

Information

Dining Room Hours

Breakfast: 7:30—9:00am

Lunch: 11:00—1:00pm

Dinner: 4:00—6:00pm

*Medical Transportation

Mon, Tues, Thurs

9:00am to 12:30 pm

(Sign up at Front Desk)

Hair Dressers

Oahn Pham

(206)859-3177

Monday & Tuesday

Shirley Barlow:
(425) 376-0854 or
(206) 355-5844
Wednesdays

Birthdays

Anne 8/16

Donna 8/21

Shirley K 8/22

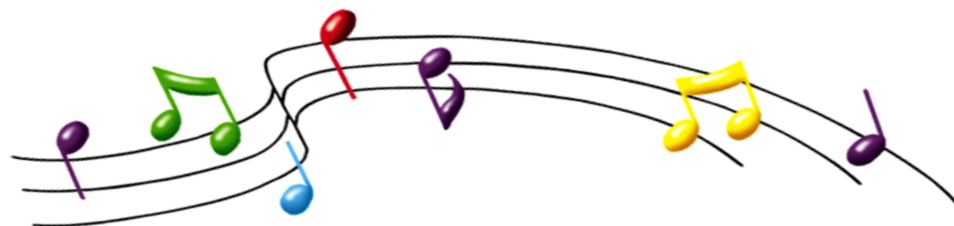
Karly 8/22

James W 8/23

Lois 8/28

Meredith 8/28

Upcoming Entertainer Schedule



8/9 Rebecca Wu

8/17 Marilyn

8/24 Hank B

8/31 Erik A



August 3 - Fred Meyer

August 3 - Scenic Drive

August 7 - Resident Meeting

August 9 - Live music: Rebecca Wu & chimes

August 16 - New resident luncheon

August 17 - Live music: Marilyn Milano

August 18-Lunch out: Azteca

August 24 - Live music: Hank

August 31 - Live music: Erik A

August 2023

Evergreen Court Activities

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
AR=Activity Room DR=Dining Room LIB=Library LOB=Lobby DR=Dining Room	All Scheduled Activities are subject to change	1 9:30 Tai chi w/Sophia-AR 9:30 Play cribbage-IB 1:00 Trip to Ross 2:00 Book Group-AR 3:00 Devotional-AR	2 9:30 Tone arms & legs-AR 10:00 Trip to Fred Meyer 1:00 Scenic Drive 3:00 Wine & cheese-AR	3 9:30 Tai chi w/Sophia-AR 1:00 National parks-AR 2:00 Brain health-AR 3:00 Italian sodas-AR	4 9:30 Chair exercise -AR 10:00 Trip to Crossroads 1:00 Bingo -AR 2:15 Happy Hour-AR	5 9:30 Exercise-AR 1:00 Saturday movie-AR
6 9:30 Play cornhole-AR 1:00 Church Service-AR	7 9:30 Tai chi w/Sophia-AR 1:00 Resident meeting-AR 2:00 Play Yahtzee-AR 3:00 Bingo-AR	8 9:30 Tai chi w/Sophia-AR 9:30 Play cribbage-LIB 1:00 Book Group-MR 2:00 Devotions-AR	9 9:30 Tone arms & legs-AR 10:00 Trip to Target 1:00 Trip to Starbucks 3:00 Live music:Rebecca Wu & chimes-AR	10 9:30 Tai chi w/Sophia-AR 1:00 Paint fingernails-AR 2:00 Celebrate August birthdays-AR 3:00 Brain health-AR	11 9:30 Chair exercise-AR 10:00 Trip to Snoqualmie Casino 1:00 Play bingo-AR 2:15 Happy Hour-AR	12 9:30 Exercise-AR 1:00 Saturday movie-AR
13 9:30 Play cornhole-AR 1:00 Church Service-AR	14 9:30 Tai chi w/Sophia-AR 1:00 Play Sequence-AR 2:00 Donuts & coffee-AR 3:00 Bingo-AR	15 9:30 Tai chi w/Sophia-AR 9:30 Play cribbage-LIB 1:00 Book Group-AR 2:00 Devotions-AR 3:00 Art w/Kathryn-AR	16 9:30 Tone arms & legs-AR 10:00 Trip to Fred Meyer 11:30 New Resident lunch- AR 3:00 Wine & cheese-AR	17 9:30 Tai chi w/Sophia-AR 1:30 Live music:Marilyn Milano-AR 3:00 Knit & Crochet-AR	18 9:30 Chair Yoga-AR 10:30 Out to Lunch: Az- teca 1:00 Bingo 2:15 Happy Hour-AR	19 9:30 Exercise-AR 1:00 Saturday movie-AR
20 9:30 Play cornhole-AR 1:00 Church Service-AR	21 9:30 Tai chi w/Sophia-AR 1:00 Beachball v-ball-AR 2:00 Coffee & biscotti-AR 3:00 Bingo-AR	22 9:30 Tai chi w/Sophia-AR 9:30 Play cribbage-LIB 1:00-Book Group-AR 2:00 Devotions-AR	23 9:30 Tone arms & legs-AR 10:00 Trip to Dollar store & Bartells 1:00 Scenic drive-AR 3:00 Lemonade time-AR	24 9:30 Tai chi w/Sophia-AR 1:00 National Parks-AR 2:00 Live music: Hank Blu- menthal-AR 3:00 Fruit pizza-AR	25 9:30 Chair yoga-AR 10:00 Maltby for cinna- mon rolls-AR 1:00 Bingo-AR 2:15 Happy Hour-AR	26 9:30 Exercise-AR 1:00 Saturday movie-AR
27 9:30 Play cornhole-AR 1:00 Church Service/AR	28 9:00 Traveling library-LOB 9:30 Tai chi w/Sophia-AR 2:00 Fresh popcorn-AR 3:00 Bingo-AR	29 9:30 Tai chi w/Sophia-AR 9:30 Play cribbage-LIB 1:00 Book Group-AR 2:00 Devotions-AR 3:00 Fall craft-AR	30 9:30 Tone arms & legs-AR 10:00 Fred Meyer -AR 1:00 Trip to Art by Fire Glassblowing 3:00 Utube concert: 3 Ten- ors-AR	31 9:30 Tai chi w/Sophia-AR 2:00 Live music: Erik Arutu- inov-AR 3:00 Italian sodas-AR		