


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<h1>AUGUST</h1> <h2>Monthly Programming 2024</h2>				01 PLAY BALL DAY 11:00 Seated Total Chair Fitness <b>1:30 Courtyard Ball Exercises</b>	02 11:00 Seated Flexercise <b>1:30 Carson Lily Concert</b> 3:30 Wine & Beer Social	03 10:00 Streamed musical concert 11:00 Seated Total Chair Fitness 1:30 Meditation with River
04 11:00 St,Joe's Mass -Livestreamed- 11:00 Seattle First Baptist Church Service - Livestreamed- <b>1:30 Streamed Opera</b>	05 10:00 Mental Health Monday <b>1:30 Think Tank</b> 2:30 Free Movement with Mary	06 <b>1:30 Resident Association Home Hour</b> 3:30 Bingo <b>5:00-7:00 Seattle Night Out</b>	07 <b>10:00 Goodwill Outing</b> 11:00 Seated Flexercise <b>1:30 Play In Motion</b>	08 11:00 Seated Total Chair Fitness <b>1:30 Resident Association Kitchen Hour</b>	09 11:00 Seated Flexercise <b>2:30 The Flavor Lab</b> 3:30 Wine & Beer Social	10 10:00 Streamed Classical Concert 11:00 Seated Total Chair Fitness <b>2:30 Flower Club</b>
11 11:00 St,Joe's Mass -Livestreamed- 11:00 Seattle First Baptist Church Service - Livestreamed- <b>1:30 Streamed Opera</b>	12 10:00 Journal Through Art <b>1:30 Think Tank</b> 2:30 Free Movement with Mary	13 11:00 Seated Total Chair Fitness <b>1:30 Fireside Chat w/Marl</b> 3:30 Bingo	14 11:00 Seated Flexercise 11:15 Bookmobile 1:30 Book Club <b>1:30 Culinary Club</b>	15 11:00 Seated Total Chair Fitness <b>1:30 Bowling in the Courtyard</b>	16 11:00 Seated Flexercise <b>1:30 David Lapse Sing Along</b> 3:30 Wine & Beer Social	17 DANCE DAY 10:00 Streamed Classical Concert 11:00 Seated Total Chair Fitness 1:30 Meditation with River <b>2:30 Dance Like No one is Watching! Friendly Competition</b>
18 11:00 St,Joe's Mass -Livestreamed- 11:00 Seattle First Baptist Church Service - Livestreamed- <b>1:30 Streamed Opera</b>	19 10:00 Mental Health Monday <b>1:30 Think Tank</b> 2:30 Free Movement with Mary	20 11:00 Seated Total Chair Fitness 1:30 Stroll and Stretch <b>1:30 Health Education w/Gabe</b> 3:30 Bingo	21 11:00 Seated Flexercise <b>1:30 Ikebana Flower Arranging w/Mary</b> <i>1:30 In Person Mass</i>	22 DEBUSSY DAY 11:00 Seated Total Chair Fitness <b>1:30 DeBussy Listen and Learn</b>	23 11:00 Seated Flexercise <b>1:30 Courtyard Garden Clean Up Day</b> 3:30 Wine & Beer Social	24 10:00 Streamed Classical Concert 11:00 Seated Total Chair Fitness <b>2:30 Flower Club</b>
25 11:00 St,Joe's Mass -Livestreamed- 11:00 Seattle First Baptist Church Service - Livestreamed- <b>1:30 Streamed Opera</b>	26 <i>9:00 Foot &amp; Nail Care w/Koko</i> 10:00 Journal Through Art <b>1:30 Think Tank</b> 2:30 Free Movement with Mary	27 11:00 Seated Total Chair Fitness <b>1:30 Wizard of Oz Activity and Viewing</b> 3:30 Bingo	28 11:00 Seated Flexercise <b>1:30 August Bday Bash</b>	29 HALLMARK DAY 11:00 Seated Total Chair Fitness <b>1:30 Card Making Craft</b>	30 11:00 Seated Flexercise <b>1:30 Summer Trivia</b> 3:30 Wine & Beer Social	31 10:00 Streamed Classical Concert 11:00 Seated Total Chair Fitness 1:30 Meditation w/Brother River