



June 2019



Sun

Mon

Tues

Wed

Thu

Fri

Sat

T-Talus Hall /Auditorium
MPG – Stage
MPA – Multi Purpose A
MPB – Multi Purpose B
O - Bus or Car Outing
PDR - Private Dining Room
C - Cascade Dining Room
CL - Cocktail Lounge
FL - Fireplace Lounge
P – Outdoor Patio

A - Art Studio
ACR - Adm. Conf Room
BR - Briarwood
L - Library
E – Evergreen Room
1E = First Floor Elbow
3E = Third Floor Elbow
6E = Sixth Floor Elbow
SR = South Ridge
NR = North Ridge

2
 9:00 – BelPres Live Stream - E
 9:30 -Nondenominational Service –BR
 A.M. Church Run - O
1:00 - Seattle Pops: "Cirque goes Broadway" - O

3
 9:30 - Bellevue Square Mall - O
 11:30 - Parkinson's Group - T
 12:00 - Bridge Group - MPA
 12:45 - Mahjong - 3E (NR)
 1:00 - Swiss Bridge - 6E
 1:30 - Local Shopping - O
 1:30 - Movie - E
 2:00 - News & Views - A
 6:30 – 65 Rummy - A

4
 9:30 – Brain Fitness Delivery
10:30 - Bible Study - E
 1:00 - Poker – 2E
 1:00 - Drop-In Bridge - 5E (NR)
 1:00 - Hand & Foot Game- A
 1:00 - Mahjong - 1E (SR)
1:30 – Skip Sherwood: Lighthouse Presentation - T
 2:30 - Movie - E

5
 9:00 - Fine Arts Studio - A
 10:00- Local Shopping– O
 10:00 - Leisure Committee - CL
 1:00 - Healthcare Advocacy - A
 2:00 - Rusty Chords - T
 2:00 - Church Group - MPA
 2:30 – Movie - E
 6:30 - Swoop - A

6
10:30 - Friendly Mug - MPB
 11:15 - Catholic Mass - BR
 12:30 - Golf Card Game - A
 1:00 – Bridge Group – MPA
 1:30 – Met Opera – E
2:00 - Golden Circle Dance Club First Meeting - MPB

7
 10:00-Local Shopping (N)-O
 10:30 - N'Gaugers - ACR
10:30 - Reader's Theater (Pre-registered \$) - MPA
 12:30 - Meditation Group - E
 1:00 - QFC Quick Trip - O
 1:00 – Knit-n-Needle – A
1:30 - Empowered Aging: Super Powers of Aging - T
 2:00 - Local Shopping (S) - O

8
 10:30 - Timbres Rehearsal - T
12:30 - Issaquah Middle School Fiddlers' Philharmonic Orchestra - T
 7:00 - Game Night - A

9
 9:00 – BelPres Live Stream - E
 9:30 - Nondenominational Service – BR
 A.M. Church Run - O
2:00 - International Dance Performances by the Seattle Folk Dance Club - T

10 **9:30 - Brunch at Black Diamond Bakery - O**
 11:00 -Showcase Committee- FL
 12:45 - Mahjong - 3E (NR)
 1:30 - Local Shopping - O
 2:00 - Book Discussion - MPB
 2:00 - News & Views - A
 2:30 - Disaster Prep Com - ACR
 2:30 – Movie – E
 6:30 – 65 Rummy - A
7:00 - Entertainment - T

11
 9:30 – Brain Fitness Delivery
10:30 - Bible Study - E
 1:00 - Poker – 2E
 1:00 - Drop-In Bridge - 5E (NR)
 1:00 - Hand & Foot - A
 1:00 - Mahjong - 1E (SR)
 1:30 – Movie – E
 2:00 - Rusty Chords Rehearsal - T

12
 10:00 - Local Shopping - O
 1:00 - St. Andrews Church - MPA
 1:30 - Fine Arts Association - A
 2:00 - Food Committee - C
 2:00 - Finance Committee - ACR
2:30 - Rusty Chords Briarwood Concert - T
 3:30 - Ops & Planning - ACR
 6:30 - Swoop - A

13
 10:30 - Ambassador Com - ACR
 12:30 - Golf Card Game - A
 1:00 – Bridge Group – MPA
 1:30 – Met Opera – E
3:30 - Rusty Chords Concert: "Around the World with Music" - T

14
 10:00 -Local Shop (N) - O
10:30 - Reader's Theater (Pre-registered \$) - MPA
11:00 - Masterworks: Strauss Till Eulenspiegel - O
 1:00 – Knit-n-Needle – A
 1:00 - QFC Quick Trip - O
 1:30 - Meditation Group - E
 2:00 - Local Shopping (S) –O
 3:00 - Money Chat - ACR

