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| Banking Services | 1 st & 3 rd Tues – 9 to 9:30 am - Library (T) 9:35 to 10 am - Conference Room A (G) |
| Blood Pressure Check | Thurs – 10 am - Nurses' Stations (G & T) |
| Little Store | Daily (except Weds) 10:30 am to Noon (T) |
| Flea Market | Mon thru Sat – 9:30 to 11:30 am Tues & Thurs & Sat – 1 to 3 pm (G) |
| Mini Shop | Mon thru Sat – 9:30 to 11:30 am and 1 to 3 pm (G) |
| Treasure & Thrift Shops | Wed – 1 to 3 pm & Fri – 9:30 to 11:30 am (T) |
| Ecumenical Prayer Group | Wed – 8:30 am, Chapel (G) |
| Bible Study Group | Wed – 1 pm, Chapel (G) |
| ◆ Swimming | Mon & Wed & Fri – 7:40 am Bus to MRHS Pool |

2010 September Activities Calendar






Special Events

Public Transportation Information
September 10th at 2 pm
September 24th at 2pm

Autumn Harvest Open House
Sunday September 26th

KEY TO LOCATIONS:
(G) = Gardens Location
(T) = Terrace Location
◆ = Transportation Provided

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|--|---|--|--|
|  The September flower is the Aster. |  Chair Exercises with Nita are offered at 9:15 am Monday through Friday on Channel 28/950. | | Recycling Day 1 MORNING 9:15 am Chair Exercises (G) 10 am Cardio/Strength (G) 11 am Balance/Stretch (G) AFTERNOON / EVENING ◆ 1 pm Shopping Fred Meyer 2 pm Bocce Ball (G) 4 pm Communion (G) | 2 MORNING 9:15 am Chair Exercises (T) 9:30 am Needle Crafts (G) 10 am CardioStrength (T) 11 am Circuit Class (G) AFTERNOON / EVENING 1:30 pm Shuffleboard (T) 2:30 pm Bible Study Group (G) 7 pm Movie (G) | 3 MORNING 10 am Art Group (G) AFTERNOON / EVENING 1 pm Cribbage (T) lower level 1 pm Chaplain's Bible Class (T) 2 pm Zumba Gold (G) 3:30 pm Choir Practice (G) 6:30 pm Pinochle (G) | 4 MORNING 9 am to 3 pm 10 am Line Dancing (T) EVENING 6:15 pm Bridge, Stanton Hall (G) |
| 5 EVENING 6 pm Song Fest 6:15 pm Vespers (G) Rev Marion Kline Retired UMC 7:30 pm Vespers (T) | 6 MORNING ◆ 9 am Errand Bus 9:15 am Chair Exercises (G) 10 am Popcorn (G) 10 am CardioStrength (G) 12 pm Labor Day Lunch AFTERNOON / EVENING 2 pm Bocce Ball (G) | 7 MORNING 8:45 am Resident Council (T) 9:15 am Chair Exercises (T) 10 am Cardio/Strength (T) 10 am Card Recycling (G) 10:30 am Resident Council (G) 11 am Circuit Class (G) AFTERNOON / EVENING ◆ 1 pm Medical Bus 1 pm Wellness Walk (G) 1:15 pm Library Outreach (G) 2 pm Library Outreach (T) 4 pm Sit & Knit (T) 4 th floor 7 pm Floor Meetings (T) 7 pm Norma Lou's Mariners (G) | 8 MORNING 9:15 am Chair Exercises (G) 10 am Current Events Club 48 10 am Cardio/Strength (G) 11 am Balance/Stretch (G) AFTERNOON / EVENING 2 pm Bocce Ball (G) 4:15 pm Birthday Reception (G) 5 pm Birthday Dinner 6:30 pm Floor Meetings (G) 7 pm Quintessential China – Refreshment follow (T) | 9 MORNING 9:15 am Chair Exercises (T) 9:30 am Needle Crafts (G) 10 am CardioStrength (T) 10:30 am Library Comm. (T) 11 am Circuit Class (G) AFTERNOON / EVENING 1:30 pm Shuffleboard (T) 2:30 pm Bible Study Group, (G) 7 pm Movie (G) | 10 MORNING 10 am Art Group (G) AFTERNOON / EVENING 12:30 pm All Church Luncheon (G) 1 pm Cribbage (T) lower level 1 pm Chaplain's Bible Class (T) 2 pm Zumba Gold will be at Terrace for this week only. ◆ 2 pm Metro Bus Orientation (T) 3:30 pm Choir Practice (G) 6:30 pm Pinochle (G) | 11 MORNING 10am Line Dancing (T) EVENING 6:15 pm Bridge, Stanton Hall (G) |

