

Bellewood

Bellewood Senior Living
3710 Providence Point Dr. SE
Issaquah, WA 98029
Phone: 425 391-2880
Fax: 425 391-2884
Email: programs@bellewood.com

We're on the Web!
www.Bellewood.com



Check us out on Facebook
and become a fan.



Bellewood

For People Who Love Life.

MONTHLY TIMETABLE

February 2012

FEBRUARY OPPORTUNITIES, EVENTS AND INFORMATION

Your guide to what's going on at home and on the road.



Nature's Heart ~ Bill Cottringer

Bellewood Senior Living One of Life's Better Choices.

BELLEWOOD PRESENTS:
Men's Breakfast

TOPIC:
A Drive in the Clouds

SPEAKER: Jake Schultz

Thursday, February 16th, 9:30am

Jake Schultz's "A Drive in the Clouds" The story of Molt Taylor, the creator of the Aerocar. A car that could fly! Come hear this wonderful speaker and join us for breakfast.

For reservations please call: (425) 391-2880.

\$5 per person
cash or check only

3710 Providence Point Dr. SE; Issaquah, WA 98029 www.bellewood.com

Cascade "Valentines" Café at Bellewood
Saturday, February 11th
February Valentine's Café, Reservations can be made after January 19th
Please call for reservations: (425) 391-2880.

FEATURED ENTRÉE SELECTIONS

- **Gilled Red Snapper Creole**
Red snapper filet, grilled and served with sautéed peppers, onions, and tomatoes in a "medium" spiced Creole sauce, served with a wild rice blend and fresh vegetable medley.
- **Chicken Breast En Croute**
Boneless chicken breast stuffed with Swiss cheese, then wrapped in puff pastry and baked, served with a cheesy beer sauce, parsleyed red potatoes and vegetables.

Served with **Fresh Vegetable Cream Soup & Fresh Fried Corn Fritters**

Dessert - **Strawberry Cake with Dark Chocolate Mousse**
Fresh baked strawberry cake, topped with our special dark chocolate mousse, and finished with a fresh strawberry.

\$12 per person
cash or check only

Coffee & Tea Beverage Service

Featured Events

Sound Options

Remote Alaska

A Day in Turkey

Computer Teacher

Tribute to Cole Porter

Focus on Valentines

Bellewood

For people who love life!

Bellewood Staff...

Manager: Keenon Kennedy
Resident Services: Lynn Krom
Office Manager: Vickie Bills
Front Desk: Kara Jolley
Community Relations: Bobbie Izuo
Program Department: Jane Cottringer,
 Louise Gottlieb & LynnA Adams
Maintenance: Supervisor Gary Glazier &
 Assistant Frank Burnett
Food Service Manager: Frank Blanchard
Kitchen Staff: Sharon Parker, Abbe Gurmu &
 Gabriel Perez
Housekeepers: Patricia Villarreal,
 Vicky Nanthrup & Linda DuPont
Night Security Couple: Duane & Toni Kiehl

In This Issue...

February Highlights	Page 3
Fit & Fun	Page 4
Out & About	Page 5
At A Glance	Pages 6 & 7
Lifelong Learning	Page 8
Entertainment	Page 9
Socially Speaking	Page 10
Preferred Partners	Page 11
Calendar	Center

A Message From Your Manager



**"A goal without a plan is just a wish."
 Antoine De Saint-Exupery**

Last month we talked about thinking about your goals, setting them, and making them achievable and fun. Many of you are on that road to success in taking these steps.

We recently met to talk about our goals and how to track if we are working towards achieving them. I heard some wonderful goals that I'd like to share with you. Many of you talked about 'organizing' your life. The steps discussed on this were to clean a drawer a week and to daily pick up and organize instead of leaving it for the end of the week. This is a great goal but remember to have some fun goals on your list as well. Some other goals shared were to learn the Apple iPod and the ipad, join our Care-A-Lot Volunteers, go back to knitting prayer shawls with Peggy for Children's Hospital, staying fit, and to walk a mile a day. It makes us smile at the Front Desk as we see you take another lap down our halls during these rainy winter months! We challenge our staff to join you and set their goals as well!

We listed our goals on a 4X6 card (you can pick up a goal card at the front desk). Post your card in an area where you see it daily like the refrigerator or bathroom mirror. Share your goals with us. We love to cheer you on! Most of all, remember to have fun!

