

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY













SATURDAY

AUGUST

LIFE ENRICHMENT CALENDAR

Legend

CH	Chapel
PDR	PRIVATE DINING ROOM AL3
AL2/AL3	DINING ROOM
CLR	CENTRAL LIVING ROOM AL3
MS	MEMORY SUPPORT AL2

<p>1</p> <p>AL3 11:00 Namaste</p> <p>AL2 1:30 Happy Hour on the Patio</p> <p>AL2 3:30 Chair Sports</p>	<p>2</p> <p>AL3 11:00 Piano Music with Georgia</p> <p>AL2 11:30</p> <p>AL3 1:30 Chair Exercise</p> <p>MS 1:45 Namaste</p> <p>AL3 2:15 Brain Games with Phuong</p> <p>AL2 2:45 In the Kitchen with Raeanne</p> <p>MS 4:00 Stretches with Iwen</p>	<p>3</p> <p></p> <p>MS 10:15 Games and Trivia</p> <p>AL3 10:45 Sensory Strolls</p> <p>AL2</p> <p>MS</p> <p>CLR 1:30 Social Time with Raeanne</p> <p>AL2 3:00 Chair Sports</p>	<p>4</p> <p></p> <p>AL2 10:15 Stretches with Iwen</p> <p>AL3 11:00 Piano Music with Carol</p> <p>AL2 11:30</p> <p>AL3 1:30 Chair Exercise</p> <p>MS 1:45 Namaste</p> <p>AL2 2:15 Social Time with Gerald</p> <p>CLR 2:30 Movie Moments: Discussion and Viewing</p> <p>MS 4:00 Art Club</p>	<p>5</p> <p></p> <p>CH 10:30 Protestant Chapel Service</p> <p>MS 11:00 Stretches with Gerald</p> <p>AL2 11:30 Piano Music with Georgia</p> <p>MS 1:45 Namaste</p> <p>AL3 1:45 David Kaynor: Museum of the Rockies</p> <p>AL2 2:00 Moving with Bryon</p> <p>CLR 3:00 Games and Trivia</p> <p>MS 4:00 Stretches with Iwen</p>	<p>6</p> <p></p> <p>AL3 11:00 Sensory Strolls</p> <p>AL2</p> <p>MS</p> <p>AL3 1:30 Chair Exercise</p> <p>CLR 3:00 Art and Culture Spotlight with Gerald</p> <p>AL2 3:15 Viola and Poetry with Peter</p> <p>MS 3:45 Social Time with Raeanne</p> <p>Happy Birthday, Jim Weller!</p>	<p>7</p> <p>AL2 11:00 Social Time with Gerald</p> <p>AL3 2:30 Cinnamon Roll Saturday with Dawn</p> <p>AL2 2:30 Creative Storytelling</p> <p>CLR 3:00 Reading the Classics with Galen</p> <p>MS 4:00 Games and Trivia</p> <p>Happy 100th Birthday, Dick Zahniser!</p>
<p>8</p> <p>AL3 11:00 Namaste</p> <p>AL2 1:30 Happy Hour on the Patio</p> <p>AL2 3:30 Chair Sports</p>	<p>9</p> <p></p> <p>AL3 11:00 Piano Music with Georgia</p> <p>AL2 11:30</p> <p>AL3 1:30 Chair Exercise</p> <p>MS 1:45 Namaste</p> <p>AL3 2:15 Brain Games with Phuong</p> <p>AL2 2:45 In the Kitchen with Dawn</p> <p>MS 4:00 Stretches with Iwen</p>	<p>10</p> <p></p> <p>MS 10:15 Games and Trivia</p> <p>CLR 1:45 Social Time with Raeanne</p> <p>AL2 3:00 Chair Sports</p>	<p>11</p> <p>AL2 10:15 Stretches with Iwen</p> <p>AL3 11:00 Piano Music with Carol</p> <p>AL2 11:30</p> <p>AL3 1:30 Chair Exercise</p> <p>MS 1:45 Namaste</p> <p>AL2 2:15 Social Time with Gerald</p> <p>CLR 2:30 Movie Moments: Discussion and Viewing</p> <p>MS 4:00 Art Club</p> <p>Happy Birthday, Jessie Attri!</p>	<p>12</p> <p></p> <p>CH 10:30 Episcopal Chapel Service</p> <p>MS 11:00 Stretches with Gerald</p> <p>AL2 11:30 Piano Music with Georgia</p> <p>MS 1:45 Namaste</p> <p>AL3 1:45 David Kaynor: Common Western Washington Summer Birds</p> <p>AL2 2:00 Moving with Bryon</p> <p>CLR 3:00 Creative Storytelling</p> <p>MS 4:00 Stretches with Iwen</p>	<p>13</p> <p></p> <p>AL3 11:00 Sensory Strolls</p> <p>AL2</p> <p>MS</p> <p>AL3 1:30 Chair Exercise</p> <p>CLR 3:00 Art and Culture Spotlight with Gerald</p> <p>AL2 3:15 Viola and Poetry with Peter</p> <p>MS 3:45 Social Time with Dawn</p>	<p>14</p> <p>AL2 11:00 Puzzles with Gerald</p> <p>AL3 2:30 Cinnamon Roll Saturday with Dawn</p> <p>AL2 2:30 Creative Storytelling</p> <p>CLR 3:00 Reading the Classics with Galen</p> <p>MS 4:00 Games and Trivia</p>


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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15


AL3 11:00 Namaste
 AL2 1:30 Happy Hour on the Patio
 AL2 3:30 Chair Sports

Happy Birthday, Janet Cox!



