

July 2014

Sun	Mon	Tue	Wed	Thu	 Fri	Sat
	Foundation House at Bothell <i>www.fhbothell.com</i> 17502 102nd Ave. NE Bothell, WA. 98011	1 9:00 TV Sit & Be Fit Exercise 9:30-12:00 Active Life Fitness, AR 11:30 MYSTERY TRIP TODAY 1:00 Bridge, LR 1:00 Cribbage, AR 1:00 Bible101, AR 2:00 Pinochle, AR 6:30 Poker, SB 7:00 Movie, AR	2 Massage & Foot care TV Sit & Be Fit Exercise 9:00 TV Sit & Be Fit Exercise 9:30 Yoga Class, AR 10:30 Wii Bowling, AR 10:30 Yahtzee, LR 11:00-11:30 Hearing Aid Check, LR 11:30 Mah Jong, AR 12:00-1:00 Wiener Wednesday 2:30 Hardball Today 7:00 BINGO, AR	3 9:00 TV Sit & Be Fit Exercise 9:30-12:00 Active Life Fitness 10:30 Fred Myers Shuttle 1:00 FHB Choir Practice 2:00 PO-KE-NO, AR 2:00 Sports Bar with Karl 2:00 Readers Theater, PDR 7:00 Movie, AR	4 July 4th 9:00 TV Sit & Be Fit Exercise 1:00 Hand & Foot Card Game 2:00 Pinochle, LR 3:00 Social Hour, AR 7:00 Movie FAMILY BBQ BUFFET Time 2:00-4:00 \$13.00	5 10:00 Coffee & Chat, Bistro 11:00 Wii Bowling, AR 1:00 Hand & Foot, AR 1:00 Trivial Pursuit. Lobby 2:00 Pinochle, Cribbage Bridge, LR 7:00 Movie, AR
6 7:30-9:30 Early Bird Breakfast 11:30-2:00 Sit Down Dinner 3:00 Soup, DR Movie, SB 4:30 Board & Card Games, LR 5:00 Shuffleboard 7:00 Movie, AR	7 9:00 TV Sit & Be Fit Exercise 10:00 Coffee With Chad 10:30 Wii Bowling, AR 2:00 Pinochle, LR 2:00 RESIDENT MEETING,AR 7:00 Movie, AR	8 9:00 TV Sit & Be Fit Exercise 9:30-12:00 Active Life Fitness, AR 12:00 Traveling Bridge Group ,SB 1:00 Bridge, LR 1:00 Cribbage, AR 1:00 Bible101, AR 2:00 Pinochle, AR 7:00 Movie, AR	 9 7:45 Massage Lavender Trip Departs Cost \$23.00 TV Sit & Be Fit Exercise 9:00 Yoga Class, AR 10:30 Wii Bowling, AR/ Yahtzee 11:30 Mah Jong, AR 12:00-1:00 Wiener Wednesday 2:30 Hardball Today 7:00 BINGO, AR	10 9:00 TV Sit & Be Fit Exercise 9:30-12:00 Active Life Fitness 1:00 FHB Choir Practice 2:00 PO-KE-NO, AR 2:00 Sports Bar with Karl 2:00 Readers Theater, PDR 7:00 Movie, AR	11 9:00 TV Sit & Be Fit Exercise 9:00 QFC & SAFEWAY SHUTTLE 10:30 FRED MEYER SHUTTLE 1:00 Hand & Foot Card Game 1:30 Costco Trip 2:00 Pinochle, LR 3:00 Social Hour, AR 6:30 Darrell Shepard at Guitar, AR	12 10:00 Coffee & Chat, Bistro 11:00 Wii Bowling, AR 1:00 Hand & Foot, AR 1:00 Trivial Pursuit. Lobby 2:00 Pinochle, Cribbage Bridge, LR 7:00 Movie, AR
13 7:30-9:30 Early Bird Breakfast 11:30-2:00 BUFFET BRUNCH 3:00 Soup, DR Movie, SB 4:30 Board & Card Games, LR 5:00 Shuffleboard 7:00 Movie, AR SUNDAY BRUNCH	14 9:00 TV Sit & Be Fit Exercise 10:00 Coffee With Chad 10:30 Wii Bowling, AR 1:00 FHB Choir Practice 2:00 Pinochle, LR 6:30 Come listen to Author Joan Merrill tell about Murder & Mayhem in The world of Jazz	15 9:00 TV Sit & Be Fit Exercise 9:30-12:00 Active Life Fitness, AR 9:30 Snoqualmie Casino 1:00 Bridge, LR 1:00 Cribbage, AR 1:00 Bible101, AR 2:00 Pinochle, AR 6:30 Poker, SB 7:00 Movie, AR	16 Massage & Foot care TV Sit & Be Fit Exercise 9:00 TV Sit & Be Fit Exercise 9:30 Yoga Class, AR 10:00-3:00 Clothing Connections, LR 10:30 Wii Bowling, AR 10:30 Yahtzee, LR 