

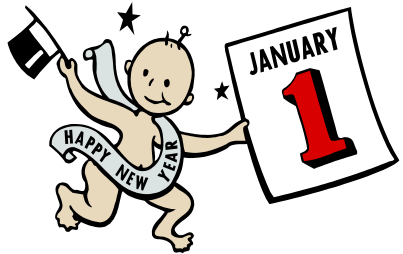


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>Happy New Year</i></p>		<p>January Events</p> <p>Ballroom Dance Demonstration and Lesson with Dale & Suzy</p> <p>Van Trip: MOHAI Museum of History & Industry</p>	<p>Fourth Annual Black and White Gala Dinner *RSVP</p> <p>Thursday, January 18th 4:30 pm – 6:00 pm With the Dina Blade Trio</p>	<p>January Events</p> <p>Presentation: Clearview Eye and Laser with Keshia Casimir, OD</p> <p>Dinner Out at Wally's Chowder House</p>		<p>January Events</p> <p>Van Trip: Uwajimaya Grocery & Gifts Lunch at the Food Court</p>
	<p>1</p> <p>New Year's Day!</p> <p>11:15 Pray the Rosary 2:00 Movie: <i>Sound of Music</i> Oscar-Winning Musical Classic starring Julie Andrews</p>	<p>2</p> <p>Appointments West Seattle</p> <p>10:00 Morning Stretch 10:30 Coffee Social 10:45 CS Daily Lifts-Sentinel Radio 11:00 Fresh Flower Arranging 11:00 Tai-Chi with Robert 1:30 Strength Training 2:30 Current Events with Pete 2:30 Bingo with Candy Lee 3:30 Book Club 6:30 Hand & Foot Card Game</p>	<p>3</p> <p>10:00 Morning Stretch 10:00 Talk Food with Jenifer 10:30 Lunch Out: Huckleberry Square 11:00 TMC Live Web Testimony Meeting 1:30 Fitness with Maria 2:15 Movie 3:30 New Year Resolutions and Baby & Family Photos Display</p>	<p>4</p> <p>10:00 Morning Stretch 10:30 Van Trip: MOHAI 1:00 QFC, Banks, Rite Aid 1:30 Pool Lessons with Richard 1:30 Strength Training 2:00 Coffee Time 2:30 Bingo with Candy Lee 3:30 Book Club 4:00 Card making with Vickie 6:30 Hymn Sing 6:30 Hand & Foot Card Game</p>	<p>5</p> <p>10:00 Morning Stretch 10:00 Women's Bible Study 10:00 Crestwood Garden Club 10:45 Van Ride Original Bakery 11:00 Tai-Chi with Robert 1:30 Fitness with Maria 2:00 Coffee Time with Hot Spiced Cider 2:30 Movie 3:00 Sing Along with Sue</p>	<p>6</p> <p>9:00 AARP 10:00 Morning Stretch 10:00 Toastmasters 1:30 Strength Training with Robert 2:00 Music and Sing Along with Miracle 2:30 Movie</p>
<p>7</p> <p>9:00 Church Transportation 11:30 West Seattle Christian Communion Service 1:30 Sing Along with the Salvation Army 2:30 Movie 2:30 Bingo with Candy Lee</p>	<p>8</p> <p>10:00 Morning Stretch 11:00 Show and Share ~ Favorite New Year's Resolutions 11:15 Pray the Rosary 1:30 Fitness with Maria 2:00 Pet Visit ~ Maggie Mae 2:30 Word Games 3:00 Stay Sharp 3:30 Balloon Volleyball</p>	<p>9</p> <p>Appointments Burien/Highline</p> <p>10:00 Morning Stretch 10:30 Coffee Social 10:30 Woodcraft Sale 10:45 CS Daily Lifts-Sentinel Radio 11:00 Tai-Chi with Robert 1:30 Strength Training 2:30 Ballroom Dance Demo & Lesson with Dale and Suzy 2:30 Bingo with Candy Lee 6:30 Hand & Foot Card Game</p>	<p>10</p> <p>10:00 Morning Stretch 10:00 Van Trip: Uwajimaya Grocery & Gifts, lunch at their Food Court 11:00 TMC Live Web Testimony Meeting 1:30 Integrative Foot Care 1:30 Fitness with Maria 2:15 Movie 3:00 Color Your World 3:30 Balloon Volleyball 6:45 Evening Bingo</p>	<p>11</p> <p>Birthday Celebrations!</p> <p>10:00 Morning Stretch 10:15 QFC, Banks, Rite Aid 1:30 Pool Lessons with Richard 1:30 Strength Training 1:30 Shopping Southcenter 2:00 Coffee Time 2:30 Bingo with Candy Lee 3:30 Book Club 4:00 Card making with Vickie 6:30 Hymn Sing 6:30 Hand & Foot Card Game</p>	<p>12</p> <p>10:00 Morning Stretch 10:00 Women's Bible Study 10:45 Van Ride 11:00 Sing Along with Sue 11:00 Tai-Chi with Robert 1:30 Fitness with Maria 2:00 Frosty Smoothie Time 3:00 Presentation: Clearview Eye & Laser, Important Eye Care for Seniors with Keshia Casimir, OD 3:00 Crafts & Card Making</p>	<p>13</p> <p>9:00 Pancake Breakfast 10:00 Morning Stretch 10:30 Resident Council Meeting 1:30 Strength Training with Robert 2:00 Piano Music with Brian 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

