

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>8:30 5000 Steps Walking Workout ■ (TV) 1</p> <p>9:00 Group Fitness (F)</p> <p>9:00 Medical Appointment Transportation (V)</p> <p>10:00 30 Minute Seated Workout ■ (TV)</p> <p>10:00 Group Fitness (F)</p> <p>10:30 Clay Sculpture Class ■ (S)</p> <p>2:00 Group Fitness (F)</p> <p>2:00 Craft in America: Threads (TV)</p> <p>2:00 Stitchery League ■ (SL)</p>	<p>9:00 Medical Appointment Transportation (V) 2</p> <p>10:15 Storytime in the Library (L)</p> <p>11:00 Dance, Dance, Dance! (F)</p> <p>2:00 Water Fitness Class (P)</p> <p>2:00 Rummikub ■ (CR)</p> <p>3:00 Water Fitness Class (P)</p> <p>3:00 POSTPONED Aging While Gay: Our Stories (A)</p> <p>6:30 Private Meeting (SC)</p> <p>7:00 Movie Night: Her (A)</p>	<p>9:00 Group Fitness (F) 3</p> <p>9:00 Medical Appointment Transportation (V)</p> <p>9:30 Party Committee (S)</p> <p>10:00 Group Fitness (F)</p> <p>10:00 Toddlers in the Lobby (ML)</p> <p>10:00 Excursions Committee ■ (M)</p> <p>1:00 Seniors Chair Exercise with Sharon ■ (TV)</p> <p>1:00 Bridge (CR)</p> <p>2:00 Group Fitness (F)</p>	<p>INDEPENDENCE DAY 4</p> <p>8:30 Silver Sneakers: 20 Min Dance ■ (TV)</p> <p>9:30 Time of Meditation ■ (C)</p> <p>10:00 Line Dance Workout pt 2 ■ (TV)</p> <p>10:00 Preschool in the Lobby (ML)</p> <p>10:30 Finding Joy and Healing Through Movement (F)</p> <p>11:00 Audiology at Bayview (K)</p> <p>1:00 Zumba Gold Chair Workout ■ (TV)</p> <p>1:30 Pride Decorations Committee (M)</p>	<p>8:30 Chair Yoga ■ (TV) 5</p> <p>8:45 CANCELLED Coffee & Windows with Marco (A)</p> <p>9:30 Fred Meyer Shopping (V)</p> <p>10:00 40 min Walking Workout ■ (TV)</p> <p>10:00 Tapestry Weaving (S)</p> <p>10:30 Jewish Studies ■ (A)</p> <p>11:30 Trader Joes Shopping (V)</p> <p>1:00 Lymphatic Flow w/ Frances Kao ■ (TV)</p> <p>1:00 Open Crafts ■ (S)</p> <p>1:30 Garden Committee (SC)</p>	<p>8:30 Weekend Blast Mat Pilates ■ (TV) 6</p> <p>10:00 45 Min Senior Circuit Workout ■ (TV)</p> <p>10:00 Painting in Community ■ (S)</p> <p>11:00 Catholic Eucharistic Gathering (C)</p> <p>1:00 30 Min Walking Workout ■ (TV)</p> <p>2:00 Mahjong ■ (CR)</p> <p>2:00 Scrabble ■ (SC)</p> <p>2:00 Advancing Peace Through the Power of Aloha (TV)</p>
<p>8:30 Workout for Stronger Bones ■ (TV) 7</p> <p>10:00 Lymphatic Flow: Frances Kao EC3.4 ■ (TV)</p> <p>10:00 Open Crafting (S)</p> <p>1:00 Pilates Wall Workout ■ (TV)</p> <p>1:00 Bridge (CR)</p> <p>2:00 Gustav Mahler: Origins & Symphony (TV)</p> <p>2:00 Gustav Mahler: Origins & Symphony (TV)</p>	<p>8:30 5000 Steps Walking Workout ■ (TV) 8</p> <p>9:00 Group Fitness (F)</p> <p>9:00 Medical Appointment Transportation (V)</p> <p>10:00 30 Minute Seated Workout ■ (TV)</p> <p>10:00 Group Fitness (F)</p> <p>10:00 Private Meeting ■ (M)</p> <p>10:30 Clay Sculpture Class ■ (S)</p> <p>10:30 Archives Committee ■ (L)</p> <p>1:00 Executive