



AUGUST 2020 · TOP OF THE CLASS

Highlighted Activities and Events for August

Live Music with Jasmin Royal Every Monday

Listen to our own Jasmin sing and play the piano in the lobby every Monday.

Breaking Ice with Steve Every Monday

Don't miss the opportunity to hang out with Steve in the Mood Bar. He doesn't just make a mean cocktail, he will give you a small history lesson on all things libations.

Art in the Making with Monica of Pratt Every Tuesday

Monica has been instructing her class via Zoom the last three months. If you haven't joined a class yet, it is never too late. She has great painting techniques that beginners or experts can use.

Table Talk and Tasty Treats with Lisa Every Tuesday

Don't miss Table Talk with Lisa every Tuesday in the Tech Lounge for a sweet or savory treats and hot topics.

Hue Is Cooking in the Kitchen with Sean Every Wednesday

Sean has perfected the art of cooking and crafted the beauty of food with their amazing flavors and aromas they have to offer. Don't miss out on his next amuse-bouche. We promise your taste buds will be dancing.

Music Appreciation with Eric Lane Barnes Every Thursday

Eric's music knowledge is amazing as he navigates you through the history of music.

Sip and Paint with Becky Every Thursday

Paint like Picasso while enjoying some vino with Becky in the Art Studio. Bring your creativity for a fun hour of painting and sipping wine with your favorite neighbors.

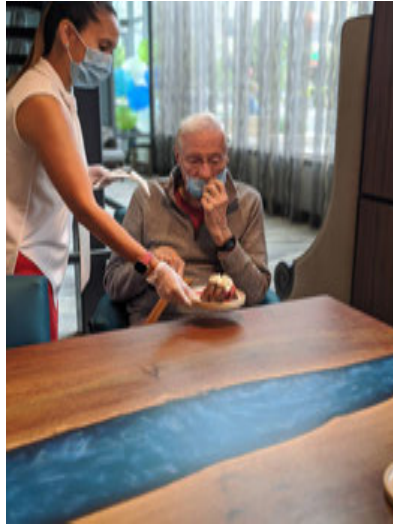


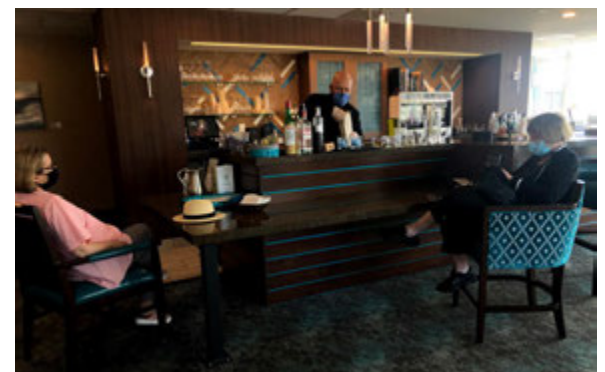
Table Talk & Tasty Treats with Lisa



Happy Hour with Nikki



Sean making cream corn and blueberry ice cream



Breaking Ice with Steve

Friday Happy Hour with Nikki Every Friday

Who can't wait for Friday? Well, we can't! Don't forget to close out the week with libations by Nikki in the Mood Bar.

Yoga with Nadine of Balance Humans Every Saturday

Nadine of Balance Humans specializes in Senior Yoga. She joins us via Zoom in her studio right here in our Emerald City.

Live Daily Dose Yoga Every Sunday

The Daily Dose is a live stream yoga class that offers custom workouts designed specifically for people with PD using research-backed methods proven to slow the progression of the disease.

Hanging Out in Hammocks

A hammock hanging between two trees is an inviting sight. This swinging bed has provided safety and rest in the centuries since its invention.

Anthropologists say the native people of Central and South America hung the first hammocks about 1,000 years ago, weaving bark and leaves into lightweight nets they called hamacas. While some were used for fishing, others were strung between trees and used as a bed, providing a clean, dry place to sleep, plus protection from animals on the jungle floor.

When Christopher Columbus arrived in the Caribbean in the 1400s, he was fascinated by the sleeping nets and wrote about them in his journal. The explorer took hamacas back to Europe, where they became known as hammocks.

Sailors quickly adopted the suspended beds. Easily rolled up for storage on a crowded ship, hammocks were more hygienic and also helped prevent seasickness by swaying with a vessel's movement. Through the 20th century, hammocks were standard equipment on naval vessels.