11:30 Mah Jong, AR 12:00-1:00 Wiener Wednesday 2:30 Hardball Today 7:00 BINGO, AR	17 9:00 TV Sit & Be Fit Exercise 9:30-12:00 Active Life Fitness 1:00 FHB Choir Practice 2:00 PO-KE-NO, AR 2:00 Sports Bar with Karl 2:00 Readers Theater, PDR 7:00 Movie, AR	18 9:00 TV Sit & Be Fit Exercise 9:00 QFC & SAFEWAY SHUTTLE 10:30 FRED MEYER SHUTTLE 1:00 Hand& Foot Card Game 1:30 Dollar Store Bothell 2:00 Pinochle, LR 3:00 Social Hour, AR 7:00 Movie, AR Drop your rummage items under The mail boxes ,for 4 days only	19 10:00 Coffee & Chat, Bistro 11:00 Wii Bowling, AR 1:00 Hand & Foot, AR 1:00 Trivial Pursuit. Lobby 2:00 Pinochle, Cribbage Bridge, LR 6:30 Gary Hausam plays Accordion, Lobby
20 7:30-9:30 Early Bird Breakfast 11:30-2:00 Sit Down Dinner 3:00 Soup, DR Movie, SB 4:30 Board & Card Games, LR 5:00 Shuffleboard 7:00 Movie, AR	21 9:00 TV Sit & Be Fit Exercise 10:00 Coffee With Chad 10:30 Wii Bowling, AR 1:00 FHB Choir Practice 1:15 UW Stadium Tour Cost \$10.00 2:00 Pinochle, LR 7:00 Movie, AR	22 9:00 TV Sit & Be Fit Exercise 9:30-12:00 Active Life Fitness, AR 12:00 Traveling Bridge Group ,SB 1:00 Bridge, / Cribbage, LR 1:00 Bible101, AR 2:00 Pinochle, AR 7:00 Movie, AR Last day Rummage items delivered to senior center for August 8th sale	23 Massage TV Sit & Be Fit Exercise 9:00 TV Sit & Be Fit Exercise 9:30 Yoga Class, AR 10:30 Wii Bowling, AR 10:30 Yahtzee, LR 11:30 Mah Jong, AR 12:00-1:00 Wiener Wednesday Hardball guests 2:15-3:00 Japanese Student Visit 7:00 BINGO, AR	24 9:00 TV Sit & Be Fit Exercise 9:30-12:00 Active Life Fitness 9:45-10:30 Traveling Library 1:00 PO - KE—NO and Readers Theater , Choir canceled 2:00-3:00 Sound Singers "Western Theme Day" 7:00 Western Entertainment	25 9:00 TV Sit & Be Fit Exercise 9:00 QFC & SAFEWAY SHUTTLE 10:30 FRED MEYER SHUTTLE 1:00 Hand & Foot Card Game 1:30 Lake Forest Park Center 2:00 Pinochle, LR 3:00 Social Hour, AR 7:00 Movie, AR	26 10:00 Coffee & Chat, Bistro 10:30 Art for All Ages Class, AR 11:00 Wii Bowling, AR 1:00 Hand & Foot, AR 1:00 Trivial Pursuit. Lobby 2:00 Pinochle, Cribbage Bridge, LR 7:00 Torchlight Parade TV
27 7:30-9:30 Early Bird Breakfast 11:30-2:00 BUFFET BRUNCH 3:00 Soup, DR Movie, SB 4:30 Board & Card Games, LR 5:00 Shuffleboard 7:00 Movie, AR SUNDAY BRUNCH	28 9:00 TV Sit & Be Fit Exercise 10:00 Coffee With Chad 10:30 Wii Bowling, AR 1:00 FHB Choir Practice 2:00 Pinochle, LR 7:00 Movie, AR	29 9:00 TV Sit & Be Fit Exercise 9:30-12:00 Active Life Fitness, AR 1:00 Bridge, / Cribbage, LR 1:00 Bible101, AR 2:00 Pinochle, AR 6:30 Poker, SB 7:00 Movie, AR	30 Massage TV Sit & Be Fit Exercise 9:00 TV Sit & Be Fit Exercise 9:30 Yoga Class, AR 10:30 Wii Bowling, AR / Yahtzee,LR 11:30 Mah Jong, AR 12:00-1:00 Wiener Wednesday Premera Medicare Question Table 2:30 Hardball Today 7:00 BINGO, AR	31 9:00 TV Sit & Be Fit Exercise 9:30-12:00 Active Life Fitness 9:45-10:30 Traveling Library 1:00 Book Club Meeting,PDR 2:00 PO-KE-NO, AR 2:00 Sports Bar with Karl 2:00 Readers Theater, PDR 6:30 Riga Tones, AR AUGUST CALENDAR IS OUT		