



# 2023

(1) Events are on Channel 370 unless otherwise noted (2) ♦ = events shown in Emerald Room but also shown on Channel 370 (3) bold indicates an off-Campus event or special notice (4) Fitness Trifecta, 8:15 AM to 10:30 AM {8:15 AM Total Body Fitness; 9 AM Posture and Balance and 10 AM Seated Zumba Gold}

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>EH Meeting Spaces and Room Key:</b> <b>EMR</b> Emerald Room <b>AVR</b> Avondale Room <b>SAM</b> Sammamish Room <b>PAV</b> Pavilion <b>CAS</b> Creative Arts Studio <b>TAH</b> Tahoma Room <b>BR</b> Board Room <b>CS</b> Coffee Shop <b>LR</b> Living Room <b>FS</b> Fitness Studio		<b>Corwin Center</b> <b>AL GA</b> AL Game Room <b>AL TV</b> AL TV Room <b>GR</b> Great Room, Corwin <b>TBD = Location To Be Determined.</b> <b>Check for Daily Schedule and slides on Channel 370 &amp; Events Calendar on the Portal for the most current information.</b>			<b>Registration on the Portal Opens for Fall Pool Tournament</b> 1 8:15 AM Fitness Trifecta <b>10 AM Depart: Grocery Shopping</b> 10 AM Catholic Communion Service, AVR 10 AM Scrabble, TAH 10 AM Thrift Shop 1 PM Grant's Live Chat, EMR♦ 2 PM Special Programming 2:30 PM Hand & Foot Canasta, TAH 9 PM Special Programming	8:15 AM Fitness Trifecta 2 1 PM Croquet, Croquet Court 2 PM Special Programming 2 PM Mexican Train, CAS 6:45 Movie: <i>A Walk in the Clouds</i> 9 PM Special Programming
8:15 AM Fitness Trifecta 3 11 AM Livestream Bel Pres Worship Service, SAM & AL GA 2 PM Special Programming 4 PM Worship Service with Chaplain Waltner, EMR 9 PM Special Programming	8:15 AM Fitness Trifecta 4 9 AM Monday Painters, CAS 10 AM New Resident Orientation: Residents' Assn, TAH <b>11 AM to 1 PM Last run of the Garden Railroad for 2023</b> 2 PM Special Programming 7 PM Duplicate Bridge, AVR 9 PM Special Programming 	8:15 AM Fitness Trifecta 5 <b>8:30 AM Depart: Heron's Key, Gig Harbor</b> 10 AM Landscape Committee, AVR 10:30 AM <i>Keeping Our Spirits Up</i> 1 PM Tuesday Crafters, CAS 1 PM Alzheimers/Dementia Carepartner Support, SAM 2 PM Special Programming 9 PM Special Programming	8:15 AM Fitness Trifecta 6 10 AM Garden Railroad 10:30 AM Special Program 11:30 AM Community Prayer, Chapel 1 PM Mahjong, TAH 2 PM Cribbage, Atrium P3 2 PM Special Programming 2 PM RPC EH Residents Gathering, AVR 3 PM Documentary: Daniel James Brown author of <i>Boys in the Boat</i> 7 PM Pinochle, TAH 9 PM Special Programming	8:15 AM Fitness Trifecta 7 10 AM EH Quilters, CAS 10 AM Bible Study, Paul Ulrickson on <i>You Are Still at Bat...</i> , SAM 10:30 AM <i>Evergreen Speech &amp; Hearing</i> , TAH 10:30 AM Special Program 1 PM Furniture Sale Preview, Furniture Room 2 PM Special Programming 2 PM New Resident Orientation: Health Services, TAH 4 PM Brain Games, FS 6:45 PM Movie: <i>Goal! The Dream Begins</i> 9 PM Special Programming	8:15 AM Fitness Trifecta 8 9 AM Furniture Sale, Furniture Room <b>10 AM Depart: Grocery Shopping</b> <b>10 AM Depart: Walk for Fitness, Perrigo Park, Redmond</b> AVR 10 AM Catholic Communion Service, AVR 10 AM Scrabble, TAH 10:30 AM Special Program <b>1 PM Depart: Salty's on Alki Beach, Seattle</b> 2 PM Special Programming 2:30 PM Hand & Foot Canasta, TAH 3 PM Education for Enjoyment: <i>History of Eastern Europe</i> , SAM 9 PM Special Programming	8:15 AM Fitness Trifecta 9 10 AM Furniture Sale 1/2 price sale and pickup. 10:30 AM Special Program 1 PM Croquet, Croquet Court 2 PM Special Programming 2 PM Easy Cards & Games, CAS 7 PM <i>Singin' in the Rain: A 50's Movie Event</i> , EMR 9 PM Special Programming
