

Banking Services Tuesdays-9:00-9:30 am Library(T)  
 9:35-10:00 am,Conf.Rm.A (G )  
 Blood Pressure Check Thur – 10:00 am; Nurses' Stations (G & T)  
 Ecumenical Prayer Grp Wed – 8:30 am; chapel (G)  
 Little Store Daily, except Weds – 10:30 am – noon (T)  
 Flea Market Mon-Sat – 9:30 am-11:30 am  
 Tues, Thurs, Sat – 1:00 pm-3:00 pm (G)  
 Mini Shop Mon-Sat – 9:30 am-11:30 am  
 Mon, Wed, Fri – 1:00 pm – 3:00 pm (G)  
 \*Swimming Mon, Wed, Fri – 8:00 am; bus to MRHS pool  
 Treasure & Thrift Shops Wed – 1 pm-3 pm & Fri – 9:30 am-11:30 am (T)  
 Bible Study Group Wed – 1:00 pm; Chapel (G)





# May, 2008


## Activities for The Gardens and The Terrace

G = Gardens Location

T = Terrace Location

\* = transportation provided

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<b>1</b> 9:15-9:45 am- Chair Exercises (T) 9:00-11:30am Crafts-Stanton Hall(G) 9:30-11:00am-New Resident Orientation(Terrace East Room) 10-10:45 am- Enhanced Fitness (T) 11:00-11:45 am Circuit Class (G) 1:30 pm-Shuffleboard Tournament(T) 2:30 pm – Bible Study Group- Stanton Hall 7 pm - Movie (G)	<b>2</b> 10 am - Art Group (G) 1 pm - Chaplain's Bible Class Room 30 (T) 3:30 pm – Choir Practice (G) 6:30 pm – Pinochle (G) 7 pm - Pinochle (T)	<b>3</b> 12:30 pm-Peninsula Gospel Singers(16 men)(G) 2:00 pm-Peninsula Gospel Singers (T) 6:15 pm – Bridge Stanton Hall (G)
<b>4</b> 6:00 pm-Song Fest 6:15 pm – Vespers (G) Rev.John Lee, Blvd.Park Presbyterian Church , Seattle 7:30 pm - Vespers (T)	<b>5</b> *9:00 am-Errand Bus 9:15-9:45 am- Chair Exercises (G) 10:00 am- Popcorn (G) 10:00-10:45 am Circuit Class (T) 10-10:45 am- Enhanced Fitness (G) 10 -11:30 am - Card Recycling (G) 11-11:30 am- Yoga Stretch (G) 11:15-11:45 am- Tai Chi (T) 2:00 pm-Bocce Ball and Bean Bag Toss(G)	<b>6</b> 8:45 am-Resident Council(T) 9:15-9:45 am- Chair Exercises (T) 10-10:45 am- Enhanced Fitness (T) 10:30 am-Resident Council (G) 10- 11:30 am - Card Recycling (G) 11-00-11:45am-Circuit Class(G) 11:00-11:30am- Yoga Stretch (T) *1:00-Medical Bus 1:15-1:45-Library Outreach(G) 1:30pm-Annual Corporation Day Logan Hall (G) 2:00-3:00pm-Library Outreach (T) 7:00 Floor Meetings (T) 7 pm – Program :The Hanky Panky Band (G)	<b>7</b> 9:15-9:45 am- Chair Exercises (G) *9:30 am-Shopping So. Ctr. 10-10:45 am- Enhanced Fitness (G) 10:00-10:45 am-Circuit Class (T) 11:00-11:30 am- Yoga Stretch (T) 11:00-11:30 am Tai Chi (G) 2 pm –Bocce Ball & Bean Bag Toss 2:30-3:30 –Coffee Hour (G) 3 pm –Ping Pong –Stanton Hall 6:30 pm-Floor Meetings (G) 7:00 pm –Program :Dixie Land Band (T)	<b>8</b> 9:15-9:45 am- Chair Exercises (T) 9:00-11:30 am Crafts-Stanton Hall 9:30-11:00am New Resident Orientation (Terrace East Room) 10-10:45 am- Enhanced Fitness (T) 11-11:45 am-Circuit Class (G) 1:30pm-Shuffleboard Tournament(T) 2:30 pm – Bible Study Group- Stanton Hall (G) 7 pm - Movie (G)	<b>9</b> 10 am - Art Group (G) *10:00 am Rhododendron Gardens & Lunch Trip 12:30pm-Presbyterian Lunch (G) 1 pm - Chaplain's Bible Class Room 30 (T) 3:30 pm – Choir Practice (G) 6:30 pm – Pinochle (G) 7 pm - Pinochle (T)	<b>10</b> *12:45- Seattle Pop's Concert 6:15 pm – Bridge Stanton Hall (G)

