

## September Holidays:

September 7<sup>th</sup> – Labor Day  
 September 13<sup>th</sup> – Grandparents Day  
 September 23<sup>rd</sup> – First Day of Fall

# September 2015 Life Enrichment Calendar

*"By all these lovely tokens  
 September days are here,  
 With summer's best of weather  
 And autumn's best of cheer."  
 ~ Helen Hunt Jackson*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Nail Care by Sheila Winters in the Sharrard Room</b></p> <p>Call her at 253-709-2809 to set up an appointment</p>	<p><b>Medical Appointment Transportation Day</b></p> <p>Every Tuesday                      9:30 am-3:30 pm                      Please sign up 24 hours in advance in the Andrews Library</p>	<p>1</p> <p>9:00 Beginner Tai Chi (F)                      9:00 Water Aerobics Class (P)                      10:00 Catholic Communion (B)                      10:15 Pinnacle Circuit (F)  <b>11:00 TED Talk and Discussion (JC)</b>                      11:00 Improving Balance(F)                      1:00 Fun w/ Threads (FS)                      2:00 Mexican Dominoes(FS)                      7:00 Walkie Talkie Check In</p>	<p>2</p> <p>8:30-9:00 Body Shop (F)                      9:15 Cardio Circuit (F)                      10:15-10:45 Flexibility ( F)                      11:15 Chair Exercises(F)                      12:30 Bridge (FS)                      1:00 Rummikub (G)  <b>1:00 Emergency Response Team Meeting (A)</b>  <b>1:00-3:00 Mall Walk (*)</b>                      3:00 Sing Along Group (FS)</p>	<p>3</p> <p>9:00 Intermediate Tai Chi (F)                      9:00 Water Aerobics Class (P)                      10:15 Pinnacle Circuit (F)  <b>10:30 Shop Fred Meyer (*)</b>  <b>10:30 Blood Pressure Clinic (M)</b>                      11:00 Resistance Training with Bands (F)  <b>1:00 Muckleshoot Casino Trip (*)</b></p>	<p>4</p> <p>9:15 Cardio Circuit(F)                      10:15 Flexibility (F)                      11:15 Chair Exercises (F)                      1:00 Court Whist (FS)                      1:00 " The New Wild West: Wind River " Movie &amp; Popcorn (T)  <b>2:00 Brain Fitness (JC)</b>                      7:00 Movie 2nd showing (CC)(T)</p>	<p>5</p> <p>1:00 Bridge (FS)                      1:00 "Gone Girl" Movie (T)                      1:00 Piecer's Quilt Group (JC)                      7:00 Movie 2nd Showing (CC) (T)</p>
<p>6</p> <p>2:30 Cribbage (G)                      6:30 Sunday Worship (B)</p> <div style="border: 1px dashed black; padding: 5px; text-align: center;"> <p><b>50¢ OFF</b>                          Your next Deli Sandwich                          9/30/15</p> </div>	<p>7</p> <p><b>Labor Day</b></p> <p><b>Fitness Classes Canceled</b>  <b>10:30 Blood Pressure Clinic (M)</b>                      1:00 Mahjong(FS)  <b>No Great Courses</b>  <b>3:15 Lea Hill Singers (A)</b></p>	<p>8</p> <p><b>Fitness Classes Canceled</b>                      10:00 Catholic Communion (B)  <b>11:00 TED Talk and Discussion (JC)</b>  <b>1:30 