

AR - Activity Room **BOLD BLACK** - Outings
 JB - Juice Bar **BOLD BLUE** - Live Entertainment
 CR - Craft Room **RED** - Medical Transports
 DR - Dining Room **BOLD PURPLE** - Special Events
 AL - Activity Lounge **BOLD ORANGE** - Meetings

R - requires reservation
 T - transportation is provided ** Resident Led Activity

SEPTEMBER 2022 GARDENS & HEARTHSIDE

THURSDAY

FRIDAY

SATURDAY

No Doctor Transports 1 10:00 Seated Yoga & Meditation (AR) 1:00 Rummikub! (AR) 2:00 Group Stroll to Pond (meet in JB) 3:00 Whammo (AR)	9:30 Fred Meyer R&T 2 10:00 Traveling Library (Contact Activities) 11:15 Sittercise (AR) 1:00 5 Card Draw Poker (AR) 2:00 Bingo (AR)	1:00 Bridge (AL) ** 3
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SUNDAY

MONDAY

TUESDAY

WEDNESDAY

9:30 Hymns with Sid (JB) ** 4	5	AM Doctors Appointment 6 11:00 Blackjack (AR) 1:00 Seated Yoga & Meditation (AR) 1:30 Scenic Drive R&T 3:00 Whammo (AR) 3:00 FW Symphony Virtual Performance, In-Person Sing-Along (opportunity to buy tickets afterwards -Fairfield MR- R&T) 5:45 Movie Night, Mary Poppins (AR)	8:30 Men's Breakfast R&T 7 11:15 Sittercise (AR) 11:30 Safeway/Dollar Tree R&T 2:00 Wii Bowling (AR) 3:00 Bingo (AR)	PM Doctor Transports 8 9:00 Walking Hylebos R&T 10:00 Seated Yoga & Meditation (AR) 11:00 Faith Baptist Bible Study (AR) 1:00 Rummikub! (AR) 3:00 Whammo (AR) 5:30 Classic Country Singin' with Sid (JB)	11:15 Sittercise (AR) 9 1:00 5 Card Draw Poker (AR) 2:00 Flashback, Connecting through Reminiscing (AR) 3:00 Bingo (AR)	1:00 Bridge (AL) ** 10
9:30 Hymns with Sid (JB) ** 11	11:15 Sittercise (AR) 12 11:15 Ladies Lunch, McMenamins Elk's Temple R&T 1:00 Wii Bowling (AR) 3:00 Bingo (AR)	AM Doctors Appointment 13 10:00 St. Luke's Bible Study (AR) 11:00 Blackjack (AR) 1:00 Seated Yoga & Meditation (AR) 1:30 Scenic Drive R&T 2:00 Doug Deems, Live Music! (JB) 5:45 Movie Night, Willy Wonka and the Chocolate Factory (AR) **	10:00 Washington State Fair! R&T (free tickets) 14 11:15 Sittercise (AR) 1:00 Round Table Meeting, Guest Speaker, local Ombudsmen (AR) 2:00 Wii Bowling (AR) 3:00 Bingo (AR)	PM Doctor Transports 15 9:00 Walking KC Baseball Fields 10:00 Seated Yoga & Meditation (AR) 1:00 Rummikub! (AR) 2:00 Group Stroll to Pond (meet in JB) 3:00 Edward Jones presents "Outsmart the Scammers" (Fairfield MR, Transportation Available)	9:30 Target/Trader Joe's R&T 16 11:15 Sittercise (AR) 1:00 "These Hands", A Spa for your Hands Experience, Nail Painting and Massages (AR) 3:00 Bingo (AR)	1:00 Bridge (AL) ** 17
9:30 Hymns with Sid (JB) ** 18	11:15 Sittercise (AR) 19 1:00 Sing Along! (AR) 2:00 Wii Bowling (AR) 3:00 Bingo (AR)	AM Doctors Appointment 20 11:00 Blackjack (AR) 1:00 Seated Yoga & Meditation (AR) 1:30 Scenic Drive R&T 3:00 Whammo (AR) 4:00 Dining Out, Red Lobster R&T 5:45 Movie Night, Mrs. Doubtfire (AR) **	9:30 Fred Meyer/Winco R&T 21 11:15 Sittercise (AR) 1:00 Weyerhaeuser Rhododendron & Bonsai Gardens R&T 1:15 Activity Meeting (AR) 2:00 Wii Bowling (AR) 3:00 Bingo (AR)	PM Doctor Transports 22 9:00 Walking Wapato Park R&T 10:00 Seated Yoga & Meditation (AR) 11:00 Faith Baptist Bible Study (AR) 1:00 Rummikub! (AR) 2:00 Whammo (AR)	11:15 Sittercise (AR) 23 1:00 5 Card Draw Poker (AR) 2:00 Scrabble Scavenger Hunt, Turn In Words (AR) 3:00 Bingo (AR)	11:00 to 2:00 Local Vendor Bazaar! (Perennial Gardens) 24 1:00 Bridge (AL) **
9:30 Hymns with Sid (JB) ** 25 2:00 St. Luke's Church Service (Juice Bar)	11:15 Sittercise (AR) 26 1:00 Sing Along! (AR) 2:00 Wii Bowling (AR) 3:00 Bingo (AR)	AM Doctors Appointment 27 10:00 St. Luke's Bible Study (AR) 11:00 Blackjack (AR) 1:00 Seated Yoga & Meditation (AR) 1:30 Scenic Drive R&T 3:00 Whammo (AR) 5:45 Movie Night, Poms (AR) **	10:00 Emerald Queen Casino, Tacoma R&T 28 11:15 Sittercise (AR) 1:00 Talk Soup (Gardens DR) 2:00 Wii Bowling (AR) 3:00 Bingo (AR)	PM Doctor Transports 29 9:00 Walking Ruston Way R&T 10:00 Seated Yoga & Meditation (AR) 1:00 Rummikub! (AR) 2:00 Group Stroll to Pond (meet in JB) 3:00 Whammo (AR)	11:15 Sittercise (AR) 30 1:00 5 Card Draw Poker (AR) 2:00 Flashback, Connecting through Reminiscing (AR) 3:00 Bingo (AR)	

9/6 If you enjoy the symphony, don't meet this unique event and opportunity to buy greatly discounted **Federal Way Symphony** season passes!

9/10 Come enjoy an outdoor vocal performance by the **Faith Baptist Youth Choir!**

9/14 Hop on the bus and head to the **Washington State Fair!**

9/15 Empower yourself with knowledge from the experts. Learn just how to **"Outsmart the Scammers"**.

9/24 Come treat yourself and support local Federal Way Vendors at our **Village Green Vendor Market!** Goods include, jewelry, bath and body goods, wood carved decor and crafts, baked goods and more! **14 Vendors in Attendance. Let's Shop, Support Local Artisans & Keep Crafting Alive!**

SCRABBLE SCAVENGER HUNT WEEK!

Mark your calendar for something fun and different! Get your exercise and sharpen your eyes as you search the building for Hidden Scrabble Tiles! Find as many as you can to create high scoring words. At the end of the week, bring your tiles to Christina to tally your points. Prize will be awarded to the highest scoring Scrabbler in each building!