


Sunday Monday Tuesday Wednesday Thursday Friday Saturday



**100 Crockett St.  
Seattle, WA 98109  
206-282-5001**

**Location Keys**

Activity Room	ACT
Bus	B
Generations 1 & 2	G1&2
Generations 2	G2
Lobby	L
Theatre	TH

**1**

Happy Birthday Ifrah  
Happy Birthday Mary H.1  
Happy Birthday Nimo!  
Happy Birthday Taphal!

**New Year's Day**

9:15 ME & YOU-1 on 1 [G1&2]  
9:30 TV GAMES SHOWS [G2]  
10:00 snACTIVITY [G2]  
10:30 IN2L-FISH FRENZY [G2]  
11:00 Gen-Narrations-Current Events/Weather [G2]  
11:15 Walk & Roll [G2]  
1:00 IN2L-COUNTRY ROAD [G2]  
1:30 READER'S DIGEST-NICEST PLACES IN AMERICA [G2]  
2:00 Culinary Creations: Savory Wednesday [G2]  
2:30 Manicures and Hand Massages [G2]  
3:00 Wheel of Fortune [G2]  
4:00 Wine-Down Wednesday Karaoke [G2]

**2**

9:15 ME & YOU-1 on 1 [G1&2]  
9:30 TV GAMES SHOWS [G2]  
10:00 snACTIVITY-Assort. Muffins  
10:30 IN2L-FISH FRENZY [G2]  
11:00 Gen-Narrations-Current Events/Weather [G2]  
11:15 Move 2 Music Exercise [G2]  
11:45 Resident Activity Meeting  
1:30 Expressive Design- Adult Coloring [G2]  
2:30 Bowling [ACT]  
3:15 Bingo [G2]  
4:00 FINISHING LINES-Trivia [G2]  
5:45 AFTER DINNER MOVIE [G2]  
6:30 INDEPENDENT THINKING [G2]

**3**

9:15 ME & YOU-1 on 1 [G1&2]  
9:30 TV GAMES SHOWS [G2]  
10:30 Tots Time with Seattle Learning Center [ACT]  
11:00 Gen-Narrations-Current Events/Weather [G2]  
11:45 Poets Corner [G2]  
1:00 Expressive Design-Open Art [G2]  
1:30 IN2L FUN [G2]  
2:00 Culinary Creations-Mini Cheese Pizza [G2]  
2:45 Kickin It-Exercise [G2]  
3:15 Gardening Club [G1&2]  
4:00 Trivia Bowl [G1&2]  
5:30 Funny Movie Fridays [G1&2]  
6:30 INDEPENDENT THINKING [G2]

**4**

9:15 ME & YOU-1 on 1 [G1&2]  
9:30 TV GAMES SHOWS [G2]  
10:15 Expressive Design-Open Art [G2]  
11:00 Gen-Narrations-Current Events/Weather [G2]  
11:15 TV GAME SHOWS [G2]  
1:45 Entertainment- Resident Entertainment [L]  
3:00 Saturday Matinee-CLASSIC MUSICALS [G2]  
3:45 Hot Chocolate & Warm Cookies [G2]  
5:30 Move 2 Music [G1&2]  
6:30 Evening Time Bingo [G2]  
INDEPENDENT THINKING [G2]

**5**

Happy Birthday Mary G.1

9:30 AM Worship Service-YOUTUBE INSPIRED [G2]  
10:15 Coffee/Tea and Good News [G2]  
10:45 IN2L-Gardening [G2]  
11:00 Gardening Games [G2]  
1:00 Expressive Design-Open Art  
1:00 Scenic Cruise- Green Lake [B]  
1:30 IN2L-Bible Stories [G2]  
1:40 SEAHAWKS FOOTBALL [G2]  
2:00 Hot Cider Sunday [G2]  
2:15 Balloon Volleyball [G2]  
3:30 Sunday Matinee [TH]  
5:45 Evening time BINGO [G1&2]  
6:30 INDEPENDENT THINKING [G2]

