

December Holidays:

Pearl Harbor Remembrance Day – 7th
 Hanukkah – 12th
 Christmas – 25th
 Kwanzaa – 26th
 New Year's Eve – 31st







December 2017




Life Enrichment Calendar

“... Son of God, love's pure light;
 radiant beams from thy holy
 face, with the dawn of redeeming
 grace, Jesus, Lord at thy birth!”

~Silent Night

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><u>Nail Care</u> <u>by Sheila Winter</u> Every Tuesday 10:00am - 2:00pm</p>  <p>(3rd floor Craft Room) Please call her to set up an appointment. (253) 709-2809</p>	<p><u>Healing</u> <u>Hands Massage</u> Sherrie Miller, LMP A variety of massage services are offered</p>  <p>Please call her to set up an appointment. (206) 303-8744</p>	<p><u>Medical Appointment</u> <u>Transportation</u> Every Tuesday</p>  <p>Please see book in Andrew's library for times and areas covered, and sign up 24 hours in advance.</p>	<p><u>Snacks Available</u> Popcorn is provided in the Theater, during the 1:00 movie on Fridays.</p>  <p>A soda pop vending machine is available in the Theater, as well, for your enjoyment anytime.</p>	<p><u>BANKING</u> Every Tuesday 9:00am – 10:30am (Next to Norma's Deli)</p>  <p>We have a representative from Columbia Bank available to assist with transactions.</p>	<p>1</p> <p>9:15 Cardio Circuit (F) 10:00 Scenic Drive (*) 10:15 Flexibility (F) 10:30 Bed Turning (JC) 11:15 Chair Exercises (F) 1:00 Court Whist (FS) 1:00 "The Christmas Card" Movie & Popcorn (T) 2:00 Bed Turning (JC) 3:00 Brain Fitness to Go (B) 6:30 Movie 2nd showing (T)</p> <p>Christmas Bazaar</p>	<p>2</p> <p>10:30 Bed Turning (JC) 12:00 Pinochlers (HD) 12:30 Bridge (FS) 1:00 "Holiday Inn" Movie (T) 2:00 Bed Turning (JC) 6:30 Movie 2nd Showing (T)</p> <p>Christmas Bazaar</p>
<p>3</p> <p>6:30 Sunday Vespers (B)</p> 	<p>4</p> <p>9:15 Cardio Circuit (F) 10:15 Flexibility (F) 10:30 Blood Pressure Clinic (JC) 11:00 Chime Choir Rehearsal (A) 11:15 Chair Exercises (F) 12:00 Beginning Tai Chi (F) 1:00 Mahjong (FS) 1:00 Chat with Our Mayor (A) 1:30 Fitness for Men (F) 2:30 Lea Hill Singers (A)</p>	<p>5</p> <p>8:15 Meditation (F) 9:00 Water Aerobics Class (P) 9:00 Self-Practice Tai Chi (F) 10:00 Catholic Communion (B) 10:15 Pinnacle Circuit (F) 11:00 Interval Strength Training (F) 11:45 Chair Exercises (F) 1:00 Fun w/ Threads (FS) 1:00 Lea Hill Bible Study (B) 3:00 Movie Committee Meeting (JC) 4:30 Outing to Spanaway Fantasy Lights (*) 7:00 Walkie-Talkie Check In 7:30 Evening Yoga (F)</p>	<p>6</p> <p>9:00 Self-Guided Water Walking (P) 9:15 Cardio Circuit (F) 10:15 Flexibility (F) 11:00 Lunch @ Watson's Nursery (*) 11:15 Chair Exercises (F) 12:30 Bridge (JC) 2:30 Good News! (FS) 3:00 Hymn Sing (FS) 6:00 Outing on Argosy Christmas Ship (*)</p>	<p>7</p> <p>9:00 Water Aerobics Class (P) 9:00 Self-Practice Tai Chi (F) 10:15 Pinnacle Circuit (F) 10:30 Shopping @ Fred Meyer (*) 11:00 Resistance Training with Bands (F) 11:45 Chair Exercises (F) 2:00 Emergency Response Team Meeting (A) 2:00 Grief Support Group (CCC) 3:00 Creating Cards w/ PaperCrafts (JC) 3:00 Prayer Chain Group (CCC) 7:00 Tree of Lights Celebration (FS)</p>	<p>8</p> <p>9:15 Cardio Circuit (F) 10:00 Scenic Drive (*) 10:15 Flexibility (F) 11:15 Chair Exercises (F) 1:00 Court Whist (JC) 1:00 "Christmas in Connecticut" Movie & Popcorn (T) 3:00 Brain Fitness (JC) 6:30 Movie 2nd showing (T)</p>	<p>9</p> <p>12:00 Pinochlers (HD) 12:30 Bridge (FS) 1:00 Outing to "Miracle On 34th Street" Live Production (*) 1:00 "Miracle on 34th Street" Movie (T) 6:30 Movie 2nd Showing (T)</p>

