

November 2018

Independent Living Lifestyle & Leisure



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



9001 Lake City Way NE
Seattle, WA 98115
206-729-1200

- SS Artistic Expression
- CE Continuing Education
- LL Lifestyle & Leisure
- PE Physical Engagement
- AE Spiritual support

Location Keys
Activity Room AC
Dining Room DR
Memory Care MC

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:30 Beauty Parlor</p> <p>10:00 LL Sunday Worship on Television</p> <p>11:00 LL Sing Along</p> <p>1:00 LL Balloon Volleyball game</p> <p>2:00 AE Sundae Ice - Cream</p> <p>3:30 LL Mingling w/ Care Givers [MC]</p> <p>4:00 Worship Music - Television</p> <p>6:00 CE World Traveler</p>	<p>9:30 Beauty Parlor</p> <p>10:00 LL Easy Chair Exercise</p> <p>10:30 LL News & hot Chocolate</p> <p>— Monday Manicure</p> <p>1:00 LL Scenic Drive w / Memory Care</p> <p>2:30 Card Sorting and Coloring</p> <p>3:30 Mingling w/Caregivers</p> <p>4:00 Balloon Volleyball</p> <p>6:00 CE Planet Earth Movies</p>	<p>9:30 Beauty Parlor</p> <p>10:00 ElderGrow</p> <p>11:00 PE Sing - a - Long</p> <p>1:00 LL Dog show w/ Sally & the boys</p> <p>2:30 LL Snack and Reminiscing</p> <p>3:30 Mingling w/ Caregivers</p> <p>4:00 Puzzles & World Events</p> <p>6:00 CE Nature Documentary</p>	<p>9:30 Beauty Parlor</p> <p>10:30 News & hot Chocolate [AC]</p> <p>11:00 Table board games</p> <p>1:00 PE Easy Baking w Residents</p> <p>2:30 LL Snack and Social</p> <p>3:30 Mingling w/ Caregivers</p> <p>6:00 CE Journey To Africa</p>	<p>9:30 LL Beauty Parlor</p> <p>10:00 PE Easy Chair Exercises [AC]</p> <p>10:30 PE News & hot Chocolate</p> <p>11:00 PE Sorting & Coloring Therapy</p> <p>1:00 Mini Manis</p> <p>2:30 LL Ice Cream Social</p> <p>3:30 SS Mingling w/ Care Givers [AC]</p> <p>4:00 Music Therapy</p> <p>6:00 CE Nature Documentary</p>	<p>9:30 PE Beauty Parlor [AC]</p> <p>10:00 Easy chair exercise</p> <p>11:00 LL Music Therapy w/ David</p> <p>1:00 PE Hand Massage Therapy</p> <p>2:00 AE Balloon Volleyball game</p> <p>2:30 SS Snack and Reminiscing</p> <p>3:30 LL Reminiscing w/ Caregiver [DR]</p> <p>6:00 CE Watching Animal Planet</p>	<p>10:00 Beauty Parlor</p> <p>11:00 LL Balloon Volleyball game</p> <p>1:00 PE Ball Toss</p> <p>2:00 LL Table board games</p> <p>2:30 LL Snack and Social</p> <p>3:30 LL Balloon Volleyball w/ Caregivers</p> <p>6:00 CE World Traveler</p>
<p>9:30 Beauty Parlor</p> <p>10:00 LL Sunday Worship on Television</p> <p>11:00 LL Sing Along</p> <p>1:00 LL Balloon Volleyball game</p> <p>2:00 AE Sundae Ice - Cream</p> <p>3:30 LL Mingling w/ Care Givers [MC]</p> <p>4:00 Worship Music - Television</p> <p>6:00 CE World Traveler</p>	<p>9:30 Beauty Parlor</p> <p>10:00 LL Easy Chair Exercise</p> <p>10:30 LL News & hot Chocolate</p> <p>— Monday Manicure</p> <p>1:00 LL Scenic Drive w / Memory Care</p> <p>2:30 Card Sorting and Coloring</p> <p>3:30 Mingling w/Caregivers</p> <p>4:00 Balloon Volleyball</p> <p>6:00 CE Planet Earth Movies</p>	<p>9:30 Beauty Parlor</p> <p>9:30 Beauty Parlor</p> <p>10:30 News & hot Chocolate</p> <p>11:00 PE Sing - a - Long</p> <p>1:00 LL Tuesday Juice Day with Residents</p> <p>2:30 LL Snack and Reminiscing</p> <p>3:30 Mingling w/ Caregivers</p> <p>4:00 Puzzles & World Events</p> <p>6:00 CE Nature Documentary</p>	<p>9:30 Beauty Parlor</p> <p>10:00 Easy Chair Exercise</p> <p>10:30 News & hot Chocolate [AC]</p> <p>11:00 Table board games</p> <p>1:00 PE Easy Baking w Residents</p> <p>2:30 LL Snack and Social</p> <p>3:30 Mingling