

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

AUGUST 2019

LIFE ENRICHMENT CALENDAR



Residents from any neighborhood are welcomed to any program they wish to attend. Join us!

The daily film is posted on the hall TV and bulletin board. Movies play at 6pm in the SL3 Dining Room.

If you have questions or are interested in learning about our volunteer program, contact Raeanne at:

LifeEnrichment@horizonhouse.org or [206-382-3788](tel:206-382-3788).

	Open Gym available on B1 from 1:15-2pm.
	A support dog visitor makes house calls.
	Bridge club meets on SL3 PDR at 2pm.
	Momentia Strummer & Drummers play on SL2 at 2:45pm

<u>AH</u>	ANDERSON HALL
<u>B1</u>	GYM
<u>CH</u>	CHAPEL
<u>E</u>	MONDAY MARKET
<u>PDR</u>	PRIVATE DINING ROOM SL3
<u>SL2/SL3</u>	DINING ROOM
<u>CLR</u>	CENTRAL LIVING ROOM SL3
<u>MS</u>	MEMORY SUPPORT SL2
<u>GC</u>	GARDEN COURT PATIO (MS)
<u>SKY</u>	SKY LOUNGE FLOOR 19

<p>4 </p> <p>SL3 10:00 Sunday Morning Strolls</p> <p>CLR 10:30 Jewelry Making</p> <p>SL2 11:00 Music and Memory</p> <p>SL3 2:00 Afternoon Movie</p> <p>SL2 2:45 Momentia Strummers and Drummers</p>	<p>5 </p> <p>PDR 10:30 Mindful Meditation with Mary Beth</p> <p>SL3 11:00 Live Piano Music</p> <p>SL2 11:30</p> <p>SL3 1:45 Chair Exercise</p> <p>SL2 2:00 Music with Kristen</p> <p>SL3 2:30 Travelogue with Tom</p> <p>SL3 2:45 Travelling Manicures</p> <p>SL2 3:30 Sensory Strolls</p>	<p>6 </p> <p>SL3 10:00 Music with Jaspar</p> <p>SL2 10:00 Piano with Carol</p> <p>CLR 11:15 Chair Exercise with Gerald</p> <p>CLR 1:30 Gentle Yoga with Crispina</p> <p>SL2 2:00</p> <p>CLR 2:30 Armchair Lecture with Raeanne</p> <p>SL2 2:45 Music with Daniel</p> <p>Happy Birthday, Jim Weller! </p>	<p>7 </p> <p>MS 9:30 Namaste with Raeanne</p> <p>CLR 9:30 Good Morning with AI</p> <p>SL2 10:00 Tai Chi with Crispina</p> <p>CLR 10:30</p> <p>SL3 11:00 Live Piano Music</p> <p>SL3 1:45 Chair Exercise</p> <p>2:00 All Staff Meeting No programs scheduled during this time</p> <p>AH 7:30 Wednesday Nite Live: Malke and the Boychiks/ Klezmer music</p>	<p>8 </p> <p>SL2 10:00 Music with Jaspar</p> <p>CH 10:30 Episcopal Communion Service</p> <p>SL3 11:00 Live Piano Music</p> <p>SL2 11:15 Stretches with Wellness</p> <p>MS 11:15 Sing-along with Georgia</p> <p>CLR 2:30 TED Talks: Laughter</p> <p>SL2 3:00 Games and Trivia</p> <p>Happy Birthday, Mary Pease! </p>	<p>9 </p> <p>MS 9:30 Namaste with Raeanne</p> <p>SL3 10:00 Special Resident Interview: Author and Women's Rights Activist Alene Moris</p> <p>SL2 10:00 Balloon Volleyball</p> <p>SL2 11:00 Violin with Gail</p> <p>SL2 1:30 Music with David</p> <p>SL3 1:45 Chair Exercise</p> <p>CLR 2:45 Poetry Club with Margot</p>	<p>10 </p> <p>CLR 10:00 Chair Exercise with Gerald</p> <p>SL2 10:45 Musical Connection with Katy</p> <p>SL3 2:30 Games and Trivia: Name That Musical!</p> <p>SL2 4:00 Social Time with Gerald</p>
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11 CLR 10:30 Jewelry Making SL3 2:00 Afternoon Movie 2:00 Summer Outing Shuttle Ride with Walter and Dawn SL2 3:00 Musical Afternoons	12 CLR 10:00 Social Time with Raeanne: Decorative Napkin & Towel Folding Workshop SL2 10:30 Hymn Sing SL3 11:00 Live Piano Music SL3 1:45 Chair Exercise PDR 2:30 Support Group: How Things Have Changed	13 SL3 10:00 Music with Jaspar SL2 10:00 Piano with Carol CLR 11:15 Chair Exercise with Gerald SL3 2:30 The Joy of Painting SL2 2:45 Short Stories with Raeanne	14 MS 9:30 Namaste with Raeanne SL3 9:30 Social Time with AI: Coffee & Current Events SL2 10:00 Tai Chi with Crispina CLR 10:30 SL3 11:00 Live Piano Music SL3 1:45 Chair Exercise SL3 2:30 Book Group with Patty SL2 3:00 Karaoke with Daniel SL2 