**6**

9:30 IN2L-Monday Meditation [G2]  
10:00 snACTIVITY-Banana Slices w/ Caramel [G2]  
10:30 Gardening [G2]  
11:00 Gen-Narrations-Current Events/Weather [G2]  
11:15 STATES & CAPITALS [G2]  
1:15 BRAIN GAMES [G2]  
2:00 Culinary Creations: Sweet Treat Monday [G1&2]  
2:30 IN2L-CHAIR YOGA [G2]  
3:00 TABLE GAMES [G2]  
3:45 Margaritas & Music [G1&2]  
5:15 FREE STYLE PUZZLES & ART [G2]  
6:30 INDEPENDENT THINKING [G2]

**7**

9:15 ME & YOU-1 on 1 [G1&2]  
9:30 TV GAMES SHOWS [G2]  
10:00 snACTIVITY-TRAIL MIX MEDLEY [G2]  
10:30 IN2L-FISH FRENZY [G2]  
11:00 Gen-Narrations-Current Events/Weather [G2]  
11:15 Bend & Stretch [G2]  
1:00 Expressive Design-Open Art  
2:00 Smoothies & Smiles [G1&2]  
3:30 Bingo [G2]  
5:15 POPCORN & MOVIE [G2]  
6:30 INDEPENDENT THINKING [G2]

**8**

HAPPY BIRTHDAY ELVIS

9:15 ME & YOU-1 on 1 [G1&2]  
9:30 TV GAMES SHOWS [G2]  
10:00 snACTIVITY-Peanut Butter w/Apple Slices and Raisins [G2]  
10:30 IN2L-FISH FRENZY [G2]  
11:00 Gen-Narrations-Current Events/Weather [G2]  
11:15 Walk & Roll [G2]  
1:00 IN2L-COUNTRY ROAD[GRACELAND] [G2]  
1:30 ALL ABOUT ELVIS [G2]  
2:00 Culinary Creations: Savory Wednesday/Mini Pigs in a Blanket [G2]  
2:00 Vibrant Life Inspires-Food Bag [ACT]  
2:30 Manicures and Hand Massages [G2]  
3:00 IN2L-GAMES [G2]  
4:00 Wine-Down Wednesday-Karaoke [G2]  
5:30 Wednesday Night Concert-ELVIS LIVE [G2]

**9**

9:15 ME & YOU-1 on 1 [G1&2]  
9:30 TV GAMES SHOWS [G2]  
10:00 snACTIVITY-Assort. Muffins  
10:30 IN2L-FISH FRENZY [G2]  
11:00 Gen-Narrations-Current Events/Weather [G2]  
11:15 Move 2 Music Exercise [G2]  
1:30 Expressive Design- Adult Coloring [G2]  
2:00 Food Committee Meeting [ACT]  
2:30 Bowling [ACT]  
3:15 Bingo [G2]  
4:00 FINISHING LINES-Trivia [G2]  
5:45 AFTER DINNER MOVIE [G2]  
6:30 INDEPENDENT THINKING [G2]

**10**

9:15 ME & YOU-1 on 1 [G1&2]  
9:30 TV GAMES SHOWS [G2]  
10:00 snACTIVITY- Cottage Cheese w/ Fruit [G2]  
10:30 ENTERTAINMENT-PAT DAUGHTRY [G2]  
10:30 Tots Time with Seattle Learning Center [ACT]  
11:30 Gen-Narrations-Current Events/Weather [G2]  
11:45 Poets Corner-POETRY ABOUT THE NEW YEAR [G2]  
2:00 Culinary Creations-Mini Cheese Pizza [G2]  
2:45 Kickin It-Exercise [G2]  
3:15 Gardening Club [G1&2]  
4:00 Trivia Bowl [G1&2]  
5:15 NEW RESIDENT MIXER [G2]  
5:30 Funny Movie Fridays [G1&2]  
6:30 INDEPENDENT THINKING [G2]

**11**

Happy Birthday Ron!