w/ Caregivers</p> <p>6:00 CE Journey To Africa</p>	<p>9:30 LL Beauty Parlor</p> <p>10:00 SS Easy Chair Exercise</p> <p>10:30 PE News & hot Chocolate</p> <p>11:00 PE Sorting & Coloring Therapy</p> <p>1:00 Mini Manis</p> <p>2:30 LL Ice Cream Social</p> <p>3:30 SS Mingling w/ Care Givers [AC]</p> <p>4:00 Music Therapy</p> <p>6:00 CE Nature Documentary</p>	<p>9:30 PE Beauty Parlor [AC]</p> <p>10:00 Arts & Crafts Therapy</p> <p>11:00 LL Music Therapy w/ David</p> <p>1:00 PE Hand Massage Therapy</p> <p>2:00 AE Balloon Volleyball game</p> <p>2:30 SS Snack and Reminiscing</p> <p>3:30 LL Reminiscing w/ Caregiver [DR]</p> <p>6:00 CE Watching Animal Planet</p>	<p>10:00 Beauty Parlor</p> <p>11:00 LL Balloon Volleyball game</p> <p>1:00 PE Ball Toss</p> <p>2:00 LL Table board games</p> <p>2:30 LL Snack and Social</p> <p>3:30 LL Balloon Volleyball w/ Caregivers</p> <p>6:00 CE World Traveler</p>
<p>9:30 Beauty Parlor</p> <p>10:00 LL Sunday Worship on Television</p> <p>11:00 LL Sing Along</p> <p>1:00 LL Balloon Volleyball game</p> <p>2:00 AE Sundae Ice - Cream</p> <p>3:30 LL Mingling w/ Care Givers [MC]</p> <p>4:00 Worship Music - Television</p> <p>6:00 CE World Traveler</p>	<p>9:30 Beauty Parlor</p> <p>10:00 LL Easy Chair Exercise</p> <p>10:30 LL News & hot Chocolate</p> <p>— Monday Manicure</p> <p>1:00 LL Scenic Drive w / Memory Care</p> <p>2:30 Card Sorting and Coloring</p> <p>3:30 Mingling w/Caregivers</p> <p>4:00 Balloon Volleyball</p> <p>6:00 CE Planet Earth Movies</p>	<p>9:30 Beauty Parlor</p> <p>10:00 SS ElderGrow</p> <p>11:00 PE Sing - a - Long</p> <p>1:00 LL Tuesday Juice Day with Residents</p> <p>2:30 LL Snack and Reminiscing</p> <p>3:30 Mingling w/ Caregivers</p> <p>4:00 Puzzles & World Events</p> <p>6:00 CE Nature Documentary</p>	<p>9:30 Beauty Parlor</p> <p>10:00 Easy Chair Exercise</p> <p>10:30 News & hot Chocolate [AC]</p> <p>11:00 Table board games</p> <p>1:00 PE Easy Baking w Residents</p> <p>2:30 LL Snack and Social</p> <p>3:30 Mingling w/ Caregivers</p> <p>6:00 CE Journey To Africa</p>	<p>9:30 LL Beauty Parlor</p> <p>10:00 SS Easy Chair Exercise</p> <p>10:30 PE News & hot Chocolate</p> <p>11:00 PE Sorting & Coloring Therapy</p> <p>1:00 Mini Manis</p> <p>2:30 LL Ice Cream Social</p> <p>3:30 SS Mingling w/ Care Givers [AC]</p> <p>4:00 Music Therapy</p> <p>6:00 CE Nature Documentary</p>	<p>9:30 PE Beauty Parlor [AC]</p> <p>10:00 Arts & Crafts Therapy</p> <p>11:00 LL Music Therapy w/ David</p> <p>1:00 PE Hand Massage Therapy</p> <p>2:00 AE Balloon Volleyball game</p> <p>2:30 SS Snack and Reminiscing</p> <p>3:30 LL Reminiscing w/ Caregiver [DR]</p> <p>6:00 CE Watching Animal Planet</p>	<p>10:00 Beauty Parlor</p> <p>11:00 LL Balloon Volleyball game</p> <p>1:00 PE Ball Toss</p> <p>2:00 LL Table board games</p> <p>2:30 LL Snack and Social</p> <p>3:30 LL Balloon Volleyball w/ Caregivers</p> <p>6:00 CE World Traveler</p>
<p>9:30 Beauty Parlor</p> <p>10:00 LL Sunday Worship on Television</p> <p>11:00 LL Sing Along</p> <p>1:00 LL Balloon Volleyball game</p> <p>2:00 AE Sundae Ice - Cream</p> <p>3:30 LL Mingling w/ Care Givers [MC]</p> <p>4:00 Worship Music - Television</p> <p>6:00 CE World Traveler</p>	<p>9:30 Beauty Parlor</p> <p>10:00 LL Easy Chair Exercise</p> <p>10:30 LL Music w/ David Arntufnuss</p> <p>— Monday Manicure</p> <p>1:00 LL Scenic Drive w / Memory Care</p> <p>2:30 Card Sorting and Coloring</p> <p>3:30 Mingling w/Caregivers</p> <p>4:00 Balloon Volleyball</p> <p>6:00 CE Planet Earth