Keenon Kennedy

Preferred Partners

Jeannette Tervo
Store Manager

(425) 868-6058
(425) 868-0170 (fax)
bartelldrugs.com

Sammamish Store
526 228th Ave. NE
Sammamish, WA 98074

Cynthia Creel, LDO
Phone: 425-941-7790
www.gypsyspecs.com • e-mail: Cynthia@gypsyspecs.com

Healthy Living Clinic
Anti-Coagulation Clinic (Coumadin Clinic)
Blood Pressure Checks
Weight
Blood Sugar
Lab Services
Flu Shots

**Every Wednesday
8:30am-10:00am**
(In Wellness Center)

Bellewood Salon
3710 Providence Pt. Dr. S E
Issaquah, WA 98029 2

Glenda E ngebretson
Jackie Johnson
Phone: 425-392-6395

Move-in Anniversaries

Martha Horning 6 years
Joanne Girard 1 year

Welcome New Resident

Ollie Rice Apt. 328



A Message from your Program Department

As we continue with winter in the Pacific Northwest, we look forward to interesting events right here at Bellewood. You will have an opportunity to go to Alaska and Turkey. Enjoy some great music and comedy. Super Bowl Sunday is always a great American tradition. As always, Whole Person Wellness for everyone includes a variety of things to do, programs to attend and information to learn.

Scrapbooking

Wednesdays 10:30-2:30 RL

Come create your memory books. Your guide will be Karen Zylman and other residents. We work and create together on Wednesdays. Why not make it your personal goal for 2012 to create your book for your families. Come take a look any Wednesday and consider getting started soon.

Riverdog Canine Coaching

Thursday, February 2, 10:30 TH

If you appreciate "man's best friend", this is your event. Our local dog training facility, Riverdog Canine Coaching, will have numerous well trained dogs to enjoy and learn about. We cannot say enough great things about this monthly visit.

Len Steiner's Travel Slide Show

Thursday, February 9, 1:00 TH

This month Len takes us to Disneyworld and Nassau. The Cambodia program expected in January will be shown in April. Come share Len's pictures along with his commentary. This is your chance to "travel" without leaving home.

Men's Breakfast

Thursday, February 16, 9:30 DR

Gentlemen, we have invited our neighbors to join us again this morning for a delicious breakfast and interesting speaker. Jake Schultz's "A Drive in the Clouds," is the story of Molt Taylor, the creator of the Aerocar. A car that could fly!

President's Day BYOB

Monday, February 20, 3:30 FL

Bring your favorite beverage or wine to share and join us for a drink and good conversation before dinner. This month some of our residents will host this event. More details later.

Book Lovers Tea & Talk

Wednesday, February 22, 1:30 CL

Our Book Lovers are reading **A Spark of Death** by Bernadette Pajer. We met Bernadette in Jan. and now have the opportunity to read her mystery from her Professor Bradshaw Mystery Series. Books can be picked up at the Front Desk.

Coffee Time

Daily in DR at 10:30 and 2:00

Getting together for a cup of coffee and conversation can be the best part of your day.

Games People Play

Rummy Kub ~ Mondays, 6:30 RL

Bridge ~ Fridays, 1:45 CL

25 cent Bingo ~ Saturdays, various times, RL

All you need is 5 quarters to enjoy the game. Our Bingo group is getting larger which adds to the fun. Please join us!

Wii Bowl ~ Tuesdays, 3:00 & Fridays, 2:45 TH

Watch your calendar for team numbers and which day to play. Anyone welcome to come watch. With more players we can form another team.

Trivial Pursuit, & Name Game ~

Sunday, February 26, 2:15 TH

Here is another chance to ask our brain to play with us. This is not a competition game, it is simply a time to ponder many questions and come up with our answers. Always fun!

Pool & Poker in Cedar River Lounge

Our pool table and poker table in CR are always available to enjoy. Plan a game and enjoy!

February Highlights

Sound Options Meet & Greet

Wednesday, February 8, 2:00 CL

Sound Options is a privately held company providing home care and personal assistant services, coaching, and geriatric case management. We are pleased they join our growing list of preferred partners. Come meet their team and learn more about their services. Invite your families to join you.

Just the Two of Us

Sunday, February 12, 1:30 BB & TH

In honor of Valentine's Day, we will have a party for all our married couples. If you have a wedding photo, please bring it to share.

