

**February Holidays:**




**Valentine's Day~ 14th**  
**Presidents' Day~ 20th**

# February 2017



## Life Enrichment Calendar

*Dear children, let us not love with words or speech, but with actions and in truth.*  
*~ 1 John 3:18*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b><u>Snacks Available</u></b></p> <p>Popcorn is provided in the Theater, during the 1:00 movie on Fridays.</p>  <p>A soda pop vending machine is available in the Theater, as well, for your enjoyment anytime.</p>	<p><b><u>DINNER</u></b></p> <p><b><u>ON THE HILL</u></b></p> <p>'Round the World Buffet</p>  <p>February 17<sup>th</sup>, @ 4:00pm, in the Hoben Dining Room</p> <p>Please sign up in Andrew's Library.</p>	<p><b><u>Medical Appointment Transportation</u></b></p> <p>(Every Tuesday)</p>  <p>Please see book in Andrew's library for times and areas covered. Sign up 24 hours in advance.</p>	<p>1</p> <p>8:30 Body Shop (F) 9:00 Self-Guided Water Walking (P) <b>9:00 Pillowcase Project (A)</b> 9:15 Cardio Circuit (F) 10:15 Flexibility ( F) 11:15 Chair Exercises (F) 12:30 Bridge (FS) <b>1:00 Emergency Response Team Meeting (A)</b> <b>3:00 Hymn Sing (FS)</b></p> <p><i>Blessing of Hands by Chaplain Nancy</i></p>	<p>2</p> <p>9:00 Water Aerobics Class (P) 9:00 Self-Practice Tai Chi (F) 10:15 Pinnacle Circuit (F) 10:30 Shopping @ Fred Meyer (*) 10:30 Blood Pressure Clinic (JC) 11:00 Resistance Training with Bands (F) 11:45 Chair Exercises (F) 1:00 Prayer Chain Group (B) <b>2:00 Grief Support Group (B)</b></p>	<p>3</p> <p>9:15 Cardio Circuit (F) 10:15 Flexibility (F) 11:15 Chair Exercises (F) <b>1:00 Outing to Auburn Valley Creative Arts Gallery (*)</b> 1:00 Court Whist (FS) <b>1:00 "Red" Movie &amp; Popcorn (T)</b> 7:00 Movie 2nd showing (CC)(T)</p>	<p>4</p> <p>12:30 Bridge (FS) <b>1:00 "Lea Hill Quilters" Group (JC)</b> <b>1:00 "Mr. Church" Movie (T)</b> 7:00 Movie 2nd Showing (CC) (T)</p>
<p>5</p> <p><b>1:30 Games w/ The Yu Family (FS)</b> 6:30 Sunday Vespers (B)</p> <div style="border: 1px dashed black; padding: 5px; text-align: center;"> <p>50 ¢ OFF Your Deli next Sandwich 2/28/17</p> </div>	<p>6</p> <p>8:30 Sunrise Yoga (F) 9:15 Cardio Circuit (F) 10:15 Flexibility (F) 10:30 Blood Pressure Clinic (JC) <b>11:00 Chime Choir Rehearsal (A)</b> 11:15 Chair Exercises (F) <b>1:00 Scenic Drive (*)</b> 1:00 Mahjong (FS) <b>2:00 Nutrition with Kjersti (JC)</b> <b>3:00 Brain Fitness (JC)</b></p>	<p>7</p> <p>9:00 Water Aerobics Class (P) 9:00 Self-Practice Tai Chi (F) 10:00 Catholic Communion (B) 10:15 Pinnacle Circuit (F) 11:00 Improving Balance(F) 11:45 Chair Exercises (F) 1:00 Fun w/ Threads (FS) 1:00 Lea Hill Bible Study (JC) <b>3:00 Entertainment w/ Richard Dean (FS)</b> 7:00 Walkie-Talkie Check In <b>7:15 Outing to Big Band Performance (*)</b></p>	<p>8</p> <p>8:30 Body Shop (F) <b>9:00 Breakfast Outing to Quarterchute Café (*)</b> 9:00 Self-Guided Water Walking (P) 9:15 Cardio Circuit (F) 10:15 Flexibility ( F) 11:15 Chair Exercises (F) 12:30 Bridge (FS) <b>2:00 Coffee Chat w/ The Mayor(A)</b> <b>3:00 Hymn Sing (FS)</b> <b>6:00 Visit w/ Ozzie (FS)</b></p>	<p>9</p> <p>9:00 Water Aerobics Class (P) 9:00 Self-Practice Tai Chi (F) 10:15 Pinnacle Circuit (F) 10:30 Shopping @ Fred Meyer (*) 10:30 Blood Pressure Clinic (JC) 11:00 Resistance Training with Bands (F) 11:45 Chair Exercises (F) 1:00 Prayer Chain Group (B) <b>2:00 Towne Meeting (A)</b> <b>3:00 Happy Hour (FS)</b></p>	<p>10</p> <p><b>6:15 Outing to Auburn Youth Fundraiser Breakfast (*)</b> <b>9:00 Pillowcase Project (A)</b> 9:15 Cardio Circuit (F) 10:15 Flexibility (F) 11:15 Chair Exercises (F) 1:00 Court Whist (FS) <b>1:00 "Jim: The James Foley Story" Movie &amp; Popcorn (T)</b> <b>2:00 Winter Speaker Series: Dan Satterberg, King County Prosecutor (A)</b> 7:00 Movie 2nd showing (CC)(T)</p>	<p>11</p> <p>12:30 Bridge (FS) <b>1:00 "The Wedding Date" Movie (T)</b> 6:30 Movie 2nd Showing (CC) (T)</p>

