

I Am An American

I am an American.

That's the way most of us put it, just matter of factly.

They are plain words, those four.

You could write them on your thumbnail, or you could sweep them clear across this bright sky.

But remember, too, that they are more than words.

They are a way of life.

So, whenever you speak them, speak them firmly; speak them proudly; speak them gratefully.

I am an American.

July 2018







Life Enrichment Calendar

You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love.

Galatians 5:13

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|--|---|--|---|
| <p>1</p> <p>6:30 Sunday Vespers (B)</p> | <p>2</p> <p>9:15 Cardio Circuit (F) 10:15 Flexibility (F) 10:30 Blood Pressure Clinic (JC) 11:15 Chair Exercises (F) 12:30 Mahjong (FS) 1:00 The Great Courses DVD Lecture Series: "A Smithsonian Tour of American History" (T) 2:30 Entertainment w/ Emmy Purainer (FS) 6:30 Rescheduled Movie "The Post" (T)</p> | <p>3</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 Rescheduled Movie "The Post" (T) 3:00 Prayer Chain Group (CCC) 7:00 Resident ERT Radio Check</p> | <p>4</p> <p>9:00 Self-Guided Water Walking (P) 9:15 Cardio Circuit (F) 10:15 Flexibility (F) 11:00 Outing to Auburn 4th of July Celebration (*) 11:15 Chair Exercises (F) 12:30 Bridge (JC) 3:00 Hymn Sing (FS)</p> <p style="text-align: center;">Happy Independence Day!</p> | <p>5</p> <p>8:45 Tai Chi (F) 9:00 Water Aerobics Class (P) 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 Paper Crafts w/ Emily (JC) 2:00 Grief Support Group (S) 2:30 Beginners Drum Circle (F) 3:00 Advanced Drum Circle (F)</p> | <p>6</p> <p>9:15 Cardio Circuit (F) 10:00 Scenic Drive (*) 10:15 Flexibility (F) 11:15 Chair Exercises (F) 12:30 Court Whist (JC) 1:00 "Home Again" Movie & Popcorn (T) 2:00 "Sports" Ice Cream Social (FS) 3:00 Brain Fitness (JC) 6:30 Movie 2nd showing (T)</p> | <p>7</p> <p>12:00 Pinochlers (HD) 12:30 Bridge (FS) 1:00 Lea Hill Quilters (JC) 1:00 "Darkest Hour" Movie (T) 3:30 Memoir Writing Class #1 (JC) 6:30 Movie 2nd Showing (T)</p> |
| <p>8</p> <p>6:30 Sunday Vespers (B)</p> <div style="border: 1px dashed black; padding: 5px; width: fit-content; margin: 10px auto;"> <p style="text-align: center;">50¢ OFF Your Deli next Sandwich 7/31/18</p> </div> | <p>9</p> <p>9:15 Cardio Circuit (F) 9:30 Resident Photoshoot (FS) 10:15 Flexibility (F) 10:30 Blood Pressure Clinic (JC) 11:15 Chair Exercises (F) 12:30 Mahjong (FS) 1:00 "Cowboy Serenade" with Rick & Margie (FS) 1:00 The Great Courses DVD Lecture Series: "A Smithsonian Tour of American History" (T)</p> | <p>10</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 Fun w/ Threads (FS) 2:00 Chat w/ Our Mayor (A) 3:00 Make A Wish Meeting (JC) 7:00 Resident ERT Radio Check 7:30 Evening Yoga (F)</p> | <p>11</p> <p>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) 3:00 Hymn Sing (FS) 4:30 Happy Hour Outing to Salty's (*)</p> | <p>12</p> <p>8:45 Tai Chi (F) 9:00 Water Aerobics Class (P) 10:15 Pinnacle Circuit (F) 10:30 Shopping @ Fred Meyer (*) 11:00 Name That Tune with Leslie (FS) 11:00 Resistance Training with Bands (F) 11:45 Chair Exercises (F) 2:00 Town Meeting (A) 3:00 Happy Hour (FS) 5:30 Outing to Community Picnic (*)</p> | <p>13</p> <p>9:15 Cardio Circuit (F) 10:00 Scenic Drive (*) 10:15 Flexibility (F) 11:15 Chair Exercises (F) 12:30 Court Whist (JC) 1:00 "Gidget" Movie & Popcorn (T) 2:00 "Carnival" Ice Cream Social (FS) 3:00 Brain Fitness (JC) 6:30 Movie 2nd showing (T)</p> | <p>14</p> <p>12:00 Pinochlers (HD) 12:30 Bridge (FS) 1:00 "Hubble" Movie (T) 3:30 Memoir Writing Class #2 (JC) 6:30 Movie 2nd Showing (T)</p> |

