

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

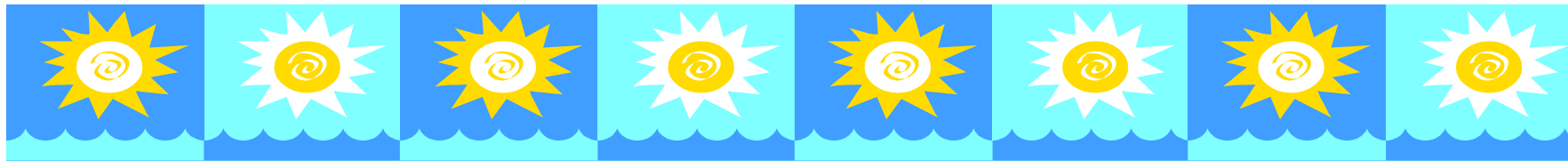
Saturday

Hearthstone Activities

Retirement Apartment & AL/HC Highlights

August 2008

Read about **bold** items in *Sparks* section of the *Flame*



1

8:15 Morning Exercise/LL
8:45 Morning Exercise/LL
9-5 Clinic Open/LL
9:00 Van to Trader Joe's
10:00 Van AL/HC

12:30 Van to SAM
2:30 Phil Ages/HC

2

10:30 Sittercise/4th
1:30 Van to Taproot

3

3:00 Sing-Along/4th
7:00 Vespers/Chapel

4

8:15 Morning Exercise/LL
8:45 Morning Exercise/LL
9-5 Clinic Open
9:00-3:00 Med. Transportation
10:00 Bible Study/10th Floor
10:45 Bible Study/HC
11:30 Card & Gift Shop/2nd

12:00 Foot Clinic/LL
1:00 Total Hearing/10th Floor
2:00 Popcorn & Wii/LL
2:30 Vern & Mel/Chapel

5

9:00-3:00 Med. Transportation
9:15 Current Events/9th Flr.
9:15 Art for All/LL
10:30 Sittercise/10th Floor
10:30 Women Bible Study/Brdm
11:30 Card & Gift Shop/2nd

1-5 Clinic Open
1:30 Strong & Balanced/LL
1:30-3:30 Pharmacy Consult./LL
3:00 SCG/Chapel
6:30 SkipBo/2nd floor

6

8:15/8:45 Morn. Exercise/LL
9-5 Clinic Open/LL
9:30 Bible Study/Chapel
10:00 Knotty Knitters/LL
10:00 Van to U Village
10:45 Worship/HC

1:00 Menders/LL
2:00 Van AL/HC
2:00 Popcorn/LL
3:00 Classic Movie/Chapel
Tramp, Tramp, Tramp
6:30 Mexican Train/7th Floor
6:30 UP/2nd Floor

7

9-5 Clinic Open/LL
10:00 Van to Wing Luke
10:30 Sittercise/10th Floor
10:45 Line Dancing/LL

1:30-3:30 Pharmacy Consult
1:30 Strong & Balanced/LL
1:30 Van to PSC BubbleFest
3:00 Mental Aerobics/LL
7:30 Robert Vierschilling/Chapel


8

8:15 Morning Exercise/LL
8:45 Morning Exercise/LL
9-5 Clinic Open/LL
10:00 Van to Northgate
10:00 Men's Group/2nd

12:30 Van to Old Time Fiddle & Variety Show
2:30 Hans Brehmer/HC

9

10:00 Computer Coach/LL
3:30 Posture & Balance/LL
7:00 Musical Movie Night/Chapel
Blue Hawaii

