

December Holidays

Pearl Harbor Remembrance Day ~ 7th
 Hanukkah ~ 12th
 Christmas ~ 25th
 Kwanzaa ~ 26th
 New Year's Eve ~ 31st







December 2018



Life Enrichment Calendar

*...and his name shall be called
 Wonderful Counselor, Mighty God,
 Everlasting Father, Prince of Peace!*

Isaiah 9:6

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><u>Nail Care</u> by Sheila Winter 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></p> <p>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></p> <p>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>Christmas</u> <u>Variety Show</u> Monday, December 17th, @ 2:00pm, in the Assembly Hall</p>  <p>Please sign up in Andrew's Library.</p>	<p style="text-align: right;">1</p> <p>10:00 Bed Turning (JC) 12:30 Pinochlers (HD) 12:30 Bridge (FS) 1:00 "Dear Eleanor" Movie (T) 2:00 Bed Turning (JC) 6:30 Movie 2nd Showing (T)</p> <p style="text-align: center;">Christmas Bazaar!</p>
<p style="text-align: right;">2</p> <p>12:30 Grace Community Church Choir Concert (A) 1:15 Outing to "Red, White and Blue" Concert (*) 6:30 Sunday Vespers (B)</p> <div style="border: 1px dashed black; padding: 5px; width: fit-content; margin: 10px auto;"> <p>50¢ OFF Your Deli next Sandwich 12/31/18</p> </div>	<p style="text-align: right;">3</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) 12:00 Line Dancing (F) 12:30 Mahjong (FS) 12:30 The Great Courses DVD Lecture Series: "How to Listen To and Understand Great Music" (T) 2:15/2:30 Lea Hill Singers (A) 6:45 Rainier Youth Choir Concert (FS)</p>	<p style="text-align: right;">4</p> <p>8:30 Outing to YMCA Water Aerobics Class (*) 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) 3:00 Prayer Chain Group (CCC) 7:00 Resident ERT Radio Check 7:15 Evergreen Women's Chorale (A) 7:15 Yoga & Meditation (F)</p>	<p style="text-align: right;">5</p> <p>9:15 Cardio Circuit (F) 10:15 Flexibility (F) 11:00 Lunch Outing to Imperial Garden Restaurant (*) 11:15 Chair Exercises (F) 12:30 Bridge (JC) 1:30 Movement & Functional Aging Class with Andrew (F) 2:30 Employee Appreciation Party (A) 3:00 Hymn Sing (FS) 6:30 Entertainment w/ Covington Bluegrass Band (FS)</p>	<p style="text-align: right;">6</p> <p>8:30 Outing to YMCA Water Aerobics Class (*) 8:45 Tai Chi (F) 10:15 Pinnacle Circuit (F) 10:30 Shopping @ Fred Meyer (*) 11:00 Super Senior Strength (F) 11:45 Chair Exercises (F) 2:00 Emergency Response Team Demonstrations and Displays (A) 2:00 Grief Support Group (CCC) 7:00 Tree Of Lights Celebration (FS)</p>	<p style="text-align: right;">7</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) 12:30 Outing to See Gingerbread House Display (*) 1:00 "Nights in Rodanthe" Movie & Popcorn (T) 2:00 Entertainment w/ Emmy Purainer (FS) 3:00 Brain Fitness (JC) 6:30 Movie 2nd showing (T)</p>	<p style="text-align: right;">8</p> <p>12:30 Pinochlers (JC) 12:30 Bridge (FS) 1:00 "Dear America: Letters Home from Vietnam" Movie (T) 1:00 Outing to AAT Production "The Best Christmas Pageant Ever" (*) 6:30 Movie 2nd Showing (T)</p>

