

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# December 2021

## FAIRFIELD & COTTAGES

			<p><b>No Shopping</b>  <b>8:30 Men's Breakfast R &amp; T *</b>  10:15 Dance Cardio  <b>11:30 Dollar Tree</b>  <b>Outing R&amp;T *</b>  <b>12:00 Balance &amp; Strength</b>  2:30 Bingo</p>	<p><b>9:00 Walking South Hill Mall R &amp; T *</b>  10:30 Talk Time (Juice Bar)  11:15 Posture / Breathe  <b>11:45 Chair Yoga</b>    2:00 Bingo    <b>PM Doctor Appointments</b></p>	<p><b>9:30 Traveling Library (Christina will Pickup &amp; Dropoff)</b>    10:15 Dance Cardio  <b>12:00 Balance &amp; Strength</b>  2:00 Whammo</p>	<p>1:00 Rummikub (Card Room)  6:30 Blackjack (Fitness Room)</p>
5	<p>10:15 Dance Cardio    <b>12:00 Balance &amp; Strength</b>  2:00 Bingo</p>	<p><b>AM Doctor Appointments</b>  10:30 Talk Time (Juice Bar)  11:15 Posture / Breathe  <b>11:45 Chair Yoga</b>    2:00 Bingo</p>	<p><b>9:30 Shopping (Winco &amp; Fred Meyer) R &amp; T *</b>  10:15 Dance Cardio    <b>12:00 Balance &amp; Strength</b>  2:30 Bingo</p>	<p><b>9:00 Walking Auburn Outlet Mall R &amp; T *</b>  10:30 Talk Time (Juice Bar)  11:15 Posture / Breathe  <b>11:45 Chair Yoga</b>    2:00 Bingo    <b>PM Doctor Appointments</b></p>	<p>10:15 Dance Cardio    <b>12:00 Balance &amp; Strength</b>  2:00 Whammo</p>	<p>1:00 Rummikub (Card Room)  6:30 Blackjack (Fitness Room)</p>
12	<p>10:15 Dance Cardio    <b>12:00 Balance &amp; Strength</b>  2:00 Bingo</p>	<p><b>AM Doctor Appointments</b>  10:30 Talk Time (Juice Bar)  11:15 Posture / Breathe  <b>11:45 Chair Yoga</b>    2:00 Bingo  <b>4:00 Happy Hour at The Milton Lodge R &amp; T *</b></p>	<p><b>9:30 Shopping (Winco &amp; Fred Meyer) R &amp; T *</b>  10:15 Dance Cardio  <b>11:30 Ladies Lunch Black Angus R &amp; T *</b>  <b>12:00 Balance &amp; Strength</b>    2:30 Bingo</p>	<p><b>9:00 Walking Southcenter Mall R &amp; T *</b>  10:30 Talk Time (Juice Bar)  11:15 Posture / Breathe  <b>11:45 Chair Yoga</b>    2:00 Bingo    <b>PM Doctor Appointments</b></p>	<p>10:15 Dance Cardio    <b>12:00 Balance &amp; Strength</b>  2:00 Whammo</p>	<p>1:00 Rummikub (Card Room)  6:30 Blackjack (Fitness Room)</p>
19	<p>10:15 Dance Cardio    <b>12:00 Balance &amp; Strength</b>  2:00 Bingo</p>	<p><b>AM Doctor Appointments</b>  10:30 Talk Time (Juice Bar)  11:15 Posture / Breathe  <b>11:45 Chair Yoga</b>    2:00 Bingo</p>	<p><b>9:30 Shopping (Winco &amp; Fred Meyer) R &amp; T *</b>  <b>12:00 Balance &amp; Strength</b>    <b>2:00 Entertainment with Max Renshaw* (Fitness Room)</b>  <b>3:15 Bingo</b></p>	<p>10:30 Talk Time (Juice Bar)  11:15 Posture / Breathe  <b>11:45 Chair Yoga</b>    2:00 Bingo    <b>PM Doctor Appointments</b></p>	<p>10:15 Dance Cardio    <b>12:00 Balance &amp; Strength</b>  2:00 Whammo</p>	<p>1:00 Rummikub (Card Room)  6:30 Blackjack (Fitness Room)</p>
26	<p>10:15 Dance Cardio    <b>12:00 Balance &amp; Strength</b>  2:00 Bingo</p>	<p><b>AM Doctor Appointments</b>  10:30 Talk Time (Juice Bar)  11:15 Posture / Breathe  <b>11:45 Chair Yoga</b>    2:00 Bingo</p>	<p><b>9:30 Shopping (Winco &amp; Fred Meyer) R &amp; T *</b>  10:15 Dance Cardio    <b>12:00 Balance &amp; Strength</b>  <b>12:30 Walking Tacoma Mall R &amp; T *</b>  2:30 Bingo</p>	<p><b>9:00 Walking The Commons Mall R &amp; T *</b>  10:30 Talk Time (Juice Bar)  11:15 Posture / Breathe  <b>11:45 Chair Yoga</b>  <b>1:00 New Year Celebration (Fitness Room)*</b>  2:00 Bingo  <b>PM Doctor Appointments</b></p>	<p>10:15 Dance Cardio    <b>12:00 Balance &amp; Strength</b>  2:00 Whammo</p>	<p>Christmas</p>

Kwanzaa Begins

New Year's Eve

## December Highlights

### **Fitness Classes**

- Dance Cardio – Monday, Wednesday, Friday (Fitness Room)
- Balance & Strength – Monday, Wednesday, Friday (Fitness Room)
- Chair Yoga – Tuesday and Thursday (Fitness Room)
  
- Posture Power & Breathing Meditation (Fitness Room)

### **Bingo**

- Monday at 2:00 and Wednesday at 2:30 (Fitness Room)
- Tuesday and Thursday at 2:00 (Fitness Room)

### **Whammo**

- Friday at 2:00 (Fitness Room)  
Please let us know and we will monitor overflow

**Wednesday, December 22nd, 2:00 Entertainment with  
Max Renshaw (Fitness Room)  
Please register at the Front Desk**

**Thursday, December 30<sup>th</sup> 1:00 New Year  
Celebration (Fitness Room)  
Please Register at the Front Desk**

Please note: Reservations needed, indicated with an ‘\*’

Fitness with Dalton and Christina

## *Fairfield & Cottages* *December 2021 Activity Calendar*

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**King Co. Traveling Library** 1<sup>st</sup> Friday of each month ~ 9:40AM  
~ Christina will be contact person with the Librarian  
(Librarian will delivery books on hold and pickup books for return.)

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### **Small Group Activities!**

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Please sign up in advance.

\* = Reservations Required

**Just Come, we can make room!**

Bingo and Fitness Class groups have been previously assigned,  
but we do have some room.

**Groups are limited.**

We will monitor the over-flow situation as we progress through  
this calendar each week.

Please be patient with us.

**Keep Walking!**