
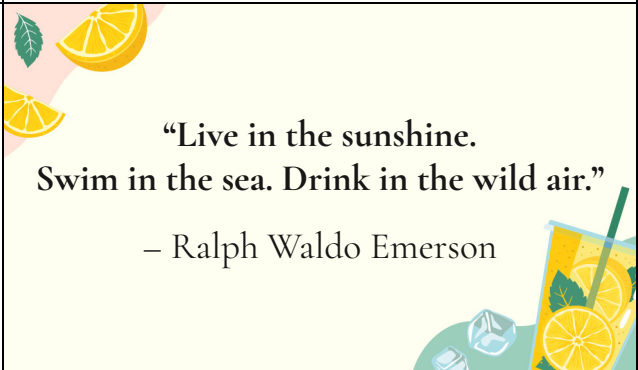


| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|--|
|  <p>August 2023</p> | <p>9:00 SeaMar 9:00 Pinochle 10:00 Watercolor Workshop 10:00 Massage Therapy 10:00 French *Digital Support Day* 11:00 Daily Balance 12:00 Community Dining 1:00 Chair Yoga 2:00 Chess Matches</p> | <p>9:00 Pinochle 10:00 Enhance Fitness 10:30 Italian Language 11:00 Daily Balance / 11:00 Bible Study 12:00 Community Dining 12:00 Massage 1:00 Brain Games 1:00 Acrylic Painting 1:00 William's Walkers 1:30 Ping Pong</p> <p>4:30 Happy Hour 5:00 Dinner 6:30 Bingo</p> | <p>10:00 Financial Assistance w/Kylle 10:00 Current Events 11:00 Daily Balance 11:00 Chair Yoga 12:00 Community Dining 12:30 Nutrition Wellness Talk: <i>What's for Dinner? Here We Go Again!</i> 1:00 Scrabble Games 1:30 Movie Matinee: <i>The Full Monty, 1997</i></p> | <p>10:00 Enhance Fitness 10:30 Adult Coloring & Paper Craft 11:00 Daily Balance 12:00 Community Dining 12:30 Bridge 1:30 Fiber Arts Circle 1:30 Bead Works Group 1:30 Ping Pong</p> |
| <p>10:00 Enhance Fitness 10:00 Creative Writing: Memoir Project 11:00 Daily Balance 12:00 Community Dining 12:30 Red Hats Meeting 12:30 Bridge 1:30 Shakespeare Sessions 1:30 Ping Pong</p> | <p>9:00 SeaMar 9:00 Pinochle 10:00 Watercolor Workshop 10:00 Massage Therapy 10:00 French *Digital Support Day* 11:00 Daily Balance 12:00 Community Dining 1:00 Chair Yoga 2:00 Fiction/Lit Book Group 2:00 Chess Matches</p> | <p>9:00 Pinochle 10:00 Enhance Fitness * Foot Care Day * 10:30 Italian Language 11:00 Daily Balance / 11:00 Bible Study 12:00 Community Dining 12:00 Massage 1:00 Brain Games 1:00 Acrylic Painting 1:00 William's Walkers 1:30 Ping Pong</p> <p>4:30 Happy Hour 5:00 Dinner 6:30 Bingo</p> | <p>9:00 Women's Breakfast (RSVP) 10:00 Current Events 11:00 Daily Balance 11:00 Chair Yoga 12:00 Community Dining 1:00 Scrabble Games 1:15 Movie Matinee: <i>Tetris, 2023</i> 3:30 Legal Consultation</p> | <p>10:00 Trip: Alki Beach 10:00 Enhance Fitness 10:30 Adult Coloring & Paper Craft 11:00 Daily Balance 12:00 Community Dining 12:30 Bridge 1:30 Fiber Arts Circle 1:30 Bead Works Group 1:30 Ping Pong</p> |
| <p>10:00 Enhance Fitness 10:00 Creative Writing: Memoir Project 10:30 Low Vision Support 11:00 Daily Balance 12:00 Community Dining 12:30 Bridge 1:00 Neuroplasticity in a Nutshell 1:30 Shakespeare Sessions 1:30 Ping Pong</p> | <p>9:00 SeaMar 9:00 Pinochle 10:00 Watercolor Workshop 10:00 Massage Therapy / 10:00 French 11:00 Daily Balance *Digital Support Day* 12:00 Community Dining 12:30 Tour of India: Independence Day & Street Food (RSVP) 1:00 Chair Yoga 2:00 Chess Matches</p> | <p>9:00 Pinochle 9:30 Trip: Tulalip Casino & Outlet Mall 10:00 Enhance Fitness / 10:30 Italian 11:00 Daily Balance / 11:00 Bible Study 11:00 - 1:00 WeCare Medicare