





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>February Events</p> <p>Chinese New Year Year of the Dog Dinner Celebration</p> <p>Friday, February 16 4:30 pm</p>	<p>February Events</p> <p>Presentation: Heart Health with Michael Cain and Jenifer Drake</p> <p>Dinner Out & Dance with Lauren Petrie at the WS Senior Center</p> <p>Dinner at House of Hong</p>		<p>1</p> <p>9:30 Fresh Start in February Meeting with Jenifer</p> <p>10:00 Morning Stretch</p> <p>10:00 QFC, Banks, Rite Aid</p> <p>11:45 Admiral Theater</p> <p>1:30 Pool Lessons</p> <p>1:30 Strength Training</p> <p>2:30 Bingo with Candy Lee</p> <p>4:00 Card making with Vickie</p> <p>6:30 Hand & Foot Card Game</p> <p>6:30 Hymn Sing</p>	<p>2</p> <p>10:00 Morning Stretch</p> <p>10:00 Stretch with Robert</p> <p>10:00 Women's Bible Study</p> <p>10:00 Crestwood Garden Club</p> <p>10:45 Van Ride: Original Bakery</p> <p>11:00 Tai-Chi with Robert</p> <p>1:30 Fitness with Maria</p> <p>1:30 Balls, Bean Bags & Balloons</p> <p>2:30 Movie</p>	<p>3</p> <p>9:00 AARP Driving Class</p> <p>10:00 Morning Stretch</p> <p>10:00 Toastmasters</p> <p>1:30 Strength Training with Robert</p> <p>2:30 Movie</p>
<p>4</p> <p>9:00 Church Transportation</p> <p>11:30 West Seattle Christian Communion Service</p> <p>1:30 Sing Along with the Salvation Army</p> <p>2:30 Cookies & Conversation with Candy Lee</p> <p>3:30 Super Bowl Party ~ Philadelphia Eagles vs. New England Patriots ~ serving snacks</p>	<p>5</p> <p>10:00 Morning Stretch</p> <p>11:00 Show and Share</p> <p>11:15 Pray the Rosary</p> <p>1:30 Fitness with Maria</p> <p>2:00 Pet Visit with Maggie Mae</p> <p>2:30 Word Games</p> <p>3:00 Stay Sharp</p> <p>3:30 Balloon Toss</p>	<p>6</p> <p>Appointments West Seattle</p> <p>10:00 Morning Stretch</p> <p>10:00 Stretch with Robert</p> <p>10:30 Coffee Social</p> <p>10:45 CS Daily Lifts-Sentinel Radio</p> <p>11:00 Tai-Chi with Robert</p> <p>1:30 Strength Training</p> <p>2:30 Current Events with Pete</p> <p>3:30 Book Club</p> <p>6:30 Hand & Foot Card Game</p>	<p>7</p> <p>10:00 Talk Food with Jenifer</p> <p>10:00 Morning Stretch</p> <p>10:30 Huckleberry Square</p> <p>11:00 TMC Live Web Meeting</p> <p>1:30 Fitness with Maria</p> <p>2:15 Movie</p> <p>3:00 Cookies & Conversation</p> <p>3:30 Balloon Toss</p> <p>4:00 Dinner & Dance with Lauren Petrie at the WS Senior Center</p>	<p>8</p> <p>Birthday Celebrations</p> <p>10:00 Morning Stretch</p> <p>10:00 Stretch with Robert</p> <p>10:15 QFC, Banks, Rite Aid</p> <p>1:30 Shopping: Trader Joes</p> <p>1:30 Strength Training</p> <p>2:00 "Be My Valentine" Craft Party with Beth & Mel</p> <p>3:30 Book Club</p> <p>6:30 Hand & Foot Card Game</p> <p>6:30 Hymn Sing</p>	<p>9</p> <p>10:00 Morning Stretch</p> <p>10:00 Stretch with Robert</p> <p>10:00 Women's Bible Study</p> <p>10:00 Crestwood Garden Club</p> <p>10:45 Van Ride: See's Candies</p> <p>11:00 Tai-Chi with Robert</p> <p>1:30 Fitness with Maria</p> <p>1:30 Balls, Bean Bags & Balloons</p> <p>2:30 Armchair Traveler with Dan Lee</p>	<p>10</p> <p>9:00 Pancake Breakfast</p> <p>10:00 Morning Stretch</p> <p>12:00 Van Trip: Senior Day</p> <p>Seattle University Basketball Game at Key Arena</p> <p>1:30 Strength Training with Robert</p> <p>2:30 Movie</p>
<p>11</p> <p>9:00 Church Transportation</p> <p>2:00 Country Music with Hank and Eulaine</p> <p>2:30 Movie</p> <p>2:30 Cookies & Conversation with Candy Lee</p>	<p>12</p> <p>10:00 Morning Stretch</p> <p>11:00 Show and Share</p> <p>11:15 Pray the Rosary</p> <p>1:30 Fitness with Maria</p> <p>2:00 Pet Visit with Maggie Mae</p> <p>2:30 Word Games</p> <p>3:00 Stay Sharp</p> <p>3:30 Balloon Toss</p>	<p>13</p> <p>Burien/Highline Appts</p> <p>9:00 Wellness Check 9-11 am</p> <p>10:00 Morning Stretch</p> <p>10:00 Stretch</p> <p>10:30 Asian Collectibles</p> <p>10:45 CS Daily Lifts-Sentinel Radio</p> <p>11:00 Round Table with Jim</p> <p>11:00 Tai-Chi</p> <p>1:30 Strength Training</p> <p>2:30 Bingo with Candy Lee</p> <p>2:30 Presentation: Heart Health Michael & Jenifer</p>	<p>14</p> <p>Valentine's Day!</p> <p>10:00 Kid Visit: Westside School First Graders Valentine Program</p> <p>10:45 Spaghetti Factory</p> <p>11:00 TMC Live Web Meeting</p> <p>1:30 Fitness with Maria</p> <p>2:15 Movie</p> <p>3:00 Valentine Party and Sing Along with Sue</p> <p>3:30 "Sweetheart" Happy Hour</p>	<p>15</p> <p>10:00 Morning Stretch</p> <p>10:00 Stretch</p> <p>10:15 QFC, Banks, Rite Aid</p> <p>1:30 Shopping: Southcenter</p> <p>1:30 Pool Lessons with Richard</p> <p>1:30 Strength Training</p> <p>2:00 Coffee Break</p> <p>2:30 Bingo with Candy Lee</p> <p>3:30 Book Club</p> <p>6:30 Hand & Foot Card Game</p> <p>6:30 Hymn Sing</p>	<p>16</p> <p>10:00 Morning Stretch</p> <p>10:00 Stretch</p> <p>10:00 Women's Bible Study</p> <p>11:00 Tai-Chi</p> <p>12:00 Hot Diggity Dog! "Year of the Dog" BBQ</p> <p>1:30 Fitness with Maria</p> <p><i>Chinese New Year</i> <i>Dinner Celebration</i> 4:30 pm</p>	<p>17</p> <p>10:00 Morning Stretch</p> <p>10:00 Toastmasters</p> <p>1:30 Strength Training with Robert</p> <p>2:00 Sing Along with Amy</p> <p>2:30 Movie</p>

