

# SUN

# MON

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# FRI

# SAT

**LOCATION KEY**  
 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  
 TCR - Terrace Community Room  
 T-ZFC - Terrace-Zenith Fitness Center

Ch. 371 - Touchtown Channel 371

*Independence Day*  
 6:00 Vespers Worship Service: Rev. Elizabeth Ingram Schindler (Ch. 371)  
 7:00 Vespers Worship Service: Rev. Elizabeth Ingram Schindler (Ch. 371)

2:00 Needlecrafters (GCC)  
 2:00 Wesley U: Discoveries in Southeast Asia (Zoom)  
 3:00 Mat Yoga with Lori Rock (GC)  
 4:00 Chair Yoga with Lori Rock (GC)

8:30 Lifting For Life! (GC)  
 9:00 Movement & Music (GC)  
 9:30 Delay The Disease (GC)  
 10:00 Tech Time (GB)  
 11:15 Sit & 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)  
 2:00 **Bingo at The Terrace (TCR)**  
 2:00 Wesley U: Discoveries in Southeast Asia (Zoom)  
 2:30 Personal Training by Appointment (T-ZFC)  
 3:00 Maika'i Kupuna Ukulele Band Rehearsal (GC)

10:00 **Wesley U: Excursion to Gene Coulon Memorial Beach Park**  
 1:30 Gardens Movie: In the Heights (KCCFT)  
 2:00 Paper Art & Memories (GCC)  
 6:30 Gardens Movie: In the Heights (KCCFT)

8:30 Lifting For Life! (GC)  
 9:00 Movement & Music (GC)  
 9:30 Delay The Disease (GC)  
 11:15 Sit & 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)

9:00 Chair Volleyball (TA)  
 1:00 Yarn Chat (GFL)  
 2:00 **Concert & Social Hour: The Memphis Belles & The King of Swing (TA)**  
 2:00 Terrace Matinee Movie: Rio Bravo (TCR)  
 6:30 Pinochle (GCR)

10:00 Mah Jongg Club (GCR)  
 7:00 Vespers Worship Service: Rev. Matthew Mantey (Ch. 371)

4:00 Singpiration (GC)  
 6:00 Vespers Worship Service: Rev. Matthew Mantey (Ch. 371)  
 7:00 Vespers Worship Service: Rev. Matthew Mantey (Ch. 371)

8:30 Lifting For Life! (T-ZFC)  
 9:00 Movement & 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 & Get Fit! (GC)  
 2:00 Needlecrafters (GCC)  
 2:00 Wesley U: Discoveries in Southeast Asia (Zoom)  
 2:00 Terrace Matinee Movie: Rip Tide (TCR)  
 2:30 Personal Training by Appointment (GFR)  
 3:00 Mat Yoga with Lori Rock (GC)  
 4:00 Chair Yoga with Lori Rock (GC)

8:30 Lifting For Life! (GC)  
 9:00 Movement & Music (GC)  
 9:30 Delay The Disease (GC)  
 10:00 Tech Time (GB)  
 11:15 Sit & 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)  
 2:00 Wesley U: Discoveries in Southeast Asia (Zoom)  
 2:30 Personal Training by Appointment (T-ZFC)  
 3:00 **Bridge Players Meeting (GFL)**  
 3:00 Maika'i Kupuna Ukulele Band Rehearsal (GC)

8:30 Lifting For Life! (T-ZFC)  
 9:00 Movement & 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: Aquaman (KCCFT)  
 2:00 Sit & Get Fit! (GC)  
 2:00 Paper Art & Memories (GCC)  
 2:30 Personal Training by Appointment (GFR)  
 6:30 Gardens Movie: Aquaman (KCCFT)

8:30 Lifting For Life! (GC)  
 9:00 Movement & Music (GC)  
 9:30 Delay The Disease (GC)  
 11:15 Sit & 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)  
 3:00 **Bingo at The Gardens (GCR)**  
 4:00 Chair Yoga with Lori Rock (GC)

