

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

July 2026

1
 10:00 Morning Stretch
 10:15 Coffee & Conversation
 10:45 Fitness & Balance
 10:45 Strength & Flexibility
 1:00 Art: Paper Flowers
 1:00 Outdoor Club
 2:30 Lifelong Learning
 3:00 Watercolor Wednesday
 4:00 Games: Parcheesi
 Canada Day

2
 10:00 Morning Stretch
 10:30 Museum of Flight
 10:45 Exercise with Maria
 11:15 Wii Sports: Bowling
 4:00 Music Appreciation

3
 2:30 Bridge Club
 3:00 Word Games
 3:00 Crafting with Community
 4:00 Art Appreciation
 6:00 Emerald Downs Fireworks

4
 Happy 4th of July!
 10:00 Movie Matinee
 2:00 Movie Matinee
 Independence Day (U.S.)

5
 Church Transport: West Seattle
 10:00 Morning Stretch
 10:30 Shopping: Westwood
 1:00 Animal Feature
 2:00 Movie Matinee
 3:00 Games: Kings in the Corner

6
 10:00 Morning Stretch
 10:30 Wii Bowling
 10:45 Strength & Balance
 11:15 Exercise with Danica
 1:00 Art: Drawing Class
 3:00 Screen Bingo
 4:00 Prayer & Communion
 4:00 Cribbage

7
 Dr. Appointments: West Seattle
 10:00 Morning Stretch
 10:45 Coffee & Conversation
 1:00 Lifelong Learning
 2:00 Outdoor Club: Lincoln
 2:45 Game: Wizard
 4:00 Craft Corner: Cards

8
 10:00 Morning Stretch
 10:15 Coffee & Conversation
 10:45 Fitness & Balance
 10:45 Strength & Flexibility
 1:00 Shopping
 2:30 Lifelong Learning
 3:00 Watercolor Wednesday
 4:00 Games: Uno

9
 10:00 Morning Stretch
 10:45 Exercise with Maria
 11:15 Wii Sports: Bowling
 1:00 Music Appreciation
 3:00 Games: Hand & Foot
 4:00 Happy Hour

10
 10:00 Morning Stretch
 10:45 Exercise: Tai Chi
 1:15 Games: Mexican Train
 2:30 Bridge Club
 3:00 Word Games
 3:30 Games: Rummy

11
 10:00 Morning Stretch
 10:30 Resident Council
 10:30 Game: Wizard
 1:00 Free Slurpee Day
 2:00 Movie Matinee
 2:30 Games: Left Right Center
 3:00 Crafting with Community

12
 Church Transport: West Seattle
 10:00 Morning Stretch
 10:30 Shopping: Westwood
 1:00 Animal Feature
 2:00 Movie Matinee
 3:00 Games: 5 Crowns

13
 10:00 Morning Stretch
 10:30 Wii Bowling
 10:45 Strength & Balance
 11:15 Exercise with Danica
 1:45 Prize Bingo
 3:00 Art: Drawing Class
 4:00 Prayer & Communion
 4:00 Cribbage

14
 Dr. Appointments: Burien
 10:00 Morning Stretch
 10:00 Vendor Fair Until 2pm
 10:30 Resident Council & Eva
 2:00 July Birthday Party
 2:45 Game: Wizard
 5:00 July Birthday Dinner
 Bastille Day

15
 10:00 Morning Stretch
 10:15 Coffee & Conversation
 10:45 Fitness & Balance
 10:45 Strength & Flexibility
 1:00 Outdoor Club: Kubota
 2:30 Lifelong Learning
 3:00 Watercolor Wednesday
 4:00 Games: Parcheesi

16
 10:00 Morning Stretch
 10:45 Exercise with Maria
 11:15 Wii Sports: Bowling
 1:00 Games: Hand & Foot
 3:00 Music Appreciation
 4:00 Games: Rummy

17
 10:00 Morning Stretch
 10:45 Exercise: Tai Chi
 1:15 Games: Mexican Train
 2:30 Bridge Club
 3:00 Word Games
 3:30 Games: Minus 5

18
 10:00 Morning Stretch
 10:30 Game: Wizard
 1:00 Shopping: Doller Store
 2:00 Movie Matinee
 3:00 Crafting with Community

19
 Church Transport: West Seattle
 10:00 Morning Stretch
 10:30 Shopping: Westwood
 1:00 Animal Feature
 2:00 Movie Matinee
 4:00 Games: 5 Crowns

20
 10:00 Morning Stretch
 10:30 Lunch Out: Youngs
 10:45 Strength & Balance
 11:15 Exercise with Danica
 1:45 Science Experiment
 3:15 Music Appreciation
 4:00 Prayer & Communion
 4:00 Cribbage

21
 Dr. Appointments: Capitol Hill
 10:00 Morning Stretch
 10:30 Coffee & Conversation
 1:00 Shopping: Goodwill
 2:00 Prize Bingo
 2:45 Game: Wizard

22
 10:00 Morning Stretch
 10:15 Coffee & Conversation
 10:45 Fitness & Balance
 10:45 Strength & Flexibility
 1:00 Outdoor Club: Botanical
 2:30 Lifelong Learning
 3:00 Watercolor Wednesday
 4:00 Games: Farkle

23
 10:00 Morning Stretch
 10:45 Exercise with Maria
 11:15 Wii Sports: Bowling
 1:00 Games: Hand & Foot
 3:00 Music Appreciation
 4:00 Games: Rummikub

24
 10:00 Morning Stretch
 10:45 Exercise: Tai Chi
 1:15 Games: Mexican Train
 2:30 Bridge Club
 3:00 Word Games
 3:30 Games: Trash

25
 10:00 Morning Stretch
 10:30 Game: Wizard
 11:30 Picnic Lunch Out
 2:00 Movie Matinee
 3:00 Crafting with Community
 4:00 Happy Hour

26
 Church Transport: West Seattle
 10:00 Morning Stretch
 10:30 Shopping: Westwood
 2:00 Movie Matinee
 1:00 Animal Feature
 3:00 Games: Kings in the Corner

27
 10:00 Morning Stretch
 10:30
 10:45 Strength & Balance
 11:15 Exercise with Danica
 1:00 Games: Uno
 2:00 Art: Drawing Class
 4:00 Prayer & Communion
 4:00 Cribbage

28
 Dr. Appointments: Discretionary
 10:00 Morning Stretch
 10:30 Games: Cribbage
 1:15 Shopping: Safeway
 2:45 Game: Wizard
 4:00 Games: Phase 10

29
 10:00 Morning Stretch
 10:15 Coffee & Conversation
 10:45 Fitness & Balance
 10:45 Strength & Flexibility
 1:00 Outdoor Club: 3 Tree
 2:30 Lifelong Learning
 3:00 Watercolor Wednesday
 4:00 Games: Blackjack

30
 10:00 Morning Stretch
 10:30 Casino: Snoqualmie
 10:45 Exercise with Maria
 11:15 Wii Sports: Bowling
 4:00 Activity Meeting

31
 10:00 Morning Stretch
 10:45 Exercise: Tai Chi
 1:15 Games: Mexican Train
 2:30 Bridge Club
 3:00 Word Games
 3:15 Science Experiment