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| <p style="text-align: right;">12</p> <p>AFTERNOON / EVENING 6 pm Song Fest 6:15 pm Vespers (G) Rev Ed Murphy Des Moines Chapel 7:30 pm Vespers (T)</p> | <p style="text-align: right;">13</p> <p>MORNING ◆ 9 am Errand Bus 9:15 am Chair Exercises (G) 10 am Popcorn (G) 10 am CardioStrength (G) AFTERNOON / EVENING 2 pm Bocce Ball (G)</p> | <p style="text-align: right;">14</p> <p>MORNING 9:15 am Chair Exercises (T) 10 am Cardio/Strength (T) 10 am Card Recycling (G) 11 am Circuit Class (G) AFTERNOON / EVENING 1 pm Wellness Walk (T) 4 pm Sit & Knit (T) 4th floor 7 pm Paul Beeman Sing-a-long (G)</p> | <p style="text-align: right;">15</p> <p><i>Recycling Day</i></p> <p>MORNING 9 am Environmental Comm. (G) 9:15 am Chair Exercises (G) 10 am Parkinson's Support (G) 10 am Cardio/Strength (G) 10:30 am Food Comm. (G) 11 am Balance/Stretch (G) AFTERNOON / EVENING 1:30 pm Hearing Loss Support Group (G) 2 pm Bocce Ball (G) 7 pm Freightng Across Australia with Bob Gleason (T)</p> | <p style="text-align: right;">16</p> <p>MORNING 9:15 am Chair Exercises (T) 9:30 am Needle Crafts (G) 10 am CardioStrength (T) 11 am Circuit Class (G) AFTERNOON / EVENING ◆ 1 pm Shopping Southcenter 1:30 pm Shuffleboard (T) 2:30 pm Coffee & Cookies (G) 2:30 pm Bible Study Group Stanton Hall (G) 7 pm Movie (G)</p> | <p style="text-align: right;">17</p> <p>MORNING ◆ 9:30 am Shopping Fred Meyer 10 am Art Group (G) AFTERNOON / EVENING 1 pm Cribbage (T) lower level 1 pm Chaplain's Bible Class (T) 2 pm Zumba Gold (G) 3:30 pm Choir Practice (G) 6:30 pm Pinochle (G)</p> | <p style="text-align: right;">18</p> <p>MORNING 10 am Line Dancing (T) EVENING 6:15 pm Bridge, Stanton Hall (G) 6:30 pm Burien Theater</p> |
| <p style="text-align: right;">19</p> <p>AFTERNOON / EVENING 1 pm Grandparents' Day Dinner 6 pm Song Fest 6:15 pm Vespers (G) Rev Fred Jessett Retired Episcopal 7:30 pm Vespers (T)</p> | <p style="text-align: right;">20</p> <p>MORNING ◆ 9 am Errand Bus 9:15 am Chair Exercises (G) 10 am Popcorn (G) 10 am CardioStrength (G) AFTERNOON / EVENING 1:30 pm Cottagers Meeting (G) 1:30 pm Food Comm. (T) 2 pm Book Discussion Group (T) 6th floor solarium 2 pm Bocce Ball (G)</p> | <p style="text-align: right;">21</p> <p>MORNING ◆ 7:30 am Men's Breakfast Out 9:15 am Chair Exercises (T) 10 am Cardio/Strength (T) 10 am Card Recycling (G) ◆ 10 am Low Vision Support (T) 11 am Circuit Class (G) AFTERNOON / EVENING ◆ 1 pm Medical Bus 1 pm Wellness Walk (G) 4 pm Sit & Knit (T) 4th floor 7 pm Joe Rudberg – Des Moines Museum (G)</p> | <p style="text-align: right;">22</p> <p>MORNING 9:15 am Chair Exercises (G) Group (G) 10 am Current Events Club 48 10 am CardioStrength (G) 11 am Balance/Stretch (G) ◆ 11:30 am Ladies Lunch Out AFTERNOON / EVENING 2 pm Bocce Ball (G) 7 pm Mission in Africa (T)</p> | <p style="text-align: right;">23</p> <p>MORNING ◆ 9 am Puyallup Fair 9:15 am Chair Exercises (T) 9:30 am Needle Crafts (G) 10 am CardioStrength (T) 11 am Circuit Class (G) AFTERNOON / EVENING 1 pm Library Comm. (G) 1:30 pm Shuffleboard (T) 2:30 pm Bible Study Group Stanton Hall (G) 7 pm Movie (G)</p> | <p style="text-align: right;">24</p> <p>MORNING 10 am Art Group (G) AFTERNOON / EVENING 1 pm Cribbage (T) lower level 1 pm Chaplain's Bible Class (T) 2 pm Zumba Gold (G) ◆ 2 pm ORCA reduced fare (T) 3:30 pm Choir Practice (G) 6:30 pm Pinochle (G)</p> | <p style="text-align: right;">25</p> <p>MORNING 10am Line Dancing (T) EVENING ◆ 12:45 pm Intiman Theater 6:15 pm Bridge, Stanton Hall (G)</p> |
| <p style="text-align: right;">26</p> <p>EVENING 1:30pm to 4:30pm Autumn Harvest Open House 6 pm Song Fest 6:15 pm Vespers (G) Rev Ruth Bayley John Knox Presbyterian 7:30 pm Vespers (T)</p> | <p style="text-align: right;">27</p> <p>MORNING ◆ 9 am Errand Bus 9:15 am Chair Exercises (G) 10 am Popcorn (G) 10 am Cardio/Strength (G) AFTERNOON / EVENING 1:30 pm Food Comm. (T) 2 pm Bocce Ball (G)</p> | <p style="text-align: right;">28</p> <p>MORNING 9:15 am Chair Exercises (T) 10 am Cardio/Strength (T) 10 am Card Recycling (G) 11 am Circuit Class (G) AFTERNOON / EVENING 1 pm Wellness Walk (T) ◆ 2 pm Towne Meeting (G) 4 pm Sit & Knit (T) 4th floor 7 pm Soloist from Auburn Symphony (G)</p> | <p style="text-align: right;">29</p> <p>MORNING 9:15 am Chair Exercises (G) Group (G) 10 am CardioStrength (G) 11 am Balance/Stretch (G) AFTERNOON / EVENING 2 pm Bocce Ball (G) 7 pm Sing A Long with Tommy (T)</p> | <p style="text-align: right;">30</p> <p>MORNING 9:15 am Chair Exercises (T) 9:30 am Needle Crafts (G) 10 am CardioStrength (T) 11 am Circuit Class (G) AFTERNOON / EVENING 1:30 pm Shuffleboard (T) 2:30 pm Bible Study Group Stanton Hall (G) 7 pm Movie (G)</p> |  The September gemstone is the Sapphire. | |

September 2010