

Lifestyle Programming: Group Exercise, Live Music & Entertainment, Special Events & Outings						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>01</div> <div>11:00 <i>Livestreamed Services:</i> St. Joe’s Mass & Seattle First Baptist Church Service</div> <div>1:30 Interactive Scripture & Hymns with Paul & Tina Miller</div>	<div>02</div> <div>10:00 Mental Health Monday</div> <div>1:30 Wagner & Kong Classical Music Concert</div>	<div>03</div> <div>11:00 Flexercise</div> <div>1:30 Resident Association Wellness Forum</div>	<div>04</div> <div>11:00 Seated Total Chair Fitness</div> <div>1:30 Guitar Tunes w/ Do Peterson</div>	<div>05</div> <div>10:00 Museum Outing</div> <div>1:30 You Be The Judge</div>	<div>06</div> <div>1:30 Resident Association Home Forum</div>	<div>07</div> <div>11:00 Chair Fitness: Cardiovascular Focus</div> <div>1:30 Meditation Group</div>
<div>08</div> <div>11:00 <i>Livestreamed Services:</i> St. Joe’s Mass & Seattle First Baptist Church Service</div> <div>1:30 Interactive Scripture & Hymns with Paul & Tina Miller</div>	<div>09</div> <div>10:00 Journal Through Art w/ Mary</div> <div>1:30 Fireside Chat w/ Mike</div> <div>2:30 Free Movement with Mary</div>	<div>10</div> <div>11:00 Flexercise</div> <div>1:30 Ilana Zaks Concert</div>	<div>11</div> <div>11:00 Seated Total Chair Fitness</div> <div>1:30 The Parkinson’s Journey-Presentation by Dr. Marci Nemhouser</div> <div>6:30 Seattle Girls Choir Performance</div>	<div>12</div> <div>10:00 Art Connection</div> <div>1:30 Resident Association Kitchen Kitchen Forum</div>	<div>13</div> <div>11:00 Dynamic Stretching</div> <div>1:30 Men’s Club</div>	<div>14</div> <div>11:00 Chair Fitness: Cardiovascular Focus</div> <div>1:30 Meditation Group</div>
<div>15</div> <div>11:00 <i>Livestreamed Services:</i> St. Joe’s Mass & Seattle First Baptist Church Service</div> <div>1:30 Interactive Scripture & Hymns with Paul & Tina Miller</div> <div>1:30 Father’s Day Celebration</div>	<div>16</div> <div>10:00 Mental Health Monday</div> <div>1:30 Pride Walk & Drag Bingo</div> <div>2:30 Free Movement with Mary</div>	<div>17</div> <div>11:00 Chair Fitness</div> <div>1:30 Pride Celebration</div>	<div>18</div> <div>10:45-11:30 Bookmobile</div> <div>1:30 Resident Association New Resident Welcome</div>	<div>19</div> <div>11:00 Seated Total Chair Fitness</div> <div>1:30 Sing Along w/ David Lepse</div>	<div>20</div> <div>11:00 Seated Total Chair Fitness</div> <div>1:30 LGBTQ+ Local History Presentation w/Adam</div>	<div>21</div> <div>11:00 Chair Fitness: Cardiovascular Focus</div> <div>1:30 Meditation w/Brother River</div>
<div>22</div> <div>11:00 Livestreamed Services: St. Joe’s Mass & Seattle First Baptist Church Service</div> <div>1:30 Interactive Scripture & Hymns with Paul & Tina Miller</div>	<div>23</div> <div>10:00 Journal Through Art</div> <div>1:30 Lance Rhoades Presentation</div> <div>2:30 Free Movement with Mary</div>	<div>24</div> <div>11:00 Seated Total Chair Fitness</div> <div>1:30 Resident Association Activities Forum</div>	<div>25</div> <div>11:00 Seated Total Chair Fitness</div> <div>1:30 In Person Mass</div> <div>2:30 Book Club</div>	<div>26</div> <div>10:00 Art Connection</div> <div>1:30 Resident Association General Assembly</div>	<div>27</div> <div>11:00 Seated Total Chair Fitness</div> <div>1:30 Ephelem Jazz Trio</div>	<div>28</div> <div>11:00 Chair Fitness: Cardiovascular Focus</div> <div>1:30 Meditation Group</div>
<div>29</div> <div>11:00 Livestreamed Services: St. Joe’s Mass & Seattle First Baptist Church Service</div> <div>1:30 Interactive Scripture & Hymns with Paul & Tina Miller</div>	<div>30</div> <div>10:00 Journal Through Art</div> <div>1:30 Summer Birthday Bash</div> <div>2:30 Free Movement with Mary</div>	<div>01</div>	<div>02</div>	<div>03</div>	<div>04</div>	<div>05</div>