



Van Operation Hours

Medical Transportation

Monday through Thursday 8:30am - 3:30pm

Personal Transportation

Friday 9:00am - 1:00pm

Medical Transportation Zones

North Zone

(N of 145th to Edmonds/Lynnwood) \$10 Roundtrip
Monday & Wednesday 8:30am - 12:00pm

Central Zone

(S of 145th to Aurora Bridge) \$5 Roundtrip
Monday through Thursday 12:00pm - 3:30pm

South Zone

(Aurora Bridge to VA) \$10 Roundtrip
Tuesday & Thursday 8:30am - 12:00pm

****The above start times are when the van starts driving that zone****

Wellness Clinic Hours

Daily 8:00 AM — 12:00 PM

Hearing Aid Specialist*

July 8 1:00 PM — 2:15 PM

Podiatrist*

July 9 10:00 AM — 4:30 PM

Dentist

Call Dr. Thuha 206-363-2063 to schedule

Acupuncture

Call Dr. Danika Odama 206-321-6913 to schedule

Massage

Call 425-772-6167 or
email marita@starkamassage.com

Pharmacy

Wednesdays 9:00 AM — 12:00 PM

For basic technology assistance please call Life Enrichment at 3714 to set up an appointment.

(B)	Bistro	(ML)	Main Lobby
(BA)	B Activity Room	(MR)	Media Room
(G)	Garden	(P)	Swimming Pool
(RDR)	Rainier Dining Room	(PP)	P- Patch
(RAR)	Rainier Activity Room	(*)	Sign-up Required
(ODR)	Olympic Dining Room	(RR)	Resident Run

IDA CULVER HOUSE, BROADVIEW

July 2019

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<p>JUNE & JULY'S THRIVE FOCUS IS: PLAY/FUN</p> <p>LOOK AT THE CALENDAR TO SEE HOW MANY OPPORTUNITIES THERE ARE FOR FUN. WHETHER GAMES OR MUSIC IS FUN FOR YOU, THERE IS SOMETHING FOR EVERYONE!</p>	<p>1</p> <p>8:15 Stretch & Flex (BA) 9:00 Enhance Fitness (BA) 10:00 Core Strengthening (BA) 10:30 Art with Deborah (BA) 10:30 Stretch & Flex (RAR) 10:30 Support Group: (LIB) Living Mindfully with Chronic Pain and Illness 1:00 Gentle Chair Yoga (BA) 2:30 Life Reflections (LIB) 7:00 Music History: (BA) Dr. Theodore Deacon Balanchine & Prokofiev's <i>Prodigal Son</i></p>	<p>2</p> <p>8:15 Pool Exercise (P) 9:30 Volunteering: (B) Knitter's Korner 10:00 Resident Council Board Meeting (MR) 10:00 RR Creative Writing (FL) 10:30 Fred Meyer* 10:30 Stretch & Flex (RAR) 11:00 Bingo (RAR) 1:00 David Smith: (BA) The New Testament 2:30 Women's Group (LIB) 2:30 RR Mahjong (MR)</p>	<p>3</p> <p>8:15 Stretch & Flex (BA) 9:00 Enhance Fitness (BA) 10:00 Core Strengthening (BA) 10:30 UW Audiology: (BA) Hearing Loss Support Group 10:30 Scenic Ride* 10:30 Stretch & Flex (RAR) 1:00 Current Events (BA) 2:00 RR Bible Discussion (FL) 3:00 Bingo (BA) 6:30 RR Bridge (BA)</p>	<p>4</p> <p>8:15 Pool Exercise (P) 9:00 NO Tai Chi 10:30 Stretch & Flex (RAR) 11:00 News Reading (RAR) 11:30 Meditation (LIB) 11:30-1:30 4th of July BBQ Lunch (G) 1:00 NO Gentle Chair Yoga 3:30 Laughing Group! (BA)</p>	<p>5</p> <p>8:15 Stretch & Flex (BA) 9:00 Enhance Fitness (BA) 10:00 Core Strengthening (BA) 10:30 Ken Burns: Jazz (BA) Episode 1: Gumbo (90min) 10:30 Stretch & Flex (RAR) 12:30 Grocery Outlet/Rite Aid* 2:30 Art Talk at Aljoja*: Deborah Curtiss 3:00 Pokeno (MR) 7:00 Music History: (BA) Dr. Theodore Deacon: <i>Ballet Russes</i></p>	<p>6</p> <p>9:30 Park Walk*: Edmonds Waterfront 12:00 Pooches with Paolo (G) 2:00 Scenic Ride* 2:00 RR Theatre Fun: (BA) <i>Biloxi Blues</i></p>
	<p>7</p> <p>10:00 Morning Game: Dominoes (BA) 1:00 Singing with Dana (BA) 2:00 RR Pinochle (B) 3:00 Social: (BA) "Getting to Know You"</p>	<p>8</p> <p>8:15 Stretch & Flex (BA) 9:00 Enhance Fitness (BA) 10:00 Core Strengthening (BA) 10:30 Ida's Book Club (BA) 10:30 Stretch & Flex (RAR) 1:00 NO Gentle Chair Yoga 2:30 Nutrition Talk: (BA) Food for Your Mood 3:00 Meditation (LIB) 7:00 RR Let's Talk Books (LIB)</p>	<p>9</p> <p>8:15 Pool Exercise (P) 9:30 Volunteering: (B) Knitter's Korner 10:30 Central Market* 10:30 Stretch & Flex (RAR) 11:00 Bingo (RAR) 12:30 Taste & Travel: (BA) Canada 2:00 Food Advisory (BA) 2:30 RR Mahjong (MR) 3:00 Caregiver's Meeting (LIB) Alzheimer's 7:30 Resident Council (BA)</p>	<p>10</p> <p>8:15 Stretch & Flex (BA) 9:00 Enhance Fitness (BA) 10:00 Core Strengthening (BA) 10:30 NO Scenic Ride 10:30 International District*: Uwajimaya 10:30 Stretch & Flex (RAR) 1:00 Current Events (BA) 2:00 RR Bible Discussion (FL) 3:00 Bingo (BA) 4:30 Theme Dinner (ODR) 6:30 RR Bridge (BA)</p>	<p>11</p> <p>8:15 Pool Exercise (P) 9:00 Tai Chi (BA) 10:30 Therapy Talk (BA) 10:30 Stretch & Flex (RAR) 11:00 News Reading (RAR) 1:00 Gentle Chair Yoga (BA) 1:00 P-Patch (PP) 3:00 Concert: Glenn Ledbetter (BA) Trumpet- Show Tune Favorites 7:00 RR Sound of Jazz (BA)</p>	<p>12</p> <p>8:15 Stretch & Flex (BA) 9:00 Enhance Fitness (BA) 10:00 Core Strengthening (BA) 10:15 Volunteer: Hopelink* 10:30 Ken Burns: Jazz BA Episode 2: The Gift (120 min) 10:30 Stretch & Flex (RAR) 12:45 Fred Meyer/Bartell's* 2:00 Refreshing Drinks & Games (G) 3:00 Pokeno (MR)</p>
<p>14</p> <p>9:00 Sunday Social & Reminisce Hour (B) 1:00 Dance Sharing With Dana (BA) 3:00 Sips and Songs (B)</p>	<p>15</p> <p>8:15 Stretch & Flex (BA) 9:00 Enhance Fitness (BA) 10:00 Core Strengthening (BA) 10:00 Museum of Flight*: Destination Moon & Vietnam Divided 10:30 Art with Deborah (BA) 10:30 Stretch & Flex (RAR) 1:00 Gentle Chair Yoga (BA) 2:30 Life Reflections (LIB) 3:00 Scrabble (BA) 7:00 Evening Social With Tara (BA)</p>	<p>16</p> <p>8:15 Pool Exercise (P) 9:30 Volunteering: (B) Knitter's Korner 10:00 RR Creative Writing (FL) 10:30 Trader Joe's* 10:30 Stretch & Flex (RAR) 11:00 Bingo (RAR) 11:30 Out to Lunch*: Duke's at Greenlake 2:00 Community Relations: (BA) Panel Discussion on Retirement Living 2:30 Women's Group (LIB) 2:30 RR Mahjong (MR) 7:00 David Smith: (BA) The New Testament</p>	<p>17</p> <p>8:15 Stretch & Flex (BA) 9:00 Enhance Fitness (BA) 10:00 Core Strengthening (BA) 10:30 Stretch & Flex (RAR) 10:30 Scenic Ride* 1:00 Current Events (BA) 2:00 RR Bible Discussion (FL) 3:00 Bingo (BA) 4:00-6:00 Lost and Found (ML) 6:30 RR Bridge (BA)</p>	<p>18</p> <p>8:15 Pool Exercise (P) 9:00 Tai Chi (BA) 10:30 Northgate Mall* 10:30 Stretch & Flex (RAR) 11:00 News Reading (RAR) 11:30 Meditation (LIB) 1:00 Gentle Chair Yoga (BA) 3:00 Free Movement Session (BA)</p>	<p>19</p> <p>8:15 Stretch & Flex (BA) 9:00 Enhance Fitness (BA) 10:00 Core Strengthening (BA) 10:30 Ken Burns: Jazz (BA) Episode 3: Our Language (120 Min) 10:30 Stretch & Flex (RAR) 12:30 Grocery Outlet/Rite Aid* 3:00 Concert: Bonnie Birch (BA) 3:00 Pokeno (MR) 7:00 Music History: (BA) Dr. Theodore Deacon- Verdi's- <i>Rigoletto</i></p>	<p>20</p> <p>9:30 Park Walk*: Woodland Park Zoo** **\$5.74 with a Gold Card 12:00 Pooches with Paolo (G) 2:00 Scenic Ride* 2:00 RR Theatre Fun Movie: <i>Biloxi Blues</i> (BA)</p>