15
 10:30 - Timbres Rehearsal - T
2:00 - Blue Dog Dance Performance - T
2:45 - Ice Cream Social - P
 7:00 - Game Night - A

16 Father's Day
 9:00 – BelPres Live Stream - E
 9:30 - Nondenominational Service – BR
 A.M. Church Run - O



17 **9:00 - Hike: Rattlesnake Lake, Snoqualmie - O**
 10:30 - Sawdusters - MPA
 12:45 - Mahjong - 3E (NR)
 1:00 - Swiss Bridge - 6E
 1:00 - Quilting Group - A
 1:30 - Local Shopping - O
 1:30 -Disaster Prep Class-MPA/B
 2:00 - News & Views - A
2:00 -Robert Clark: St. Helena-T
 6:30 – 65 Rummy - A

18
 9:30 - Brain Fitness Delivery
10:30 - Bible Study - E
 1:00 - Poker – 2E
 1:00 - Drop-In Bridge - 5E (NR)
 1:00 - Hand & Foot Game - A
 1:00 - Mahjong - 1E (SR)
 1:30 – Movie – E
 2:00 - Library Committee - L
7:00 - Jim Horrell: Classical Music Series - E

19
9:00 - Gates Discovery Center & Seattle Day Trip - O
 9:00 - Fine Arts Studio - A
 10:00 - Local Shopping – O
 10:30 - WACCRA Comm. - MPA
 2:00 - Finance Committee - ACR
 2:00 - Food Committee - BR
 2:30 – Movie - E
 6:30 - Swoop - A

20
9:30 - Newcastle Golf Course Rusty Putter Outing (\$) - O
 12:30 - Golf Card Game - A
 1:00 – Bridge Group – MPA
 1:30 – Met Opera – E
 3:00 - Ambiance Comm. - MPB

21
 10:00 - Local Shopping (N) - O
 10:15 – Traveling Library – L
10:30 - Reader's Theater (Pre-registered \$) - MPA
 1:00 - QFC Quick Trip - O
 1:00 - Finance Committee – ACR
 1:00 – Knit-n-Needle – A
 1:30 - Meditation Group - E
 2:00 - Local Shopping (S) - O

22
 10:30 - Timbres Rehearsal - T
 7:00 - Game Night - A

23
 9:00 – BelPres Live Stream - E
 9:30 - Nondenom Servc – BR
 A.M. Church Run - O
1:30 - Seaside Rendezvous - O

24
 9:30 - Bellevue Square Mall - O
 12:00 - Bridge Group - MPA
 12:45 - Mahjong - 3E (NR)
 1:30 - Local Shopping - O
 2:00 - News & Views - A
 2:30 – Movie – E
 6:30 – 65 Rummy - A

25
 9:30 - Brain Fitness Delivery
10:30 - Bible Study - E
 1:00 - Poker – 2E
 1:00 - Drop-In Bridge - 5E (NR)
1:00 - AARP Brain Health Workshop - T
 1:00 - Hand & Foot Game - A
 1:00 - Mahjong - 1E (SR)
 1:30 – Movie – E
 2:00 - Library Committee - L

26
 10:00 - Local Shopping - O
 10:30 - Caregiver Support - A
 1:00 - Fine Arts Studio - A
 2:30 - Movie - E
 3:30 - Education Comm - MPB
 6:30 - Swoop - A

27
 12:30 - Golf Card Game - A
 1:00 – Bridge Group – MPA
 1:30 – Met Opera – E
2:00 - Resident Council - MPG

28
 10:00 - Local Shopping (N) - O
10:30 - Reader's Theater (Pre-registered \$) - MPA
 1:00 - QFC Quick Trip - O
 1:00 – Knit-n-Needle – A
 1:30 - Meditation Group - E
 2:00 - Local Shopping (S) - O
2:00 - Jukebox Cabaret: Live Performers & Shakes - T

29
 10:30 - Timbres Rehearsal - T
2:00 - Reader's Theater Final Performance - T
 7:00 - Game Night - A



