

January 2022 Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY					
3	> Bastyr > SEAMAR 9:30 Qigong 10:00 Massage Therapy 10:00 Water Color and Drawing 10:00 French 11:00 Daily Balance 12:00 Community Dining 1:00 Chair Yoga 1:30 Bastyr 2:00 Seattle Rep	4	>Social Worker Consultations 9:00 Pinochle 9:00 Kajsa's Class 9:30 Rainbow Fitness 10:00 Enhance Fitness 11:00 Daily Balance 11:00 Bible Study 12:00 Massage Therapy 12:00 Community Dining 3:00 Memoir Writing 4:30 Happy Hour 5:00 Dinner 6:30 Bingo	5	>Social Worker Consultations >Financial Services 10:00 Current Events 11:00 Daily Balance 12:00 Community Dining 1:00 Chair Yoga	6	>Lunch at Ivar's Salmon House 9:00 Kajsa's Class 10:00 Enhance Fitness 11:00 Daily Balance 11:00 Heartfulness Meditation 12:30 Bridge	7	
>Social Worker Consultations 9:00 Kajsa's Class 9:30 Rainbow Fitness 10:00 Diabetes Support 10:00 Enhance Fitness 11:00 Daily Balance 12:00 Community Dining 12:30 Bridge	10	> Bastyr > SEAMAR > Vet Advocate 9:30 Qigong 10:00 Massage Therapy 10:00 Water Color and Drawing 10:00 French 11:00 Daily Balance 12:00 Community Dining 1:00 Chair Yoga 1:30 Bastyr 2:00 Seattle Rep	11	>>Social Worker Consultations 9:00 Pinochle 9:00 Foot Care 9:00 Kajsa's Class 9:30 Rainbow Fitness 10:00 Enhance Fitness 11:00 Daily Balance 11:00 Bible Study 12:00 Massage Therapy 12:00 Community Dining 3:00 Memoir Writing 4:30 Happy Hour 5:00 Dinner 6:30 Bingo	12	>Social Worker Consultations >Financial Services >Legal Consultations 9:00 Pinochle 9:00 Kajsa's Class 9:30 Rainbow Fitness 10:00 Enhance Fitness 10:00 Current Events 11:00 Daily Balance 12:00 Community Dining 3:00 Memoir Writing	13	>Tour of Kraken Iceplex / Lunch at 32 Bar & Grill > Medicare Open Enrollment 9:00 Kajsa's Class 10:00 Enhance Fitness 11:00 Daily Balance 11:00 Heartfulness Meditation 12:30 Bridge	14
Social Worker Consultations 9:00 Kajsa's Class 9:30 Rainbow Fitness 10:00 Enhance Fitness 11:00 Daily Balance 12:00 Community Dining 12:30 Bridge	17	> Bastyr > SEAMAR 9:30 Qigong 10:00 Massage Therapy 10:00 Water Color and Drawing 10:00 French 11:00 Daily Balance 12:00 Community Dining 1:00 Chair Yoga 1:30 Bastyr 2:00 Seattle Rep	18	15>Social Worker Consultations >Medicare, Senior Rights, Insurance 9:00 Pinochle 9:30 Rainbow Fitness 9:00 Kajsa's Class 10:00 Enhance Fitness 11:00 Daily Balance 11:00 Bible Study 12:00 Massage Therapy 12:00 Community Dining 12:00 Vet Social Hour 3:00 Memoir Writing 4:30 Happy Hour 5:00 Dinner 6:30 Bingo	19	>Social Worker Consultations >Financial Services 10:00 Current Events 11:00 Daily Balance 12:00 Community Dining 1:00 Chair Yoga	20	>Trip to Frye Art Museum 9:00 Kajsa's Class 10:00 Enhance Fitness 11:00 Daily Balance 12:00 Rummage Sale 11:00 Heartfulness Meditation 12:30 Bridge	21
>Social Worker Consultations >Dental Hygiene 9:00 Kajsa's Class 9:30 Rainbow Fitness 10:00 History Book Group 10:00 Enhance Fitness 11:00 Daily Balance 11:30 Parkinson's Support 12:00 Community Dining 12:30 Bridge 3:00 Medicine Circle	24	> Bastyr > SEAMAR 9:00 Pinochle 9:30 Qigong 9:30 Rainbow Fitness 10:00 Massage Therapy 10:00 Water Color and Drawing 11:00 Daily Balance 10:00 French 12:00 Community Dining 1:00 Chair Yoga 1:30 Bastyr 2:00 Seattle Rep	25	>Social Worker Consultations >Medicare/Senior Rights 9:00 Pinochle 9:00 Kajsa's Class 9:30 Rainbow Fitness 10:00 Enhance Fitness 11:00 Daily Balance 11:00 Bible Study 12:00 Massage Therapy 12:00 Holiday Lunch 1:00 Foot Care 3:00 Memoir Writing 4:30 Happy Hour 5:00 Dinner 6:30 Bingo	26	>Social Worker Consultations >Legal Consultations >Financial Services 10:00 Current Events 11:00 Daily Balance 12:00 Community Dining 1:00 Chair Yoga	27	>Social Worker Consultations 9:00 Men's Breakfast 10:00 Current Events 11:00 Daily Balance 12:00 Community Dining 12:30 Bridge	28
>Social Worker Consultations 16 9:00 Kajsa's Class 10:00 Enhance Fitness 10:30 Book Club 11:00 Daily Balance 12:00 Community Dining 1:30 Bridge	31								