

September Holidays

Labor Day ~ 2nd
Patriot Day ~ 11th




September 2019 Life Enrichment Calendar

*For everything there is a season,
and a time for every purpose
under heaven:*

Ecclesiastes 3:1

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>6:30 Sunday Vespers (B)</p>	<p>2</p> <p>12:30 Mahjong (FS) 1:00 The Great Courses DVD Lecture Series: "The Development of European Civilization" (T)</p> <p>LABOR DAY!</p>	<p>3</p> <p>9:00 Self Study Tai Chi (F) 9:00 OnSite Dermatology Appointments (CC Exam Room- 1st floor) 9:15 Aqua Fitness (P) 10:00 Catholic Communion (B) 10:15 Pinnacle Circuit (F) 11:00 AOA Dance (F) 11:45 AOA Chair Strength (F) 12:30 Movement & Functional Aging Class (F) 1:00 Fun w/ Threads (FS) 2:00 WU- Indian Princess Tales w/ Debbie Dimitre (A) 3:00 Prayer Chain Group (CCC)</p>	<p>4</p> <p>9:00 Self-Guided Water Walking (P) 9:15 AOA Circuit (F) 10:15 Flexibility (F) 10:30 Blood Pressure Clinic (JC) 11:15 AOA Chair Strength (F) 12:30 Outing to Crystal Mountain Gondola Ride (*) 12:30 Bridge (JC) 3:00 Hymn Sing (FS) 5:30 Line Dancing (F) 6:30 Hatha Yoga (F)</p>	<p>5</p> <p>8:45 Tai Chi (F) 9:15 Aqua Fitness (P) 10:15 Pinnacle Circuit (F) 10:30 Shopping @ Fred Meyer (*) 11:00 Super Senior Strength (F) 11:00-2:30 China, Glass & Silverware Return (HD) 11:45 AOA Chair Strength (F) 2:00 Drum Circle w/ Andrew (A) 2:00 Grief Support Group (S)</p>	<p>6</p> <p>9:15 AOA Circuit (F) 10:00 Scenic Drive (*) 10:15 Flexibility (F) 11:15 AOA Chair Strength (F) 12:30 Court Whist (JC) 1:00 "The Prayer Box" Movie & Popcorn (T) 2:00 Vocals & Piano w/ Lisa Mitts (FS) 3:00 Brain Fitness (JC) 5:15 Outing to Auburn's Fall Art Walk (*) 6:30 Movie 2nd showing (T)</p>	<p>7</p> <p>12:30 Pinochlers (HD) 12:30 Bridge (FS) 1:00 Lea Hill Quilters (JC) 1:00 "A League of Their Own" Movie (T) 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>50¢ OFF Your Deli next Sandwich 9/30/19</p> </div>	<p>9</p> <p>9:15 AOA Circuit (F) 10:15 Flexibility (F) 11:15 AOA Chair Strength (F) 12:30 Mahjong (FS) 1:00 BINGO! (S) 1:00 The Great Courses DVD Lecture Series: "The Development of European Civilization" (T) 2:30 Lea Hill Singers (A)</p>	<p>10</p> <p>7:30 Omelet Bar (HD) 9:00 Self Study Tai Chi (F) 9:15 Aqua Fitness (P) 10:00 Catholic Communion (B) 10:15 Belly Dancing (F) 11:00 AOA Dance (F) 11:00 Bible Study (JC) 11:45 AOA Chair Strength (F) 1:00 Fun w/ Threads (FS) 1:00 Cooking Class with Executive Chef Jerry (HD) 3:00 WU- The Roots of Rock n Roll- Part 2 (A)</p>	<p>11</p> <p>9:00 Self-Guided Water Walking (P) 9:15 AOA Circuit (F) 10:15 Flexibility (F) 10:30 Blood Pressure Clinic (JC) 11:15 AOA Chair Strength (F) 12:30 Bridge (JC) 1:00 Outing to Tour Ed Hume's Garden (*) 2:00 WU- Watercolors (A) 3:00 Hymn Sing (FS) 5:30 Line Dancing (F) 6:30 Hatha Yoga (F)</p>	<p>12</p> <p>8:45 Tai Chi (F) 9:15 Aqua Fitness (P) 10:15 Pinnacle Circuit (F) 10:30 Shopping @ Fred Meyer (*) 11:00 Super Senior Strength (F) 11:45 AOA Chair Strength (F) 2:00 Town Hall Meeting (A) 2:30 Happy Hour (FS)</p>	<p>13</p> <p>9:15 AOA Circuit (F) 10:00 Scenic Drive (*) 10:15 Flexibility (F) 11:15 AOA Chair Strength (F) 12:30 Court Whist (JC) 1:00 "Gifted" Movie & Popcorn (T) 2:00 WU- Local Railroad History (Pacific Coast) (A) 3:00 Brain Fitness (JC) 6:30 Movie 2nd showing (T)</p>	<p>14</p> <p>12:30 Pinochlers (JC) 12:30 Bridge (FS) 1:00 "Into The Woods" Movie (T) 6:30 Movie 2nd Showing (T) 6:30 Entertainment w/ Dean Ratzman (FS)</p>

