

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30 <b>JULY</b>	01 10:00 Mental Health Monday 1:30 Free Movement with Mary <b>2:30 Resident Association News of the Hour</b>	02 11:00 Seated Total Chair Fitness 1:30pm Stroll and Stretch <b>2:30 Yankee Doodle Dandy Movie showing</b> 3:30 Bingo	03 <b>10:00 Goodwill Shopping Trip</b> 11:00 Seated Flexercise <b>2:30 Resident Association Activities Hour</b> <b>7:30 Star Spangled Spectacular outing to Benaroya Hall</b>	04 <b>4th of July</b> 11:00 Seated Total Chair Fitness <b>11:00-1:00 4th of July BBQ Lunch</b> <b>1:00-2:00 Guitar Performance by Johnny Chiecsek</b>	05 9:30 Grocery Trip to Grocery Outlet 11:00 Seated Flexercise 1:30 Neighborhood Stroll <b>1:30 CARSON LILY Piano Concert</b> 3:00 Streamed Opera	06 10:00 Rocio Molina Streamed Performance <b>1:30 Meditation with River</b> 1:30 Standing Balance <b>2:30 Flower Club</b>
07 11:00 St,Joe's Mass -Livestreamed- 11:00 Seattle First Baptist Church Service - Livestreamed- 1:30 Interactive Scripture & Hymns with Paul & Tina Miller	08 10:00 Journal Through Art 1:30 Free Movement with Mary <b>2:30 Get Out the Vote</b>	09 11:00 Seated Total Chair Fitness 1:30pm Stroll and Stretch <b>2:30 Fireside Chat with Mari</b> 3:30 Bingo	10 11:00 Seated Flexercise 11:15 Bookmobile 1:30 Book Club <b>2:30 Community Cooking Hour</b>	11 11:00 Seated Total Chair Fitness 1:30-2:00 Courtyard Sit to Stand practice <b>2:30 Resident Association Kitchen Hour</b> 3:30 Streamed Opera	12 9:30 Grocery Trip to QFC 11:00 Seated Flexercise 1:30 Neighborhood Stroll <b>2:30 Cooking w/Kenny</b> 3:30 Wine & Beer Social <b>Nutrients: Learn Basics from "The Little Book of Nutrients" with Angelika (CL)</b>	13 10:00 Streamed Classical Concert 1:30 Standing Balance <b>2:30 Flower Club</b>
14 11:00 St,Joe's Mass -Livestreamed- 11:00 Seattle First Baptist Church Service - Livestreamed- 1:30 Interactive Scripture & Hymns with Paul & Tina Miller	15 <b>9:00-3:00 Koko Nail/Footcare</b> 10:00 Mental Health Monday 1:30 Free Movement with Mary <b>2:30 TED Talk w/Corinne</b>	16 11:00 Seated Total Chair Fitness 1:30pm Stroll and Stretch 1:30 Poetry Group <b>2:30 Laughter Yoga</b> 3:30 Bingo	17 <b>10:00 Seward Park Outing</b> 11:00 Seated Flexercise <b>2:30 Bday Bash June/July</b>	18 11:00 Seated Total Chair Fitness 1:30-2:00 Courtyard Sit to Stand Practice <b>2:30 You Be the Judge</b> 3:30 Streamed Opera	19 9:30 Grocery Trip to Walmart/Dollar Tree 11:00 Seated Flexercise 1:30 Neighborhood Stroll <b>2:30 David Lapse Sing Along</b> 3:30 Wine & Beer Social	20 <b>World Jump Day</b> 10:00 Streamed Classical Concert <b>1:30 Meditation with River</b> 1:30 Standing Balance 2:30 Flower Club <b>7:00 Chamber Music at Volunteer Park outing</b>
21 11:00 St,Joe's Mass -Livestreamed- 11:00 Seattle First Baptist Church Service - Livestreamed- 1:30 Interactive Scripture & Hymns with Paul & Tina Miller	22 10:00 Journal Through Art 1:30 Free Movement with Mary <b>2:30 TED Talk w/Corinne</b>	23 11:00 Seated Total Chair Fitness 1:30pm Stroll and Stretch <b>2:30 Health Education w/Gabe</b> 3:30 Bingo	24 <b>10:00 Alki Beach Outing</b> 11:00 Seated Flexercise <b>2:30 Community Games Hour</b> 3:30 Streamed Opera	25 11:00 Seated Total Chair Fitness 1:30 -2:00 Courtyard Sit to Stand Practice <b>2:30 General Assembly</b>	26 9:30 Grocery Trip to QFC 11:00 Seated Flexercise 1:30 Neighborhood Stroll <b>1:30-3:30 Parkshore Pool Outing</b> <b>2:30 Garden Clean Up in Courtyard</b> 3:30 Wine & Beer Social	27 1:30 Standing Balance 2:30pm Courtyard Summer Olympics
28 11:00 St,Joe's Mass -Livestreamed- 11:00 Seattle First Baptist Church Service - Livestreamed- 1:30 Interactive Scripture & Hymns with Paul & Tina Miller	29 10:00 Mental Health Monday 1:30 Free Movement with Mary <b>2:30 TED Talk w/Corinne</b>	30 11:00 Seated Total Chair Fitness 1:30pm Stroll and Stretch <b>2:30 Resident Spotlight: Storytelling</b> 3:30 Bingo	31 <b>10:00 Outing to Bellevue Botanical Gardens</b> 11:00 Seated Flexercise <b>2:30 Streamed Lecture</b> 3:30 Streamed Opera	<p style="text-align: center;"> <b>Lifestyle Programming: Group Exercise,            Live Music &amp; Entertainment,            Special Events &amp; Outings</b> </p> 		