

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> 1:00 Hand & Foot (CR) 1:30 Movie (Clue) (AR)	<b>2</b> <u>Labor Day</u> 9:30 Exercise (video) (AR) 10:00 Coffee Social (L) 10:00 A/L Exercise (video) (2DR) 10:30 Movie (Stranger Than Fiction) (AR) 2:00 Rummikub (AR)	<b>3</b> 9:30 Exercise (AR) 10:00 Coffee Social (AR) 10:30 Trip to Safeway (L) 11:00 Trip to QFC (L) 1:00 Errands/Mall Trip (L) 3:00 Current Events w/ Jacob Bolotin (AR) 3:30 A/ L Manicures & Hand Care (2DR)	<b>4</b> <u>Doctor Day</u> 1:00-4:00 Foot Care (2F) 9:30 Exercise (AR) 10:00 Coffee Social (AR) 10:30 Trip to Alderwood Mall (L) 12:30 Scrabble (CR) 1:30 Pokeno (PD) 2:30 Music w/ Pete Renhard (AR) 3:30 Social Hour (AR)	<b>5</b> <u>Doctor Day</u> 9:00-12:00 Foot Care (2F) 9:30 Exercise (AR) 10:00 Coffee Social (AR) 10:00 Catholic Communion (DR) 10:30 Trip to Bartell's (L) 11:00 Quilting Group (CR) 1:00 Knitting Group (PD) 1:00 Ice Cream Social (P) 2:30-4:00 Park Walk (Hamlin Park) (L)	<b>6</b> 9:30 Exercise (AR) 9:30 Mahjong (CR) 10:00 Coffee Social (AR) 11:00 Resident Meeting (AR) 1:00 Talk to the Chef (DR) 1:00 A/L Resident Mtg. (2DR) 1:30 Explore the Changes at the Northgate Mall (L) 3:00 Trivia (AR)	<b>7</b> 10:00 Exercise (video) (AR) 10:00 A/L Exercise (video) (2DR) 10:30 Coffee Social (L) 11:00 Games Galore (AR) 12:30 Bingo w/ Carolee (AR)
<b>8</b> 1:00 Hand & Foot (CR) 1:30 Movie (The King and I) (AR)	<b>9</b> 9:30 Exercise (AR) 10:00 Coffee Social (AR) 10:30 Trip to Safeway (L) 11:00 Trip to QFC (L) 1:00 Errands/Mall Trip (L) 3:30 A/L Manicures & Hand Care (2DR) 6:30 Movie (The King and I) (AR)	<b>10</b> 9:30 Exercise (AR) 10:00 Coffee Social (AR) 10:30 Rummikub (AR) 11:30 Steve's Picnic at Carkeek Park (L) 2:00 Pokeno (AR) 3:00 Trivia (AR)	<b>11</b> <u>Doctor Day</u> 9:30 Exercise (AR) 10:00 Meet the New Residents Coffee Social (AR) 11:00 Van Ride (Mukilteo Lighthouse) (L) 12:30 Scrabble (CR) 2:00 Classic Hollywood Cabaret (AR) 3:30 Social Hour (AR)	<b>12</b> <u>Doctor Day</u> 9:30 Exercise (AR) 10:00 Coffee Social (AR) 10:00 Catholic Mass (DR) 10:30 Trip to Dollar Tree (L) 11:00 Quilting Group (CR) 1:00 Knitting Group (PD) 1:00 Ice Cream Social (P) 2:30 A/L Tea Time (2DR) 6:30 Movie Club (AR)	<b>13</b> 9:30 Exercise (AR) 9:30 Mahjong (CR) 10:00 Coffee Social (L) 10:00 Center for Wooden Boats and Lunch (L) 1:00 Talk to the Chef (DR) 2:00 Let's Talk (PD) 3:00 Bingo (AR)	<b>14</b> 10:00 Exercise (video) (AR) 10:00 A/L Exercise (video) (2DR) 10:30 Coffee Social (L) 11:00 Games Galore (AR)
