



Banking Services	1 st & 3 rd Tues – 9 to 9:30 am - Library (T) 9:30 to 10 am - Conference Room A (G)
Blood Pressure Check	Every Thursday – 10 am – Nurses' Stations (G&T)
Wesley Socialites	Pre-dinner social cancelled for February
Flea Market	Mon thru Sat – 9:30 to 11:30 am Tues & Thurs & Sat – 1 to 3 pm (G)
Mini Shop	Mon thru Sat – 9:30 to 11:30 am & 1 to 3 pm (G)
Treasure & Thrift Shops	Wed – 1 to 3 pm & Fri – 9:30 to 11:30 am (T)
Ecumenical Prayer Group	Wed – 8:30 am, Chapel (G)
Wesley Walkers	Mon thru Wed – 1:40pm from Gardens & Terrace
◆ Swimming	Mon & Wed & Fri – 8:10 am Bus to MRHS Pool

2012 February Activities Calendar



The Towne Meeting for the month of February will be held on Wednesday February 29th at 2 pm at The Terrace

February 3rd from 9:30 am to 3 pm, Stanton Hall (G)
Embroidery & Needlepoint Exhibit

February 8th at 10:30 am, *Valentine Bingo* at The Terrace


Sweet Heart Dance in The Terrace Auditorium
February 14th at 2pm

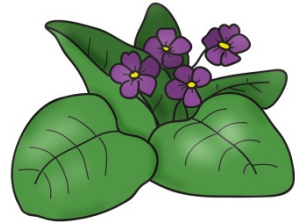
February 23rd at 10:30 am *Brain Olympics* at The Terrace

February 28th at 2pm, Terrace Auditorium
Parkinson's Disease Informational Session

KEY TO LOCATIONS:

- (G) = Gardens Location
- (T) = Terrace Location
- ◆ = Transportation Provided

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Traveling Library Tuesday February 7th 9:45 am at The Gardens 10:45 am at The Terrace	New Resident Orientation 10 am Terrace East Room February 13, 20 and 27	 The gemstone for the month of February is the Amethyst.	Recycling Day 1 MORNING 9:15 am Chair Yoga (G) 9:15 am Regenerative Moves (T) 10 am Popcorn (G) 10 am Cardio/Strength (G) 10 am Wii Bowling (T) 11 am Circuit Class (G) AFTERNOON / EVENING 2 pm Bocce Ball (G) 2:45 pm Wesley Adventurers (T) Conference Room A 4 pm Communion (G) 7 pm	MORNING 9:15 am Chair Yoga (T) 9:15 am Regenerative Moves (G) 9:30 am Needle Crafts (G) 10 am CardioStrength (T) AFTERNOON / EVENING ◆ 12 pm Seattle Aquarium 1:30 pm Shuffleboard (T) 2 pm Bible Study Group Stanton Hall (G) 2 pm SAIL Classes (T) 3:15 pm Line Dancing (G) 7 pm Movie (G)	MORNING 9:15 am Regenerative Moves (T) ◆ 9:30 am Needlework Exhibit (G) 10 am Art Group (G) 10 am Baking with Janelle (G) 11 am Tai Chi (T) AFTERNOON / EVENING 1 pm Cribbage (T) lower level 1 pm Chaplain's Bible Class (T) 2:30 pm Ballroom Dance (T) 3:30 pm Choir Practice (G) 6:30 pm Pinochle (G)	EVENING 6:15 pm Bridge, Stanton Hall (G)
EVENING 6 pm Song Fest 6:15 pm Vespers (G) Rev David Angersback Lutheran 7:30 pm Vespers (T)	MORNING ◆ 9 am Errand Bus 9:15 am Chair Yoga (G) 9:15 am Regenerative Moves (T) 10 am Cardio/Strength (G) 10:30 am Weight Management (T) 11 am Circuit Class (G) AFTERNOON / EVENING 2 pm Bocce Ball (G) 2 pm SAIL Classes (T)	MORNING 8:45 am Resident Council (T) ◆ 9 am Medical Bus 9:15 am Chair Yoga (T) 9:15 am Regenerative Moves (G) 10 am Cardio/Strength (T) 10 am Card Recycling (G) 10:30 am Resident Council (G) 11 am Tai Chi (T) AFTERNOON / EVENING ◆ 1 pm Shopping Fred Meyer 1:30 pm Needle Crafts (T) 4 pm Sit & Knit (T) 4 th floor 7 pm Floor Meetings (T) 7 pm Folk Music & Clogger (G)	MORNING 9:15 am Chair Yoga (G) 9:15 am Regenerative Moves (T) 10 am Popcorn (G) 10 am Cardio/Strength (G) 10 am Current Events Club 48 10 am Wii Bowling (G) 10:30 am Valentine Bingo (T) 11 am Circuit Class (G) AFTERNOON / EVENING 2 pm Bocce Ball (G) 2:45 pm Wesley Adventurers (T) Conference Room A 4:15 pm Birthday Reception (G) 5 pm Birthday Dinner 6:30 pm Floor Meetings (G) 7 pm Sue Vercammon, piano (T)	MORNING 9:15 am Chair Yoga (T) 9:15 am Regenerative Moves (G) 9:30 am Needle Crafts (G) 10 am CardioStrength (T) 10:30 am Library Comm. (T) AFTERNOON / EVENING 1:30 pm Shuffleboard (T) 2 pm Bible Study Group (G) 2 pm SAIL Classes (T) 3:15 pm Line Dancing (G) 7 pm Movie (G)	MORNING 9:15 am Regenerative Moves (T) 10 am Art Group (G) 10 am Baking with Janelle (G) 11 am Tai Chi (T) AFTERNOON / EVENING 1 pm Cribbage (T) lower level 1 pm Chaplain's Bible Class (T) 2:30 pm Ballroom Dance (T) 3:30 pm Choir Practice (G) 6:30 pm Pinochle (G)	EVENING 6:15 pm Bridge, Stanton Hall (G)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>12</p> <p>AFTERNOON / EVENING 6 pm Song Fest 6:15pm Vespers (G) Rev Robin Caudillo Presbyterian 7:30pmVespers (T)</p>	<p>13</p> <p>MORNING ◆9 am Errand Bus 9:15 am Chair Yoga (G) 9:15 am Regenerative Moves(T) 10 am CardioStrength (G) 10:30 am Weight Management (T) 11 am Circuit Class (G)</p> <p>AFTERNOON / EVENING 2 pmBocce Ball (G) 2 pm SAIL Classes (T)</p>	<p>14</p> <p>MORNING 9:15 am Chair Yoga(T) 9:15 am Regenerative Moves(G) 10 am Cardio/Strength (T) 10 am Card Recycling (G) 11 am Tai Chi (T)</p> <p>AFTERNOON / EVENING 12 pm Cottagers Luncheon (G) 1 pm Alzheimer's Caregivers WWHC Tea Room 1:30 pm Needle Crafts (T) 2 pm Sweet Heart Dance (T) 4 pm Sit & Knit (T) 4th floor 5 pm Valentine's Day Dinner 7 pmSeattle World's Fair (G)</p>	<p>15</p> <p>Recycling Day</p> <p>MORNING 9 am Environmental Comm. (G) 9:15 am Chair Yoga (G) 9:15 am Regenerative Moves(T) 10 am