






Timber Ridge at Talus

Community Life Services Calendar

May 2016

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|--|---|---|---|
| 1 9:30 - Nondenominational Christian Church Ser. - BR A.M. Church Run - O *First Presbyterian *St. Joseph's  | 2 9:00 - 9:25 Aerobics -E 9:30 - Forever Fit - E 1:00 - Sit, Tone, Stretch - E 1:00 - Bridge Swiss - 6 th FL 1:30 - Local Shopping-O 1:00 - News & Views - A 2:30 - Islam Instructor David Smith | 3 8:45 - Aqua Aerobics - O 9:00 - Core Power & More-E 9:30 - Brain Fitness - A 10:30 - Bible Study - E 1:00 - Poker - 2 nd FL 1:00 - Hand & Foot Game-A 3:00 - Ambassador -ACR 5:00 - John Leckenby Guitar Performance- CL | 4 9:00 - 9:25 Aerobics -E 9:30 - Forever Fit - E 10:00 - Local Shopping - O 10:00 -Leisure Comm.-A 10:30 - A Swift Survey American History Instructor Kristi Busch cost pre-registered - E 1:00 - Sit, Tone, Stretch - E 2:00 - Rusty Chords- E | 5 Cinco De Mayo 8:45 - Aqua Aerobics - O 9:00 - Core Power & More-E 11:15 - Catholic Services - BR 1:00 -3:00pm Bridge Lessons - E #5 of 6 with Karen Westerlund | 6 9:00 - 9:25 Aerobics -E 9:30 - Forever Fit -E 10:00-Local Shopping N I-90-O 1:00 - Sit and Stretch - E 2:00 - Local Shopping S I-90-O | 7  7:00 - Game Night - A |
| 8 Mother's Day 9:30 - Nondenominational Christian Church Ser. - BR A.M. Church Run - O *First Presbyterian *St. Joseph's 10:00 - 1:30 Piano Player KARIN -Kajita in Dining Room 1:00- Seattle Opera The Flying Dutchman- Romanic Fable with Striking Theatricality- O Ticket holders | 9 9:00 - 9:25 Aerobics -E 9:30 - Forever Fit - E 9:30 - Bellevue Mall - O 1:00 - Sit, Tone, Stretch - E 1:30 - Local Shopping-O 1:00 - News & Views - A 1:00 - Book Discussion - L 2:30 - Islam Instructor David Smith cost pre-registered -E | 10 8:45 -Aqua Aerobics - O 9:30 - Brain Fitness - A 9:00-Core Power & More E 10:30 - Bible Study- E 11:00 - Showcase Comm - A 1:00 - Poker - 2 nd FL 1:00 - Hand & Foot Game-A | 11 9:00 - 9:25 Aerobics -E 9:30 - Forever Fit - E 10:30- A Swift Survey American History -E 10:00 - Local Shopping- O 1100 - Mariners Ball Game - O Mariners vs Tampa Bay Rays Safeco Field 1:00 - Sit, Tone, Stretch - E 2:00 - Rusty Chords - E | 12 8:45 - Aqua Aerobics - O 9:00 - Core Power & More-E 1:00 -3:00pm Bridge Lessons - E #6 of 6 last class with Karen Westerlund | 13 9:00 - 9:25 Aerobics -E 9:30 - Forever Fit - E 10:00 - N'Gaugers Train - ACR 10:00-Local Shopping N I-90-O 1:00 - Sit, Tone, Stretch - E 2:00-Local Shopping S I-90-O 2:30 - Ray Copin US Coast Guard Aviation Presentation -E 3:00 - Money Chat - ADC | 14 1:15 - Village Theatre Billy Elliot - The Electrifying Broadway Sensation -O Ticket holders please sign up for transportation 7:00 - Game Night - A |
