

<b>Banking Services</b>	1 <sup>st</sup> & 3 <sup>rd</sup> Tues – 9 to 9:30 am - Library (T) 9:35 to 10 am - Conference Room A (G)
<b>Blood Pressure Check</b>	Thurs – 10 am - Nurses' Stations (G & T)
<b>Little Store</b>	Daily (except Weds) 10:30 am to Noon (T)
<b>Flea Market</b>	Mon thru Sat – 9:30 to 11:30 am Tues & Thurs & Sat – 1 to 3 pm (G)
<b>Mini Shop</b>	Mon thru Sat – 9:30 to 11:30 am and 1 to 3 pm (G)
<b>Treasure &amp; Thrift Shops</b>	Wed – 1 to 3 pm & Fri – 9:30 to 11:30 am (T)
<b>Ecumenical Prayer Group</b>	Wed – 8:30 am, Chapel (G)
<b>Bible Study Group</b>	Wed – 1 pm, Chapel (G)
◆ <b>Swimming</b>	Mon & Wed & Fri – 7:40 am Bus to MRHS Pool

# 2010 August Activities Calendar

**KEY TO LOCATIONS:**

(G) = Gardens Location

(T) = Terrace Location

◆ = Transportation Provided



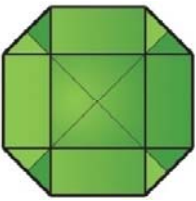

**Special Events**



**August 14<sup>th</sup> from 9 am to 3 pm  
Flea Market Outdoor Sale**

**August 27<sup>th</sup> at 2pm  
Metro Transit Instruction**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b> <i>Recycling Day</i>	<b>5</b>	<b>6</b>	<b>7</b>
<b>EVENING</b> 6 pm Song Fest 6:15 pm Vespers (G) Rev Dr Melvin Finkbeiner Retired UMC 7:30 pm Vespers (T)	<b>MORNING</b> ◆ 9 am Errand Bus 9:15 am Chair Exercises (T&G) 10 am CardioStrength (G) <b>AFTERNOON / EVENING</b> 2 pm Bocce Ball (G)	<b>MORNING</b> 8:45 am Resident Council (T) 9:15 am Chair Exercises (T&G) 10 am Cardio/Strength (T) 10 am Card Recycling (G) 10:30 am Resident Council (G) 11 am Circuit Class (G) <b>AFTERNOON / EVENING</b> ◆ 1 pm Medical Bus 1 pm Wellness Walk (T) 1:15 pm Library Outreach (G) 2 pm Library Outreach (T) 4 pm Sit & Knit (T) 4 <sup>th</sup> floor 7 pm Floor Meetings (T)	<b>MORNING</b> 9:15 am Chair Exercises (T&G) 10 am Cardio/Strength (G) <b>AFTERNOON / EVENING</b> ◆ 1 pm Shopping Fred Meyer 2 pm Bocce Ball (G) 4 pm Communion (G) 6:30 pm Floor Meetings (G)	<b>MORNING</b> 9:15 am Chair Exercises (T&G) 9:30 am Needle Crafts (G) 10 am CardioStrength (T) 11 am Circuit Class (G) <b>AFTERNOON / EVENING</b> 1:30 pm Shuffleboard (T) 2:30 pm Bible Study Group (G) 7 pm Movie (G)	<b>MORNING</b> 9:15 am Chair Exercises (T&G) 10 am Art Group (G) <b>AFTERNOON / EVENING</b> 1 pm Cribbage (T) lower level 1 pm Chaplain's Bible Class (T) 2 pm Zumba Gold (G) 6:30 pm Pinochle (G)	<b>MORNING</b> 9 am to 3 pm Outdoor Flea Market (G) 10 am Line Dancing (T) <b>EVENING</b> 6:15 pm Bridge, Stanton Hall (G)