<p style="text-align: center;">12</p> <p><b>6:30 Sunday Vespers (B)</b></p>	<p style="text-align: center;">13</p> <p>8:30 Sunrise Yoga (F) 9:15 Cardio Circuit (F) 10:15 Flexibility (F) 10:30 Blood Pressure Clinic (JC) <b>11:00 Chime Choir Rehearsal (A)</b> 11:15 Chair Exercises (F) 1:00 Mahjong (FS) <b>3:00 Brain Fitness (JC)</b></p>	<p style="text-align: center;">14</p> <p>9:00 Water Aerobics Class (P) 9:00 Self-Practice Tai Chi (F) 10:00 Catholic Communion (B) 10:15 Pinnacle Circuit (F) 11:00 Improving Balance (F) 11:45 Chair Exercises (F) 1:00 Fun w/ Threads (FS) 1:00 Lea Hill Bible Study (B) <b>4:30 Classical Guitar (K)</b> <b>5:30 Classical Guitar (HD)</b> <b>5:45 Outing to "Great Gatsby" Dance at WH Des Moines (*)</b> 7:00 Walkie-Talkie Check In</p> <p style="text-align: center;"><i>Happy Valentine's Day!</i></p>	<p style="text-align: center;">15</p> <p>8:30 Body Shop (F) 9:00 Self-Guided Water Walking (P) 9:15 Cardio Circuit (F) 10:15 Flexibility (F) <b>11:15 Ladies' Lunch Outing (*)</b> 11:15 Chair Exercises (F) 12:30 Bridge (FS) <b>2:00 "Women with Male Aliases in The Civil War" Presentation by Mary Sue (A)</b> <b>3:00 Miracle Ear Hearing Aid Check &amp; Cleaning (C)</b> <b>3:00 Hymn Sing (FS)</b></p>	<p style="text-align: center;">16</p> <p><b>9:00 Pillowcase Project (A)</b> 9:00 Water Aerobics Class (P) 9:00 Self-Practice Tai Chi (F) 10:15 Pinnacle Circuit (F) 10:30 Fred Meyer Shopping (*) 10:30 Blood Pressure Clinic (JC) 11:00 Resistance Training with Bands (F) 11:45 Chair Exercises (F) 1:00 Prayer Chain Group (B) <b>2:00 Grief Support Group (B)</b></p>	<p style="text-align: center;">17</p> <p>9:15 Cardio Circuit (F) 10:15 Flexibility (F) <b>10:30 Scenic Drive (*)</b> 11:15 Chair Exercises (F) 1:00 Court Whist (FS) <b>1:00 "The Music Man" Movie &amp; Popcorn (T)</b> <b>4:00-6:30 'Round the World Dinner on The Hill (HD)</b> 7:00 Movie 2nd showing (CC)(T)</p>	<p style="text-align: center;">18</p> <p><b>10:00-2:00 Computer Assistance w/ Green River College Students (JC)</b> <b>12:30 Genealogical Society Class (A)</b> 12:30 Bridge (FS) <b>1:00 "Ben Hur" Movie (T)</b> 6:30 Movie 2nd Showing (CC)(T)</p>
<p style="text-align: center;">19</p> <p><b>1:15 Outing to Auburn Symphony (*)</b> <b>6:30 Sunday Vespers (B)</b></p>	<p style="text-align: center;">20</p> <p>10:30 Blood Pressure Clinic (JC) <b>11:00 Chime Choir Rehearsal (A)</b> 1:00 Mahjong (FS) <b>1:00 Lea Hill Book Club (JC)</b> <b>1:00 Scenic Drive (*)</b> <b>2:00 Caregiver Support Group with Guest Speaker (B)</b> <b>3:00 Brain Fitness (JC)</b></p> <p style="text-align: center;"><b>PRESIDENTS' DAY</b></p>	<p style="text-align: center;">21</p> <p>9:00 Water Aerobics Class (P) 9:00 Self-Practice Tai Chi (F) 10:00 Catholic Communion (B) <b>10:00 Visiting Library (FS)</b> 10:15 Pinnacle Circuit (F) 11:00 Improving Balance (F) 11:45 Chair Exercises (F) 1:00 Fun w/ Threads (FS) <b>6:00 Visit with Guide Dogs (FS)</b> 7:00 Walkie-Talkie Check In</p>	<p style="text-align: center;">22</p> <p>8:30 Body Shop (F) 9:00 Self-Guided Water Walking (P) 9:15 Cardio Circuit (F) 10:15 Flexibility (F) 11:15 Chair Exercises (F) <b>11:15 Lunch Outing to The Kraine Inn (*)</b> 12:30 Bridge (FS) <b>3:00 Hymn Sing (FS)</b> <b>6:00 Visit with Ozzie (FS)</b> <b>6:30 Entertainment w/ Jim &amp; Beth Wulff (A)</b></p>	<p style="text-align: center;">23</p> <p>9:00 Water Aerobics Class (P) 9:00 Self-Practice Tai Chi (F) 10:15 Pinnacle Circuit (F) 10:30 Shopping Fred Meyer (*) 10:30 Blood Pressure Clinic (JC) 11:00 Resistance Training with Bands (F) 11:45 Chair Exercises (F) 1:00 Prayer Chain Group (B) <b>2:00 Presentation: "Birds of the Pacific Northwest" by David Kaynor (A)</b></p>	<p style="text-align: center;">24</p> <p><b>8:00 Men's Breakfast Outing (*)</b> 9:15 Cardio Circuit (F) <b>10:00 Visit w/ ESOL Students (JC)</b> 10:15 Flexibility (F) 11:15 Chair Exercises (F) 1:00 Court Whist (FS) <b>1:00 "Florence Foster Jenkins" Movie &amp; Popcorn (T)</b> <b>2:00 Cooking with Chef Troy (S)</b> 7:00 Movie 2nd showing (CC)(T) <b>Last Day for "Share The Warmth" Drive</b></p>	<p style="text-align: center;">25</p> <p>12:30 Bridge (FS) <b>1:00 "The Secret Life of Pets" (T)</b> <b>3:00 "Finding Dory" (T)</b> <b>6:30 "The BFG" Movie (T)</b></p> <p style="text-align: center;"><b>Grands &amp; Greats Movie Marathon</b></p>
<p style="text-align: center;">26</p> <p><b>10:00-2:00 Sunday Brunch (HD)</b> <b>6:30 Sunday Vespers (B)</b></p>	<p style="text-align: center;">27</p> <p>8:30 Sunrise Yoga (F) 9:15 Cardio Circuit (F) 10:15 Flexibility (F) 10:30 Blood Pressure Clinic (JC) <b>11:00 Chime Choir Rehearsal (A)</b> 11:15 Chair Exercises (F) 1:00 Mahjong (FS) <b>1:30 Outing to Trader Joe's (*)</b> <b>3:00 Brain Fitness (JC)</b></p>	<p style="text-align: center;">28</p> <p>9:00 Water Aerobics Class (P) 9:00 Self-Practice Tai Chi (F) 10:00 Catholic Communion (B) 10:15 Pinnacle Circuit (F) 11:00 Improving Balance (F) 11:45 Chair Exercises (F) 1:00 Fun w/ Threads (FS) 1:00 Lea Hill Bible Study (JC) 7:00 Walkie-Talkie Check In</p>	<p style="text-align: center;"><b>Winter Speaker Series</b></p> <p style="text-align: center;">February 10<sup>th</sup>, @ 2:00pm, in the Assembly Hall</p> <div style="text-align: center;">  </div> <p style="text-align: center;">Please join us, as Dan Satterberg, King County Prosecutor, shares his knowledge and experience.</p>	<p style="text-align: center;"><b><u>SHARE THE WARMTH!</u></b></p> <div style="text-align: center;">  </div> <p style="text-align: center;">We are collecting coats, mittens, hats, gloves, scarves and blankets for those who don't have proper shelter. The bin is located in Andrew's Library, and our drive will continue until February 24<sup>th</sup>. Thank you!</p>	<p style="text-align: center;"><b><u>Healing Hands Massage</u></b></p> <p style="text-align: center;">Sherrie Miller, LMP A variety of massage services are offered</p> <div style="text-align: center;">  </div> <p style="text-align: center;">Please call her to set up an appointment. (206) 303-8744</p>	<p style="text-align: center;"><b><u>Nail Care by Shelia Winter</u></b></p> <p style="text-align: center;">Every Tuesday 10:00am - 2:00pm In the Craft Room</p> <div style="text-align: center;">  </div> <p style="text-align: center;">Please call her to set up an appointment. (253)- 709-2809</p>

<p><u>First Floor</u> (*) Lobby/Outing (H) Holman Conference Room (FS) Fireside Room</p>	<p><u>First Floor</u> (F) Fitness Center (P) Swimming Pool (G) Game Room</p>	<p><u>Second Floor</u> (T) Theater (JC) John's Club (A) Assembly Hall</p>	<p><u>Second Floor</u> (B) Burdine Chapel (HD) Hoben Dining Room (K) Klopfenstein Dining Room</p>	<p><u>Third Floor</u> (S) Sharrard Room (C) Craft Room</p>	<p><u>Other</u> (CC) Closed Captioned</p>
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