September 2019
Emerald City Senior Living

BE VIBRANT. BE YOU.					Emerald City Senior Living	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 ★ Cocoa & Current Events [B] 11:00 ★ Board Games [LV] 12:00 ★ Church Communion [AC] 1:00 Movie Matinee & Popcorn [MP] 2:30 ► Bingo [AC] 6:30 ✓ After Dinner Movie [MP]	Labor Day 10:30 ♥ Daily Exercise [AC] 11:30 ★ Fred Meyer Groceries 1:30 ★ September Calendar Review [CB] 2:30 ★ Bingo [AC] 3:45 ★ Labor Day History & Trivia [LV] 3:45 ★ Travel Documentary [MP] 6:30 ♥ After Dinner Movie [MP]	9:00 Walking Club 10:30 Stretching & Strengthening [AC] 11:30 Brain Teaser Worksheet [FD] 11:30 Larbor Day BBQ [DR] 1:30 Arts & Crafts (Fall Decorations) [AC] 2:30 Bingo [AC] 3:30 Brain Games [LV] 6:30 After Dinner Movie [MP]	10:30 Balance & Coordination [AC] 11:00 Uplifting News [AC] 11:15 Lunch Out @ Olive Garden 1:30 Word Anagrams [LV] 2:30 Name That Tune [LV] 2:30 Wine & Cheese Social [LV] 3:45 Wiii Sports [MP] 6:30 After Dinner Movie [MP]	10:00 Doughnuts & Refreshments [B] 10:30 Stretching & Strengthening [AC] 1:00 Afternoon Word Search [LV] 1:30 Arts & Crafts (Making Blankets For Homeless) [AC] 2:00 Root Beer Float Social [CB] 2:30 Bingo [AC] 3:45 News & Views [LV] 6:30 After Dinner Movie [MP]	10:30 Cardio & Upper Body Exercises [AC] 11:00 Morning News [B] 11:30 Frith Is A Journey (Worship Service) [MP] 2:30 Sequence w/ Nate [LV] 3:00 Banana Split Social [LV] 3:00 Trivia & Treats [LV] 6:30 After Dinner Movie [MP]	10:00 Coffee Chat w/ Nate [B] 10:30 Moving & Grooving [AC] 11:15 Scenic Drive To Seward Park [AC] 1:00 Afternoon Documentary w/ Popcorn [MP] 1:30 Baking Club [AC] 2:30 Bingo [AC] 3:45 Computer/ Email Help [AC] 6:30 After Dinner Movie [MP]
10:00 ➤ Cocoa & Current Events [B] 11:00 ➤ Board Games [LV] 12:00 ★ Church Communion [AC] 1:00 ► Movie Matinee & Popcorn [MP] 2:30 ► Bingo [AC] 6:30 ➤ After Dinner Movie [MP]	9:30 W What's Happening This Week [LV] 10:30 Daily Exercise [AC] 11:30 Fred Meyer Groceries 1:30 Gratitude Journals [AC] 2:00 P Afternoon Trivia [LV] 2:30 Bingo [AC] 3:45 Travel Documentary [MP] 6:30 After Dinner Movie [MP]	9:00 Walking Club 10:30 Stretching & Strengthening [AC] 11:30 Figure Brain Teaser Worksheet [FD] 1:30 Figure Flower Arranging [AC] 2:30 Figure Bingo [AC] 3:00 Caregiver Appreciation Party [CB] 3:30 Figure Brain Games [LV] 6:30 After Dinner Movie [MP]	10:30 ♥ Balance & Coordination [AC] 11:00 ● Uplifting News [AC] 11:30 ♥ Alki Beach Walk 1:30 ₱ Afternoon Trivia [LV] 2:30	10:00 ₩ Doughnuts & Refreshments [B] 10:30 ❤ Stretching & Strengthening [AC] 1:00 ₱ Afternoon Word Search [LV] 1:30 ♠ Arts & Crafts (Making Blankets For Homeless) [AC] 2:00 ₩ Root Beer Float Social [CB] 2:30 ₩ Bingo [AC] 3:45 ₩ Afternoon News w/ Nate [LV] 6:30 ❤ After Dinner Movie [MP]	10:30 ♥ Cardio & Upper Body Exercises [AC] 11:00 ♠ Morning News [B] 1:30 ★ Faith Is A Journey (Worship Service) [MP] 3:00 ❤ Cookies & Lemondade [LV] 3:00 ❤ Trivia & Treats [LV] 6:30 ♥ After Dinner Movie [MP]	10:00 W Coffee Chat w/ Nate [B] 10:30 Moving & Grooving [AC] 11:15 Scenic Drive [AC] 1:00 Afternoon Documentary w/ Popcorn [MP] 1:30 Baking Club [AC] 2:30 Bingo [AC] 3:45 Computer/ Email Help [AC] 6:30 After Dinner Movie [MP]
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