

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	9:00 to 2:00 Sewing Group (MR) <b>1</b> 10:30 Dance Cardio (FR) 12:00 Balance & Strength (FR) 1:00 Support Shawl Knitters (HS JB) 2:00 Raffle Bingo (FR) ** 3:30 Mexican Train (JB) ** 4:40 Therapy Dog Visits (JB)	<b>AM Doctor Transports</b> <b>2</b> 11:15 Seated Yoga & Meditation (FR) 1:00 Rummikub (JB) ** <b>1:30 Scenic Drive R&amp;T</b> 6:30 Movie Night (Theatre) **	10:00 Comfort Keeper's Caregiver Support Group (CSF) <b>3</b> <b>11:30 Independence Day BBQ (Perennial Gardens)</b> <b>1:30 Safeway/Dollar Store R&amp;T</b> 2:00 Treats Bingo (FR) 6:30 Rummikub (JB) **	<b>4</b> 	9:00 Mobile Library (Hearthside) <b>5</b> 10:30 Dance Cardio (FR) 12:00 Balance & Strength (FR) 2:00 Texas Hold Em' (JB) <b>4:00 Piano Sing Along with Cameron (JB)</b>	11:00 Dime Bingo (FR) ** <b>6</b> 1:30 Rummikub (JB) ** 6:15 Blackjack (FR) **	
<b>SUNDAY</b>							
1:00 Scrabble (JB) ** <b>7</b> 3:00 Volunteer Led Show & Tell (JB)	9:00 to 2:00 Sewing Group (MR) <b>8</b> 10:30 Dance Cardio (FR) 12:00 Balance & Strength (FR) <b>1:00 Wine &amp; Cheese (JB)</b> 1:00 Support Shawl Knitters (HS JB) 2:00 Raffle Bingo (FR) ** 3:30 Mexican Train (JB) **	<b>AM Doctor Transports</b> <b>9</b> 11:15 Seated Yoga & Meditation (FR) 1:00 Rummikub (JB) ** <b>1:30 Scenic Drive R&amp;T</b> 3:00 Armchair Travel (Theatre) <b>3:30 Dining Out, Twin Lakes Country Club R&amp;T</b> 6:30 Movie Night (Theatre) **	<b>8:30 Men's Breakfast R&amp;T</b> <b>10</b> 10:30 Dance Cardio (FR) 12:00 Balance & Strength (FR) <b>1:00 Fred Meyer/Winco R&amp;T</b> <b>2:00 Round Table Meeting (FR)</b> 6:30 Rummikub (JB) **	<b>PM Doctor Transports</b> <b>11</b> <b>9:00 Walk Bradley R&amp;T</b> 10:30 Coffee Chats (JB) ** 11:15 Seated Yoga & Meditation (FR) 2:00 Wii Bowling (GYM) 3:00 Reminisce Café (JB)	10:30 Dance Cardio (FR) <b>12</b> 12:00 Balance & Strength (FR) 2:00 Texas Hold Em' (JB)	11:00 Dime Bingo (FR) <b>13</b> 1:30 Rummikub (JB) ** 6:15 Blackjack (FR) **	
1:00 Scrabble (JB) ** <b>14</b> 3:00 Volunteer Led Trivia Time (JB)	9:00 to 2:00 Sewing Group (MR) <b>15</b> 10:30 Dance Cardio (FR) 12:00 Balance & Strength (FR) 1:00 Support Shawl Knitters (HS JB) 2:00 Raffle Bingo (FR) ** 3:30 Mexican Train (JB) **	<b>AM Doctor Transports</b> <b>16</b> 11:15 Seated Yoga & Meditation (FR) 1:00 Rummikub (JB) ** <b>1:00 Steele Lake Picnic R&amp;T</b> 3:00 Armchair Travel (JB) 6:30 Movie Night (Theatre) **	<b>10:00 EQC Casino, Fife R&amp;T</b> <b>17</b> 10:30 Dance Cardio 12:00 Balance & Strength (FR) 2:00 Treats Bingo (FR) ** <b>3:15 Activities Meeting (FR)</b> 6:30 Rummikub (JB) **	<b>PM Doctor Transports</b> <b>18</b> <b>9:00 Walk Wapato R&amp;T</b> 10:30 Coffee Chats (JB) ** 11:15 Seated Yoga & Meditation (FR) <b>12:30 Resident Potluck Picnic on the Patio (DR Patio)</b> 3:00 Reminisce Cafe (JB)	10:30 Dance Cardio (FR) <b>19</b> 12:00 Balance & Strength (FR) <b>12:15 Ladies Lunch, Boathouse 19 R&amp;T</b> 2:00 Texas Hold Em' (JB)	11:00 Dime Bingo (FR) ** <b>20</b> 1:30 Rummikub (JB) ** <b>2:00 Sophie Lyons Sings! (FR)</b> 6:15 Blackjack (FR) **	
