


	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Resident Birthdays</p> <p>Sue M. 6/5 Mary R. 6/18 Miriam M. 6/19 P. Raaze G. 6/20 John P. 6/22</p>	<p>June cont'd 30</p> <p>8:45 Yoga [ACT] 10:30 AromaTherapy and Hand Massages [TH] 1:00 Scenic Cruise [B] 2:00 Sports Games [TH] 3:00 Bonnie & the Pups [ACT] 3:00 Iced Tea Social [L] 5:00 Shuffle Board [ACT] 6:00 Sunday Night Movie [TH]</p>	 <p>Be Adventurous Be Challenged Be Connected Be Family Be Inspired Be Social Be Well</p>					<p>8:45 Music in Motion [ACT] 10:00 Smoothies and Sing-Along [L] 11:00 Outdoor Lawn Games [GT] 1:45 Entertainment [L] 3:30 Card Games [ACT] 6:00 Saturday Night Movie [TH]</p>
<p>National Fresh Fruit and Veggies Month</p> <p>Celebrate national fresh fruit and veggie month by joining us to the QA Farmers Market every Thursday at 3:30. There will be local vendors selling goods, produce and pre-made food. You can come for a walk or for a shopping trip.</p>	<p>8:45 Yoga [ACT] 10:30 AromaTherapy and Hand Massages [TH] 1:00 Scenic Cruise [B] 2:00 Sports Games [TH] 3:00 Iced Tea Social [L] 6:00 Sunday Night Movie [TH]</p>	<p>8:45 Balance and Coordination [ACT] 10:15 Community Walk [L] 1:00 Cooking Tips & Demos [ACT] 3:00 Margarita & Councilmen Forum [L] 6:00 Monday Night Movie [TH]</p>	<p>8:45 Amazing Arms and Back [ACT] 10:15 Dollar Tree-GoodWill [B] 1:00 Crafty Corner-Rainbow Art [AGT] 2:00 Casino Games [ACT] 3:00 Bingo [ACT] 6:00 Tuesday Night Movie [TH]</p>	<p>Doctor Runs 8:45 Cheerful Cardio [ACT] 10:15 Brain Games [L] 1:30 Gardening Club [GT] 2:00 Vibrant Life Inspires-Food Bag [ACT] 3:00 Wine, Cheese & Jeopardy [L] 6:00 Wednesday Night Movie [TH]</p>	<p>9:30 Lively Legs [ACT] 10:15 Community Walk [L] 11:00 Tea and Biscuits [L] 12:30 Out and About [B] 2:15 Thursdays with TED Talks [TH] 3:30 Farmers Market [B] 6:00 Thursday Night Movie [TH]</p>	<p>8:45 Whole Body Workout [ACT] 10:30 Tots Time with Seattle Learning Center [ACT] 3:00 Bingo [ACT] 3:15 Guess That Tune and Floats [L] 6:00 Friday Night Movie [TH]</p>	<p>8:45 Music in Motion [ACT] 10:00 Smoothies and Sing-Along [L] 11:00 Outdoor Lawn Games [GT] 1:45 Entertainment [L] 3:30 Card Games [ACT] 6:00 Saturday Night Movie [TH]</p>
	<p>8:45 Yoga [ACT] 10:30 AromaTherapy and Hand Massages [TH] 1:00 Scenic Cruise [B] 2:00 Sports Games [TH] 3:00 Iced Tea Social [L] 3:00 Vibrant Life Soiree [ACT] 6:00 Sunday Night Movie [TH]</p>	<p>8:45 Balance and Coordination [ACT] 10:15 Community Walk [L] 1:00 Cooking Tips & Demos [ACT] 3:00 Margarita & Trivia Monday [L] 6:00 Monday Night Movie [TH]</p>	<p>8:45 Amazing Arms and Back [ACT] 10:15 Shopping Trip- Dollar Tree [B] 1:00 Crafty Corner-Waterbottle Decorating [AGT] 3:00 Bingo [ACT] 6:00 Tuesday Night Movie [TH]</p>	<p>Doctor Runs 8:45 Cheerful Cardio [ACT] 10:15 Brain Games [L] 1:30 'News of the World' Book Club [TH] 2:00 Vibrant Life Inspires-Food Bag [ACT] 3:00 Wine, Cheese & Jeopardy [L] 6:00 Wednesday Night Movie [TH]</p>	<p>9:30 Lively Legs [ACT] 10:15 Community Walk [L] 11:00 Tea and Biscuits [L] 12:30 Out and About [B] 2:00 Food Committee Meeting [ACT] 2:15 Thursdays with TED Talks [TH] 3:30 Farmers Market [B] 6:00 Thursday Night Movie [TH]</p>	<p>8:45 Whole Body Workout [ACT] 10:30 Tots Time with Seattle Learning Center [ACT] 3:00 Bingo [ACT] 3:15 Guess That Tune and Floats [L] 6:00 Friday Night Movie [TH]</p>	<p>8:45 Music in Motion [ACT] 10:00 Smoothies and Sing-Along [L] 11:00 Outdoor Lawn Games [GT] 1:45 Entertainment [L] 3:30 Card Games [ACT] 6:00 Saturday Night Movie [TH]</p>
	<p>Father's Day 8:45 Yoga [ACT] 10:30 AromaTherapy and Hand Massages [TH] 1:00 Scenic Cruise [B] 2:00 Sports Games [TH] 3:00 Iced Tea Social [L] 4:00 Fathers Day Dinner [D] 5:00 Shuffle Board [ACT] 6:00 Sunday Night Movie [TH]</p>	<p>8:45 Balance and Coordination [ACT] 10:15 Community Walk [L] 1:00 Cooking Tips & Demos [ACT] 1:00 Virtual Travel to Ethiopia [TH] 3:00 Margarita & Trivia Monday [L] 5:00 Mahjong Mondays [ACT] 6:00 Monday Night Movie [TH]</p>	<p>8:45 Amazing Arms and Back [ACT] 10:15 Shopping Trip-Wal-Mart [B] 1:00 Crafty Corner-Suncatchers [AGT] 3:00 Bingo [ACT] 5:00 Stress Coping Group [TH] 6:00 Tuesday Night Movie [TH]</p>	<p>Doctor Runs 8:45 Cheerful Cardio [ACT] 10:15 Brain Games [L] 1:30 Gardening Club [GT] 2:00 Vibrant Life Inspires-Food Bag [ACT] 3:00 Taste of Ethiopia [TH] 3:00 Wine, Cheese & Ethiopian Trivia [L] 5:00 Sign Language Classes [TH] 6:00 Wednesday Night Movie [TH]</p>	<p>9:30 Lively Legs [ACT] 10:15 Community Walk [L] 11:00 Tea and Biscuits [L] 11:30 Out and About [B] 2:15 Thursdays with TED Talks [TH] 3:30 Farmers Market [B] 5:00 Color Wheel [L] 6:00 Thursday Night Movie [TH]</p>	<p>8:45 Whole Body Workout [ACT] 10:30 Tots Time with Seattle Learning Center [ACT] 3:00 Bingo [ACT] 3:15 Guess That Tune and Floats [L] 5:00 Don't Stop Believin' [L] 5:30 Jim Fugal Council-member Forum [D] 6:00 Friday Night Movie [TH]</p>	<p>8:45 Music in Motion [ACT] 10:00 Smoothies and Sing-Along [L] 11:00 Outdoor Lawn Games [GT] 1:45 Entertainment [D] 3:30 Card Games [ACT] 5:00 Musical Art [L] 6:00 Saturday Night Movie [TH]</p>
<p>National Doughnut Day</p> <p>Doughnuts will be in the lobby on Friday, June 7th! YUM</p>	<p>8:45 Yoga [ACT] 10:30 AromaTherapy and Hand Massages [TH] 1:00 Scenic Cruise [B] 2:00 Sports Games [TH] 3:00 Iced Tea Social [L] 3:00 Vibrant Life Soiree [ACT] 5:00 Shuffle Board [ACT] 6:00 Sunday Night Movie [TH]</p>	<p>8:45 Balance and Coordination [ACT] 10:15 Community Walk [L] 2:00 "This is Your Life" Mary H. [L] 2:00 Book Mobile [D] 3:00 Margarita & Trivia Monday [L] 5:00 Mahjong Mondays [ACT] 6:00 Monday Night Movie [TH]</p>	<p>8:45 Amazing Arms and Back [ACT] 10:15 Shopping