

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

January 2025

			<p>1 9:00 Light & Lively (AR) 10:00 Veteran's Coffee Hour (AR) 10:00 chair yoga (TR) 1:00 Bingo (AR) 1:10 Cardio Drumming (TR)</p>	<p>2 9:00 Light & Lively (AR) 10:00 Flyswatter Volleyball (AR) 10:00 Manicure (AR) 10:45 Bus Lunch Applebee's 2:00 Happy Hour (AR)</p>	<p>3 9:00 Light & Lively (AR) 9:30 Coffee & News (AR) 10:00 Cornhole (AR) 1:00 Bingo (AR) 2:30 Movie Cinema (TR) 3:00 Trivia (AR)</p>	<p>4 9:00 Light & lively (AR) 9:30 Coffee & News (AR) 10:00 Cornhole (AR) 1:00 Bingo (AR) 2:30 Movie Cinema (TR) 3:00 Trivia (AR)</p>
New Year's Day						
<p>5 9:00 Light & lively (AR) 10:00 TV church services (TR) 1:30Taste & Tell w/Polla (AR) 3:00 Flyswatter Volleyball (AR)</p>	<p>6 9:30 Bus Fred Meyer 10:00 Meet & Greet Eldercare Chaplains (AR) 10:00 hand massage (B) 11:00 Roman Rocks (L) 1:00 Bunco (B) 1:00 Flower Letter Reading w/Trudy (TR) 1:00 Flyswatter Volleyball (AR) 2:00 Movie Cinema (TR) 3:30 Zumba (LV)</p>	<p>7 9:00 Light & Lively (AR) 10:00 Episcopal Church Services (TR) 10:00 Tech Help (AR) 10:00 Fitness Class (LV) 11:00 Bible Study w/Andy 1:00 Bingo (AR) 1:15 1 to 1 visit 2:00 Juice Bar w/Jana (B) 2:00 Movie Cinema (TR)</p>	<p>8 9:00 Light Lively (AR) 10:00 Dining Room Service Meeting w/Josh (ILDR) 10:00 Bible Study w/Denise (LV) 10:00 Book Club (B) 10:00 Balance Class (TR) 1:00 Pinochle (B) 1:00 Sherry's Designs (L) 1:15 Cardio Drumming (TR) 2:00 Meet & Greet (LV) 3:00 Documentary Series (TR)</p>	<p>9 9:00 Light & Lively (AR) 10:00 IL Residents Meeting (ILDR) 10:00 VA Coffee Hour (AR) 10:00)Chair yoga (TR) 1:00 Bingo (AR) 1:00 Gym Fitness 2:30 AL Resident Meeting (AR) 4:00 Free Hearing Aid Cleaning (AR)</p>	<p>10 Take Away Table 9:00 Light & Lively (AR) 10:00 Manicure (AR) 10:00 Flyswatter Volleyball (AR) 2:00 Happy Hour (AR)</p>	<p>11 9:00 Light & lively (AR) 10:00 Eden Calming Stress & Anxiety Class led by Marcia (LV) 1:00 Bingo (AR) 2:30 Movie Cinema (TR) 3:00 Trivia (AR)</p>
<p>12 9:00 Light & Lively (AR) 10:00 TV Church Services (TR) 1:00 Sunday Matinee (TR) 3:00 Flyswatter Volleyball (AR)</p>	<p>13 9:30 Bus Safeway 10:00 Meet & Greet Eldercare Chaplains (AR) 1:00 Bunco (B) 1:00 Flower Letter Reading w/Trudy (AR) 1:00 Flyswatter Volleyball (AR) 2:00 Movie Cinema (TR) 3:30 Zumba (LV)</p>	<p>14 9:00 Light & Lively (AR) 9:30 Mount Vernon Library (L) 10:00 Episcopal Church Services (TR) 10:00 Fitness Class (LV) 10:00 Tech Help (AR) 11:00 Bible Study w/Andy (TR) 1:00 Bingo (AR) 1:15 1 to 1 visit 2:00 Juice Bar w/Jana (B) 2:00 Movie Cinema (TR)</p>	<p>15 9:00 Light & Lively (AR) 10:00 Bible Study w/Denise (LV) 10:00 Balance Class (TR) 1:00 Pinochle (B) 1:00 Sherry's Designs (L) 1:00 Brain Fitness (TR) 2:00 Sweet Sensation w/Music by Stan Wing 3:00 Documentary Series (TR)</p>	<p>16 9:30 Veteran & Surviving Spouse Breakfast & Benefit Presentation (AR) 10:00 Chair Yoga (TR) 1:00 Bingo (AR) 1:00 Mens Gym Fitness 3:00 Jason Lloyd Pianist (LV)</p>	<p>17 9:00 Light & Lively (AR) 10:00 Flyswatter Volleyball (AR) 10:00 Manicure (AR) 10:30 Bus Lunch Longhorn Saloon Bow WA 2:00 Happy Hour (AR) 2:30 David Lee Howard (LV)</p>	<p>18 9:00 Light & lively (AR) 9:30 Coffee & News (AR) 10:00 Cornhole (AR) 1:00 Bingo (AR) 2:30 Movie Cinema (TR) 3:00 Trivia (AR)</p>