6:00 After Dinner Games AH 7:30 Wednesday Nite Live: Anna Abraham and friends/Scandinavian music	15 SL2 10:00 Music with Jaspar CH 10:30 Protestant Worship Service SL3 11:00 Live Piano Music SL2 11:30 MS 11:15 Sing-along with Georgia SL3 2:00 Wizard of Oz 80th Anniversary Viewing! SL2 	16 MS 9:30 Namaste with AI SL2 10:00 In the Kitchen with Gerald CLR 11:00 Violin with Gail SL3 1:45 Chair Exercise SL2 2:00 History with Gerald: Loving - The Love Story That Changed America CLR 2:45 Technology Hour with AI 	17 CLR 10:00 Chair Exercise with Gerald SL2 10:45 Musical Connection with Katy SL2 2:30 Viola and Poetry with Peter CLR 4:00 Mandala Art for Focus and Relaxation
18 SL3 10:00 Sunday Morning Strolls CLR 10:30 Jewelry Making SL2 11:00 Music and Memory SL3 2:00 Afternoon Movie 2:00 Scenic Drive with Dawn SL2 2:30 Patio Happy Hour 	19 SL2 10:00 Bobo & Sweet Pea the Clowns SL3 11:00 Live Piano Music SL2 11:30 SL3 1:45 Chair Exercise SL2 2:00 Music with Kristin SL3 2:30 The Weird and Wonderful History of Hats SL2 2:45 Travelling Manicures SL3 3:30 Sensory Strolls 	20 SL3 10:00 Music with Jaspar SL2 10:00 Piano with Carol CLR 11:15 Stretches with Wellness CLR 1:30 Gentle Yoga with Crispina SL2 2:00 SL3 3:00 Summer Smoothie Bar	21 MS 9:30 Namaste with Raeanne CLR 9:30 Good Morning with AI SL2 10:00 Tai Chi with Crispina CLR 10:30 SL3 11:00 Live Piano Music SL3 1:45 Chair Exercise SL2 2:00 History with Gerald: Iconic Faces of the Past Part II SL3 2:30 Artclub with AI: The Postcard Project SKY 4:00 Birthday and Anniversary Social SL2 6:00 Sorrento Hotel Dessert Outing	22 CLR 10:00 Good Morning with AI SL2 10:00 Short Stories with Jessica CH 10:30 Protestant Worship Service SL3 11:00 Live Piano Music SL2 11:30 MS 11:15 Sing-along with Georgia CLR 10:00 TED Talks: The Ocean SL2 3:00 Games and Trivia 6:00 Dancing Till Dusk in Freeway Park — the Ball Rounge 	23 MS 9:30 Namaste with Raeanne SL3 10:00 Creative Storytelling SL2 10:00 Sensory Strolls with AI SL2 11:00 Violin with Gail SL3 1:45 Chair Exercise SL2 2:00 Games and Trivia: Crossword Puzzles CLR 2:45 Poetry Club with Margot 	24 SL3 11:00 OK Chorale SL2 2:30 Traditional Games CLR 4:00 Chair Exercise with Gerald
25 SL3 10:00 Sunday Morning Strolls CLR 10:30 Jewelry Making SL2 11:00 Music and Memory SL3 2:00 Afternoon Movie SL2 2:15 Momentia Strummers and Drummers SL2 3:00 Patio Happy Hour	26 SL2 10:30 Drumming with Dennis SL3 11:00 Live Piano Music SL3 1:45 Chair Exercise SL2 2:00 Music with Kristen SL3 2:30 Travelogue with Tom SL2 3:30 Sensory Strolls 	27 SL3 10:00 Music with Jaspar SL2 10:00 Piano with Carol CLR 11:15 Chair Exercise with Gerald CLR 1:30 Gentle Yoga with Crispina SL2 2:00 SL3 2:30 Tea Social: the Vibrant Tea Culture of India SL2 2:45 Short Stories with Jessica	28 MS 9:30 Namaste with Raeanne CLR 9:30 This Week in History SL2 10:00 Tai Chi with Crispina CLR 10:30 SL3 11:00 Live Piano Music SL3 1:45 Chair Exercise SL3 2:30 Book Group with Patty SL2 3:00 Karaoke with Daniel SL2 6:00 After Dinner Games	29 SL2 10:00 Music with Jaspar CH 10:30 Protestant Worship Service SL3 11:00 Live Piano Music SL2 11:15 Stretches with Wellness MS 11:15 Sing-along with Georgia CLR 2:30 Social Time with AI SL2 3:00 Games and Trivia	30 MS 9:30 Namaste with AI CLR 10:00 In The Kitchen with Raeanne SL2 10:00 Art Club: Upcycled Greeting Cards CLR 11:00 Violin with Gail Fireside Lounge 11:00 Sara McVey Farewell Celebration SL3 1:45 Chair Exercise SL3 2:30 Fireside Chat with Sara McVey	31 CLR 10:00 Chair Exercise with Gerald SL2 10:45 Musical Connection with Katy SL2 2:30 Social Time with Joel CLR 4:00 Mandala Art for Focus and Relaxation