Resident Council Meeting (A)</b>                      1:00 Fun w/ Threads (FS)                      2:00 Mexican Dominoes(FS)                      7:00 Walkie Talkie Check In</p>	<p>9</p> <p>8:30-9:00 Body Shop (F)                      9:15 Cardio Circuit (F)                      10:15-10:45 Flexibility ( F)                      11:15 Chair Exercises(F)                      12:30 Bridge (FS)                      1:00 Rummikub (G)  <b>1:00-3:00 Paul Gunther Medicare Meeting (M)</b>                      2:00 Bingo (B)                      3:00 Sing Along Group (FS)</p>	<p>10</p> <p>9:00 Intermediate Tai Chi (F)                      9:00 Water Aerobics Class (P)                      10:15 Pinnacle Circuit (F)  <b>10:30 Shop Fred Meyer (*)</b>  <b>10:30 Blood Pressure Clinic (M)</b>                      11:00 Resistance Training with Bands (F)  <b>2:00 Towne Meeting (A)</b>  <b>3:00 Happy Hour (FS)</b></p>	<p>11</p> <p>9:15 Cardio Circuit(F)  <b>9:00 Puyallup Fair (*)</b>                      10:15 Flexibility (F)                      11:15 Chair Exercises (F)                      1:00 Court Whist (FS)                      1:00 "Guardians of the Galaxy" Movie &amp; Popcorn (T)  <b>2:00 Grandparent's Day Ice Cream and Popcorn Social (FS)</b>  <b>No Brain Fitness</b>  <b>4:00 Piano with Annie Heo (FS)</b>                      7:00 Movie 2nd showing (CC)(T)</p>	<p>12</p> <p>1:00 Bridge (FS)                      1:00"Outlander: Episode 1" Movie (T)                      7:00 Movie 2nd Showing (CC) (T)</p>

# Join us for the Walk to End Alzheimer's on Sunday September 13<sup>th</sup> Departing Wesley Homes at 10:00am!



<p style="text-align: right;"><b>13</b></p> <p><b>Grandparents Day</b></p> <p><b>10:00 Walk to End Alzheimer's (*)</b></p> <p>2:30 Cribbage (G)</p> <p>6:30 Sunday Worship (B)</p>	<p style="text-align: right;"><b>14</b></p> <p>9:15 Cardio Circuit(F)</p> <p>10:15 Flexibility (F)</p> <p><b>10:30 Blood Pressure Clinic (M)</b></p> <p>11:00 Chime Choir Rehearsal(A)</p> <p>11:15 Chair Exercises(F)</p> <p>1:00 Mahjong (FS)</p> <p><b>1:00 The Great Courses – Experiencing America (T)</b></p> <p><b>2:00-3:00 Fitness Assessment (F)</b></p> <p>2:00 Bingo (B)</p> <p><b>3:15 Lea Hill Singers (A)</b></p>	<p style="text-align: right;"><b>15</b></p> <p><b>Tai Chi Canceled</b></p> <p>9:00 Water Aerobics Class (P)</p> <p>10:00 Catholic Communion (B)</p> <p><b>10:00 Visiting Library (F)</b></p> <p>10:15 Pinnacle Circuit (F)</p> <p><b>11:00 TED Talk and Discussion (JC)</b></p> <p>11:00 Improving Balance(F)</p> <p>1:00 Fun w/ Threads (FS) )</p> <p><b>1:00 Lea Hill Bible Study (JC)</b></p> <p>2:00 Mexican Dominoes(FS)</p> <p><b>2:30 Ted Argo Performance (FS)</b></p> <p>7:00 Walkie Talkie Check In</p>	<p style="text-align: right;"><b>16</b></p> <p>8:30-9:00 Body Shop (F)</p> <p>9:15 Cardio Circuit (F)</p> <p>9:30-10:00 Water Walking (P)</p> <p>10:15-10:45 Flexibility ( F)</p> <p>11:15 Chair Exercises(F)</p> <p>12:30 Bridge (FS)</p> <p><b>1:00 