

Chateau at Bothell Landing FEBRUARY 2009 Activity Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 SUNDAY BUFFET 11-1:00 PM 3rd Fl. Dining RM Open Swim & Exercise SUPERBOWL SUNDAY Watch It on the Big Screen (B1)	2 Beauty Salon 9:00 Communion Service (PI) 9:00 Water Works (Pool) 10:00 Tai Chi for Balance (HC) 10:00 Bible Study (PI) 1:00 Resident Discussion Grp(PI) 1:45 Walk with ChrisAnn- sign up	3 Doctor Visits 8:25 Water Exercise (Pool) 9:00 Chair Exercise (B1) 11:00 Brain Workout (B1) 1:00 Happy Hands (B1) 1:45 Balance & Stability (HC) 2:00 Early Vespers in Library 2:30 Stretch & Relax (HC) 3:30 Spanish Class (B1) 6:30 Chateau Singers Practice (B1) 7:00 Men's Poker (PI)	4 Massage/Beauty Salon 8:25 Water Exercise (Pool) 9:00 Chair Exercise (B1) 10:00 Shopping Bus- Fred Meyer 11:00 Fun with the Wii Game (B1) 1:00 Free Hearing Aid Check (PL) 1:00 Art Class (B1) 3:00 Chocolate Tasting Binge (B1) 6:30 Bridge Group (Library)	5 Doctor Visits 9:00 Chair Exercise (B1) 11:00 Work Your Brain (B1) 1:45 Tai Chi for Balance (HC) 2:00 Craft Group (B1) 2:30 Gentle Yoga (HC) 3:30 Performing Arts Club (B1) 6:45 Misc. Games (B1)	6 Beauty Salon 8:25 Water Exercise (Pool) 9:00 Water Works (Pool) 10:00 Strength for Life (HC) 10:45 Balance & Stability (HC) 1:30 Chair Volleyball (B1) 3:30 Friday Social (B1) 7:00 Men's Poker (PI)	7 9:00 Chair Exercise (B1) 10:30 Make Your Own Greeting Cards (B1) 1:00 Stories/poems (P1) 2:00 Quarter Bingo (B1) 6:30 TV of Choice (B1)
8 SUNDAY BUFFET 11-1:00 PM 3rd Fl. Dining RM Open Swim & Exercise 6:30 TV of Choice or Bring Your Movie (B1)	9 Beauty Salon 9:00 Communion Service (PI) 9:00 Water Works (Pool) 9:30 Foot Care Nurse (B1) 10:00 Bible Study (PI) 10:00 Tai Chi for Balance (HC) 1:45 Walk with ChrisAnn- sign up	10 Doctor Visits 8:25 Water Exercise (Pool) 9:00 Chair Exercise (B1) 11:00 Brain Workout (B1) 1:00 Happy Hands (B1) 1:45 Balance & Stability (HC) 2:00 Early Vespers in Library 2:30 Stretch & Relax (HC) 3:30 Spanish Class (B1) 6:30 Chateau Singers Practice (B1) 7:00 Men's Poker (PI)	11 Massage/Beauty Salon 8:25 Water Exercise (Pool) 9:00 Chair Exercise (B1) 10:00 Shopping Bus- Albertsons 11:00 Fun with the Wii Game (B1) 11:30 Men's Lunch with Brandon 1:00 Art Class (B1) 2:00 Demo by Mary Florek on the Spinning Wheel (B1) 6:30 Bridge Group (Library)	12 Doctor Visits 9:00 Chair Exercise (B1) 11:00 Work Your Brain (B1) 1:45 Tai Chi for Balance (HC) 2:30 Afternoon Tea (special guest- Renee Lenz) (B1) 2:30 Gentle Yoga (HC) 3:30 Performing Arts Club (B1) 6:45 Misc. Games (B1)	13 Beauty Salon 8:25 Water Exercise (Pool) 9:00 Water Works (Pool) 10:00 Strength for Life (HC) 10:45 Balance & Stability (HC) 1:30 Chair Volleyball (B1) 3:30 Friday Social (B1) 7:00 Men's Poker (PI)	14 9:00 Chair Exercise (B1) 10:30 Make Your Own Greeting Cards (B1) 1:00 Stories/poems (P1) 2:00 Valentine's Day Quarter Bingo Party (B1) 6:30 TV of Choice (B1)
