

September Holidays

6th ~ Labor Day
11th ~ Patriot Day





September 2021 Life Enrichment Calendar

“God promises to make something good out of the storms that bring devastation to your life.”

~Romans 8:28

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
<p>FRED MEYER ON-LINE SHOPPING</p> <p>Life Enrichment will continue with Fred Meyer on-line shopping pick up once a week WEDNESDAYS only.</p> <p>To place an on-line order, call Marlene at 6058. If placing your own order, select p/u for Wednesday, between 10-11am. Then call 6058 so we can add your name to the pick-up list.</p>			<p>9:00 Cardio Circuit (E) 10:00 Aqua Fitness (P) 10:00 The Great Courses DVD Lecture Series: “World War II: The Pacific Theater” #9, #10 (T) 10:30 Blood Pressure Clinic (JC) 12:30 Bridge (JC) 1:00-3:00 Wesley U- Watercolor Painting (A) 1:00 The Great Courses DVD Lecture Series: “World War II: The Pacific Theater” -repeat (T)</p>	<p>9:00 Equipment Circuit Class (PFR) 10:00 Cardio Circuit (E) 11:00 Walking Circuit Class 1:00 Grief Support Group (A) 2:30 Musical Melodies with Rose Marie Barr (FS)</p>	<p>9:00 Chair Fitness (E) 10:00 Strength Training (E) 10:00 Scenic Drive (*) 11:00 Aqua Fitness (P) 1:00 Mahjong (308) 1:00 Wesley U- Plastics Crisis & Solutions (Zoom) 1:00 “6 Below: Miracle on the Mountain” Movie & Popcorn (T) 6:30 Movie 2nd showing (T)</p>	<p>11:00 Lea Hill Quilters (JC) 12:30 Pinochlers (JC) 12:30 Bridge (A) 1:00 “Soul” Movie (T)</p>
5	6	7	8	9	10	11
<p>6:30 Sunday Vespers (B, Zoom)</p>	<p>10:00 The Great Courses DVD Lecture Series: “The World’s Greatest Geological Wonders” #9, #10 (T) 1:00 The Great Courses DVD Lecture Series: “The World’s Greatest Geological Wonders” - repeat (T)</p>	<p>10:00 Tai Chi (E) 10:00 Catholic Communion (B) 11:00 Strength Training (E) 1:00 Mexican Train (JC) 1:00 Fun with Threads (FS) 2:00 Meditation Gazebo Dedication (Gazebo) 3:00 Prayer Chain Group (B) 5:30 Bible Study (JC)</p>	<p>9:00 Cardio Circuit (E) 10:00 Aqua Fitness (P) 10:00 The Great Courses DVD Lecture Series: “World War II: The Pacific Theater” #11, #12 (T) 10:30 Blood Pressure Clinic (JC) 12:30 Bridge (JC) 1:00-3:00 Wesley U- Watercolor Painting (A) 1:00 The Great Courses DVD Lecture Series: “World War II: The Pacific Theater” -repeat (T)</p>	<p>9:00 Equipment Circuit Class (PFR) 10:00 Cardio Circuit (E) 11:00 Walking Circuit Class 1:00 BINGO (A) 2:30 Culinary Committee Meeting (A, Zoom)</p>	<p>9:00 Chair Fitness (E) 10:00 Strength Training (E) 10:00 Scenic Drive (*) 11:00 Aqua Fitness (P) 1:00 Mahjong (308) 1:00 Wesley U- Walking the Bible- New Testament (A, Zoom) 1:00 “Wonder Woman 1984 (2020)” Movie & Popcorn (T) 2:30-4:00 Llama Therapy with Dr. Julie Komarow (outdoor) 6:30 Movie 2nd showing (T)</p>	<p>12:30 Pinochlers (JC) 12:30 Bridge (A) 1:00 “Driveways” Movie (T)</p>
12	13	14	15	16	17	18
<p>6:30 Sunday Vespers (B, Zoom)</p>	<p>10:00 The Great Courses DVD Lecture Series: “The World’s Greatest Geological Wonders”</p>	<p>10:00 Tai Chi (E) 10:00 Catholic Communion (B) 11:00 Strength Training (E)</p>	<p>9:00 Cardio Circuit (E) 10:00 Aqua Fitness (P) 10:00 The Great Courses DVD</p>	<p>9:00 Equipment Circuit Class (PFR) 10:00 Cardio Circuit (E)</p>	<p>9:00 Chair Fitness (E) 10:00 Strength Training (E) 10:00 Scenic Drive (*)</p>	<p>12:30 Pinochlers (JC) 12:30 Bridge (A) 1:00 “Brian Banks” Movie (T)</p>