16 

AL3 11:00 Piano Music with Georgia
 AL2 11:30
AL3 1:30 Chair Exercise
 MS 1:45 Namaste
 AL3 2:15 Brain Games with Phuong
 AL2 2:45 In the Kitchen with Dawn
 MS 4:00 Stretches with Iwen

17  

MS 10:30 Games and Trivia
 CLR 3:30 This Week in History
 MS 3:30 Social Time with Gerald
 AL2 4:00 Art Club

18

AL2 10:15 Stretches with Iwen
 AL3 11:00 Piano Music with Carol
 AL2 11:30
AL3 1:30 Chair Exercise
 MS 1:45 Namaste
 AL2 2:15 Social Time with Gerald
AL3 2:30 Travelogue with Tom
 MS 4:00 Art Club

Happy Birthday, Betty Sinderman!




19  

CH 10:30 Protestant Chapel Service
AL3 10:30 David Kaynor: Missoula Floods
 AL2 11:00 Stretches with Gerald
 MS 11:30 Piano Music with Georgia
 MS 1:30 Namaste
 AL2 2:00 Moving with Bryon
 CLR 3:00 Games and Trivia
 MS 4:00 Stretches with Iwen

Happy Birthday, Mary Hudson!



20 

AL3 11:00 Sensory Strolls
 AL2
 MS
AL3 1:30 Chair Exercise
 CLR 3:00 Art and Culture Spotlight with Gerald
 AL2 3:15 Viola and Poetry with Peter
 MS 3:45 Social Time with Dawn


21


AL2 11:00 Social Time with Gerald
 AL3 2:30 Cinnamon Roll Saturday with Dawn
 AL2 2:30 Creative Storytelling
 CLR 3:00 Reading the Classics with Galen
 MS 4:00 Games and Trivia

22



AL3 11:00 Namaste
 AL2 1:30 Happy Hour on the Patio
 AL2 3:30 Chair Sports

Happy Birthday, Jim Travis!




23 

AL3 11:00 Piano Music with Georgia
 AL2 11:30
AL3 1:30 Chair Exercise
 MS 1:45 Namaste
 AL3 2:15 Brain Games with Phuong
 AL2 2:45 In the Kitchen with Dawn
AL3 3:15 David Kaynor: Totem Poles of Seattle
 MS 4:00 Stretches with Iwen

24  

MS 10:30 Games and Trivia
 CLR 1:30 This Week in History
 MS 3:30 Social Time with Gerald
 AL2 4:00 Art Club

Happy Birthday, Wayne Dodge!



25


AL2 10:15 Stretches with Iwen
 AL3 11:00 Piano Music with Carol
 AL2 11:30
AL3 1:30 Chair Exercise
 MS 1:45 Namaste
AL3 1:30 Baking Demo with Ruth-Anne from Philanthropy
 AL2 2:15 Social Time with Gerald
 CLR 2:30 Reading the Classics with Galen
 MS 4:00 Art Club

Happy Birthday, John King!



26  

CH 10:30 Protestant Chapel Service
 AL2 11:00 Stretches with Gerald
 MS 11:30 Piano Music with Georgia
 MS 1:45 Namaste
PDR 1:45 Men's Group with Reverend Dan Stern
 AL2 2:00 Moving with Bryon
 MS 4:00 Stretches with Iwen

27 


AL3 11:00 Sensory Strolls
 AL2
 MS
AL3 1:30 Chair Exercise
 CLR 3:00 Art and Culture Spotlight with Gerald
 AL2 3:15 Viola and Poetry with Peter
 MS 3:45 Social Time with Dawn

28

AL2 11:00 Puzzles with Gerald
 AL3 2:30 Cinnamon Roll Saturday with Dawn
 AL2 2:30 Creative Storytelling
 CLR 3:00 Reading the Classics with Galen
 MS 4:00 Games and Trivia

29

AL3 11:00 Namaste
 AL2 1:30 Happy Hour on the Patio
 AL2 3:30 Chair Sports

30 

AL3 11:00 Piano Music with Georgia
 AL2 11:30
AL3 1:30 Chair Exercise
 MS 1:45 Namaste
 AL3 2:15 Brain Games with Phuong
 AL2 2:45 In the Kitchen with Dawn
 MS 4:00 Stretches with Iwen

31  

MS 10:30 Games and Trivia
 MS 1:30 In the Kitchen with Dawn
 CLR 1:30 This Week in History
AL3 2:30 Neighborhood Roundup
 MS 3:30 Social Time with Gerald
 AL2 4:00 Art Club

Residents from any neighborhood may attend programs and activities on any floor. We hope you can join us!

If you have questions please contact Life Enrichment Manager at:

LifeEnrichment@horizonhouse.org or 206-382-3788.

	Open Gym available on B1 from 1:15-2pm.		A support dog visitor makes house calls.
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