July 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21 8:15 Out to Breakfast*: Patty's Eggnest 11:00 Let's Get Clay-Ful (BA) 1:00 Root Beer Floats & Mariners (BA) 2:00 RR Pinochle (B)	22 8:15 Stretch & Flex (BA) 9:00 Enhance Fitness (BA) 10:00 Core Strengthening (BA) 10:00-2:00 Caricaturist (B) 10:30 Art with Deborah (BA) 10:30 Stretch & Flex (RAR) 1:00 Gentle Chair Yoga (BA) 2:00 Refreshing Drinks & Games (G) 3:00 Meditation (LIB) 4:30 Out to Dinner*: Stanford's	23 8:15 Pool Exercise (P) 9:30 Volunteering: (B) Knitter's Korner 10:30 QFC* 10:30 Stretch & Flex (RAR) 11:00 Bingo (RAR) 11:30 Birthday Reception (BA) 2:30 RR Mahjong (MR)	24 8:15 Stretch & Flex (BA) 9:00 Enhance Fitness (BA) 10:00 Core Strengthening (BA) 10:30 Scenic Ride* 10:30 Mass (2HCC) 10:30 Stretch & Flex (RAR) 1:00 Current Events (BA) 2:00 RR Bible Discussion (FL) 3:00 Bingo (BA) 6:30 RR Bridge (BA)	25 8:15 Pool Exercise (P) 9:00 Tai Chi (BA) 10:30 Great Decisions (BA) Cyber Politics & Geopolitics 10:30 Stretch & Flex (RAR) 11:00 News Reading (RAR) 1:00 Gentle Chair Yoga (BA) 2:00 Men's Group (LIB) 3:00 Life Enrichment Mtg. (BA) 7:00 Concert: (G) Letter Carrier's Band	26 8:15 Stretch & Flex (BA) 9:00 Enhance Fitness (BA) 10:00 Core Strengthening (BA) 10:15 NW Veterans Museum* 10:30 Ken Burns: Jazz (BA) Episode 4: The True Welcome (120 min) 10:30 Stretch & Flex (RAR) 1:00 Fred Meyer/Bartell's* 3:00 NO Pokeno	27 9:30 Park Walk*: Discovery Park 12:00 Pooches with Paolo (G) 2:00 Scenic Ride*
28 10:30 Middle Eastern Dance for EVERY BODY (BA) 1:00 Gilbert & Sullivan*: <i>Princess Ida</i>	29 8:15 Stretch & Flex (BA) 9:00 Enhance Fitness (BA) 10:00 Core Strengthening (BA) 10:30 Stretch & Flex (RAR) 1:00 Gentle Chair Yoga (BA) 2:00 Refreshing Drinks & Games (G) 3:00-5:00 Fortune Teller (B)	30 8:15 Pool Exercise (P) 9:30 Volunteering: (B) Knitter's Korner 10:30 Value Village* 10:30 Stretch & Flex (RAR) 11:00 Bingo (RAR) 2:00 Blankets for a Cause (BA) 2:30 RR Mahjong (MR)	31 8:15 Stretch & Flex (BA) 9:00 Enhance Fitness (BA) 10:00 Core Strengthening (BA) 10:30 No Scenic Ride 10:30 Day Trip: Saltwater Park* 10:30 Stretch & Flex (RAR) 1:00 Current Events (BA) 2:00 RR Bible Discussion (FL) 3:00 Bingo (BA) 6:30 RR Bridge (BA)	<p style="text-align: center;"><u>Channel 371</u></p> <p style="text-align: center;">Daily Exercise 10:00 & 3:00</p> <p style="text-align: center;">Nightly Movie 5:30 & 8:00</p>	<p style="text-align: center;">JUNE & JULY'S THRIVE FOCUS IS: PLAY/FUN</p> <p style="text-align: center;">LOOK AT THE CALENDAR TO SEE HOW MANY OPPORTUNITIES THERE ARE FOR FUN. WHETHER GAMES OR MUSIC IS FUN FOR YOU, THERE IS SOMETHING FOR EVERYONE!</p>	<p style="text-align: center;">RR = "Resident Run"</p> <p style="text-align: center;">RR before the title of an activity indicates that one of our wonderful Ida Culver Residents is leading the activity!</p> <p style="text-align: center;">If you would like to lead an activity, please call 3714.</p>

