

July 2025: Assisted Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		10:30 The Breakfast Briefing 11:00 Fitness Class: Sit, Stretch, and Step 11:30 Breathe & Be 1:00 Heart and Sole Walkers 2:30 Giant Jenga 3:00 Uncovering Identities 5:30 Resident Happy Hour 6:00 Movie: College Road Trip	10:00 The Great Word Search 11:00 Fitness Class: Sit, Stretch, and Step 1:00 Heart and Sole Walkers 1:30 Life Loop Assistance! 2:00 WU: Shape, Form & the Artist's Eye 3:00 Yard Games 4:00 New York Times Group Crossword 5:30 Resident Happy Hour 6:00 Movie: Knives Out	10:30 The Breakfast Briefing 11:00 Fitness Class: Sit, Stretch, and Step 11:30 Breathe & Be 1:00 Heart and Sole Walkers 3:00 UNO 4:00 Bingo 4:00 Evening Stroll 5:30 Resident Happy Hour 6:00 Movie: The Wedding Planner	10:00 An Independence Day Coincidence 10:00 The Great Word Search 11:00 Fitness Class: Soulful Stretch 1:00 Heart and Sole Walkers 2:30 New York Times Group Crossword 3:30 Mix-n-mingle Appetizers & Drinks 4:00 Musical Entertainment: Steve Olson 6:00 Movie: Always Be My Maybe	10:30 The Breakfast Briefing 11:00 Fitness Class: Rhythm and Balance 11:00 Outing: Scenic Drive: Marymoor Park 1:00 Heart and Sole Walkers 2:00 WU: Shape, Form & the Artist's Eye 3:30 Blackjack 5:30 Resident Happy Hour 6:00 Movie: The Laundromat
11:00 Aerobic Chair Exercises with FitGroup USA 11:00 Human Documentary: Episode 6: The World Within: Birth 1:00 Heart and Sole Walkers 2:30 1960's Trivia 3:00 Movie Day and Popcorn: A Wrinkle in Time 5:30 Resident Happy Hour 6:00 Movie: Remember the Titans	11:00 Aerobic Chair Exercises with FitGroup USA 1:00 Heart and Sole Walkers 2:00 Creative Entry Accents 4:00 New York Times Group Crossword 5:30 Resident Happy Hour 6:00 Movie: Glass Onion	10:30 The Breakfast Briefing 11:00 Fitness Class: Sit, Stretch, and Step 11:30 Breathe & Be 1:00 Heart and Sole Walkers 2:00 Activities & Outings Council 3:00 Wearable Art: Custom Tote Painting 5:30 Resident Happy Hour 6:00 Movie: To All the Boys I've Loved Before	10:00 The Great Word Search 11:00 Fitness Class: Sit, Stretch, and Step 1:00 Heart and Sole Walkers 2:00 WU: Depth & Detail 3:00 Art Explorations 4:00 New York Times Group Crossword 5:30 Resident Happy Hour 6:00 Movie: Sister Act	10:30 The Breakfast Briefing 11:00 Fitness Class: Sit, Stretch, and Step 11:30 AJI Sushi Outing 1:00 Heart and Sole Walkers 3:00 Guess That Word 4:00 Bingo 5:30 Resident Happy Hour 6:00 Movie: Soul	10:00 The Great Word Search 11:00 Fitness Class: Soulful Stretch 1:00 Heart and Sole Walkers 2:30 New York Times Group Crossword 3:30 Mix-n-mingle Appetizers & Drinks 4:00 Musical Entertainment: Lindi Moo 6:00 Movie: Are We Done Yet?	10:30 The Breakfast Briefing 11:00 Fitness Class: Rhythm and Balance 11:00 Outing: Scenic Drive: Kirkland Waterfront, Juanita Beach 11:30 Breathe & Be 1:00 Heart and Sole Walkers 2:00 WU: Depth & Detail 5:30 Resident Happy Hour 6:00 Movie: The Half of It
11:00 Aerobic Chair Exercises with FitGroup USA 11:00 Where Earth Meets Sky: Meteora, Greece 1:00 Heart and Sole Walkers 2:00 Movie Day and Popcorn: Hidden Figures 4:00 Free Flow Art 5:30 Resident Happy Hour 6:00 Movie: The Irish Wish	11:00 Aerobic Chair Exercises with FitGroup USA 1:00 Heart and Sole Walkers 2:30 WU: Paint & Create 3:00 Yard Games 4:00 New York Times Group Crossword 5:30 Resident Happy Hour 6:00 Movie: Jump In!	10:30 The Breakfast Briefing 11:00 Fitness Class: Sit, Stretch, and Step 11:30 Breathe & Be 12:45 Shopping Outing: Fred Meyer 1:00 Heart and Sole Walkers 2:00 WU: Salsa Rhythms 5:30 Resident Happy Hour 6:00 Movie: Dumplin	10:00 The Great Word Search 11:00 Fitness Class: Sit, Stretch, and Step 1:00 Resident Council Meeting 2:00 From Lines to Legends: The Art of Fantasy Maps 3:00 Yard Games 4:00 New York Times Group Crossword 5:30 Resident Happy Hour 6:00 Movie: Black Panther	10:30 The Breakfast Briefing 11:00 Fitness Class: Sit, Stretch, and Step 11:30 Breathe & Be 12:30 Cougar Mountain Zoo Outing 1:00 Heart and Sole Walkers 2:30 Boardgames in the Bistro 4:00 Bingo 5:30 Resident Happy Hour 6:00 Movie: The Miracle Club	10:00 The Great Word Search 11:00 Fitness Class: Soulful Stretch 1:00 Heart and Sole Walkers 1:00 Life Loop Assistance! 