In some cultures, hammocks are still the bed of choice. Scientists have discovered that a hammock's gentle rocking helps people doze off faster and get a deeper sleep.

Unfolding the History of Road Maps

These days, a road trip usually involves using a GPS device or smartphone. But before such technology existed, travelers in need of directions relied on paper road maps.

Some of the first road maps are scrolls from A.D. 350 that depict the network of Roman roads. America's first road atlas came centuries later, when the "The Survey of the Roads of the United States of America" was printed in 1789.

Throughout the 1800s, most people who traveled long distances did so by train, so the next major road map didn't arrive until 1901, with the "Official Automobile Blue Book." Along with showing notable landmarks, the guide also included locations of service stations. Spurred by the success of the Ford Model T, other publishers soon began producing maps for automobile travelers.

The Federal Highway Act of 1921, which created the country's interstate road system, as well as the post-World War II baby boom years led to an increase in driving, and therefore, road maps. Many were giveaways from businesses such as oil companies, hotels and auto clubs, wanting to advertise their services. These early guides often featured original artwork that offered sightseeing tips, encouraging travelers to discover America.

Most paper road maps are now distributed by state tourism departments.

Remembering V-J Day

The happy news came on Aug. 14, 1945. Calling it "the day we have been waiting for since Pearl Harbor," U.S. President Harry S. Truman announced to crowds gathered outside the White House that Japan had surrendered unconditionally to the Allies. World War II was finally over.

Three months earlier, fighting had ended in Europe with Germany's surrender. Now relief and jubilation erupted at word that the battle in the Pacific had been won. In the U.S., millions of people flooded city streets to hold impromptu parades, complete with marching bands, confetti and fireworks.

In New York City's Times Square, sailors climbed lampposts and waved American flags, while strangers cheered and embraced. One celebratory moment, of a sailor excitedly kissing a woman in a white dress, was captured by photographer Alfred Eisenstaedt and printed a week later in Life magazine. The iconic image is an enduring symbol of Victory Over Japan Day, or V-J Day.

Allied nations also broke out in festivities, which continued through Aug. 15, the date the United Kingdom declared as V-J Day. Japan's formal surrender took place a few weeks later on Sept. 2.



