

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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<p>1</p> <p>8:30 Church Transport</p> <p>1:00 Sit and Be Fit</p> <p>1:00 Scenic Drive</p> <p>3:00 Scrabble</p>	<p>2</p> <p>9:15 Water Fitness</p> <p>10:00 Knitting Group</p> <p>10:00 French II with Chloe</p> <p>11:00 Dancing with Bella</p> <p>1:00 Bridge</p> <p>2:00 Tai Chi</p> <p>3:00 Schmooze with Rabbi Nissan</p> <p>4:00 Tarot w/Emily</p>	<p>3</p> <p>9:30 Enhance Fitness</p> <p>11:00 QFC and Metro Market Shopping</p> <p>11:00 French I avec Chloe</p> <p>1:00 Sit and Be Fit</p> <p>1:00 Mahjong</p> <p>1:00 Rummy Tiles</p> <p>2:30 Acrylics w/ Emily</p> <p>4:00 Docuseries</p>	<p>4</p> <p>9:15 Water Fitness</p> <p>11:00 Balance Class with Select Rehab</p> <p>1:00 Bridge</p> <p>1:15 Brain Fitness</p> <p>2:00 Tai Chi</p> <p>3:15 Mindful Meditation</p> <p>3:00 Kris Hambrick</p>	<p>5</p> <p>9:30 Enhance Fitness</p> <p>10:45 Bookmobile</p> <p>11:00 Aspiring Writers</p> <p>1:00 Sit and Be Fit</p> <p>1:00 Great Decisions</p> <p>2:00 Current Events</p> <p>3:00 Women's Group</p> <p>4:00 Docuseries</p> <p>7:00 Mosaic MI</p>	<p>6</p> <p>9:00 Men's Breakfast</p> <p>9:15 Water Fitness</p> <p>10:50 Rosary</p> <p>11:00 Living Well w/ Hearing Loss</p> <p>11:00 Trader Joes</p> <p>11:00 Posture Presentation w/ Select Rehab</p> <p>1:00 Bridge</p> <p>1:00 Watercolor Group</p> <p>2:00 Tai Chi (Video)</p> <p>5:00 MI Art Walk</p> <p><b>11—2 BUFFET NO DINNER</b></p>	<p>7</p> <p>9:30 Enhance Fitness</p> <p>11:00 Museum of Flight</p> <p>1:00 Bridge</p> <p>1:00 Mahjong</p> <p>3:15 Bingo!</p>
<p>8</p> <p>8:30 Church Transport</p> <p>1:00 Sit and Be Fit</p> <p>3:00 Scrabble and Puzzle Hour</p> <p>3:30 Super Bowl Party</p> <p><b>11—2 BUFFET NO DINNER</b></p>	<p>9</p> <p>9:15 Water Fitness</p> <p>10:00 Knitting Group</p> <p>10:00 French II with Chloe</p> <p>1:00 Bridge</p> <p>1:00 Tiny Homes Curtain Meeting</p> <p>2:00 Tai Chi</p> <p>3:00 Shakespeare Class</p> <p>4:00 Tarot w/Emily</p>	<p>10</p> <p>9:30 Enhance Fitness</p> <p>11:00 QFC and Metro Market Shopping</p> <p>11:00 French I avec Chloe</p> <p>11:00 Aljoya Book Club</p> <p>1:00 Sit and Be Fit</p> <p>1:00 Mahjong</p> <p>1:00 Rummy Tiles</p> <p>2:30 Acrylics w/ Emily</p> <p>4:00 Docuseries</p>	<p>11</p> <p>9:15 Water Fitness</p> <p>11:00 Town Hall</p> <p>1:00 Bridge</p> <p>1:15 Brain Fitness</p> <p>2:00 Tai Chi</p> <p>3:15 Mindful Meditation</p> <p>3:30 Housekeeping Committee</p> <p>4:15 Lance Rhoades</p>	<p>12</p> <p>9:30 Enhance Fitness</p> <p>11:00 Caregiver Support Group</p> <p>1:00 Sit and Be Fit</p> <p>2:00 Current Events</p> <p>3:30 Men's Group</p> <p>4:00 Docuseries</p>	<p>13</p> <p>9:00 Men's Breakfast</p> <p>9:15 Water Fitness</p> <p>10:50 Rosary</p> <p>11:00 Music Committee</p> <p>1:00 Bridge</p> <p>1:00 Watercolor Group</p> <p>2:00 Tai Chi (Video)</p> <p>3:00 Cabi Clothing Collection</p>	<p>14</p> <p>9:30 Enhance Fitness</p> <p>11:00 Valentine's Soiree w/Gerry Kaelin</p> <p>1:00 Snoqualmie Casino Outing</p> <p>1:00 Bridge</p> <p>1:00 Mahjong</p> <p>3:15 Bingo!