


	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
SUNDAY	11:30 Sittercise (AR) 1 1:00 Mexican Train (JB) ** 1:00 Support Shawl Knitters (Fireside JB) 1:45 Wii Bowling (AR) 3:00 Bingo (AR) 4:10 Therapy Dog Visit (JB)	AM Doctor Transports 2 10:00 Seated Yoga & Meditation(AR) 1:00 Blackjack (AR) 1:30 Scenic Drive R&T 5:45 Movie Night (AR) **	10:00 Comfort Keeper's Caregiver Support Group (CSF) 11:30 Independence Day BBQ (Perennial Gardens) 1:00 Safeway/Dollar Tree R&T 1:45 Wii Bowling (AR) 3:00 Bingo (AR)	HAPPY 4th of July	9:00 Mobile Library (JB) 5 11:30 Sittercise (AR) 1:00 5 Card Draw Poker (AR) 2:00 Raffle Bingo! (AR)	9:30 St. Vincent De Paul Communion (CSF) 10:00 Bridge (AL) ** 2:00 Show & Tell **	
	9:30 Group Hymn Singing (JB) 7 1:15 Volunteer Led Show & Tell (JB)	11:30 Sittercise (AR) 8 1:00 Mexican Train (JB) ** 1:00 Support Shawl Knitters (Fireside JB) 2:15 Wine & Cheese (JB) 3:00 Bingo (AR)	AM Doctor Transports 9 10:00 Seated Yoga & Meditation (AR) 1:00 Blackjack (JB) 1:30 Scenic Drive R&T 3:00 Balloon Volleyball (JB) 3:30 Dining Out, Twin Lakes Country Club R&T 5:45 Movie Night (AR) **	8:30 Men's Breakfast R&T 11:30 Sittercise (AR) 1:00 Fred Meyer/Winco R&T 1:00 Round Table Meeting (JB) 1:45 Wii Bowling (AR) 3:00 Bingo (AR) 5:00 Christian Prayer Meeting (JB)	PM Doctor Transports 11 9:00 Walk Bradley R&T 10:00 Seated Yoga & Meditation (AR) 11:00 Bible Study (AR) 1:00 Rummikub (JB) ** 2:00 Reminiscing (LB) 3:00 Whammo! (AR) 5:15 Singin' with Sid (JB)	11:30 Sittercise (AR) 12 1:00 5 Card Draw Poker (JB) 2:00 Raffle Bingo (AR)	9:30 St. Vincent De Paul Communion (CSF) 10:00 Bridge (AL) ** 2:00 Show & Tell ** 5:00 Karaoke with Alex! (AR)
	9:30 Group Hymn Singing (JB) 14 1:15 Volunteer Led Trivia Time (JB)	11:30 Sittercise 15 1:00 Mexican Train (JB) ** 1:00 Support Shawl Knitters (Fireside JB) 1:45 Wii Bowling (AR) 3:00 Bingo (AR)	AM Doctor Transports 16 10:00 Seated Yoga & Meditation (AR) 1:00 Blackjack (JB) 1:00 Steele Lake Picnic R&T 3:00 Balloon Volleyball (JB) 5:45 Movie Night (AR) **	10:00 EQC Casino, Fife R&T 17 11:30 Sittercise (AR) 1:00 Activities Meeting (JB) 1:45 Wii Bowling (AR) 3:00 Bingo (AR)	PM Doctor Transports 18 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) 3:00 Fact or Fiction(JB)	11:30 Sittercise (AR) 19 12:15 Ladies Lunch, Boathouse 19 R&T 1:00 5 Card Draw Poker (JB) 2:00 Raffle Bingo (AR)	9:30 St. Vincent De Paul Communion (CSF) 10:00 Bridge (AL) ** 2:00 Sophie Lyons Sings! (Fairfield FR) Transport Available, Sign up at Front Desk
	9:30 Group Hymn Singing (JB) 21 1:15 Volunteer Led Show & Tell (JB)	11:30 Sittercise (AR) 22 1:00 Mexican Train (JB) ** 1:00 Support Shawl Knitters (Fireside JB) 1:45 Wii Bowling (AR) 3:00 Bingo (AR)	AM Doctor Transports 23 10:00 Seated Yoga & Meditation (AR) 1:00 Blackjack (JB) 1:30 Scenic Drive R&T 2:00 Live Music, Doug Deems (JB) 3:00 Balloon Volleyball (JB) 5:45 Movie Night (AR) ** NW WELLNESS IN HOUSE - See Flyers	9:30 Target/Trader Joes R&T 24 11:30 Sittercise (AR) 1:00 Talk Soup (Gardens DR) 1:45 Wii Bowling (AR) 3:00 Bingo (AR)	PM Doctor Transports 25 9:00 Walk Ruston R&T 10:15 Seated Yoga & Meditation (AR) 11:00 Bible Study (AR) 1:00 Rummikub (JB) ** 2:00 Reminiscing (LB) 5:00 Concert on the Green (Perennial Gardens) NW WELLNESS IN HOUSE - See Flyers	11:30 Sittercise 26 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) 10:00 Bridge (AL) ** 1:00 Bible Song & Study with CityHill Church Youth Group (JB) 2:00 Show & Tell **
	9:30 Group Hymn Singing (JB) 28 1:15 Volunteer Led Trivia Time (JB)	11:30 Sittercise (AR) 29 1:00 Mexican Train (JB) ** 1:00 Support Shawl Knitters (Fireside JB) 1:45 Wii Bowling (AR) 3:00 Bingo (AR) 4:10 Therapy Dog Visit (JB)	10:00 Seated Yoga & Meditation (AR) 30 1:00 Blackjack (JB) 5:45 Movie Night (AR) ** NW WELLNESS IN HOUSE - See Flyers	11:30 Sittercise (AR) 31 1:45 Wii Bowling (AR) 3:00 Piano Sing Along with Cameron (JB)	2024 JULY 		

6/3 Independence Day BBQ

Join us for a summer kickoff BBQ, as we celebrate the 4th of July!

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.

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

AR - Activity Room	BOLD BLACK - Outings
LB - Library	BOLD BLUE - Live Entertainment
JB - Juice Bar	RED - Medical Transports
DR - Dining Room	BOLD PURPLE - Special Events
CSF - Care Station	BOLD ORANGE - Meetings
Fireside	BOLD GREEN - Seminars
R - requires reservation	
T - transportation is provided	** Resident Led Activity

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