

- (1) + = Events shown in Emerald Room AND Channel 1981
- (2) Fitness Trifecta {8:15 a.m. Total Body Fitness; 9 a.m. Posture and Balance and 10 a.m. Seated Zumba Gold}
- (3) Bold indicates an off-Campus event or special notice. <u>Underlined</u> indicates notable event.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			EH Meeting Spaces and Room EMR Emerald Room AVR Avondale Room SAM Sammamish Room PAV Pavilion = (EMR+S CAS Creative Arts Studi TAH Tahoma Room BR Board Room CS Coffee Shop LR Living Room FS Fitness Studio C&H Copper & Hook TV Exclusively on Cha	AL GR AL AL TV AL AL L AL GR	Game Room TV Room Library/Lounge reat Room es: Plaza Square Railroad To Be Determined. Daily Schedule, and Channel up-to-date event information	0.45
		8:15 a.m. Fitness Trifecta, TV 10:30 a.m. <i>Keeping Our Spirits Up</i> , TV 11 a.m. Technology Committee Mtg., SAM 1 p.m. Tuesday Crafters, CAS 1 p.m. Alzheimer's and Dementia Caregiver Support, SAM 1:30 p.m. Readers' Theatre, TAH	10 a.m. Writing Class, AVR 10 a.m. Garden Railroad, CAS 10 a.m. Lawn Bowling, Bowling Green 11:30 a.m. Community Prayer, Chapel 11:30 a.m. Lunch & Learn, Rainier DR 1 p.m. Mahjong, TAH 1 p.m. Food Services Committee, AVR	8:15 a.m. Fitness Trifecta, TV 10:30 a.m. Evergreen Speech and Hearing, TAH 1 p.m. Tech Help, LR 2 p.m. Ukulele Chorus Rehearsal, AVR 2 p.m. Health Services Review, TAH 6:30 p.m. Depart: 10th Annual Star Spangled Spectacular, Seattle	8:15 a.m. Fitness Trifecta, TV 10 a.m. Catholic Communion Service, AVR 10 a.m. Scrabble, TAH 11:30 a.m. EH Trains are Running, RR 2:30 p.m. Hand & Foot Canasta, TAH 7 p.m. Old-Fashioned 4th of July Social, PAV	8:15 a.m. Fitness Trifecta, TV 10 a.m. Lawn Bowling, Bowlin Green 2 p.m. Mexican Train & Easy Cards, Easy Games, CAS
8:15 a.m. Fitness Trifecta, TV 11 a.m. Livestream BelPres Worship, SAM/AVR & AL GR 4 p.m. Worship with Chaplain Waltner, EMR 7 p.m. Wade Jazz Jammers. EMR	8:15 a.m. Fitness Trifecta, TV 9 a.m. Monday Painters, CAS 10 a.m. Depart: Grocery Shopping 10 a.m. Residents' Association Review, AVR 10:30 a.m. Corn Hole, PP 1:00 p.m. Depart: Lunch Bunch Outing, Redmond 1:30 p.m. Depart: Pickleball, Redmond 2 p.m. DEI Event Planning Mtg, AVR 6:30 p.m. Duplicate Bridge, AVR	8:15 a.m. Fitness Trifecta, TV 9 a.m. KCLS Library to Go, TAH 1 p.m. Tuesday Crafters, CAS 1 p.m. Dr. David Smith: <i>Themes in Philosophy</i> , EMR 2:30 p.m. Trips and Events Committee Mtg., SAM 4 p.m. Atrium E Social, Atrium E 7 p.m. Bunco Night, TAH	10 a.m. Garden Railroad, CAS 10 a.m. Resident Services Review, TAH 10 a.m. Lawn Bowling, Bowling Green 