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For basic technology assistance please call

Life Enrichment at

3714 to set up an appointment.

- (B) Bistro
- (BA) B Activity Room
- (G) Garden
- (LIB) Library
- (RAR) Rainier Activity Room
- (ODR) Olympic Dining Room
- (FL) Fireside Lounge
- (RR) Resident Run
- (ML) Main Lobby
- (MR) Media Room
- (P) Swimming Pool
- (PP) Pea Patch
- (*) SIGN-UP REQUIRED

Wellness Clinic Hours
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Hearing Aid Specialist*
July 8 1:00 PM — 2:15 PM

Podiatrist*
July 9 10:00 AM — 4:30 PM

Dentist
Call Dr. Thuha 206-363-2063 to schedule

Acupuncture
Call Dr. Danika Odama 206-321-6913 to schedule

Massage
Call 425-772-6167 or
email marita@starkamassage.com

Pharmacy
Wednesdays 9:00 AM — 12:00 PM

July 2019 Highlights

Friday July 19 **Ken Burns: Jazz- Episode 3: Our Language** **10:30am (BA)**

As the stock market continues to soar, jazz is everywhere in America, and now, for the first time soloists and singers take center stage, transforming the music with their distinctive voices and the unique stories they have to tell. **(Run time 120 min)**

Sunday July 21 **Let's Get Clay-Ful** **11:00am (BA)**

Don't pass up this opportunity to get creative! You are guaranteed to have fun in this hands-on activity using sculpting clay to make something crafty, artsy, utilitarian or even wearable! Using modeling clay that becomes fully dried in under a week, you can get as serious or as silly as you like.

Thursday July 25 **Great Decisions: Cyber Politics & Geopolitics** **10:30am (BA)**

Cyber conflict is a new and continually developing threat, which can include foreign interference in elections, industrial sabotage and attacks on infrastructure. Russia has been accused of interfering in the 2016 presidential elections in the United States and China is highly committed to using cyberspace as a tool of national policy. Dealing with cyber conflict will require new ways of looking at 21st century warfare. Is the United States prepared to respond to such threats?

Thursday July 25 **Men's Group** **2:00pm (LIB)**

Join Cliff Warner and other men in the Library to have a group conversation on a variety of topics.

Thursday July 25 **Life Enrichment Mtg.** **3:00pm (BA)**

Join the Life Enrichment team for a monthly meeting to communicate any updates involving activities and transportation. We hope to see you there to participate in the conversation! All are welcome and encouraged to attend!

Thursday July 25 **Concert: Letter Carrier's Band** **7:00pm (G)**

Come tap your toes to one of our favorite Big Bands—The Letter Carrier Band. You'll have a smile on your face as you listen to some of your old favorite tunes, and you may even want to get up and dance.

Friday July 26 **NW Veterans Museum** **Depart 10:15/Est Return 1:00**

Join us as we take a private tour of the Northwest Veterans Museum. This museum opened in 2017 with a mission and purpose to honor and perpetuate the legacy of military veterans and educate the public. ****Sign up in Bistro**

Friday July 26 **Ken Burns: Jazz- Episode 4: The True Welcome** **10:30am (BA)**

In 1929, America enters a decade of economic desperation, as the Stock Market collapses and the Great Depression begins. Factories fall silent, farms fall into decay, and a quarter of the nation's workforce is jobless. In these dark times, jazz is called upon to lift the spirits of a frightened country, and finds itself poised for a decade of explosive growth. **(Run time 120 min)**

Sunday July 28 **Middle Eastern Dance for EVERY BODY** **10:30am (BA)**

Middle Eastern dances are prehistoric. Every Body naturally has the ability to interpret the sounds from instruments and put them to movement. This is the fundamental concept of Belly Dance. Dana (a.k.a. Dahlia) from Life Enrichment is Ida Culver's own staff Belly Dancer! She's been studying and teaching this craft for over 20 years and has been anxiously awaiting this opportunity to share with Every Body how to draw upon our body's natural ability to dance and move in this innate fashion. This dance style is actually translated as "The Dance of the People." ALL PEOPLE. Men and women alike dance and move to Middle Eastern rhythms and sounds. Join Dahlia for a simple, relaxing-yet-inspiring lesson in understanding how to translate music to movement. Whether you're in a chair, with a walker or without, this class is for you: Every Body.