9:15 ME & YOU-1 on 1 [G1&2]  
9:30 TV GAMES SHOWS [G2]  
10:00 snACTIVITY-Pastries w/ Coffee or Tea [G2]  
10:15 Expressive Design-Open Art [G2]  
11:00 Gen-Narrations-Current Events/Weather [G2]  
11:15 TV GAME SHOWS [G2]  
1:45 Entertainment-Chris Czichas [L]  
3:00 Saturday Matinee-SHIRLEY TEMPLE [G2]  
3:45 Hot Chocolate & Warm Cookies [G2]  
5:30 Move 2 Music [G1&2]  
6:30 Evening Time Bingo [G2]  
INDEPENDENT THINKING [G2]

**12**

9:30 AM Worship Service-YOUTUBE INSPIRED [G2]  
10:15 Coffee/Tea and Good News [G2]  
10:45 IN2L-Gardening [G2]  
11:00 Gardening Games [G2]  
1:00 Expressive Design-Open Art  
1:00 Scenic Cruise-Alki Beach [B]  
1:30 IN2L-Bible Stories [G2]  
2:00 Hot Cider Sunday [G2]  
2:15 Balloon Volleyball [G2]  
3:00 Sunday Matinee [TH]  
5:45 Evening time BINGO [G1&2]  
6:30 INDEPENDENT THINKING [G2]

**13**

9:30 IN2L-Monday Meditation [G2]  
10:00 snACTIVITY-Banana Slices w/ Caramel [G2]  
10:30 Gardening [G2]  
11:00 Gen-Narrations-Current Events/Weather [G2]  
11:15 STATES & CAPITALS [G2]  
1:15 BRAIN GAMES [G2]  
2:00 Culinary Creations: Sweet Treat Monday [G1&2]  
2:30 IN2L-CHAIR YOGA [G2]  
3:00 TABLE GAMES [G2]  
3:45 Margaritas & Music [G1&2]  
5:15 FREE STYLE PUZZLES & ART [G2]  
6:30 INDEPENDENT THINKING [G2]

**14**

9:15 ME & YOU-1 on 1 [G1&2]  
9:30 TV GAMES SHOWS [G2]  
10:00 snACTIVITY-TRAIL MIX MEDLEY [G2]  
10:30 Gardening w/SEATTLE LEARNING CENTER [G1&2]  
11:00 Gen-Narrations-Current Events/Weather [G2]  
11:15 Bend & Stretch [G2]  
1:00 Expressive Design-Open Art  
1:30 Cards and Domino's  
2:00 Smoothies & Smiles [G1&2]  
3:00 IN2L-GAMES [G2]  
3:30 Bingo [G2]  
5:15 POPCORN & MOVIE [G2]  
6:30 INDEPENDENT THINKING [G2]

**15**

9:15 ME & YOU-1 on 1 [G1&2]  
9:30 TV GAMES SHOWS [G2]  
10:00 snACTIVITY-Peanut Butter w/Apple Slices and Raisins [G2]  
10:30 IN2L-FISH FRENZY [G2]  
11:00 Gen-Narrations-Current Events/Weather [G2]  
11:15 Walk & Roll [G2]  
1:00 IN2L-COUNTRY ROAD [G2]  
1:30 READER'S DIGEST-NICEST PLACES IN AMERICA [G2]  
2:00 Culinary Creations: Savory Wednesday/Mini Bagels w/ cream cheese [G2]  
2:30 Manicures and Hand Massages [G2]  
3:00 Wheel of Fortune [G2]  
4:00 Wine-Down Wednesday-Karaoke [G2]  
5:30 Wednesday Night Concert [G2]  
6:30 INDEPENDENT THINKING [G2]

**16**

Happy Birthday Jackie!