<p>9</p> <p>2:00 Christmas Music with "Jubilee" (FS) 6:30 Sunday Vespers (B)</p>	<p>10</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) 12:00 Line Dancing (F) 12:30 Mahjong (FS) 12:30 The Great Courses DVD Lecture Series: "How to Listen To and Understand Great Music" (T) 1:00 Paper Crafts w/ Emily (JC) 2:00 BINGO (JC) 4:15 Christmas Lights Outing ("Fantasy Lights") (*)</p>	<p>11</p> <p>7:30 Omelet Bar (HD) 8:30 Outing to YMCA Water Aerobics Class (*) 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 (B) 3:00 Presentation on The "Amazon Spheres" (A) 7:00 Resident ERT Radio Check 7:15 Yoga & Meditation (F)</p>	<p>12</p> <p>9:15 Cardio Circuit (F) 10:15 Flexibility (F) 11:00 Lunch Outing to McGrath's Restaurant 11:15 Chair Exercises (F) 12:30 Bridge (JC) 2:00 Drum Circle (A) 3:00 Hymn Sing (FS) 3:45 Mayor's Holiday Open House Outing (*) 6:30 Entertainment w/ Jim and Beth (FS)</p>	<p>13</p> <p>8:30 Outing to YMCA Water Aerobics Class (*) 8:45 Tai Chi (F) 10:15 Pinnacle Circuit (F) 10:30 Shopping @ Fred Meyer (*) 11:00 Super Senior Strength (F) 11:45 Chair Exercises (F) 12:30 Entertainment w/ GRC Jazz Choir (FS) 2:00 Conversation in the Round (A) 2:30 Happy Hour (FS)</p>	<p>14</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 "Take Me Home" Movie & Popcorn (T) 3:00 Brain Fitness To Go (JC) 6:30 Movie 2nd showing (T)</p>	<p>15</p> <p>12:30 Pinochlers (JC) 12:30 Bridge (FS) 1:00 "This Beautiful Fantastic" Movie (T) 5:15 Outing to Children's Christmas Pageant (*) 6:00 Ruth Ballance Recital (FS) 6:30 Movie 2nd Showing (T)</p>
<p>16</p> <p>11:30 December Prime Rib Brunch (HD) 4:00 Cherlyn's Music Studio Concert (FS) 6:30 Sunday Vespers (B)</p>	<p>17</p> <p>9:15 Cardio Circuit (F) 9:30 Resident Photo Shoot (FS) 10:15 Flexibility (F) 10:30 Blood Pressure Clinic (JC) 11:00 Chime Choir Rehearsal (A) 11:15 Chair Exercises (F) 12:00 Line Dancing (F) 12:30 The Great Courses DVD Lecture Series: "How to Listen To and Understand Great Music" (T) 1:00 Outing to Trader Joe's (*) 2:00 Christmas Variety Show! (A) 4:15 Christmas Lights Outing ("The Christmas House") (*) 6:00 Guide Dog Visit (FS)</p>	<p>18</p> <p>8:30 Outing to YMCA Water Aerobics Class (*) 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 Movement & Functional Aging Class with Andrew (F) 7:00 Resident ERT Radio Check 7:15 Yoga & Meditation (F)</p>	<p>19</p> <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) 4:15 Happy Hour Dinner Outing to Black Angus (*) 7:00 Entertainment w/ Rainy Day Brass Quintet (A)</p>	<p>20</p> <p>8:30 Outing to YMCA Water Aerobics Class (*) 8:45 Tai Chi (F) 10:15 Pinnacle Circuit (F) 10:30 Shopping @ Fred Meyer (*) 11:00 Super Senior Strength (F) 11:45 Chair Exercises (F) 2:00 Drum Circle (A) 2:00 Grief Support Group (CCC) 6:30 Janine Dodd Voice and Piano Recital (FS)</p>	<p>21</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 Thirty-Minute Book Talk (AL) 1:00 Outing to Auburn Creative Arts Gallery (*) 1:00 "Diana" Movie & Popcorn (T) 3:00 Brain Fitness (JC) 4:00 Dinner on The Hill (A) 6:30 Movie 2nd showing (T) 7:00 Cub Scout Carolers (FS)</p>	<p>22</p> <p>12:30 Pinochlers (JC) 12:30 Bridge (FS) 1:00 "It's A Wonderful Life" Movie (T) 6:30 Movie 2nd Showing (T)</p>
<p>23</p> <p>2:00 Jennifer Hammill's Piano Concert (FS) 6:30 Sunday Vespers (FS)</p>	<p>24</p> <p>10:30 Blood Pressure Clinic (JC) 12:30 Mahjong (FS) 12:30 The Great Courses DVD Lecture Series: "How to Listen To and Understand Great Music" (T) 4:15 Christmas Lights Outing (Redondo) (*)</p>	<p>25</p> <p>26</p> <p style="text-align: center;">Merry Christmas!</p>		<p>27</p> <p>8:30 Outing to YMCA Water Aerobics Class (*) 8:45 Tai Chi (F) 9:00 Schryver Medical Lab (S) 10:15 Pinnacle Circuit (F) 10:30 Shopping @ Fred Meyer (*) 11:00 Super Senior Strength (F) 11:45 Chair Exercises (F) 1:30 Parkinson's Support Group (B) 2:00 Caregiver Support Group (CCC)</p>	<p>28</p> <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 "Goodbye Christopher Robin" Movie & Popcorn (T) 3:00 Brain Fitness (JC) 6:30 Movie 2nd showing (T)</p>	<p>29</p> <p>12:30 Pinochlers (JC) 12:30 Bridge (FS) 1:00 "Hillsong: Let Hope Rise" Movie (T) 6:30 Movie 2nd Showing (T)</p>
<p>30</p> <p>6:30 Sunday Vespers (B)</p>	<p>31</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) 12:30 The Great Courses DVD Lecture Series: "How to Listen To and Understand Great Music" (T) 2:00 New Year's Eve Party! (A) 4:00 Outing to Serve @ Community Dinner (*)</p>					

First Floor
(*) Outing/Outside
(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