<p><b>11</b> 6:00 pm –Song Fest 6:15 pm - Vespers (G) Rev. Dr.Leslie Ann Knight, Mercer Island U.M.C., Mercer Island 7:30 pm - Vespers (T)</p> 	<p><b>12</b> *9 am - Errand Bus 9:15-9:45 am- Chair Exercises(G) 10:00 am - Popcorn (G) 10:00-10:45am-Circuit Class (T) 10:00-10:45 am-Enhanced Fitness (G) 11:00-11:30 am- Yoga Stretch (G) 2 pm –Bocce Ball and Bean Bag Toss(G)</p>	<p><b>13</b> 9:15-9:45 am- Chair Exercises (T) 10-10:45 am- Enhanced Fitness (T) 11:00-11:45am Circuit Class (G) 10 -11:30 am - Card Recycling (G) 11:00-11:30 am- Yoga Stretch (T) 7 pm – Program :Peter Metzeler’s Escape from the Nazi’s (G)</p>	<p><b>14</b> 9:15-9:45 am- Chair Exercises (G) 10:-10:45 am- Enhanced Fitness (G) 10-10:45 am-Circuit Class (T) 10:00 am-Current Events ,Club 48 11:00-11:30 am- Yoga Stretch (T) 11:00-11:30 am- Tai Chi –Stanton Hall (G) 2 pm –Bocce Ball &amp;Bean Bag Toss (G) 3 pm –Ping Pong –Stanton Hall (G) 4:45pm Birthday Reception (T&amp;G) 5:15pm-Birthday Dinner 7 pm – Snoqualmie United Methodist Church Choir(T)</p>	<p><b>15</b> 9:15-9:45 am- Chair Exercises (T) 9:00-11:30 Crafts-Stanton Hall(G) 9:30-11-00am New Resident Orientation (Terrace East Room) 10-10:45 am- Enhanced Fitness (T) 11-11:45 am-Circuit Class (G) 1:30pm –Shuffleboard Tournament(T) 2:30 pm – Bible Study Group- Stanton Hall (G) 7 pm – Movie (G)</p> 	<p><b>16</b> 10 am - Art Group (G) *9:30 Shopping ,Fred Meyer 1 pm - Chaplain’s Bible Class Room 30 (T) 3:30 pm – Choir Practice (G) 6:30 pm – Pinochle (G) 7 pm - Pinochle (T)</p>	<p><b>17</b> 6:15 pm – Bridge Stanton Hall (G)</p>
<p><b>18</b> 6:00 pm-Song fest 6:15 pm – Vespers(G) Rev .Steve Baber, Skyway U.M.C., Seattle 7:30 pm - Vespers (T)</p>	<p><b>19</b> *9 am - Errand Bus 9:15-9:45 am-Chair Exercises (G) 10:00 am - Popcorn (G) 10:00-10:45am-Circuit class (T) 10-10:45- Enhanced Fitness (G) 10:30 am-Food Committee (G) 11:00-11:30 am- Yoga Stretch (G) 1:30 pm-Cottagers Meeting (G) 2 pm –Bocce Ball and Bean Bag Toss (G)</p>	<p><b>20</b> *7:30am- Men’s Breakfast 9:15 am –Chair Exercises (T) 10 - 11:30 am - Card Recycling (G) 10-10:45 am- Enhanced Fitness (T) 11:00-11:45-Circuit Class (G) 11:00-11:30 am- Yoga Stretch (T) *1:00-Medical Bus 1:30 pm- Food Committee(T) 7 pm –Program :The Evergreen Chorale (ladies in green velvet) (G)</p>	<p><b>21</b> 9:00am-Environmental Comm.