11:30 a.m. Community Prayer, Chapel 1 p.m. Mahjong, TAH 1 p.m. Celebrating All Abilities, EMR	8:15 a.m. Fitness Trifecta, TV 1 p.m. Tech Help, LR 1 p.m. The Good Life Book Club, AVR 1:30 p.m. EH Quilters, CAS 4 p.m. Atrium P3 Social, Atrium P3 6:45 p.m. Movie, TV 7 p.m. All That Jazz Group, AVR 7 p.m. Poker, CAS	CIECK I allo, I actoria	8:15 a.m. Fitness Trifecta, TV 9 a.m. Depart: Fireman Pancake & Parade, Redmond 10 a.m. Lawn Bowling, Bowling Green 2 p.m. Mexican Train & Easy Cards, Easy Games, CAS



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:15 a.m. Fitness Trifecta, TV 11 a.m. Livestream BelPres Worship, SAM/AVR & AL GR 4 p.m. Worship with Chaplain Waltner, EMR	8:15 a.m. Fitness Trifecta, TV 9 a.m. Monday Painters, CAS 10 a.m. Depart: Grocery Shopping 10:30 a.m. Corn Hole, PP 10:30 a.m. Summer Games Opening Ceremony, PAV◆ 1 p.m. Women's Caregiver Connect, SAM 1 p.m. Depart: Bellevue Square Shopping, Bellevue 1:30 p.m. Depart: Pickleball, Redmond 6:30 p.m. Duplicate Bridge, AVR	8:15 a.m. Fitness Trifecta, TV 10 a.m. Dining Services Review, C&H 1 p.m. Tuesday Crafters, CAS 1:30 p.m. Readers' Theatre, TAH	8:15 a.m. Fitness Trifecta, TV 10 a.m. Garden Railroad, CAS 10 a.m. Lawn Bowling, Bowling Green 10 a.m. EH Trains are Running, RR 10:30 a.m. Communications Committee, AVR 11:30 a.m. Community Prayer, Chapel 1 p.m. Mahjong, TAH 1:30 p.m. Parkinson's Support, SAM 2 p.m. Depart: PCC Shopping, Redmond 2 p.m. Cribbage, Atrium P3 3 p.m. Birders & Naturalists, SAM 3:30 p.m. Folk Dance for Everyone, FS 6:45 p.m. Shanghai Rummy, AVR 7 p.m. Pinochle, TAH	8:15 a.m. Fitness Trifecta, TV 9 a.m. Buildings & Grounds Mtg., BR 9:30 a.m. NuMotion, TAH 1 p.m. Tech Help, LR 1 p.m. Resident Activities Committee, SAM 2 p.m. Ukulele Chorus Rehearsal, AVR 3:00 p.m. Fund Development Committee Mtg., TAH	8:15 a.m. Fitness Trifecta, TV 10 a.m. Catholic Communion Service, AVR 10 a.m. Depart: Grocery Shopping 10 a.m. Scrabble, TAH 1 p.m. Depart: Target & Kohls Shopping Trip, Redmond 2:30 p.m. Hand & Foot Canasta, TAH 1 p.m. Summer Games Closing Ceremony, PAV 7:30 p.m. July Birthday Celebration, EMR	8:15 a.m. Fitness Trifecta, TV 10 a.m. Lawn Bowling, Bowling Green 2 p.m. Mexican Train & Easy Cards, Easy Games, CAS 3:30 p.m. Depart: Redmond Tech Orchestra, Redmond 6:45 p.m. Movie, TV
	←		— Fun and Fitness Week —			
