

SUN

MON

TUE

WED

THUR

FRI

SAT

LOCATION KEY
 GB - Gardens Bistro
 GCR - Gardens Club Room
 GCC - Gardens Creativity Center
 GFL - Gardens Family Lounge
 GFR - Gardens Fitness Room
 KCCFT - Kenneth C. Clark Family Theatre at the Gardens
 MFCAS - McCoy Family Creative Art Studio at The Terrace
 RB - Rainier Bistro
 SMER - Suzanne McCarthy Education Room at The Terrace
 TA - Terrace Auditorium

TCR - Terrace Community Room
 T-ZFC - Terrace-Zenith Fitness Center
 Ch. 371 - Touchtown Channel 371
 GC - White-Helms Chapel at the Gardens

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: Ocean's Eight (KCCFT)
 2:00 Sit & Get Fit! (GC)
 2:00 Bible Study (MFCAS)
 2:00 Paper Art & Memories (GCC)
 2:30 Personal Training by Appointment (GFR)
 6:30 Gardens Movie: Ocean's Eight (KCCFT)

8:30 Outdoor Fitness: Movement & Music (Brownstone)
 9:30 Delay The Disease (GC)
 11:15 Sit & Get Fit! (GC)
 1:00 Personal Power (SAIL) (T-ZFC)
 1:00 Wesley U: Watercolor Painting (GCR)
 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)
7:30 Gardens Floor Meetings

9:00 Chair Volleyball (TA)
1:00 Wesley U: Our Environment - The Problem with Plastics (Zoom)
 1:00 Yarn Chat (GFL)
 2:00 Terrace Matinee Movie: Wish Upon a Unicorn (TCR)
 6:30 Pinochle (GCR)

10:00 Mah Jongg Club (GCR)
 7:00 Vespers Worship Service: Replay from September 6, 2020 with Rev. Dr. Tim Knight (Ch. 371)

4:00 Vespers Worship Service: Sing-spiration! (GC)
 6:00 Hymn-spiration (TA)
 6:00 Vespers Worship Service: Replay from September 6, 2020 with Rev. Dr. Tim Knight (Ch. 371)
 7:00 Vespers Worship Service: Replay from September 6, 2020 with Rev. Dr. Tim Knight (Ch. 371)

Labor Day
 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: Shenandoah (TCR)
 2:00 Bridge (GCR)
 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 Traveling Library at the Terrace
 9:30 Delay The Disease (GC)
 10:00 Tech Time (GB)
 10:15 Traveling Library at the Gardens
 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)
 2:30 Personal Training by Appointment (T-ZFC)
 3:15 Maika'i Kupuna Ukulele Band Rehearsal (GCR)

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: Joe Bell (KCCFT)
 2:00 Sit & Get Fit! (GC)
 2:00 Bible Study (MFCAS)
 2:00 Paper Art & Memories (GCC)
 2:30 Personal Training by Appointment (GFR)
 6:30 Gardens Movie: Joe Bell (KCCFT)

8:30 Lifting For Life! (GC)
 9:00 Movement & Music (GC)
 9:30 Delay The Disease (GC)
10:00 Women's Bible Study Meeting (GFL)
 11:15 Sit & Get Fit! (GC)
 1:00 Personal Power (SAIL) (T-ZFC)
 1:00 Wesley U: Watercolor Painting (GCR)
 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 Amazon River Cruise Travelogue with The Skidmores (KCCFT)
 4:00 Chair Yoga with Lori Rock (GC)

9:00 Chair Volleyball (TA)
 1:00 Wesley U: Walking the Bible - The New Testament (Zoom)
 1:00 Yarn Chat (GFL)
 2:00 Terrace Matinee Movie: Shenandoah (TCR)
2:00 Chris Anderson Concert & Social Hour (TA)
 6:30 Pinochle (GCR)

10:00 Mah Jongg Club (GCR)
 7:00 Vespers Worship Service: Replay from September 13, 2020 with Rev. Elizabeth Ingram Schindler (Ch. 371)

4:00 Vespers Worship Service: Rev. Ken Onstot (GC)
 6:00 Hymn-spiration (TA)
 6:00 Vespers Worship Service: Replay from September 13, 2020 with Rev. Elizabeth Ingram Schindler (Ch. 371)
 7:00 Vespers Worship Service: Replay from September 13, 2020 with Rev. Elizabeth Ingram Schindler (Ch. 371)