Archeology in Remote Alaska

Wednesday, February 15, 6:30 TH

Ted Fifield's son, Terry, will share another of his fascinating programs on Alaska. He is truly an expert and we always love hearing from him.

An Adventure in Turkey

Saturday, February 18, 10:30 TH

Emily Vickers, Lee Pisani's daughter, owns and operates a lovely Bed & Breakfast in Turkey. It is called *Eris Pansiyon*. Emily will teach us what those words mean in Turkey and share a "typical day" in her life running her very special home.

Newcomers Gathering

Wednesday, February 22, 1:30 CL

Residents that have not been at Bellewood a long time will receive an invitation for an informal get together to discuss anything on your mind about living here.

The Academy Awards

Sunday, February 26, 5:00 TH

We are planning a fun evening for Oscar Night. Come up to TH after dinner and watch the show with us. LynnA will plan some contest games as well to make the whole event more interesting.

Kathy Murphy's ~

Remembering the Time

Tuesday, February 28, 3:00 CL

TRUE LOVE STORIES

For Better or Worse

Kathy shares, "We will continue our February tradition of sharing love stories and chocolate. Ask most people to share their own love stories and they will talk for hours. I have heard some amazing stories over these past 15 years of doing reminiscence programs and will be retelling some of them. I invite Bellewood's residents to share their own love stories if they wish, or bring wedding photos. We will hear excerpts from Robert Fulghum's book, "True Love."

FIT & FUN

Living an Active Senior Life requires healthy movement and activity. We have numerous Fitness Classes at Bellewood along with state-of-the-art exercise equipment in our Fitness Center. We hope you will join us at any time to participate in these class opportunities.

Better Bones & Balance

Tuesdays & Fridays, 9:15 or 10:30 FC

A balanced, strong and mobile body is the goal in Better Bones and Balance. The 9:15 class is for advanced students. The 10:30 class is for those just starting or with less strength. Certified Instructor Louise Gottlieb will be your guide.

Yoga Classes

Mondays, 9:30am, Thursdays, 9:30am

Wednesday, Feb. 1 & 29, 3:00 pm

Our Yoga Classes include body movement, both seated and standing, recognizing the spine as the focus of the entire body, gentle stretching, and proper breathing to enhance more energy. Jane Cottringer will be your guide.

Seated Movement Classes

Wednesdays, 10:30 FC

Join Barbara Krauss, Licensed Movement Specialist, in a gentle, fun and creative movement experience. Her class is designed for everyone no matter your age, ability, body type, or physical challenge. Come move your body to music, in its own way, while developing and sustaining mobility, flexibility, strength, agility and stability. No experience necessary.

Conductorcise

Wednesday, February 22, 3:00 TH

You simply must join Maestro David Dworkin with his cardio workout video. Seated or standing, you will get an aerobic workout and enjoy great music.

Wacky Walkers Celebration

Saturday, February 4, 10:30 TH

Due to snow and ice we got stuck on our walk to the Redwoods in California. So we will now celebrate February 4th. At that time you will learn our next destination point. Are you part of our Wacky Walker's Group? If not, would you like to be? Speak to Louise about the details. As we all know, walking is one of the best forms of exercise we can do for ourselves.

Wii Bowl

Tuesdays, 3:00 and Fridays, 2:45 TH

Wii bowl is actually great exercise! Who knew something so much fun could be so healthy. Come take a look. We are always looking for more players.

Super Bowl Sunday

Sunday, February 5, 3:00 BB & TH

Let's "exercise" by rooting for our favorite team. Will you be cheering for the N.E. Patriots or the N.Y. Giants? We will enjoy some great game-day refreshments.



ENTERTAINMENT SPOTLIGHTS *Bellewood*

Bellepoint Singers

Thursdays, 2:00 TH

Our Singers, under the direction of Barbara Biggs, are getting ready for their spring program in March and participating in a special tribute to Cole Porter this month. You can still join this group at any time. The Cole Porter show with Providence Point participants and the Singers will be at Bellewood **Tuesday, Feb. 21, 7:00, in our DR.**

Comedy Night ~ The Best of Dean Martin's Variety Show

Saturday, February 4, 6:30 TH

Dean's first Variety Show aired in 1965. He was on TV for the next 20 years. In this episode enjoy and laugh with Don Rickles, Tony Bennett, Florence Henderson, Peter Sellers, Jonathan Winters, Bob Newhart & Jimmy Stewart. Wow! What a line-up of guests!

