


September 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>
All scheduled Activities are subject to change	Activity Room-AR Dining Room-DR Library-LIB Lobby-LOB Meeting Room-MR				1 9:30 Tone arms & legs-AR 10:00 Trip to Goodwill 1:00 Bingo-AR 2:15 Happy Hour-AR	2 9:30 Tone arms & legs-AR 1:00 Saturday movie-AR
3 9:30 Stretching exercise 1:00 Church service-AR 1:00 Color by design-AR 3:00 Birthday cake to celebrate James U birthday	4 Labor Day 9:30 Tai chi w/Sophia-AR 1:00 Movie time-AR	5 9:30 Tai chi w/Sophia-AR 9:30 Play cribbage-AR 1:00 Book group-AR 2:00 3:00 Bingo-AR	6 9:30 Tone arms & legs-AR 10:00 Trip to Fred Meyer 1:00 Trip to Starbucks 3:00 Wine & cheese-AR	7 9:30 Tai chi w/Sophia-AR 1:00 Fingernail painted-AR 2:00 Color by design 3:00 Beach ball vball-AR	8 9:30 Tone arms & legs-AR 10:00 Trip to Crossroads 1:00 Bingo-AR 2:15 Happy Hour-AR	9 9:30 Tone arms & legs-AR 1:00 Saturday movie-AR
10 9:30 Stretching exercise-AR 1:00 Color by Design-AR 1:25 Seahawks game-AR	11 9:30 Tai chi w/Sophia-AR 1:00 Eyeglass Adjust-AR 2:00 Beachball volleyball-AR 3:00 Bingo-AR	12 9:30 Tai chi w/Sophia-AR 9:30 Play cribbage-AR 1:00 Resident meeting-AR 3:00 Book group-AR	13 9:30 Tone arms & legs 10:00 Trip to Trader Joes 1:00 Scenic drive 3:00 Chimes w/Rebecca-AR	14 9:30 Tai chi w/Sophia-AR 1:00 Play cornhole-AR 2:00 Birthday cake served-AR 3:00 Singalong time-AR	15 9:00 Flu shot clinic-MR 10:30 National parks-AR 1:00 Bingo-AR 2:15 Happy Hour-AR	16 9:30 Tone arms & legs-AR 1:00 Saturday movie-AR
17 9:30 Stretching exercise-AR 10:00 Seahawks game-AR 1:00 Color by Design-AR	18 9:30 Tai chi w/Sophia-AR 1:00 Hydration talk w/Rani-AR 2:00 Hydration Drinks-AR 3:00 Bingo-AR	19 9:30 Tai chi w/Sophia-AR 9:30 Play cribbage-AR 1:00 Book group 2:00 Devotions-AR	20 9:30 Tone arms & legs-AR 10:00 Trip to Fred Meyer 1:00 Dollar store trip 3:00 Wine and cheese-AR	21 9:30 Tai chi w/Sophia-AR 2:00 Live music: Dan Roberts-AR 3:15 Coffee & cookies-AR	22 9:30 Tone arms & legs-AR 10:00 Trip to Maltby for cinnamon rolls 1:00 Bingo-AR 2:15 Happy Hour-AR	23 9:30 Tone arms & legs-AR 1:00 Saturday movie-AR
24 9:30 Stretching exercise 1:00 Color by design-AR 1:05 Seahawks game On TV-AR	25 9:00 Traveling Library-LO 9:30 Tai chi w/Sophia-AR 2:00 Fresh popcorn-AR 3:00 Bingo-AR	26 9:30 Tai chi w/Sophia-AR 9:30 Play cribbage-AR 1:00 Book group-AR 2:00 Devotions-AR	27 9:30 Tone arms & legs-AR 10:00 Trip to Safeway 1:00 Scenic drive 3:00 Cocoa & scones	28 9:30 Tone arms & legs 1:00 2:00 Live music: Jon Pressman-AR 6:30 Rotary Auction-DR	29 9:30 Tone arms & legs-AR 10:30 Lunch out: Best Wok 1:30 Bingo-AR 2:45 Happy Hour-AR	30 9:30 Tone arms & legs-AR 1:00 Saturday movie-AR

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 1:00 pm
(Sign up at Front Desk)

Hair Dressers

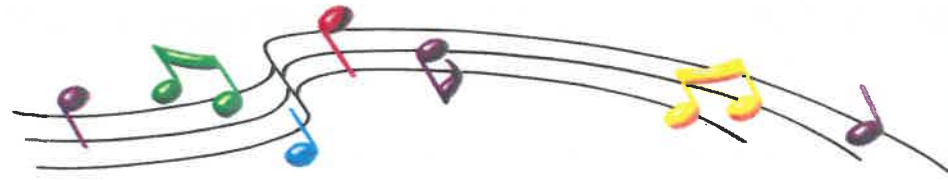
Shirley Barlow:
(425) 376-0854 or
(206) 355-5844
Wednesdays

Oahn Pham
(206)859-3177
Mondays & Tuesdays

Birthdays!

Charles 9-1	Theora 9-16
James U. 9-3	Ed 9-18
James A. 9-10	Joyce 9-18
Carl 9-11	Carol 9-20
Joan 9-12	MaryLou 9-25
Alice 9-29	

Upcoming Entertainer Schedule



Rebecca Wu 9-13
Dan R. 9-21
Jon P. 9-28



September 1- Goodwill
September 6 - Fred Meyer
September 6— Starbucks
September 8 – Crossroads
September 11- eyeglass adjust -AR
September 12 - Resident meeting— AR
September 13 - Scenic drive
September 14 - Birthday cake
September 15 - Flu shots clinic
September 21 – Live music: Dan Roberts
September 22 - Maltby for cinnamon rolls
September 28 - Live music: Jon Pressman
September 29 - Lunch out: Best wok