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Locations 2nd Floor: Game Room, GR 3rd Floor: Pearl, Pearl Art Studio, AS Auditorium-Gallery, AG Barber, B Card Room, CR Front Desk, FD	Lobby, L Mood Bar, MB Mosaic, M Opal, O Opal Patio, OP PrimeFit, GYM Salon, S	Sea & Sky Lounge, SSL Tech Lounge, TL Theater Room, TR Tru Bistro, TB Wellness Suites, WS		10:00 Yoga with Nadine of Balance Humans, AG ¹ 12:00 Music with Marvin, TR 2:00 Daily Dose: Hand Exercises, AG 7:00 Movie 7:00 World War II in Color: Episode 1, TR
10:30 St. James Cathedral Mass Live Stream, L ² 12:30 Book Club, TL 1:00 Daily Dose, Yoga Via Zoom, AG 7:00 Movie: The Half of It, TR	10:30 PrimeFit with Monique, AG ³ 11:30 Live Music: Jasmin Royal, L 1:00 Create Your Legacy with Scott Jackman Via Zoom 2:30 Brain HQ with Lisa, TL 4:00 Breaking Ice with Steve, MB 7:00 Movie: Mountain, TR	10:30 PrimeFit with Lynette, AG ⁴ 12:30 Daily Dose: Tai Chi Form 1, Move the Ball, AG 2:00 Art in the Making with Monica of Pratt, AS 3:30 Table Talk & Tasty Treats with Lisa, TL 4:30 Live Stream Violin & Double Bass: 92 Y Presents – Big Dog Little Dog, TR	10:30 PrimeFit with Monique, AG ⁵ 11:30 Garden Club 2:00 Spiro100: Balance & Breath, AG 3:30 Hue Is Cooking in the Kitchen ..., M 7:00 Movie: The Battered Bastards of Baseball, TR	10:30 PrimeFit with Monique, AG ⁶ 12:00 Music Appreciation with Eric Lane 2:00 South Lake Union Walk 4:00 Sip & Paint with Becky, AS 7:00 Movie: West Side Story, TR	10:30 PrimeFit with Lynette, AG ⁷ 12:00 Bean Bag Baseball, FD 2:00 Daily Dose: Boxing Fundamentals, AG 3:30 Happy Hour with Nikki, MB	10:00 Yoga with Nadine of Balance Humans, AG ⁸ 12:00 Music with Marvin, TR 2:00 Daily Dose: Hand Exercises, AG 7:00 Movie 7:00 World War II in Color: Episode 2, TR
10:30 St. James Cathedral Mass Live Stream, L ⁹ 12:30 Book Club, TL 1:00 Daily Dose, Yoga Via Zoom, AG 7:00 Movie: The 100 Year Old Man Who Climbed Out the Window & Disappeared	10:30 PrimeFit with Monique, AG ¹⁰ 11:30 Live Music: Jasmin Royal, L 1:00 Create Your Legacy with Scott Jackman Via Zoom 2:30 Brain HQ with Lisa, TL 4:00 Breaking Ice with Steve, MB 7:00 Movie: The Pedal World, TR	10:30 PrimeFit with Lynette, AG ¹¹ 12:30 Daily Dose: Tai Chi Form 2, Part Wild Horses Mane, AG 2:00 Art in the Making with Monica of Pratt, AS 3:30 Table Talk & Tasty Treats with Lisa, TL 4:30 Bean Bag Baseball, L	10:30 PrimeFit with Monique, AG ¹² 11:30 Garden Club 2:00 Spiro100: Balance & Breath, AG 2:30 Meet Murano Residents 3:30 Hue Is Cooking in the Kitchen ..., M 7:00 Movie: Full Count, TR	10:30 PrimeFit with Monique, AG ¹³ 12:00 Music Appreciation with Eric Lane 2:00 Space Needle Walk 4:00 Sip & Paint with Becky, AS 7:00 Movie: Fiddler on the Roof, TR	10:30 PrimeFit with Lynette, AG ¹⁴ 12:00 Bean Bag Baseball, FD 2:00 Daily Dose: Boxing Balance & Coordination, AG 3:30 Happy Hour with Nikki, MB	10:00 Yoga with Nadine of Balance Humans, AG ¹⁵ 12:00 Music with Marvin, TR 2:00 Daily Dose: Hand Exercises, AG 7:00 Movie 7:00 World War II in Color: Episode 3, TR