Songs of Romance with Primo Kim

Wednesday, February 15, 2:00 DR

As you requested, Primo will return with beautiful songs celebrating Valentine's Day. Bring your song requests and sing-a-long with this great entertainer. Refreshments will be served as we enjoy a Valentine's Party.

Evergreen Philharmonic

Wednesday, February 16, 7:00 DR

We welcome our talented young artists back to Bellewood after their very busy

holiday season and unexpected snow closures. They are preparing for many spring events but will come to us for a lovely evening of classical music.

A Sunday Afternoon Concert

IL DIVO~Live at the Greek Theatre

Sunday, February 19, 1:30 TH

Come enjoy Swiss Tenor, Urs Buhler, French Baritone, Sebastien Izambard, Spanish Baritone, Carlos Marin and American Tenor, David Miller. These four men have taken the entertainment world by storm for more than 7 years. This will be an exceptional afternoon.

Club Belle ~

Preservation Hall Jazz Band

Tuesday, February 28, 6:30 CC

In honor of this year's Mardi Gras, come spend *A Night in New Orleans*. This program offers viewers a rare performance of New Orleans jazz and the musicians who strive to preserve it. Preservation Hall belongs to the heritage of New Orleans. This program was filmed before Hurricane Katrina.

Coffee Club Belle

Wednesday, February 29, 10:30 CC

We will repeat the **Preservation Hall Jazz Band from New Orleans** and enjoy some coffee and muffins for our morning Coffee Club patrons.

Bible Study

Thursdays, February 2 & 16, 2:00 CL

We are going back to the book of Acts and our journey with Paul. The church is starting to expand and Paul and the Disciples are being persecuted. We will be looking at those who thwart the church and observe how the church continues to grow.

Hand Bell Class

Friday, February 3, 9:30 TH

Don't miss Rebecca Wu's innovative class filled with music, hand-brain fitness, and a lot of fun! If you haven't come to Rebecca's class before, we highly recommend you come take a look (and listen). Rebecca has her degree in music therapy plus her passion for teaching good music to her students.

Lessons & Fun with Watercolors

Tuesdays at 1:45 RL

We are going to meet most Tuesdays to play and experiment with watercolors. No experience necessary! Watercolor Artist Betsy Dahlstrom will be teaching a few classes. Join her Tues., Jan. 31, Mon., Feb. 6 & Tues. Feb. 14. Classes are 1:45 to 3:15 in RL. Don't miss this opportunity to learn from an expert artist. The cost will diminish with more students participating.



Simple Meals Demo ~ Nick Rose from PCC Market

Tuesday, February 7, 1:45 RL

Are you interested in learning some easy and simple ways to prepare nutritious food with little or no cooking? This is your day to meet Nick Rose from PCC Market in Issaquah. He will do his demonstration after Resident Meeting.

Valentine's Craft with Louise

Friday, February 10, 2:45 RL Bring \$2

We will be doing mixed media Valentines for your door, cards, or centerpiece. You can pick and choose your own project.

Dick Gemson's Lecture Series

Presidential Administrations

Friday, through February 24, 10:30 CC

Dick describes his class as "A critical view and analysis by an independent voter of presidential administrations from the Great Depression to the current Recession. Who's to blame and why?" Going into another election year, you might find Dick's commentary quite interesting. You can still take advantage of this lecture series this month. Dick will finish his class on Feb. 24th.

Toastmasters at Bellewood

Thursdays, 7:00 TH

Every Thursday evening our local Toastmasters Club meets at Bellewood. You are always welcome to come & listen. Many topics are presented.

Bellevue Square + Your Local Market

Wednesday, February 1, 11:30

First we will go to the Square for lunch and shopping. On the way home let's check out the new store next to the museum called "Your Local Market."

Breakfast Out at McDonalds

Tuesday, February 7, 9:30

How does a sausage & egg McMuffin sound? Let's go to the newly renovated McDonalds on Eastlake Sammamish and enjoy a breakfast together.

Luncheon at Mary Queen of Peace

Thursday, February 9, 12:00

We will once again enjoy a luncheon at our local Catholic Church. You need not be a member of the church to join us. Our kitchen supplies our pot luck contribution.

Village Theatre Presents:

The Odd Couple

Sunday, February 11, 1:30

Our season ticket holders are off to our local theatre for another outstanding production.

Luncheon at Sammamish

Presbyterian Church

Tuesday, February 14, 11:15 \$5 Donation

Come join us at this local church for a special Valentine's Day luncheon. Anyone is welcome to join us.