Wednesday July 31 **Day Trip*: Saltwater Park** **Depart 10:30/Est Return 3:00**

Join us for a brown bag lunch outing to Des Moines and the beautiful Saltwater State Park. This park is one of the most popular parks in Washington and is also the only park with an underwater artificial reef for diving. There is plenty to do while here, from bird watching to horseshoes and beach exploration to watching the sailboats, there is something for everyone to enjoy.

****Sign up in Bistro **Lunch Provided**

Daily **Exercise Ch. 371** **10:00am & 3:00pm**

If you enjoy exercising, but prefer to do it on your own, Ch. 371 is the place to look. There are different exercises to keep you wanting more, and an instructor who will lead you through each exercise.

Nightly **Movie Ch. 371** **5:30pm & 8:00pm**

We will now screen the nightly movie at two different times to accommodate diverse evening schedules.

Mondays, Wednesdays & Fridays **Stretch and Flex** **8:15am (BA)**

Start your morning with gentle exercises to wake up. This class focuses on all body parts, consisting of easy-to-follow exercises that can be modified as necessary. **(A modified class is available Monday-Friday at 10:30am in the RAR.)**

Monday July 1 **Support Group: Living Mindfully with Chronic Illness & Pain** **10:30am (LIB)**

Join a supportive group for those living with ongoing health challenges and wanting to live mindfully & with self-compassion.

Monday July 1, 15 & 22 **Art with Deborah** **10:30 (BA)**

Learn the basics of painting with watercolors, brushes, paper and pigments with instructor Deborah Kapoor.

Mondays & Thursdays **Gentle Chair Yoga** **1:00pm (BA)**

This class emphasizes gentle and slow movement incorporating breath work for support and ease. Standing poses (using the chair for support) are also explored with emphasis on how to achieve balance and stability. The overall intention of this class is to help students understand how to bring simple, supported and effective movement into their lives. We hope that you join us! **(NO Yoga 7/4 & 7/8)**

Monday July 1 & 15 **Life Reflections** **2:30pm (LIB)**

Please join us for an opportunity to explore, reflect and celebrate our wisdom. Carrie Eaton will lead our discussion with compassion and humor, as we take stock of our big questions and decisions, how they impacted our lives, what we learned from them, and what skills we acquired along the way, some of which likely still serve us well today. This series focuses on: Aging; Elderhood and Respect; Transitions, Change, Coping and Meaning; Purpose; and Joy.

Tuesday's **Volunteering: Knitter's Korner** **9:30am (B)**

You can work on your own project or make something for someone in need. Residents have been making scarves for people who are homeless and hats for those recovering from cancer.

Tuesday July 2 & 16 **RR Creative Writing** **10:00am (FL)**

Join a supportive group to develop your creative writing abilities in all genres including memoir, short stories and poetry.

Tuesday July 2 & 16 **Women's Group** **2:30pm (LIB)**

Join Carrie Eaton and other women for an engaging discussion on contemporary issues, drawing on our unique life perspectives. Ladies of Broadview is a great opportunity for self-reflection and deep connection with other women.

Tuesday July 2 & 16 (7:00pm) **David Smith: The New Testament** **1:00pm (BA)**

An academic analysis of the New Testament. This is not a Bible study and will not be taught from a religious point of view. We will use historical, literary, and philosophical methods to shed light on the oral traditions and written sources behind the texts, the development of the New Testament canon, scribal work, and the meaning(s) of these texts. You are encouraged to bring the Bible of your choice to each session. **(7/16 will meet at 7:00)**

Wednesday July 3 **UW Audiology: Hearing Loss Support Group** **10:30am (BA)**

University of Washington audiology students will be presenting a talk on aging and hearing loss. Learn about the causes of hearing loss and the effect it has on communication and mental health. We will be sharing communication strategies for those with hearing loss and their communication partners.

Wednesdays **Current Events with Jacob Bolotin** **1:00pm (BA)**

Come and join us for another thought-provoking session. Gain insights into the events making headlines around the world.

Wednesdays **RR Bible Discussion** **2:00pm (FL)**

Join other residents each week to discuss the history and relevance of biblical passages with Rev.Gary Southerton, pastor of Broadview Community Church (UCC). Everyone is welcome. For details, contact Judy Hoehler, A-120.