1:00 Scrabble (JB) ** <b>21</b> 3:00 Volunteer Led Show & Tell (JB)	9:00 to 2:00 Sewing Group (MR) <b>22</b> 10:30 Dance Cardio (FR) 12:00 Balance & Strength (FR) 1:00 Support Shawl Knitters (HS JB) 2:00 Raffle Bingo (FR) ** 3:30 Mexican Train (JB) **	<b>AM Doctor Transports</b> <b>23</b> 11:15 Seated Yoga & Meditation (FR) 1:00 Rummikub (JB) ** <b>1:30 Scenic Ride R&amp;T</b> 3:00 Armchair Travel! (Theatre) <b>4:00 Live Music, Doug Deems (JB)</b> 6:30 Movie Night (Theatre) **  <u>NW WELLNESS IN HOUSE - See Flyers</u>	<b>9:30 Target/Trader Joes R&amp;T</b> <b>24</b> 10:30 Dance Cardio (FR) 12:00 Balance & Strength (FR) <b>2:00 Talk Soup (MR)</b> 2:30 Treats Bingo (FR) 6:30 Rummikub (JB) **	<b>PM Doctor Transports</b> <b>25</b> <b>9:00 Walk Ruston R&amp;T</b> 11:15 Seated Yoga & Meditation (FR) 10:30 Coffee Chats (JB) ** <b>5:00 Concert on the Green (Perennial Gardens)</b>  <u>NW WELLNESS IN HOUSE - See Flyers</u>	10:30 Dance Cardio (FR) <b>26</b> 12:00 Balance & Strength (FR) 2:00 Texas Hold Em' (JB) <b>4:00 Happy Hour (JB)</b>	11:00 Dime Bingo (FR) ** <b>27</b> <b>1:00 Bible Song &amp; Study with CityHill Church Youth Group (Hearthside JB)</b> 1:30 Rummikub (JB) ** 6:15 Blackjack (FR) **	
1:00 Scrabble (JB) ** <b>28</b> 3:00 Volunteer Led Trivia Time (JB)	9:00 to 2:00 Sewing Group (MR) <b>29</b> 10:15 Dance Cardio (FR) 12:00 Balance & Strength (FR) 1:00 Support Shawl Knitters (HS JB) 2:00 Raffle Bingo (FR) ** 3:30 Mexican Train (JB) ** 4:40 Therapy Dog Visits (JB)	11:15 Seated Yoga & Meditation (FR) <b>30</b> 1:00 Rummikub (JB) ** 3:00 Armchair Travel (Theatre) 6:30 Movie Night (Theatre) **  <u>NW WELLNESS IN HOUSE - See Flyers</u>	10:15 Dance Cardio (FR) <b>31</b> 12:00 Balance & Strength (FR) 2:00 Treats Bingo (FR) 6:30 Rummikub (JB) **				

## NW WELLNESS IN HOUSE

Appointments are needed for Massage, Chiropractic and Acupuncture right here on campus. See flyers for details or contact Activities with any questions, email is best.

## Potluck Lunch on the Patio

Enjoy dining al fresca with your friends, bring your favorite summer dish or contribute monetarily to the purchase of goods. Sign up with the front desk with what you would like to bring!

## Sneak Peak August... Seattle Art Museum on August 2!

FR - Fitness Room	<b>BOLD BLACK</b> - Outings
GYM - Gym	<b>BOLD BLUE</b> - Live Entertainment
JB - Juice Bar	<b>RED</b> - Medical Transports
MR - Meeting Room	<b>BOLD PURPLE</b> - Special Events
DR - Dining Room	<b>BOLD ORANGE</b> - Meetings
<b>R</b> - requires reservation	<b>BOLD GREEN</b> - Seminars
<b>T</b> - transportation is provided	** Resident Led Activity

\*\*\* Doctor Transports \*\*\* AM 7:30 to 11:30 / PM 12:30 to 4:00