

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

FEBRUARY 2020

LIFE ENRICHMENT CALENDAR

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

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@hrizonhouse.org or
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

1

- CLR 10:00 Chair Exercise with Gerald
- SL2 11:15 Musical Mornings
- SL2 2:30 Cultural Spotlight: Unique Traditions Around the World
- CLR 3:00 Social Justice Saturdays with Jessica

2

- SL2 10:00 Sensory Strolls
- CLR 10:30 Jewelry Making
- MS 11:00 Music and Memory
- SL3 2:00 Marilyn's Matinee Movie
- SL2 3:00 Super Bowl Sunday watch party!

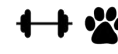
3

- CLR 10:30 Bobo the Clown
- SL2 10:30 Sensory Strolls
- SL3 11:00 Live Piano Music
- SL2 11:30
- SL3 1:45 Chair Exercise
- SL2 2:00 Music with Kristen
- SL3 2:30 This Week in History



4

- SL3 10:00 Service of Remembrance**
- SL2 10:00 Piano with Carol
- CLR 1:30 Gentle Yoga with Crispina
- SL2 2:00
- CLR 2:15 Tuesday Art Talk with Bryon
- PDR 3:00 Discussion Group with Rosalie Lang and Special Guest Chef Steve - topic: climate change**
- SL2 3:00 Sensory Strolls with Gerald



5

- MS 9:30 Namaste with Raeanne
- SL2 10:00 Tai Chi with Crispina
- CLR 10:30
- SL3 11:00 Live Piano Music
- SL2 11:30
- SL3 1:45 Chair Exercise
- SL2 2:30 Dance with Life - Seattle Theater Group
- SL3 2:30 Book Group with Patty
- SL2 6:00 After Dinner Games
- AH 7:30 Wednesday Nite Live: Walter Gray/cello with chamber music ensemble



6

- SL2 10:30 Games and Trivia
- SL3 10:30 Goodbye AI** 😞
- CH 10:30 Protestant Worship Service
- SL2 11:15 Stretches with Wellness
- MS 11:15 Sing-along with Georgia
- SL2 2:15 Moving with Bryon
- CLR 2:30 Documentary Day: The Dawn Wall
- SL2 3:00 Flute with Hugh



7

- MS 9:30 Namaste with Raeanne
- SL2 10:00 Volleyball with Gerald
- SL3 10:30 Technology Hour: Google Earth with AI
- SL2 11:00 Violin with Gail * *Happy Birthday Gail!*
- SL2 1:30 Music with David
- SL3 1:45 Chair Exercise
- SL3 2:30 Poetry Club with Margot
- SL2 3:00 Creative Storytelling































8

- CLR 10:00 Art History with Gerald
- SL2 11:15 Musical Mornings
- SL2 2:30 Games and Trivia
- CLR 3:00 Short Stories with Jessica