8:15 a.m. Fitness Trifecta, TV 11 a.m. Livestream BelPres Worship, SAM/AVR & AL GR 4 p.m. Worship with Chaplain Waltner, EMR	8:15 a.m. Fitness Trifecta, TV 8:45 a.m. Depart: Breakfast Outing, Redmond 9 a.m. Monday Painters, CAS 10 a.m. Bonsai Group, SAM 10 a.m. Depart: Grocery Shopping 10:30 a.m. Corn Hole, PP 1:30 p.m. Depart: Pickleball, Redmond 2 p.m. Japanese Drum Performance, EMR 6:30 p.m. Duplicate Bridge, AVR	8:15 a.m. Fitness Trifecta, TV 10 a.m. Marketing Review, TAH 10:30 a.m. Health and Wellness Committee, AVR 1 p.m. Tuesday Crafters, CAS 1 p.m. Dr. David Smith: Themes in Philosophy, EMR 2 p.m. Al Interest Group, SAM	10 a.m. Garden Railroad, CAS 10 a.m. Accounting Review, TAH 10 a.m. Lawn Bowling, Bowling Green 10 a.m. EH Trains are Running, RR 11 a.m. Woodshop & Trail Open House, Woodshop Annex 11:15 a.m. Depart: Mariners Senior Day, Seattle 11:30 a.m. Community Prayer, Chapel 1 p.m. Mahjong, TAH 2 p.m. Cribbage, Atrium P3 2 p.m. Restorative Rest Presentation, EMR 2 p.m. Depart: Costco Shopping, Redmond 3 p.m. Voices for Vision, AVR 3:30 p.m. Folk Dance for Everyone, FS 6:45 p.m. Shanghai Rummy, AVR 7 p.m. Pinochle, TAH	8:15 a.m. Fitness Trifecta, TV 1 p.m. Tech Help, LR 1 p.m. Knitwits, Atrium E 3 p.m. Table Talks, EMR 7 p.m. Poker, CAS	8:15 a.m. Fitness Trifecta, TV 10 a.m. Catholic Mass, AVR 10 a.m. Depart: Walk: Oxbow Trail, North Bend 10 a.m. Depart: Grocery Shopping 10 a.m. Scrabble, TAH 11 a.m. Episcopal Service, Chapel 1 p.m. Depart: Brew Pub Trip, Bellevue 2:30 p.m. Hand & Foot Canasta, TAH 4:45 p.m. Last Friday Social, EMR	8:15 a.m. Fitness Trifecta, TV 10 a.m. Lawn Bowling, Bowling Green 2 p.m. Mexican Train & Easy Cards, Easy Games, CAS 4:45 p.m. Depart: Thai Ginger and SecondStory Repertory, Redmond
8:15 a.m. Fitness Trifecta, TV 11 a.m. Livestream BelPres Worship, SAM/AVR & AL GR 1 p.m. Depart: Bellevue Downtown Arts Market, Bellevue 4 p.m. Worship with Chaplain Waltner, EMR	8:15 a.m. Fitness Trifecta, TV 9 a.m. Monday Painters, CAS 10 a.m. Thrift Shop Collection, TAH 10 a.m. Depart: Grocery Shopping 10:30 a.m. Corn Hole, PP 1:30 p.m. Depart: Pickleball, Redmond 2 p.m. DEI Committee Mtg., AVR 6:30 p.m. Duplicate Bridge, AVR 7 p.m. Last Leaf Productions: Romeo and Juliet, PP	8:15 a.m. Fitness Trifecta, TV 1 p.m. Tuesday Crafters, CAS 1 p.m. Film for Thought, EMR	8:15 a.m. Fitness Trifecta, TV 10 a.m. Writing Class, AVR 10 a.m. Garden Railroad, CAS 10 a.m. Lawn Bowling, Bowling Green 10 a.m. Men's Caregiver Connect, SAM 11:30 a.m. Community Prayer, Chapel 1 p.m. Mahjong, TAH 2 p.m. Cribbage, Atrium P3 3:30 p.m. Folk Dance for Everyone, FS 5 p.m. Depart: Rockin' on the River, Redmond 6:45 p.m. Shanghai Rummy, AVR 7 p.m. Pinochle, TAH	8:15 a.m. Fitness Trifecta, TV 9:30 a.m. Depart: Bellevue Botanical Gardens, Bellevue 1 p.m. Tech Help, LR 2 p.m. Reel Matters, EMR		