

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# September 2021

## GARDENS & HEARTHIDE

			<p><b>9:30 Shopping (Fred Meyer) R &amp; T *</b>  11:15 Sittercise  <b>12:30 Walking Celebration Park R &amp; T *</b>  1:00 Chair Yoga (Group 1)  <b>2:00 Entertainment with Sid (Hearthside Dining Room)</b>  3:00 Bingo (Act. Rm 2)</p>	<p><b>NO Walking Today</b>  11:15 Sittercise (Group 2)  1:00 Chair Yoga (Group 2)  2:00 Posture &amp; Breathing  3:00 Whammo (Act. Rm. 2)</p> <p><b>NO Doctor Appointments</b></p>	<p><b>9:30 Traveling Library (Debbie will Pickup &amp; Dropoff)</b>  11:15 Sittercise (Group 1)  <b>1:00 Jeopardy (Act. Rm 2)</b>  2:00 Dance Fitness (Activity Room 2)  <b>2:30 Bingo (Act. Rm 2)</b></p>	
5	<p>Labor Day Rosh Hashanah Begins</p>	<p><b>AM Doctor Appointments</b>  11:15 Sittercise (Group 2)</p> <p>1:00 Chair Yoga (Group 2)  2:00 Balloon Volleyball  3:00 Whammo (Act. Rm. 2)</p>	<p><b>NO Shopping</b>  <b>9:00 Outing to Puyallup Fair R &amp; T *</b></p> <p>1:00 Chair Yoga (Group 1)  2:00 Phone/Tech Help (Activity Room 2)  3:00 Bingo (Act. Rm 2)</p>	<p><b>9:00 Walking BP Trail / Panther Lake R &amp; T *</b>  <b>11:00 Walk 2<sup>nd</sup> Group</b>  11:15 Sittercise (Group 2)  1:00 Chair Yoga (Group 2)  2:00 Posture &amp; Breathing  3:00 Whammo (Act. Rm. 2)</p> <p><b>PM Doctor Appointments</b></p>	<p>11:15 Sittercise (Group 1)</p> <p><b>1:00 Jeopardy (Act. Rm 2)</b>  2:00 Dance Fitness (Activity Room 2)  3:00 Bingo (Act. Rm 2)</p>	11
12	<p>10:30 Talk Time (Activity Rm 2)  11:15 Sittercise (Group 1) (Activity Rm 2)  1:00 Chair Yoga (Group 1)  2:00 Dance Fitness (Activity Room 2)  3:00 Bingo (Act. Rm 2)</p> <p>Grandparents Day</p>	<p><b>AM Doctor Appointments</b>  11:15 Sittercise (Group 2)  1:00 Chair Yoga (Group 2)  2:00 Wheel of Fortune  3:00 Whammo (Act. Rm. 2)  <b>4:00 Happy Hour at The Mill in Milton R &amp; T *</b></p>	<p><b>9:30 Shopping (Fred Meyer) R &amp; T *</b>  10:15 Phone Help (Act. Rm. 2)  11:15 Sittercise (Group 1)  <b>12:30 Walking Dash Point R &amp; T *</b>  1:00 Chair Yoga (Group 1)  <b>2:00 Chicken Foot Dominos (Activity Room 2)</b>  3:00 Bingo (Act. Rm 2)</p> <p>Yom Kippur Begins</p>	<p><b>9:00 Walking Wapato Park R &amp; T *</b>  <b>11:00 Walk 2<sup>nd</sup> Group</b>  11:15 Sittercise (Group 2)  1:00 Chair Yoga (Group 2)  <b>2:00 Outdoor Concert with Chris &amp; Tim Anderson *</b>  3:15 Whammo (Act. Rm. 2)  <b>PM Doctor Appointments</b></p>	<p>11:15 Sittercise (Group 1)</p> <p><b>1:00 Jeopardy (Act. Rm 2)</b>  2:00 Dance Fitness (Activity Room 2)  3:00 Bingo (Act. Rm 2)</p>	18
