

Chateau at Bothell Landing JANUARY 2009 Activity Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>Don't Forget to Check out the Chateau Concierge</i></p>	<p>Massage offered every Wednesday By appointment. Sign up at the Front Desk.</p> <p>Beauty Salon open Tues, Wed., Fri.</p>	<p>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</p>	<p><i>Coffee Cart in Lobby Daily!</i></p>	<p>1</p> <p>HAPPY NEW YEAR!</p> <p>Watch the Rose Parade!</p>	<p>2 Beauty Salon</p> <p>8:25 Water Exercise (Pool) 9:00 Water Works (Pool) 10:00 Strength for Life (HC) 10:30 Help Take Down B1 Tree 10:45 Balance & Stability (HC) 1:30 Chair Volleyball (B1) 3:30 Friday Social (B1) 7:00 Men's Poker (PI)</p>	<p>3</p> <p>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)</p>
<p>4</p> <p>SUNDAY BUFFET</p> <p>11-1:00 PM 3rd Fl. Dining RM Open Swim & Exercise 6:30 TV of Choice or Bring Your Movie (B1)</p>	<p>5</p> <p>9:00 Communion Service (PI) 9:00 Water Works (Pool) 10:00 Tai Chi for Balance (HC) 1:00 Resident Discussion Grp(PI) 1:45 Walk with ChrisAnn- sign up</p>	<p>6 Doctor Visits/Beauty Salon</p> <p>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)</p>	<p>7 Massage/Beauty Salon</p> <p>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 Humor Club (B1) 6:30 Bridge Group (Library)</p>	<p>8 Doctor Visits</p> <p>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)</p>	<p>9 Beauty Salon</p> <p>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)</p>	<p>10</p> <p>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)</p>
<p>11</p> <p>SUNDAY BUFFET</p> <p>11-1:00 PM 3rd Fl. Dining RM Open Swim & Exercise 6:30 TV of Choice or Bring Your Movie (B1)</p>	<p>12</p> <p>9:00 Communion Service (PI) 9:00 Water Works on own (Pool) 10:00 Tai Chi for Balance on own (HC) 1:45 Walk with Chris Ann- sign up</p>	<p>13 Doctor Visits/ Beauty Salon</p> <p>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)</p>	<p>14 Massage/Beauty Salon</p> <p>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) 4:45 Take a Cruise (Dining Room) 6:30 Bridge Group (Library)</p>	<p>15 Doctor Visits</p> <p>9:00 Chair Exercise (B1) 11:00 Work Your Brain (B1) 1:45 Tai Chi for Balance (HC) 2:30 Gentle Yoga (HC) 2:30 Tea Party (B1) Adam Conley (remembering Frederick & Nelson)& author Ann Wendell</p>	<p>16 Beauty Salon</p> <p>8:25 Water Exercise (Pool) 9:00 Water Works (Pool) 10:00 Strength for Life (HC) 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)</p>	<p>17</p> <p>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)</p>
<p>18</p> <p>SUNDAY BUFFET</p> <p>11-1:00 PM 3rd Fl. Dining Open Swim & Exercise 6:30 TV of Choice or Bring Your Movie (B1)</p>	<p>19</p> <p>MARTIN LUTHER KING JR. HOLIDAY</p>	<p>20 Doctor Visits/ Beauty Salon</p> <p>9:00 Chair Exercise on own (B1) 1:00 Happy Hands (B1) 1:45 Balance & Stability (HC) 2:00 Early Vespers in the Library 2:30 Stretch & Relax (HC) 6:30 Chateau Singers Practice (B1) 7:00 Men's Poker (PI) WATCH PRESIDENTIAL INAUGURATION ON THE BIG SCREEN TV ON B1</p>	<p>21 Massage/ Beauty Salon</p> <p>9:00 Chair Exercise ON OWN (B1) 10:00 Shopping Bus- Safeway 11:30 Men's Lunch with Brandon 1:00 Art Class ON OWN (B1) 1:00 Free Hearing Aid Check (PL) 6:30 Bridge Group (Library)</p>	<p>22 Doctor Visits</p> <p>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)</p>	<p>23 Beauty Salon</p> <p>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)</p>	<p>24</p> <p>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)</p>
<p>25</p> <p>SUNDAY BUFFET</p> <p>11-1:00 PM 3rd Fl. Dining Open Swim & Exercise 6:30 TV of Choice/ Bring Your Own Movie (B1)</p>	<p>26</p> <p>9:00 Communion Service (PI) 9:00 Water Works (Pool) 10:00 Tai Chi for Balance (HC) 1:45 Walk with ChrisAnn- sign up 4:00 Book Club with Chris Serold in Library reviewing "The Samurai's Garden" by Gail Tsukiyama</p>	<p>27 Doctor Visits/ Beauty Salon</p> <p>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)</p>	<p>28 Massage / Beauty Salon</p> <p>8:25 Water Exercise (Pool) 9:00 Chair Exercise (B1) 10:00 Shopping Bus- Top Food 11:00 Fun with the Wii Game(B1) 2:30 MONTHLY BIRTHDAY PARTY & CHATEAU SINGERS (B1) 6:30 Bridge Group (Library)</p>	<p>29 Doctor Visits</p> <p>9:00 Chair Exercise (B1) 11:00 Work Your Brain (B1) 1:45 Tai Chi for Balance (HC) 2:00 Jewelry Repair/ Re-do (B1) 2:30 Gentle Yoga (HC) 3:30 Performing Arts Club (B1) 6:45 Misc. Games (B1)</p>	<p>30 Beauty Salon</p> <p>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)</p>	<p>31</p> <p>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)</p>