

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1 style="font-family: cursive;">February</h1>						
<p>1 Church Transportation* 8:30am-10:30am</p> <p>11:00 Morning Series: <i>Touring the World</i> (TH)</p> <p>1:00 Ping Pong (LR)</p> <p>1:00 Scenic Drive*</p> <p>2:00 Bingo (OR)</p> <p>3:00 Sunday Series & Popcorn (TH)</p> <p><i>Seven Worlds One Planet</i></p> <p>6:30 Evening Movie (TH)</p>	<p>2 9:30 QFC/ CVS*</p> <p>10:00 Stretch & Flex (AZ)</p> <p>10:45 Aerobic Fitness (AZ)</p> <p>11:00 RH Bridge with Sally (LR)</p> <p>1:00 QFC/ CVS*</p> <p>2:00 Town Hall (AZ)</p> <p>2:00 RH Men's Pool Game (BR)</p> <p>3:00 Documentary (TH)</p> <p><i>The Story of China with Michael Wood</i></p> <p>6:30 Evening Movie (TH)</p>	<p>3 10:00 Fitness Center Tutorial* w/ Life Enrichment (FC)</p> <p>11:00 Virtual Gentle Chair Yoga (AZ)</p> <p>1:00 Meditation w/ Seth (TH)</p> <p>1:00 Shakespeare with Shanna (OR)</p> <p>1:30 RH Mexican Train Dominos (MDR)</p> <p>2:00 Thinkie Brain Game Session (LR)</p> <p>3:00 Healing Hearts Collective (OR)</p> <p>6:30 Evening Movie (TH)</p>	<p>4 10:00 Stretch & Flex (AZ)</p> <p>10:00 Museum of Flight & Lunch at Wings Cafe*</p> <p>10:45 Weight Training (AZ)</p> <p>11:00 Knit Wits (LR)</p> <p>1:30 RH Sing-Along w/ Carleen & Kathy (LR)</p> <p>2:00 RH Canasta (OR)</p> <p>3:00 Culinary / Dining Meeting (TH)</p> <p>6:30 Cupid's Café Bistro Social (B)</p> <p>6:30 Evening Movie (TH)</p>	<p>5 10:00 Strength & Balance w/ Select Rehab (AZ)</p> <p>11:00 Great Decisions with Jacob Bolotin (AZ)</p> <p><i>America's Global Role</i></p> <p>11:00 RH Bridge with Sally (LR)</p> <p>1:00 RH Bible Study (AZ)</p> <p>3:00 Keyboard Music From the Baroque Period & 21st Century Performance with Laura Dean (LR)</p> <p>6:30 Evening Movie (TH)</p>	<p>6 10:00 Stretch & Flex (AZ)</p> <p>10:00 RH Bridge w/ Kay (LR)</p> <p>10:45 Aerobic Fitness (AZ)</p> <p>11:00 Tech Support with Evan*</p> <p>1:00 Train Your Brain (OR)</p> <p>2:00 Tech Support with Evan*</p> <p>3:00 Documentary (TH)</p> <p><i>The Story of China with Michael Wood</i></p> <p>4:00 Dinner Outing* Stanley & Seafort's</p> <p>6:30 Evening Movie (TH)</p>	<p>7 9:00 Swimming at Aljoia*</p> <p>10:00 Morning Mall Walk*</p> <p>11:00 Rummy (LR)</p> <p>1:00 Winter Olympics Viewing (TH)</p> <p>1:00 RH Scrabble Saturday (LR)</p> <p>2:00 ConChord Student Music Recital (LR)</p> <p>3:00 Bingo (OR)</p> <p>6:30 Evening Movie (TH)</p>
<p>8 10:00 Dollar Tree*</p> <p>11:00 Morning Series: <i>Touring the World</i> (TH)</p> <p>1:00 Ping Pong (LR)</p> <p>1:00 Village Theatre: <i>Sherlock Holmes Mystery*</i></p> <p>2:00 RH Book Club (OR)</p> <p>3:00 2026 Super Bowl Viewing (TH)</p> <p>6:30 Evening Movie (TH)</p>	<p>9 9:30 QFC/ CVS*</p> <p>10:00 Stretch & Flex (AZ)</p> <p>10:45 Aerobic Fitness (AZ)</p> <p>11:00 RH Bridge w/ Sally (LR)</p> <p>1:00 Fred Meyer*</p> <p>2:00 RH Women's Pool Game (BR)</p> <p>2:00 Newcomer (AZ) Group Session</p> <p>3:00 Happy Hour (AZ)</p> <p>6:30 Evening Movie (TH)</p>	<p>10 10:00 Fitness Center Tutorial* w/ Life Enrichment (FC)</p> <p>11:00 Virtual Gentle Chair Yoga (AZ)</p> <p>1:00 Meditation w/ Seth (TH)</p> <p>1:30 RH Mexican Train Dominos (MDR)</p> <p>1:30 Guest Speaker Lance Rhoades (AZ) Academy Awards History & Preview</p> <p>3:00 Women's Group with Seth (AZ)</p> <p>6:30 Evening Movie (TH)</p>	<p>11 10:00 Stretch & Flex (AZ)</p> <p>10:00 Crossroads Mall Shopping*</p> <p>10:45 Weight Training (AZ)</p> <p>11:00 Knit Wits (LR)</p> <p>1:00 Thinkie Brain Game Session (LR)</p> <p>2:00 RH Canasta (OR)</p> <p>Valentine Wine & Chocolate Dance 2:00-3:30pm (LR)</p> <p>6:30 Evening Movie (TH)</p>	<p>12 10:00 Strength & Balance w/ Select Rehab (AZ)</p> <p>10:00 Mass & Communion w/ Father Joseph (TH)</p> <p>11:00 Candy Gram Orders & Deliveries (LR)</p> <p>11:15 Winter Olympics Viewing (TH)</p> <p>11:00 RH Bridge with Sally (LR)</p> <p>1:00 RH Bible Study (AZ)</p> <p>2:30 All Residents' Council Meeting (AZ)</p> <p>6:30 Evening Movie (TH)</p>	<p>13 10:00 Stretch & Flex (AZ)</p> <p>10:00 RH Bridge w/ Kay (LR)</p> <p>10:45 Aerobic Fitness (AZ)</p> <p>11:00 Tech Support with Evan*</p> <p>1:00 Train Your Brain (OR)</p> <p>2:00 Tech Support with Evan*</p> <p>3:00 Valentine's Day Soiree & Musical Performance with Robbie Egelstad (LR)</p> <p>6:30 Evening Movie (TH)</p>	<p>14 9:00 Swimming at Aljoia*</p> <p>10:00 Morning Mall Walk*</p> <p>11:00 Rummy (LR)</p> <p>1:00 RH Scrabble Saturday (LR)</p> <p>2:00 Matinee Movie & Popcorn (TH)</p> <p><i>The Long, Long Trailer</i></p> <p>2:00 RH Writing (OR) with Catherine</p> <p>3:00 February Trivia & Treats (LR)</p> <p>6:30 Evening Movie (TH)</p>