<p style="text-align: right;">10</p> <p>1:15 Outing to Rainier Chorale Concert (*) 2:00 Games w/ The Yu Family (JC) 4:00 String Ensemble Concert (FS) 6:30 Sunday Vespers (B)</p>	<p style="text-align: right;">11</p> <p>9:15 Cardio Circuit (F) 10:15 Flexibility (F) 10:30 Blood Pressure Clinic (JC) 11:00 Chime Choir Rehearsal (A) 11:15 Chair Exercises (F) 12:00 Beginning Tai Chi (F) 1:00 Mahjong (JC) 1:00 Green River Jazz Choir Performance (FS) 1:30 Fitness for Men (F) 2:30 Lea Hill Singers (A) 3:30 Resident Photo Shoot (FS) 6:30 Rainier Youth Choir Performance (A)</p>	<p style="text-align: right;">12</p> <p>8:15 Meditation (F) 9:00 Water Aerobics Class (P) 9:00 Self-Practice Tai Chi (F) 10:00 Catholic Service (B) 10:15 Pinnacle Circuit (F) 11:00 Interval Strength Training (F) 11:45 Chair Exercises (F) 1:00 Fun w/ Threads (FS) 1:00 Fitness Assessment (F) 1:00 Lea Hill Bible Study (B) 2:00 Employee Gift Presentations (A) 3:00 Nutrition w/ Mariya (JC) 7:00 Walkie-Talkie Check In 7:00 Evergreen Women's Chorale (A) 7:30 Evening Yoga (F)</p>	<p style="text-align: right;">13</p> <p>9:00 Self-Guided Water Walking (P) 9:15 Cardio Circuit (F) 10:15 Flexibility (F) 11:00 Outing to Ladies' Lunch (*) 11:15 Chair Exercises (F) 12:30 Bridge (JC) 2:30 Good News! (FS) 3:00 Hymn Sing (FS) 3:00 Hearing Aid Clinic w/ Miracle Ear (S) 6:30 Vocal and Piano Recital (FS)</p>	<p style="text-align: right;">14</p> <p>9:00 Water Aerobics Class (P) 9:00 Self-Practice Tai Chi (F) 10:15 Pinnacle Circuit (F) 10:30 Shopping @ Fred Meyer (*) 11:00 Resistance Training with Bands (F) 11:45 Chair Exercises (F) 2:00 Conversation in The Round (A) 3:00 Sten's Retirement Party (FS)</p>	<p style="text-align: right;">15</p> <p>8:00 Men's Breakfast (*) 9:15 Cardio Circuit (F) 10:00 Scenic Drive (*) 10:15 Flexibility(F) 11:15 Chair Exercises (F) 1:00 Book Talk/Christmas Reminiscing (AL) 1:00 Court Whist (JC) 1:00 "The Family Stone" Movie & Popcorn (T) 2:00 Christmas Variety Show (A) 3:00 Brain Fitness (JC) 4:00 "Christmas Feast" Dinner on The Hill (HD) 6:30 Movie 2nd showing (T)</p>	<p style="text-align: right;">16</p> <p>12:00 Pinochlers (HD) 12:30 Bridge (FS) 1:00 "A Christmas Carol" Movie (T) 1:30 Outing to "Annie" Live Production (*) 6:30 Movie 2nd Showing (T)</p>
<p style="text-align: right;">17</p> <p>11:30 December Brunch (HD) 2:00 Jennifer Hammill Piano Concert (FS) 6:30 Sunday Vespers (B)</p>	<p style="text-align: right;">18</p> <p>9:15 Cardio Circuit (F) 10:15 Flexibility (F) 10:30 Blood Pressure Clinic (JC) 11:00 Chime Choir Rehearsal (A) 11:15 Chair Exercises (F) 12:00 Beginning Tai Chi (F) 1:00 Lea Hill Book Club (JC) 1:30 Fitness for Men (F) 2:30 Lea Hill Singers (A) 4:30 Outing to Redondo Christmas Lights Display (*) 6:00 Guide Dog Visit (FS) 7:00 Boy Scout Carolers (FS)</p>	<p style="text-align: right;">19</p> <p>8:15 Meditation (F) 9:00 Water Aerobics Class (P) 9:00 Self-Practice Tai Chi (F) 10:00 Catholic Communion (B) 10:15 Pinnacle Circuit (F) 10:45 Visiting Library (FS) 11:00 Interval Strength Training (F) 11:45 Chair Exercises (F) 1:00 Fun w/ Threads (FS) 1:00 Lea Hill Bible Study (B) 3:00 Entertainment w/ Magician Louie Foxx (FS) 7:00 Walkie-Talkie Check In</p>	<p style="text-align: right;">20</p> <p>9:00 Self-Guided Water Walking (P) 9:15 Cardio Circuit (F) 10:15 Flexibility (F) 11:15 Chair Exercises (F) 12:30 Bridge (JC) 10:30 Lunch & Christmas Shopping @ The Mall (*) 2:30 Good News! (FS) 3:00 Hymn Sing (FS) 7:00 Rainy Day Brass Quintet (A)</p>	<p style="text-align: right;">21</p> <p>9:00 Water Aerobics Class (P) 9:00 Self-Practice Tai Chi (F) 10:15 Pinnacle Circuit (F) 10:30 Shopping @ Fred Meyer (*) 11:00 Resistance Training with Bands (F) 11:45 Chair Exercises (F) 2:00 Grief Support Group (CCC)</p> <p style="text-align: center;"><i>First Day of Winter</i></p>	<p style="text-align: right;">22</p> <p>9:15 Cardio Circuit (F) 10:00 Scenic Drive (*) 10:15 Flexibility (F) 11:15 Chair Exercises (F) 1:00 Court Whist (JC) 1:00 "Elf" Movie & Popcorn (T) 2:00 Christmas Karaoke Sing-A-Long w/ Cocoa & S'mores (FS) 3:00 Brain Fitness (JC) 6:30 Movie 2nd showing (T)</p>	<p style="text-align: right;">23</p> <p>12:00 Pinochlers (HD) 12:30 Bridge (FS) 12:30 Outing to Singing Christmas Tree (*) 1:00 "It's A Wonderful Life" Movie (T) 6:30 Movie 2nd Showing (T)</p>
<p style="text-align: right;">24</p> <p>6:30 Sunday Vespers (B)</p>	<p style="text-align: right;">25</p> 	<p style="text-align: right;">26</p> <p>8:15 Meditation (F) 9:00 Water Aerobics Class (P) 9:00 Self-Practice Tai Chi (F) 10:00 Catholic Communion (B) 10:15 Pinnacle Circuit (F) 11:00 Interval Strength Training (F) 11:45 Chair Exercises (F) 1:00 Fun w/ Threads (FS) 1:00 Lea Hill Bible Study (B) 7:00 Walkie-Talkie Check In</p>	<p style="text-align: right;">27</p> <p>9:00 Self-Guided Water Walking (P) 9:15 Cardio Circuit (F) 10:15 Flexibility (F) 11:00 Lunch Outing to Red Lobster (*) 11:15 Chair Exercises (F) 12:30 Bridge (JC) 2:30 Good News! (FS) 3:00 Hymn Sing (FS)</p>	<p style="text-align: right;">28</p> <p>9:00 Water Aerobics Class (P) 9:00 Self-Practice Tai Chi (F) 10:15 Pinnacle Circuit (F) 10:30 Shopping @ Fred Meyer (*) 11:00 Resistance Training with Bands (F) 11:45 Chair Exercises (F) 1:00 Cooking With Chef Jerry (HD) 6:00 Visit with Bentley (FS)</p>	<p style="text-align: right;">29</p> <p>9:15 Cardio Circuit (F) 10:00 Scenic Drive (*) 10:15 Flexibility (F) 11:15 Chair Exercises (F) 1:00 Court Whist (JC) 1:00 "A Christmas Story" Movie & Popcorn (T) 3:00 Brain Fitness (JC) 6:30 Movie 2nd showing (T)</p>	<p style="text-align: right;">30</p> <p>12:00 Pinochlers (HD) 12:30 Bridge (FS) 1:00 "White Christmas" Movie (T) 6:30 Movie 2nd Showing (T)</p>
<p style="text-align: right;">31</p> <p>2:00 New Year's Eve Party w/ The "Just Us" Band! (A) 6:30 Sunday Vespers (B)</p>		<p style="text-align: right;">26</p>	<p style="text-align: right;">27</p>	<p style="text-align: right;">28</p>	<p style="text-align: right;">29</p>	<p style="text-align: right;">30</p>

<p>First Floor (*) Lobby/Outing (H) Holman Conference Room (FS) Fireside Room</p>	<p>First Floor (F) Fitness Center (P) Swimming Pool (AL) Andrew's Library</p>	<p>Second Floor (T) Theater (JC) John's Club (A) Assembly Hall</p>	<p>Second Floor (B) Burdine Chapel (HD) Hoben Dining Room (K) Klopfenstein Dining Room</p>	<p>Third Floor (C) Craft Room (S) Sharrard Room</p>	<p>Other (CCC) Care Center Chapel</p>
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