

*September is:
Healthy Aging Month*

September 2010
Activities Calendar

Annual Open House
Sunday, October 3, 2010
1:30-4:30 pm

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>For computer problems: Call the Wesley Homes Help Desk at (206) 870-1218.</p> <p>Resident Woodshop Open Wednesday's 10:00 am -2:00 pm Come down to watch!</p>	<p>Wesley Homes Lea Hill In House Bank Columbia Bank Open Tuesday's 9:30-11:30 am.</p>		<p>1</p> <p>9:15 Cardio Circuit (F) 10:15 Core Strength (F) 11:00 Chair Exercises (F) 12:30 Tai Chi for Arthritis (F) 1:00 Rummikub (G) 2:00 Bingo w/ Ila (A)</p>	<p>2</p> <p>9:15 Water Aerobics Class (P) 10:00 Tai Chi (F) 10:00 Shop Fred Meyer (*) 10:15 CA Circuit (F) 10:30 C.A. Blood Pressure (M) 11:00 Super Senior Strength (F) 12:30 Crafters (C)</p>	<p>3</p> <p>9:15 Cardio Circuit (F) 10:00 Parkinson's Support (F) 10:15 am Circuit Training in the Pinnacle Room 1:00 Court Whist (FS) 1:00 "My Life in Ruins" Movie & Popcorn (T) 1:30 Mystery Drive (*) 7:00 Movie 2nd showing (CC) (T)</p>	<p>4</p> <p>2:00 Games (G) 7:00 Bridge (G) 7:00 "She Done Him Wrong" (CC) Movie (T)</p>
<p>5</p> <p>2:30 Cribbage (G) 6:30 Sunday Worship w/ Communion (B)</p>	<p><i>Labor Day</i> 6</p> <p>2:00 Bingo w/ Ila (A) 6:30 Pinochle (G)</p>	<p>7</p> <p>10:00 Worship & Com. (A) 10:00 Tai Chi (F) 1:00 Bridge (FS) 1:30 Resident Council Meeting (A) 2:00 Mexican Dominoes (G) 3:00 Common's Variety Hour (K) 6:30 Scrabble (G)</p>	<p>8</p> <p>9:15 Cardio Circuit (F) 10:00 Bible Study (Resumes) (S) 10:15 Core Strength (F) 11:00 Chair Exercises (F) 12:30 Tai Chi for Arthritis (F) 1:00 Rummikub (G) 2:00 Bingo w/ Ila (A) 7:30 Evening Bible Study (Resumes) (A)</p>	<p>9</p> <p>9:15 Water Aerobics Class (P) 10:00 Tai Chi (F) 10:00 Shop Fred Meyers w/ Errands (*) 10:15 CA Circuit (F) 10:30 C.A. Blood Pressure (M) 11:00 Super Senior Strength (F) 12:30 Crafters (C) 2:00 Towne Meeting w/Scott (A) 3:00 Happy Hour (JC)</p>	<p>10</p> <p>9:15 Cardio Circuit (F) 10:15 Zumba (F) 1:00 Court Whist (FS) 1:00 "The Family Stone" Movie & Popcorn (T) 1:00 Shopping at The Super Mall (*) 7:00 Movie 2nd showing (CC) (T)</p>	<p>11</p> <p>2:00 Games (G) 7:00 Bridge (G) 7:00 "The Talk Of The Town" (CC) Movie (T)</p>
<p><i>Grandparents Day</i> 12</p> <p>2:30 Cribbage (G) 6:30 Sunday Worship (B)</p>	<p>13</p> <p>9:15 Cardio Circuit (F) 10:15 Flexibility (F) 10:30 C.A. Blood Pressure (M) 10:30 Macular Degeneration Support Group (Resumes)(H) 11:00 Chair Exercises (F) 1:00 Mahjong (Resumes) (FS) 2:00 Bingo w/ Ila (A) 6:30 Pinochle (G)</p>	<p>14</p> <p>9:15 Water Aerobics Class (P) 10:00 Worship & Com. (A) 10:00 Tai Chi (F) 10:00 Trip to The Puyallup Fair (*) 10:15 CA Circuit (F) 11:00 Super Senior Strength(F) 1:00 Bridge (FS) 2:00 Mexican Dominoes (G) 3:00 Common's Variety Hour w/ Doug Deems (K) 6:30 Scrabble (G)</p>	<p>15</p> <p>9:15 Cardio Circuit (F) 10:00 Bible Study (S) 10:15 Core Strength (F) 11:00 Chair Exercises (F) 12:30 Tai Chi for Arthritis (F) 1:00 Rummikub (G) 2:00 Bingo w/ Ila (A) 7:30 Evening Bible Study (A)</p>	<p>16</p> <p>9:15 Water Aerobics Class (P) 10:00 Shop Fred Meyers (*) 10:00 Tai Chi (F) 10:15 CA Circuit (F) 10:30 