9:15 ME & YOU-1 on 1 [G1&2]  
9:30 TV GAMES SHOWS [G2]  
10:00 snACTIVITY-Assort. Muffins  
10:30 IN2L-FISH FRENZY [G2]  
11:00 Gen-Narrations-Current Events/Weather [G2]  
11:15 Move 2 Music Exercise [G2]  
1:30 Expressive Design- Adult Coloring [G2]  
1:30 THIS IS YOUR LIFE-CONSTANCE REID  
2:30 Bowling [ACT]  
3:15 Bingo [G2]  
4:00 FINISHING LINES-Trivia [G2]  
5:45 AFTER DINNER MOVIE [G2]  
6:30 INDEPENDENT THINKING [G2]

**17**

9:15 ME & YOU-1 on 1 [G1&2]  
9:30 TV GAMES SHOWS [G2]  
10:00 snACTIVITY- Cottage Cheese w/ Fruit [G2]  
10:30 Tots Time with Seattle Learning Center [ACT]  
11:00 Gen-Narrations-Current Events/Weather [G2]  
11:45 Poets Corner-POETRY ABOUT CATS [G2]  
1:30 IN2L FUN [G2]  
2:00 Culinary Creations-Mini Cheese Pizza [G2]  
2:45 Kickin It-Exercise [G2]  
3:15 Gardening Club [G1&2]  
4:00 Trivia Bowl [G1&2]  
5:30 Funny Movie Fridays [G1&2]  
6:30 INDEPENDENT THINKING [G2]

**18**

9:15 ME & YOU-1 on 1 [G1&2]  
9:30 TV GAMES SHOWS [G2]  
10:00 snACTIVITY-Pastries w/ Coffee or Tea  
10:15 Expressive Design-Open Art [G2]  
11:00 Gen-Narrations-Current Events/Weather [G2]  
11:15 TV GAME SHOWS [G2]  
12:30 Puzzle Fun [G2]  
1:30 Entertainment- Naomi Morgan Entertainment [L]  
2:00 Hot Chocolate & Warm Cookies [G2]  
2:35 Entertainment- Naomi Morgan Entertainment [G2]  
3:45 Move 2 Music [G1&2]  
5:30 Evening Time Bingo [G2]  
6:30 INDEPENDENT THINKING [G2]

**19**

Happy Birthday Tu-Tu!

9:30 AM Worship Service-YOUTUBE INSPIRED [G2]  
10:15 Coffee/Tea and Good News [G2]  
10:45 IN2L-Gardening [G2]  
11:00 Gardening Games [G2]  
11:30 Balloon Volleyball [G2]  
1:00 Expressive Design-Open Art  
1:00 Scenic Cruise-Magnolia Bluffs [B]  
1:30 IN2L-Bible Stories [G2]  
2:00 FAMILY DAY-SHADOW BOX CREATIONS  
3:00 ENTERTAINMENT-RED SHIRT COWBOYS [G2]  
5:15 Evening time BINGO [G1&2]  
6:30 INDEPENDENT THINKING [G2]

**20**

Martin Luther King, Jr. Day

9:30 IN2L-Monday Meditation [G2]  
10:00 snACTIVITY-Banana Slices w/Caramel [G2]  
10:30 Gardening [G2]  
11:00 Catholic Communion Service [TH]  
11:00 Gen-Narrations-Current Events/Weather [G2]  
11:15 Dr. Martin Luther King Jr. I HAD A DREAM SPEECH [G2]  
1:15 BRAIN GAMES [G2]  
2:00 Culinary Creations: Sweet Treat Monday [G1&2]  
2:30 IN2L-CHAIR YOGA [G2]  
3:00 TABLE GAMES [G2]  
3:45 Margaritas & Music [G1&2]  
5:15 FREE STYLE PUZZLES & ART [G2]  
6:30 INDEPENDENT THINKING [G2]

**21**

Happy Birthday Emily!

9:15 ME & YOU-1 on 1 [G1&2]  
9:30 TV GAMES SHOWS [G2]  
10:00 snACTIVITY-TRAIL MIX MEDLEY [G2]  
10:30 IN2L-FISH FRENZY [G2]  
11:00 Gen-Narrations-Current Events/Weather [G2]  
11:15 Bend & Stretch [G2]  
1:00 Expressive Design-Open Art  
1:30 Arm Chair Travel to CHINA  
2:00 Smoothies & Smiles [G1&2]  
3:00 IN2L-GAMES [G2]  
3:30 PET BINGO w/ SEATTLE LEARNING CENTER [G2]  
5:15 POPCORN & MOVIE [G2]  
6:30 INDEPENDENT THINKING [G2]