10:30 St. James Cathedral Mass Live Stream, L ¹⁶ 12:30 Book Club, TL 1:00 Daily Dose, Yoga Via Zoom, AG 7:00 Movie: Starsky & Hutch, TR	10:30 PrimeFit with Monique, AG ¹⁷ 11:30 Live Music: Jasmin Royal, L 1:00 Create Your Legacy with Scott Jackman Via Zoom 2:30 Brain HQ with Lisa, TL 4:00 Breaking Ice with Steve, MB	10:30 PrimeFit with Lynette, AG ¹⁸ 12:30 Daily Dose: Tai Chi Form 3, Single Whip, AG 2:00 Art in the Making with Monica of Pratt, AS 3:30 Table Talk & Tasty Treats with Lisa, TL 4:30 Bean Bag Baseball, L	10:30 PrimeFit with Monique, AG ¹⁹ 11:30 Garden Club 2:00 Spiro100: Balance & Breath, AG 3:30 Hue Is Cooking in the Kitchen ..., M 7:00 Movie: Weeds on Fire, TR	10:30 PrimeFit with Monique, AG ²⁰ 12:00 Music Appreciation with Eric Lane 2:00 Kubota Garden Walk 4:00 Sip & Paint with Becky, AS 7:00 Movie: Barbra the Music, The Mem'ries, The Magic!, TR	10:30 PrimeFit with Lynette, AG ²¹ 12:00 Bean Bag Baseball, FD 2:00 Daily Dose: Boxing Posture & Balance 3:30 Happy Hour with Nikki, MB	10:00 Yoga with Nadine of Balance Humans, AG ²² 12:00 Music with Marvin, TR 2:00 Daily Dose: Hand Exercises, AG 7:00 Movie 7:00 World War II in Color: Episode 4, TR
10:30 St. James Cathedral Mass Live Stream, L ²³ 12:30 Book Club, TL 1:00 Daily Dose, Yoga Via Zoom, AG 7:00 Movie: Cake, TR	10:30 PrimeFit with Monique, AG ²⁴ 11:30 Live Music: Jasmin Royal, L 1:00 Create Your Legacy with Scott Jackman Via Zoom 2:30 Brain HQ with Lisa, TL 4:00 Breaking Ice with Steve, MB	10:30 PrimeFit with Lynette, AG ²⁵ 12:30 Daily Dose: Tai Chi Form 4, Wave Hand Like Cloud, AG 2:00 Art in the Making with Monica of Pratt, AS 3:30 Table Talk & Tasty Treats with Lisa, TL 4:30 Bean Bag Baseball, L	10:30 PrimeFit with Monique, AG ²⁶ 11:30 Garden Club 2:00 Spiro100: Balance & Breath, AG 2:30 Meet Murano Residents 4:00 SPEAK EASY SOIREE, SSL 7:00 Movie: Bad News Bears, TR	10:30 PrimeFit with Monique, AG ²⁷ 12:00 Music Appreciation with Eric Lane 2:00 Walk in the Park: Seward Park 4:00 Sip & Paint with Becky, AS 7:00 Movie: The Artist, TR	10:30 PrimeFit with Lynette, AG ²⁸ 12:00 Bean Bag Baseball, FD 2:00 Daily Dose: Boxing Putting It All Together, AG 2:30 Resident Meeting with Bruce & Mindy, TR 3:30 Happy Hour with Nikki, MB	10:00 Yoga with Nadine of Balance Humans, AG ²⁹ 12:00 Music with Marvin, TR 2:00 Daily Dose: Hand Exercises, AG 7:00 Movie
10:30 St. James Cathedral Mass Live Stream, L ³⁰ 12:30 Book Club, TL 1:00 Daily Dose, Yoga Via Zoom, AG 7:00 Movie: Wild Oats, TR	10:30 PrimeFit with Monique, AG ³¹ 11:30 Live Music: Jasmin Royal, L 1:00 Create Your Legacy with Scott Jackman Via Zoom 2:30 Brain HQ with Lisa, TL 4:00 Breaking Ice with Steve, MB	Birthdays Peggy Graving, 7th James Hall, 31st				