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10 7:00 Vespers/Chapel</p>	<p>11 8:15/8:45 Morn. Exercise/LL 9-5 Clinic Open 9:00-3:00 Med. Transportation 10:00 Communion/4th Floor 10:45 Bible Study/HC 11:30 Card & Gift Shop/2nd</p> <p>12:00 Foot Clinic/LL 1:00 Bookmobile/2nd Floor 2:00 Popcorn & Wii/LL 3:00 Katy, Plant Coach/2nd</p>	<p>12 9:00-3:00 Med. Trans. 9:15 Current Events/9th Flr. 9:15 Art for All/LL 10:30 Protecting Your Name/Chapel 10:30 Sittercise/4th Floor 10:30 Women Bible Study/Brdrm 11:30 Card & Gift Shop/2nd 1-5 Clinic Open 1:30 Strong & Balanced/LL 1:30-3:30 Pharmacy Consult./ 2:00 Pastor John Stories/HC 3:00 SCG/Chapel 6:30 SkipBo/2nd Floor</p>	<p>13 8:15/8:45 Exercise/LL <i>Hawaiian Days</i> 9-5 Clinic Open/LL 9:00 Van to Safeway 9:30 Bible Study/Chapel 10:00 Knotty Knitters/LL 10:45 Worship/HC 11:00 Special Trip II</p> <p>1:30 Van to Hawaiian Store 2:30 Hawaiian Dancers/LL 6:30 Mexican Train/7th Floor 6:30 UP/2nd Floor</p>	<p>14 9-5 Clinic Open/LL 10:30 Sittercise/4th Floor 10:45 Line Dancing/LL 11:00 Special Trip I</p> <p>1:30-3:30 Pharmacy Consult 1:30 Strong & Balanced/LL 3:00 Mental Aerobics/LL 7:30 Stowaways in Paradise/2nd Floor</p> 	<p>15 8:15 Morning Exercise/LL 8:45 Morning Exercise/LL 9-5 Clinic Open/LL 10:00 Van AL/HC</p> <p>1:30 Van: Walking Club to Magnuson Park</p>	<p>16 10:30 Sittercise/4th 3:30 Posture & Balance/LL 12:30 Van to Emerald Downs</p>
<p>17 3:00 Sing-Along/4th 7:00 Vespers/Chapel</p>	<p>18 8:15 Morning Exercise/LL 8:45 Morning Exercise/LL 9-5 Clinic Open 9:00-3:00 Med. Transportation 10:00 Bible Study/4th Floor 10:45 Bible Study/HC 11:30 Card & Gift Shop/2nd</p> <p>12:00 Foot Clinic/LL 2:30 Charlie Spring/4th Flr 7:30 Bingo!/LL</p>	<p>19 9:00-3:00 Med. Trans. 9:15 Current Events/9th Flr. 9:15 Art for All/LL 10:30 Sittercise/4th Floor 10:30 Women Bible Study/Brdrm 11:30 Card & Gift Shop/2nd</p> <p>1-5 Clinic Open 1:30 Strong & Balanced/LL 1:30-3:30 Pharmacy Consult./LL 2:00 Card Making/LL 3:00 SCG/Chapel 6:30 SkipBo/2nd Floor</p>	<p>20 <i>Flame Target</i> 8:15/8:45 Morn. Exercise/LL 9-5 Clinic Open/LL 9:30 Bible Study/Chapel 10:00 Knotty Knitters/LL 10:45 Worship/HC 11:00 Special Trip I</p> <p>1:00 Mendors/LL 2:00 Van AL/HC 2:00 Popcorn/LL 6:30 Mexican Train/7th Floor 6:30 UP/2nd Floor</p>	<p>21 9-5 Clinic Open/LL 9:30 Van to Mayor's Coffee 10:30 Sittercise/4th Floor 10:45 Line Dancing/LL</p> <p>12:00 Van to Picnic 1:30-3:30 Pharmacy Consult 1:30 Strong & Balanced/LL 3:00 Mental Aerobics/LL 3:00 Catholic Mass/Chapel 5:45 Birthday Dinner/2nd Flr. 7:30 Cara Hill/Chapel</p>	<p>22 8:15 Morning Exercise/LL 8:45 Morning Exercise/LL 9-5 Clinic Open/LL 10:00 Men's Group/2nd Flr.</p> <p>2:00 Van to Rite Aid, Ross K Mart & Albertson's 2:30 Steve Rice/HC 5:45 Van: Diamond Club to Mariner's Game</p>	<p>23 10:00 Computer Coach/LL 3:30 Posture & Balance/LL 7:00 Movie Night/Chapel <i>Miss Pettigrew Lives for a Day</i></p>
<p>24 7:00 Vespers/Chapel</p>	<p>25 8:15 Morning Exercise/LL 8:45 Morning Exercise/LL 9-5 Clinic Open 9:00-3:00 Med. Transportation 10:00 Bible Study/4th Floor 10:45 Bible Study/HC 11:30 Card & Gift Shop/2nd</p> <p>12:00 Foot Clinic/LL 2:00 Popcorn & Wii/LL 2:30 Richard Dean/4th Flr</p>	<p>26 9:00-3:00 Med. Transportation 9:15 Current Events/9th Flr. 9:15 Art for All/LL 10:30 Sittercise/4th Floor 10:30 Women Bible Study/Brdrm 11:30 Card & Gift Shop/2nd</p> <p>1-5 Clinic Open 1:30 Strong & Balanced/LL 1:30-3:30 Pharmacy Consult./LL 3:00 SCG/Chapel 6:30 SkipBo/2nd Floor</p>	<p>27 8:15/8:45 Morn. Exercise/LL 9-5 Clinic Open/LL 9:30 Bible Study/Chapel 9:45 Van to Jetty Island 10:00 Knotty Knitters/LL 10:45 Communion/HC</p> <p>2:00 Popcorn/LL 2:00 Pastor John Stories/4th 6:30 Mexican Train/7th Floor 6:30 UP/2nd Floor</p>	<p>28 9-5 Clinic Open/LL 9:00 Van to WAHSA 10:30 Sittercise/4th Floor 10:30 HC Resident's Council 10:45 Line Dancing/LL</p> <p>1:30-3:30 Pharmacy Consult 1:30 Strong & Balanced/LL 1:30 Pastor John's Stories/Chapel 2:00 Van to Ballard Locks 3:00 Mental Aerobics/LL 7:30 David Locke/Chapel</p>	<p>29 8:15 Morning Exercise/LL 8:45 Morning Exercise/LL 9-5 Clinic Open/LL 10:00 Van AL/HC 11:30 Special Trip II</p> <p>2:30 Joe Ross/HC 2:30 Van to Fred Meyer & Greenwood Market</p>	<p>30 3:30 Posture & Balance/LL</p>
<p>31 3:00 Sing-Along/4th 7:00 Vespers & Communion/Chapel</p>	<p>12:00 Foot Clinic/LL 2:00 Popcorn & Wii/LL 2:30 Richard Dean/4th Flr</p>	<p>1-5 Clinic Open 1:30 Strong & Balanced/LL 1:30-3:30 Pharmacy Consult./LL 3:00 SCG/Chapel 6:30 SkipBo/2nd Floor</p>	<p>6:30 Mexican Train/7th Floor 6:30 UP/2nd Floor</p>	<p>2:00 Van to Ballard Locks 3:00 Mental Aerobics/LL 7:30 David Locke/Chapel</p>		