

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
DR - Dining Room (1st Floor) CL-Columbia Living Room (1st Floor) BT-Broadway Theater (B Level) AR-Aloha Room (2nd Floor) S - Salon (3rd Floor) MR-Madison Room (B- Level) MOVIE OFFERED DAILY IN BROADWAY THEATER @6:30PM	1 10:00 - Journal Through Art w/Mary (AR) 11:00 - Free Movement w/Mary (MR) 1:30 - Resident Birthday Party (CL)	2 10:00 - 2:30 DreamClinic Massages (S) (SIGN-UP REQUIRED) 11:00 - Flexercise w/Mary (MR) 1:30 - R.A. Wellness Hour (CL) 2:30 - Bingo (CL)	3 10:00 - Shopping Trip to Goodwill (SIGN-UP REQUIRED) 11:00 - Chair Fitness: Upper Body Strength (MR) 1:30 - An Afternoon w/Do Peterson (CL) 2:30 - Standing Balance & Fall Prevention (MR)	4 11:00 - Chair Fitness: Lower Body Strength (MR) 1:30 - Wicked Movie Showing (CL) 2:30 - Standing Bone Smart Exercises (MR)	5 9:30 - Shopping Trip to Safeway (SIGN-UP REQUIRED) 11:00 - Healing Mass at St. Joe's (SIGN UP REQUIRED) 11:00 - Seated Dynamic & Static Stretches (MR) 1:30 - Curiosity University: Eight Flavors (BT) 2:30 - Standing Low Impact Aerobics (MR) 2:30 - Wine and Beer Social (CL)	6 11:00 - Chair Fitness: Cardio Focus (MR) 1:30 - Meditation Group (AR) 2:30 - Standing Tai Chir for Balance (MR)
7 11:00 - St. Joe's Mass: Livestreamed (BT) 11:00 - Seattle First Baptist Church: Streamed Service (AR) 1:30 - Interactive Scripture, Art & Hymns w/Paul & Tina Miller <i>via Zoom</i> (AR) 1:30 - Streamed Art Performance (BT)	8 8:00 - 3:00 - Foot & Nail Care w/Koko (S) (SIGN-UP REQUIRED) 10:00 - Journal Through Art w/Mary (AR) 11:00 - Free Movement w/Mary (MR) 1:30 - Fireside Chat w/Mike (CL) 2:30 - Crafting Connections w/Ellie (AR)	9 11:00 - Flexercise w/Mary (MR) 1:30 - 60th Anniversary of The Sound of Music w/Lance Rhodes (CL) 2:30 - Bingo (CL)	10 10:45 - Bookmobile (CL) 11:00 - Chair Fitness: Upper Body Strength (MR) 1:00 - <i>Employee Appreciation Party (CL)</i> 2:30 - Standing Balance & Fall Prevention (MR)	11 11:00 - Chair Fitness: Lower Body Strength (MR) 1:30 - Hanukkah Craft (CL) 3:30 - Fiber Fun Social w/ Angelika (CL)	12 9:30 - Shopping Trip to Walmart (SIGN-UP REQUIRED) 11:00 - Seated Dynamic & Static Stretches (MR) 1:30 - R.A. Kitchen Hour 2:30 - Standing Low Impact Aerobics (MR) 2:30 - Wine and Beer Social (CL)	13 11:00 - Chair Fitness: Cardio Focus (MR) 1:30 - Meditation Group (AR) 2:30 - Standing Tai Chir for Balance (MR) 3:30 - Flower Arranging w/ Angelika (AR)
Happy Hanukkah 14 11:00 - St. Joe's Mass: Livestreamed (BT) 11:00 - Seattle First Baptist Church: Streamed Service (AR) 1:30 - Interactive Scripture, Art & Hymns w/Paul & Tina Miller <i>via Zoom</i> (AR) 1:30 - Streamed Art Performance (BT) Hanukkah Begins	15 10:00 - Journal Through Art w/Mary (AR) 11:00 - Free Movement w/Mary (MR) 1:30 - The Fellowship of the Ring: Part One (CL) 2:30 - Book Club (CL)	16 11:00 - Flexercise w/Mary (MR) 1:30 - The Fellowship of the Ring: Part Two (CL) 2:30 - Bingo (CL)	17 9:45 - Outing to Seattle Art Museum (SIGN-UP REQUIRED) 11:00 - Chair Fitness: Upper Body Strength (MR) 1:00 - Allison Preisinger In Concert (CL) 1:30 - In Person Mass (BT) 2:30 - Standing Balance & Fall Prevention (MR) 2:30 - Resident Travelogue: New Zealand and Middle Earth w/ Janice V (CL)	18 11:00 - Chair Fitness: Lower Body Strength (MR) 1:30 - Sing-Along w/David Lapse (CL) 2:30 - Standing Bone Smart Exercises (MR)	19 9:30 - Shopping Trip to Fred Meyer (SIGN-UP REQUIRED) 10:00 - Curiosity University: Chernobyl, the World's Worst Nuclear Disaster (BT) 11:00 - Seated Dynamic & Static Stretches (MR) 3:00 - Men's Club w/ Kevin & Ronnie (AR)	20 11:00 - Chair Fitness: Cardio Focus (MR) 1:30 - Meditation w/Brother River (AR) 2:30 - Standing Tai Chir for Balance (MR) 3:30 - Orange & Clove Holiday Craft w/Angelika (AR)
21 11:00 - St. Joe's Mass: Livestreamed (BT) 11:00 - Seattle First Baptist Church: Streamed Service (AR) 1:30 - Interactive Scripture, Art & Hymns w/Paul & Tina Miller <i>via Zoom</i> (AR) 1:30 - Streamed Art Performance (BT) Winter Begins	22 10:00 - Journal Through Art w/Mary (AR) 11:00 - Free Movement w/Mary (MR) 1:30 - <i>Resident Holiday Party (CL)</i>	23 11:00 - Flexercise w/Mary (MR) 1:30 - Kwanzaa Craft (CL) 2:30 - Bingo (CL)	24 11:00 - Chair Fitness: Upper Body Strength (MR) 1:30 - Rudolph the Red Nose Reindeer Watch Party (BT) 2:30 - Standing Balance & Fall Prevention (MR) 4:00 - 7:00 - <i>Christmas Dinner</i>	Merry Christmas 25 11:00 - Chair Fitness: Lower Body Strength (MR) 2:30 - Standing Bone Smart Exercises (MR) Christmas	HAPPY KWANZAA 26 9:30 - Shopping Trip to Whole Foods (SIGN-UP REQUIRED) 11:00 - Seated Dynamic & Static Stretches (MR) 2:30 - Standing Low Impact Aerobics (MR) 2:30 - Wine and Beer Social (CL) Kwanzaa Begins	27 11:00 - Chair Fitness: Cardio Focus (MR) 1:30 - Meditation Group (AR) 2:30 - Standing Tai Chir for Balance (MR) 3:30 - Flower Arranging w/ Angelika (AR)
28 11:00 - St. Joe's Mass: Livestreamed (BT) 11:00 - Seattle First Baptist Church: Streamed Service (AR) 1:30 - Interactive Scripture, Art & Hymns w/Paul & Tina Miller <i>via Zoom</i> (AR) 1:30 - Streamed Art Performance (BT)	29 10:00 - Journal Through Art w/Mary (AR) 11:00 - Free Movement w/Mary (MR) 1:30 - Memoir Writing Workshop w/Mary Ellen	30 11:00 - Flexercise w/Mary (MR) 1:30 - New Year's Craft w/Joanne (CL) 2:30 - Bingo (CL)	31 9:30 - Outing to St. James Cathedral (SIGN-UP REQUIRED) 11:00 - Chair Fitness: Upper Body Strength (MR) 1:30 - You be the Judge (CL) 2:30 - Poetry Club (CL) 2:30 - Standing Balance & Fall Prevention (MR)  New Year's Eve			

All activities are subject to change with or without notice. For details, please see daily and weekly calendar postings or contact Ellie at 206-322-7331 (Director of Lifestyle Enrichment).