Talk & Office Hours 12:00 Community Dining / 12:00 Massage 1:00 Brain Games 1:00 Acrylic Painting 1:00 William's Walkers 1:30 Ping Pong</p> <p>4:30 Happy Hour 5:00 Dinner 6:30 Bingo</p> | <p>10:00 Current Events 11:00 Daily Balance 11:00 Chair Yoga 12:00 Community Dining Picnic (RSVP) 1:00 Scrabble Games 1:15 Movie Matinee: <i>A Fish Called Wanda, 1988</i></p> | <p>10:00 Enhance Fitness 10:30 Adult Coloring & Paper Craft 11:00 Daily Balance 12:00 Community Dining 12:30 Bridge 1:30 Fiber Arts Circle 1:30 Bead Works Group 1:30 Ping Pong</p> <p>* Foot Care Day *</p> |
| <p>10:00 Enhance Fitness 10:00 Creative Writing: Memoir Project 11:00 Daily Balance 12:00 Community Dining 12:30 Bridge 1:30 Shakespeare Sessions 1:30 Ping Pong</p> <p>* Dental Hygiene Day *</p> | <p>9:00 SeaMar 9:00 Pinochle 10:00 Watercolor Workshop 10:00 Massage Therapy / 10:00 French 10:30 New Members' Café (RSVP) 11:00 Daily Balance *Digital Support Day* 12:00 Community Dining 1:00 Chair Yoga 2:00 - 4:00 Resource Fair & Ice Cream Social</p> | <p>9:00 Pinochle 10:00 Enhance Fitness 10:30 Italian Language 11:00 Daily Balance / 11:00 Bible Study 12:00 Community Dining 12:00 Massage 12:30 Travels w/Janice: Berlin 1:00 Acrylic Painting 1:00 William's Walkers 1:30 Ping Pong</p> <p>4:30 Happy Hour 5:00 Dinner 6:30 Bingo</p> | <p>9:00 Men's Breakfast (RSVP) 10:00 Current Events 11:00 Daily Balance 11:00 Chair Yoga 12:00 Community Dining 12:45 ABLE Meeting 1:00 Scrabble Games 1:15 Movie Matinee: <i>A Room with a View, 1985</i> 3:30 Legal Consultation</p> | <p>10:00 Enhance Fitness 10:30 Adult Coloring & Paper Craft 11:00 Daily Balance 12:00 Community Dining 12:30 Bridge 1:00 UFO/UFO Update w/Anthony 1:30 Fiber Arts / Bead Works / Ping Pong</p> <p>Trips: Saturday 8/26 & Sunday 8/27 at 1pm Seattle Rep's production of <i>The Tempest</i></p> |
| <p>10:00 Enhance Fitness 10:00 Creative Writing: Memoir Project 10:30 History Book Group 11:00 Daily Balance 12:00 Community Dining 12:30 Bridge 1:00 Neuroplasticity in a Nutshell 1:30 Shakespeare Sessions 1:30 Ping Pong</p> | <p>9:00 SeaMar 9:00 Pinochle 10:00 Watercolor Painting & Drawing 10:00 Massage Therapy 10:00 French *Digital Support Day* 11:00 Daily Balance 12:00 Community Dining 1:00 Chair Yoga 2:00 Fiction/Lit Book Group 2:00 Chess Matches</p> | <p>9:00 Pinochle 10:00 Enhance Fitness 10:30 Italian Language 11:00 Daily Balance / 11:00 Bible Study 12:00 Community Dining 12:00 Massage 1:00 Brain Games 1:00 Acrylic Painting 1:00 William's Walkers 1:30 Ping Pong</p> <p>4:30 Happy Hour 5:00 Dinner 6:30 Bingo</p> | <p>10:00 Current Events 11:00 Daily Balance 11:00 Chair Yoga 12:00 Community Dining 1:00 Scrabble Games 2:00 Volunteer Celebration (RSVP)</p> |  <p>"Live in the sunshine. Swim in the sea. Drink in the wild air."</p> <p>– Ralph Waldo Emerson</p> |