Popcorn (G) 10 am Cardio/Strength (G) 10 am Parkinson Support (G) 10 am Wii Bowling (T) 10:30 am Food Comm. (G) 11 am Circuit Class (G)</p> <p>AFTERNOON / EVENING 2 pmBocce Ball (G) 2:45 pm Wesley Adventurers (T) Conference Room A 6:30 pm to 9 pm The Help</p>	<p>16</p> <p>MORNING 9:15 am Chair Yoga (T) 9:15 am Regenerative Moves(G) 9:30 am Needle Crafts (G) 10 am CardioStrength (T)</p> <p>AFTERNOON / EVENING ◆1 pm Shopping Southcenter 1:30 pm Shuffleboard (T) 2 pm Bible Study Group Stanton Hall (G) 2 pm SAIL Classes (T) 3:15 pm Line Dancing (G) 7 pm Movie (G)</p>	<p>17</p> <p>MORNING 9:15 am Regenerative Moves (T) ◆9:30 am Shopping Fred Meyer 10 am Art Group (G) 10 am Baking with Janelle (G) 11 am Tai Chi (T)</p> <p>AFTERNOON / EVENING 1 pm Cribbage (T) lower level 1 pmChaplain's Bible Class(T) 2:30 pm Ballroom Dance (T) 3:30 pm Choir Practice (G) 6:30pmPinochle (G)</p>	<p>18</p> <p>EVENING 6:15pmBridge, Stanton Hall (G)</p>
<p>19</p> <p>EVENING ◆1:15 pm Auburn Symphony 6 pmSong Fest 6:15pmVespers (G) Rev LemuelAnggao Baptist 7:30pmVespers (T)</p>	<p>20</p> <p>MORNING ◆9 am Errand Bus 9:15 am Chair Yoga (G) 9:15 am Regenerative Moves(T) 10 am CardioStrength (G) 10:30 am Weight Management (T) 11 am Circuit Class (G)</p> <p>AFTERNOON / EVENING 1:30 pm Cottagers Meeting (G) 2 pmBocce Ball(G) 2 pm Book Discussion Group (T) 6th floor solarium 2 pm SAIL Classes (T) 5 pm Presidents Day Dinner</p>	<p>21</p> <p>MORNING ◆7:30 am Men's Breakfast Out ◆9 am Medical Bus 9:15 am Chair Yoga (T) 9:15 am Regenerative Moves(G) 10 am Cardio/Strength (T) 10 amCard Recycling (G) 10 am Low Vision Support (T) 11 am Tai Chi (T)</p> <p>AFTERNOON / EVENING 1:30 pm Needle Crafts (T) 4 pm Sit & Knit (T) 4th floor 7 pmRotary Rogues (G)</p>	<p>22</p> <p>MORNING 9:15 am Chair Yoga (G) 9:15 am Regenerative Moves(T) 10 am Popcorn (G) 10 am Cardio/Strength (G) 10 am Current Events Club 48 10 am Wii Bowling (T) 11 am Circuit Class (G) ◆11:30 am Ladies Lunch Out</p> <p>AFTERNOON / EVENING 1:30 pm Food Comm. (T) 2 pmBocce Ball (G) 2:45 pm Wesley Adventurers (T) Conference Room A 7 pmDebbie Dimitre, Storyteller (T)</p>	<p>23</p> <p>MORNING 9:15 am Chair Yoga (T) 9:15 am Regenerative Moves(G) 9:30 am Needle Crafts (G) 10:30 am Brain Olympics (T)</p> <p>AFTERNOON / EVENING 1 pm Library Comm. (G) 1:30 pm Shuffleboard (T) 2 pm Bible Study Group Stanton Hall (G) 2 pm SAIL Classes (T) 3:15 pm Line Dancing (G) 7 pm Movie (G)</p>	<p>24</p> <p>MORNING 9:15 am Regenerative Moves (T) 10 am Art Group (G) 10 am Baking with Janelle (G) 11 am Tai Chi (T)</p> <p>AFTERNOON / EVENING 1 pm Cribbage (T) lower level 1 pmChaplain's Bible Class(T) 2:30 pm Ballroom Dance (T) 3:30 pm Choir Practice (G) 6:30pmPinochle (G)</p>	<p>25</p> <p>EVENING 6:15pmBridge, Stanton Hall (G)</p>
<p>26</p> <p>AFTERNOON / EVENING 6 pmSong Fest 6:15pmVespers (G) Rev David Johnson Convenant 7:30pmVespers (T)</p>	<p>27</p> <p>MORNING ◆9 am Errand Bus 9:15 am Chair Yoga (G) 9:15 am Regenerative Moves(T) 10 am CardioStrength (G) 10:30 am Weight Management (T) 11 am Circuit Class (G)</p> <p>AFTERNOON / EVENING 2 pmBocce Ball(G) 2 pm SAIL Classes (T)</p>	<p>28</p> <p>MORNING 9:15 am Chair Yoga (T) 9:15 am Regenerative Moves(G) 10 am Cardio/Strength (T) 10 am Card Recycling (G) 11 am Tai Chi (T)</p> <p>AFTERNOON / EVENING 1:30 pm Needle Crafts (T) 2 pm Parkinson's Info Mtg. (T) 4 pm Sit & Knit (T) 4th floor 7 pmAbout Pakistan (G)</p>	<p>29</p> <p>MORNING 9:15 am Chair Yoga (G) 9:15 am Regenerative Moves(T) 10 am Popcorn (G) 10 am Cardio/Strength (G) 10 am Wii Bowling (T) 11 am Circuit Class (G)</p> <p>AFTERNOON / EVENING 2 pmBocce Ball (G) ◆2 pm Towne Meeting (T) 2:45 pm Wesley Adventurers (T) Conference Room A 7 pm Hartleys in Zambia (T)</p>	 <p>The flower for the month of February is the Violet.</p>		<p>*</p> <p>Chair Exercises daily At 9:15am on Channel 28/950.</p>