15 SUNDAY BUFFET 11-1:00 PM 3rd Fl. Dining RM Open Swim & Exercise 6:30 TV of Choice or Bring Your Movie (B1)	16 Beauty Salon 9:00 Communion Service (PI) 9:00 Water Works (Pool) 10:00 Bible Study (PI) 10:00 Tai Chi for Balance (HC) 1:00 Resident Discussion Grp (PI) 1:45 Walk with Chris Ann- sign up	17 Doctor Visits 8:25 Water Exercise (Pool) 9:00 Chair Exercise (B1) 11:00 Brain Workout (B1) 1:00 Happy Hands (B1) 1:45 Balance & Stability (HC) 2:00 Early Vespers in Library 2:30 Stretch & Relax (HC) 3:30 Spanish Class (B1) 6:30 Chateau Singers Practice (B1) 7:00 Men's Poker (PI)	18 Massage/Beauty Salon 8:25 Water Exercise (Pool) 9:00 Chair Exercise (B1) 10:00 Shopping Bus- QFC 11:00 Fun with the Wii Game (B1) 1:00 Art Class (B1) 1:00 Free Hearing Aid Check (PL) 4:45 Black Tie Affair (3rd Floor) 6:30 Bridge Group (Library)	19 Doctor Visits 9:00 Chair Exercise (B1) 11:00 Work Your Brain (B1) 1:45 Tai Chi for Balance (HC) 2:00 Humor Club (B1) 2:30 Gentle Yoga (HC) 3:30 Performing Arts Club (B1) 6:45 Misc. Games (B1)	20 Beauty Salon 8:25 Water Exercise (Pool) 9:00 Water Works (Pool) 10:00 Strength for Life (HC) 10:00 Clothing Connection on B1 10:30 Traveling Library in Lobby 10:45 Balance & Stability (HC) 1:30 Chair Volleyball (B1) 3:30 Friday Social (B1) 7:00 Men's Poker (PI) 7:00 Gary Lee Hood on Keyboard (B1)	21 9:00 Chair Exercise (B1) 10:30 Make Beautiful Cards with Joan Oquist (B1) 1:00 Stories/poems (PI) 2:00 Quarter Bingo (B1) 6:30 TV of Choice (B1)
22 SUNDAY BUFFET 11-1:00 PM 3rd Fl. Dining Open Swim & Exercise 6:30 TV of Choice or Bring Your Movie (B1)	23 Beauty Salon 9:00 Communion Service (PI) 9:00 Water Works on own (Pool) 10:00 Bible Study (PI) 10:00 Tai Chi for Balance on own (HC) 1:45 Walk with Chris Ann- sign up 4:00 Book Club with Chris Serold "The Worst Hard Times" by Timothy Egan (PI)	24 Doctor Visits 8:25 Water Exercise (Pool) 9:00 Chair Exercise (B1) 1:00 Happy Hands (B1) 1:45 Balance & Stability (HC) 2:00 Early Vespers in the Library 2:30 Stretch & Relax (HC) 3:00 Mardi Gras with Music by Barbara Liggett and Friends (B1) 6:30 Chateau Singers Practice (B1) 7:00 Men's Poker (PI)	25 Massage/ Beauty Salon 8:25 Water Exercise (Pool) 9:00 Chair Exercise (B1) 10:00 Shopping Bus- Safeway 12:30 Trip to ESL Students Class 1:00 Free Hearing Aid Check (PL) 3:30 Jewelry Repair/re-do (B1) 6:30 Bridge Group (Library)	26 Doctor Visits 9:00 Chair Exercise on own (B1) 1:45 Tai Chi for Balance (HC) 2:30 Gentle Yoga (HC) 3:30 Performing Arts Club on own 6:45 Misc. Games (B1)	27 Beauty Salon 8:25 Water Exercise (Pool) 9:00 Water Works (Pool) 10:00 Strength for Life (HC) 10:45 Balance & Stability (HC) 2:30 Monthly Birthday Party (B1) & The Chateau Singers 7:00 Men's Poker (PI)	28 9:00 Chair Exercise (B1) 10:30 Make Your Own Greeting Cards (B1) 1:00 Stories/poems (P1) 2:00 Quarter Bingo (B1) 6:30 TV of Choice (B1)
				PL- Patio Lounge/Library 2nd 3rd- 3rd Floor Dining Room Area HC- the B1 Health Club by Pool Pool- B1 by Health Club Lobby- entrance level 1 CR-Computer room B1	Coffee Cart in Lobby Daily!	Massage offered every Wednesday By appointment. Sign up at the Front Desk. Beauty Salon open