

January Holidays

New Year's Day ~ 1st




Martin Luther King, Jr. Day ~ 21st





January 2019 Life Enrichment Calendar

Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

~ John 14:27

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<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>A variety of massage services are offered</p>  <p>Please call her to set up an appointment. (206) 303-8744</p>	<p>1</p> 	<p>2</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) 5:30 Line Dancing (F) 6:30 Hatha Yoga (F)</p> <p><i>Undecorating Day!</i></p>	<p>3</p> <p>8:45 Tai Chi (F) 9:15 Water Aerobics Class (P) 10:15 Pinnacle Circuit (F) 10:30 Shopping @ Fred Meyer (*) 11:00 Super Senior Strength (F) 11:45 Chair Exercises (F) 1:00 Emergency Response Team Meeting (A) 2:00 Grief Support Group (S)</p>	<p>4</p> <p>9:15 Cardio Circuit (F) 10:15 Flexibility (F) 11:00 Lunch Outing to Ranchito Restaurant (*) 11:15 Chair Exercises (F) 12:30 Court Whist (JC) 1:00 "Across The Universe" Movie & Popcorn (T) 3:00 Brain Fitness (JC) 6:30 Movie 2nd showing (T)</p>	<p>5</p> <p>12:30 Pinochlers (HD) 12:30 Bridge (FS) 1:00 Le Hill Quilters (JC) 1:00 "The African Queen" Movie (T) 6:30 Movie 2nd Showing (T)</p>
<p>6</p> <p>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 1/31/19</p> </div>	<p>7</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) 12:30 Mahjong (FS) 1:00 The Great Courses DVD Lecture Series: "Ancient Civilizations of North America" (T) 2:00 Bingo (JC)</p>	<p>8</p> <p>9:00 Self Study Tai Chi (F) 9:15 Water Aerobics Class (P) 10:00 Catholic Communion (JC) 10:15 Pinnacle Circuit (F) 11:00 Zumba Gold (F) 11:45 Chair Exercises (F) 1:00 Fun w/ Threads (FS) 1:30 Movement & Functional Aging Class w/ Andrew (F) 3:00 Prayer Chain Group (CCC) 7:00 Resident ERT Radio Check</p>	<p>9</p> <p>9:00 Self-Guided Water Walking (P) 9:15 Cardio Circuit (F) 10:15 Flexibility (F) 11:00 Lunch Outing to Koyaba Grill (Muckleshoot Casino) (*) 11:15 Chair Exercises (F) 12:30 Bridge (JC) 3:00 Hymn Sing (FS) 5:30 Line Dancing (F) 6:30 Hatha Yoga (F)</p>	<p>10</p> <p>8:45 Tai Chi (F) 9:15 Water Aerobics Class (P) 10:15 Pinnacle Circuit (F) 10:30 Shopping @ Fred Meyer (*) 11:00 Super Senior Strength (F) 11:45 Chair Exercises (F) 2:00 Towne Meeting (A) 2:30 Happy Hour (FS)</p>	<p>11</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 "Daddy's Home" Movie & Popcorn (T) 3:00 Brain Fitness (JC) 6:30 Movie 2nd showing (T)</p>	<p>12</p> <p>12:30 Pinochlers (JC) 12:30 Bridge (FS) 1:00 "Daddy's Home 2" Movie (T) 6:30 Movie 2nd Showing (T)</p>