Community Life Services



Activity Calendar

100 Timber Ridge Way NW
Issaquah, WA 98027

Cindy Wesche
CLS Director
425-557-3025

Jackie Wong
CLS Coordinator
425-557-4997

Yvonne Jarrett
Transportation Supervisor
425-557-3021



Supervised Fitness Hours
10:00 a.m. — 12:00 noon
Mondays — Fridays

June 2019



Sun	Mon	Tues	Wed	Thu	Fri	Sat
<p>T - Talus Hall/Auditorium MPG - Talus Hall Stage MPA - Multipurpose Room A E - Evergreen Room GR - Group Fitness Room P - Pool/Aquatic Center O - Outing F - Fitness Center Main Room FP - Fitness Patio (adjacent to Pool)</p>	<p>A - Art Studio (Level 1) BC - Bocce Court B07 = Wellness Flex Room</p>	<p>Yoga Instructor: Diana Bonyhadi Sub: Alison Eliason *sign up in Fitness Center</p> <p>Tai Chi Instructor: Amy McGinnis *sign up in Fitness Center</p>	<p>All other classes taught by Rachel, Fitness Manager or Erica, Health Fitness Specialist.</p>	<p>Key:</p> <p>◇ = Low Intensity ◇◇ = Medium Intensity ◇◇◇ = Medium-High Intensity ◇◇◇◇ = High Intensity</p>		1
2	<p>3 <i>No Tai Chi/Qigong</i></p> <p>8:30 - Functional Strength #2 - MPG ◇◇◇◇ 9:00 - Cardio Fusion - MPG ◇◇◇◇ 9:30 - Functional Strength #1 - MPG ◇◇◇◇ 1:00 - Balance, Tone & Stretch - GR ◇</p>	<p>4</p> <p>7:00 - Water Volleyball - P ◇◇ 8:30 - Aquacise - P ◇◇ 9:00 - Yoga - GR ◇◇ 10:15 - Chair Yoga - GR ◇ 1:00 - Water Walking - P ◇ 1:00 - Beginner Balance - GR ◇ 1:40 - Core Training - GR ◇◇ 2:30 - Line Dancing - GR ◇</p>	<p>5 <i>No Functional Strength #2</i></p> <p>8:30 - Summer Boot Camp: Circuit Training - GR ◇◇◇◇</p> <p>9:00 - Cardio Fusion - MPG ◇◇◇◇ 9:30 - Functional Strength #1 - MPG ◇◇◇◇ 10:00 - Tai Chi/Qigong - GR ◇◇ 1:00 - Balance, Tone & Stretch - GR ◇</p>	<p>6</p> <p>7:00 - Water Volleyball - P ◇◇ 8:30 - Aquacise - P ◇◇ 9:00 - Yoga - GR ◇◇ 10:15 - Chair Yoga - GR ◇ 1:00 - Water Walking - P ◇ 1:00 - Beginner Balance - GR ◇ 1:40 - Core Training - GR ◇◇◇◇</p>	<p>7 8:30 - Functional Strength #2 - MPG ◇◇◇◇ 9:00 - Cardio Fusion - MPG ◇◇◇◇ 9:30 - Functional Strength #1 - MPG ◇◇◇◇ 12:30 - Meditation Group - E ◇ 1:00 - Balance, Tone & Stretch - GR ◇ 1:30 - Empowered Aging - T</p>	8
9	<p>10</p> <p>8:30 - Functional Strength #2 - MPG ◇◇◇◇ 9:00 - Cardio Fusion - MPG ◇◇◇◇ 9:30 - Functional Strength #1 - MPG ◇◇◇◇ 10:00 - Tai Chi/Qigong - GR ◇◇ 1:00 - Balance, Tone & Stretch - GR ◇</p>	<p>11</p> <p>7:00 - Water Volleyball - P ◇◇ 8:30 - Aquacise - P ◇◇ 9:00 - Yoga - GR ◇◇ 10:15 - Chair Yoga - GR ◇ 1:00 - Water Walking - P ◇ 1:00 - Beginner Balance - GR ◇ 1:40 - Core Training - GR ◇◇ 2:30 - Line Dancing - GR ◇</p>	<p>12 <i>No Functional Strength #2</i></p> <p>8:30 - Summer Boot Camp: Cardio Drumming - GR ◇◇◇◇</p> <p>9:00 - Cardio Fusion - MPG ◇◇◇◇ 9:30 - Functional Strength #1 - MPG ◇◇◇◇ 10:00 - Tai Chi/Qigong - GR ◇◇ 1:00 - Balance, Tone & Stretch - GR ◇</p>	<p>13</p> <p>7:00 - Water Volleyball - P ◇◇ 8:30 - Aquacise - P ◇◇ 9:00 - Yoga - GR ◇◇ 10:15 - Chair Yoga - GR ◇ 1:00 - Water Walking - P ◇ 1:00 - Beginner Balance - GR ◇ 1:40 - Core Training - GR ◇◇◇◇</p>	<p>14</p> <p>8:30 - Functional Strength #2 - MPG ◇◇◇◇ 9:00 - Cardio Fusion - MPG ◇◇◇◇ 9:30 - Functional Strength #1 - MPG ◇◇◇◇ 1:00 - Balance, Tone & Stretch - GR ◇ 1:30 - Meditation Group - E ◇</p>	15