Sunday Church Schedule

9:15 Fauntleroy Church, UCC
9:15 14th Church of Christ, Scientist
9:30 St John the Baptist Episcopal
10:15 Grace Church
10:15 Salvation Army
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
6:30 Thursday Evening Hymn Sing
6:30 Evening CS Sunday Service Last Sunday of the Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18 9:00 Church Transportation 11:30 West Seattle Christian Communion Service 2:00 Old Time Hymn Sing 2:30 Movie 2:30 Cookies & Conversation with Candy Lee	19 President's Day 10:00 Morning Stretch 11:00 Show and Share 11:15 Pray the Rosary 1:30 Fitness with Maria 2:00 Pet Visit with Maggie Mae 2:30 Word Games 3:00 Stay Sharp 3:30 Balloon Toss	20 Appointments Downtown 10:00 Morning Stretch 10:00 Stretch with Robert 10:30 Presentation: History of Tea with Tea Tasting 10:45 CS Daily Lifts-Sentinel Radio 11:00 Tai-Chi with Robert 1:00 League of Women Voters 1:30 Strength Training 2:30 Bingo with Candy Lee 3:30 Book Club 6:30 Hand & Foot Card Game	21 10:00 Morning Stretch 10:30 Van Trip: XXX Rootbeer Drive-In and Boehms Candies 11:00 TMC Live Web Testimony Meet 1:30 Fitness with Maria 2:15 Movie 3:00 Cookies & Conversation 3:30 Balloon Toss 6:45 Evening Bingo	22 10:00 Morning Stretch 10:00 Stretch with Robert 10:15 QFC, Banks, Rite Aid 1:30 Shopping: Fred Meyer 1:30 Pool Lessons with Richard 1:30 Strength Training 2:30 Bingo with Candy Lee 3:30 Book Club 4:30 Dinner Out: House of Hong 6:30 Hand & Foot Card Game 6:30 Hymn Sing	23 10:00 Morning Stretch 10:00 Stretch with Robert 10:00 Women's Bible Study 10:00 West Seattle Garden Club Meeting 10:45 Van Trip: Krispy Kreme 11:00 Tai-Chi with Robert 1:30 Fitness with Maria 2:30 Daystar Resident Bonus Buck Raffle and Auction	24 10:00 Morning Stretch 1:30 Strength Training with Robert 2:00 Piano Music and Sing Along with Sandra Walker
25 9:00 Church Transportation 2:30 Music Concert: West Seattle Community Orchestra Brass Sextet 2:30 Cookies & Conversation with Candy Lee 6:30 CS Sunday Service	26 10:00 Morning Stretch 11:00 Show and Share 11:15 Pray the Rosary 12:00 Pet Visit with Maggie Mae 1:30 Fitness with Maria 2:30 Word Games	27 Discretionary Appointments 10:00 Morning Stretch 10:30 Resident Activity Meeting 10:45 CS Daily Lifts-Sentinel Radio 11:00 Tai-Chi with Robert 1:30 Strength Training 2:30 Bingo with Candy Lee 3:30 Book Club 6:30 Hand & Foot Card Game	28 10:00 Morning Stretch 9:00 Lunch Out: Snoqualmie Casino 11:00 TMC Live Web Testimony Meeting 1:30 Fitness with Maria 2:15 Movie 3:00 Sing Along with Sue 3:30 Balloon Toss		<p>Welcome</p> <p>Millie Nikula</p> <p>Agnes Buske</p>	 <p>2018 CHINESE YEAR OF THE DOG</p>

 Happy Valentine's Day

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