Daily 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



January 2018

2615 SW Barton St
Seattle, WA 98126
206.937.6122

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
14 9:00 Church Transportation 11:30 West Seattle Christian Communion Service 2:00 Country Music with Hank and Eulaine 2:30 Movie: 2:30 Bingo with Candy Lee	15 Martin Luther King Jr. Day 10:00 Morning Stretch 11:00 Show and Share ~ Baby Photos 11:15 Pray the Rosary 1:30 Fitness with Maria 2:00 Pet Visit ~ Maggie Mae 2:30 Word Games 3:00 Stay Sharp 3:30 Balloon Volleyball	16 Appointments Downtown 10:00 Morning Stretch 10:30 Coffee Social 10:45 CS Daily Lifts-Sentinel Radio 11:00 Fresh Flower Arranging 11:00 Tai-Chi with Robert 11:30 Round Table with Jim 1:30 Strength Training 2:30 Bingo with Candy Lee 3:30 Book Club 6:30 Hand & Foot Card Game	17 10:00 Morning Stretch 10:30 Lunch Out: Chelan Café 11:00 TMC Live Web Testimony Meeting 1:30 Fitness with Maria 2:15 Movie 3:00 Color Your World 3:30 Balloon Volleyball	18 10:00 Morning Stretch 10:15 QFC, Banks, Rite Aid 1:30 Pool Lessons 1:30 Strength Training 1:30 Shopping Value Village 2:00 Coffee Time 2:30 Bingo with Candy Lee Fourth Annual Black & White Gala Dinner and Live Music Dina Blade Trio 4:30 pm – 6:00 pm	19 10:00 Morning Stretch 10:00 Women's Bible Study 10:45 Van Ride Krispy Kreme 11:00 Tai-Chi with Robert 1:30 Fitness with Maria 2:00 Coffee Time with Hot Chocolate 2:30 Movie 3:30 Sing Along with Sue	20 10:00 Morning Stretch 10:00 Toastmasters 1:30 Strength Training with Robert 2:00 Sing Along with Amy 2:30 Movie
21 9:00 Church Transportation 11:30 West Seattle Christian Communion Service 2:00 Old Time Hymn Sing 2:30 Movie: 2:30 Bingo with Candy Lee	22 10:00 Morning Stretch 11:00 Show and Share ~ Snow Pictures 11:15 Pray the Rosary 1:30 Fitness with Maria 2:00 Pet Visit ~ Maggie Mae 2:30 Word Games 3:00 Stay Sharp 3:30 Balloon Volleyball	23 Discretionary Appointments 10:00 Morning Stretch 10:30 Coffee Social 10:45 CS Daily Lifts-Sentinel Radio 11:00 Tai-Chi with Robert 1:30 Strength Training 2:30 Presentation: Complementary & Medical Alternatives 2:30 Bingo with Candy Lee 3:30 Book Club 6:30 Hand & Foot Card Game	24 10:00 Morning Stretch 10:30 Lunch Out: Applebee's 11:00 TMC Live Web Testimony Meeting 1:30 Fitness with Maria 2:15 Movie 3:00 Color Your World 3:30 Balloon Volleyball 6:45 Evening Bingo	25 10:00 Morning Stretch 10:15 QFC, Banks, Rite Aid 1:30 Pool Lessons with Richard 1:30 Strength Training 1:30 Shopping Fred Meyer 2:00 Coffee Time 2:30 Bingo with Candy Lee 3:30 Book Club 4:00 Dinner Out ~ Wally's Chowder House 6:30 Hymn Sing 6:30 Hand & Foot Card Game	26 10:00 Morning Stretch 10:00 Women's Bible Study 10:00 West Seattle Garden Club 10:45 Van Ride 11:00 Tai-Chi with Robert 1:30 Fitness with Maria 2:00 Frosty Smoothie Time 2:30 Movie 3:30 Craft & Cardmaking with Sue	27 10:00 Morning Stretch 1:30 Strength Training with Robert 2:00 Music Sing Along with Sandra Walker
28 9:00 Church Transportation 10:30 Communion Service	29 10:00 Morning Stretch 11:00 Show and Share ~ Baby	30 Discretionary Appointments 10:00 Morning Stretch	31 10:00 Morning Stretch 10:00 Van Trip: Snoqualmie			

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