Happy Birthday, Donna Weller!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>9 </p> <p>SL2 10:00 Sensory Strolls</p> <p>CLR 10:30 Jewelry Making</p> <p>MS 11:00 Music and Memory</p> <p>2:00 Sunday Drive with Dawn</p> <p>SL2 3:00 Short Stories with Jessica</p>	<p>10 </p> <p>CLR 10:30 Good Morning with Al</p> <p>SL2 10:30 Hymn Sing</p> <p>SL3 11:00 Live Piano Music</p> <p>SL3 1:45 Chair Exercise</p> <p>SL2 2:30 Drumming with Dennis</p> <p>SL3 2:30 This Week in History</p>	<p>11  </p> <p>SL2 10:00 Music with Jaspar</p> <p>SL3 10:00 Piano with Carol</p> <p>CLR 11:15 Stretches with Wellness</p> <p>CLR 1:30 Gentle Yoga with Crispina</p> <p>SL2 2:00</p> <p>CLR 2:15 Tuesday Art Talk with Bryon</p> <p>SL2 3:00 Musical Afternoons</p>	<p>12 </p> <p>MS 9:30 Namaste with Raeanne</p> <p>SL2 10:00 Tai Chi with Crispina</p> <p>CLR 10:30</p> <p>SL3 11:00 Live Piano Music</p> <p>SL2 11:30</p> <p>SL3 1:45 Chair Exercise</p> <p>SL3 2:30 Book Group with Patty</p> <p>PDR 2:30 Men's Group with Dan</p> <p>SL2 2:30 Karaoke with Daniel</p> <p>SL2 6:00 After Dinner Games</p> <p>AH 7:30 Wednesday Nite Live: Susan Pascal - vibraphone and jazz ensemble</p>	<p>13 </p> <p>SL3 10:00 Art Class with Sylva</p> <p>CH 10:30 Episcopal Communion Service</p> <p>SL3 11:00 Live Piano Music</p> <p>SL2 11:30</p> <p>MS 11:15 Sing-along with Georgia</p> <p>SL2 2:15 Moving with Bryon</p> <p>SL3 2:30 Come Make Valentine's with us!</p>	<p>14 </p> <p><i>Happy Valentines Day</i></p> <p>10:30 Cupid Valentine's Day Door-to-Door Distribution!</p> <p>CLR 11:00 Violin with Gail</p> <p>SL3 1:45 Chair Exercise</p> <p>MS 2:30 Social Time with Gerald</p> <p>SL2 3:30 Balloon Volleyball and Trivia</p> <p>VALENTINES DAY</p>	<p>15 </p> <p>CLR 10:00 Games and Trivia</p> <p>SL2 11:15 Viola and Poetry with Peter</p> <p>SL2 2:30 Mandala Art for Focus and Relaxation</p> <p>CLR 3:00 Short Stories with Jessica</p> <p> Happy Birthday, Park Gloyd!</p>
<p>16</p> <p>SL2 10:00 Sensory Strolls</p> <p>CLR 10:30 Jewelry Making</p> <p>MS 11:00 Social Time with Dawn</p> <p>SL3 2:00 Marilyn's Matinee Movie</p> <p>SL2 3:00 Happy Hour with Pamela</p>	<p>17 </p> <p>CLR 10:30 Social Time with Pamela</p> <p>SL2 10:30 Sensory Strolls</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 Games and Trivia</p> <p>SL3 3:15 Travelling Manicures</p> <p> PRESIDENTS DAY</p>	<p>18  </p> <p>SL3 10:00 Music with Jaspar</p> <p>SL2 10:00 Piano with Carol</p> <p>SL2 11:15 Chair Exercise with Gerald</p> <p>CLR 1:30 Gentle Yoga with Crispina</p> <p>SL2 2:00</p> <p>SL3 2:30 Travelogue with Tom</p> <p>SL2 3:00 Cultural Spotlight with Gerald</p>	<p>19 </p> <p>MS 9:30 Namaste with Raeanne</p> <p>SL2 10:00 Tai Chi with Crispina</p> <p>CLR 10:30</p> <p>SL3 11:00 Live Piano Music</p> <p>SL2 11:30</p> <p>SL3 1:45 Chair Exercise</p> <p>SL3 2:30 Book Group with Patty</p> <p>SL2 3:00 Music with Daniel</p> <p>SKY 4:00 Birthday and Anniversary Social</p> <p>SL2 6:00 After Dinner Games</p>	<p>20 </p> <p>SL3 10:00 Art Class with Sylva</p> <p>SL2 10:30 Social Time with Pamela</p> <p>CH 10:30 Protestant 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>SL2 2:15 Moving with Bryon</p> <p>CLR 2:30 Ted Talks: Animals</p> <p>SL2 3:00 Flute with Hugh</p> <p> Happy Birthday, Pat Hanot!</p>	<p>21 </p> <p>MS 9:30 Namaste with Gerald</p> <p>CLR 10:00 Armchair Lecture with Raeanne</p> <p>SL2 10:00 Games and Trivia</p> <p>SL3 1:45 Chair Exercise</p> <p>SL3 2:30 Poetry Club with Margot</p> <p>SL2 3:00 Violin with Gail</p>	<p>22 </p> <p>CLR 10:00 Chair Exercise with Gerald</p> <p>SL2 11:15 Musical Mornings</p> <p>SL2 2:30 Social Time with Joel</p> <p>CLR 3:00 Short Stories with Jessica</p>
<p>23</p> <p>SL2 10:00 Sensory Strolls</p> <p>CLR 10:30 Jewelry Making</p> <p>MS 11:00 Music and Memory</p> <p>SL3 2:00 Marilyn's Matinee Movie</p> <p>SL2 2:45 Momentia Strummers and Drummers</p> <p> Happy Birthday, Chris Swanson!</p>	<p>24 </p> <p>CLR 10:30 Social Time with Pamela</p> <p>SL2 10:30 Sensory Strolls</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 Kristin</p> <p>SL3 2:30 Cooking Demo with Chef Steve and Dietitian David</p>	<p>25  </p> <p>SL2 10:00 Music with Jaspar</p> <p>SL3 10:00 Piano with Carol</p> <p>CLR 11:15 Stretches with Wellness</p> <p>CLR 1:30 Gentle Yoga with Crispina</p> <p>SL2 2:00</p> <p>SL3 2:15 Mardi Gras Celebration</p> <p>SL2 3:00 Musical Afternoons</p> <p> MARDI GRAS</p>	<p>26 </p> <p>MS 9:30 Namaste with Raeanne</p> <p>SL2 10:00 Tai Chi with Crispina</p> <p>CLR 10:30</p> <p>SL3 11:00 Live Piano Music</p> <p>SL2 11:30</p> <p>SL3 1:45 Chair Exercise</p> <p>SL3 2:30 Book Group with Patty</p> <p>SL2 2:30 Karaoke with Daniel</p> <p>SL2 6:00 After Dinner Games</p> <p>AH 7:30 Wednesday Nite Live: The Gothard Sisters on violins with celtic dances</p>	<p>27 </p> <p>SL3 10:00 Art Class with Sylva</p> <p>CH 10:30 Protestant Communion Service</p> <p>SL3 11:00 Live Piano Music</p> <p>SL2 11:30</p> <p>MS 11:15 Sing-along with Georgia</p> <p>SL2 2:15 Moving with Bryon</p> <p>SL3 2:30 David Kaynor Special Presentation</p>	<p>28  </p> <p>MS 9:30 Namaste with Gerald</p> <p>SL3 10:00 Balloon Volleyball and Trivia with Raeanne</p> <p>CLR 11:00 Violin with Gail</p> <p>SL3 1:45 Chair Exercise</p> <p>SL3 2:30 Fireside Chat with CEO Mike Ostrem</p> <p>SL2 3:00 Sensory Strolls</p>	<p>29 </p> <p>CLR 10:00 Creative Storytelling</p> <p>SL2 10:45 Musical Mornings</p> <p>SL2 2:30 Traditional Games</p> <p>CLR 3:00 Mandala Art for Focus and Relaxation</p>