

Activities Calendar

<p><u>10/12 Monday</u> 11- Zoom Chair Yoga 12:30-1:30 Lunch** 2-Vitual Library, Real Books</p>	<p><u>10/13 Tuesday</u> 9-Yoga with Rich 11-Let's do art together 3- Story Telling!*</p>	<p><u>10/14Wednesday</u> 10-Tai Chi 11:15- Walking Group 12:30-1:30 Lunch** 1:30 –Bingo</p>	<p><u>10/15 Thursday</u> 1:30- Watercolor Classes With Kathleen</p>	<p><u>10/16 Friday</u> 12:30-1:30 Lunch**</p>
<p><u>10/19 Monday</u> 11- Zoom Chair Yoga 12:30-1:30 Lunch**</p>	<p><u>10/20 Tuesday</u> 10-1960's Music and Memories* 11-Let's do art together 2-Virtual Field Trip-Bus Ride and Fare Zoom</p>	<p><u>10/21Wednesday</u> 10-Tai Chi 11:15- Walking Group 12:30-1:30 Lunch** 1:30 –Bingo</p>	<p><u>10/22 Thursday</u> 1:30- Watercolor Classes With Kathleen</p>	<p><u>10/23 Friday</u> 12:30-1:30 Lunch**</p>
<p><u>10/26 Monday</u> 11- Zoom Chair Yoga 12:30-1:30 Lunch**</p>	<p><u>10/27 Tuesday</u> 11-Let's do art together 3- It's in the Story!*</p>	<p><u>10/28Wednesday</u> 10-Tai Chi 11:15- Walking Group 12:30-1:30 Lunch** 1:30 –Bingo</p>	<p><u>10/29 Thursday</u> 1:30- Watercolor Classes With Kathleen</p>	<p><u>10/30 Friday</u> 10-Beginner Spanish Classes 12:30-1:30 Lunch**</p>
<p><u>11/2 Monday</u> 11- Zoom Chair Yoga 12:30-1:30 Lunch**</p>	<p><u>11/3 Tuesday</u> 10- Beginning Drawing* 11-Let's do art together</p>	<p><u>11/4 Wednesday</u> 10-Tai Chi 11:15- Walking Group 12:30-1:30 Lunch** 1:30 –Bingo</p>	<p><u>11/5 Thursday</u> 10am- Mindfulness Practices 1:30- Watercolor Classes With Kathleen</p>	<p><u>11/6 Friday</u> 10-Beginner Spanish Classes 12:30-1:30 Lunch**</p>

Call Emily at 206-707-1865 if you would like to register for any of these activities! * indicates classes by Silver Kite ** Indicates lunch by HIP



Virtual Field Trip



Join the Seattle Department of Transportation and Hopelink on a group virtual field trip. Participants who come will experience what it is like riding the bus during COVID-19 through a video bus tour and interactive presentation. SDOT liaisons will also help participant's sign-up for a Regional Reduced Fare Permit ORCA Card.

Tuesday, October 20th from 2:00-3:00 pm

If you attend you will receive a 30-dollar gift card and you must participate over Zoom either on the phone or through video. Reach out to Emily for more information at 206-707-1865.

As a heads up to all Participants packets are now going to be coming out every other week. We may have supplemental information in the between weeks. Thank you for understanding and you can always reach out to our team if you have any questions at 206-707-1865.

Beginning Drawing Class

November 3rd at 10am



During this interactive workshop you will learn some basic drawing techniques as you learn how to draw objects in still life.

This workshop will be facilitated with persons with dementia and their care partners in mind - but everyone is welcome—beginners and experienced drawers!

Call Emily at 206-707-1865 to sign up

Calling all Veterans



This Veteran's Day we would like to honor all those who have served our country by creating a booklet of pictures and stories to acknowledge their dedication to our country.

If you are a Veteran and would like to share your story, we would love to include you, please call Akira at 206-472-5472.

Please fill out the survey attached last week

We value your opinion and want to hear from you, especially from our new participants.

You can return the survey to Emily at the meal, to your delivery driver, or send them back in the mail.

It's In The Story



Do you have a good story to tell?

Do you want to listen to others tell their story?

In this story circle workshop, we will focus on informal storytelling and giving access to participants who have a good story tell. It offers practical tools in a playful atmosphere. To join call 206-307-0855 at 3pm on 10/27

Or

Call Emily at 206-707-1865 for more information