Thursday July 4 & 18	Meditation	11:30am (LIB)	Tuesday July 9	Food Advisory	2:00pm (BA)
Meditation can reduce symptoms of stress, anxiety, depression, boost functioning cognition, increase management of pain, and improve sleep. (Monday 7/8 & 7/22 Meditation will be at 3:00 in the Library)			Visit with Brian for an open forum to discuss food and service-related topics.		
Thursday July 4	4th of July BBQ Lunch	11:30-1:30 (G)	Tuesday July 9	Caregivers Meeting: Alzheimer's	3:00pm (LIB)
The kitchen team and Life Enrichment have partnered together to bring you our first 4 th of July BBQ. We will have hamburgers and hot dogs, potato salad, fruit and chips. Music will be provided by: Dysfunction Junction. See you there!			Join Carrie Eaton and other caregivers and families of loved ones living with memory loss, Alzheimer's or dementia. This discussion is an opportunity to connect, share resources and support each other.		
Thursday July 4	Laughing Group	3:30pm (BA)	Tuesday July 9	Resident Council	7:30pm (BA)
Some say laughter is the best medicine. It releases stress and helps us feel connected with others. Studies show that even forced laughter can have the same physiological benefits as real laughter because our bodies can't tell the difference. And, forced laughter often turns into real laughter! Join Dana, Erica, and your fellow residents, for a group laughing session. We plan on having a roaring good time!			The Resident Council Board Members will hold their monthly meeting to share community updates and listen to your concerns and your suggestions for change. New ideas and plans for social activities will be discussed.		
Friday July 5	Ken Burns: Jazz- Episode 1: Gumbo	10:30am (BA)	Wednesday July 10	International District*: Uwajimaya	Depart 10:30/Est Return 2:00
Jazz begins in New Orleans, nineteenth century America's most cosmopolitan city, where the sound of marching bands, Italian opera, Caribbean rhythms, and minstrel shows fills the streets with a richly diverse musical culture. Here, in the 1890s, African-American musicians create a new music out of these ingredients by mixing in ragtime syncopations and the soulful feeling of the blues. (Run time 90 minutes)			Uwajimaya is one of the largest Asian grocery retailers in the Pacific Northwest. Since 1928, Uwajimaya has evolved beyond providing basic grocery staples and become known as a tourist and destination store. From grocery shopping to the bookstore and the food court, it is easy to see how the day can slip away from us here. **Sign up in Bistro		
Friday July 5	Art Talk at Aljoja: Deborah Curtiss	Depart 2:30/Est Return 4:30	Thursday July 11, 18 & 25	Tai Chi	9:00am (BA)
A Life of Beloved Imagery: Deborah Curtiss will give a slide presentation titled, like her current exhibit at Aljoja Thornton Place, "A Life of Beloved Imagery." Comprising an overview of her 53-year career as a painter, it will include time for questions and discussion.			Tai Chi will gently stretch and strengthen your body, stimulate your immune system, lower your blood pressure, decrease your stress, and improve your balance. This is a beginners' and all are welcome! (NO Tai Chi 7/4)		
Saturday July 6, 13 & 20	RR Theatre Fun: <i>Biloxi Blues</i> by Neil Simon	2:00pm (BA)	Thursday July 11	RR Sound of Jazz	7:00pm (BA)
In July, "Theatre Fun" returns to playwright Neil Simon, his "Biloxi Blues", the second play in the Eugene Trilogy (May's readings of "Brighton Beach Memoires" marked the first). When we met Eugene Morris Jerome, in the late 1930's, he was coping with adolescence. In "Biloxi Blues" Eugene has enlisted in the military service during WW II. He is shipped to Biloxi, Mississippi for basic training. There he learns about life and love with a capital L. The 1988 film directed by Mike Nichols stars Matthew Broderick as Eugene. Please join "Theatre Fun" on Saturday, July 6, 13 for readings and July 20 for the film. July 13 th we will meet in the Fireside Lounge.			Head on down to the B-Activity Room after dinner for an evening of Jazz with resident Jim Roll. We will be listening to, exploring, and discussing Jazz recordings from all eras including: Dixieland, Swing, Be Bop, Cool and beyond.		
Sunday July 7	Singing with Dana	1:00pm (BA)	Friday July 12	Volunteer*: Hopelink	Depart 10:15/Est Return 12:30
Dana will host a sing along and an opportunity to hear share her repertoire as a professionally trained vocalist.			The food bank needs our help dividing large bags into smaller portions. You can participate while seated or standing. Hope to see you on the bus with us! **Sign up in the Bistro.		
Sunday July 7 & 21	RR Pinochle	2:00pm (B)	Friday July 12	Ken Burns: Jazz- Episode 2: The Gift	10:30am (BA)
Join your fellow Residents for some friendly rounds of Pinochle in the Bistro! Resident Father Kenneth Haydock will facilitate the sessions and help teach you if you'd like to learn. If you can't get there right at 2:00pm, not to worry, the activity will run until approximately 4:30pm and you can join at any point.			As the Roaring Twenties accelerate, Paul Whiteman, a white bandleader, sells millions of records playing a sweet, symphonic jazz. Louis Armstrong comes to New York, adding his improvisational brilliance to the band's new sound - and soon Armstrong is showing the whole world how to swing. (Run Time 120 min)		
Sunday July 7	Social: "Getting to Know You"	3:00pm (BA)	Sunday July 14	Sips & Songs	3:00pm (B)
Did someone say, "Party?" What could be better than gathering with friends, new and old, and finding out what you have in common? Or, what adventures your neighbor has embarked upon in their past? Dana from Life Enrichment is looking forward to bringing people together with fun activities, games, drinks and laughter.			Whether or not you dress your Sunday Best every Sunday, here's your opportunity to get together with friends, new and old. Enjoy a delicious glass of wine while the musician of the month serenades you! Also, tables will be set with cards, dominoes and Scrabble if one is so inclined. MUSICIAN OF THE MONTH: The <i>delightful</i> Lilia Sanders (Dana of Life Enrichment's daughter) will perform songs of the 40's, 50's and 60's on ukulele!		
Monday July 8	Nutrition Talk: Food for Your Mood	2:30pm (BA)	Monday July 15	Museum of Flight*: Destination Moon & Vietnam Divided	Depart 10:00/Est Return 1:00
A healthy diet is frequently linked to physical health, but did you know that proper nutrition can also help with our emotional health? 95% of the mood-boosting neurotransmitter serotonin is produced in our GI tract, making diet an important factor for mood. Good nutrition plays an important role in reducing inflammation, free radicals and optimizing gut flora which may improve mood! Join Dietitian Courtney to review the latest research and nutrition recommendations to boost mood through diet! See you there!			The spacecraft flown on humankind's first journey to the Moon is the centerpiece of the Museum's special exhibition. <i>Destination Moon: The Apollo 11 Mission</i> , presented in partnership with the Smithsonian Institution, celebrates that historic flight. The challenge of putting the first steps on the Moon moved a nation during the 1960s, Apollo's legacy now inspires today's spaceflight adventurers. The exhibition takes you back with original Apollo 11-flown objects, interactives and unique artifacts from the Space Race. Only here will you experience them during Apollo 11's 50th anniversary. And along the way, you too will feel reason to celebrate the beginning of today's New Space Age. This exhibit will be available to view until September. The other exhibit that is featured on this outing is the newest installment in the T.A. Wilson Great Gallery: <i>Vietnam Divided</i> . The Vietnam Veterans Memorial Park is the result of several years of fundraising through the Project Welcome Home campaign, which provided support for the restoration of the park's centerpiece, the B-52G Stratofortress 59-2584 Midnight Express, and the transformation of a previously vacant lot into a space for reflection and remembrance of the sacrifices of Vietnam War veterans. **Sign up in Bistro **Cost: \$21.00 (An additional \$10 ticket is required for Destination Moon)		
Monday July 8	RR Let's Talk Books	7:00pm (LIB)	Thursday July 18	Northgate Mall*	Depart 10:30/Est Return 12:30
Tonight Joan Overland will host the second gathering to share a favorite book with one another. Bring a book with you or tell us the title and author. Let's keep our individual sharing time to three minutes so we have time to visit with other readers. You do not have to share a book – just come to listen and enjoy some refreshments. I can't wait to chat with fellow book lovers! See you in the library!			Nordstrom's and Macy's are due to close by August and we wanted to give one last opportunity to go get some amazing close out deals before the doors close for good! **Sign up in Bistro		
Tuesday July 9	Taste & Travel: Canada	12:30pm (BA)	Thursday July 18	Free Movement Session	3:00pm (BA)
Enjoy a travel DVD of Canada and a light snack – the taste and sounds of our very own backyard. See you there!			This is an open space for expressive movement, providing an opportunity for personal expression, release, and healing. You will be guided by Erica and Dana through improvisational movement prompts that you can interpret as you like. The activity can be performed seated in a chair and is open to all abilities.		