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| 15 | <p>1:00 Walking Club Outing (*) 3:00 Beanbag Toss (A) 6:30 Sunday Vespers (B)</p> | 16 | <p>9:15 Cardio Circuit (F) 10:15 Flexibility (F) 10:30 Blood Pressure Clinic (JC) 11:15 Chair Exercises (F) 1:00 The Great Courses DVD Lecture Series: "A Smithsonian Tour of American History" (T) 1:00 Lea Hill Book Club (JC) 6:00 Guide Dog Visit (FS)</p> | 17 | <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) 1:30 Resident Council (A) 3:00 Movie Committee (JC) 7:00 Resident ERT Radio Check 7:30 Evening Yoga (F)</p> | 18 | <p>9:00 Breakfast Outing to The Black Bear 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) 1:00 Cooking Class & Nutrition Talk with Executive Chef Jerry and Dietician Mariya (HD) 3:00 Hymn Sing (FS)</p> | 19 | <p>8:45 Tai Chi (F) 9:00 Water Aerobics Class (P) 10:15 Pinnacle Circuit (F) 10:30 Shopping @ Fred Meyer (*) 11:00 Resistance Training with Bands (F) 11:45 Chair Exercises (F) 1:00 Warm Welcome Club (FS) 2:00 Grief Support Group (S) 2:30 Beginners' Drum Circle (F) 3:00 Advanced Drum Circle (F)</p> | 20 | <p>9:15 Cardio Circuit (F) 10:00 Scenic Drive (*) 10:15 Flexibility (F) 11:15 Chair Exercises (F) 12:30 Court Whist (JC) 1:00 Thirty-Minute Book Talk (AL) 1:00 "My Big Fat Greek Wedding" Movie & Popcorn (T) 2:00 "Country Western" Ice Cream Social (FS) 3:00 Brain Fitness (JC) 4:30 Dinner on The Hill (HD) 6:30 Movie 2nd showing (T)</p> | 21 | <p>11:00 Outing to Aloha Soiree @ Soos Creek Botanical Gardens (*) 12:00 Pinochlers (HD) 12:30 Bridge (FS) 1:00 "Ali & Nino" Movie (T) 3:30 Memoir Writing Class #3 (JC) 6:30 Movie 2nd Showing (T)</p> |
| 22 | <p>11:30 July Prime Rib Brunch (HD) 6:30 Sunday Vespers (B)</p> | 23 | <p>9:15 Cardio Circuit (F) 9:30 Resident Photoshoot (FS) 10:15 Flexibility (F) 10:30 Blood Pressure Clinic (JC) 11:15 Chair Exercises (F) 12:30 Mahjong (FS) 1:00 The Great Courses DVD Lecture Series: "A Smithsonian Tour of American History" (T) 1:00 Outing to Trader Joe's (*) 2:00 Informational Talk on Dementia (A)</p> | 24 | <p>8:15 Meditation (F) 9:00 Water Aerobics Class (P) 9:00 OnSite Dermatology appointments (HD) 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) 2:30 Presentation by Senator Fain (A) 7:00 Resident ERT Radio Check 7:30 Evening Yoga (F)</p> | 25 | <p>9:00 Self-Guided Water Walking (P) 9:15 Cardio Circuit (F) 10:15 Flexibility (F) 11:00 Ladies Lunch Outing (*) 11:15 Chair Exercises (F) 12:30 Bridge (JC) 2:30 Northwest Primetime Newspaper Discussion Group (JC) 3:00 Hymn Sing (FS) 6:00 Visit with Bentley (FS)</p> | 26 | <p>8:45 Tai Chi (F) 9:00 Schryver Medical Lab (S) 9:00 Water Aerobics Class (P) 10:15 Pinnacle Circuit (F) 10:30 Shopping @ Fred Meyer (*) 11:00 Resistance Training with Bands (F) 11:45 Chair Exercises (F) 1:00 Presentation: "Pioneer Sarah Felsenthal Neely" (A) 2:00 Caregiver Support Group (CCC) 2:30 Parkinson's Support Group (B)</p> | 27 | <p>8:00 Men's Breakfast Outing (*) 9:15 Cardio Circuit (F) 10:00 Scenic Drive (*) 10:15 Flexibility (F) 11:15 Chair Exercises (F) 12:30 Court Whist (JC) 1:00 "Koko: A Talking Gorilla" Movie & Popcorn (T) 2:00 "Purposefully Purple" Ice Cream Social (FS) 3:00 Brain Fitness (JC) 6:30 Movie 2nd showing (T)</p> | 28 | <p>12:00 Pinochlers (HD) 12:30 Bridge (FS) 1:00 "I Can Only Imagine" Movie (T) 6:30 Movie 2nd Showing (T)</p> |
| 29 | <p>6:30 Sunday Vespers (B)</p> | 30 | <p>9:15 Cardio Circuit (F) 10:15 Flexibility (F) 10:30 Blood Pressure Clinic (JC) 11:15 Chair Exercises (F) 12:30 Mahjong (FS) 1:00 The Great Courses DVD Lecture Series: "A Smithsonian Tour of American History" (T) 1:00 Abstract Art Class with Greg (JC) 4:00 Outing to Serve @ Auburn Community Dinner (*)</p> | 31 | <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 Fun w/ Threads (FS) 2:00 "Five Wishes" Presentation w/ Chaplain Haggai (A) 7:00 Resident ERT Radio Check 7:30 Evening Yoga (F)</p> | <p><u>Nail Care</u> <u>by Sheila Winter</u> 2nd & 4th Tuesday 10:00am - 3:00pm</p>  <p>(3rd floor Sharrard Room)</p> <p>Please call her to set up an appointment. (253) 709-2809</p> | | <p><u>Healing</u> <u>Hands Massage</u> Sherrie Miller, LMP</p> <p><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>Snacks Available</u></p> <p>Popcorn is provided in the Theater, during the 1:00 movie on Fridays.</p>  <p>A soda pop vending machine is available in the Theater, as well, for your enjoyment anytime.</p> | | <p><u>Medical Appointment</u> <u>Transportation</u> Every Tuesday</p>  <p><i>Please see book in Andrew's library for times and areas covered, and sign up 24 hours in advance.</i></p> | |

First Floor
(*) Lobby/Outing
(H) Holman Conference Room
(FS) Fireside Room

First Floor
(F) Fitness Center
(P) Swimming Pool
(AL) Andrew's Library

Second Floor
(T) Theater
(JC) John's Club
(A) Assembly Hall

Second Floor
(B) Burdine Chapel
(HD) Hoben Dining Room
(K) Klopfenstein Dining Room

Third Floor
(C) Craft Room
(S) Sharrard Room

Other
(CCC) Care Center Chapel