<b>15</b> 1:00 Hand & Foot (CR) 1:30 Movie (The Birdcage) (AR)	<b>16</b> 9:30 Exercise (AR) 10:00 Coffee Social (AR) 10:30 Trip to Safeway (L) 11:00 Trip to QFC (L) 1:00 Themes in Philosophy w/ David Smith (AR) 2:00 Errands/Mall Trip (L) 3:30 A/L Manicures & Hand Care (2DR) 6:30 Movie (The Birdcage) (AR)	<b>17</b> 9:00 Casino (Angel of the Winds) (L) 9:30 Exercise (AR) 10:00 Coffee Social (AR) 10:30 Movie and Popcorn (Pavarotti) (AR) 12:00 A/L Picnic (DR) 1:30 Park Walk (Greenwood Park) (L) 3:00 Current Events w/ Jacob Bolotin (AR)	<b>18</b> <u>Please Note: Doctors 8:00-12:00 pm</u> 9:30 Exercise (AR) 10:00 Coffee Social (AR) 11:00 Church Service w/ Pastor Tom (AR) 11:00 Pokeno (PD) 12:30 Scrabble (CR) 12:30 Benaroya Hall Tour (L) 3:30 Social Hour (AR)	<b>19</b> <u>Doctor Day</u> 9:30 Exercise (AR) 10:00 Coffee Social (AR) 10:00 Catholic Communion (DR) 10:30 Trip to Trader Joe's (L) 11:00 Quilting Group (CR) 1:00 Knitting Group (PD) 1:00 Ice Cream Social (P) 2:00 Music w/ Tarisai (AR) 2:30 A/L Tea Time (2DR) 6:30 Movie Club (AR)	<b>20</b> 9:30 Exercise (AR) 9:30 Mahjong (CR) 10:00 Coffee Social (AR) 10:30 Travel Virtually to Germany (Berlin & Hamburg) (AR) 11:30 - 1:00 Free Lunch (DR) 1:00 Talk to the Chef (DR) 1:30 Trivia (AR) 3:00 Bingo (AR)	<b>21</b> 10:00 Exercise (video) (AR) 10:00 A/L Exercise (video) (2DR) 10:30 Coffee Social (L) 11:00 Games Galore (AR)
<b>22</b> 1:00 Hand & Foot (CR) 1:30 Movie (The Rainmaker) (AR)	<b>23</b> 9:30 Exercise (AR) 10:00 Coffee Social (AR) 10:30 Trip to Safeway (L) 11:00 Trip to QFC (L) 1:00 Errands/Mall Trip (L) 2:30 Choir (AR) 3:30 A/L Manicures & Hand Care (2DR) 6:30 Movie (The Rainmaker) (AR)	<b>24</b> 9:00 Day Out on Whidbey Island (L) 9:30 Exercise (video) (AR) 10:00 Coffee Social (L) 10:00 A/L Exercise (video) (2DR) 10:30 Rummikub (AR) 1:00 Let's Talk (PD) 3:00 Trivia (AR)	<b>25</b> <u>Doctor Day</u> 9:30 Exercise (AR) 10:00 Coffee Social (AR) 11:00 Van Ride (Georgetown) (L) 12:30 Scrabble (CR) 1:00 Pokeno (PD) 2:00 Time Abroad in Germany w/ Matt Quarterman (AR) 3:30 German Social Hour (AR)	<b>26</b> <u>Doctor Day</u> 9:30 Exercise (AR) 10:00 Coffee Social (AR) 10:00 Catholic Communion (DR) 10:30 Trip to Fred Meyer (L) 11:00 Quilting Group (CR) 1:00 Knitting Group (PD) 1:00 Ice Cream Social (P) 1:30 Bible Study w/ Rev. Jesse Mabanglo (AR) 3:00 Book Club (Clock Dance) (PD)	<b>27</b> 9:30 Exercise (AR) 9:30 Mahjong (CR) 10:00 Coffee Social (AR) 10:30-1:30 CVS Flu Shot Clinic (AR) 1:00 Talk to the Chef (DR) 2:00 Birthday Party w/ Richard Dean (AR)	<b>28</b> 10:00 Exercise (video) (AR) 10:00 A/L Exercise (video) (2DR) 10:30 Coffee Social (L) 11:00 Games Galore (AR) 2:00 Bingo w/ Carolee (AR)
<b>29</b> 1:00 Hand & Foot (CR) 1:30 Movie (First Wives Club) (AR)	<b>30</b> 9:30 Exercise (AR) 10:00 Coffee Social (AR) 10:30 Trip to Safeway (L) 11:00 Trip to QFC (L) 1:00 Themes in Philosophy w/ David Smith (AR) 2:30 Choir (AR) 3:30 A/L Manicures & Hand Care (2DR) 5:00-6:15 Oktoberfest Music w/ Bonnie Birch (L)	(AR) - Activity Room (L) - Lobby (DR) - Dining Room (PD) - Private Dining Room (CR) - Card Room (P) - Patio (2F) - 2nd Floor (2DR) - 2nd Floor Dining Room (A/L) - Assisted Living	 <h1>September 2019</h1> <p>Please note: This calendar is subject to change</p>			