

June 2018



Life Enrichment Calendar

“As a father has compassion on his children, so the LORD has compassion on those who fear him.”

~Psalm 103:13

June Holidays:

*Flag Day – 14th
Fathers’ Day – 17th
First Day of Summer – 21st*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><u>Nail Care</u> <i>by Sheila Winter</i> Every Tuesday 10:00am - 2:00pm</p>  <p>(3rd floor Sharrard Room) Please call her to set up an appointment. (253) 709-2809</p>	<p><u>Healing Hands Massage</u> Sherrie Miller, LMP <i>A variety of massage services are offered</i></p>  <p>Please call her to set up an appointment. (206) 303-8744</p>	<p><u>Medical Appointment Transportation</u> Every Tuesday</p>  <p>Please see book in Andrew's library for times and areas covered, and sign up 24 hours in advance.</p>	<p><u>Banking</u> Every Tuesday 9:00am – 10:30am (Next to Norma's Deli)</p>  <p>We have a representative from Columbia Bank available to assist with transactions.</p>	<p><u>Senior Prom</u> Wednesday, June 6th, @ 6:30pm</p>  <p>Entertainment by "Just Us" Band Light Refreshments Auburn Mountainview Senior Guests</p>	<p>1</p> <p>9:15 Cardio Circuit (F) 10:00 Scenic Drive (*) 10:15 Flexibility (F) 11:15 Chair Exercises (F) 12:45 Court Whist (JC) 1:00 "Into The Arms of Strangers: Stories of The Kindertransport" Movie & Popcorn (T) 2:00 Karaoke (FS) 3:00 Brain Fitness (JC) 6:30 Movie 2nd showing (T)</p>	<p>2</p> <p>12:00 Pinochlers (HD) 12:30 Bridge (FS) 1:00 Lea Hill Quilters (JC) 1:00 "The Greatest Showman" Movie (T) 1:30 Outing to Ballroom Dance Performance (*) 6:30 Movie 2nd Showing (T)</p>
<p>3</p> <p>1:00 Walking Club Outing (*) 3:00 Beanbag Toss (A) 6:30 Sunday Vespers (B)</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>50¢ OFF Your next Deli sandwich 6/30/2018</p> </div>	<p>4</p> <p>9:15 Cardio Circuit (F) 9:30 Resident Photoshoot (FS) 10:15 Flexibility (F) 10:30 Blood Pressure Clinic (JC) 11:00 Chime Choir Rehearsal (A) 11:15 Chair Exercises (F) 1:00 Mahjong (FS) 1:00 Great Courses DVD Lecture Series: "A Smithsonian Tour of American History" (T) 2:30 Movie Committee Meeting (JC)</p>	<p>5</p> <p>8:15 Meditation (F) 9:00 Water Aerobics Class (P) 9:00 Self-Practice Tai Chi (F) 10:00 Catholic Communion (B) 10:15 Pinnacle Circuit (F) 11:00 Interval Strength Training (F) 11:45 Chair Exercises (F) 1:00 Bible Study (JC) 1:00 Fun w/ Threads (FS) 3:00 Prayer Chain Group (CCC) 7:00 Resident ERT Radio Check 7:00 Evergreen Women's Chorale (A) 7:30 Evening Yoga (F)</p>	<p>6</p> <p>9:00 Self-Guided Water Walking (P) 9:15 Cardio Circuit (F) 10:15 Flexibility (F) 11:00 Lunch Outing to Anthony's Homeport (*) 11:15 Chair Exercises (F) 12:30 Bridge (JC) 3:00 Hymn Sing (FS) 6:30 All-Campus Event: Senior Prom with Auburn Mountainview High School Guests (A)</p>	<p>7</p> <p>8:45 Tai Chi (F) 9:00 Water Aerobics Class (P) 9:00 Self-Practice Tai Chi (F) 10:15 Pinnacle Circuit (F) 10:30 Shopping @ Fred Meyer (*) 11:00 Resistance Training with Bands (F) 11:45 Chair Exercises (F) 1:00 Emergency Response Team Meeting (A) 2:00 Grief Support Group (S) 2:30 Beginners Drum Circle (F) 3:00 Advanced Drum Circle (F)</p>	<p>8</p> <p>9:15 Cardio Circuit (F) 10:00 Scenic Drive (*) 10:15 Flexibility (F) 11:15 Chair Exercises (F) 12:45 Court Whist (JC) 1:00 "Just Getting Started" Movie & Popcorn (T) 3:00 Brain Fitness (JC) 6:30 Movie 2nd showing (T)</p>	<p>9</p> <p>12:00 Pinochlers (HD) 12:30 Bridge (FS) 1:00 "The Post" Movie (T) 6:30 Movie 2nd Showing (T)</p>

