Class 10:00 Toastmasters 2:30 Movie
6 9:00 Church Transportation 11:30 West Seattle Christian Communion Service 2:30 Movie 6:30 Hand & Foot Card Game	7 9:15 CS Bible Lesson / Sermon Fellowship ~ Monday - Friday 11:15 Pray the Rosary 11:00 Strength & Conditioning 1:20 Fitness with Maria 2:00 Kick It 2:30 Word Games with Christine 3:30 Let's Play Pool 7:00 Daystar Resident Book Discussion Group	WEST SEATTLE APPTS 8 11:00 CS Daily Lifts ~ Sentinel Radio 11:00 Qi Gong 1:20 Kick It 2:30 Debbie Dimitre as Mrs. Bertha Knight Landes ~ First woman Mayor of Seattle in 1926 3:00 Afternoon Trivia Pursuit 6:30 Hand & Foot Card Game	9 10:00 VAN TRIPE 10:00 Talk Food with Sami 11:00 Strength & Conditioning 1:20 Fitness with Maria 2:00 Hump Day BINGO	10 10:15 Morning Shopping: QFC, Banks, Rite Aid & 35 th SW Library *RSVP with Activities 1:30 Afternoon Shopping: Walmart Federal Way *RSVP With Activities 3:00 Late Afternoon Arts & Crafts 3:30 Let's Play Pool 6:30 Hand & Foot Card Game	11 11:00 Strength & Conditioning 1:20 Fitness with Maria 2:15 Light Dance 3:00 Movie 3:30 Let's Play Pool	12 9:00 Daystar Resident Pancake Breakfast 10:30 Daystar Resident Council Meeting 11:30 WII Sports Games 2:00 Pianist Benjamin O'Connor ~ 12 year old gifted musician and pianist & Daystar Resident Anne Jones Grandson
13 2:30 Movie 6:30 Hand & Foot Card Game	14 9:15 CS Bible Lesson / Sermon Fellowship ~ Monday - Friday 11:15 Pray the Rosary 11:00 Strength & Conditioning 1:20 Fitness with Maria 2:00 Kick It 2:30 Word Games with Christine 3:30 Let's Play Pool	SOUTHEND APPTS 15 11:00 CS Daily Lifts ~ Sentinel Radio 11:00 Qi Gong 1:00 League of Women Voter's 1:20 Kick It 3:00 Afternoon Trivia Pursuit 6:30 Hand & Foot Card Game	16 10:00 VAN TRIPE 11:00 Strength & Conditioning 1:20 Fitness with Maria 2:00 Hump Day BINGO 3:00 Spanish Lessons with Alberto RETURNS!	17 10:15 Morning Shopping: QFC, Banks, Rite Aid & 35 th SW Library *RSVP with Activities 1:30 Afternoon Shopping: West Seattle *RSVP with Activities 3:00 Late Afternoon Arts & Crafts Viva Las Daystar Casino Night 4:30 PM ~ 7:30 PM Win Big at our Black Jack And Roulette Tables Serving wonderful Hors d'oeuvres and Desserts for Dinner	18 11:00 Strength & Conditioning 1:20 Fitness with Maria 2:15 Light Dance 3:00 Meet and Greet New Daystar Employee's 3:00 Movie 3:30 Let's Play Pool	19 10:00 Toastmasters 10:30 WII Sports Games 2:30 Movie

Christian Science Scheduled Activities

More Daystar Christian Science activities and details are available on Daystar Christian Science Weekly Activities Form, available at Front Desk, Community Relations and Jack Caldwell

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20	21	22	23	24	25	26
11:30 West Seattle Christian Communion Service 2:30 Movie 6:30 Hand & Foot Card Game	9:15 CS Bible Lesson / Sermon Fellowship ~ Monday - Friday 11:15 Pray the Rosary 11:00 Strength & Conditioning 1:20 Fitness with Maria 2:00 Kick It 2:30 Word Games with Christine 3:30 Let's Play Pool 7:00 Daystar Resident Book Discussion Group	DOWNTOWN APPTS 11:00 CS Daily Lifts ~ Sentinel Radio 11:00 Qi Gong 1:20 Kick It 3:00 Afternoon Trivia Pursuit 6:30 Hand & Foot Card Game	10:00 VAN TRIPE 11:00 Strength & Conditioning 1:20 Fitness with Maria 2:00 Hump Day BINGO 3:00 Spanish Lessons with Alberto	10:15 Morning Shopping: QFC, Banks, Rite Aid & 35 th SW Library * RSVP with Activities 1:30 Afternoon Shopping: Residents Choice / Suggestion * RSVP with Activities 3:00 Late Afternoon Arts & Crafts 3:30 Let's Play Pool 6:30 Hand & Foot Card Game	10:10 West Seattle Garden Club 11:00 Strength & Conditioning 1:20 Fitness with Maria 2:15 Light Dance 3:00 Movie 3:30 Let's Play Pool	10:30 Wii Sports Games 2:30 Movie
27	28	29	30	31		
2:30 Movie 6:30 Hand & Foot Card Game	9:15 CS Bible Lesson / Sermon Fellowship ~ Monday - Friday 11:15 Pray the Rosary 11:00 Strength & Conditioning 1:20 Fitness with Maria 2:00 Kick It 2:30 Word Games with Christine 3:30 Let's Play Pool	DISCRETIONARY 11:00 CS Daily Lifts ~ Sentinel Radio 11:00 Qi Gong 1:20 Kick It 3:00 Afternoon Trivia Pursuit 6:30 Hand & Foot Card Game	10:00 VAN TRIPE 11:00 Strength & Conditioning 1:20 Fitness with Maria 2:00 Hump Day BINGO 3:00 Spanish Lessons with Alberto	10:15 Morning Shopping: QFC, Banks, Rite Aid & 35 th SW Library * RSVP with Activities 1:30 Afternoon Shopping: Fred Meyer * RSVP with Activities 3:00 Late Afternoon Arts & Crafts 3:30 Let's Play Pool 6:30 Hand & Foot Card Game		
NEW ACTIVITY HUMP DAY BINGO 	WELCOME TO DAYSTAR MARIE HIGGINS 	NEW ACTIVITY THURSDAY LATE AFTERNOON ARTS & CRAFTS 	JANUARY BIRTHDAY'S Nancy Gaston Libby Williams Carol Harkinson Louise Carter Celice Fletcher Agnes Buske	JOIN US FOR VIVA LAS DAYSTAR CASINO NIGHT 	SPECIAL APPEARANCE AT DAYSTAR Debbie Dimitre as Mrs. Bertha Knight Landes, the first women Mayor of Seattle in 1926	

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