

January Highlights

Fitness Classes

- Dance Cardio – Monday, Wednesday, Friday (Fitness Room)
- Balance & Strength – Monday, Wednesday, Friday (Fitness Room)
- Chair Yoga – Tuesday and Thursday (Fitness Room)

- Posture Power & Breathing Meditation (Fitness Room)

Bingo

- Monday at 2:00 and Wednesday at 2:30 (Fitness Room)
- Tuesday and Thursday at 2:00 (Fitness Room)

Whammo

- Friday at 2:00 (Fitness Room)
Please let us know and we will monitor overflow

Please note: Reservations needed, indicated with an ‘*’

Fitness with Dalton and Christina

Fairfield & Cottages

January 2022 Activity Calendar

King Co. Traveling Library 1st Friday of each month ~ 9:40AM
~ Christina will be contact person with the Librarian
(Librarian will delivery books on hold and pickup books for return.)

Small Group Activities!

Please sign up in advance.

* = Reservations Required

Just Come, we can make room!

Bingo and Fitness Class groups have been previously assigned,
but we do have some room.

Groups are limited.

We will monitor the over-flow situation as we progress through
this calendar each week.

Please be patient with us.

Keep Walking!

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 2022

1:00 Rummikub
(Card Room)
6:30 Blackjack

1

New Year's Day

1:00 Bridge
(Card Room)

2

12:00 Balance & Strength

2:00 Bingo

3

AM Doctors' Appointments
10:30 Talk Time (Juice Bar)
11:45 Chair Yoga

2:00 Bingo

4

No Shopping!
8:30 Men's Breakfast R&T*
10:15 Dance Cardio
**11:30 Dollar Tree
Outing R&T***
12:00 Balance & Strength
2:30 Bingo

5

9:00 Walking South Hill Mall R&T*
10:30 Talk Time (Juice Bar)
11:15 Posture Power
11:45 Chair Yoga
2:00 Bingo
Pm Doctors' Appointments

6

10:15 Dance Cardio

12:00 Balance & Strength

2:00 Whammo

7

1:00 Rummikub
(Card Room)
6:30 Blackjack

8

1:00 Mexican Train
(Juice Bar)

9

10:15 Dance Cardio

12:00 Balance & Strength

2:00 Bingo

10

AM Doctors' Appointments
10:30 Talk Time (Juice Bar)
11:15 Posture Power
11:45 Chair Yoga
2:00 Bingo
**4:00 Happy Hour at
Picking Wok R&T***

11

9:30 Shopping (WinCo & Fred Meyers)
10:15 Dance Cardio
**11:30 Ladies Lunch
Red Robin R&T***
12:00 Balance & Strength

2:30 Bingo

12

9:00 Walking Outlet Mall R&T*
10:30 Talk Time (Juice Bar)
11:15 Posture Power
11:45 Chair Yoga
2:00 Bingo
Pm Doctors' Appointments

13

10:15 Dance Cardio

12:00 Balance & Strength

2:00 Whammo

14

1:00 Rummikub
(Card Room)
6:30 Blackjack

15

1:00 Peaknuckle
(Juice Bar)

16

10:15 Dance Cardio

12:00 Balance & Strength

2:00 Bingo

17

AM Doctors' Appointments
10:30 Talk Time (Juice Bar)
11:15 Posture Power
11:45 Chair Yoga

2:00 Bingo

18

9:30 Shopping (WinCo & Fred Meyers)
10:15 Dance Cardio
12:00 Balance & Strength
**12:30 Walking Tacoma Mall
R&T***

2:30 Bingo

19

**9:00 Walking Southcenter
Mall R&T***
10:30 Talk Time (Juice Bar)
11:15 Posture Power
11:45 Chair Yoga
2:00 Bingo
Pm Doctors' Appointments

20

10:15 Dance Cardio

12:00 Balance & Strength

2:00 Whammo

21

1:00 Rummikub
(Card Room)
6:30 Blackjack

22

1:00 Bridge
(Card Room)

23

10:15 Dance Cardio

12:00 Balance & Strength

2:00 Bingo

24

AM Doctors' Appointments
10:30 Talk Time (Juice Bar)
11:15 Posture Power
11:45 Chair Yoga

2:00 Bingo

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9:30 Shopping (WinCo & Fred Meyers)
10:15 Dance Cardio
12:00 Balance & Strength
**2:00 Entertainment with
Max Renshaw*
(Fitness Room)**

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**9:00 Walking the Commons
Mall R&T***
10:30 Talk Time (Juice Bar)
11:15 Posture Power
11:45 Chair Yoga
2:00 Bingo
Pm Doctors' Appointments

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10:15 Dance Cardio

12:00 Balance & Strength

2:00 Whammo

28

1:00 Rummikub
(Card Room)
6:30 Blackjack

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1:00 Mexican Train
(Juice Bar)

30

10:15 Dance Cardio

12:00 Balance & Strength

2:00 Bingo

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FAIRFIELD & COTTAGES