


Emerald City Senior Living - August 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	LOCATION Activity Room (AR) Activity Room (AR) Bistro (B) Club Room (CR) Front Lobby (FL) Gym (G) Patio (P) Salon (S)	9:00am Tuesday Toning (G) 1 10:00am Fred Meyer's (sign up required) 2:00pm Scenic Drive to Kirkland & Dairy Queen (sign up required) (FL) 6:00pm Evening Movie (TR)	8:30am Beauty Parlor (S) 2 9:00am Wednesday Workout (G) 1:30pm Chef Chat with SSA Corporate: Jody & Kalani 2:00pm Bingo (AR) 3:00pm Guest Speaker: Kent Morgan (TR) 6:00pm Evening Movie (TR)	National Watermelon Day! 3 9:00am Morning Stretches (G) 11:00am Watermelon Wedges on the Patio (P) 2:15pm Assured Home Health: Moves with Nancy (AR) 3:00pm Crafting Club 6:00pm Evening Movie (TR)	International Beer Day! National Chocolate Chip Cookie Day! 4 9:00am Fitness Friday (G) 10:30am Baking Club: Chocolate Chip Cookies (AR) 3:00pm Celebrating International Beer Day (CR) 6:00pm Evening Movie (TR)	9:00am Saturday Sit & Be Fit (G) 5 11:00am Smoothies on Saturdays (AR) 2:00pm Bingo with Rachel (AR) 3:00pm Cocktail Social (CR) 6:00pm Evening Movie (TR)
National Friendship Day! National Root Beer Float Day! 6 9:00am Sunday Stretches (AR) 9:30am Catholic Communion (AR) 10:00am Weekly Calendar Review + Refreshments (B) 10:30am Crafting Club; Make a Card/Gift for a Friend (AR) 2:30pm Root Beer Floats 6:00pm Evening Movie (TR)	9:00am Monday Morning Moves (G) 7 10:30am Cooking Club: Spinach & Cheese Pinwheels (AR) 2:00pm Bingo with Shaena (AR) 3:00pm Sundaes on Monday (CR) 6:00pm Evening Movie (TR)	9:00am Tuesday Toning (G) 8 10:00am QFC & Dollar Tree Outing (sign up required) (FL) 2:00pm Goodwill Outing (sign up required) (FL) 6:00pm Evening Movie (TR)	8:30am Beauty Parlor (S) 9 9:00am Wednesday Workout (G) 2:00pm Bingo (AR) 2:45pm Wine & Whiskey Wednesday! (CR) 3:00pm Entertainment: Kelly Van Camp (CR) 6:00pm Evening Movie (TR)	National S'mores Day! 10 9:00am Morning Stretches (G) 1:00pm Assured Home Health: Rani + Nancy 2:30pm Wine & Stories with Kathleen! (CR) 3:00pm Crafting Club 6:00pm Evening Movie (TR)	9:00am Fitness Friday (G) 11 10:30am Baking Club: Mini Strawberry Shortcakes (AR) 2:30pm Board & Card Games! (CR) 3:00pm Happy Hour 6:00pm Evening Movie (TR)	National Bowling Day! 12 9:00am Saturday Sit & Be Fit (G) 11:00am Bowling with Rachel (CR) 11:00am Smoothies on Saturdays (AR) 2:00pm Bingo with Rachel (AR) 3:00pm Cocktail Social (CR) 6:00pm Evening Movie (TR)
International Left Handers Day 13 9:00am Sunday Stretches (AR) 9:30am Catholic Communion (AR) 10:00am Weekly Calendar Review + Refreshments (B) 10:30am Left Hand Activities (AR) 2:30pm Sundaes on Sunday's (CR) 6:00pm Evening Movie (TR)	9:00am Monday Morning Moves (G) 14 10:30am Cooking Club: Ham & Cheese Cucumber Sandwiches (AR) 2:00pm Bingo with Shaena (AR) 3:00pm Root Beer Floats (AR) 6:00pm Evening Movie (TR)	9:00am Tuesday Toning (G) 15 10:00am Fred Meyer's (sign up required) 2:00pm Scenic Drive to Kirkland & Dairy Queen (sign up required) (FL) 6:00pm Evening Movie (TR)	8:30am Beauty