Movies</p>	<p>9:30 Beauty Parlor</p> <p>10:00 Easy Chair Exercise</p> <p>10:30 News & hot Chocolate</p> <p>11:00 PE Sing - a - Long</p> <p>1:00 LL Tuesday Juice Day with Residents</p> <p>2:30 LL Snack and Reminiscing</p> <p>3:30 Mingling w/ Caregivers</p> <p>4:00 Puzzles & World Events</p> <p>6:00 CE Nature Documentary</p>	<p>9:30 Beauty Parlor</p> <p>10:00 Easy Chair Exercise</p> <p>10:30 News & hot Chocolate [AC]</p> <p>11:00 Table board games</p> <p>1:00 PE Easy Baking w Residents</p> <p>2:30 LL Snack and Social</p> <p>3:30 Mingling w/ Caregivers</p> <p>6:00 CE Journey To Africa</p>	<p>9:30 LL Beauty Parlor</p> <p>10:00 SS Easy Chair Exercise</p> <p>10:30 PE News & hot Chocolate</p> <p>11:00 PE Sorting & Coloring Therapy</p> <p>1:00 Mini Manis</p> <p>2:30 LL Ice Cream Social</p> <p>3:30 SS Mingling w/ Care Givers [AC]</p> <p>4:00 Music Therapy</p> <p>6:00 CE Nature Documentary</p>	<p>9:30 PE Beauty Parlor [AC]</p> <p>10:00 Arts & Crafts Therapy</p> <p>11:00 LL Music Therapy w/ David</p> <p>1:00 PE Hand Massage Therapy</p> <p>2:00 AE Balloon Volleyball game</p> <p>2:30 SS Snack and Reminiscing</p> <p>3:30 LL Reminiscing w/ Caregiver [DR]</p> <p>6:00 CE Watching Animal Planet</p>	<p>10:00 Beauty Parlor</p> <p>11:00 LL Balloon Volleyball game</p> <p>1:00 PE Ball Toss</p> <p>2:00 LL Table board games</p> <p>2:30 LL Snack and Social</p> <p>3:30 LL Balloon Volleyball w/ Caregivers</p> <p>6:00 CE World Traveler</p>
<p>9:30 Beauty Parlor</p> <p>10:00 LL Sunday Worship on Television</p> <p>11:00 LL Sing Along</p> <p>1:00 LL Balloon Volleyball game</p> <p>2:00 AE Sundae Ice - Cream</p> <p>3:30 LL Mingling w/ Care Givers [MC]</p> <p>4:00 Worship Music - Television</p> <p>6:00 CE World Traveler</p>	<p>9:30 Beauty Parlor</p> <p>10:00 LL Easy Chair Exercise</p> <p>10:30 LL Music w/ David Arntufnuss</p> <p>— Monday Manicure</p> <p>1:00 LL Scenic Drive w / Memory Care</p> <p>2:30 Card Sorting and Coloring</p> <p>3:30 Mingling w/Caregivers</p> <p>4:00 Balloon Volleyball</p> <p>6:00 CE Planet Earth Movies</p>	<p>9:30 Beauty Parlor</p> <p>10:00 Easy Chair Exercise</p> <p>10:30 News & hot Chocolate</p> <p>11:00 PE Sing - a - Long</p> <p>1:00 LL Tuesday Juice Day with Residents</p> <p>2:30 LL Snack and Reminiscing</p> <p>3:30 Mingling w/ Caregivers</p> <p>4:00 Puzzles & World Events</p> <p>6:00 CE Nature Documentary</p>	<p>9:30 Beauty Parlor</p> <p>10:00 Easy Chair Exercise</p> <p>10:30 News & hot Chocolate [AC]</p> <p>11:00 Table board games</p> <p>1:00 PE Easy Baking w Residents</p> <p>2:30 LL Snack and Social</p> <p>3:30 Mingling w/ Caregivers</p> <p>6:00 CE Journey To Africa</p>	<p>9:30 LL Beauty Parlor</p> <p>10:00 SS Easy Chair Exercise</p> <p>10:30 PE News & hot Chocolate</p> <p>11:00 PE Sorting & Coloring Therapy</p> <p>1:00 Mini Manis</p> <p>2:30 LL Ice Cream Social</p> <p>3:30 SS Mingling w/ Care Givers [AC]</p> <p>4:00 Music Therapy</p> <p>6:00 CE Nature Documentary</p>	<p>9:30 PE Beauty Parlor [AC]</p> <p>10:00 Arts & Crafts Therapy</p> <p>11:00 LL Music Therapy w/ David</p> <p>1:00 PE Hand Massage Therapy</p> <p>2:00 AE Balloon Volleyball game</p> <p>2:30 SS Snack and Reminiscing</p> <p>3:30 LL Reminiscing w/ Caregiver [DR]</p> <p>6:00 CE Watching Animal Planet</p>	<p>10:00 Beauty Parlor</p> <p>11:00 LL Balloon Volleyball game</p> <p>1:00 PE Ball Toss</p> <p>2:00 LL Table board games</p> <p>2:30 LL Snack and Social</p> <p>3:30 LL Balloon Volleyball w/ Caregivers</p> <p>6:00 CE World Traveler</p>