2:30 New York Times Group Crossword 3:30 Mix-n-mingle Appetizers & Drinks 4:00 Musical Entertainment: Mark Stern 6:00 Movie: Are We There Yet?	10:30 The Breakfast Briefing 11:00 Fitness Class: Rhythm and Balance 11:00 Outing: Scenic Drive: Coal Creek Parkway 11:30 Breathe & Be 1:00 Heart and Sole Walkers 2:00 From Lines to Legends: The Art of Fantasy Maps 3:00 Yard Games 4:00 Guess that Word 5:30 Resident Happy Hour 6:00 Movie: A Man Called Otto
11:00 Aerobic Chair Exercises with FitGroup USA 11:00 Yard Game Classics 11:30 Person of Interest: Mark Twain 1:00 Heart and Sole Walkers 2:00 Movie Day and Popcorn: My Big Fat Greek Wedding 2:30 Art Expressions: Tranquil Creations 5:30 Resident Happy Hour 6:00 Movie: Nyad	11:00 Aerobic Chair Exercises with FitGroup USA 1:00 Heart and Sole Walkers 2:00 WU: Palette & Pour 4:00 New York Times Group Crossword 5:30 Resident Happy Hour 6:00 Movie: Sister Act 2	10:30 The Breakfast Briefing 11:00 Fitness Class: Sit, Stretch, and Step 11:30 Breathe & Be 1:00 Heart and Sole Walkers 2:00 WU: Chef's Table 3:00 WU: Love on the Map 4:00 Afternoon Manicures 5:30 Resident Happy Hour 6:00 Movie: Meet the Fockers	10:00 The Great Word Search 11:00 Fitness Class: Sit, Stretch, and Step 1:00 Heart and Sole Walkers 2:00 From Lines to Legends: The Art of Fantasy Maps 3:00 Neighborhood Block Party 4:00 New York Times Group Crossword 6:00 Movie: Black Panther 2: Wakanda Forever	10:30 The Breakfast Briefing 11:00 Fitness Class: Sit, Stretch, and Step 11:30 Breathe & Be 12:45 L' Experience Paris Outing 1:00 Heart and Sole Walkers 2:30 Cards & Company 4:00 Bingo 5:30 Resident Happy Hour 6:00 Movie: Enola Holmes	10:00 The Great Word Search 11:00 Fitness Class: Soulful Stretch 1:00 Heart and Sole Walkers 2:00 New York Times Group Crossword 3:00 Movie: My Big Fat Greek Wedding 2 3:00 WU: Hometown History of Brescia, Italy 3:30 Mix-n-mingle Appetizers & Drinks 4:00 Musical Entertainment: DUO 6:00 Movie: My Big Fat Greek Wedding 2	10:30 The Breakfast Briefing 11:00 Fitness Class: Rhythm and Balance 11:00 Outing: Scenic Drive: Cougar Mountain 11:30 Breathe & Be 1:00 Heart and Sole Walkers 2:00 From Lines to Legends: The Art of Fantasy Maps 3:00 Yard Games 4:00 Mind Your Metaphors 5:30 Resident Happy Hour 6:00 Movie: Just Wright
11:00 Aerobic Chair Exercises with FitGroup USA 11:30 Sky Ladder: The Art of Cai Guo-Qiang 1:00 Heart and Sole Walkers 2:00 Movie Day and Popcorn: The Breakfast Club 2:30 Afternoon Manicures 5:30 Resident Happy Hour 6:00 Movie: Fatherhood	11:00 Aerobic Chair Exercises with FitGroup USA 1:00 Heart and Sole Walkers 3:00 Yard Games 4:00 New York Times Group Crossword 5:30 Resident Happy Hour 6:00 Movie: Thelma	10:30 The Breakfast Briefing 11:00 Fitness Class: Sit, Stretch, and Step 11:30 Breathe & Be 1:00 Heart and Sole Walkers 2:30 Uncovering Identities 4:00 Life Loop Assistance! 5:30 Resident Happy Hour 6:00 Movie: Something's Gotta Give	10:00 The Great Word Search 11:00 Fitness Class: Sit, Stretch, and Step 12:00 Monthly Resident Birthday Luncheon Celebration 1:00 Heart and Sole Walkers 1:30 New Resident Meet & Greet 2:00 Art Fundamentals: Texture Painting 3:00 Yard Games 4:00 New York Times Group Crossword 5:30 Resident Happy Hour 6:00 Movie: The Intern	11:00 Fitness Class: Sit, Stretch, and Step 11:30 Breathe & Be 12:45 Mercer Slough Blueberry Farm Outing 1:30 Heart and Sole Walkers 3:00 WU: Conversational Spanish 4:00 Bingo 5:30 Resident Happy Hour 6:00 Movie: In The Heights		Body Community Entertainment Mind Outing Spirit