19	<p>10:30 Talk Time (Activity Rm 2)  11:15 Sittercise (Group 1) (Activity Rm 2)  1:00 Chair Yoga (Group 1)  2:00 Dance Fitness (Activity Room 2)  3:00 Bingo (Act. Rm 2)</p> <p>Sukkot Begins</p>	<p><b>AM Doctor Appointments</b>  11:15 Sittercise (Group 2)</p> <p>1:00 Chair Yoga (Group 2)  2:00 Balloon Volleyball  3:00 Whammo (Act. Rm. 2)</p>	<p><b>No Shopping</b>  <b>8:30 Men's Breakfast R &amp; T *</b>  10:15 Phone Help (Act. Rm. 2)  11:15 Sittercise (Group 1)  <b>11:30 Dollar Tree Outing R&amp;T *</b>  1:00 Chair Yoga (Group 1)  <b>2:00 Fun Art Project * (Activity Rm. 2)</b>  3:00 Bingo (Act. Rm. 2)</p> <p>Autumn Begins</p>	<p><b>9:00 Walking Milton Trail R &amp; T *</b>  <b>11:00 Walk 2<sup>nd</sup> Group</b>  11:15 Sittercise (Group 2)  1:00 Chair Yoga (Group 2)  2:00 Posture &amp; Breathing  3:00 Whammo (Act. Rm. 2)</p> <p><b>PM Doctor Appointments</b></p>	<p>11:15 Sittercise (Group 1)</p> <p><b>1:00 Jeopardy (Act. Rm 2)</b>  2:00 Dance Fitness (Activity Room 2)  3:00 Bingo (Act. Rm 2)</p>	25
26	<p>10:30 Talk Time (Activity Rm 2)  11:15 Sittercise (Group 1) (Activity Rm 2)  1:00 Chair Yoga (Group 1)  2:00 Dance Fitness (Activity Room 2)  3:00 Bingo (Act. Rm 2)</p>	<p><b>AM Doctor Appointments</b>  11:15 Sittercise (Group 2) (Activity Room 2)  1:00 Chair Yoga (Group 2)  2:00 Wheel of Fortune (Activity Room 2)  3:00 Whammo (Act. Rm. 2)</p> <p>Simchat Torah Begins</p>	<p><b>9:30 Shopping (Fred Meyer) R &amp; T *</b>  10:15 Phone Help (Act. Rm. 2)  11:00 Sittercise (Group 1)  <b>11:30 Ladies Lunch At Olive Garden R &amp; T*</b>  1:00 Chair Yoga (Group 1)  <b>2:00 Chicken Foot Dominos (Activity Room 2)</b>  3:00 Bingo (Act. Rm. 2)</p>	<p><b>9:00 Walking Bradley Park R &amp; T *</b>  <b>11:00 Walk 2<sup>nd</sup> Group</b>  11:15 Sittercise (Group 2)  1:00 Chair Yoga (Group 2)  2:00 Posture &amp; Breathing  3:00 Whammo (Act. Rm. 2)</p> <p><b>PM Doctor Appointments</b></p>		

## September Highlights

### **Fitness Classes**

- Chair Yoga – (Activity Room 2)
- Sittercise – (Activity Room 2)
- Dance Fitness (Activity Room 2)

**(Please Sign Up)**

### **Bingo**

- Monday, Wednesday, Friday at 3:00 (Activity Room 2)

### **Whammo**

- Tuesday & Thursday at 3:00 (Activity Room 2)

### **For Fun Art Projects**

- Wednesday, September 22, 2:00 (Activity Room 2)

### **Entertainment with Sid**

- Wednesday, September 1, 2:00 (Hearthside Dining)

Any Questions  
Please call Debbie!

Please note: Reservations needed indicated by the '\*'.  
Fitness with Debbie and Christina

## *Gardens & Hearthside*

### *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!

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

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

Keep Moving!