



- Exercises
- Games
- Bingo
- Meetings
- Groups
- Crafts
- Outings
- † Spiritual
- Socials
- ♪ Music Event
- 🚗 Outing

Evergreen Court June 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1</p> <p>9:15 ■ Video Exercises 10:00 ■ GAL- Gab A Lot Gals 1:00 ■ Bingo 2:00 ■ Activities Planning Meeting 7:00 Route 66 Band ♪</p>	<p>2</p> <p>9:15 ■ Video Exercises 10:00 ■ Busy Body (Bring your own craft) 1:00 ■ Games Galore 1:00 Glasses workshop w/ Donna 2:00 ■ Bible Study w/ Jody & Katherine †</p>	<p>3</p> <p>9:15 ■ Video Exercises 10:00 ■ Fred Meyers 1:00 Resident Store Open 1:30 ■ Exercises w/ Nancy 2:00 ■ Trivia w/ Katherine</p>	<p>4</p> <p>9:15 ■ Video Exercises 10:00 ■ Current Events & Coffee 1:00 ■ Rebecca Wu Bell Choir ♪ 2:30 ■ Noodle Ball</p>	<p>5</p> <p>9:15 ■ Video Exercises 10:00 ■ Outing - Frye 🚗 1:00 Resident Store Open</p>	<p>6</p> <p>D-Day 9:15 ■ Video Exercises 1:00 ■ Game Time 3:00 ■ Crossword Puzzles</p>
<p>7</p> <p>9:15 ■ Video Exercise 10:00 ■ Chicken Soup for the Soul 1:00 ■ Bingo 2:30 ■ Craft w/ Heidi (Beaded Key chains)</p>	<p>8</p> <p>Duck Hunt 9:15 ■ Video Exercises 10:00 ■ GAL- Gab A Lot Gals 12:00 Catholic communion † 1:00 ■ Bingo 7:00 Route 66 Band ♪</p>	<p>9</p> <p>9:15 ■ Video Exercises 10:00 ■ Busy Body (Bring your own craft) 1:00 ■ Games Galore 2:00 ■ Bible Study w/ Jody & Katherine †</p>	<p>10</p> <p>9:15 ■ Video Exercises 10:00 ■ Fred Meyers 1:00 Resident Store Open 1:30 ■ Exercises w/ Nancy 2:30 ■ Jake Bean Accordion ♪</p>	<p>11</p> <p>9:15 ■ Video Exercises 10:00 ■ Current Events & Coffee 1:00 ■ Spring Birthday Lunch 2:30 ■ Corn Hole</p>	<p>12</p> <p>9:15 ■ Video Exercises 10:00 ■ Outing - Washington Park Arboretum 🚗 1:00 Resident Store Open 2:30 ■ Cowboy Bob ♪</p>	<p>13</p> <p>9:15 ■ Video Exercises 1:00 ■ Game Time 3:00 ■ Crossword Puzzles</p>
<p>14</p> <p>Flag Day 9:15 ■ Video Exercise 10:00 ■ Chicken Soup for the Soul 1:00 ■ Bingo 2:30 ■ Craft w/ Heidi -Greeting cards w/ stamps</p>	<p>15</p> <p>9:15 ■ Video Exercises 10:00 ■ GAL- Gab A Lot Gals 1:00 ■ Bingo 7:00 Route 66 Band ♪</p>	<p>16</p> <p>9:15 ■ Video Exercises 10:00 ■ Busy Body (Bring your own craft) 1:00 ■ Games Galore 2:00 ■ Bible Study w/ Jody & Katherine †</p>	<p>17</p> <p>9:15 ■ Video Exercises 10:00 ■ Fred Meyers 1:00 Resident Store Open 1:30 ■ Exercises w/ Nancy 2:00 ■ Jeopardy w/ Katherine</p>	<p>18</p> <p>9:15 ■ Video Exercises 10:00 ■ Current Events & Coffee 2:30 ■ Ring Toss</p>	<p>19</p> <p>Juneteenth 9:15 ■ Video Exercises 10:00 ■ Outing - Snoqualmie Falls 🚗 1:00 ■ Father's Day Ice cream Social 1:00 Resident Store Open 2:30 ■ Erik Classical Piano ♪</p>	<p>20</p> <p>9:15 ■ Video Exercises 1:00 ■ Game Time 3:00 ■ Crossword Puzzles 3:30 ■ Hymn Sing †</p>
<p>21</p> <p>Father's Day 9:15 ■ Video Exercise 10:00 ■ Chicken Soup for the Soul 1:00 ■ Bingo 2:30 ■ Craft w/ Heidi (Spiral sun catchers)</p>	<p>22</p> <p>9:00 Traveling Library in Lobby 9:15 ■ Video Exercises 10:00 ■ GAL- Gab A Lot Gals 12:00 Catholic communion † 1:00 ■ Bingo 7:00 Route 66 Band ♪</p>	<p>23</p> <p>9:15 ■ Video Exercises 10:00 ■ Busy Body (Bring your own craft) 1:00 ■ Games Galore 2:00 ■ Bible Study w/ Jody & Katherine †</p>	<p>24</p> <p>9:15 ■ Video Exercises 10:00 ■ Safeway 🚗 1:00 Resident Store Open 1:30 ■ Exercises w/ Nancy 2:00 ■ Best Story w/ Katherine</p>	<p>25</p> <p>9:15 ■ Video Exercises 10:00 ■ Current Events & Coffee 2:00 ■ Rouge ♪ 3:00 ■ Bean bag Tic-Tac-Toe</p>	<p>26</p> <p>9:15 ■ Video Exercises 10:00 ■ Lunch Outing - Bai Tong Thai Restaurant 🚗 1:00 Resident Store Open 2:30 Sing along ♪</p>	<p>27</p> <p>9:15 ■ Video Exercises 1:00 ■ Game Time 3:00 ■ Crossword Puzzles</p>
<p>28</p> <p>9:15 ■ Video Exercise 10:00 ■ Chicken Soup for the Soul 1:00 ■ Bingo 2:30 ■ Craft w/ Heidi (decoupage Boxes part one)</p>	<p>29</p> <p>9:15 ■ Video Exercises 10:00 ■ GAL- Gab A Lot Gals 1:00 ■ Bingo 7:00 Route 66 Band ♪</p>	<p>30</p> <p>9:15 ■ Video Exercises 10:00 ■ Busy Body (Bring your own craft) 1:00 ■ Resident Meeting 2:00 ■ Bible Study w/ Jody & Katherine †</p>		<p>How Do You Say Water H2O, eau, aqua, ti, ruwa, wai, maiim, woda, acqua, uisge, Mizu, noa, ray, agua, konik, maji, vand, su, vesi, tubig, dwr, vann, ts'q'ali, Wasser, vaser, neró.</p>	<p>How Do I Know if I'm Drinking Enough Water?</p> <ul style="list-style-type: none"> You don't often feel thirsty. Your urine is colorless or light yellow. <p>If you are not drinking enough water:</p> <ul style="list-style-type: none"> You may have headaches. Your urine may be dark. You may not do your best during physical activities. You may have confusion and dizziness in extreme cases of dehydration. 	