16 Father's Day	<p>17 <i>No Functional Strength #2</i></p> <p>9:00 -Hike: Rattlesnake Lake- O</p> <p>9:00 - Cardio Fusion - MPG ◇◇◇◇ 9:30 - Functional Strength #1 - MPG ◇◇◇◇ 10:00 - Tai Chi/Qigong - GR ◇◇ 1:00 - Balance, Tone & Stretch - GR ◇</p>	<p>18</p> <p>7:00 - Water Volleyball - P ◇◇ 8:30 - Aquacise - P ◇◇ 9:00 - Yoga - GR ◇◇ 10:15 - Chair Yoga - GR ◇ 1:00 - Water Walking - P ◇ 1:00 - Beginner Balance - GR ◇ 1:40 - Core Training - GR ◇◇ 2:30 - Line Dancing - GR ◇</p>	<p>19 <i>No Functional Strength #2</i></p> <p>8:30 - Summer Boot Camp: Advanced Balance - GR ◇◇◇◇</p> <p>9:00 - Cardio Fusion - MPG ◇◇◇◇ 9:30 - Functional Strength #1 - MPG ◇◇◇◇ 10:00 - Tai Chi/Qigong - GR ◇◇ 1:00 - Balance, Tone & Stretch - GR ◇</p>	<p>20 7:00 -Water Volleyball-P ◇◇ 8:30 - Aquacise - P ◇◇ 9:00 - Yoga - GR ◇◇ 9:30 - Newcastle Golf Course Rusty Putter Outing (\$) - O</p> <p>10:15 - Chair Yoga - GR ◇ 1:00 - Water Walking - P ◇ 1:00 - Beginner Balance - GR ◇ 1:40 - Core Training - GR ◇◇◇◇</p>	<p>21</p> <p>8:30 - Functional Strength #2 - MPG ◇◇◇◇ 9:00 - Cardio Fusion - MPG ◇◇◇◇ 9:30 - Functional Strength #1 - MPG ◇◇◇◇ 1:00 - Balance, Tone & Stretch - GR ◇ 1:30 - Meditation Group - E ◇</p>	22
23	<p>24</p> <p>8:30 - Functional Strength #2 - MPG ◇◇◇◇ 9:00 - Cardio Fusion - MPG ◇◇◇◇ 9:30 - Functional Strength #1 - MPG ◇◇◇◇ 10:00 - Tai Chi/Qigong - GR ◇◇ 1:00 - Balance, Tone & Stretch - GR ◇</p>	<p>25</p> <p>7:00 - Water Volleyball - P ◇◇ 8:30 - Aquacise - P ◇◇ 9:00 - Yoga - GR ◇◇ 10:15 - Chair Yoga - GR ◇ 1:00 - Water Walking - P ◇ 1:00 - Beginner Balance - GR ◇ 1:40 - Core Training - GR ◇◇ 2:30 - Line Dancing - GR ◇</p>	<p>26 <i>No Functional Strength #2</i></p> <p>8:30 - Summer Boot Camp: Aqua-Stretch - P ◇◇◇◇</p> <p>9:00 - Cardio Fusion - MPG ◇◇◇◇ 9:30 - Functional Strength #1 - MPG ◇◇◇◇ 10:00 - Tai Chi/Qigong - GR ◇◇ 1:00 - Balance, Tone & Stretch - GR ◇</p>	<p>27</p> <p>7:00 - Water Volleyball - P ◇◇ 8:30 - Aquacise - P ◇◇ 9:00 - Yoga - GR ◇◇ 10:15 - Chair Yoga - GR ◇ 1:00 - Water Walking - P ◇ 1:00 - Beginner Balance - GR ◇ 1:40 - Core Training - GR ◇◇◇◇</p>	<p>28</p> <p>8:30 - Functional Strength #2 - MPG ◇◇◇◇ 9:00 - Cardio Fusion - MPG ◇◇◇◇ 9:30 - Functional Strength #1 - MPG ◇◇◇◇ 1:00 - Balance, Tone & Stretch - GR ◇ 1:30 - Meditation Group - E ◇</p>	29
30	<p>8:30 - Functional Strength #2 - MPG ◇◇◇◇ 9:00 - Cardio Fusion - MPG ◇◇◇◇ 9:30 - Functional Strength #1 - MPG ◇◇◇◇ 10:00 - Tai Chi/Qigong - GR ◇◇ 1:00 - Balance, Tone & Stretch - GR ◇</p>					



*Community
 Life Services*



Fitness Calendar

100 Timber Ridge Way NW
 Issaquah, WA 98027

Rachel Leszczynski
 Fitness Manager
 425-557-4995

Erica Weisfield
 Health Fitness Specialist
 425-557-4962