

June 2025: Assisted Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 Daily Chronicle & Hang with Delphy 10:00 Word Games: Wordle and spelling bee 11:00 Aerobic Chair Exercises with FitGroup USA 11:00 Documentary: Human: The World Within Episode 1: React 1:00 Walking Club 2:00 Movie Day & Popcorn: Holes 3:30 Art Expression: Canvas Magnets 5:30 Resident Happy Hour 6:00 Movie: McFarland, USA	9:30 Can You Name It? Word Puzzle 10:00 Guided Meditation & Reflection 11:00 Aerobic Chair Exercise w/Fit Group USA 1:00 Walking Club 4:00 New York Times Group Crossword 5:30 Resident Happy Hour 6:00 Netflix Movie: Everest	10:00 Daily Chronicle & Coffee Chats with Emily 10:30 "Piggy Bankers"- Guess That Word with Emily 11:00 Seated Balance and Cardio with Emily 1:00 Walking Club with Delphy 2:00 Trivia with Delphy 3:00 Cornhole with Delphy 5:30 Resident Happy Hour 6:00 Netflix Movie: I still believe	10:00 Morning Views & Daily Chronicle Conversations 11:00 Seated Balance and Cardio 11:30 Meditation Cool Down & Reflection 1:00 Walking Club 2:00 Art Fundamentals 3:00 Golf Putt & Ring Toss 4:00 New York Times Group Crossword 5:30 Resident Happy Hour 6:00 Movie: The King's Speech	10:00 Morning Views & Daily Chronicle Conversations 11:00 Seated Balance and Cardio 11:30 Meditation Cool Down & Reflection 12:45 Resident Outing: Mercury's Coffee 1:00 Walking Club 3:00 Boardgames in the Bistro 4:00 Bingo 5:30 Resident Happy Hour 6:00 Netflix Movie: Crazy, Stupid, Love	10:00 Morning Views & Daily Chronicle Conversations 11:00 Seated Balance and Cardio 11:30 Meditation Cool Down & Reflection 1:00 Walking Club 2:00 Echoes of Poetry with Emma 2:30 New York Times Group Crossword 3:30 Mix-n-mingle Appetizers & Drinks 4:00 Musical Entertainment: DUO 6:00 Netflix Movie: The Highwaymen	10:00 Morning Views & Daily Chronicle Conversations 11:00 Outing: Scenic Drive, Kirkland Waterfront 11:00 Seated Balance and Cardio 11:30 Meditation Cool Down & Reflection 1:00 Walking Club 2:00 Art Fundamentals 2:00 Echoes of Poetry with Emma 3:00 Golf Putt & Ring Toss 5:30 Resident Happy Hour 6:00 Netflix Movie: The Out-Laws
10:00 Morning Views & Daily Chronicle Conversations 11:00 Aerobic Chair Exercise w/Fit Group USA 11:00 Human Documentary: Episode 2: The World Within: Pulse 11:30 Meditation Cool Down & Reflection 1:00 Walking Club 3:00 "Piggy Bankers"- Guess That Word 3:00 Art Expressions: Paint by Numbers 5:30 Resident Happy Hour 6:00 Movie: Life of Pi	10:00 Morning Views & Daily Chronicle Conversations 11:00 Aerobic Chair Exercise w/Fit Group USA 11:30 Meditation Cool Down & Reflection 1:00 Walking Club 3:00 Golf Putt & Ring Toss 4:00 New York Times Group Crossword 5:30 Resident Happy Hour 6:00 Netflix Movie: The Breakfast Club	10:00 Morning Views & Daily Chronicle Conversations 11:00 Seated Balance and Cardio 11:30 Meditation Cool Down & Reflection 1:00 Walking Club 2:00 Sips, Nails, and Chats 3:00 "Piggy Bankers"- Guess That Word 4:00 Virtual Roadtrippers 5:30 Resident Happy Hour 6:00 Netflix Movie: Unbroken	10:00 Morning Views & Daily Chronicle Conversations 11:00 Seated Balance and Cardio 11:30 Meditation Cool