Trip-Fred Meyer [B] 11:30 Ladies Luncheon [D] 2:00 Birthday Party [PDR] 2:00 Casino Games [ACT] 3:00 Bingo [ACT] 5:00 Stress Coping Group [TH] 6:00 Tuesday Night Movie [TH]</p>	<p>Doctor Runs 7:30 Men's Breakfast [PDR] 8:45 Cheerful Cardio [ACT] 10:15 Brain Games [L] 1:30 'News of the World' Book Club [TH] 2:00 Vibrant Life Inspires-Food Bag [ACT] 3:00 Wine, Cheese & Jeopardy [L] 5:00 Sign Language Classes [TH] 6:00 Wednesday Night Movie [TH]</p>	<p>9:30 Lively Legs [ACT] 10:15 Community Walk [L] 11:00 Tea and Biscuits [L] 12:30 Out and About [B] 2:15 Thursdays with TED Talks [TH] 3:30 Farmers Market [B] 5:00 Color Wheel [L] 6:00 Thursday Night Movie [TH]</p>	<p>Livin the Dream-Paragliding 8:45 Whole Body Workout [ACT] 10:30 Tots Time with Seattle Learning Center [ACT] 3:00 Bingo [ACT] 3:15 Guess That Tune and Floats [L] 5:00 Don't Stop Believin' [L] 6:00 Friday Night Movie [TH]</p>	<p>8:45 Music in Motion [ACT] 10:00 Smoothies and Sing-Along [L] 11:00 Outdoor Lawn Games [GT] 1:45 Entertainment [D] 3:30 Card Games [ACT] 5:00 Musical Art [L] 6:00 Saturday Night Movie [TH]</p>
<p>Fun Fact!</p> <p>June has the Summer Solstice, the day with the longest daylight of the year, typically on June 21st, which is also National Nude day.</p>	<p>8:45 Yoga [ACT] 10:30 AromaTherapy and Hand Massages [TH] 1:00 Scenic Cruise [B] 2:00 Sports Games [TH] 3:00 Iced Tea Social [L] 3:00 Vibrant Life Soiree [ACT] 5:00 Shuffle Board [ACT] 6:00 Sunday Night Movie [TH]</p>	<p>8:45 Balance and Coordination [ACT] 10:15 Community Walk [L] 2:00 "This is Your Life" Mary H. [L] 2:00 Book Mobile [D] 3:00 Margarita & Trivia Monday [L] 5:00 Mahjong Mondays [ACT] 6:00 Monday Night Movie [TH]</p>	<p>8:45 Amazing Arms and Back [ACT] 10:15 Shopping Trip-Fred Meyer [B] 11:30 Ladies Luncheon [D] 2:00 Birthday Party [PDR] 2:00 Casino Games [ACT] 3:00 Bingo [ACT] 5:00 Stress Coping Group [TH] 6:00 Tuesday Night Movie [TH]</p>	<p>Doctor Runs 7:30 Men's Breakfast [PDR] 8:45 Cheerful Cardio [ACT] 10:15 Brain Games [L] 1:30 'News of the World' Book Club [TH] 2:00 Vibrant Life Inspires-Food Bag [ACT] 3:00 Wine, Cheese & Jeopardy [L] 5:00 Sign Language Classes [TH] 6:00 Wednesday Night Movie [TH]</p>	<p>9:30 Lively Legs [ACT] 10:15 Community Walk [L] 11:00 Tea and Biscuits [L] 12:30 Out and About [B] 2:15 Thursdays with TED Talks [TH] 3:30 Farmers Market [B] 5:00 Color Wheel [L] 6:00 Thursday Night Movie [TH]</p>	<p>Livin the Dream-Paragliding 8:45 Whole Body Workout [ACT] 10:30 Tots Time with Seattle Learning Center [ACT] 3:00 Bingo [ACT] 3:15 Guess That Tune and Floats [L] 5:00 Don't Stop Believin' [L] 6:00 Friday Night Movie [TH]</p>	<p>8:45 Music in Motion [ACT] 10:00 Smoothies and Sing-Along [L] 11:00 Outdoor Lawn Games [GT] 1:45 Entertainment [D] 3:30 Card Games [ACT] 5:00 Musical Art [L] 6:00 Saturday Night Movie [TH]</p>