



# Norse Home Activities Calendar

All Activities are subject to change.

# December 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b> 9:00 Enhanced Fitness - SH 10:30 Poet's Corner - FPL 11:00 Mindstretchers - 3rd FL 1:30 2nd Floor & 3rd Floor Trees Decorating 3:00 Tech Time: in room 6:30 Decorate the Tree - ML	<b>2</b> 9:00 Stretch & Balance - SH 12:00 Eyeglass repair - ML 10:00 Bartell Drugs Outing: Sign Up 1:30 BINGO - 2nd Fl 3:30 Morris Dancers - SH
<b>3</b> 6:30 Vespers - SH Ballard First Lutheran Communion	<b>4</b> 9:00 Enhanced Fitness - SH 11:00 Mindstretchers - FPL 1:30 Art Class - SH 3:00 Reading with Molly - 4th 3:00 Fitness Check in - SH 7:30 Emerald City Women's Chorus - MDR	<b>5</b> 9:30 Stretch and Flex-SH 10:00 Fun & Games - 3rd FL 10:30 Golf - FPL 2:00 Bell Choir - FPL 2:30 Kapka Kids - 2nd FL 3:30 Scrabble Hour - 3rd FL 3:30 Texas Hold'em Poker - SH 6:30 Liekarringen Dancers- SH	<b>6</b> 9:00 Enhanced Fitness - SH 11:00 Mind Stretchers - FPL&3FI 1:15 Fred Meyers Shopping 2:00 Fitness Check In - SH 3:30 Corn Hole Toss - SH 3:30 Board Games - 3rd FL	<b>7</b> 9:00 Challenge Your Balance - SH 9:40 Stretch & Flex - SH 10:30 Scenic Drive: Sign Up 1:30 BINGO - 2nd FL DR 3:00 Happy Hour - MDR	<b>8</b> 9:00 Enhanced Fitness - SH 10:45 Good News Report - FPL 11:00 Mindstretchers - 3rd FL 11:45 Swanson's Lunch Outing 1:30 Craft Room Open - GF 1:30 Tech Time: in room 2:00 Reading with Molly-4th FL 3:30 Mindful Movement - SH 6:00 PhinneyWood Phestivus	<b>9</b> 9:00 Stretch & Balance - SH 10:00 Dog Visit-3rd Fl 10:00 Cost Plus World Market Outing: Sign Up 1:30 BINGO - 2nd Fl 2:00 Violin Recital - FPL 3:30 Wii Bowling - 2nd Fl
<b>10</b> 6:30 Vespers - SH Dwight Paulson	<b>11</b> 9:00 Enhanced Fitness - SH 10:30 Bookmobile-ML 11:00 Mindstretchers - FPL 1:30 Art Class - SH 3:00 Reading with Molly - 4th 8:00 Norwegian Male Chorus Christmas-MDR	<b>12 Hanukkah Begins</b> 9:30 Stretch & Flex- SH 10:00 Fun & Games - 3rd FL 10:30 Golf - FPL 1:30 Reading with Molly-4th Fl 2:30 Kapka Kids - 2nd FL 3:30 Texas Hold'em Poker - SH 3:30 Scrabble Hour - 3rdFL 7:00 Swedish Choir - MDR	<b>13</b> 9:00 Enhanced Fitness - SH 11:00 Mind Stretchers - FPL&3FI 1:15 Fred Meyers Shopping 1:30 Craft Room Open - GF 3:30 Tasting Party -SH 6:15 Bingo- SH	<b>14</b> 9:00 Challenge Your Balance - SH 9:40 Stretch & Flex - SH 10:00 Off to the Races-3rd Fl 10:30 Corn Hole Toss - SH 1:30 BINGO - 2nd FL DR 3:00 Happy Hour - MDR	<b>15</b> 9:00 Enhanced Fitness - SH 10:45 Good New Report-FPL 11:00 Mindstretchers - 3rd FL 1:15 Northgate Mall Outing 3:00 Tech Time: in room 3:30 Drawing 101 - FR 6:00 Jean M & Lesley C Program- FPL	<b>16</b> 9:00 Stretch & Balance - SH 10:00 Ten Thousands Villages Outing: Sign Up 2:00-5:00 Christmas Open House
<b>17</b> 4:30 & 5:30 Christmas Dinner  Music by the Norse Home Celebration Orchestra	<b>18</b> 9:00 Enhanced Fitness - SH 11:00 Mindstretchers - FPL 1:30 Art Class - SH 3:00 Reading with Molly - 4th 5:00 PRLC Carolers - MDR	<b>19</b> 9:30 Stretch & Flex - SH 10:00 Fun & Games - 3rd FL 10:30 Golf - FPL 1:45 Book Club - 4th FL 2:30 Reading with Molly-4th FL 3:30 Texas Hold'em Poker - SH 3:30 Scrabble Hour - 3rd FL	<b>20 Hanukkah Ends</b> 9:00 Enhanced Fitness - SH 11:00 Mindstretchers- FPL&3FI 11:30-2:30 Barista - ML 1:15 Fred Meyer Shopping 1:30 Craft Room Open - GF 3:30 Board Games - 3rd FL 6:00 Christmas Lights Tour	<b>21 Winter Solstice</b> 9:00 Challenge Your Balance - SH 9:40 Stretch & Flex - SH 10:00 Off to the Races-3rd Fl 10:30 Corn Hole Toss - SH 1:30 BINGO - 2nd FL DR 3:00 Happy Hour - MDR	<b>22</b> 9:00 Enhanced Fitness - SH 10:30 Christmas Poetry - FPL 11:00 Mindstretchers - 3rd FL 2:00 Birthday Party - MDR 3:30 Craft Room Open - GF 3:30 Mindful Movement - SH	<b>23</b> 9:00 Stretch & Balance - SH 2:00 Piano Rectal - MDR
<b>24 Christmas Eve</b>		<b>26</b> 9:30 Stretch & Flex - SH 10:00 Fun & Games - 3rd FL 10:30 Golf - FPL 1:45 Book Club - 4th FL 2:30 Reading with Molly-4th Fl 3:30 Scrabble Hour - 3rd Fl 3:30 Texas Hold'em Poker - SH	<b>27</b> 9:00 Enhanced Fitness - SH 11:00 Mind Stretchers - FPL&3FI 1:15 Fred Meyers Shopping 1:30 Craft Room Open - GF 3:30 Corn Hole Toss - SH 3:30 Board Games - 3rd FL 6:15 Bingo- SH	<b>28 Podiatrist here</b> 9:00 Challenge Your Balance - SH 9:40 Stretch & Flex - SH 10:30 Scenic Drive: Sign Up 1:30 BINGO - 2nd Fl DR 3:00 Happy Hour - MDR	<b>29</b> 9:00 Enhanced Fitness - SH 10:30 Poet's Corner - FPL 11:00 Mindstretchers - 3rd FL 1:30 Craft Room Open - GF 1:30 Tech Time: in room 2:00 Readers' Theatre- FR 3:15 Drawing 101 - FR	<b>30</b> 9:00 Stretch & Balance - SH 10:00 Goodwill Store Outing: Sign Up 1:30 BINGO - 2nd Fl 3:30 Wii Bowling - 2nd Fl
<b>31 New Year's Eve</b>						

**Room Abbreviations**

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    G - Garden, 1st FL