

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>9:00-10:00</b> Coffee and Chat (AR2F)</p> <p><b>10:10-11:00</b> Chair Yoga (SDR)</p> <p><b>11:00-12:00</b> Norm on Piano! (L)</p> <p><b>2:00-3:00</b> Sunday Sundaes (SDR)</p> <p><b>3:00-4:00</b> Trivia! (NDR)</p>	<p><b>9:00-10:00</b> Coffee and Chat (AR2F)</p> <p><b>10:10-11:10</b> Morning Exercise (SDR)</p> <p><b>10:30-4:00</b> Shopping &amp; Lunch (Trader Joes, Target, Applebees) (S)</p> <p><b>1:30-3:00</b> Bridge (HR1F)</p> <p><b>1:30-3:30</b> Mahjong (AR2F)</p> <p><b>1:45-2:45</b> Bingo! (SDR)</p> <p><b>3:15-4:30</b> Bean Bag Toss! (L)</p>	<p><b>9:00-9:45</b> Balance Class with Terri (NDR)</p> <p><b>9:00-10:00</b> Coffee and Chat (AR2F)</p> <p><b>9:00-2:00</b> Errands around PT (PT)</p> <p><b>10:10-11:10</b> Morning Exercise (SDR)</p> <p><b>1:45-3:45</b> Skip Bo (AR2F)</p> <p><b>2:00-3:00</b> Trivia! (SDR)</p> <p><b>2:30-5:00</b> QFC and Safeway Shopping (PT)</p>	<p><b>9:00-10:00</b> Coffee and Chat (AR2F)</p> <p><b>9:00-5:00</b> Dr. Appointments Drop off/Pick up (PT)</p> <p><b>10:10-11:00</b> Chair Yoga (SDR)</p> <p><b>11:00-12:00</b> Book Club! (PDR)</p> <p><b>1:30-3:00</b> Bridge (HR1F)</p> <p><b>1:45-2:30</b> Bingo! (SDR)</p> <p><b>3:00-4:00</b> Happy Hour! (NDR)</p>	<p><b>8:45-10:30</b> Ride the Bus to Water Aerobics or Lap Swim (YPPT)</p> <p><b>9:00-10:00</b> Coffee and Chat (AR2F)</p> <p><b>9:00-5:00</b> Dr. Appointments Drop off/Pick up (PT)</p> <p><b>10:10-11:10</b> Morning Exercise Video (HR1F)</p> <p><b>1:30-3:30</b> Majhong (AR2F)</p> <p><b>2:00-3:00</b> Dietary Department Meeting!</p>	<p><b>9:00-10:00</b> Coffee and Chat (AR2F)</p> <p><b>10:10-11:10</b> Morning Exercise Video (HR1F)</p> <p><b>11:00-1:00</b> Independence Day Celebration BBQ! (DR)</p> <p><b>1:30-3:00</b> Bridge (GR3F)</p> <p><b>1:45-3:45</b> Skip Bo (AR2F)</p> <p><b>2:00-4:00</b> Movie Friday's (HR)</p>	<p><b>9:00-10:00</b> Coffee and Chat (AR2F)</p> <p><b>10:10-11:10</b> Morning Exercise (SDR)</p> <p><b>1:45-2:45</b> Bingo! (SDR)</p> <p><b>3:15-3:45</b> Balance Class with Terri (SDR)</p>

### Happy Birthday!

- John B. - 1st
- Alice S. - 6th
- Greer N. - 11th
- Midge P. - 14th
- Gini P. - 15th
- Morris S. - 19th
- Ross C. - 23rd
- Carolyn M. - 27th
- Wendy K. - 27th

### Location Key

- AR = Activity Room 2nd Floor
- HR = Hospitality Room 1st Floor
- GR = Game Room 3rd Floor
- PR = Plant Room 2nd Floor
- TR = TV Room 3rd Floor
- NR = North Dining Room
- SR = South Dining Room
- L = Lobby

### Activity Type Key

- Active
- Cognitive
- Community
- Dimensional
- Environmental
- Expressive
- Nourishing