February 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15 Church Transportation* 8:30am-10:30am 11:00 Morning Series: <i>Touring the World</i> (TH) 1:00 Ping Pong (LR) 2:00 Bingo (OR) 3:00 Sunday Series & Popcorn (TH) <i>Seven Worlds One Planet</i> 6:30 Evening Movie (TH)	16 President's Day 9:30 QFC/ CVS* 10:00 Stretch & Flex (AZ) 10:45 Aerobic Fitness (AZ) 11:00 RH Bridge w/ Sally (LR) 1:00 Safeway* 2:00 RH Men's Pool Game (BR) 2:00 Guest Speaker (TH) Carol Zeng: Living Well at Every Age 3:00 Documentary (TH) <i>The Presidents</i> 6:30 Evening Movie (TH)	17 10:00 Fitness Center Tutorial* w/ Life Enrichment (FC) 11:00 Virtual Gentle Chair Yoga (AZ) 1:00 Meditation w/ Seth (TH) 1:30 RH Mexican Train Dominos (MDR) 2:00 Caring for the Caregiver (OR) 2:30 Mardi Gras (LR) Happy Hour & Musical Performance with Good Co. Trio 6:30 Evening Movie (TH)	18 10:00 Stretch & Flex (AZ) 10:45 Weight Training (AZ) 11:00 Knit Wits (LR) 1:00 Thinkie Brain Game Session (LR) 2:00 RH Canasta (OR) 3:00 Open Tech Discussion with Evan: Health & Fitness Apps (TH) 4:00 Dinner Outing: Café Veloce Italian Restaurant* 6:30 Evening Movie (TH)	19 10:00 Strength & Balance w/ Select Rehab (AZ) 10:00 Winter Olympics Viewing (TH) 11:00 Current Events with Jacob Bolotin (AZ) 11:00 RH Bridge w/ Sally (LR) 1:00 RH Bible Study (AZ) 3:00 Birthday Happy Hour & Musical Performance with Ashley Webster (LR) 5:00 VIP Chef's Dinner: February Birthdays* 6:30 Evening Movie (TH)	20 10:00 Stretch & Flex (AZ) 10:00 RH Bridge w/ Kay (LR) 10:45 Aerobic Fitness (AZ) 11:00 Tech Support with Evan* 1:00 Tech Support with Evan* 2:00 Life Enrichment Forum (TH) 3:00 Documentary (TH) <i>The Story of China with Michael Wood</i> 6:30 Evening Movie (TH)	21 9:00 Swimming at Aljoja* 10:00 Morning Mall Walk* 11:00 Rummy (LR) 1:00 RH Scrabble Saturday (LR) 2:00 Matinee Movie & Popcorn (TH) <i>Footloose</i> 3:00 Apples to Apples Board Game (OR) 6:30 Evening Movie (TH)
22 10:00 Snoqualmie Casino* 11:00 Morning Series: <i>Touring the World</i> (TH) 1:00 Ping Pong (LR) 2:00 RH Bingo (OR) 3:00 Sunday Series & Popcorn (TH) <i>Seven Worlds One Planet</i> 6:30 Evening Movie (TH)	23 9:30 QFC/ CVS* 10:00 Stretch & Flex (AZ) 10:45 Aerobic Fitness (AZ) 11:00 RH Bridge w/ Sally (LR) 1:00 QFC/ CVS* 2:00 RH Women's Pool Game (BR) 2:00 Men's Group (OR) 3:00 Guest Speaker (TH) Kris Hambrick: Set in Seattle 6:30 Evening Movie (TH)	24 10:00 Fitness Center Tutorial* w/ Life Enrichment (FC) 11:00 Virtual Gentle Chair Yoga (AZ) 1:00 Meditation w/ Seth (TH) 1:30 RH Mexican Train Dominos (MDR) 2:00 Documentary (TH) <i>The Story of China with Michael Wood</i> 2:00 Newcomer (AZ) Group Session 3:00 Happy Hour (AZ) 6:30 Evening Movie (TH)	25 10:00 Stretch & Flex (AZ) 10:45 Weight Training (AZ) 11:00 Knit Wits (LR) 1:00 Thinkie Brain Game Session (LR) 1:30 Guest Speaker Theo Deacon (AZ) Fiddler on the Roof 2:00 RH Canasta (OR) 3:00 Torah Study with Rabbi Mirel (TH) 6:30 Evening Movie (TH)	26 10:00 Strength & Balance w/ Select Rehab (AZ) 11:00 RH Bridge w/ Sally (LR) 11:00 Lunch Outing: Burgermaster* 1:00 RH Bible Study (AZ) 2:00 Nutrition with Amanda (AZ) Dietary Fats 101 3:00 Cooking Demo with Chef Johnnie (AZ) 6:30 Evening Movie (TH)	27 10:00 Stretch & Flex (AZ) 10:00 RH Bridge w/ Kay (LR) 10:45 Aerobic Fitness (AZ) 11:00 Tech Support with Evan* 1:00 Train Your Brain (OR) 1:00 Tech Support with Evan* 2:00 RH Low Vision Support (OR) 3:00 Musical Performance: COOLEY Show (LR) 6:30 Evening Movie (TH)	28 9:00 Swimming at Aljoja* 10:00 Morning Mall Walk* 11:00 Rummy (LR) 1:00 RH Scrabble Saturday (LR) 2:00 Matinee Movie & Popcorn (TH) <i>Birdman</i> 2:00 RH Writing (OR) with Catherine 3:00 Bananagrams Tile Game (OR) 6:30 Evening Movie (TH)