(G) 9:15-9:45 am- Chair Exercises (G) 10-10:45am- Enhanced Fitness (G) 10:00-10:45am-Circuit Class (T) 11:00-11:30 am- Yoga Stretch (T) 11:00-11:30 am- Tai Chi –Stanton Hall (G) 1:30pm-Hearing Loss Support Group (G) 2 pm –Bocce Ball and Bean Bag Toss 2:30 pm – 3:30 pm – Coffee &amp; Cookies (G) 3 pm –Ping Pong –Stanton Hall (G) 7 pm –Program: The Atlantic Street Center,Sharing Their Mission(T)</p>	<p><b>22</b> 9:15-9:45 am- Chair Exercise (T) 9:00-11:30am Crafts Stanton Hall(G) 9:30-11:00- am New Resident Orientation Terrace East Room 10-10:45 am- Enhanced Fitness (T) 11-11:45am-Circuit Class (G) 1:00 pm-Library Committee(G) 1:30 pm-Shuffleboard Tournament(T) 2:30 pm – Bible Study Group- Stanton Hall (G) 7 pm – Movie (G)</p>	<p><b>23</b> 10 am - Art Group (G) 1 pm - Chaplain’s Bible Class Room 30 (T) 3:30 pm – Choir Practice (G) 6:30 pm – Pinochle (G) 7 pm - Pinochle (T)</p>	<p><b>24</b> 6:15 pm- Bridge Stanton Hall (G)</p>
<p><b>25</b> 6:00 pm-Song fest 6:15 pm-Vespers (G) Rev .Bob Ortmeyer,U.M.C. Retired 7:30 pm-Vespers (T)</p>	<p><b>26</b> 9:15-9:45 am-Chair Exercises (G) 10:00 am - Popcorn (G) 10:00-10:45am-Circuit Class (T) 10-10:45 am- Enhanced Fitness (G) 11:00-11:30 am- Yoga Stretch (G) 1:30 pm-Food Committee (T) 2 pm –Bocce Ball and Bean Bag Toss (G)</p>	<p><b>27</b> 9:15 am –Chair Exercises (T) 10 - 11:30 am - Card Recycling (G) 10-10:45 am- Enhanced Fitness (T) 11:00-11:45 am-Circuit Class (G) 11:00-11:30 am- Yoga Stretch (T) 2:00pm-Towne Meeting (G) 7 pm –Program: Continuo Ensemble ( songs from 17<sup>th</sup> century England and Italy)(G)</p>	<p><b>28</b> 9:15-9:45 am- Chair Exercises (G) 10:00am-Current Events Club 48 10-10:45 am- Enhanced Fitness (G) 10-10:45am-Circuit Class (T) 11:00-11:30 am- Yoga Stretch (T) 11:00-11:30 am- Tai Chi –Stanton Hall (G) *11:30 Ladies Lunch 2:00-3:00 Volunteer Celebration (T) 2 pm –Bocce Ball &amp; Bean Bag Toss (G) 2:30 pm – 3:30 pm – Coffee &amp; Cookies (G) 3 pm –Ping Pong –Stanton Hall (G) 7 pm –Program: Birds of the Puget Lowlands , Carol Stoner (T)</p>	<p><b>29</b> 9:15-9:45 am- Chair Exercise (T) 9:00-11:30am Crafts Stanton Hall(G) 9:30-11:00am- New Resident Orientation (Terrace East Room) 10-10:45 am- Enhanced Fitness (T) 11-11:45am-Circuit Class (G) 1:30 pm-Shuffleboard Tournament(T) 2:30 pm – Bible Study Group- Stanton Hall (G) 7 pm – Movie (G)</p>	<p><b>30</b> 10 am - Art Group (G) 1 pm - Chaplain’s Bible Class Room 30 (T) 3:30 pm – Choir Practice (G) 6:30 pm – Pinochle (G) 7 pm - Pinochle (T)</p>	<p><b>31</b> 6:15pm-Bridge, Stanton Hall</p> 