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		<p>8:30 Lifting For Life! (GC) 9:00 Movement &amp; Music (GC) 9:30 Delay The Disease (GC) 10:00 Tech Time (GB) 11:15 Sit &amp; Get Fit! (GC) 1:00 Tech Time (RB) 1:00 Personal Power (SAIL) (T-ZFC) 1:00 Dominoes (GCR) 2:00 Sit and Get Fit! (T-ZFC) <b>2:00 Bingo at The Terrace (TCR)</b> 2:30 Personal Training by Appointment (T-ZFC) 3:00 Maika'i Kupuna Ukulele Band Rehearsal (GC)</p>	<p>8:30 Lifting For Life! (T-ZFC) 9:00 Movement &amp; Music (T-ZFC) 9:30 Delay The Disease (T-ZFC) 11:15 Sit and Get Fit! (T-ZFC) 1:00 Personal Power (SAIL) (GC) 1:00 Wesley U: Themes in Philosophy (Zoom) 2:00 Sit &amp; Get Fit! (GC) <b>2:00 Memorial Service for Eleanor M. Clark (GC)</b> 2:30 Personal Training by Appointment (GFR) 6:30 Gardens Movie: The Time Traveler's Wife (KCCFT)</p>	<p>8:30 Lifting For Life! (GC) 9:00 Movement &amp; Music (GC) 9:30 Delay The Disease (GC) 10:00 Wesley U: Toxic Chemicals in Everyday Products (Zoom) 11:15 Sit &amp; Get Fit! (GC) 1:00 Personal Power (SAIL) (T-ZFC) 2:00 Sit and Get Fit! (T-ZFC) 2:30 Personal Training by Appointment (T-ZFC) 3:00 Mat Yoga with Lori Rock (GC) <b>3:00 Bingo at The Gardens (GCR)</b> 4:00 Chair Yoga with Lori Rock (GC) <b>7:00 Gardens Floor Meetings</b></p>	<p>9:00 Chair Volleyball (TA) 1:00 Yarn Chat (GFL) 1:30 Wesley U: The Varying Definitions of Freedom (Zoom) 2:00 Terrace Matinee Movie: Lady Driver (TCR)</p>	<p>10:00 Mah Jongg (GCR) 7:00 Vespers Worship Service: Rev. John Armagost (Ch. 371)</p>
<p>6:00 Vespers Worship Service: Rev. John Armagost (Ch. 371) 7:00 Vespers Worship Service: Rev. John Armagost (Ch. 371)</p>	<p>8:30 Lifting For Life! (T-ZFC) 9:00 Movement &amp; Music (T-ZFC) 9:30 Delay The Disease (T-ZFC) 11:15 Sit and Get Fit! (T-ZFC) 1:00 Personal Power (SAIL) (GC) <b>1:00 Wesley U: Who Was Chief Seattle? (Zoom)</b> 2:00 Sit &amp; Get Fit! (GC) 2:00 Needlecrafters (GCC) 2:00 Terrace Matinee Movie: The Maltese Falcon (TCR) 2:30 Personal Training by Appointment (GFR) 3:00 Mat Yoga with Lori Rock (GC) 4:00 Chair Yoga with Lori Rock (GC)</p>	<p>8:30 Lifting For Life! (GC) 9:00 Movement &amp; Music (GC) 9:30 Delay The Disease (GC) 10:00 Tech Time (GB) <b>10:00 Resident Board Meeting (TC)</b> 11:15 Sit &amp; Get Fit! (GC) 1:00 Tech Time (RB) 1:00 Personal Power (SAIL) (T-ZFC) 1:00 Dominoes (GCR) 2:00 Sit and Get Fit! (T-ZFC) 2:30 Personal Training by Appointment (T-ZFC) 3:00 Maika'i Kupuna Ukulele Band Rehearsal (GC)</p>	<p>8:30 Lifting For Life! (T-ZFC) 9:00 Movement &amp; Music (T-ZFC) 9:30 Delay The Disease (T-ZFC) 11:15 Sit and Get Fit! (T-ZFC) 1:00 Personal Power (SAIL) (GC) 1:30 Gardens Movie: Soloist (KCCFT) 2:00 Sit &amp; Get Fit! (GC) 2:00 Wesley U: Understanding the Mechanics of Human Movement (Zoom) 2:30 Personal Training by Appointment (GFR) 6:30 Gardens Movie: Soloist (KCCFT)</p>	<p>8:30 Lifting For Life! (GC) 9:00 Movement &amp; Music (GC) 9:30 Delay The Disease (GC) 10:00 Wesley U: Toxic Chemicals in Everyday Products (Zoom) 11:15 Sit &amp; Get Fit! (GC) 1:00 Personal Power (SAIL) (T-ZFC) 2:00 Sit and Get Fit! (T-ZFC) 2:30 Personal Training by Appointment (T-ZFC) 3:00 Mat Yoga with Lori Rock (GC) 4:00 Chair Yoga with Lori Rock (GC)</p>	<p>9:00 Chair Volleyball (TA) 1:00 Yarn Chat (GFL) 1:30 Wesley U: Socialism vs. Capitalism (Zoom) 2:00 Terrace Matinee Movie: The Maltese Falcon (TCR) <b>2:00 Social Hour (GCR)</b></p>	<p>10:00 Mah Jongg (GCR) 7:00 Vespers Worship Service: Dr. W. Preston Woodall, Jr. (Ch. 371)</p>