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Locations 2nd Floor: Game Room, GR 3rd Floor: Pearl, Pearl Art Studio, AS Auditorium-Gallery, AG Card Room, CR Mood Bar, MB	PrimeFit, GYM Salon, S Sea & Sky Lounge, SSL Tech Lounge, TL Theater Room, TR Wellness Suites, WS			10:00 ● Arts & Crafts 10:45 ● Bingo 12:00 ● Sorting Silverware 1:30 ● Daily Chronicle 2:00 ● Helping Hands 3:00 ● Garden Walk 4:00 ● Hand Therapy 6:00 ● Saturday Night Movie: Fiddler on the Roof
10:30 ● St. James Cathedral Mass Live Mass 2 1:30 ● Hymn Singalong 2:00 ● Garden Walk 2:30 ● Balloon Volleyball 3:00 ● Beethoven 9 – Chicago Symphony Orchestra 4:00 ● Art Coloring 4:30 ● Nostalgia: Old Time Pictures 6:30 ● Hand Therapy	10:30 ● Short Story Reading 3 11:00 ● Eldergrow Gardening 1:00 ● Spiro 100: Flow with Flexibility 2:30 ● Arm Chair Traveling to Spain 3:00 ● Water Painting 4:00 ● Breaking Ice with Steve: Mixologist Education 6:00 ● Hand Massage	10:15 ● Fiddle Boxes 4 11:00 ● Conversation Cards 11:30 ● Dancing 12:00 ● Arts & Crafts 1:00 ● Spiro 100: Chair Stretch 2:00 ● Sing-A-Long with Eric Lane Barnes 3:30 ● Movie: Benji 6:30 ● Hand Messages	10:30 ● Singalong 5 11:00 ● Who Wants to Be a Millionaire 12:00 ● Ring Toss 1:00 ● Spiro 100: Yoga to Ease Achy Muscles 2:30 ● Garden Walk 3:30 ● Hue Is Cooking in the Kitchen with Sean 4:30 ● Art Coloring 6:30 ● Hand Massage	10:30 ● Button & Ribbon Sorting 6 11:00 ● Daily Chronicle 11:30 ● Conversation Cards 12:30 ● Scenic Drive to Greenlake 2:00 ● Water Painting 2:30 ● Bean Bag Toss 3:00 ● Who Wants to Be a Millionaire 4:00 ● Garden Walk 6:30 ● Hands & Nails Care	10:00 ● Garden Walk 7 10:30 ● Sorting: Colors, Shapes, Numbers & Letters 11:15 ● Today in History 12:00 ● Poem Readings 1:00 ● Spiro 100: Mindful Movement 2:30 ● Flower Arranging 3:30 ● Happy Hour with Nikki, MB 6:00 ● Classic TV Nite	10:00 ● Arts & Crafts 8 10:45 ● Bingo 12:00 ● Sorting Silverware 1:30 ● Daily Chronicle 2:00 ● Helping Hands 3:00 ● Garden Walk 4:00 ● Hand Therapy 6:00 ● Movie: Breakfast at Tiffany's
10:30 ● St. James Cathedral Mass Live Mass 9 1:30 ● Hymn Singalong 2:00 ● Garden Walk 2:30 ● Balloon Volleyball 3:00 ● Beethoven Concerto for Violin & Orchestra 4:00 ● Art Coloring 4:30 ● Nostalgia: Old Time Pictures 6:30 ● Hand Therapy	10:30 ● Short Story Reading 10 11:00 ● Eldergrow Gardening 1:00 ● Spiro 100: Flow with Flexibility 2:30 ● Armchair Traveling: Paris 3:00 ● Water Painting 4:00 ● Breaking Ice with Steve: Mixologist Education 6:00 ● Hand Massage	10:15 ● Fiddle Boxes 11 11:00 ● Conversation Cards 11:30 ● Dancing 12:00 ● Arts & Crafts 1:00 ● Spiro 100: Chair Stretch 2:00 ● Sing-A-Long with Eric Lane Barnes 3:30 ● Movie: The Sound of Music 6:30 ● Hand Messages	10:30 ● Singalong 12 11:00 ● Who Wants to Be a Millionaire 12:00 ● Ring Toss 1:00 ● Spiro 100: Yoga to Ease Achy Muscles 2:30 ● Garden Walk 3:30 ● Hue Is Cooking in the Kitchen with Sean 4:30 ● Art Coloring 6:30 ● Hand Massage	10:30 ● Button & Ribbon Sorting 13 11:00 ● Daily Chronicle 11:30 ● Conversation Cards 12:30 ● Scenic Drive to University of Washington 2:00 ● Water Painting 2:30 ● Bean Bag Toss 3:00 ● Who Wants to Be a Millionaire 4:00 ● Garden Walk 6:30 ● Hands & Nails Care	10:00 ● Garden Walk 14 10:30 ● Sorting: Colors, Shapes, Numbers & Letters 11:15 ● How Much Did It Cost to Travel 12:00 ● Poem Readings 1:00 ● Spiro 100: Daily Practice 2:30 ● Painting 3:30 ● Happy Hour with Nikki, MB 6:00 ● Classic TV Nite	10:00 ● Arts & Crafts 15 10:45 ● Bingo 12:00 ● Sorting Silverware 1:30 ● Daily Chronicle 2:00 ● Helping Hands 3:00 ● Garden Walk 4:00 ● Hand Therapy