*Podiatrist Appointments Today*  
 9:00 Chair Volleyball (TA)  
 1:00 Yarn Chat (GFL)  
 2:00 Terrace Matinee Movie: Rip Tide (TCR)  
 6:30 Pinochle (GCR)

7:00 Vespers Worship Service: Chaplain Michael Byrd (Ch. 371)

4:00 Singpiration (GC)  
 6:00 Vespers Worship Service: Chaplain Michael Byrd (Ch. 371)  
 7:00 Vespers Worship Service: Chaplain Michael Byrd (Ch. 371)

8:30 Lifting For Life! (T-ZFC)  
 9:00 Movement & 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 & Get Fit! (GC)  
 2:00 Needlecrafters (GCC)  
 2:00 Terrace Matinee Movie: Greater (TCR)  
 2:30 Personal Training by Appointment (GFR)  
 3:00 Mat Yoga with Lori Rock (GC)  
 4:00 Chair Yoga with Lori Rock (GC)

8:30 Lifting For Life! (GC)  
 9:00 Movement & Music (GC)  
 9:30 Delay The Disease (GC)  
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 1:00 Tech Time (RB)  
 1:00 Personal Power (SAIL) (T-ZFC)  
 1:00 Dominoes (GCR)  
 2:00 Sit and Get Fit! (T-ZFC)  
 2:00 **Bingo at The Terrace (TCR)**  
 2:30 Personal Training by Appointment (T-ZFC)  
 3:00 Maika'i Kupuna Ukulele Band Rehearsal (GC)  
 6:30 **Terrace Floor Meetings**

8:30 Lifting For Life! (T-ZFC)  
 9:00 Movement & Music (T-ZFC)  
 9:00 **Tour of Tehaleh at Bonney Lake**  
 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 Shack (KCCFT)  
 2:00 Sit & Get Fit! (GC)  
 2:00 Paper Art & Memories (GCC)  
 2:30 Personal Training by Appointment (GFR)  
 6:30 Gardens Movie: The Shack (KCCFT)

8:30 Lifting For Life! (GC)  
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 9:30 Delay The Disease (GC)  
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 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)

9:00 Chair Volleyball (TA)  
 1:00 Yarn Chat (GFL)  
 2:00 **Concert & Social Hour: The Wayne Show (TA)**  
 2:00 Terrace Matinee Movie: Greater (TCR)  
 6:30 Pinochle (GCR)

10:00 Mah Jongg Club (GCR)  
 7:00 Vespers Worship Service: Rev. David Valera (Ch. 371)

4:00 Singpiration (GC)  
 6:00 Vespers Worship Service: Rev. David Valera (Ch. 371)  
 7:00 Vespers Worship Service: Rev. David Valera (Ch. 371)

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 1:00 Personal Power (SAIL) (GC)  
 2:00 Sit & Get Fit! (GC)  
 2:00 Needlecrafters (GCC)  
 2:00 Terrace Matinee Movie: The Founder (TCR)  
 2:30 Personal Training by Appointment (GFR)  
 3:00 Mat Yoga with Lori Rock (GC)  
 4:00 Chair Yoga with Lori Rock (GC)

8:30 Lifting For Life! (GC)  
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 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: Guess Who's Coming to Dinner? (KCCFT)  
 2:00 Sit & Get Fit! (GC)  
 2:00 Paper Art & Memories (GCC)  
 2:30 Personal Training by Appointment (GFR)  
 6:30 Gardens Movie: Guess Who's Coming to Dinner? (KCCFT)

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9:00 Chair Volleyball (TA)  
 1:00 Yarn Chat (GFL)  
 2:00 Terrace Matinee Movie: The Founder (TCR)  
 6:30 Pinochle (GCR)

7:00 Vespers Worship Service (Ch. 371)

# July 2021

Revised 06/30/21. Corrections? Contact Robert at [rcarter@wesleyhomes.org](mailto:rcarter@wesleyhomes.org).