Ash Wed. Service at Marianwood

Wednesday, February 22, 10:30

We will provide transportation.

Shop Thrift Stores in the

Bellevue / Overlake Area.

Thursday, February 23, 1:00

We are off to explore some unique stores off of 148th St. Who knows what great deals we can find.

Sammamish Symphony Presents

Mardi Gras

Sunday, February 26, 1:30 \$11 at the door

Our local and outstanding symphony orchestra has a marvelous program planned for you. Under the direction of R. Joseph Scott come enjoy Dvorak's *Carnival Overture*, Beethoven's *Piano Concerto No. 1* with Kimberly Russ on piano, Khachaturian's *Masquerade Suite*, and Grofe's *Mississippi Suite*. We hope more will enjoy this local and extraordinary symphony orchestra.

Lunch Out at the

Pine Lake Ale House

Wednesday, February 29, 11:45

It's Leap Year Day so we get one more day this year. Let's celebrate and go have lunch at the Ale House close to our Safeway. We are told they have great burgers, Cobb salads, and a whole lot more. Plus, of course, a good brew if you so desire.

Soaring Spirits

Sunday Church Shuttle

Starting at 8:40

Choose the service you wish to attend and sign in the Lobby Book where our local churches are listed.

Worship Service

Mondays, 10:30, TH

Dr. Mark Miller is our pastor on Mondays from Mountain Creek Christian Fellowship. All are welcome to sing and worship together.

Catholic Communions

Various Thursdays at 10:30 in PR and Sunday, Feb. 19, 11:00 in TH.

Bible Study

Thursday, Feb. 2 & 16, 2:00 CL

Details on page 8.

Spiritual Book Club

Mondays at 7:00 CC

You are more than welcome to join this community book club. They are now reading *An Alter in the World*.

At the Movies

Friday Movie ~ 6:30 in CC

Sunday Movie ~ 6:30 in TH

We enjoy movies twice a week. Your Chatter will tell you what's playing each week. Leave your requests in the Lobby Book.

To Your Health!

Healthy Living Clinic & Lab Services

Wednesdays, 8:30-10:00, Wellness Center (1st floor Fountainside)

Snoqualmie Valley Hospital comes weekly to Bellewood with numerous services. Anti-coagulation Clinic. Blood Pressure Checks. Weight Records. Blood Sugar Check. Lab Services. Flu shots. The clinic also gives you the opportunity to ask any health question you might have. Your insurance would cover any of the lab work and other services are free.

Medical Transportation

Tuesdays & Thursdays in the Issaquah area.

Wednesday Feb. 8 & 22 in the Bellevue area.

Call the Front Desk at least 24 hours in advance to arrange your ride. We need your doctor's name, address and phone number to provide the best service for you.

Sound Options Meet & Greet

Wednesday, February 8, 2:00 TH

Come meet the fine staff from this new Preferred Partner Company and learn about their available services.

Podiatrist, Dr. James Gorey

Tuesday, February 14, 1:45 to 3:45, SS

Call 888-425-7307 for your appointment with Dr. Gorey.

Gypsy Specs with Cynthia Creel, Licensed Optician

Tuesday, February 21, 1:30 BB

Cindy returns to adjust your glasses or show you new frames if you are looking for a new pair of glasses. If you have a new prescription from your eye doctor, she can get your lenses and new frames at a very reasonable price.

Foot Care with Chriss Egan, RN

Thursday, Feb. 9 & Wednesday, Feb. 15 8:30-3:30 SS

Call 206-715-4870 for your Footcare appointment with Chriss.

SHIBA Assistance

Wednesday, February 15, 9:00-12:00 PR

Call 206-268-6715 for any Medicare or insurance assistance.

Healthy Living Series coming March 2nd.

Friday, March 2, 10:30 TH

We look forward to welcoming Dr. Michael Rizen, MD back to Bellewood. He is an eye specialist and will bring up-to-date information on eye problems and solutions.

Community Spotlight

Resident Meeting

Tuesdays, 1:00, TH

This is your meeting to keep up with what's happening and voice your concerns and ideas.

Bookmobile

Wednesday, Feb. 15, 10:00 DR

King County Library comes once a month for all your library needs.

