

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

August 2024

				10:00 Morning Stretch 10:30 Chair Yoga with Nadine 11:15 Wii Sports: Bowling 1:15 Mahjong 2:00 Mini Golf	10:00 Morning Stretch 10:45 Fitness & Balance 1:15 Travelogue: France 2:15 Shopping: Westwood 3:00 Word Games 4:00 Games in the Gardens	10:30 Wizard Card Game 2:00 Movie Matinee
Church Transport: West Seattle 4	10:00 Morning Stretch 10:30 Wii Sports: Bowling 11:15 Exercise with Danica 1:15 Book Club: All The Light 2:15 Games: Wizard 4:00 Prayer & Communion	Dr. Appointments: West Seattle 6	10:00 Morning Stretch 10:45 Strength & Balance 1:15 Scenic Drive: Seahurst 1:15 Outdoor Club: Alki 3:45 Games in the Gardens 6:30 Games: Wizard	10:00 Morning Stretch 10:30 Chair Yoga with Nadine 11:15 Wii Sports: Bowling 1:15 Mahjong 1:30 Shopping: Southcenter	10:00 Morning Stretch 10:45 Fitness & Balance 1:15 Craft Corner: Tie-dye 3:00 Word Games 4:00 Games in the Gardens	10:30 All Resident Council Meeting with David 11:00 Wizard Card Game 2:00 Movie Matinee
Church Transport: West Seattle 11	10:00 Morning Stretch 10:30 Wii Sports: Bowling 11:15 Exercise with Danica 1:15 Language Learning: ASL 2:15 Games: Wizard 4:00 Prayer & Communion	Dr. Appointments: Burien 13	10:00 Morning Stretch 10:30 Ballard Locks & Troll 6:30 Games: Wizard	10:00 Morning Stretch 10:30 Chair Yoga with Nadine 11:15 Wii Sports: Bowling 1:15 West Seattle Senior Center 2:30 Burien Farmers Market	10:00 Morning Stretch 10:45 Fitness & Balance 1:15 Scenic Drive: Alki Beach 3:00 Word Games 4:00 Games in the Gardens	10:30 Wizard Card Game 2:00 Movie Matinee
Church Transport: West Seattle 18	10:00 Morning Stretch 10:30 Wii Sports: Bowling 11:15 Exercise with Danica 1:15 Shopping: Fred Meyer 2:15 Games: Wizard 4:00 Prayer & Communion	Dr. Appointments: Capitol Hill 20	10:00 Morning Stretch 10:30 Animal Visit 10:45 Strength & Balance 1:15 Scenic Drive: Seward 2:00 Games: Apples to Apples 4:00 Show & Share 6:30 Games: Wizard	10:00 Morning Stretch 10:30 Chair Yoga with Nadine 11:15 Wii Sports: Bowling 1:15 Mahjong 4:00 Annual BBQ	10:00 Morning Stretch 10:45 Fitness & Balance 11:15 Healthy Living Series 1:15 Outdoor Club: Jack Block 3:00 Word Games 4:00 Games in the Gardens	10:30 Wizard Card Game 2:00 Movie Matinee
Church Transport: West Seattle 25	10:00 Morning Stretch 10:30 Wii Sports: Bowling 11:15 Exercise with Danica 1:15 Shopping: Westwood 2:15 Games: Wizard 4:00 Prayer & Communion	Dr. Appointments: Discretionary 27	10:00 Morning Stretch 10:45 Vashon Island Day Trip 1:15 Wii Sports: Bowling 6:30 Games: Wizard	10:00 Morning Stretch 10:30 Chair Yoga with Nadine 11:15 Wii Sports: Bowling 1:00 Cyber Security 2:15 Mahjong 3:30 Happy Hour	10:00 Morning Stretch 10:45 Fitness & Balance 1:15 Prize Bingo 2:00 Talk Food with MaGlori 3:00 Word Games 4:00 Games in the Gardens	10:30 Wizard Card Game 2:00 Movie Matinee