Down & Reflection 1:00 Walking Club 2:00 Floral Arranging 3:00 Golf Putt & Ring Toss 4:00 New York Times Group Crossword 5:30 Resident Happy Hour 6:00 Netflix Movie: Pride and Prejudice	10:00 Morning Views & Daily Chronicle Conversations 11:00 Seated Balance and Cardio 11:30 Meditation Cool Down & Reflection 12:30 Resident Outing: Regal Cinemas 1:00 Walking Club 3:00 Boardgames in the Bistro 4:00 Bingo 5:00 Father's Day Buffet 5:30 Resident Happy Hour 6:00 Movie: Sherlock Holmes	10:00 Morning Views & Daily Chronicle Conversations 11:00 Seated Balance and Cardio 11:30 Meditation Cool Down & Reflection 1:00 Walking Club 2:00 Echoes of Poetry with Emma 2:30 New York Times Group Crossword 3:30 Mix-n-mingle Appetizers & Drinks 4:00 Musical Entertainment: Cami Voss	10:00 Morning Views & Daily Chronicle Conversations 11:00 Outing: Scenic Drive, Cascade Valley Heritage Corridor (Fall City Road) 11:00 Seated Balance and Cardio 11:30 Meditation Cool Down & Reflection 1:00 Walking Club 2:00 Art Fundamentals 2:00 Echoes of Poetry with Emma 3:00 Golf Putt & Ring Toss 5:30 Resident Happy Hour 6:00 Movie: Lord of the Flies
10:00 Morning Views & Daily Chronicle Conversations 11:00 Aerobic Chair Exercise w/Fit Group USA 11:00 Human Documentary: Episode 3: The World Within: Fuel 11:30 Meditation Cool Down & Reflection 1:00 Walking Club 2:00 Father's Day Afternoon in the Courtyard 5:30 Resident Happy Hour	10:00 Morning Views & Daily Chronicle Conversations 11:00 Aerobic Chair Exercise w/Fit Group USA 11:30 Meditation Cool Down & Reflection 1:00 Walking Club 3:00 Golf Putt & Ring Toss 4:00 New York Times Group Crossword 5:30 Resident Happy Hour 6:00 Movie: The Princess Bride	10:00 Morning Views & Daily Chronicle Conversations 11:00 Seated Balance and Cardio 11:30 Meditation Cool Down & Reflection 1:00 Walking Club 2:00 Watermark University: Cooking with Chef Ruben 3:00 World Travels 3:30 Art Expressions: Door Hangers 5:30 Resident Happy Hour 6:00 Movie: The Martian	10:00 Morning Views & Daily Chronicle Conversations 11:00 Seated Balance and Cardio 11:30 Meditation Cool Down & Reflection 1:00 Walking Club 2:00 Art Fundamentals 2:00 Resident Council Meeting 3:00 Golf Putt & Ring Toss 4:00 New York Times Group Crossword 5:30 Resident Happy Hour 6:00 Netflix Movie: The Life List	10:00 Morning Views & Daily Chronicle Conversations 11:00 Seated Balance and Cardio 11:30 Meditation Cool Down & Reflection 12:30 Resident Lunch Outing: Azteca 1:00 Keeping Up with Shawn 1:00 Walking Club 3:00 Boardgames in the Bistro 4:00 Bingo 5:30 Resident Happy Hour 6:00 Netflix Movie: The Journey of Natty Gann	10:00 Morning Views & Daily Chronicle Conversations 11:00 Seated Balance and Cardio 11:30 Meditation Cool Down & Reflection 1:00 Walking Club 2:00 Echoes of Poetry with Emma 2:00 Watermark University: Poetry with Mark 2:30 New York Times Group Crossword 3:30 Mix-n-mingle Appetizers & Drinks 4:00 Musical Entertainment: Primo Kim 6:00 Movie: Night at the Museum	10:00 Morning Views & Daily Chronicle Conversations 11:00 Outing: Scenic Drive, Cougar Mountain 11:00 Seated Balance and Cardio 11:30 Meditation Cool Down & Reflection 1:00 Walking Club 2:00 Art Fundamentals 2:00 Echoes of Poetry with Emma 3:00 Golf Putt & Ring Toss 5:30 Resident Happy Hour 6:00 Netflix Movie: American Gangster