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<b>EVENING</b> 6 pm Song Fest 6:15 pm Vespers (G) Rev Jeremy Ashworth Covington Bretheran 7:30 pm Vespers (T)	<b>MORNING</b> ◆ 9 am Errand Bus 9:15 am Chair Exercises (T&G) 10 am CardioStrength (G) <b>AFTERNOON / EVENING</b> 2 pm Bocce Ball (G)	<b>MORNING</b> 9:15 am Chair Exercises (T&G) 10 am Cardio/Strength (T) 10 am Card Recycling (G) 11 am Circuit Class (G) <b>AFTERNOON / EVENING</b> 1 pm Wellness Walk (G) 4 pm Sit & Knit (T) 4 <sup>th</sup> floor	<b>MORNING</b> 9:15 am Chair Exercises (T&G) 10 am Current Events Club 48 10 am Cardio/Strength (G) <b>AFTERNOON / EVENING</b> 2 pm Bocce Ball (G) 4:14 pm Birthday Reception (G) 5 pm Birthday Dinner	<b>MORNING</b> 9:15 am Chair Exercises (T&G) 9:30 am Needle Crafts (G) 10 am CardioStrength (T) 11 am Circuit Class (G) <b>AFTERNOON / EVENING</b> 1:30 pm Shuffleboard (T) 2:30 pm Bible Study Group, (G) 7 pm Movie (G)	<b>MORNING</b> 9:15 am Chair Exercises (T&G) 10 am Art Group (G) <b>AFTERNOON / EVENING</b> 1 pm Cribbage (T) lower level 1 pm Chaplain's Bible Class (T) 2 pm Zumba Gold (G) 6:30 pm Pinochle (G)	<b>MORNING</b> 8 am Hike to Mowich Lake at Mount Rainier (contact Don Cone 2063) 10am Line Dancing (T) <b>EVENING</b> 6:15 pm Bridge, Stanton Hall (G)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>15</b></p> <p><b>AFTERNOON / EVENING</b>  6 pm Song Fest  6:15 pm Vespers (G)  Chaplain Michael Byrd  Wesley Homes  7:30 pm Vespers (T)</p>	<p><b>16</b></p> <p><b>MORNING</b>  ◆ 9 am Errand Bus  9:15 am Chair Exercises (T&amp;G)  10 am CardioStrength (G)  <b>AFTERNOON / EVENING</b>  2 pm Book Discussion Group (T)  6<sup>th</sup> floor solarium  2 pm Bocce Ball (G)</p>	<p><b>17</b></p> <p><b>MORNING</b>  ◆ 7:30 am Men's Breakfast Out  9:15 am Chair Exercises (T&amp;G)  ◆ 9:30 am Point Defiance Zoo  ◆ 9:45 am Low Vision Outing  10 am Cardio/Strength (T)  10 am Card Recycling (G)  11 am Circuit Class (G)  <b>AFTERNOON / EVENING</b>  ◆ 1 pm Medical Bus  1 pm Wellness Walk (T)  4 pm Sit &amp; Knit (T) 4<sup>th</sup> floor</p>	<p><b>18</b> <i>Recycling Day</i></p> <p><b>MORNING</b>  9 am Environmental Comm. (G)  9:15 am Chair Exercises (T&amp;G)  10 am Parkinsons Support Group (G)  10 am Cardio/Strength (G)  10:30 am Food Comm. (G)  <b>AFTERNOON / EVENING</b>  2 pm Bocce Ball (G)</p>	<p><b>19</b></p> <p><b>MORNING</b>  9:15 am Chair Exercises (T&amp;G)  9:30 am Needle Crafts (G)  10 am CardioStrength (T)  11 am Circuit Class (G)  <b>AFTERNOON / EVENING</b>  ◆ 1 pm Shopping South Center  1:30 pm Shuffleboard (T)  2:30 pm Bible Study Group  Stanton Hall (G)  5 pm French Theme Dinner  7 pm Movie (G)</p>	<p><b>20</b></p> <p><b>MORNING</b>  9:15 am Chair Exercises (T&amp;G)  ◆ 9:30 am Shopping Fred Meyer  10 am Art Group (G)  <b>AFTERNOON / EVENING</b>  1 pm Cribbage (T) lower level  1 pm Chaplain's Bible Class (T)  2 pm Zumba Gold (G)  6:30 pm Pinochle (G)</p>	<p><b>21</b></p> <p><b>MORNING</b>  10 am Line Dancing (T)  <b>EVENING</b>  6:15 pm Bridge, Stanton Hall (G)</p>
