

2024 village green AUGUST HEARTHSIDE & GARDENS

AR - Activity Room
LB - Library
JB - Juice Bar
DR - Dining Room
CSF - Care Station
Fireside
R - requires reservation
T - transportation is provided

BOLD BLACK - Outings
BOLD BLUE - Live Entertainment
RED - Medical Transports
BOLD PURPLE - Special Events
BOLD ORANGE - Meetings
BOLD GREEN - Seminars

** Resident Led Activity

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30 Group Hymn Singing (JB) 4 1:15 Volunteer Led Show & Tell (JB)	11:30 Sittercise (AR) 5 1:00 Rummikub (JB) ** 2:00 Tech Assistance (JB) 1:45 Wii Bowling (AR) 3:00 Bingo (AR)	AM Doctor Transports 6 10:00 Seated Yoga & Meditation(AR) 1:00 Blackjack (JB) 1:30 Scenic Drive R&T 4:00 National Night Out BBQ (Perennial Gardens)	8:30 Men's Breakfast R&T 7 10:00 Comfort Keeper's Caregiver Support Group (CSF) 11:30 Sittercise (AR) 11:30 Safeway/Dollar Tree R&T 1:45 Wii Bowling (AR) 3:00 Bingo (AR)	10:00 Seated Yoga & Meditation (AR) 1 11:00 Bible Study (AR) 1:00 Rummikub (JB) ** 2:00 Reminiscing (LB)	9:00 Mobile Library (JB) 2 10:00 Seattle Art Museum R&T 1:00 5 Card Draw Poker (AR) 2:00 Raffle Bingo! (AR)	9:30 St. Vincent De Paul Communion (CSF) 3 10:00 Bridge (AL) ** 2:00 Show & Tell (JB) **
9:30 Group Hymn Singing (JB) 11 1:15 Volunteer Led Trivia Time (JB)	11:00 "A History of Federal Way" (Fairfield MR) 12 11:30 Sittercise (AR) 1:00 Rummikub (JB) ** 2:15 Wine & Cheese (JB) 3:00 Bingo (AR) 4:00 Therapy Dog Visits (JB)	AM Doctor Transports 13 10:00 Seated Yoga & Meditation (AR) 1:00 Blackjack (JB) 1:00 Picnic Saltwater Park R&T 3:00 Balloon Volleyball (JB) 5:45 Movie Night (AR) **	9:30 Fred Meyer/Winco R&T 14 11:30 Sittercise (AR) 1:00 Round Table Meeting (JB) 1:45 Wii Bowling (AR) 3:00 Bingo (AR) 5:00 Christian Prayer Meeting (JB)	PM Doctor Transports 15 9:00 Walk Redondo R&T 10:15 Seated Yoga & Meditation (AR) 11:00 Bible Study (AR) 1:00 Rummikub (JB) ** 2:00 Reminiscing (LB) 3:00 Armchair Travel (AR) 5:15 Singin' with Sid (JB)	11:30 Sittercise (AR) 16 1:00 5 Card Draw Poker (JB) 2:00 Raffle Bingo (AR) 11:00 to 3:00 - Vendor Boutique on Campus (Fairfield R&T)	9:30 St. Vincent De Paul Communion (CSF) 17 10:00 Bridge (AL) ** 1:00 Bible Song & Study with CityHill Church Youth Group (JB) 2:00 Show & Tell (JB) **
9:30 Group Hymn Singing (JB) 18 1:15 Volunteer Led Show & Tell (JB)	11:30 Sittercise 19 1:00 Rummikub (JB) ** 2:00 Tech Assistance (JB) 1:45 Wii Bowling (AR) 3:00 Bingo (AR)	AM Doctor Transports 20 10:00 Seated Yoga & Meditation (AR) 1:00 Blackjack (JB) 1:30 Scenic Drive R&T 2:00 Live Music, Terry B Elvis Tribute! (JB) 3:00 Balloon Volleyball (JB) 5:45 Movie Night (AR) ** NW Wellness - Chiropractor Services	10:00 Muckleshoot Casino R&T 21 11:30 Sittercise (AR) 1:00 Activities Meeting (JB) 1:45 Wii Bowling (AR) 3:00 Bingo (AR)	PM Doctor Transports 22 9:00 Walk Wapato R&T 10:00 Seated Yoga & Meditation (AR) 11:00 Bible Study (AR) 1:00 Rummikub (JB) ** 2:00 Reminiscing (LB) 5:00 Evening on the Green (Campus Wide) NW Wellness - Massage Services	11:30 Sittercise (AR) 23 1:00 5 Card Draw Poker (JB) 2:00 Raffle Bingo (AR)	9:30 St. Vincent De Paul Communion (CSF) 24 10:00 Bridge (AL) ** 2:00 Show & Tell **
9:30 Group Hymn Singing (JB) 25 1:15 Volunteer Led Trivia Time (JB)	11:30 Sittercise (AR) 26 1:00 Rummikub (JB) ** 2:00 Tech Assistance (JB) 1:45 Wii Bowling (AR) 3:00 Bingo (AR) 4:00 Therapy Dog Visits (JB)	AM Doctor Transports 27 10:30 Wii Bowling Tournament! (HS AR) 1:30 Scenic Drive R&T 3:30 Dining Out, Ranchitos R&T 5:45 Movie Night (AR) **	9:30 Walmart/Costco R&T 28 11:30 Sittercise (AR) 1:00 Talk Soup (Gardens DR) 1:45 Wii Bowling (AR) 3:00 Sing-Along with Cameron (JB)	PM Doctor Transports 29 9:00 Walk Puyallup River Walk R&T 10:00 Seated Yoga & Meditation (AR) 11:00 Bible Study (AR) 1:00 Rummikub (JB) ** 2:00 Reminiscing (LB) 3:00 Armchair Travel (AR)	11:30 Sittercise 30 1:00 5 Card Draw Poker (JB) 2:00 Raffle Bingo! (AR) 3:00 Happy Hour (JB)	9:30 St. Vincent De Paul Communion (CSF) 31 10:00 Bridge (AL) ** 2:00 Show & Tell (JB) **

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

08/02
Join us for a trip to the Seattle Art Museum. Entry is only \$5 for seniors on the First Friday.

08/06
Join us for an evening BBQ while we participate in Federal Way's National Night Out! See Flyers, and RSVP please.

08/16
Come do some light shopping on campus with the Traveling Vendor Boutique!

08/22
Join us as we say farewell to Summer Concerts, with our final event, Evening on the Green! Don't miss this food focused event!

08/27
Wii Bowling Tournament on campus! In January, West Seattle won our first tournament and claimed the Gold Bowling Pin. Let's have some fun and win the pin! Spectators and Cheerleaders encouraged to join us!