Ch. 371 Movie List for July 2019



KEY: (CC) - Indicates Closed Captioning (E-ST) – Indicates English Subtitles

Please Note: We will now play each movie twice per night, at 5:30pm and 8:00pm.

~ Classic Movie Week: 1980 – 2001 ~

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|---|--|---|
| Monday July 1
Year: 1990 | Movie: <i>My Blue Heaven</i> (PG-13) (CC)
Genre: Comedy | 5:30pm & 8:00pm Ch. 371
Running Time: 1h 35m |
| <p>The FBI's Witness Protection Program is turned funnyside up when Steve Martin and Rick Moranis play mob informant Vinnie Antonelli and agent Barney Coopersmith in this criminally comic caper. Vinnie's got smooth moves, a swank wardrobe and a mean dance step. His identity, home and lawn mower are new, but he's still the same: a guy with an eternal scam. That makes overseer Barney a guy with a huge headache.</p> | | |
| Tuesday July 2
Year: 1983 | Movie: <i>The Black Stallion Returns</i> (PG) (CC) (E-ST)
Genre: Family Adventure | 5:30pm & 8:00pm Ch. 371
Running Time: 1h 43m |
| <p>The Black Stallion Returns, based on the novel of the same name by Walter Farley, continues the magical tale of a young boy, Alec, and his noble horse, Black. A band of thieves have stolen Black, and Alec must race through the Sahara to find him.</p> | | |
| Wednesday July 3
Year: 1985 | Movie: <i>Murphy's Romance</i> (PG-13) (CC)
Genre: Romantic Comedy | 5:30pm & 8:00pm Ch. 371
Running Time: 1h 47m |
| <p>Trying to start over, feisty divorcée Emma Moriarty and her son, Jake, move to a small Arizona town, where widowed druggist Murphy Jones befriends them. But things get complicated when Emma's irresponsible ex-husband shows up.</p> | | |
| Thursday July 4
Year: 2000 | Movie: <i>The Patriot</i> (R) (CC) (E-ST)
Genre: Period Drama | 5:30pm & 8:00pm Ch. 371
Running Time: 2h 45m |
| <p>Widower Benjamin Martin wants nothing more than to live in peace and farm his land, but when a cruel British officer brings the American Revolution to Martin's door and threatens what he cherishes most, the former war hero is forced to take action.</p> | | |
| Friday July 5
Year: 1998 | Movie: <i>The Wedding Singer</i> (PG-13) (E-ST)
Genre: Romantic Comedy | 5:30pm & 8:00pm Ch. 371
Running Time: 1h 50m |
| <p>After his fiancée leaves him at the altar, wedding band front man Robbie befriends reception-hall waitress Julia, who enlists him to help plan her wedding. Romantic sparks fly as the two spend time together in this love letter to the 1980s.</p> | | |
| Saturday July 6
Year: 1980 | Movie: <i>9 to 5</i> (PG) (CC) (E-ST)
Genre: Classic Comedy | 5:30pm & 8:00pm Ch. 371
Running Time: 1h 50m |
| <p>Three women fed up with their "sexist, egotistical, lying, hypocritical bigot" of a boss entertain fantasies about revenge. But fantasy turns into reality when they think they've inadvertently poisoned Mr. Hart's coffee and try to cover their tracks.</p> | | |
| Sunday July 7
Year: 2001 | Movie: <i>Moulin Rouge</i> (PG-13) (E-ST)
Genre: Contemporary Movie Musical | 5:30pm & 8:00pm Ch. 371
Running Time: 2h 7m |
| <p>A naïve young poet (Ewan McGregor) falls in love with a cabaret star (Nicole Kidman), and their ill-fated romance serves as a convenient peg on which to hang a dazzling array of songs, from snatches of Rodgers and Hammerstein's "The Sound of Music" to Madonna's "Like a Virgin." But the real star is director Baz Luhrmann, who came up with this infectious concoction that won two Oscars for art direction and costume design as well as six other nods.</p> | | |