Bank Services

Opus Bank

Tues., Feb. 7, 10:30 DR

Bank of America

Tues. Feb. 14, 9:15 DR

Gift Boutique

Monday through Friday

10:00 to 12:00 & 1:00 to 3:00

You will find many items to purchase in our Boutique. Our residents staff our store along with manager Dorothy Sosey.

Private Computer Classes with

Nicole Lux...call 425 281-8234

This is a great new opportunity for us. If you would like private computer instruction, call Nicole for rates and times available.

Making a Difference !

Work ~ 4 ~ Children

Saturday, Feb.25, 10:00 RL

Our knitters continue to make prayer shawls and caps for chemo patients and preemie babies at Seattle Children's Hospital. Please join us as we "make a difference" for special people.

LynnA's Fiber Arts

Some Thursdays, 7:00 FL

Our Thursday evenings together are delightful. Come for a cup of tea, conversation, and hand work if you wish.

Bellewood Salon

Beauticians Glenda Engebretson and Jackie Johnson

Our beautiful Salon provides many services. Call for your next appointment at 392-6395.

Personal Registration

Personal Registration allows you to plan for your next month's activities and events. You can sign-up for trips *Out & About*, sign-up for your monthly *Club Belle*, register for any upcoming classes, ask questions and present your ideas for future events.

For March Registration come to BB and plan your month.

Tuesday, Feb. 28, 11:00-12:00

Wednesday, Feb. 29, 2:00-3:00

Around Town Shopping

Safeway/Bartell

Mondays, 1:00

Bank of America

QFC/Rite Aid

Mondays, 1:30

Wells Fargo, Chase & Bank of America

Shop in Bellevue

Wed., Feb. 1, 11:30

We will go to Bellevue Square first. After let's go to the new "Your Local Market" close to Bellevue Art Museum.

Overlake Area

Thrift Stores

Thur., Feb. 23, 1:00

We will explore a few Thrift Stores in the Bellevue/Overlake area.

Issaquah Shop

Wed., Feb. 8, 11:15

Target, Ross, Bed Bath & Beyond, Safeway, etc. There are numerous stores in The Commons to shop.

Pickering Shop

Thur., Feb. 16, 10:30

Office Depot, PCC, Michael's, Trader Joes, Lowes, Barnes & Noble, Pier One, and more.

