

September 2020

Clubhouse

Sun

Mon

Tue

Wed

Thu

Fri

Sat



1
No Live Strength & Stability today. Video available on the Portal.
 10a Stretch & Balance
 11a Lifelong Learning Programming Meeting
 2:30p Writing Group
 3p Syren's Creamery Cart: 1st & 6th Floors
 4:30p Zoom Parties: 1st Floor

2
 8a Yoga
No Live Morning Moves today. Video available on the Portal.
 10a Stretch & Balance
No Live Bodies in Motion today. Video available on the Portal.
 1:30p Interval Training
 2p Who Am I: Don Ransom & Susan Inui
 3p Syren's Creamery Cart: 2nd Floor
 5p New Recorded Message from Amy is available (Call 253.313.0786)

3
No Live Strength & Stability today. Video available on the Portal.
 10a Stretch & Balance
11a Wellness Seminar: Embracing Your Role in Fall Prevention with Tina Curran, GHFD
 3p Fiber Arts Group
 3p Syren's Creamery Cart: 3rd Floor
 4:30p Zoom Parties: 2nd Floor

4
 10a Stretch & Balance
 1:30p Interval Training
 3p Syren's Creamery Cart: 4th Floor

5
 10:30a Yoga

6
 3p Syren's Creamery Cart: 5th Floor

7
 — Administrative Offices Closed —
 No Grocery Shopping Services
 No Fitness

8
 9a Strength & Stability
 10a Stretch & Balance
 10a Building & Grounds Standing Committee
 11a Veterans Group
 2:30p Writing Group
 3p Syren's Creamery Cart: 1st & 6th Floors
 4:30p Zoom Parties: 3rd Floor

9
 8a Yoga
9-11:30a Kopachuck State Park Hike
 9a Morning Moves
No Live Stretch & Balance today. Video available on the Portal.
 11a Bodies in Motion
 1:30p Interval Training
 2p Heron's Key Nature Hour
 3p Book Club 1
 3p Syren's Creamery Cart: 2nd Floor
 5p New Recorded Message from Amy is available (Call 253.313.0786)

10
 9a-1p Flu Shot Clinic (M) Last Names A-L
 9a Strength & Stability
 10a Resident Council Meeting
 10a Stretch & Balance
 1p Eight-Part Course with David Smith: Themes in Philosophy (preregistration & payment required)
 3p Fiber Arts Group
 3p Syren's Creamery Cart: 3rd Floor

11
 9a-1p Flu Shot Clinic (M) Last names M-Z
 10a Stretch & Balance
 1p Racial Justice Group
 1:30p Interval Training
 3p Syren's Creamery Cart: 4th Floor

12
 10:30a Yoga

13
 3p Syren's Creamery Cart: 5th Floor

14
 8a Yoga
 9a Morning Moves
 10a Stretch & Balance
 10a Co-Ed Bible Study
 11a Bodies in Motion
 1p Mindful Meditation
 1:30p Interval Training
 3p Syren's Creamery Cart: Cottages

15
 9a Strength & Stability
 10a Stretch & Balance
 1p Presentation with Travis Ridout: Hacking Democracy: What Social Media is doing to US Politics
 2:30p Writing Group
 3p Syren's Creamery Cart: 1st & 6th Floors
 4:30p Zoom Parties: 4th Floor

16
 8a Yoga
 9-11a Harbor Audiology (Clinic)
 9a Morning Moves
 10a Stretch & Balance
 11a Bodies in Motion
 1:30p Interval Training
 3p Syren's Creamery Cart: 2nd Floor
 5p New Recorded Message from Amy is available (Call 253.313.0786)
 7p Presentation: Pandemic Then (and Now) with Nancy Bristow

17
 9a Strength & Stability
 10a Stretch & Balance
 1p Eight-Part Course with David Smith: Themes in Philosophy (preregistration & payment required)
 3p Fiber Arts Group
 3p Syren's Creamery Cart: 3rd Floor

18
 10a Stretch & Balance
 1:30p Interval Training
 3p Syren's Creamery Cart: 4th Floor

19
 10:30a Yoga

September 2020

Clubhouse

Sun

Mon

Tue

Wed

Thu

Fri

Sat

20

3p Syren's Creamery
Cart: 5th Floor

21

8a Yoga
9a Morning Moves
10a Stretch & Balance
11a Bodies in Motion
1p Mindful Meditation
1:30p Interval Training
3p Syren's Creamery Cart: Cottages

7p Monday Evening Music Series
with Matt DelCiampo

Mask Museum on display in the Lobby

22

9a Strength & Stability
10a Stretch & Balance
1p Presentation with Ben Patinkin:
*A Pollsters Perspective on
Current Politics*
2:30p Writing Group
3p Syren's Creamery Cart:
1st & 6th Floors
4:30p Zoom Parties: 5th Floor

Mask Museum on display in the Lobby

23

8a Yoga
**9-12:30p Nisqually National Wildlife
Refuge Hike**
9a Morning Moves
**No Live Stretch & Balance today.
Video available on the Portal.**
11a Activities Standing Committee
11a Bodies in Motion
1:30p Interval Training
2p Who Am I / STORYTELLING
with Ray Austin
3p Syren's Creamery Cart: 2nd Floor
5p New Recorded Message from Amy
is available (Call 253.313.0786)

Mask Museum on display in the Lobby

24

9a Strength & Stability
10a Stretch & Balance
11a Wellness Seminar:
*Actively Reduce the Risk of Falls in
Your Own Home with RehabCare and Fitness*
1p Eight-Part Course with David Smith:
Themes in Philosophy
(preregistration & payment required)
1:30p Book Club 2
3p Fiber Arts Group
3p Syren's Creamery Cart: 3rd Floor
4:30p Zoom Parties: 6th Floor

Mask Museum on display in the Lobby

25

10a Stretch & Balance
11a Conversations with Amy
1p Racial Justice Group
1:30p Interval Training
3p Syren's Creamery Cart: 4th Floor

Mask Museum on display in the Lobby

26

10:30a Yoga

27

3p Syren's Creamery
Cart: 5th Floor

28

8a Yoga
9a Morning Moves
10a Stretch & Balance
10a Co-Ed Bible Study
11a Bodies in Motion
1p Mindful Meditation
1:30p Interval Training
3p Syren's Creamery Cart: Cottages

2p Wellness Seminar:
*Aging & Falls: Understanding Leads
to Prevention with Cheryl Hardy-Gostin*

29

9a Strength & Stability
10a Stretch & Balance
2p COVID-19 in Pierce County with
Dr. Anthony Chen, TPCHD
2:30p Writing Group
3p Syren's Creamery Cart:
1st & 6th Floors
4:30p Zoom Parties: Cottages

30

8a Yoga
9a Morning Moves
10a Stretch & Balance
11a Bodies in Motion
1:30p Interval Training
3p Syren's Creamery Cart: 2nd Floor
5p New Recorded Message from Amy
is available (Call 253.313.0786)