10:00 Morning Views & Daily Chronicle Conversations 11:00 Aerobic Chair Exercise w/Fit Group USA 11:00 Human Documentary: Episode 4: The World Within: Defend 11:30 Meditation Cool Down & Reflection 1:00 Walking Club 2:00 "Piggy Bankers"- Guess That Word 3:00 Art Expressions: Paint by Numbers 5:30 Resident Happy Hour 6:00 Netflix Movie: Don't Look Up	10:00 Morning Views & Daily Chronicle Conversations 11:00 Aerobic Chair Exercise w/Fit Group USA 11:30 Meditation Cool Down & Reflection 1:00 Walking Club 2:00 Paint and Sip with Georgina 3:00 Golf Putt & Ring Toss 4:00 New York Times Group Crossword 5:30 Resident Happy Hour 6:00 Netflix Movie: Goodfellas	10:00 Morning Views & Daily Chronicle Conversations 11:00 Seated Balance and Cardio 11:30 Meditation Cool Down & Reflection 1:00 Resident Shopping Outing: Fred Meyer 1:00 Walking Club 2:00 Floral Arranging 3:00 Alice in Wonderland: Resident Tea Party 4:30 "Piggy Bankers"- Guess That Word 5:30 Resident Happy Hour 6:00 Movie: National Treasure	10:00 Morning Views & Daily Chronicle Conversations 11:00 Seated Balance and Cardio 12:00 June Resident Birthday Luncheon Celebration 1:00 Walking Club 1:30 New Resident Meet & Greet 2:00 Watermark University: Cooking with Delphy 4:00 New York Times Group Crossword 5:30 Resident Happy Hour 6:00 Netflix Movie: Don't Move	10:00 Morning Views & Daily Chronicle Conversations 11:00 Seated Balance and Cardio 11:30 Meditation Cool Down & Reflection 12:30 Resident Outing: Chihuly Garden and Glass Museum 1:00 Walking Club 3:00 Boardgames in the Bistro 4:00 Bingo 5:30 Resident Happy Hour 6:00 Netflix Movie: The Mule	10:00 Morning Views & Daily Chronicle Conversations 11:00 Seated Balance and Cardio 11:30 Meditation Cool Down & Reflection 1:00 Walking Club 2:00 Echoes of Poetry with Emma 2:30 New York Times Group Crossword 3:30 Mix-n-mingle Appetizers & Drinks 4:00 Musical Entertainment: Pianist Kristina Mosikyan 6:00 Movie: National Treasure 2	10:00 Morning Views & Daily Chronicle Conversations 11:00 Outing: Scenic Drive, Mercer Island 11:00 Seated Balance and Cardio 11:30 Meditation Cool Down & Reflection 1:00 Walking Club 2:00 Art Fundamentals 2:30 Resident Poetry Night with Emma 3:00 Golf Putt & Ring Toss 5:30 Resident Happy Hour 6:00 Movie: The Secret Life of Walter Mitty
10:00 Morning Views & Daily Chronicle Conversations 11:00 Aerobic Chair Exercise w/Fit Group USA 11:00 Human Documentary: Episode 5: The World Within: Sense 11:30 Meditation Cool Down & Reflection 1:00 Walking Club 2:00 "Piggy Bankers"- Guess That Word 3:00 Art Expressions: Paint by Numbers 5:30 Resident Happy Hour 6:00 Netflix Movie: The Six Eight	10:00 Morning Views & Daily Chronicle Conversations 11:00 Aerobic Chair Exercise w/Fit Group USA 11:30 Meditation Cool Down & Reflection 1:00 Walking Club 3:00 Golf Putt & Ring Toss 4:00 New York Times Group Crossword 5:30 Resident Happy Hour 6:00 Netflix Movie: The Week of					Body Community Entertainment Mind Outing Spirit