10:30 ● St. James Cathedral Mass Live Mass 16 1:30 ● Hymn Singalong 2:00 ● Garden Walk 2:30 ● Balloon Volleyball 3:00 ● Mozart – Piano Concerto No. 21 4:00 ● Art Coloring 4:30 ● Nostalgia: Old Time Pictures 6:30 ● Hand Therapy	10:30 ● Short Story Reading 17 11:00 ● Eldergrow Gardening 1:00 ● Spiro 100: Flow with Flexibility 2:30 ● Armchair Traveling: Africa 3:00 ● Water Painting 4:00 ● Breaking Ice with Steve: Mixologist Education 6:00 ● Hand Massage	10:15 ● Fiddle Boxes 18 11:00 ● Conversation Cards 11:30 ● Dancing 12:00 ● Arts & Crafts 1:00 ● Spiro 100: Chair Stretch 2:00 ● Sing-A-Long with Eric Lane Barnes 3:30 ● Movie 6:30 ● Hand Messages	10:30 ● Singalong 19 11:00 ● Who Wants to Be a Millionaire 12:00 ● Ring Toss 1:00 ● Spiro 100: Yoga to Ease Achy Muscles 2:30 ● Garden Walk 3:30 ● Hue Is Cooking in the Kitchen with Sean 4:30 ● Art Coloring 6:30 ● Hand Massage	10:30 ● Button & Ribbon Sorting 20 11:00 ● Daily Chronicle 11:30 ● Conversation Cards 12:30 ● Scenic Drive to Greenlake 2:00 ● Water Painting 2:30 ● Bean Bag Toss 3:00 ● Who Wants to Be a Millionaire 4:00 ● Garden Walk 6:30 ● Hands & Nails Care	10:00 ● Garden Walk 21 10:30 ● Sorting: Colors, Shapes, Numbers & Letters 11:00 ● Living on a Self Sufficient Sail Boat for 10 Years 12:00 ● Poem Readings 1:00 ● Spiro 100: Mindful Movement 2:30 ● Clay Sculpturing 3:30 ● Happy Hour with Nikki, MB 6:00 ● Classic TV Nite	10:00 ● Arts & Crafts 22 10:45 ● Bingo 12:00 ● Sorting Silverware 1:30 ● Daily Chronicle 2:00 ● Helping Hands 3:00 ● Garden Walk 4:00 ● Hand Therapy 6:00 ● Movie: The African Queen
10:30 ● St. James Cathedral Mass Live Mass 23 1:30 ● Hymn Singalong 2:00 ● Garden Walk 2:30 ● Balloon Volleyball 3:00 ● Tchaikovsky – Serenade for Strings, Op. 48 4:00 ● Art Coloring 4:30 ● Nostalgia: Old Time Pictures 6:30 ● Hand Therapy	10:30 ● Short Story Reading 24 11:00 ● Eldergrow Gardening 1:00 ● Spiro 100: Flow with Flexibility 2:30 ● Armchair Traveling: Charleston 3:00 ● Water Painting 4:00 ● Breaking Ice with Steve: Mixologist Education 6:00 ● Hand Massage	10:15 ● Fiddle Boxes 25 11:00 ● Conversation Cards 11:30 ● Dancing 12:00 ● Arts & Crafts 1:00 ● Spiro 100: Chair Stretch 2:00 ● Sing-A-Long with Eric Lane Barnes 3:30 ● Movie 6:30 ● Hand Messages	10:30 ● Singalong 26 11:00 ● Who Wants to Be a Millionaire 12:00 ● Ring Toss 1:00 ● Spiro 100: Yoga to Ease Achy Muscles 2:30 ● Garden Walk 3:30 ● Hue Is Cooking in the Kitchen with Sean 4:30 ● Art Coloring 6:30 ● Hand Massage	10:30 ● Button & Ribbon Sorting 27 11:00 ● Daily Chronicle 11:30 ● Conversation Cards 12:30 ● Scenic Drive to Greenlake 2:00 ● Water Painting 2:30 ● Bean Bag Toss 3:00 ● Who Wants to Be a Millionaire 4:00 ● Garden Walk 6:30 ● Hands & Nails Care	10:00 ● Garden Walk 28 10:30 ● Sorting: Colors, Shapes, Numbers & Letters 11:00 ● How Much Did Houses Cost 12:00 ● Poem Readings 12:30 ● Pet Therapy 1:00 ● Spiro 100: Daily Practice 2:30 ● Paint by Number 3:30 ● Happy Hour with Nikki, MB 6:00 ● Classic TV Nite	10:00 ● Arts & Crafts 29 10:45 ● Bingo 12:00 ● Sorting Silverware 1:30 ● Daily Chronicle 2:00 ● Helping Hands 3:00 ● Garden Walk 4:00 ● Hand Therapy 6:00 ● Movie: Shirley Temple
10:30 ● St. James Cathedral Mass Live Mass 30 1:30 ● Hymn Singalong 2:00 ● Garden Walk 2:30 ● Balloon Volleyball 3:00 ● Mozart: Great Mass in C Minor 4:00 ● Art Coloring 4:30 ● Nostalgia: Old Time Pictures 6:30 ● Hand Therapy	10:30 ● Short Story Reading 31 11:00 ● Eldergrow Gardening 1:00 ● Spiro 100: Flow with Flexibility 2:30 ● Armchair Traveling: Magnolia Plantation & Gardens 3:00 ● Water Painting 4:00 ● Breaking Ice with Steve: Mixologist Education 6:00 ● Hand Massage	 <ul style="list-style-type: none"> Physical Social Experiential Emotional & Spiritual Creative & Artistic Therapeutic Sensory 		<div style="border: 1px solid black; padding: 5px; text-align: center;">All Events Subject to Change</div>		