C.A. Blood Pressure (M) 11:00 Super Senior Strength (F) 12:30 Crafters (C) 2:00 South King County Genealogical Society Workshop " The Search Begins" (A)</p>	<p>17</p> <p>9:15 Cardio Circuit (F) 10:00 Gig Harbor (Quilt Walk) & Lunch (*) 10:15 Zumba (F) 1:00 Court Whist (FS) 1:00 "The Jane Austen Book Club" Movie & Popcorn (T) 7:00 Movie 2nd showing (CC) (T)</p>	<p>18</p> <p>2:00 Games (G) 7:00 Bridge (G) 7:00 "The Long, Long Trailer" (CC) Movie (T)</p> <p>Culinary Services Smorgasbord 4:00-6:30 pm (Hoben Dining Room)</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19 2:30 Cribbage (G) 6:30 Sunday Worship (B)	20 9:15 Cardio Circuit (F) 10:00 Book Club (JC) 10:15 Flexibility (F) 10:30 C.A. Blood Pressure (M) 11:00 Chair Exercises (F) 2:00 Bingo w/ Ila (A) 1:00 Mahjong (FS) 1:30 Visiting Library (FS) 6:30 Pinochle (G)	21 9:15 Water Aerobics Class (P) 10:00 Worship & Com. (A) 10:00 Tai Chi (F) 10:15 CA Circuit (F) 11:00 Super Senior Strength(F) 11:00 New Res. Orient. (H) 1:00 Bridge (FS) 1:30 Computer Education w/ Dwayne (A) 2:00 Mexican Dominoes (G) 3:00 Common's Variety Hour (K) 6:30 Scrabble (G)	22 <i>Autumn Begins</i> 9:15 Cardio Circuit (F) 10:00 Bible Study (S) 10:15 Core Strength (F) 11:00 Chair Exercises (F) 12:30 Tai Chi for Arthritis (F) 1:00 Rummikub (G) 2:00 Bingo w/ Ila (A) 7:30 Evening Bible Study (A) Culinary Services Omelet Bar / 8:00-10:00 am (Hoben Dining Room)	23 9:15 Water Aerobics Class (P) 10:00 Tai Chi (F) 10:00 Shop Fred Meyers w/ Errands (*) 10:15 CA Circuit (F) 10:30 C.A. Blood Pressure (M) 11:00 Super Senior Strength (F) 12:30 Crafters (C) 2:00 Monthly Birthday Celebration w/ Bill Graham (A)	24 8:30 Men's Breakfast w/ Scott (*) 9:15 Cardio Circuit (F) 10:15 Zumba (F) 1:00 Court Whist (FS) 1:00 "Grey Gardens" Movie & Popcorn (T) 1:30 Mystery Drive (*) 7:00 Movie 2nd showing (CC) (T)	25 2:00 Games (G) 7:00 Bridge (G) 7:00 "Some Like it Hot" Movie (CC) (T)
26 2:30 Cribbage (G) 6:30 Sunday Worship (B)	27 9:15 Cardio Circuit (F) 10:15 Flexibility (F) 10:30 C.A. Blood Pressure (M) 11:00 Chair Exercises (F) 1:00 Mahjong (FS) 2:00 Bingo w/ Ila (A) 6:30 Pinochle (G)	28 9:15 Water Aerobics Class (P) 10:00 Worship & Com. (A) 10:00 Tai Chi (F) 10:15 CA Circuit (F) 11:00 Super Senior Strength(F) 1:00 Bridge (FS) 1:00 Scribblers Group Monthly Meeting (Resumes) (H) 2:00 Mexican Dominoes (G) 3:00 Common's Variety Hour (K) 6:30 Scrabble (G)	29 9:15 Cardio Circuit (F) 10:15 Core Strength (F) 11:00 Chair Exercises (F) 12:30 Tai Chi for Arthritis (F) 1:00 Rummikub (G) 2:00 Bingo w/ Ila (A) 11:00-1:00 Cooking w/ Chef David (RSVP Required)(S)	30 9:15 Water Aerobics Class (P) 10:00 Tai Chi (F) 10:00 Shop Fred Meyers (*) 10:15 CA Circuit (F) 10:30 C.A. Blood Pressure (M) 11:00 Super Senior Strength (F) 2:00 Crafters in The Arbor		
First floor (*) Lobby (FS) Fireside Room (L) Library	First floor (F) Fitness Center (P) Swimming Pool (D) Norma's Deli	First floor (M) McGilliard Con. Room (H) Holman Con. Room (G) Game Room	Second floor (T) Theater (JC) Johns Club (A) Assembly Hall	Second floor (B) Chapel (K) Klopfenstein Dining Room	Third Floor (C) Craft Room (S) Sharrard Room (CA) Club Affinity	