


# Norse Home Activities Calendar

# January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1 New Year's Day</b> <b>Happy New Year</b>  2:00 Ch. 31 The Rose Bowl U. of W. vs. Ohio St.	<b>2</b> 9:30 EnhanceFitness - SH 10:00 Activity Check in 11:00 Mindstretchers - FPL& 3 FL 1:15 Fred Meyers Shopping 1:30 Crafting w/ Lacey - CR 3:30 Poet's Corner - FPL	<b>3</b> 9:00 Challenge Your Balance - SH 9:40 Stretch & Flex - SH 10:00 Let's Play Sorry - 3rd FL 10:30 Corn Hole Toss- FPL 1:30 BINGO - 2nd FL DR 3:00 Happy Hour - MDR	<b>4</b> 9:30 EnhanceFitness - SH 10:00 Activity Check in 11:00 Mindstretchers - FPL& 3 FL 2:00 All Resident Meeting-SH 3:30 Tech Time: Sign Up 3:30 Drawing 101 - FR	<b>5</b> 9:00 Stretch & Balance - SH 9:30-11:30 Little Store Open - GF 10:00 Outing: Bartell Drugs 12:00 Eyeglass Repair - ML 1:30 BINGO - 2nd FI 3:30 Wii Bowling - 2nd FI 5:15 Ch. 13 Seahawks @ Cowboys
		<b>6</b> 6:30 Vespers - SH Ballard First Lutheran Communion	<b>7</b> 9:00 EnhanceFitness - SH 11:00 Mindstretchers - FPL 1:00 Taking Down Christmas 1:30 Watercolor with Deborah - SH	<b>8</b> 9:30 Stretch & Flex - SH 10:00 Christmas Take Down 10:45 Golf - FPL 2:00 Birthday Party-MDR 2:30 Kapka Kids - 2nd FL 3:30 Texas Hold'em Poker - SH 3:30 Scrabble Hour - 3rd FL	<b>9</b> 9:30 EnhanceFitness - SH 10:00 Activity Check in 11:00 Mindstretchers - FPL& 3 FL 1:15 Fred Meyers Shopping 1:30 Crafting w/ Lacey - CR 3:30 Corn hole Toss - FPL 6:15 BINGO - SH	<b>10</b> 9:00 Challenge Your Balance - SH 9:30 Activity Check In 9:40 Stretch & Flex - SH 10:15 Scenic Drive: Sign up Goodbye Viaduct 1:30 BINGO - 2nd FL DR 3:00 Happy Hour - MDR
<b>13</b>	<b>14</b> 9:00 EnhanceFitness-SH 10:40 Bookmobile- ML 11:10 Mindstretchers - FPL 1:30 Watercolor -SH 3:00 Reading with Molly-4th FI <u>Rebecca</u>	<b>15 Lacey's On Vacation</b>  9:15 Stretch & Flex - SH 10:45 Golf-FPL 1:30 BINGO - 2nd FL 2:30 Kapka Kids - 2nd FL 3:30 Texas Hold'em Poker - SH 3:30 Scrabble - 3rd FL	<b>16</b> 9:30 EnhanceFitness - SH 11:00 Mindstretchers - FPL 1:15 Fred Meyers Shopping 3:00 Meat or Fake? - SH	<b>17</b> 9:00 Challenge Your Balance - SH 9:40 Stretch & Flex - SH 10:30 Corn Hole Toss- FPL 3:00 Happy Hour - MDR  Contest Begins~ Where in Norse Home IS that?	<b>18</b> 9:30 EnhanceFitness - SH 10:45 Tech Time: Sign Up 11:00 Mindstretchers- FPL 1:30 BINGO - 2nd FI 1:30 Bridge - 4th FL 3:00 Billiards - 4th FL	<b>19</b> 9:00 Stretch & Balance - SH 9:30-11:30 Little Store Open - GF
<b>20</b> 6:30 Vespers - SH Dwight Paulson	<b>21 Martin Luther King Jr. Day</b>  9:00 EnhanceFitness-SH 11:00 Mindstretchers - FPL 1:30 Watercolor with Deborah - SH 3:00 Reading with Molly 4th FI <u>Rebecca</u>	<b>22 Lacey Returns</b>  9:15 Stretch & Flex - SH 9:30 Activity Check in 10:00 Corn Hole Toss - 3rd FL 10:45 Golf-FPL 2:30 Kapka Kids - 2nd FL 3:30 Texas Hold'em Poker - SH 3:30 Scrabble Hour - 3rd FL	<b>23</b> 9:30 EnhanceFitness - SH 10:00 Activity Check in 11:00 Mindstretchers - FPL& 3 FL 1:15 Fred Meyer Shopping 1:30 Bell Choir-FPL 3:30 Tasting Party - SH 6:15 BINGO - SH	<b>24</b> 9:00 Challenge Your Balance - SH 9:30 Activity Check In 9:40 Stretch & Flex - SH 10:15 Scenic Drive: Sign Up 1:30 BINGO - 2nd FL DR 3:00 Happy Hour - MDR  Contest Ends at Noon	<b>25</b> 9:30 EnhanceFitness - SH 10:00 Activity Check in 10:45 Tech Time: Sign up 11:00 Mindstretchers - FPL 11:00 Make Lunch Together -SH 1:30 Bridge - 4th FL 3:00 TED Talk - PDR 3:30 Drawing 101 - FR	<b>26</b> 9:00 Stretch & Balance - SH 9:30-11:30 Little Store Open - GF 10:00 Activity Check In 11:00 Riddle Me This - FPL 1:30 BINGO - 2nd FI 3:30 Wii Bowling - 2nd FI
<b>27</b> 2:00 Violin Recital-MDR 3:30 Sing Along-FPL 7:00 Vesper - SH The Ockwell Family	<b>28</b> 9:00 EnhanceFitness-SH 11:00 Mindstretchers - FPL 1:30 Watercolor with Deborah-SH 7:30 Norwegian Male Chorus -MDR	<b>29</b> 9:15 Stretch & Flex - SH 9:30 Activity Check in 10:00 Corn Hole Toss - 3rd FL 10:45 Golf-FPL 2:30 Kapka Kids - 2nd FL 3:30 Texas Hold'em Poker - SH 3:30 Scrabble Hour - 3rd FL	<b>30</b> 9:30 EnhanceFitness - SH 10:00 Activity Check in 11:00 Mindstretchers - FPL& 3 FL 1:15 Fred Meyers Shopping 1:30 Crafting w/ Lacey - CR 3:30 Composer's Corner - FPL 3:30 Tea Party - 3rd FL	<b>31</b> 9:00 Challenge Your Balance - SH 9:30 Activity Check In 9:40 Stretch & Flex - SH 10:00 Let's Play Sorry - 3rd FL 10:30 Corn Hole Toss- FPL 1:30 BINGO - 2nd FL DR 3:00 Happy Hour - MDR	<b>Activities Hotline # 7444</b> <b>(206-781-7444)</b> <b>Updated daily</b>  <u>All Activities are subject to change.</u>	

**Room Abbreviations** CR - Craft Room, GF FPL - Fireplace Lounge-1<sup>st</sup> FR - Founders Room, GF GF - Ground Floor MDR - Main Dining 1<sup>st</sup> FL ML - Main Lobby PDR - Private Dining Room SH - Social Hall, GF