

# NOVEMBER

## Monthly Programming 2024

Lifestyle Programming: Live Music & Entertainment, Special Events & Outings



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	31	01 9:30 GROCERY SHOPPING OUTING TO QFC <b>10:00 BEGINNINGS PRESCHOOL HALLOWEEN VISIT</b> 11:00 SEATED FLEXERCISE <b>1:30 CARSON LILY CONCERT</b> 3:30 WINE & BEER SOCIAL	02 11:00 SEATED TOTAL CHAIR FITNESS 1:30 MEDITATION GROUP <b>2:30 FLOWER CLUB</b>
03 11:00 STREAMED CHURCH SERVICES 1:30 INTERACTIVE SCRIPTURE & HYMNS W/PAUL & TINA MILLER 1:30 STREAMED PERFORMANCE	04 10:00 MENTAL HEALTH MONDAY <b>1:30 THINKTANK VIDEO &amp; DISCUSSION GROUP</b> 2:30 FREE MOVEMENT W/MARY	05 11:00 SEATED TOTAL CHAIR FITNESS <b>1:30 RESIDENT ASSOCIATION ACTIVITIES HOUR</b> 3:30 BINGO	06 10:00 OUTING TO GOODWILL 11:00 SEATED FLEXERCISE <b>1:30 NEWS OF THE HOUR W/BOBBI</b>	07 11:00 SEATED TOTAL CHAIR FITNESS <b>1:30 RESIDENT ASSOCIATION NEW RESIDENT WELCOME SOCIAL</b>	08 9:30 GROCERY SHOPPING OUTING TO UWAJIMAYA 11:00 SEATED FLEXERCISE <b>1:30 BLACK AMERICAN NOVELIST PRESENTATION</b> 3:30 WINE & BEER SOCIAL	09 11:00 SEATED TOTAL CHAIR FITNESS 1:30 MEDITATION GROUP <b>2:30 SEATED TAI CHI</b>
10 11:00 STREAMED CHURCH SERVICES 1:30 INTERACTIVE SCRIPTURE & HYMNS W/PAUL & TINA MILLER 1:30 STREAMED PERFORMANCE	11 10:00 JOURNAL THROUGH ART <b>1:30 VETERAN'S DAY CEREMONY</b> 2:30 FREE MOVEMENT W/MARY	12 11:00 SEATED TOTAL CHAIR FITNESS <b>1:30 RESIDENT LECTURE SERIES W/GEORGE AUGUST: HISTORIC PHOTOGRAPHS</b> 3:30 BINGO	13 11:00 SEATED FLEXERCISE <b>1:30 DRIED FLOWER ARRANGING</b> 3:30 SCRABBLE CLUB	14 10:00 OUTING TO BURKE MUSEUM 11:00 SEATED TOTAL CHAIR FITNESS <b>1:30 RESIDENT ASSOCIATION KITCHEN HOUR</b>	15 9:30 GROCERY SHOPPING OUTING TO SAFEWAY 11:00 SEATED FLEXERCISE <b>1:30 EPHELEM TRIO IN COCNERT</b> 3:30 WINE & BEER SOCIAL	16 11:00 SEATED TOTAL CHAIR FITNESS 1:30 MEDITATION GROUP <b>2:00-3:30 NICOLE WALTERS &amp; BAND JAZZ CONCERT</b>
17 11:00 STREAMED CHURCH SERVICES 1:30 INTERACTIVE SCRIPTURE & HYMNS W/PAUL & TINA MILLER 1:30 STREAMED PERFORMANCE	18 <i>9:00-3:00 FOOT &amp; NAIL CARE W/KOKO</i> 10:00 MENTAL HEALTH MONDAY <b>1:30 THINKTANK VIDEO &amp; DISCUSSION GROUP</b> 2:30 FREE MOVEMENT W/MARY	19 11:00 SEATED TOTAL CHAIR FITNESS <b>1:30 FIRESIDE CHAT W/MARI</b> 2:30 STROLL & STRETCH 3:30 BINGO	20 11:00 SEATED FLEXERCISE 11:15 BOOKMOBILE 1:30 IN PERSON MASS <b>1:30 BOOK CLUB</b>	21 11:00 SEATED TOTAL CHAIR FITNESS <b>1:30 SING-ALONG W/DAVID LEPSE</b> 3:30 SCRABBLE CLUB	22 9:30 GROCERY SHOPPING OUTING TO FRED MEYER 11:00 SEATED FLEXERCISE <b>1:30 LETTER OF GRATITUDE DISCUSSION &amp; ACTIVITY</b> 2:30 STROLL & STRETCH 3:30 WINE & BEER SOCIAL	23 11:00 SEATED TOTAL CHAIR FITNESS 1:30 MEDITATION GROUP <b>1:30 DO PETERSON IN CONCERT</b>
24 11:00 STREAMED CHURCH SERVICES 1:30 INTERACTIVE SCRIPTURE & HYMNS W/PAUL & TINA MILLER 1:30 STREAMED PERFORMANCE	25 10:00 JOURNAL THROUGH ART <b>1:30 AN AFTERNOON W/LAUREN PETRIE</b> 2:30 FREE MOVEMENT W/MARY	26 11:00 SEATED TOTAL CHAIR FITNESS <b>1:30 AGING &amp; DANCE ON FILM PRESENTATION</b> 2:30 STROLL & STRETCH 3:30 BINGO	27 11:00 SEATED FLEXERCISE <b>1:30 RESIDENT ASSOCIATION GENERAL ASSEMBLY</b> 2:30 APPLE CIDER SOCIAL	28 11:00 SEATED TOTAL CHAIR FITNESS <b>2:30 THANKSGIVING TREE ACTIVITY</b>	29 9:30 GROCERY SHOPPING OUTING TO COSTCO 11:00 SEATED FLEXERCISE <b>1:30 VINYL LISTENING HOUR</b> 3:30 WINE & BEER SOCIAL	30 11:00 SEATED TOTAL CHAIR FITNESS 1:30 MEDITATION GROUP <b>2:00 OUTING TO ACT THEATRE CHRISTMAS CAROL</b>