**22**

9:15 ME & YOU-1 on 1 [G1&2]  
9:30 TV GAMES SHOWS [G2]  
10:00 snACTIVITY-Peanut Butter w/Apple Slices and Raisins [G2]  
10:30 IN2L-FISH FRENZY [G2]  
11:00 Gen-Narrations-Current Events/Weather [G2]  
11:15 Walk & Roll [G2]  
1:00 IN2L-COUNTRY ROAD [G2]  
1:30 READER'S DIGEST-NICEST PLACES IN AMERICA [G2]  
2:00 Culinary Creations: Savory Wednesday/Veggie & Cheese Tray [G2]  
2:30 Manicures and Hand Massages [G2]  
3:00 ENTERTAINMENT-CAROL HENDRICKSON [G2]  
4:00 Wine-Down Wednesday [G2]  
5:30 Wednesday Night Concert-Dolly Parton Live [G2]  
6:30 INDEPENDENT THINKING [G2]

**23**

9:15 ME & YOU-1 on 1 [G1&2]  
9:30 TV GAMES SHOWS [G2]  
10:00 snACTIVITY-Assort. Muffins  
10:30 IN2L-FISH FRENZY [G2]  
11:00 Gen-Narrations-Current Events/Weather [G2]  
11:15 Move 2 Music Exercise [G2]  
12:30 LIVING THE DREAM-GERALD GIRMUS  
1:30 Expressive Design- Adult Coloring [G2]  
2:30 Bowling [ACT]  
3:15 Bingo [G2]  
4:00 FINISHING LINES-Trivia [G2]  
5:45 AFTER DINNER MOVIE [G2]  
6:30 INDEPENDENT THINKING [G2]

**24**

9:15 ME & YOU-1 on 1 [G1&2]  
9:30 TV GAMES SHOWS [G2]  
10:00 snACTIVITY- Cottage Cheese w/ Fruit [G2]  
10:30 Tots Time with Seattle Learning Center [ACT]  
11:00 Gen-Narrations-Current Events/Weather [G2]  
11:45 Poets Corner-POETRY ABOUT TRAVEL [G2]  
1:00 Expressive Design-Open Art [G2]  
2:00 Culinary Creations-Mini Cheese Pizza [G2]  
2:45 Kickin It-Exercise [G2]  
3:15 Gardening Club [G1&2]  
4:00 Trivia Bowl [G1&2]  
5:30 Funny Movie Fridays [G1&2]  
6:30 INDEPENDENT THINKING [G2]

**25**

9:15 ME & YOU-1 on 1 [G1&2]  
9:30 TV GAMES SHOWS [G2]  
10:00 snACTIVITY-Pastries w/ Coffee or Tea  
10:15 Expressive Design-Open Art [G2]  
11:00 Gen-Narrations-Current Events/Weather [G2]  
11:15 TV GAME SHOWS [G2]  
1:45 Entertainment-Chris Czichas [L]  
3:00 Saturday Matinee-SHIRLEY TEMPLE [G2]  
3:45 Hot Chocolate & Warm Cookies [G2]  
5:30 Move 2 Music [G1&2]  
6:30 Evening Time Bingo [G2]  
INDEPENDENT THINKING [G2]

**26**

9:30 AM Worship Service-YOUTUBE INSPIRED [G2]  
10:15 Coffee/Tea and Good News [G2]  
10:45 IN2L-Gardening [G2]  
11:00 Gardening Games [G2]  
1:00 Expressive Design-Open Art  
1:00 Scenic Cruise - Edmonds Waterfront [B]  
1:30 IN2L-Bible Stories [G2]  
2:00 Hot Cider Sunday [G2]  
2:30 Balloon Volleyball [G2]  
3:00 Puppy Petting- Pups who visit [ACT]  
3:30 Sunday Matinee [TH]  
5:45 Evening time BINGO [G1&2]  
6:30 INDEPENDENT THINKING [G2]