</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15 <b>11-2 Sunday Buffet</b> 8:30 Church Transport 1:00 Sit and Be Fit 1:00 Belle Square Shopping 2:00 Tech Help with MI HS Students 3:00 Scrabble 3:15 SCMS Virtual Concert Series <b>NO DINNER</b>	16 9:15 Water Fitness 10:00 Knitting Group 10:00 French II with Chloe 11:00 Lance Rhoades 11:00 Dancing w/Bella 12:30 MIW Group Book Club 1:00 Bridge 2:00 Tai Chi 3:30 Tech with Andrea	17 9:30 Enhance Fitness 11:00 QFC and Metro Market Shopping 11:00 French I avec Chloe 12:00 Birthday Lunch 1:00 Sit and Be Fit 1:00 Mahjong 1:00 Rummy Tiles 1:15 Admin & Reception Committee 2:00 Nutritionist Presentation 2:30 Arc Board Meeting 3:30 Mardi Gras Performance Steve Ryals	18 9:15 Water Fitness 11:00 Balance Class with Select Rehab 1:00 Bridge 1:15 Brain Fitness 2:00 Tai Chi 3:15 Mindful Meditation 3:30 Facilities Committee 4:00 Docuseries	19 9:30 Enhance Fitness 11:00 Aspiring Writers 11:00 Culinary Committee 11:00 Low Vision Support Group 1:00 Sit and Be Fit 2:00 Current Events 3:30 Chinese New Year Cocktail Party	20 9:00 Men's Breakfast 9:15 Water Fitness 10:50 Rosary 11:00 Wellness Committee 12:30 NW Flower & Garden Festival 1:00 Bridge 1:00 Watercolor Group 2:00 Tai Chi (Video) 3:15 SCMS Virtual Concert Series	21 9:30 Enhance Fitness 1:00 Baskerville a Sherlock Holmes Mystery at Village Theater 1:00 Bridge 1:00 Mahjong
22 8:30 Church Transport 1:00 Sit and Be Fit 1:00 Nat Geo Adventures in Caving 1:00 SCMS Streaming 2:00 Tech Help with MI HS Students 3:00 Scrabble 3:15 SCMS Virtual Concert Series	23 9:15 Water Fitness 10:00 Knitting Group 10:00 French II with Chloe 1:00 Bridge 2:00 Tai Chi 3:00 Shakespeare Class 3:00 Calendar & Events Committee 4:00 Tarot w/Emily	24 9:15 Uwajimaya 9:30 Enhance Fitness 10:00 Birthday Dreams Volunteering Event 11:00 Resident Council 11:00 French I avec Chloe 1:00 Sit and Be Fit 1:00 Mahjong 1:00 Rummy Tiles 3:00 QFC and Metro Market Shopping 4:00 Docuseries	25 9:15 Water Fitness 10-12 Resident Garage Sale 11:00 Balance Class with Select Rehab 1:00 Bridge 1:15 Brain Fitness 2:00 Tai Chi 3:15 Mindful Meditation 3:00 Kris Hambrick 6:30 WOW Film Group	26 9:30 Enhance Fitness 11:00 Parkinson's Support Group 12:30 Boehm's Chocolate Outing 1:00 Sit and Be Fit 2:00 Current Events 3:00 Women's Group 4:00 Docuseries	27 9:00 Men's Breakfast 9:15 Water Fitness 10:50 Rosary 11:00 Costco 1:00 Bridge 1:00 Watercolor Group 2:00 Tai Chi (Video) 3:00 MI Council Member Open Discussion	28 9:30 Enhance Fitness 12:30 Vintage Glass Show in Kent 1:00 Bridge 1:00 Mahjong 3:15 Bingo!



Monthly  
Committee  
Meetings

Please See the  
W.A.A.G for  
Meeting Days &  
Times

- **Trips**
- **Music & Lectures**
- **Marketing**
- **Unique Events**