OFC/Rite Aid

Fridays, 12:00

Wells Fargo, Chase & Bank of America

Fred Meyer/Bartell

Fridays, 12:30

OPPORTUNITIES & EVENTS ~ FEBRUARY

Bellewood

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Pacific Rim Galleria Exhibit Driftwood Sculptures <i>Galleria Hours</i> Friday & Saturday, 3:00 ~ 4:00 Sunday, 2:00-4:00</p>			<p>1 8:30-10:00 Healthy Living Clinic & Lab Services 10:30 Seated Movement FC 10:30-2:30 Scrapbooking RL</p> <p>11:30 Bellevue Shop Bellevue Square plus the new "Local Market"</p> <p>3:00 Afternoon Yoga FC</p>	<p>2 7:00 Sammamish Rotary 9:30 Yoga Class FC 10:30 Riverdog Dogs TH 10:30 Catholic Communion PR</p> <p>2:00 Bellepoint Singers TH 2:00 Bible Study CL 7:00 LynnA's Fiber Art FL 7:00 Toastmasters TH</p>	<p>3 9:15 & 10:30 Bones & Balance 9:30 Hand Bell Class TH 10:30 Dick Gemson's Series President Administrations CC</p> <p>12:00 QFC/Rite Aid 12:30 Fred Meyer/Bartell 1:45 Bridge CL 6:30 Movie CC</p>	<p>4 10:30 Wacky Walkers Celebration TH</p> <p>1:30 25 cent Bingo RL</p> <p>6:30 Comedy Night TH <i>The Best of the Dean Martin Variety Show</i></p>
<p>5 8:40 Church Shuttle</p> <p>Super Bowl Sunday Giants vs Patriots 3:00 Super Bowl Party BB & TH</p> <p>6:30 Movie TH</p>	<p>6 9:30 Yoga Class FC 10:30 Worship Service TH</p> <p>1:00 Safeway/Bartell 1:30 QFC/Rite Aid 1:45 Watercolor Lesson with Betsy RL 6:30 Rummy Kub RL 7:00 Spiritual Book Club CC <i>"An Alter in the World"</i></p>	<p>7 9:15 & 10:30 Bones & Balance 9:30 McDonald's Breakfast Out 10:30 Opus Bank</p> <p>1:00 Resident Meeting TH Come meet Nicole Lux 1:45 Simple Meals Demo from PCC Market RL 3:00 Wii ~ Team # 1 TH</p>	<p>8 8:30-10:00 Healthy Living Clinic & Lab Services 8:30 Bellevue Doctor Run 10:30 Seated Movement FC 10:30-2:30 Scrapbooking RL</p> <p>11:15 Issaquah Shop</p> <p>2:00 Sound Options Meet & Greet TH</p>	<p>9 7:00 Sammamish Rotary 8:30-3:30 Footcare SS 9:30 Yoga Class FC 10:30 Catholic Communion PR 12:00 Lunch at Mary Queen of Peace Church 1:00 Travel with Len TH 2:00 Bellepoint Singers TH</p> <p>7:00 LynnA's Fiber Art FL 7:00 Toastmasters TH</p>	<p>10 9:15 & 10:30 Bones & Balance 10:30 Dick Gemson's Series President Administrations CC</p> <p>12:00 QFC/Rite Aid 12:30 Fred Meyer/Bartell 1:45 Bridge CL 2:45 Valentine Craft with Louise RL 6:30 Movie CC</p>	<p>11 10:30 25 cent Bingo RL</p> <p>12:00 Cascade Café</p> <p>1:30 Village Theatre <i>The Odd Couple</i></p>
<p>12 8:40 Church Shuttle</p> <p>1:30 Just the Two of Us Couples Gathering BB & TH</p> <p>6:30 Movie TH</p>	<p>13 9:30 Yoga Class FC 10:30 Worship Service TH 12:00 Lunch with Mark</p> <p>1:00 Safeway/Bartell 1:30 QFC/Rite Aid 6:30 Rummy Kub RL 7:00 Spiritual Book Club CC <i>"An Alter in the World"</i></p>	<p>14 Valentine's Day 9:15 & 10:30 Bones & Balance 9:15 Bank of America DR 11:15 Lunch Sammamish Presbyterian Church</p> <p>1:00 Resident Meeting TH 1:45 Watercolor Lesson with Betsy RL 1:45-4:45 Podiatrist Appt. SS 3:00 Wii ~ Team # 2</p>	<p>15 8:30-10:00 Healthy Living Clinic & Lab Services 8:30-3:30 Footcare SS 9:00-12:00 SHIBA Appts. PR 10:00 Bookmobile DR 10:30 Seated Movement FC 10:30-2:30 Scrapbooking RL</p> <p>2:00 <i>Songs of Romance</i> with Primo Kim DR</p> <p>6:30 Terry Fifield Presents Archeology in Remote Alaska TH</p>	<p>16 7:00 Sammamish Rotary 9:30 Yoga Class FC 9:30 Men's Breakfast DR Speaker Jake Schultz 10:30 Pickering Shop</p> <p>2:00 Bellepoint Singers TH 2:00 Bible Study CL 7:00 Evergreen Philharmonic DR 7:00 Toastmasters TH</p>	<p>17 9:15 & 10:30 Bones & Balance 10:30 Dick Gemson's Series President Administrations CC</p> <p>12:00 QFC/Rite Aid 12:30 Fred Meyer/Bartell 1:45 Bridge CL 2:45 Wii ~ Team # 3 TH 6:30 Movie CC</p>	<p>18 10:30 <i>An Adventure in Turkey</i> with Emily Vickers TH</p> <p>1:30 25 cent Bingo RL</p>

For people who love life!