| 15 9:30 -Nondenominational Christian Church Ser. - BR A.M. Church Run - O *First Presbyterian *St. Joseph's 2:00 - Corelli Quartet -E Group of 4 classical music Seating for 40 | 16 9:00 - 9:25 Aerobics -E 9:30 - Forever Fit - E 10:30 - Sawdusters - E 1:00 - Sit, Tone, Stretch - E 1:00 - Bridge Swiss - 6 th FL 1:30 - Local Shopping-O 2:00 - News & Views - A 2:30 - 911 Eastside Fire - E | 17 8:45 -Aqua Aerobics - O 9:00- Core Power & More-E 9:30 - Brain Fitness - A 10:30 - Bible Study - E 1:00 - Poker - 2 nd FL 1:00 - Hand & Foot Game-A 5:00 - Piano Hans Brehmer - CL | 18 9:00 - 9:25 Aerobics -E 9:30 Forever Fit - E 10:00 - Local Shopping - O 10:30 - A Swift Survey American History Instructor Kristi Busch cost pre-registered - E 1:00 - Sit, Tone, Stretch - E 2:00 - Food Comm. -C 2:00 - Rusty Chords - E | 19 8:45 - Aqua Aerobics - O 9:00 - Core Power & More-E 10:00- Ambience and Décor - ACR 1:00 Bridge Group - Art Studio | 20 9:00 - 9:25 Aerobics -E 9:30 - Forever Fit - E 10:00-Local Shopping N I-90-O 10:15- Traveling Library -L 1:00 - Sit, Tone, Stretch - E 2:00 -Local Shopping S I-900 | 21 1:15 - Village Theatre Billy Elliot - The Electrifying Broadway Sensation -O Ticket holders please sign up for transportation 7:00 - Game Night - A |
| 22 9:30 - Nondenominational Christian Church Ser. - BR A.M. Church Run - O *First Presbyterian *St. Joseph's 1:00- POPS Seattle Symphony Sci- Fi at The POPS - O Ticket holders | 23 9:00 - 9:25 Aerobics -E 9:30 - Forever Fit - E 10:30 - The British Pantry Lunch Out on own - O 1:00 - Sit, Tone, Stretch - E 1:30 - Local Shopping-O 2:00 - News & Views - A | 24 8:45 - Aqua Aero. - O 9:00- Core Power & More-E 9:30 - Brain Fitness - A 10:30 - Bible Study - E no cost 1:00 - Poker - 2 nd FL 1:00 - Hand & Foot Game- A 2:00 - Library Comm. - L | 25 9:00 - 9:25 Aerobics -E 9:30 - Forever Fit - E 10:00 - Local Shopping-O 1:00 - Sit, Tone, Stretch - E 2:00 - Rusty Chords - E | 26 8:45 - Aqua Aerobics - O 9:00 - Core Power & More-E 1:00 - Bridge Group - Art Studio 2:00 - Resident Council - E | 27 9:00 - 9:25 Aerobics -E 9:30 - Forever Fit - E 10:00-Local Shopping N I-90-O 10:30 - Golden Creek Pond Hike with Robin- O Snoqualine Pass 2:00 - Local Shopping S I-90-O | 28 10:00 - Adult Color Art - A On own 7:00 - Game Night - A |
| 29 9:30 -Nondenominational Christian Church Ser. - BR A.M. Church Run - O *First Presbyterian *St. Joseph's 10:30 - Pre - Memorial Day Celebration to include raising of the flag & bugler Jim Sailors - L | 30  | 31 8:45 - Aqua Aero. - O 9:00- Core Power & More-E 9:30 - Brain Fitness - A 10:30 - Bible Study - E no cost 1:00 - Poker - 2 nd FL 1:00 - Hand & Foot Game- A |  | A - Art Studio ACR - Adm. Conf Room BR - Briarwood C - Cascade Dining Room CE - Cascade East ca - Café CL - Cocktail Lounge E - Evergreen Room | EF - Evergreen Foyer FL - Fireplace Lounge L - Library O - Bus or Car Outing PDR - Private Dining Room 2E = Second Floor |  |