8:30 Lifting For Life! (T-ZFC)
 9:00 Movement & Music (T-ZFC)
 9:30 Delay The Disease (T-ZFC)
10:00 Field Trip to the Museum of Flight
 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: The Water Man (TCR)
 2:00 Bridge (GCR)
 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 Traveling Library at the Terrace
 9:30 Delay The Disease (GC)
 10:00 Tech Time (GB)
10:00 Resident Board Meeting (SMER)
 10:15 Traveling Library at the Gardens
 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)
 2:30 Personal Training by Appointment (T-ZFC)
 3:15 Maika'i Kupuna Ukulele Band Rehearsal (GCR)

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: Here Today (KCCFT)
 2:00 Sit & Get Fit! (GC)
 2:00 Bible Study (MFCAS)
 2:00 Paper Art & Memories (GCC)
 2:30 Personal Training by Appointment (GFR)
 6:30 Gardens Movie: Here Today (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)
 1:00 Wesley U: Watercolor Painting (GCR)
 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 Cottagers Monthly Meeting (GC)
 1:00 Walking Through Grief (SMER)
 1:00 Wesley U: Walking the Bible - The New Testament (Zoom)
 1:00 Yarn Chat (GFL)
 2:00 Terrace Matinee Movie: The Water Man (TCR)
 6:30 Pinochle (GCR)

10:00 Mah Jongg Club (GCR)
 7:00 Vespers Worship Service: Replay from June 28, 2020 with Rev. David Ernst (Ch. 371)

4:00 Vespers Worship Service: Rev. David Zaske (GC)
 6:00 Hymn-spiration (TA)
 6:00 Vespers Worship Service: Replay from June 28, 2020 with Rev. David Ernst (Ch. 371)
 7:00 Vespers Worship Service: Replay from June 28, 2020 with Rev. David Ernst (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)
1:00 Wesley U: Overview of the Kinsey African American Art & History Collection (Zoom)
 2:00 Sit & Get Fit! (GC)
 2:00 Needlecrafters (GCC)
 2:00 Terrace Matinee Movie: This Little Love of Mine (TCR)
 2:00 Bridge (GCR)
 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 Traveling Library at the Terrace
 9:30 Delay The Disease (GC)
 10:00 Tech Time (GB)
 10:15 Traveling Library at the Gardens
 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)
 2:30 Personal Training by Appointment (T-ZFC)
 3:15 Maika'i Kupuna Ukulele Band Rehearsal (GCR)
6:30 Terrace Floor Meetings

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: Jungle Cruise (KCCFT)
 2:00 Sit & Get Fit! (GC)
 2:00 Bible Study (MFCAS)
 2:00 Paper Art & Memories (GCC)
 2:30 Personal Training by Appointment (GFR)
 6:30 Gardens Movie: Jungle Cruise (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)
 1:00 Wesley U: Watercolor Painting (GCR)
 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)
9:30 New Resident Orientation (GC)
 1:00 Walking Through Grief (SMER)
1:00 Wesley U: Octane for the Brain! (Zoom)
 1:00 Yarn Chat (GFL)
 2:00 Terrace Matinee Movie: This Little Love of Mine (TCR)
2:00 Wild Thyme Concert & Social Hour (TA)
 6:30 Pinochle (GCR)

10:00 Mah Jongg Club (GCR)
 7:00 Vespers Worship Service: Replay from September 27, 2020 with Chaplain Michael Byrd (Ch. 371)

11:30 Walk to End Alzheimer's (Dune Peninsula Park at Point Defiance)
 4:00 Vespers Worship Service: Rev. Carol Shellenberger (GC)
 6:00 Hymn-spiration (TA)
 6:00 Vespers Worship Service: Replay from September 27, 2020 with Chaplain Michael Byrd (Ch. 371)
 7:00 Vespers Worship Service: Replay from September 27, 2020 with 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: National Treasure (TCR)
 2:00 Bridge (GCR)
 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 Traveling Library at the Terrace
 9:30 Delay The Disease (GC)
 10:00 Tech Time (GB)
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 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 Towne Meeting (TA)
 2:30 Personal Training by Appointment (T-ZFC)
 3:15 Maika'i Kupuna Ukulele Band Rehearsal (GCR)

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: Little Women (KCCFT)
 2:00 Sit & Get Fit! (GC)
 2:00 Bible Study (MFCAS)
 2:00 Paper Art & Memories (GCC)
 2:30 Personal Training by Appointment (GFR)
 6:30 Gardens Movie: Little Women (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)

September 2021



Revised 08/31/21, 5pm. Corrections? Contact Robert at rcarter@wesleyhomes.org.