<p><b>22</b></p> <p><b>AFTERNOON / EVENING</b>  6 pm Song Fest  6:15 pm Vespers (G)  Rev Lemuel Onggao Baptist  7:30 pm Vespers (T)</p>	<p><b>23</b></p> <p><b>MORNING</b>  ◆ 9 am Errand Bus  9:15 am Chair Exercises (T&amp;G)  10 am CardioStrength (G)  <b>AFTERNOON / EVENING</b>  1:30 pm Food Comm. (T)  2 pm Bocce Ball (G)</p>	<p><b>24</b></p> <p><b>MORNING</b>  9:15 am Chair Exercises (T&amp;G)  10 am Cardio/Strength (T)  10 am Card Recycling (G)  11 am Circuit Class (G)  <b>AFTERNOON / EVENING</b>  1 pm Wellness Walk (G)  ◆ 2 pm Towne Meeting (G)  4 pm Sit &amp; Knit (T) 4<sup>th</sup> floor</p>	<p><b>25</b></p> <p><b>MORNING</b>  9:15 am Chair Exercises (T&amp;G) Group (G)  10 am Current Events Club 48  10 am CardioStrength (G)  ◆ 11:30 am Ladies Lunch Out  <b>AFTERNOON / EVENING</b>  2 pm Bocce Ball (G)</p>	<p><b>26</b></p> <p><b>MORNING</b>  9:15 am Chair Exercises (T&amp;G)  9:30 am Needle Crafts (G)  10 am CardioStrength (T)  11 am Circuit Class (G)  <b>AFTERNOON / EVENING</b>  1:30 pm Shuffleboard (T)  2:30 pm Bible Study Group  Stanton Hall (G)  7 pm Movie (G)</p>	<p><b>27</b></p> <p><b>MORNING</b>  9:15 am Chair Exercises (T&amp;G)  10 am Art Group (G)  <b>AFTERNOON / EVENING</b>  1 pm Cribbage (T) lower level  1 pm Chaplain's Bible Class (T)  ◆ 2 pm Metro Transit Instruction (T)  2 pm Zumba Gold (G)  6:30 pm Pinochle (G)</p>	<p><b>28</b></p> <p><b>MORNING</b>  9:30 am Hike in Point Defiance Park (contact Don Cone 2063)  10am Line Dancing (T)  <b>EVENING</b>  6:15 pm Bridge, Stanton Hall (G)</p>
<p><b>29</b></p> <p><b>EVENING</b>  6 pm Song Fest  6:15 pm Vespers (G)  George &amp; Shirley Webber Baptist  7:30 pm Vespers (T)</p>	<p><b>30</b></p> <p><b>MORNING</b>  ◆ 9 am Errand Bus  9:15 am Chair Exercises (T&amp;G)  10 am Cardio/Strength (G)  <b>AFTERNOON / EVENING</b>  2 pm Bocce Ball (G)</p>	<p><b>31</b></p> <p><b>MORNING</b>  9:15 am Chair Exercises (T&amp;G)  10 am Cardio/Strength (T)  10 am Card Recycling (G)  11 am Circuit Class (G)  <b>AFTERNOON / EVENING</b>  1 pm Wellness Walk (T)  4 pm Sit &amp; Knit (T) 4<sup>th</sup> floor</p>	 <p>The gemstone for August is the Peridot.</p>		 <p>The August flower is the Gladiolus.</p>	

## August 2010