

Sunday
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday

# September 2021

## FAIRFIELD & COTTAGES

5		6		7		8		9		10		11	
				<b>AM Doctor Appointments</b>		<b>NO Shopping</b>		<b>9:00 Walking BP Trail / Panther Lake R &amp; T *</b>					
				10:30 Talk Time (Juice Bar) 11:15 Posture / Breathe 12:00 Chair Yoga  2:00 Bingo (Group 2)		9:00 Outing Puyallup Fair R & T * 10:15 Dance Cardio 11:00 Balance & Strength 12:00 Balance & Strength  2:00 Bingo (Group 1)		10:30 Talk Time (Juice Bar) 11:00 Walk 2 <sup>nd</sup> Group 11:15 Posture / Breathe 12:00 Chair Yoga  2:00 Bingo (Group 2)		10:15 Dance Cardio 11:00 Balance & Strength 12:00 Balance & Strength 2:00 Whammo			
	<small>Labor Day Rosh Hashanah Begins</small>							<b>PM Doctor Appointments</b>					
12	13	14	15	16	17	18	19	20	21	22	23	24	25
		<b>AM Doctor Appointments</b>		<b>9:30 Shopping (Fred Meyer) R &amp; T *</b>					<b>AM Doctor Appointments</b>		<b>No Shopping</b>		
	10:15 Dance Cardio 11:00 Balance & Strength 12:00 Balance & Strength <b>1:00 Jeopardy (Meeting Room)</b> 2:00 Bingo (Group 1)	10:30 Talk Time (Juice Bar) 11:15 Posture / Breathe 12:00 Chair Yoga (Fitness Room)  2:00 Bingo (Group 2) <b>4:00 Happy Hour at The Mill In Milton R &amp; T *</b>	9:30 Shopping (Fred Meyer) R & T * 10:15 Dance Cardio 11:00 Balance & Strength 12:00 Balance & Strength <b>12:30 Walking Dash Point R &amp; T *</b> 2:30 Bingo (Group 1)	9:00 Walking Wapato Park R & T * 10:30 Talk Time (Juice Bar) <b>11:00 Walk 2<sup>nd</sup> Group</b> 11:15 Posture / Breathe 12:00 Chair Yoga <b>2:00 Outdoor Concert with Chris &amp; Tim Anderson *</b> 3:15 Bingo (Group 2) <b>PM Doctor Appointments</b>	10:15 Dance Cardio 11:00 Balance & Strength 12:00 Balance & Strength 2:00 Whammo			10:15 Dance Cardio 11:00 Balance & Strength 12:00 Balance & Strength 2:00 Bingo (Group 1)	10:30 Talk Time (Juice Bar) 11:15 Posture / Breathe 12:00 Chair Yoga  2:00 Bingo (Group 2)	8:30 Men's Breakfast R & T * 10:15 Dance Cardio 11:00 Balance & Strength <b>11:30 Dollar Tree Outing R&amp;T *</b> 12:00 Balance & Strength 2:00 Bingo (Group 1)	9:00 Walking Milton Trail R & T * 10:30 Talk Time (Juice Bar) <b>11:00 Walk 2<sup>nd</sup> Group</b> 11:15 Posture / Breathe 12:00 Chair Yoga  2:00 Bingo (Group 2)	10:15 Dance Cardio 11:00 Balance & Strength 12:00 Balance & Strength 2:00 Whammo	
<small>Grandparents Day</small>				<small>Yom Kippur Begins</small>		<small>Oktoberfest Begins</small>		<small>Sukkot Begins</small>		<small>Autumn Begins</small>			
26	27	28	29	30	Type extra information here.								
		<b>AM Doctor Appointments</b>		<b>9:00 Walking Bradley Lake R &amp; T *</b>									
	10:15 Dance Cardio 11:00 Balance & Strength 12:00 Balance & Strength <b>1:00 Jeopardy (Meeting Room)</b> 2:00 Bingo (Group 1)	10:30 Talk Time (Juice Bar) 11:15 Posture / Breathe 12:00 Chair Yoga  2:00 Bingo (Group 2)	9:30 Shopping (Fred Meyer) R & T * 10:15 Dance Cardio 11:00 Balance & Strength <b>11:30 Ladies Lunch Olive Garden R &amp; T *</b> 12:00 Balance & Strength 2:00 Bingo (Group 1)	9:00 Walking Bradley Lake R & T * 10:30 Talk Time (Juice Bar) <b>11:00 Walk 2<sup>nd</sup> Group</b> 11:15 Posture / Breathe 12:00 Chair Yoga  2:00 Bingo (Group 2)									
				<b>PM Doctor Appointments</b>									
					<small>Simchat Torah Begins</small>								

## September Highlights

### **Fitness Classes**

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

### **Bingo**

- Monday and Wednesday at 2:00 (Group 1) (Fitness Room)
- Tuesday and Thursday at 2:00 (Group 2) (Fitness Room)

### **Whammo**

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

**Wednesday, September 8, 9:00 AM Puyallup Fair (TBD)**  
**Please register at the Front Desk**

**Thursday, September 16, 2:00 PM**  
**Outdoor Concert**  
**With Chris & Tim Anderson**  
**(Please RSVP)**

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

Fitness with Debbie Leavitt

## *Fairfield & Cottages*

### *September 2021 Activity Calendar*

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**King Co. Traveling Library** 1<sup>st</sup> Friday of each month ~ 9:40AM  
~ Debbie 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 Going!**