Location Legend

(AZ) Azalea Room - FL3	(B) Bistro - FL1
(CH) In-House Channel 370	(TL) Terrace - FL2
(LR) Living Room - FL1	(FC) Fitness Center - FL1
(MDR) Magnolia Dining - FL1	(FD) Front Desk - FL1
(OR) Orchid Room- FL3	(CY) Courtyard - FL2
(TH) Theater - FL1	(RH) Resident Hosted
(*) Sign-Up Required	(BR) Billiards Room - FL 1

LIFE by Select Rehab Apt. 362

Contact Clinical Lead, Diane Bridges, about the following services:
Physical/ Occupational Therapy
Speech Therapy
425-389-2360

On-Site Dermatology Room 203

1:00pm-4:00pm
Please call for an Appointment:
877-345-5300
Appointments must be Confirmed by On-Site.

One-on-One Holy Communion

Wednesdays 10:30am
By Appointment Only
Contact Sacred Heart:
Diana Schiro @ 425-864-9277 or
Jackie Weeks @ 425-443-7353

Maria Zulema, LMP
kickbackrelax206@gmail.com
Kick Back Relax, PLLC
425.545.3582 Office
425.495.3808 Cell

Wednesdays 10-2pm apt 203

Factoria Hearing:

Call 425-457-7999, to schedule your 15 minute visit today!