<p>6:00 Vespers Worship Service: Dr. W. Preston Woodall, Jr. (Ch. 371) 7:00 Vespers Worship Service: Dr. W. Preston Woodall, Jr. (Ch. 371)</p>	<p><i>Flag Day</i> 8:30 Lifting For Life! (T-ZFC) 9:00 Movement &amp; Music (T-ZFC) 9:30 Delay The Disease (T-ZFC) 11:15 Sit and Get Fit! (T-ZFC) 1:00 Personal Power (SAIL) (GC) 2:00 Sit &amp; Get Fit! (GC) 2:00 Needlecrafters (GCC) 2:00 Terrace Matinee Movie: Go Karts (TCR) 2:30 Personal Training by Appointment (GFR) 3:00 Mat Yoga with Lori Rock (GC) 4:00 Chair Yoga with Lori Rock (GC)</p>	<p>8:30 Lifting For Life! (GC) 9:00 Movement &amp; Music (GC) 9:30 Delay The Disease (GC) 10:00 Tech Time (GB) 11:15 Sit &amp; Get Fit! (GC) 1:00 Tech Time (RB) 1:00 Personal Power (SAIL) (T-ZFC) 1:00 Dominoes (GFL) 2:00 Sit and Get Fit! (T-ZFC) <b>2:00 Wesley U: Seattle Symphony Watch Party</b> 2:30 Personal Training by Appointment (T-ZFC) 3:00 Maika'i Kupuna Ukulele Band Rehearsal (GC) <b>3:30 Bingo at The Terrace (TCR)</b> <b>6:30 Terrace Floor Meetings</b> <b>7:00 Tuesday Evening Program: "Birds and Beaches in Belize" with the Skidmores (KCCFT)</b></p>	<p>8:30 Lifting For Life! (T-ZFC) 9:00 Movement &amp; Music (T-ZFC) 9:30 Delay The Disease (T-ZFC) 11:15 Sit and Get Fit! (T-ZFC) 1:00 Personal Power (SAIL) (GC) 1:30 Gardens Movie: Dumplin' (KCCFT) 2:00 Sit &amp; Get Fit! (GC) 2:00 Wesley U: Physical Activity &amp; Aging (Zoom) 2:30 Personal Training by Appointment (GFR) 6:30 Gardens Movie: Dumplin' (KCCFT)</p>	<p>8:30 Lifting For Life! (GC) 9:00 Movement &amp; Music (GC) 9:30 Delay The Disease (GC) 10:00 Wesley U: Toxic Chemicals in Everyday Products (Zoom) 11:15 Sit &amp; Get Fit! (GC) 1:00 Personal Power (SAIL) (T-ZFC) 2:00 Sit and Get Fit! (T-ZFC) 2:30 Personal Training by Appointment (T-ZFC) 3:00 Mat Yoga with Lori Rock (GC) <b>3:00 Bingo at The Gardens (GCR)</b> 4:00 Chair Yoga with Lori Rock (GC)</p>	<p>9:00 Chair Volleyball (TA) 1:00 Yarn Chat (GFL) 1:30 Wesley U: Zeitgeist: The Spirit of the Times (Zoom) 2:00 Terrace Matinee Movie: Go Karts (TCR)</p>	<p>10:00 Mah Jongg (GCR) 10:00 Wesley U: Race, Racism, and Racial Equity (Zoom) 7:00 Vespers Worship Service: Rev. Jenny Partch (Ch. 371)</p>
<p><i>Father's Day</i> 6:00 Vespers Worship Service: Rev. Jenny Partch (Ch. 371) 7:00 Vespers Worship Service: Rev. Jenny Partch (Ch. 371)</p>	<p>8:30 Lifting For Life! (T-ZFC) 9:00 Movement &amp; Music (T-ZFC) 9:30 Delay The Disease (T-ZFC) 11:15 Sit and Get Fit! (T-ZFC) 1:00 Personal Power (SAIL) (GC) <b>1:00 Wesley U: The Ancient &amp; Modern Myths of Mt. Rainier (Zoom)</b> 2:00 Sit &amp; Get Fit! (GC) 2:00 Needlecrafters (GCC) 2:00 Terrace Matinee Movie: Blue Miracle (TCR) 2:30 Personal Training by Appointment (GFR) 3:00 Mat Yoga with Lori Rock (GC) 4:00 Chair Yoga with Lori Rock (GC)</p>	<p>8:30 Lifting For Life! (GC) 9:00 Movement &amp; Music (GC) 9:30 Delay The Disease (GC) 10:00 Tech Time (GB) 11:15 Sit &amp; Get Fit! (GC) 1:00 Tech Time (RB) 1:00 Personal Power (SAIL) (T-ZFC) 1:00 Dominoes (GCR) 2:00 Sit and Get Fit! (T-ZFC) <b>2:00 Towne Meeting (TA)</b> 2:30 Personal Training by Appointment (T-ZFC) 3:00 Maika'i Kupuna Ukulele Band Rehearsal (GC) <b>7:00 Tuesday Evening Program: "Piano Potpourri" with Dorothy Stowe (GC)</b></p>	<p>8:30 Lifting For Life! (T-ZFC) 9:00 Movement &amp; Music (T-ZFC) 9:30 Delay The Disease (T-ZFC) 11:15 Sit and Get Fit! (T-ZFC) 1:00 Personal Power (SAIL) (GC) 1:30 Gardens Movie: Suffragette (KCCFT) 2:00 Sit &amp; Get Fit! (GC) 2:00 Wesley U: Training for Life (Zoom) 2:30 Personal Training by Appointment (GFR) 6:30 Gardens Movie: Suffragette (KCCFT)</p>	<p>8:30 Lifting For Life! (GC) 9:00 Movement &amp; Music (GC) 9:30 Delay The Disease (GC) 10:00 Wesley U: Toxic Chemicals in Everyday Products (Zoom) 11:15 Sit &amp; Get Fit! (GC) 1:00 Personal Power (SAIL) (T-ZFC) 2:00 Sit and Get Fit! (T-ZFC) 2:30 Personal Training by Appointment (T-ZFC) 3:00 Mat Yoga with Lori Rock (GC) 4:00 Chair Yoga with Lori Rock (GC)</p>	<p><i>Podiatrist Appointments Today</i> 9:00 Chair Volleyball (TA) 1:00 Yarn Chat (GFL) 1:30 Wesley U: Music &amp; Pop Culture of the 1940s, 1950s, and 1960s (Zoom) 2:00 Terrace Matinee Movie: Blue Miracle (TCR) <b>2:00 Social Hour (GCR)</b></p>	<p>10:00 Mah Jongg (GCR) 10:00 Wesley U: Race, Racism, and Racial Equity (Zoom) 7:00 Vespers Worship Service: Rev. Bud Diener (Ch. 371)</p>
<p>6:00 Vespers Worship Service: Rev. Bud Diener (Ch. 371) 7:00 Vespers Worship Service: Rev. Bud Diener (Ch. 371)</p>	<p>8:30 Lifting For Life! (T-ZFC) 9:00 Movement &amp; Music (T-ZFC) 9:30 Delay The Disease (T-ZFC) 11:15 Sit and Get Fit! (T-ZFC) 1:00 Personal Power (SAIL) (GC) 2:00 Sit &amp; Get Fit! (GC) 2:00 Needlecrafters (GCC) 2:00 Terrace Matinee Movie: The BFG (TCR) 2:30 Personal Training by Appointment (GFR) 3:00 Mat Yoga with Lori Rock (GC) 4:00 Chair Yoga with Lori Rock (GC)</p>	<p>8:30 Lifting For Life! (GC) 9:00 Movement &amp; Music (GC) 9:30 Delay The Disease (GC) 10:00 Tech Time (GB) 11:15 Sit &amp; Get Fit! (GC) 1:00 Tech Time (RB) 1:00 Personal Power (SAIL) (T-ZFC) 1:00 Dominoes (GCR) 2:00 Sit and Get Fit! (T-ZFC) 2:30 Personal Training by Appointment (T-ZFC) 3:00 Maika'i Kupuna Ukulele Band Rehearsal (GC)</p>	<p>8:30 Lifting For Life! (T-ZFC) 9:00 Movement &amp; Music (T-ZFC) 9:30 Delay The Disease (T-ZFC) 11:15 Sit and Get Fit! (T-ZFC) 1:00 Personal Power (SAIL) (GC) 1:30 Gardens Movie: The Odd Couple (KCCFT) 2:00 Sit &amp; Get Fit! (GC) 2:00 Wesley U: Nutrition (Zoom) 2:30 Personal Training by Appointment (GFR) 6:30 Gardens Movie: The Odd Couple (KCCFT)</p>	<p><b>LOCATION KEY</b> GB - Gardens Bistro GC - Gardens Chapel GCR - Gardens Club Room GCC - Gardens Creativity Center GFL - Gardens Family Lounge GFR - Gardens Fitness Room KCCFT - Kenneth C. Clarke Family Theatre at the Gardens RB - Rainier Bistro TA - Terrace Auditorium TC - Terrace Classroom TCR - Terrace Community Room</p>	<p>T-ZFC - Terrace-Zenith Fitness Center Ch. 371 - Touchtown Channel 371</p>	

June 2021

Revised 05/28/21. Corrections? Contact Robert at rcarter@wesleyhomes.org.