~ Biopic & Documentary Week ~

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|--|---|---|
| Monday July 8
Year: 1989 | Movie: <i>Born on the 4th of July</i> (R) (CC) (E-ST)
Genre: Drama based on Real Life | 5:30pm & 8:00pm Ch. 371
Running Time: 2h 25m |
| <p>Tom Cruise stars as U.S. Marine Ron Kovic, who returns home from the Vietnam War paralyzed from the chest down. After months of hellish rehabilitation, he finds renewed purpose protesting the war he once proudly fought.</p> | | |
| Tuesday July 9
Year: 1939 | Movie: <i>Young Mr. Lincoln</i> (NR) (E-ST)
Genre: Classic Biographical Drama | 5:30pm & 8:00pm Ch. 371
Running Time: 1h 40m |
| <p>With Henry Fonda in the title role, this biopic follows the future president through his early law career, including his defense of two brothers unjustly accused of murder, and traces Honest Abe's budding political consciousness.</p> | | |
| Wednesday July 10
Year: 2016 | Movie: <i>Jackie</i> (R) (E-ST)
Genre: Drama Based on Real Life | 5:30pm & 8:00pm Ch. 371
Running Time: 1h 40m |
| <p>Still reeling from her husband's shocking assassination in Dallas, First Lady Jacqueline Kennedy battles through exhaustion, overwhelming heartache and anger to preserve his legacy -- and to define her own.</p> | | |

Thursday July 11 **Movie: *Chappaquiddick* (PG-13) (E-ST)** **5:30pm & 8:00pm Ch. 371**
Year: 2018 **Genre:** Drama Based on Real Life **Running Time:** 1h 47m
In this historical drama, the car accident that doomed Ted Kennedy's presidential ambitions and resulted in the drowning death of 28-year-old Mary Jo Kopechne gets a fresh look, focusing on the cover-up that followed the crash.

Friday July 12 **Movie: *Miracle* (PG)** **5:30pm & 8:00pm Ch. 371**
Year: 2004 **Genre:** Sports Drama Based on Real Life **Running Time:** 2h 16m
Focused on achieving the impossible -- defeating the Soviet Union's unbeaten hockey team at the 1980 Winter Olympics -- brash U.S. hockey coach Herb Brooks unites a motley group of college athletes and turns them into a force to be reckoned with.

Saturday July 13 **Movie: *The Last Emperor* (PG-13)** **5:30pm & 8:00pm Ch. 371**
Year: 1987 **Genre:** Biographical Drama **Running Time:** 2h 45m
Recounting the last years of China's Ching Dynasty through flashbacks and flash-forwards, this Oscar-winning epic charts the life of Pu Yi (John Lone) -- who ascended the throne at age 3 -- from coddled aristocrat to enlightened insurgent to ordinary citizen. Co-starring Peter O'Toole as Pu Yi's Scottish tutor and directed by Bernardo Bertolucci, the lavish drama collected nine Academy Awards, including Best Picture.

Sunday July 14 **Movie: *Desert Dancer* (PG-13)** **5:30pm & 8:00pm Ch. 371**
Year: 2015 **Genre:** Biographical Documentary **Running Time:** 1h 38m
In this uplifting drama based on real events, Afshin Ghaffarian defies the government's prohibition against dancing in modern Iran and founds an underground dance company, with help from some courageous friends.

~ **Classic Movie Week: 1941 – 1970** ~

Monday July 15 **Movie: *Mr. & Mrs. Smith* (NR) (CC) (E-ST)** **5:30pm & 8:00pm Ch. 371**
Year: 1941 **Genre:** Romantic Comedy **Running Time:** 1h 35m
No less than Alfred Hitchcock takes a turn at the helm of this decidedly romantic comedy starring Robert Montgomery and Carole Lombard as the titular couple, David and Ann Smith. After three years of highs and lows in a mercurial nuptial, the two discover they aren't truly married after all. David hesitates sealing the deal for real, which drives Ann to the arms of the straight-laced Jeff (Gene Raymond). Is a happily-ever-after not meant to be?

Tuesday July 16 **Movie: *Red River* (NR) (E-ST)** **5:30pm & 8:00pm Ch. 371**
Year: 1948 **Genre:** Classic Western **Running Time:** 2h 10m
In one of his landmark roles, John Wayne plays a taciturn Texas cattle rancher who adopts a young boy orphaned by a native raid on a wagon train. After coming of age, the son finds himself compelled to challenge his father during a long cattle drive.

Wednesday July 17 **Movie: *Sabrina* (NR) (E-ST)** **5:30pm & 8:00pm Ch. 371**
Year: 1954 **Genre:** Romantic Comedy **Running Time:** 1h 53m
Industrious tycoon Linus Larrabee (Humphrey Bogart) has no room for love in his appointment book until a burgeoning romance between his libertine brother, David (William Holden), and the family chauffeur's daughter, Sabrina Fairchild (Audrey Hepburn), jeopardizes Linus' pending business merger. At that point, the workaholic CEO clears his calendar to derail the romance. This Billy Wilder classic collected an Academy Award for Best Costume Design.

Thursday July 18 **Movie: *Journey to the Center of the Earth* (G) (CC)** **5:30pm & 8:00pm Ch. 371**
Year: 1959 **Genre:** Sci-Fi Adventure **Running Time:** 2h 12m
Based on the Jules Verne novel, this family-friendly fantasy film follows an expedition team en route to the center of the earth -- an adventure that is fraught with peril from careening boulders, falling stalactites and weird dinosaurs.

Friday July 19 **Movie: *Funny Girl* (R) (CC) (E-ST)** **5:30pm & 8:00pm Ch. 371**
Year: 1968 **Genre:** Classic Movie Musical **Running Time:** 2h 45m
Director William Wyler's classic musical tells the story of legendary Ziegfeld Follies comedienne Fanny Brice (Barbra Streisand, in an Oscar-winning role), an unconventional beauty who grew up in the Jewish slums of New York dreaming of stardom. When Brice finally becomes the toast of Broadway, the resentful reaction of her husband (Omar Sharif) threatens to destroy their marriage. The film received eight Oscar nominations. Note: This version includes musical interludes.