**27**

NATIONAL CHOCOLATE CAKE DAY

9:30 IN2L-Monday Meditation [G2]  
10:00 snACTIVITY-Banana Slices w/ Caramel [G2]  
10:30 Gardening [G2]  
11:00 Gen-Narrations-Current Events/Weather [G2]  
11:15 STATES & CAPITALS [G2]  
1:15 BRAIN GAMES [G2]  
2:00 Culinary Creations: Sweet Treat Monday [G1&2]  
2:30 IN2L-CHAIR YOGA [G2]  
3:00 TABLE GAMES [G2]  
3:45 Margaritas & Music [G1&2]  
5:15 FREE STYLE PUZZLES & ART [G2]  
6:30 INDEPENDENT THINKING [G2]

**28**

Happy Birthday Miguel!

9:15 ME & YOU-1 on 1 [G1&2]  
9:30 TV GAMES SHOWS [G2]  
10:00 snACTIVITY-TRAIL MIX MEDLEY [G2]  
10:30 IN2L-FISH FRENZY [G2]  
11:00 Gen-Narrations-Current Events/Weather [G2]  
11:15 Bend & Stretch [G2]  
1:00 Expressive Design-Open Art  
1:30 Brain Games [G2]  
2:00 Smoothies & Smiles [G1&2]  
3:00 IN2L-GAMES [G2]  
3:30 Bingo [G2]  
5:15 POPCORN & MOVIE [G2]  
6:30 INDEPENDENT THINKING [G2]

**29**

NATIONAL PUZZLE DAY

9:15 ME & YOU-1 on 1 [G1&2]  
9:30 TV GAMES SHOWS [G2]  
10:00 snACTIVITY-Peanut Butter w/Apple Slices and Raisins [G2]  
10:30 IN2L-PUZZLE SOLVER [G2]  
11:00 Gen-Narrations-Current Events/Weather [G2]  
11:15 Walk & Roll [G2]  
1:00 IN2L-COUNTRY ROAD [G2]  
1:30 READER'S DIGEST-NICEST PLACES IN AMERICA [G2]  
2:00 Culinary Creations: Savory Wednesday/Pretzels w/ Hummus [G2]  
2:30 Manicures and Hand Massages [G2]  
3:00 Wheel of Fortune [G2]  
4:00 Wine-Down Wednesday-Karaoke [G2]  
5:30 Wednesday Night Concert-Glen Campbell-Rhinestone Cowboy [G2]

**30**

Happy Birthday Habiba!

9:15 ME & YOU-1 on 1 [G1&2]  
9:30 TV GAMES SHOWS [G2]  
10:00 snACTIVITY-Assort. Muffins  
10:30 IN2L-FISH FRENZY [G2]  
11:00 Gen-Narrations-Current Events/Weather [G2]  
11:15 Move 2 Music Exercise [G2]  
1:30 Expressive Design- Adult Coloring [G2]  
2:30 Bowling [ACT]  
3:00 January Residents Birthday Party [G2]  
3:15 Bingo [G2]  
4:00 FINISHING LINES-Trivia [G2]  
5:45 AFTER DINNER MOVIE [G2]  
6:30 INDEPENDENT THINKING [G2]

**31**

Happy Birthday Dorothy N!

9:15 ME & YOU-1 on 1 [G1&2]  
9:30 TV GAMES SHOWS [G2]  
10:00 snACTIVITY- Cottage Cheese w/ Fruit [G2]  
10:30 Tots Time with Seattle Learning Center [ACT]  
11:00 Gen-Narrations-Current Events/Weather [G2]  
11:45 Poets Corner-POETRY WRITTEN BY CHILDREN [G2]  
1:30 IN2L FUN [G2]  
2:00 Culinary Creations-Mini Cheese Pizza [G2]  
2:45 Kickin It-Exercise [G2]  
3:15 Gardening Club [G1&2]  
4:00 Trivia Bowl [G1&2]  
5:30 Funny Movie Fridays [G1&2]  
6:30 INDEPENDENT THINKING [G2]

**Be Adventurous**  
**Be Challenged**  
**Be Connected**  
**Be Family**  
**Be Inspired**  
**Be Social**  
**Be Well**