Parlor (S) 16 9:00am Wednesday Workout (G) 10:00am Mukilteo Scenic Drive & Ivar's (sign up required) (FL) 1:30pm Chef Chat (CR) 2:00pm Bingo (AR) 2:45pm Wine & Whiskey Wednesday! (CR) 3:00pm Entertainment: Sandra Walker (TR) 6:00pm Evening Movie (TR)	9:00am Morning Stretches (G) 17 2:15pm Assured Home Health: Moves with Nancy (AR) 3:00pm Crafting Club 6:00pm Evening Movie (TR)	National Pinot Noir Day 18 9:00am Fitness Friday (G) 10:30am Cooking Club: Tuna Salad on Crackers (AR) 2:30pm Board & Card Games! (CR) 3:00pm Sip & Paint (AR) 6:00pm Evening Movie (TR)	9:00am Saturday Sit & Be Fit (G) 19 11:00am Smoothies on Saturdays (AR) 2:00pm Bingo with Rachel (AR) 3:00pm Cocktail Social (CR) 6:00pm Evening Movie (TR)
9:00am Sunday Stretches (AR) 20 9:30am Catholic Communion (AR) 10:00am Weekly Calendar Review + Refreshments (B) 2:30pm Sundaes on Sunday's (CR) 6:00pm Evening Movie (TR)	National Senior Citizens Day 21 9:00am Monday Morning Moves (G) 10:30am Baking Club: Treats for Peach Party 2:00pm Bingo with Shaena (AR) 3:00pm Root Beer Floats (AR) 6:00pm Evening Movie (TR)	National Peach Day! 22 9:00am Tuesday Toning (G) 10:00am QFC & Dollar Tree Outing (sign up required) (FL) 10:00am Bookmobile (TR) 2:30pm Peach Party! (CR) 6:00pm Evening Movie (TR)	National Cuban Sandwich Day 23 8:30am Beauty Parlor (S) 9:00am Wednesday Workout (G) 10:30am Cooking Club: Cuban Sandwiches (AR) 2:00pm Bingo (AR) 2:45pm Wine & Whiskey Wednesday! (CR) 3:00pm Entertainment: Eric Andrews (CR) 6:00pm Evening Movie (TR)	9:00am Morning Stretches (G) 24 2:15pm Assured Home Health: Moves with Nancy (AR) 3:00pm Entertainment: Primo Kim (CR) 3:00pm Happy Hour (CR) 6:00pm Evening Movie (TR)	National Banana Split Day! (CR) 25 National Whiskey Sour Day! 9:00am Fitness Friday (G) 10:00am Snoqualmie Casino! (sign up required) (FL) 3:00pm Happy Hour 6:00pm Evening Movie (TR)	9:00am Saturday Sit & Be Fit (G) 26 10:30am September Calendar Review (AR) 11:00am Smoothies on Saturdays (AR) 2:00pm Bingo with Rachel (AR) 3:00pm Cocktail Social (CR) 6:00pm Evening Movie (TR)
9:00am Sunday Stretches (AR) 27 9:30am Catholic Communion (AR) 10:30am September Calendar Review (AR) 2:30pm Sundaes on Sunday's (CR) 6:00pm Evening Movie (TR)	National Red Wine Day! 28 9:00am Monday Morning Moves (G) 10:30am Cooking Club: Blueberry Yogurt Swirl Popsicles (AR) 2:00pm Bingo with Shaena (AR) 3:00pm Root Beer Floats (AR) 4:30pm Book Club (CR) 6:00pm Evening Movie (TR)	9:00am Tuesday Toning (G) 29 10:00am Fred Meyer's (sign up required) 2:00pm Scenic Drive to Kirkland & Dairy Queen (sign up required) (FL) 6:00pm Evening Movie (TR)	National Beach Day! 30 8:30am Beauty Parlor (S) 9:00am Wednesday Workout (G) 10:00am Picnic on the Beach (sign up required) (FL) 1:30pm Chef Chat (CR) 2:00pm Bingo (AR) 2:45pm Wine & Whiskey Wednesday! (CR) 3:00pm Cabaret Entertainment (CR) 6:00pm Evening Movie (TR)	9:00am Morning Stretches (G) 31 1:30pm Resident Council (AR) 2:15pm Assured Home Health: Moves with Nancy (AR) 3:00pm Crafting Club 6:00pm Evening Movie (TR)	LOCATION Theatre Room (TR)	