<p style="text-align: right;">15</p> <p>10:00 Outing to Alzheimer's Walk (*) 6:30 Sunday Vespers (B)</p>	<p style="text-align: right;">16</p> <p>9:15 AOA Circuit (F) 10:00 Messiah Lutheran Prayer & Communion (B) 10:00 Outing to Fair (*) 10:15 Flexibility (F) 11:00 Chime Choir Rehearsal (A) 11:15 AOA Chair Strength (F) 12:30 Mahjong (FS) 1:00 The Great Courses DVD Lecture Series: "The Development of European Civilization" (T) 1:00 Lea Hill Book Club (JC) 2:30 Lea Hill Singers (A) 6:00 Guide Dog Visit (FS)</p>	<p style="text-align: right;">17</p> <p>9:00 Self Study Tai Chi (F) 9:15 Aqua Fitness (P) 10:00 Catholic Communion (B) 10:15 Belly Dancing (F) 10:45 Visiting Library (FS) 11:00 AOA Dance (F) 11:00 Bible Study (JC) 11:45 AOA Chair Strength (F) 1:30 Resident Council Meeting (A) 3:00 WU- The Roots of Rock n Roll- Part 2 (A)</p>	<p style="text-align: right;">18</p> <p>9:00 Self-Guided Water Walking (P) 9:15 AOA Circuit (F) 10:15 Flexibility (F) 10:30 Blood Pressure Clinic (JC) 11:00 Lunch Outing to Mizu (*) 11:15 AOA Chair Strength (F) 12:30 Bridge (JC) 1:00 Sound Associates Hearing Aid Check & Cleaning (S) 2:00 WU- Watercolors (A) 3:00 Hymn Sing (FS) 5:30 Line Dancing (F) 6:30 Hatha Yoga (F)</p>	<p style="text-align: right;">19</p> <p>8:45 Tai Chi (F) 9:15 Aqua Fitness (P) 10:15 Pinnacle Circuit (F) 10:30 Shopping @ Fred Meyer (*) 11:00 Super Senior Strength (F) 11:45 AOA Chair Strength (F) 2:00 Drum Circle w/ Andrew (A) 2:00 Grief Support Group (S) 3:00 Karaoke & Kettle Korn! (FS)</p>	<p style="text-align: right;">20</p> <p>9:15 AOA Circuit (F) 10:00 Scenic Drive (*) 10:15 Flexibility(F) 11:15 AOA Chair Strength (F) 12:30 Court Whist (JC) 1:00 Thirty-Minute Book Talk (AL) 1:00 "Adrift" Movie & Popcorn (T) 2:00 WU- Local Railroad History (Highland Park & Burien) (A) 3:00 Brain Fitness (JC) 4:00 Dinner and Show "Taste of Italy" (A) 6:30 Movie 2nd showing (T)</p>	<p style="text-align: right;">21</p> <p>10:00 SKC Geneological Society Meeting (A) 12:30 Pinochlers (JC) 12:30 Bridge (FS) 1:00 "One Fine Day" Movie (T) 6:30 Movie 2nd Showing (T)</p>
<p style="text-align: right;">22</p> <p>11:30 End of Summer Prime Rib Brunch (HD) 6:30 Sunday Vespers (B)</p>	<p style="text-align: right;">23</p> <p>9:15 AOA Circuit (F) 10:15 Flexibility (F) 11:00 Chime Choir Rehearsal (A) 11:15 AOA Chair Strength (F) 1:00 Outing to Trader Joe's (*) 1:00 BINGO! (S) 1:00 Watercolor Group (JC) 1:00 The Great Courses DVD Lecture Series: "The Development of European Civilization" (T) 2:30 Lea Hill Singers (A)</p>	<p style="text-align: right;">24</p> <p>9:00 Self Study Tai Chi (F) 9:15 Aqua Fitness (P) 10:00 Catholic Communion (B) 10:15 Belly Dancing (F) 11:00 AOA Dance (F) 11:00 Bible Study (JC) 11:45 AOA Chair Strength (F) 1:00 Fun w/ Threads (FS) 1:00 Movement & Functional Aging Class (F) 3:00 WU- The Roots of Rock n Roll- Part 2 (A)</p>	<p style="text-align: right;">25</p> <p>9:00 