

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# September 2023

						1 10:00 Morning Stretch 10:30 Fitness & Balance 11:00 Coffee & Conversation 11:00 Bridge Club: Resident Led 1:15 Shopping: Dollar Tree 3:00 Word Games 3:00 Movie Matinee	2 10:30 Wizard Card Game 1:15 Movie Matinee 1:30 Games: Resident Led 2:00 Movie Matinee
Church Transport: West Seattle 3 2:30 Movie Matinee 3:00 Movie Matinee	4 10:00 Morning Stretch 10:30 Strength & Flexibility 11:00 Flute Performance 12:00 Flute Performance 3:00 Happy Hour 3:00 Movie Matinee  Labor Day	Dr. Appointments: West Seattle 5 10:00 Morning Stretch 10:30 Wii Sports: Bowling 11:15 Music: Piano with Bonnie 1:15 Games: Resident Choice 2:00 Music: Piano with Bonnie 3:00 Movie Matinee	6 10:00 Morning Stretch 10:30 Fitness & Balance 10:30 Animal Visit: Bohdi 10:30 Strength & Flexibility 11:15 Games 1:15 Book Club: WTCS 3:00 Movie Matinee	7 10:00 Morning Stretch 10:30 Chair Yoga with Nadine 11:15 Wii Sports: Bowling 1:15 Walking Club: Lincoln Park 3:00 Movie Matinee 4:00 Prize Bingo	8 10:00 Morning Stretch 10:30 Fitness & Balance 11:00 Bridge Club: Resident Led 11:15 Coffee & Conversation 1:15 Shopping: Fred Meyer 3:00 Word Games 3:00 Movie Matinee	9 10:30 All Resident Council Meeting with David 11:00 Wizard Card Game 1:30 Games: Resident Choice 2:00 Movie Matinee 3:00 Movie Matinee	
Church Transport: West Seattle 10 2:30 Movie Matinee 3:00 Movie Matinee  Grandparents Day	11 10:00 Morning Stretch 10:30 Strength & Flexibility 11:00 Wii Sports 1:15 Mahjong Practice 3:00 Movie Matinee	Dr. Appointments: Burien 12 10:00 Morning Stretch 10:30 Games: Resident Choice 10:30 All Resident Council 11:15 Music: Piano with Bonnie 1:15 Games: Resident Choice 2:00 Music: Piano with Bonnie 3:00 Movie Matinee 5:00 August Birthdays	13 10:00 Morning Stretch 10:30 Fitness & Balance 10:30 Strength & Flexibility 11:00 Travelogue: Vietnam 12:00 Lunch Out: Vietnamese 1:45 Guided Journaling 3:00 Movie Matinee	14 10:00 Morning Stretch 10:30 Chair Yoga with Nadine 11:15 Wii Sports: Bowling 1:15 Shopping: Westwood 3:00 Prize Bingo 3:00 Movie Matinee	15 10:00 Morning Stretch 10:30 Fitness & Balance 11:00 Bridge Club: Resident Led 1:00 Grandparents Day Party 2:00 Debbie Dimitre: Nellie Bly 3:00 Movie Matinee  Rosh Hashanah Begins	16 9:00 Total Health Foot Care 10:30 Wizard Card Game 1:15 Movie Matinee 1:30 Games: Resident Led 3:00 Movie Matinee  Oktoberfest Begins	
Church Transport: West Seattle 17 2:00 Movie Matinee: 3:00 Movie Matinee	18 10:00 Morning Stretch 10:30 Strength & Flexibility 11:00 Wii Sports: Bowling 1:15 Mahjong with Donna 3:00 Movie Matinee 6:00 Happy Hour	Dr. Appointments: Capitol Hill 19 10:00 Morning Stretch 10:30 Games: Resident Choice 11:15 Music: Piano with Bonnie 1:15 Hymn Sing with Bonnie & David 2:00 Talk Food with MaGlori 3:00 Movie Matinee	20 10:00 Morning Stretch 10:30 Fitness & Balance 10:30 Strength & Flexibility 11:15 Games 1:15 Craft Corner: Cards 2:15 Prize Bingo 3:00 Movie Matinee	21 10:00 Morning Stretch 10:30 Chair Yoga with Nadine 11:15 Museum: MoF 1:15 Games: Resident Led 3:00 Movie Matinee	22 10:00 Morning Stretch 10:30 Fitness & Balance 11:00 Bridge Club: Resident Led 11:15 Games 1:15 Shopping: Southcenter 3:00 Movie Matinee	23 10:30 Wizard Card Game 1:30 Games: Resident Choice 2:00 Movie Matinee 3:00 Movie Matinee  Autumn Begins	
Church Transport: West Seattle 24 2:00 Movie Matinee 3:00 Movie Matinee  Yom Kippur Begins	25 10:00 Morning Stretch 10:30 Strength & Flexibility 11:00 Wii Sports 1:15 Mahjong Practice 3:00 Movie Matinee	Dr. Appointments: Discretionary 26 10:00 Morning Stretch 10:30 Games: Resident Choice 11:15 Music: Piano with Bonnie 1:15 Games: Resident Choice 2:00 Music: Piano with Bonnie 3:00 Movie Matinee	27 10:00 Morning Stretch 10:30 Fitness & Balance 10:30 Strength & Flexibility 10:30 Animal Visit: Bohdi 11:15 Coffee & Conversation 1:15 Poetry Reading 2:15 Activity Highlight Meeting 3:00 Movie Matinee	28 10:00 Morning Stretch 10:30 Chair Yoga with Nadine 11:15 Wii Sports: Bowling 1:15 Prize Bingo 3:15 Shopping: Goodwill 3:00 Movie Matinee	29 10:00 Morning Stretch 10:30 Casino Trip: Muckleshoot 11:00 Bridge Club: Resident Led 11:00 Games: Resident Led 3:00 Movie Matinee  Sukkot Begins	30 10:30 Wizard Card Game 1:30 Games: Resident Choice 2:00 Movie Matinee 3:00 Movie Matinee	