Point Defiance Garden Trip (*)</b></p> <p>1:00 Rummikub (G)</p> <p>2:00 Bingo (B)</p> <p>3:00 Sing Along Group (FS)</p>	<p style="text-align: right;"><b>17</b></p> <p><b>Tai Chi Canceled</b></p> <p>9:00 Water Aerobics Class (P)</p> <p>10:15 Pinnacle Circuit (F)</p> <p><b>10:30 Shop Fred Meyer (*)</b></p> <p><b>10:30 Blood Pressure Clinic (M)</b></p> <p>11:00 Resistance Training with Bands (F)</p> <p><b>1:00 Museum of Glass Trip (*)</b></p> <p><b>4:00-6:30 Crab Boil on Back Patio</b></p>	<p style="text-align: right;"><b>18</b></p> <p>9:15 Cardio Circuit(F)</p> <p><b>10:00 Mt. Rainier Trip with Scott (*)</b></p> <p>10:15 Flexibility (F)</p> <p>11:15 Chair Exercises (F)</p> <p>1:00 Court Whist (FS)</p> <p>1:00 “Birdman” Movie &amp; Popcorn (T)</p> <p><b>2:00 Brain Fitness (JC)</b></p> <p>7:00 Movie 2nd showing (CC)(T)</p>	<p style="text-align: right;"><b>19</b></p> <p>1:00 Bridge (FS)</p> <p>1:00 “ Outlander: Episode 2” Movie (T)</p> <p><b>4:00-6:30 Grandparent’s Day Smorgasbord (H)</b></p> <p>7:00 Movie 2nd Showing (CC) (T)</p>																									
<p style="text-align: right;"><b>20</b></p> <p>2:30 Cribbage (G)</p> <p>6:30 Sunday Worship (B)</p>	<p style="text-align: right;"><b>21</b></p> <p>9:15 Cardio Circuit(F)</p> <p>10:15 Flexibility (F)</p> <p><b>10:30 Blood Pressure Clinic (M)</b></p> <p>11:15 Chair Exercises (F)</p> <p>1:00 Mahjong (FS)</p> <p><b>1:00 Book Club (JC)</b></p> <p><b>1:00 The Great Courses – Mysteries of Human Behavior(T)</b></p> <p>2:00 Bingo (B)</p> <p><b>3:15 Lea Hill Singers (A)</b></p>	<p style="text-align: right;"><b>22</b></p> <p>9:00 Beginner Tai Chi (F)</p> <p>9:00 Water Aerobics Class (P)</p> <p>10:00 Catholic Communion (B)</p> <p>10:15 Pinnacle Circuit (F)</p> <p><b>No TED Talk and Discussion</b></p> <p>11:00 Improving Balance(F)</p> <p>1:00 Fun w/ Threads (FS)</p> <p><b>1:00 Joe Mundo (FS)</b></p> <p><b>1:00 Lea Hill Bible Study (JC)</b></p> <p>2:00 Mexican Dominoes(FS)</p> <p>7:00 Walkie Talkie Check In</p>	<p style="text-align: right;"><b>23</b></p> <p><b>First Day of Fall</b></p> <p><b>8:00 Omelet Bar (H)</b></p> <p>8:30-9:00 Body Shop (F)</p> <p>9:15 Cardio Circuit (F)</p> <p>9:30-10:00 Water Walking (P)</p> <p>10:15-10:45 Flexibility ( F)</p> <p>11:15 Chair Exercises (F)</p> <p>12:30 Bridge (FS)</p> <p>1:00 Rummikub (G)</p> <p><b>1:00-3:00 Paul Gunther Medicare Meeting (M)</b></p> <p>2:00 Bingo (B)</p> <p>3:00 Sing Along Group (FS)</p> <p><b>3:00 Nutrition with Valerie (JC)</b></p>	<p style="text-align: right;"><b>24</b></p> <p>9:00 Intermediate Tai Chi (F)</p> <p>9:00 Water Aerobics Class (P)</p> <p>10:15 Pinnacle Circuit (F)</p> <p><b>10:30 Shop Fred Meyer (*)</b></p> <p><b>10:30 Blood Pressure Clinic (M)</b></p> <p>11:00 Resistance Training with Bands (F)</p> <p><b>1:00 Trader Joes Trip (*)</b></p> <p><b>1:00 Methodist Bible Study (JC)</b></p> <p><b>4:00-6:30 Crêpe Bar (H)</b></p>	<p style="text-align: right;"><b>25</b></p> <p><b>8:00 Men’s Breakfast</b></p> <p>9:15 Cardio Circuit(F)</p> <p>10:15 