Saturday July 20 **Movie: *Goldfinger* (PG) (E-ST)** **5:30pm & 8:00pm Ch. 371**
Year: 1964 **Genre:** Action Classic **Running Time:** 1h 51m
The third installment in the 007 series -- which racked up an Oscar for Best Sound Effects -- finds uberspy James Bond trying to thwart baddie Auric Goldfinger and his elaborate gambit to corner the gold market by contaminating Fort Knox.

Sunday July 21 **Movie: *Paris When It Sizzles* (NR) (CC)** **5:30pm & 8:00pm Ch. 371**
Year: 1964 **Genre:** Romantic Comedy **Running Time:** 1h 36m
A screenwriter living in Paris has squandered months he should have been spending completing his latest project. Now, he has just two days to finish. His secretary brainstorms a potpourri of preposterous plots, which are played out on the screen.

Monday July 22 **Movie: *Little Big Man* (PG-13)** **5:30pm & 8:00pm Ch. 371**
Year: 1970 **Genre:** Western **Running Time:** 2h 19m
Dustin Hoffman stars as Jack, a 121-year-old man who recounts a long and colorful life in the Wild West, including being raised by Native Americans. His recollections form a Western epic that includes the infamous Battle of the Little Bighorn.

~ **Modern Movie Week: 2016 - 2019** ~

Tuesday July 23 **Movie: *Their Finest* (R) (E-ST)** **5:30pm & 8:00pm Ch. 371**
Year: 2017 **Genre:** Period Comedy-Drama **Running Time:** 1h 57m
Hired to pen scripts for films intended to boost Britain's spirits during World War II's London Blitz, Catrin Cole finds drama and comedy offscreen as she contends with a chauvinistic fellow screenwriter and a self-important aging actor.

Wednesday July 24 **Movie: *Band Aid* (NR) (E-ST)** **5:30pm & 8:00pm Ch. 371**
Year: 2017 **Genre:** Indie Comedy **Running Time:** 1h 34m
Most bands start out getting along and then fall out as egos clash on the group's way to the top. But for married couple Anna and Ben, their constant rows become the reason for their band's formation and the inspiration behind their music.

Thursday July 25 **Movie: *The Last Word* (R) (E-ST)** **5:30pm & 8:00pm Ch. 371**
Year: 2017 **Genre:** Indie Comedy **Running Time:** 1h 48m
Not about to cede control of any facet of her life -- or death -- retired businesswoman Harriet Lawler hires a young writer to pen an obituary worthy of her. When the results fall short of Harriet's expectations, she sets out to reshape her legacy.

Friday July 26 **Movie: *Everybody Knows* (R) (E-ST)**** **5:30pm & 8:00pm Ch. 371**
Year: 2019 **Genre:** Foreign Thriller **Running Time:** 2h 12m
Laura and her children travel from Buenos Aires to the small Spanish village where she was born to attend her sister's wedding. Unexpected events soon lead to a crisis that exposes the family's hidden past. Suspicions mount, loved ones begin to turn on one another, and dark secrets long hidden threaten to come to light, revealing shocking truths.
****Language: Castilian Spanish (with English Subtitles)**

Saturday July 27 **Movie: *What Men Want* (R) (E-ST)** **5:30pm & 8:00pm Ch. 371**
Year: 2019 **Genre:** Romantic Comedy **Running Time:** 1h 57m
A successful sports agent mysteriously gains the ability to hear men's thoughts. With this newfound power, she looks to outsmart her colleagues but the lengths she goes to put her relationships to the test.

Sunday July 28 **Movie: *Same Kind of Different as Me* (PG-13)** **5:30pm & 8:00pm Ch. 371**
Year: 2017 **Genre:** Drama **Running Time:** 1h 59m
In a bid to save his marriage, successful art dealer Ron Hall extends a helping hand to Denver Moore, an eccentric homeless man Hall meets through his wife. As the relationship between the men evolves into a bond, it opens new perspectives for both.

Monday July 29 **Movie: *The Light Between Oceans* (PG-13)** **5:30pm & 8:00pm Ch. 371**
Year: 2016 **Genre:** Drama Based on a Book **Running Time:** 2h 13m
Lighthouse keeper Tom Sherbourne and radiant, spirited Isabel live together in married bliss on a remote, rugged island off the coast of Australia. But their windswept world is turned upside down when Isabel learns that she's unable to bear a child. One day, a drifting lifeboat washes ashore with a crying baby in it. The dilemma the couple now face will echo far beyond the island, engulfing and irrevocably impacting their world -- and that of a stranger -- in a passionate story about love, hope, and a fateful choice.

Tuesday July 30 **Movie: *Mary the Witch's Flower* (PG) (E-ST)**** **5:30pm & 8:00pm Ch. 371**
Year: 2018 **Genre:** Family Animation **Running Time:** 1h 42m
Mary is an ordinary young girl stuck in the country with her Great-Aunt Charlotte when she discovers an old broomstick and the strange flower that blossoms only once every seven years. Suddenly, Mary finds herself whisked away to Endor College -- a school of magic run by Madam Mumblechook and the brilliant Doctor Dee. But the school is not all that it seems, and when Mary tells a lie, she must risk her life to try to set things right.
****Language: Japanese (English Subtitles Available and/or Dubbed in English)**

Wednesday July 31 **Movie: *Adrift* (R) (E-ST)** **5:30pm & 8:00pm Ch. 371**
Year: 2018 **Genre:** Drama Based on Real Life **Running Time:** 1h 37m
Adrift is based on the inspiring true story of two free spirits whose chance encounter leads them first to love, and then to the adventure of a lifetime. As the two sailors set out on a journey across the ocean, Tami Oldham and Richard Sharp couldn't anticipate they would be sailing directly into one of the most catastrophic hurricanes in recorded history. In the aftermath of the storm, Tami awakens to find Richard badly injured and their boat in ruins. With no hope for rescue, Tami must find the strength and determination to save herself and the only man she has ever loved.