<p style="text-align: right;">10</p> <p>11:30 June Prime Rib Brunch (HD) 6:30 Sunday Vespers (B)</p>	<p style="text-align: right;">11</p> <p>9:15 Cardio Circuit (F) 10:15 Flexibility (F) 10:30 Blood Pressure Clinic (JC) 11:00 Chime Choir Rehearsal (A) 11:15 Chair Exercises (F) 1:00 Mahjong (FS) 1:00 Great Courses DVD Lecture Series: "A Smithsonian Tour of American History" (T)</p>	<p style="text-align: right;">12</p> <p>7:30 Omelet Bar (HD) 8:15 Meditation (F) 9:00 Water Aerobics Class (P) 9:00 Self-Practice Tai Chi (F) 10:00 Catholic Communion (B) 10:15 Pinnacle Circuit (F) 11:00 Interval Strength Training (F) 11:45 Chair Exercises (F) 1:00 Bible Study (B) 1:00 Fun w/ Threads (FS) 2:00 "Agriculture Today" w/ Rosella Mosby (A) 7:00 Resident ERT Radio Check 7:30 Evening Yoga (F)</p>	<p style="text-align: right;">13</p> <p>9:00 Self-Guided Water Walking (P) 9:15 Cardio Circuit (F) 10:15 Flexibility (F) 10:30 Outing to Northwest Trek Wildlife Park (*) 11:15 Chair Exercises (F) 12:30 Bridge (JC) 3:00 Hymn Sing (FS) 6:30 Entertainment with Jim and Beth Wulff (FS)</p>	<p style="text-align: right;">14</p> <p>8:45 Tai Chi (F) 9:00 Water Aerobics Class (P) 9:00 Self-Practice Tai Chi (F) 10:15 Pinnacle Circuit (F) 10:30 Shopping @ Fred Meyer (*) 11:00 Resistance Training with Bands (F) 11:00 "Name That Tune" with Leslie (FS) 11:45 Chair Exercises (F) 1:00 Flag Day Ceremony (FS) 2:00 Conversation in the Round (A) 3:00 Happy Hour (FS)</p>	<p style="text-align: right;">15</p> <p>9:15 Cardio Circuit (F) 10:00 Scenic Drive (*) 10:15 Flexibility (F) 11:15 Chair Exercises (F) 1:00 Thirty-Minute Book Talk (AL) 12:45 Court Whist (JC) 1:00 "Remember Me" Movie & Popcorn (T) 2:00 Debbie Demitre as "Grandma Moses" (A) 3:00 Brain Fitness (JC) 4:30 Dinner on The Hill (H) 6:30 Movie 2nd showing (T)</p>	<p style="text-align: right;">16</p> <p>12:00 Genealogy Class (T) 12:00 Pinochlers (HD) 12:30 Bridge (FS) 1:00 "The Book of Henry" Movie (T) 3:30 Memoir Writing Class (JC) 6:30 Movie 2nd Showing (T)</p>					
<p style="text-align: right;">17</p> <p>6:30 Sunday Vespers (B)</p> <p style="text-align: center;">Happy Father's Day!</p>	<p style="text-align: right;">18</p> <p>9:15 Cardio Circuit (F) 9:30 Resident Photoshoot (FS) 10:15 Flexibility (F) 10:30 Blood Pressure Clinic (JC) 11:00 Chime Choir Rehearsal (A) 11:15 Chair Exercises (F) 1:00 Lea Hill Book Club (JC) 1:00 Great Courses DVD Lecture Series: "A Smithsonian Tour of American History" (T) 2:30 Northwest Primetime Discussion Group (JC) 6:00 Guide Dog Visit (FS)</p>	<p style="text-align: right;">19</p> <p>8:15 Meditation (F) 9:00 Water Aerobics Class (P) 9:00 Self-Practice Tai Chi (F) 10:00 Catholic Communion (B) 10:15 Pinnacle Circuit (F) 10:45 Visiting Library (FS) 11:00 Interval Strength Training (F) 11:45 Chair Exercises (F) 1:00 Fun w/ Threads (FS) 1:00 Bible Study (JC) 1:30 Resident Council (A) 3:00 Nutrition w/ Mariya (JC) 7:00 Resident ERT Radio Check 7:30 Evening Yoga (F)</p>	<p style="text-align: right;">20</p> <p>9:00 Breakfast Outing to The Sunbreak Café (*) 9:00 Self-Guided Water Walking (P) 9:15 Cardio Circuit (F) 10:15 Flexibility (F) 11:15 Chair Exercises (F) 12:30 Bridge (JC) 1:30 Earthquake Preparedness Presentation (A) 3:00 Hymn Sing (FS) 6:30 Waltz & Rumba Demo with Faith Knox (FS)</p>	<p style="text-align: right;">21</p> <p>8:45 Tai Chi (F) 9:00 Water Aerobics Class (P) 9:00 Self-Practice Tai Chi (F) 10:15 Pinnacle Circuit (F) 10:30 Shopping @ Fred Meyer (*) 11:00 Resistance Training with Bands (F) 11:45 Chair Exercises (F) 2:00 Grief Support Group (S) 1:30 Paper Crafts w/ Emily (JC) 2:30 Beginners Drum Circle (F) 3:00 Advanced Drum Circle (F)</p>	<p style="text-align: right;">22</p> <p>9:15 Cardio Circuit (F) 10:00 Scenic Drive (*) 10:15 Flexibility (F) 11:15 Chair Exercises (F) 12:45 Court Whist (JC) 1:00 "Hot Pursuit" Movie & Popcorn (T) 1:30 "Dental Issues in Seniors" Presentation (A) 3:00 Brain Fitness (JC) 6:30 Movie 2nd showing (T)</p>	<p style="text-align: right;">23</p> <p>12:00 Pinochlers (HD) 12:30 Bridge (FS) 1:00 "Breathe" Movie (T) 6:30 Movie 2nd Showing (T)</p>					
<p style="text-align: right;">24</p> <p>2:00 Games w/ The Yu Family (JC) 6:30 Sunday Vespers (B)</p>	<p style="text-align: right;">25</p> <p>9:15 Cardio Circuit (F) 10:15 Flexibility (F) 10:30 Blood Pressure Clinic (JC) 11:00 Chime Choir Rehearsal (A) 11:15 Chair Exercises (F) 1:00 Outing to Trader Joe's (*) 1:00 Great Courses DVD Lecture Series: "A Smithsonian Tour of American History" (T) 1:00 Mahjong (FS)</p>	<p style="text-align: right;">26</p> <p>9:00 Water Aerobics Class (P) 9:00 Self-Practice Tai Chi (F) 10:00 Catholic Communion (B) 10:15 Pinnacle Circuit (F) 11:00 Interval Strength Training (F) 11:45 Chair Exercises (F) 1:00 Fun w/ Threads (FS) 1:00 Bible Study (JC) 1:30 Presentation: "Free Phones Available for Hard of Hearing Individuals" (A) 7:00 Resident ERT Radio Check</p>	<p style="text-align: right;">27</p> <p>9:00 Self-Guided Water Walking (P) 9:15 Cardio Circuit (F) 10:15 Flexibility (F) 11:00 Lunch Outing to Athens Pizza (*) 11:15 Chair Exercises (F) 12:30 Bridge (JC) 2:30 Parkinson's Support Group (B) 3:00 Hymn Sing (FS) 6:00 Visit with Bentley (FS)</p>	<p style="text-align: right;">28</p> <p>8:45 Tai Chi (F) 9:00 Schryver Medical Lab (S) 9:00 Water Aerobics Class (P) 9:00 Self-Practice Tai Chi (F) 10:15 Pinnacle Circuit (F) 10:30 Shopping @ Fred Meyer (*) 11:00 Resistance Training with Bands (F) 11:45 Chair Exercises (F) 1:00 Cooking w/ Chef Jerry (HD) 2:00 Caregiver Support Group (CCC) 4:30 Outing to Music & Art Showcase (*)</p>	<p style="text-align: right;">29</p> <p>8:00 Men's Breakfast (*) 9:15 Cardio Circuit (F) 10:00 Scenic Drive (*) 10:15 Flexibility (F) 11:15 Chair Exercises (F) 12:45 Court Whist (JC) 1:00 "The Shop Around The Corner" Movie & Popcorn (T) 3:00 Brain Fitness (JC) 6:30 Movie 2nd showing (T)</p>	<p style="text-align: right;">30</p> <p>12:00 Pinochlers (HD) 12:30 Bridge (FS) 1:00 "Trophy" Movie (T) 6:30 Movie 2nd Showing (T)</p>					
<p>First Floor (*) Lobby/Outing (H) Holman Conference Room (FS) Fireside Room</p>		<p>First Floor (F) Fitness Center (P) Swimming Pool (AL) Andrew's Library</p>		<p>Second Floor (T) Theater (JC) John's Club (A) Assembly Hall</p>		<p>Second Floor (B) Burdine Chapel (HD) Hoben Dining Room (K) Klopfenstein Dining Room</p>		<p>Third Floor (C) Craft Room (S) Sharrard Room</p>		<p>Other (CCC) Care Center Chapel</p>	