<p>13 6:30 Sunday Vespers (B)</p>	<p>14 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) 12:30 Mahjong (FS) 1:00 Lea Hill Book Club (JC) 1:00 The Great Courses DVD Lecture Series: "Ancient Civilizations of North America" (T)</p>	<p>15 7:30 Omelet Bar (HD) 9:00 Self Study Tai Chi (F) 9:15 Water Aerobics Class (P) 10:00 Catholic Communion (B) 10:15 Pinnacle Circuit (F) 10:45 Visiting Library (FS) 11:00 Zumba Gold (F) 11:45 Chair Exercises (F) 1:00 Fun w/ Threads (FS) 1:00 Bible Study (JC) 1:30 Resident Council (A) 7:00 Resident ERT Radio Check</p>	<p>16 9:00 Breakfast Outing to IHOP (*) 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 Dietitian Mariya (HD) 3:00 Hymn Sing (FS) 5:30 Line Dancing (F) 6:30 Hatha Yoga (F)</p>	<p>17 8:45 Tai Chi (F) 9:15 Water Aerobics Class (P) 10:15 Pinnacle Circuit (F) 10:30 Shopping @ Fred Meyer (*) 11:00 Super Senior Strength (F) 11:45 Chair Exercises (F) 2:00 Grief Support Group (S) 2:00 Drum Circle w/ Andrew (A)</p>	<p>18 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 "Amazing Grace" Movie & Popcorn (T) 3:00 Brain Fitness (JC) 4:00 Dinner & Show- "Do You Believe In Magic?" (A) 6:30 Movie 2nd showing (T)</p>	<p>19 12:30 Pinochlers (JC) 12:30 Bridge (FS) 1:00 "Peter Rabbit" Movie (T) 3:00 "The Star" Movie (T) 6:00 "Oddball & The Penguins" Movie(T)</p> <p style="text-align: center;">GRANDS & GREATS MOVIE MARATHON</p>
<p>20 6:30 Sunday Vespers (B)</p>	<p>21 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 The Great Courses DVD Lecture Series: "Ancient Civilizations of North America" (T) 1:00 Outing to Trader Joe's (*) 2:00 Bingo (JC) 2:30 Lea Hill Singers (A) 6:00 Guide Dog Visit (FS)</p>	<p>22 9:00 Self Study Tai Chi (F) 9:15 Water Aerobics Class (P) 10:00 Catholic Communion (B) 10:15 Pinnacle Circuit (F) 11:00 Zumba Gold (F) 11:45 Chair Exercises (F) 1:00 Fun w/ Threads (FS) 1:00 Bible Study (JC) 1:30 Movement & Functional Aging Class w/ Andrew (F) 7:00 Resident ERT Radio Check</p>	<p>23 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) 12:30 Outing to Indoor Petting Zoo (*) 3:00 Hymn Sing (FS) 5:30 Line Dancing (F) 6:30 Hatha Yoga (F)</p>	<p>24 8:45 Tai Chi (F) 9:00 Schryver Medical Lab (S) 9:15 Water Aerobics Class (P) 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 Papercrafts w/ Emily (JC) 2:00 Caregiver Support Grp (CCC)</p>	<p>25 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 "Boy" Movie & Popcorn (T) 2:00 Karaoke, Cocoa & S'mores (FS) 3:00 Brain Fitness To Go (JC) 6:30 Movie 2nd showing (T)</p>	<p>26 12:30 Pinochlers (JC) 12:30 Bridge (FS) 1:00 "Queen of The Desert" Movie (T) 6:30 Movie 2nd Showing (T)</p>
<p>27 11:30 January Prime Rib Brunch (HD) 6:30 Sunday Vespers (B)</p>	<p>28 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) 12:30 Mahjong (FS) 1:00 The Great Courses DVD Lecture Series: "Ancient Civilizations of North America" (T) 2:30 Lea Hill Singers (A)</p>	<p>29 9:00 Self Study Tai Chi (F) 9:15 Water Aerobics Class (P) 10:00 Catholic Communion (B) 10:15 Pinnacle Circuit (F) 11:00 Zumba Gold (F) 11:45 Chair Exercises (F) 1:00 Fun w/ Threads (FS) 1:00 Bible Study (JC) 2:00 WU- Debbie Dimitre's Historical Reenactment of Bertha Knight Landes (A) 7:00 Resident ERT Radio Check</p>	<p>30 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) 5:30 Line Dancing (F) 6:00 Visit with Bentley (FS) 6:30 Hatha Yoga (F)</p>	<p>31 8:45 Tai Chi (F) 9:15 Water Aerobics Class (P) 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 w/ Andrew (A)</p>	<p>Snacks Available 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>Medical Appointment Transportation Every Tuesday</p>  <p>Please see book in Andrew's library for times and areas covered, and please sign up 24 hours in advance.</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

