Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			2019 ement Village			1 10:00 Toastmasters 10:30 Morning Stretch & More! 2:00 Bunco Buddies! 2:30 Movie
9:00 Church Transportation 2:30 Movie 6:30 Hand & Foot Card Game	11:00 Pray the Rosary	WEST SEATTLE APPTS. 4 10:30 Morning Stretch 11:00 Walk About 11:00 CS Daily Lifts ~ Sentinel 11:00 Tai Chi with Steve 1:15 Walking Club 4:15 Garden Lobby Sing Along 6:30 Hand & Foot Card Game	5 10:30 Morning Stretch 10:45 CS Live Web Testimony 11:00 Talk Food with Chef Sami 2:00 Hump Day BINGO! 4:00 DINNER DIVE & DANCE Dine at Great American Diner, music and dance at Senior Center of West Seattle	6 10:15 Morning Shopping 10:30 Morning Stretch 1:30 Shopping Southcenter 2:30 Ambassador Meeting 4:30 VAN TRIP: Museum of Flight & Dinner Wings Cafe 6:30 Hand & Foot Card Game 7:00 Evening CS Lecture	7 10:00 Scenic Van Ride Seward Park 10:00 Crestwood Garden Club 10:30 Morning Stretch 1:20 Fitness with Maria! 2:30 Movie 3:30 Let's Play Pool! 4:15 Garden Lobby	8 9:00 AARP Driving Class 10:30 Resident Council Meeting 10:30 Morning Stretch & More! 2:00 Bunco Buddies! 2:00 Music with Amy 2:30 Movie
9 9:00 Church Transportation 2:30 Movie 6:30 Hand & Foot Card Game	10:30 Dr. Phil Good 11:00 Pray the Rosary	SOUTHEND APPTS. 11 10:30 Morning Stretch 11:00 Walk About 11:00 CS Daily Lifts ~ Sentinel 11:00 Tai Chi with Steve 1:15 Walking Club 2:30 PRESENTATION: OnSite Dermatology 4:15 Garden Lobby Sing Along 6:30 Hand & Foot Card Game	12 10:00 The Boutique Experience 10:30 Morning Stretch 10:30 VASHON FERRY: Hardware Restaurant & Museum 10:45 CS Live Web Testimony 1:20 Fitness with Maria! 2:00 Hump Day BINGO 2:30 Westside School Visit 4:15 Garden Lobby Happy Hour	13 10:15 Morning Shopping 10:30 Morning Stretch 11:30 Walk About 1:30 Burien Farmer's Market 2:00 Balloon Volleyball 3:30 Let's Play Pool 4:00 Card Making with Vickie 6:30 Hand & Foot Card Game	14 10:00 Scenic Van Ride 10:30 Morning Stretch 10:30 PRESENTATION: Medline Products with Arista 1:20 Fitness with Maria! 2:00 Coffee Time & Klondike Bars 2:30 Movie 3:30 Let's Play Pool! Flag Day (US)	15 10:00 Toastmasters 10:30 Morning Stretch & More! 2:00 Bunco Buddies! 2:30 Movie
16 9:00 Church Transportation HAPPY FATHER'S DAY BBQ Cook Out 12:30 pm 2:30 Movie 6:30 Hand & Foot Card Game Father's Day	10:30 Dr. Phil Good 11:00 Walk About 11:00 Pray the Rosary 1:20 Fitness with Maria!	DOWNTOWN APPTS. 18 10:00 Coffee Social with Current Events 10:30 Morning Stretch 11:00 Walk About 11:00 CS Daily Lifts ~ Sentinel 11:00 Tai Chi with Steve 1:15 Walking Club 2:00 Fresh Flowers 4:15 Garden Lobby Sing Along		20 10:15 Morning Shopping 10:30 Morning Stretch! 11:30 Stay Sharp 1:30 Shopping Trader Joe's 2:00 Balloon Volleyball 3:30 Let's Play Pool 3:30 DINNER OUT: SALTY'S Happy Hour 6:30 Hand & Foot Card Game	21 10:00 Van Ride Krispy Kreme 10:30 Morning Stretch 1:20 Fitness with Maria! 2:00 Hot Diggity Dog ~ BBQ Dogs Hot off the Grill 2:30 Movie 3:30 Let's Play Pool!	22 10:30 Morning Stretch & More! 2:00 Bunco Buddies! 2:30 Piano Music and Sing Along with Sandra Walker
9:00 Church Transportation 2:30 Movie 6:30 Hand & Foot Card Game	9:15 CS Bible Lesson M - F 10:30 Dr. Phil Good 11:00 Pray the Rosary	DISCRETIONARY APPTS. 25 10:30 Morning Stretch 11:00 Walk About 11:00 CS Daily Lifts ~ Sentinel 11:00 Tai Chi with Steve 1:15 Walking Club 2:00 Arts Crafts 4:00 Classical Piano with Bonnie 6:30 Hand & Foot Card Game	10:30 Morning Stretch		28 10:00 West Seattle Garden Club 10:30 Morning Stretch	29 10:30 Morning Stretch & More! 2:00 Bunco Buddies! 2:30 Movie
30 9:00 Church Transportation 2:30 Movie 6:30 Hand & Foot Card Game			George Bob E Ralph	e to Daystar Johnson Ballard Johnson Barney		

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