Council (M)</p>	<p>8:30 Silver Sneakers: Strength ■ (TV) 9</p> <p>9:00 Chair Yoga with Lymph Flow (Z)</p> <p>9:00 Medical Appointment Transportation (V)</p> <p>10:00 30 min Zumba Gold Workout ■ (TV)</p> <p>11:00 Dance, Dance, Dance! (F)</p> <p>1:00 1 hour Chair Yoga Class ■ (TV)</p> <p>1:00 Monthly Resident Blood Pressure Clinic (W)</p> <p>2:00 Water Fitness Class (P)</p>	<p>8:30 30 Min Hiit Walk ■ (TV) 10</p> <p>9:00 Group Fitness (F)</p> <p>9:00 Party Committee (M)</p> <p>9:00 Medical Appointment Transportation (V)</p> <p>9:00 Peel Tech (S)</p> <p>10:00 Line Dance Workout part 1 ■ (TV)</p> <p>10:00 Group Fitness (F)</p> <p>10:00 Resident Food Committee (D)</p> <p>10:00 Toddlers in the Lobby (ML)</p> <p>11:00 Private Event (S)</p>	<p>8:30 Silver Sneakers: 20 Min Dance ■ (TV) 11</p> <p>9:00 Chair Yoga with Lymph Flow (Z)</p> <p>9:30 Time of Meditation ■ (C)</p> <p>10:00 Line Dance Workout pt 2 ■ (TV)</p> <p>10:00 Preschool in the Lobby (ML)</p> <p>11:00 Private Meeting (S)</p> <p>1:00 Zumba Gold Chair Workout ■ (TV)</p> <p>1:30 Sewing ■ (S)</p> <p>2:00 Rummikub ■ (SL)</p>	<p>8:30 Chair Yoga ■ (TV) 12</p> <p>8:45 Coffee & Windows with Marco (A)</p> <p>9:30 Fred Meyer Shopping (V)</p> <p>10:00 40 min Walking Workout ■ (TV)</p> <p>10:00 Tapestry Weaving (S)</p> <p>10:30 Jewish Studies ■ (A)</p> <p>11:30 Trader Joes Shopping (V)</p> <p>1:00 Lymphatic Flow w/ Frances Kao ■ (TV)</p> <p>1:00 Open Crafts ■ (S)</p> <p>1:30 Pinochle (CR)</p>	<p>Library Book Swap (ML) 13</p> <p>8:30 Weekend Blast Mat Pilates ■ (TV)</p> <p>10:00 45 Min Senior Circuit Workout ■ (TV)</p> <p>10:00 Painting in Community ■ (S)</p> <p>11:00 Catholic Eucharistic Gathering (C)</p> <p>1:00 30 Min Walking Workout ■ (TV)</p> <p>2:00 Mahjong ■ (CR)</p> <p>2:00 Scrabble ■ (SC)</p>
<p>8:30 Workout for Stronger Bones ■ (TV) 14</p> <p>10:00 Lymphatic Flow: Frances Kao EC3.4 ■ (TV)</p> <p>10:00 Open Crafting (S)</p> <p>1:00 Pilates Wall Workout ■ (TV)</p> <p>1:00 Bridge (CR)</p> <p>1:00 Private Event (SC)</p> <p>4:00 Jane Fonda Low Impact Workout ■ (TV)</p> <p>6:30 Vespers (C)</p>	<p>8:30 5000 Steps Walking Workout ■ (TV) 15</p> <p>9:00 Medical Appointment Transportation (V)</p> <p>10:00 30 Minute Seated Workout ■ (TV)</p> <p>10:30 Clay Sculpture Class ■ (S)</p> <p>2:00 Arts & Crafts Committee (S)</p> <p>2:00 Stitchery League ■ (SL)</p> <p>3:15 Hidden Secrets of Pompeii (TV)</p> <p>4:00 Tai Chi for Seniors ■ (TV)</p> <p>6:30 Private Event (CR)</p>	<p>8:30 Silver Sneakers: Strength ■ (TV) 16</p> <p>9:00 Chair Yoga with Lymph Flow (Z)</p> <p>9:00 Medical Appointment Transportation (V)</p> <p>10:00 30 min Zumba Gold Workout ■ (TV)</p> <p>10:15 Storytime in the Library (L)</p> <p>11:00 Dance, Dance, Dance! (F)</p> <p>1:00 1 hour Chair Yoga Class ■ (TV)</p> <p>2:00 Water Fitness Class (P)</p> <p>2:00 Rummikub ■ (CR)</p>	<p>OnSite Dermatology 