

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 10:00 - Mental Health Monday (BT) 11:15 - Free Movement with Mary (MR) 1:30 - Resident Birthday Party (CL) 2:30 - Scrabble Day (CL) 3:30 - Neighborhood Walk (CY) 6:30 - Evening Movie (BT)	2 10:00 - Seattle Academy: Strings Ensemble Live Performance (CL) 11:15 - Flexercise with Mary (MR) 1:30 - Dancing for the Ages w/ Dina Blade (CL) 2:30 - Bingo (CL) 6:30 - Evening Movie (BT)	3 10:00 - Shopping Trip to Goodwill (SIGN-UP REQUIRED) 11:00 - Seated Chair Fitness with Angelika (MR) 1:30 - An Afternoon of Music w/ Do Peterson (CL) 2:30 - Standing Dividat Balance Training (MR) 3:30 - Cocktail Hour w/ Cori (CL) 6:30 - Evening Movie (BT)	4 10:00 - Karaoke (BT) 11:00 - Seated Chair Fitness with Angelika (MR) 1:30 - The Bridge: Seattle's LGBT Elders & Youth in One Conversation (CL) 2:30 - Fresh Air Stretch & Glidercise w/ Angelika (CY) 6:30 - Evening Movie (BT)	5 9:30 - Shopping Trip to Safeway (SIGN-UP REQUIRED) 11:00 - Healing Mass at St. Joes (SIGN-UP REQUIRED) 11:00 - Seated Chair Fitness with Angelika (MR) 1:30 - Home Hour w/ Ronnie (CL) 2:30 - Wine and Beer Social (CL) 3:30 - Outdoor Stretch & Stroll (CY) 6:30 - Evening Movie (BT)	6 11:00 - Seated Chair Fitness with Angelika (MR) 1:30 - Mediation Group (AR) 2:30 - Movement Inspired by Nature (CY) 6:30 - Evening Movie (BT)
7 11:00 - St. Joe's Mass: Livestreamed (BT) 11:00 - Seattle First Baptist Church: Streamed Service (AR) 1:30 - Streamed Art Performance (BT) 1:30 - Outing to Union Arts Center (SIGN - UP REQUIRED) (L) 6:30 - Evening Movie (BT)	8 11:15 - Balloon Toss w/Ellie (MR) 1:30 - Fireside Chat w/Mike (CL) 2:30 - Scrabble Day (CL) 3:30 - Neighborhood Walk (CY) 6:30 - Evening Movie (BT)	9 10:00 - Karaoke (BT) 11:15 - Flexercise with Mary (MR) 1:30 - Q.T.E Drag Performance for Pride Month (CL) 2:30 - Bingo (CL) 6:30 - Evening Movie (BT)	10 10:45 - Bookmobile (CL) 11:00 - Seated Chair Fitness with Angelika (MR) 1:30 - Kitchen Hour (CL) 2:30 - Book Club (AR) 2:30 - Standing Dividat Balance Training (MR) 6:30 - Evening Movie (BT)	11 11:00 - Play in Motion w/Angelika & Mary (MR) 1:00 - Wellness Hour (CL) 2:30 - Fresh Air Stretch & Glidercise w/ Angelika (CY) 3:30 - Fiber Fun Social with Angelika (CL) 6:30 - Evening Movie (BT)	12 9:30 - Shopping Trip to Fred Meyer (SIGN-UP REQUIRED) 11:00 - Seated Chair Fitness with Angelika (MR) 2:30 - Wine and Beer Social (CL) 3:30 - Outdoor Stretch & Stroll (CY) 6:30 - Evening Movie (BT)	13 11:00 - Seated Chair Fitness with Angelika (MR) 1:30 - Meditation Group w/ Brother River (AR) 2:30 - Movement Inspired by Nature (CY) 3:30 - Flower Arranging w/ Angelika (AR)
14 11:00 - St. Joe's Mass: Livestreamed (BT) 11:00 - Seattle First Baptist Church: Streamed Service (AR) 1:30 - Streamed Art Performance (BT) 1:45 - Courtyard Games (C) 6:30 - Evening Movie (BT) Flag Day (U.S.)	15 10:30 - Mental Health Monday w/Corinne (BT) 1:30 - Pride Month Workshop w/Beth: Part 1 (CL) 2:30 - Scrabble Day (CL) 3:30 - Neighborhood Walk (CY) 6:30 - Evening Movie (BT)	16 10:00 - Karaoke (BT) 11:15 - Flexercise with Mary (MR) 1:30 - Book Talk: Shade of Wings by Pam McGaffin (CL) 2:30 - Bingo (CL) 6:30 - Evening Movie (BT)	17 10:00 - Outing to Woodland Park Zoo (SIGN-UP REQUIRED) 11:00 - Seated Chair Fitness with Angelika (MR) 1:30 - In Person Mass (BT) 2:30 - Standing Dividat Balance Training (MR) 3:30 - Cocktail Hour w/ Cori (CL) 6:30 - Evening Movie (BT)	18 10:00 - Art Connection: Pride Parade Signs (AR) 11:00 - Seated Chair Fitness with Angelika (MR) 1:30 - Sing-along w/David Lapse (CL) 2:30 - Fresh Air Stretch & Glidercise w/ Angelika (CY) 3:30 - Fiber Fun Social with Angelika (CL) 6:30 - Evening Movie (BT)	19 9:30 - Shopping Trip to Uwajimaya (SIGN-UP REQUIRED) 11:00 - Seated Chair Fitness with Angelika (MR) 1:30 - Juneteenth: A Story of Unity and Reconciliation (CL) 2:30 - Wine and Beer Social (CL) 3:30 - Balloon Volleyball (MR) 6:30 - Evening Movie (BT) Juneteenth	20 11:00 - Father's Day BBQ 11:00 - Seated Chair Fitness with Angelika (MR) 1:30 - Mediation Group (AR) 2:30 - Movement Inspired by Nature (CY) 6:30 - Evening Movie (BT)
21 11:00 - St. Joe's Mass: Livestreamed (BT) 11:00 - Seattle First Baptist Church: Streamed Service (AR) 1:30 - Streamed Art Performance (BT) 1:45 - Courtyard Games (C) 6:30 - Evening Movie (BT) Summer Begins Father's Day	22 10:00 - Mental Health Monday (BT) 11:15 - Free Movement with Mary (MR) 1:30 - Pride Month Workshop w/Beth: Part 2 (CL) 2:30 - Scrabble Day (CL) 3:30 - Neighborhood Walk (CY) 6:30 - Evening Movie (BT)	23 10:00 - Karaoke (BT) 11:15 - Flexercise with Mary (MR) 1:30 - Resident Travelogue w/ Janice (CL) 2:30 - Bingo (CL) 3:30 - Music and Cocktail Hour w/Parker & Julian (CL) 6:30 - Evening Movie (BT)	24 10:00 - Outing to The Northwest African American Museum (SIGN-UP REQUIRED) 11:00 - Seated Chair Fitness with Angelika (MR) 1:30 - FLM Pride Parade and Social (CY) 2:30 - Poetry Club (AR) 2:30 - Standing Dividat Balance Training (MR) 6:30 - Evening Movie (BT)	25 10:00 - Art Connection (AR) 11:00 - Seated Chair Fitness with Angelika (MR) 1:30 - General Assembly (CL) 2:30 - Fresh Air Stretch & Glidercise w/ Angelika (CY) 3:30 - Fiber Fun Social w/ Ellie 6:30 - Evening Movie (BT)	26 9:30 - Shopping Trip to Walmart (SIGN-UP REQUIRED) 11:00 - Seated Chair Fitness with Angelika (MR) 1:30 - Curiosity University (CL) 2:30 - Wine and Beer Social (CL) 3:30 - Outdoor Stretch & Stroll (CY) 6:30 - Evening Movie (BT)	27 11:00 - Seated Chair Fitness with Angelika (MR) 1:30 - Meditation Group w/ Brother River (AR) 2:30 - Movement Inspired by Nature (CY) 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 - Streamed Art Performance (BT) 1:45 - Courtyard Games (C) 6:30 - Evening Movie (BT)	29 10:00 - Mental Health Monday (BT) 11:15 - Free Movement with Mary (MR) 1:30 - Pride Month Workshop w/Beth: Part 3 (CL) 2:30 - Scrabble Day (CL) 3:30 - Neighborhood Walk (CY) 6:30 - Evening Movie (BT)	30 10:00 - Karaoke (BT) 11:15 - Flexercise with Mary (MR) 1:30 - Cornhole Tournament (CL) 2:30 - Bingo (CL) 6:30 - Evening Movie (BT)				

DR-Dining Room (1st Floor) CL-Columbia Living Room (1st Floor) AR-Aloha Room (2nd Floor) S-Salon (3rd Floor) MR-Madison Room (B- Level) BT-Broadway Theater (B Level)
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).