FEBRUARY

Bellewood

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																		
19 8:40 Church Shuttle 11:00 Catholic Communion TH 1:30 Afternoon Concert <i>IL DIVO</i> <i>Live at the Greek Theatre</i> TH 6:30 Movie TH	20 President's Day 9:30 Yoga FC NO Worship Service today 1:00 Safeway/Bartell 1:30 QFC/Rite Aid 3:30 President's Day BYOB FL 6:30 Rummy Kub RL 7:00 Spiritual Book Club CC <i>"An Alter in the World"</i>	21 Mardi Gras Day 9:15 & 10:30 Bones & Balance 1:00 Resident Meeting TH 1:45 Water Color Fun RL 1:45 Gypsy Specs BB 3:00 Wii ~ Team # 1 TH 7:00 Cole Porter Show DR Providence Point & Bellepoint Singers Perform	22 Ash Wednesday 8:30-10:00 Healthy Living Clinic & Lab Services 8:30 Bellevue Doctor Run 10:30-2:30 Scrapbooking RL 10:30 Seated Movement FC 10:30 Ash Wed. at Marianwood 1:30 Book Lovers Tea & Talk CL <i>A Spark of Death</i> 1:30 Newcomer's Gathering CL 3:00 Conductorcise TH	23 7:00 Sammamish Rotary 9:30 Yoga FC 10:30 Catholic Communion PR 1:00 Shop Thrift Stores in Bellevue / Overlake area 2:00 Bellepoint Singers TH 7:00 LynnA's Fiber Art FL 7:00 Toastmasters TH	24 9:15 & 10:30 Bones & Balance 10:30 Dick Gemson's Series President Administrations CC 12:00 QFC/Rite Aid 12:30 Fred Meyer/Bartell 1:45 Bridge CL 2:45 Wii ~ Team # 3 TH 6:30 Movie CC	25 10:00 Work ~ 4 ~ Kids RL 1:30 25 cent Bingo RL																		
26 8:40 Church Shuttle 1:30 Sammamish Symphony <i>MARDI GRAS</i> <i>Eastlake Performance Center</i> 2:15 Trivial Pursuit & Name Game TH 5:00 Oscar Night Party TH	27 9:30 Yoga FC 10:30 Worship Service TH 1:00 Safeway/Bartell 1:30 QFC/Rite Aid 6:30 Rummy Kub RL 7:00 Spiritual Book Club CC <i>"An Alter in the World"</i>	28 9:15 & 10:30 Bones & Balance 11:00-12:00 Mar. Regist. BB 1:00 Resident Meeting TH 1:45 Water Color Fun RL 3:00 Kathy Murphy's CL <i>Remembering the Time</i> 3:00 Wii ~ Team # 2 TH 6:30 Club Belle CC <i>Preservation Hall Jazz</i>	29 Leap Year Day 8:30-10:00 Healthy Living Clinic & Lab Services 10:30-2:30 Scrapbooking RL 10:30 Seated Movement FC 10:30 Coffee Club Belle CC <i>Preservation Hall Jazz</i> 11:45 Lunch Out at Pine Lake Ale House 2:00-3:00 Mar. Regist. BB 3:00 Afternoon Yoga FC																					
<div style="border: 2px solid black; padding: 5px;"> <p style="text-align: center; margin: 0;">Room Key</p> <p>Fountainside Building</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; border: none;">DR ~ Dining Room (1)</td> <td style="width: 50%; border: none;">FC ~ Fitness Center (3)</td> </tr> <tr> <td style="border: none;">LO ~ Lobby (1)</td> <td style="border: none;">TH ~ Town Hall (3)</td> </tr> <tr> <td style="border: none;">GB ~ Gift Boutique (1)</td> <td style="border: none;">RL ~ Rainier Lounge (3)</td> </tr> <tr> <td style="border: none;">AL ~ Atrium Lounge (1)</td> <td style="border: none;">PR ~ Project Room</td> </tr> <tr> <td style="border: none;">FL ~ Fireside Lounge (2)</td> <td style="border: none;">CR ~ Cedar River Lounge (3)</td> </tr> <tr> <td style="border: none;">LI ~ Library (2)</td> <td style="border: none;">Hillside Building</td> </tr> <tr> <td style="border: none;">PG ~ Pacific Rim Galleria (2)</td> <td style="border: none;">SS ~ Stillwater Spa (2)</td> </tr> <tr> <td style="border: none;">BB ~ Bellewood Bistro (3)</td> <td style="border: none;">CC ~ Copper River Club (3)</td> </tr> <tr> <td style="border: none;"></td> <td style="border: none;">CL ~ Chinook Lounge (4)</td> </tr> </table> </div>							DR ~ Dining Room (1)	FC ~ Fitness Center (3)	LO ~ Lobby (1)	TH ~ Town Hall (3)	GB ~ Gift Boutique (1)	RL ~ Rainier Lounge (3)	AL ~ Atrium Lounge (1)	PR ~ Project Room	FL ~ Fireside Lounge (2)	CR ~ Cedar River Lounge (3)	LI ~ Library (2)	Hillside Building	PG ~ Pacific Rim Galleria (2)	SS ~ Stillwater Spa (2)	BB ~ Bellewood Bistro (3)	CC ~ Copper River Club (3)		CL ~ Chinook Lounge (4)
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