17</p> <p>8:30 30 Min Hiit Walk ■ (TV)</p> <p>9:00 Group Fitness (F)</p> <p>9:00 Medical Appointment Transportation (V)</p> <p>10:00 Line Dance Workout part 1 ■ (TV)</p> <p>10:00 Group Fitness (F)</p> <p>10:00 Toddlers in the Lobby (ML)</p> <p>10:30 Private Meeting (SL)</p> <p>1:00 Seniors Chair Exercise with Sharon ■ (TV)</p>	<p>8:30 Silver Sneakers: 20 Min Dance ■ (TV) 18</p> <p>9:00 Chair Yoga with Lymph Flow (Z)</p> <p>9:30 Time of Meditation ■ (C)</p> <p>10:00 Line Dance Workout pt 2 ■ (TV)</p> <p>10:00 Preschool in the Lobby (ML)</p> <p>10:30 Finding Joy and Healing Through Movement (F)</p> <p>1:00 Zumba Gold Chair Workout ■ (TV)</p> <p>1:30 Sewing ■ (S)</p> <p>1:45 Bookmobile/Lobby (ML)</p>	<p>8:30 Chair Yoga ■ (TV) 19</p> <p>8:45 Coffee & Windows with Marco (A)</p> <p>9:30 Fred Meyer Shopping (V)</p> <p>10:00 40 min Walking Workout ■ (TV)</p> <p>10:00 Tapestry Weaving (S)</p> <p>10:30 Jewish Studies ■ (A)</p> <p>11:30 Trader Joes Shopping (V)</p> <p>1:00 Lymphatic Flow w/ Frances Kao ■ (TV)</p> <p>1:00 Open Crafts ■ (S)</p> <p>1:30 Pinochle (CR)</p>	<p>8:30 Weekend Blast Mat Pilates ■ (TV) 20</p> <p>10:00 45 Min Senior Circuit Workout ■ (TV)</p> <p>10:00 Painting in Community ■ (S)</p> <p>11:00 Catholic Eucharistic Gathering (C)</p> <p>1:00 30 Min Walking Workout ■ (TV)</p> <p>2:00 Mahjong ■ (CR)</p> <p>2:00 Scrabble ■ (SC)</p> <p>3:30 Piano & Violin Duet (A)</p>
<p>8:30 Workout for Stronger Bones ■ (TV) 21</p> <p>10:00 Lymphatic Flow: Frances Kao EC3.4 ■ (TV)</p> <p>10:00 Open Crafting (S)</p> <p>1:00 Pilates Wall Workout ■ (TV)</p> <p>1:00 Bridge (CR)</p> <p>4:00 Jane Fonda Low Impact Workout ■ (TV)</p> <p>4:00 Piano Performance by: Lucy Wegner (A)</p> <p>6:30 Vespers (C)</p>	<p>8:30 5000 Steps Walking Workout ■ (TV) 22</p> <p>9:00 Group Fitness (F)</p> <p>9:00 Medical Appointment Transportation (V)</p> <p>10:00 30 Minute Seated Workout ■ (TV)</p> <p>10:00 Group Fitness (F)</p> <p>10:30 Clay Sculpture Class ■ (S)</p> <p>2:00 Group Fitness (F)</p> <p>2:00 Stitchery League ■ (SL)</p> <p>4:00 Tai Chi for Seniors ■ (TV)</p>	<p>8:30 Silver Sneakers: Strength ■ (TV) 23</p> <p>9:00 Chair Yoga with Lymph Flow (Z)</p> <p>9:00 Medical Appointment Transportation (V)</p> <p>10:00 30 min Zumba Gold Workout ■ (TV)</p> <p>1:00 1 hour Chair Yoga Class ■ (TV)</p> <p>1:00 Library Committee ■ (S)</p> <p>2:00 Water Fitness Class (P)</p> <p>2:00 Rummikub ■ (CR)</p> <p>3:00 Water Fitness Class (P)</p>	<p>8:30 30 Min Hiit Walk ■ (TV) 24</p> <p>9:00 Group Fitness (F)</p> <p>9:00 Medical Appointment Transportation (V)</p> <p>10:00 Line Dance Workout part 1 ■ (TV)</p> <p>10:00 Group Fitness (F)</p> <p>10:00 Toddlers in the Lobby (ML)</p> <p>1:00 Seniors Chair Exercise with Sharon ■ (TV)</p> <p>1:00 Play Readers Group (SC)</p> <p>1:00 Bridge (CR)</p>	<p>8:30 Silver Sneakers: 20 Min Dance ■ (TV) 