<p>19 9:00 Light & lively (AR) 10:00 TV church services (TR) 1:30Taste & Tell w/Polla (AR) 3:00 Flyswatter Volleyball (AR)</p>	<p>20 9:30 Bus Walmart 10:00 Meet & Greet Eldercare Chaplains (AR) 1:00 Flower Letter Reading w/Trudy (TR) 1:00 Bunco (B) 1:00 Flyswatter Volleyball (AR) 2:00 Movie Cinema (TR) 3:30 Zumba (LV)</p>	<p>21 9:00 Light & Lively (AR) 10:00 Episcopal Church Services (TR) 10:00 Fitness Class (LV) 10:00 Tech Help (AR) 11:00 Bible Study w/Andy (TR) 1:00 Bingo (AR) 1:15 1 to 1 visit 2:00 Juice Bar w/Jana (B) 2:00 Movie Cinema (TR) 3:00 pro.Flyswatter volleyball</p>	<p>22 9:00 Light & Lively (AR) 10:00 Bible Study w/Denise (LV) 10:00 Balance Class (TR) 1:00 Pinochle (B) 1:00 Sherry's Designs (L) 1:15 Qigong (TR) 2:00 Sweet Sensation w/Music by Mary Whiton (LV) 3:00 Documentary Series (TR) 3:00 Fun & Games w/Mira Vista (B)</p>	<p>23 9:00 Foot Care Nurse 9:00 Light & Lively (AR) 10:00 VA Coffee Hour (AR) 10:00 Chair yoga 1:00 Bingo (AR) 1:00 Mens Gym Fitness 3:00 WA Old Time Fiddlers (LV)</p>	<p>24 Take Away Table 9:00 Light & Lively (AR) 10:00 Manicure (AR) 10:00 Flyswatter Volleyball (AR) 2:00 Happy Hour (AR) 2:39 Marcia Kester (LV)</p>	<p>25 9:00 Light & lively (AR) 9:30 Coffee & News (AR) 10:00 Cornhole (AR) 1:00 Bingo (AR) 2:30 Movie Cinema (TR) 3:00 Trivia (AR)</p>
Activity Professionals Week	Martin Luther King Jr. Day					
<p>26 9:00 Light & Lively (AR) 10:00 TV Church Services (TR) 1:00 Sunday Matinee (TR) 3:00 Flyswatter Volleyball (AR)</p>	<p>27 9:30 Bus Grocery Outlet 10:00 Meet & Greet Eldercare Chaplains (AR) 10:00 Hand Massage w/Jana (B) 1:00 Flower Letter Reading w/Trudy (TR) 1:00 Bunco (B) 1:00 Flyswatter Volleyball (AR) 2:00 Movie Cinema (TR) 3:30 Zumba (LV)</p>	<p>28 8:00 Men's Breakfast with Maintenance Team (AR) 10:00 Episcopal Church Services (TR) 10:00 Tech Help (AR) 10:00 1 to 1 visit 11:00 Bible Study w/Andy 1:00 Bingo (AR) 2:00 Movie Cinema (TR) 2:00 Juice Bar w/Jana (B)</p>	<p>29 9:00 Light & Lively (AR) 10:00 Bible Study w/Judy (LV) 10:00 Balance Class (TR) 1:00 Pinochle (B) 1:00 Sherry's Designs (L) 1:15 Cardio Drumming (TR) 2:00 Birthday Bash w/music by The Esquires</p>	<p>30 9:00 Light & Lively (AR) 10:00 Veteran's Coffee Hour (AR) 1:00 Bingo (AR)</p>	<p>31 9:00 Light & Lively (AR) 10:00 Flyswatter Volleyball (AR) 10:00 Manicure (AR) 10:30 Bus Lunch Jimmy Pizza & Pasta Stanwood WA 2:00 Happy Hour (AR)</p>	
Australia Day (Observed)			Chinese New Year (Year of the Snake)			