Self-Guided Water Walking (P) 9:15 AOA Circuit (F) 10:15 Flexibility (F) 10:30 Blood Pressure Clinic (JC) 11:00 Ladies' Lunch Outing (*) 11:15 AOA Chair Strength (F) 12:30 Bridge (JC) 2:00 WU- Watercolors (A) 3:00 Hymn Sing (FS) 5:30 Line Dancing (F) 6:00 Visit with Bentley (FS) 6:30 Hatha Yoga (F)</p>	<p style="text-align: right;">26</p> <p>8:45 Tai Chi (F) 9:15 Aqua Fitness (P) 10:15 Pinnacle Circuit (F) 10:30 Shopping @ Fred Meyer (*) 11:00 Super Senior Strength (F) 11:45 AOA Chair Strength (F) 1:30 Parkinson's Support Grp (B) 2:00 Caregiver Support Grp (CCC) 6:30 Entertainment w/ Harmony Kings Barbershop Chorus (A)</p>	<p style="text-align: right;">27</p> <p>8:00 Men's Breakfast Outing (*) 9:15 AOA Circuit (F) 10:00 Scenic Drive (*) 10:15 Flexibility (F) 11:15 AOA Chair Strength (F) 12:30 Court Whist (JC) 1:00 "Saving Mr. Banks" Movie & Popcorn (T) 2:00 Art & Hobby Show (A) 3:00 Brain Fitness (JC) 6:30 Movie 2nd showing (T)</p>	<p style="text-align: right;">28</p> <p>10:00 Autumn Walk @ Maple Valley Arboretum with Angelique (*) 12:30 Pinochlers (JC) 12:30 Bridge (FS) 1:00 "Earth: One Amazing Day" Movie (T) 6:30 Movie 2nd Showing (T)</p>
<p style="text-align: right;">29</p> <p>6:30 Sunday Vespers (B)</p>	<p style="text-align: right;">30</p> <p>9:15 AOA Circuit (F) 10:15 Flexibility (F) 11:00 Chime Choir Rehearsal (A) 11:15 AOA Chair Strength (F) 12:30 Mahjong (FS) 1:00 The Great Courses DVD Lecture Series: "The Development of European Civilization" (T) 2:30 Lea Hill Singers (A) 4:00 Outing to Serve @ Community Dinner (*)</p>	<p style="text-align: center;"><i>Balance Point Massage Therapy</i> Julie Venn, LMP <i>A variety of massage services are offered</i>  Please call her to arrange an appointment. (253) 288-8835</p>	<p style="text-align: center;"><i>Nail Care by Sheila Winter</i> 2nd & 4th Tuesday 10:00am - 3:00pm  (3rd floor Sharrard Room) Please call her to set up an appointment. (253) 709-2809</p>	<p style="text-align: center;"><u>BANKING</u> Every Tuesday 9:00am – 10:30am (Next to Norma's Deli)  We have a representative from Columbia Bank available to assist with transactions.</p>	<p style="text-align: center;"><i>JEANNETTE'S BEAUTY SALON</i>  Please call to set up an appointment. Kandy~Mondays Melanie~Tuesday - Saturday (253) 876-6016</p>	<p style="text-align: center;"><u>Medical Appointment Transportation</u> Every Tuesday  Please see book in Andrew's library for times and areas covered, and please sign up 24 hours in advance.</p>
<p>First Floor (*) Lobby/Outing (H) Holman Conference Room (FS) Fireside Room</p>	<p>First Floor (F) Fitness Center (P) Swimming Pool (AL) Andrew's Library</p>	<p>Second Floor (T) Theater (JC) John's Club (A) Assembly Hall</p>	<p>Second Floor (B) Burdine Chapel (HD) Hoben Dining Room (K) Klopfenstein Dining Room</p>	<p>Third Floor (C) Craft Room (S) Sharrard Room</p>		<p>Other (CCC) Care Center Chapel</p>