25</p> <p>9:00 Chair Yoga with Lymph Flow (Z)</p> <p>9:30 Time of Meditation ■ (C)</p> <p>10:00 Line Dance Workout pt 2 ■ (TV)</p> <p>10:00 Preschool in the Lobby (ML)</p> <p>10:00 Program Committee (M)</p> <p>10:00 Private Marketing Event (SC)</p> <p>1:00 Zumba Gold Chair Workout ■ (TV)</p> <p>1:30 Sewing ■ (S)</p> <p>2:00 Rummikub ■ (SL)</p>	<p>8:30 Chair Yoga ■ (TV) 26</p> <p>8:45 Coffee & Windows with Marco (A)</p> <p>9:30 Fred Meyer Shopping (V)</p> <p>9:30 Baking with Liz (S)</p> <p>10:00 40 min Walking Workout ■ (TV)</p> <p>10:00 Tapestry Weaving (S)</p> <p>10:30 Jewish Studies ■ (A)</p> <p>11:00 ICC Family Picnic (TL)</p> <p>11:30 Trader Joes Shopping (V)</p> <p>1:00 Lymphatic Flow w/ Frances Kao ■ (TV)</p>	<p>8:30 Weekend Blast Mat Pilates ■ (TV) 27</p> <p>10:00 45 Min Senior Circuit Workout ■ (TV)</p> <p>10:00 Painting in Community ■ (S)</p> <p>11:00 Catholic Eucharistic Gathering (C)</p> <p>1:00 30 Min Walking Workout ■ (TV)</p> <p>2:00 Mahjong ■ (CR)</p> <p>2:00 Scrabble ■ (SC)</p> <p>4:00 Soothing Yoga for Seniors ■ (TV)</p>
<p>8:30 Workout for Stronger Bones ■ (TV) 28</p> <p>9:00 Lymphatic Flow with Frances Kao EC2.3 ■ (TV)</p> <p>10:00 Lymphatic Flow: Frances Kao EC3.4 ■ (TV)</p> <p>10:00 Open Crafting (S)</p> <p>1:00 Pilates Wall Workout ■ (TV)</p> <p>1:00 Bridge (CR)</p> <p>4:00 Jane Fonda Low Impact Workout ■ (TV)</p> <p>6:30 Vespers (C)</p>	<p>8:30 5000 Steps Walking Workout ■ (TV) 29</p> <p>9:00 Group Fitness (F)</p> <p>9:00 Medical Appointment Transportation (V)</p> <p>10:00 30 Minute Seated Workout ■ (TV)</p> <p>10:00 Group Fitness (F)</p> <p>10:30 Clay Sculpture Class ■ (S)</p> <p>2:00 Group Fitness (F)</p> <p>2:00 Stitchery League ■ (SL)</p> <p>4:00 Tai Chi for Seniors ■ (TV)</p>	<p>8:30 Silver Sneakers: Strength ■ (TV) 30</p> <p>9:00 Chair Yoga with Lymph Flow (Z)</p> <p>9:00 Medical Appointment Transportation (V)</p> <p>10:00 30 min Zumba Gold Workout ■ (TV)</p> <p>1:00 1 hour Chair Yoga Class ■ (TV)</p> <p>2:00 Water Fitness Class (P)</p> <p>2:00 Rummikub ■ (CR)</p> <p>3:00 Water Fitness Class (P)</p> <p>4:00 30 Min Home Exercise ■ (TV)</p>	<p>8:30 30 Min Hiit Walk ■ (TV) 31</p> <p>9:00 Group Fitness (F)</p> <p>9:00 Medical Appointment Transportation (V)</p> <p>10:00 Line Dance Workout part 1 ■ (TV)</p> <p>10:00 Group Fitness (F)</p> <p>10:00 Toddlers in the Lobby (ML)</p> <p>1:00 Seniors Chair Exercise with Sharon ■ (TV)</p> <p>1:00 Bridge (CR)</p> <p>2:00 Group Fitness (F)</p>	<p>Event Type</p> <ul style="list-style-type: none"> ■ Activity ■ Committee ■ Event ■ Program 	<p>Location</p> <ul style="list-style-type: none"> 10 10th Floor A Albertson AZ Hybrid-Albertson B Boardroom C Chapel CR Cloud Room (10th E) D Dining Room F Fitness Center 	<ul style="list-style-type: none"> K Kinnear L Library M McKnight ML Main Lobby O Outing P Pool S Studio SC Sky Club (10th W)