	#11, #12 (T) 11:00 Chime Choir Rehearsal (A) 1:00 The Great Courses DVD Lecture Series: "The World's Greatest Geological Wonders" - repeat (T)	1:00 Mexican Train (JC) 1:00 Fun with Threads (FS) 2:00 Afternoon Walk/Hike to Auburndale Park (*) 5:30 Bible Study (JC)	Lecture Series: "World War II: The Pacific Theater" #13, #14 (T) 10:30 Blood Pressure Clinic (JC) 12:30 Bridge (JC) 1:00 Sound Associates NW (A) 1:00-3:00 Wesley U- Watercolor Painting (A) 1:00 The Great Courses DVD Lecture Series: "World War II: The Pacific Theater"-repeat (T)	11:00 Walking Circuit Class 1:00 Grief Support Group (A) 3:00 Brain Fitness (JC)	11:00 Aqua Fitness (P) 1:00 Mahjong (308) 1:00 Wesley U- Walking the Bible- New Testament (A, Zoom) 1:00 "The Peanut Butter Falcon" Movie & Popcorn (T) 6:30 Movie 2 nd showing (T)		
19 6:30 Sunday Vespers (B, Zoom)	20 10:00 The Great Courses DVD Lecture Series: "The World's Greatest Geological Wonders" #13, #14 (T) 11:00 Chime Choir Rehearsal (A) 1:00 Wesley U- Kinsey African American Art & History Collection- Overview (Zoom) 1:00 The Great Courses DVD Lecture Series: "The World's Greatest Geological Wonders" - repeat (T)	21 10:00 Tai Chi (E) 10:00 Catholic Communion (B) 10:45 King County Travelling Library (FS) 11:00 Strength Training (E) 1:00 Mexican Train (JC) 1:00 Fun with Threads (FS) 1:30 Resident Council Meeting (A, Zoom)	22 9:00 Cardio Circuit (E) 10:00 Aqua Fitness (P) 10:00 The Great Courses DVD Lecture Series: "World War II: The Pacific Theater" #15, #16 (T) 10:30 Blood Pressure Clinic (JC) 12:30 Bridge (JC) 1:00-3:00 Wesley U- Watercolor Painting (A) 1:00 The Great Courses DVD Lecture Series: "World War II: The Pacific Theater"-repeat (T)	23 9:00 Equipment Circuit Class (PFR) 10:00 Cardio Circuit (E) 11:00 Walking Circuit Class 1:00 BINGO (A) 1:00 Caregiver Support Group (JC) 3:00 Brain Fitness (JC)	24 8:00 Men's Breakfast (HD) 9:00 Chair Fitness (E) 9:30 Wesley U- Excursion to Tacoma Art Museum to view Kinsey Collection (*) 10:00 Strength Training (E) 11:00 Aqua Fitness (P) 1:00 Mahjong (308) 1:00 Wesley U- Imagination... Like Chocolate (Zoom) 1:00 "Young at Heart" Movie & Popcorn (T) 6:30 Movie 2 nd showing (T)	25 12:30 Pinochlers (JC) 12:30 Bridge (A) 1:00 "Champion" Movie (T)	
26 11:15 Outing to "Walk to End Alzheimer's" (*) 6:30 Sunday Vespers (B, Zoom)	27 10:00 The Great Courses DVD Lecture Series: "The World's Greatest Geological Wonders" #15, #16 (T) 11:00 Chime Choir Rehearsal (A) 1:00 The Great Courses DVD Lecture Series: "The World's Greatest Geological Wonders" - repeat (T)	28 10:00 Tai Chi (E) 10:00 Catholic Communion (B) 11:00 Strength Training (E) 1:00 Mexican Train (JC) 1:00 Fun with Threads (FS) 2:30 Piano & Vocals with Jim and Beth Wulff (S)	29 9:00 Cardio Circuit (E) 10:00 Aqua Fitness (P) 10:00 The Great Courses DVD Lecture Series: "World War II: The Pacific Theater" #17, #18 (T) 10:30 Blood Pressure Clinic (JC) 12:30 Bridge (JC) 1:00 The Great Courses DVD Lecture Series: "World War II: The Pacific Theater" -repeat (T) 3:00 Conversation in the Round (A, Zoom)	30 9:00 Equipment Circuit Class (PFR) 10:00 Cardio Circuit (E) 11:00 Walking Circuit Class 1:00 Mahjong (308) 3:00 Brain Fitness (JC)	<p style="text-align: center;"><u>Jeannette's Beauty Salon</u></p>  <p style="text-align: center;">Please make an appointment.</p> <p style="text-align: center;">Kandy~ Mondays Melanie~ Wednesday - Saturday</p> <p style="text-align: center;">(253) 876-6016</p>		<p style="text-align: center;"><u>Medical Appointment Transportation</u></p> <p style="text-align: center;">Every Tuesday</p>  <p style="text-align: center;">Please see sign-up binder in Andrew's library for times and areas covered, and please sign up 24 hours in advance.</p>

First Floor
(H) Holman Conference Room
(FS) Fireside Room
(PFR) Pinnacle Fitness Room

First Floor
(E) Exercise Room
(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
(*) Lobby/Outing