Flexibility (F)</p> <p>11:15 Chair Exercises (F)</p> <p>1:00 Court Whist (FS)</p> <p>1:00 Lance Rhoades Movie History (A)</p> <p>1:00 “ St Vincent ” Movie &amp; Popcorn (T)</p> <p><b>2:00 Brain Fitness (JC)</b></p> <p><b>4:00 Piano with Annie Heo (FS)</b></p> <p>7:00 Movie 2nd showing (CC)(T)</p>	<p style="text-align: right;"><b>26</b></p> <p>1:00 Bridge (FS)</p> <p>1:00 “ Outlander: Episode 3” Movie (T)</p> <p>7:00 Movie 2nd Showing (CC) (T)</p>																									
<p style="text-align: right;"><b>27</b></p> <p>2:30 Cribbage (G)</p> <p>6:30 Sunday Worship (B)</p>	<p style="text-align: right;"><b>28</b></p> <p>9:15 Cardio Circuit(F)</p> <p>10:15 Flexibility (F)</p> <p><b>10:30 Blood Pressure Clinic (M)</b></p> <p>11:00 Chime Choir Rehearsal(A)</p> <p>11:15 Chair Exercises (F)</p> <p>1:00 Mahjong (FS)</p> <p><b>1:00 The Great Courses – Experiencing America (T)</b></p> <p>2:00 Bingo (B)</p> <p><b>3:15 Lea Hill Singers (A)</b></p>	<p style="text-align: right;"><b>29</b></p> <p>9:00 Beginner Tai Chi (F)</p> <p>9:00 Water Aerobics Class (P)</p> <p>10:00 Catholic Communion (B)</p> <p>10:15 Pinnacle Circuit (F)</p> <p><b>11:00 TED Talk and Discussion (JC)</b></p> <p>11:00 Improving Balance(F)</p> <p>1:00 Fun w/ Threads (FS)</p> <p><b>1:00 Lea Hill Bible Study (JC)</b></p> <p><b>2:00 Care Giver Support Group featuring Carla, Memory Care Life Enrichment Coordinator (B)</b></p> <p>2:00 Mexican Dominoes(FS)</p> <p>7:00 Walkie Talkie Check In</p>	<p style="text-align: right;"><b>30</b></p> <p>8:30-9:00 Body Shop (F)</p> <p><b>9:00-11:00 Flue Shot Clinic (SR)</b></p> <p>9:15 Cardio Circuit (F)</p> <p>10:15-10:45 Flexibility ( F)</p> <p>11:15 Chair Exercises (F)</p> <p><b>12:00 Ladies Lunch (*)</b></p> <p>12:30 Bridge (FS)</p> <p>1:00 Rummikub (G)</p> <p>2:00 Bingo (B)</p> <p>3:00 Sing Along Group (FS)</p>	<table border="1"> <tr> <td><b>First Floor</b></td> <td><b>First Floor</b></td> <td><b>First Floor</b></td> <td>(CC) Closed Captioning</td> </tr> <tr> <td>(M) McGilliard Con. Room</td> <td>(*) Lobby/Outing off Campus</td> <td>(F) Fitness Center</td> <td>(CP) Car Pool</td> </tr> <tr> <td>(H) Holman Con. Room</td> <td>(FS) Fireside Room</td> <td>(P) Swimming Pool</td> <td></td> </tr> <tr> <td><b>Second Floor</b></td> <td><b>Second Floor</b></td> <td><b>Third Floor</b></td> <td></td> </tr> <tr> <td>(T) Theater</td> <td>(B) Chapel</td> <td>(C) Craft Room</td> <td></td> </tr> <tr> <td>(JC) John's Club</td> <td>(K) Klopfenstein Dining Room</td> <td>(SR) Sharrard Room</td> <td></td> </tr> </table>				<b>First Floor</b>	<b>First Floor</b>	<b>First Floor</b>	(CC) Closed Captioning	(M) McGilliard Con. Room	(*) Lobby/Outing off Campus	(F) Fitness Center	(CP) Car Pool	(H) Holman Con. Room	(FS) Fireside Room	(P) Swimming Pool		<b>Second Floor</b>	<b>Second Floor</b>	<b>Third Floor</b>		(T) Theater	(B) Chapel	(C) Craft Room		(JC) John's Club	(K) Klopfenstein Dining Room	(SR) Sharrard Room	
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