8:15 AM Fitness Trifecta 10 10:30 AM Special Program 11 AM Livestream Bel Pres Worship Service, SAM & AL GA 1 PM Seahawks game, Copper & Hook 2 PM Special Programming 4 PM Worship Service with Chaplain Waltner, EMR 9 PM Special Programming	8:15 AM Fitness Trifecta 11 9 AM Monday Painters, CAS <b>10 AM Depart Grocery Shopping</b> 10:30 AM Special Program <b>1 PM Depart: Sea Mar Museum, Seattle</b> <b>1 PM Fall Fling, EMR</b> 2 PM Special Programming 7 PM Duplicate Bridge, AVR 6:45 PM Great Courses on 370: <i>Sensation, Perception, and the Aging Process</i> 9 PM Special Programming	8:15 AM Fitness Trifecta 12 <b>9:00 AM KCLS books arrive, TAH</b> <b>10:30 IL Quarterly Assn. Mtg., PAV♦</b> 10:30 AM Special Program 1 PM Tuesday Crafters, CAS 1:30 PM Trips Committee Mtg., TAH 2 PM Special Programming 3 PM Dr. David Smith: <i>Contemporary Ethics</i> , EMR 4 PM Brain Games, FS 4 PM Atrium E Party, Atrium E 9 PM Special Programming	8:15 AM Fitness Trifecta 13 10 AM EH Garden RR 10 AM New Resident Orientation: Resident Services, TAH 10:30 AM Special Program 11:30 AM Community Prayer Service, Chapel <b>11:30 AM Depart: Mariners Baseball Senior Day, Seattle</b> 1 PM Mahjong, TAH 1:30 PM 45th District Legislators Report, EMR 2 PM Cribbage, Atrium P-3 2 PM Special Programming 7 PM Pinochle, TAH 9 PM Special Programming	<b>Registration for Fall Pool Tournament Closes</b> 14 8:15 AM Fitness Trifecta 10 AM Bible Study, Paul Ulrickson on <i>You Are Still at Bat...</i> , SAM 10:30 AM Special Program 11 AM to 2 PM <i>Your Clothing Solutions</i> , EMR 2 PM Special Programming 3 PM <i>Focus on Fitness: Dance for Fitness &amp; Beyond</i> , EMR 3 PM The Absolutely Best Book of the Month Club: <i>In the Sanctuary of the Outcasts</i> , AVR 4 PM Atrium P3 Party, Atrium P3 4 PM Brain Games, FS 7 PM Poker CAS 9 PM Special Programming	8:15 AM Fitness Trifecta 15 <b>10 AM Depart: Grocery Shopping</b> 15 10 AM Catholic Communion Service, AVR 10 AM Scrabble, TAH 10:30 AM Special Program 1 PM Osher lecture: <i>What Animal Tracking Technology Tell Us</i> 2 PM Special Programming 2:30 PM Hand & Foot Canasta, TAH 3 PM Education for Enjoyment: <i>History of Eastern Europe</i> , SAM 7:30 PM September Birthdays Celebration: <i>Trish, Hans &amp; Phil Jazz Trio</i> , EMR♦ 9 PM Special Programming	8:15 AM Fitness Trifecta 16 10:30 AM Special Program 1 PM Croquet, Croquet Court 2 PM Special Programming 2 PM Mexican Train, CAS 6:45 Movie: <i>In the Heights</i> 9 PM Special Programming

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>8:15 AM Fitness Trifecta <b>17</b>  10:30 AM Special Program  11 AM Livestream Bel Pres Worship Service, SAM &amp; AL GA  2 PM Special Programming  4 PM Worship Service with Chaplain Waltner, EMR  9 PM Special Programming</p>	<p>8:00 AM Online ordered grocery delivered from QFC <b>18</b>  8:15 AM Fitness Trifecta  9 AM Monday Painters, CAS  <b>10 AM Depart: Grocery Shopping</b>  10 AM EH Quilters, BR  10 AM Bonsai Group, EMR  10:30 AM Special Program  <b>1 PM Depart: Alderwood Mall Shopping, Bellevue</b>  1 PM Women's Carepartner Connect, SAM  <b>1:30 PM Depart: Pickleball, Redmond</b>  2 PM Play Rehearsal: <i>If Truman Met Einstein</i>, EMR  2 PM Special Programming  6:45 PM Great Courses on 370: <i>Sensation, Perception, and the Aging Process</i>  7 PM Duplicate Bridge, Fireside Room  9 PM Special Programming</p>	<p>8:15 AM Fitness Trifecta <b>19</b>  10 AM New Resident Orientation: Dining Services, Copper &amp; Hook  10:30 AM Special Program  1 PM Tuesday Crafters, CAS  2 PM Special Programming  2 PM Actual Performance: <i>If Truman Met Einstein</i>, EMR  4 PM Brain Games, FS  9 PM Special Programming</p>	<p>8:15 AM Fitness Trifecta <b>20</b>  10 AM Garden Railroad, CAS  10:30 AM Special Program  11:30 AM Community Prayer, Chapel  1 PM Mahjong, TAH  1:30 PM Parkinson's Carepartner Support, SAM  2 PM Cribbage, Atrium P-3  <b>2 PM Depart: Costco Shopping Trip</b>  2 PM Special Programming  2 PM <i>Assisted Living Awareness</i>, EMR  <b>6:30 PM Depart: Village Theatre, Adventures of Robin Hood, Issaquah</b>  7 PM Pinochle, TAH  9 PM Special Programming</p>	<p>8:15 AM Fitness Trifecta <b>21</b>  9 AM Building &amp; Grounds Mtg., BR  9:30 AM <i>NuMotion</i> Mobility Services, TAH  10:30 AM Special Program  1 PM <i>CapTel</i> Captioned Telephone: Info Station, TAH  2 PM <i>Lively Loteria</i>, EMR  2 PM Special Programming  2 PM Ukulele Chorus, AVR  4 PM Brain Games, FS  <b>6:30 PM Depart: Masterworks, Raise the Curtain, Seattle</b>  6:45 PM Movie: <i>Stand and Deliver</i>  9 PM Special Programming</p>	<p>8:15 AM Fitness Trifecta <b>22</b>  <b>10 AM Depart: Grocery Shopping</b>  10 AM Scrabble, TAH  10 AM Catholic Mass, AVR  10:30 AM Special Program  11 AM Episcopal Service &amp; Communion, Chapel  <b>1 PM Depart: Enchanted Farms &amp; CC Espresso, Duvall</b>  2 PM Special Programming  2 PM Table Talks: <i>Honoring Heritage</i>, EMR  2:30 PM Hand &amp; Foot Canasta, TAH  3 PM Education for Enjoyment: <i>History of Eastern Europe</i>, SAM  9 PM Special Programming</p>	<p>8:15 AM Fitness Trifecta <b>23</b>  10:30 AM Special Program  1 PM Croquet, Croquet Court  2 PM Special Programming  2 PM Easy Cards &amp; Games, CAS  9 PM Special Programming</p>
<p>8:15 AM Fitness Trifecta <b>24</b>  10:30 AM Special Program  11 AM Livestream Bel Pres Worship Service, SAM &amp; AL GA  12:45 PM Seahawks game, Copper &amp; Hook  2 PM Special Programming  4 PM Worship Service with Chaplain Waltner, EMR  9 PM Special Programming</p>	<p>8:15 AM Fitness Trifecta <b>25</b>  9 AM Monday Painters, CAS  <b>10 AM Depart: Grocery Shopping</b>  10:30 AM Special Program  <b>1 PM Depart: ASUW Shell House, Seattle</b>  <b>1:30 PM Depart: Pickleball, Redmond</b>  2 PM Special Programming  2 PM DEI Committee Mtg., AVR  6:45 PM Great Courses on 370: <i>Sensation, Perception, and the Aging Process</i>  7 PM Duplicate Bridge, AVR  9 PM Special Programming</p>	<p>8:15 AM Fitness Trifecta <b>26</b>  10 AM Men's Carepartner Connect, SAM  10 AM New Resident Orientation: Marketing, TAH  10:30 AM Special Program  1 PM Tuesday Crafters, CAS  2 PM Special Programming  3 PM Dr. David Smith: <i>Contemporary Ethics</i>, EMR  4 PM Brain Games, FS  <b>7 PM Autumn Evening of Remembrance, EMR</b>  7:00 PM, Poker, CAS  9 PM Special Programming</p>	<p>8:15 AM Fitness Trifecta <b>27</b>  10 AM Garden Railroad, CAS  10:30 AM Special Program  11:30 AM Community Prayer, Chapel  1 PM Mahjong, TAH  <b>1 PM Depart: Evergreen Arboretum &amp; Gardens, Everett</b>  2 PM Cribbage, Atrium P-3  2 PM Special Programming  3 PM Faiths in Our Neighborhood: <i>Bahá'í Faith - Dale and Nahid Eng</i>, EMR  7 PM Pinochle, TAH  9 PM Special Programming</p>	<p>8:15 AM Fitness Trifecta <b>28</b>  10 AM New Resident Orientation: Accounting, TAH  10 AM Bible Study, Paul Ulrickson on <i>You Are Still at Bat...</i>, SAM  10:30 AM Special Program  1 PM <i>Knitwits</i>, Atrium E  2 PM Special Programming  2 PM Festive Fall Dance: <i>Swingin' in the Rain Quartet &amp; Dancing for the Ages Volunteers</i>, EMR  4 PM Brain Games, FS  7:00 PM, Poker, CAS  9 PM Special Programming</p>	<p><b>8 AM Depart: Hike for Fitness, Talapus Lake Trail, Snoqualmie Pass</b> <b>29</b>  8:15 AM Fitness Trifecta  <b>10 AM Depart: Grocery Shopping</b>  10 AM Scrabble, TAH  10 AM Catholic Communion Service, AVR  10:30 AM Special Program  <b>1 PM Depart: Brouwer's Café, Seattle</b>  2 PM Special Programming  2:30 PM Hand &amp; Foot Canasta, TAH  3 PM Education for Enjoyment: <i>History of Eastern Europe</i>, SAM  4:45 PM Social Hour: Last Friday of the Month, EMR  9 PM Special Programming</p>	<p>8:15 AM Fitness Trifecta <b>30</b>  <b>8:45 AM Depart: Walk to End Alzheimer's, Seattle</b>  10:30 AM Special Program  1 PM Croquet, Croquet Court  2 PM Special Programming  6:45 Movie: <i>West Side Story</i>  9 PM Special Programming</p>