COLOR ME CALM GALLERIA

Thursdays in January, 1:00-3:00 2PRG

At Bellewood we talk about mindfulness and living engaged as techniques to reduce stress and anxiety. There is another technique moving into the mainstream to help too. That is coloring. The first adult coloring books were published in 2012 and it has taken since then for adult coloring to be recognized as helpful. As with mediation, coloring allows us to turn off our brains from other thoughts and focus only on the moment. Coloring and art therapy aren’t the same thing but coloring definitely has therapeutic value.

Beginning in January, in the Galleria there will be a display showing one man’s approach to dealing with cancer and life, using coloring; and how it ties together with mantras of Bellewood. There will be some colored images, some written information and complimentary gift to everyone who visits.

The galleria will be open Thursdays from 1:00-3:00. Please stop by and have a look.

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FROM THE MANAGER

THE WELCOME WAGON

I think most of you know already that I am an Airforce brat. My life was quite nomadic and even after I grew into adulthood, I still maintained those gypsy ways.

Moving from area to area and house to house was never an issue for me....in fact I think I thrived in that ever changing environment...new friends, new bedroom, new climate and experiences....it was exhilarating to someone with my nature. Us kids would head off to school that first morning and by the time we got home my Mom would have our bedrooms set up and the curtains hung throughout the whole house. I have always wondered what magic she must have performed to make those darn curtains fit every different size and shape of house we ever lived in? You see to Mom, curtains meant home. I wonder if she ever realized that for us, home was wherever she was? I know she is reading this right now, so let me pause here and say “Thank you Mom for always providing us with a house full of love and warmth (and curtains!), no matter where we lived. I love you!”

My other vivid moving memory was the “Welcome Wagon.” Every community had one. We would anxiously await the arrival of the local ladies club who would appear bearing a basket of information on grocery stores and doctors, community events, samples and coupons and free giveaways from many of the local businesses, and most importantly...home-baked goodies. Sometimes the ladies would even have a son or daughter they would bring along and introduce us to so that we would at least know one person when we started at our new school.

I sometimes think moving to Bellewood must feel that same way. New people and new friends, new environment, new lifestyle. Exciting and slightly terrifying all at the same time. Which leads me to my point! Beginning in January we are rolling out the “Bellewood Welcome Commitee” with the intent to help newcomers acclimate during their first couple of weeks until they gain their “sea legs.” There will be a planning session on January 3rd to get some ideas on exactly what that should look like. Please join us and bring your input and ideas. Would you like to volunteer to host a newcomer for dinner? Bring a new friend to fitness or grocery shopping? How about hosting a tour of the building or even help your neighbor unpack? Or maybe just swing by with a cup of coffee. What help could you have used when you first moved in? Our little family is growing by leaps and bounds and it is important we try and help folks feel at home.

Hmm... Maybe I will stop by and help them hang those curtains...... ....how about you?

Hugs! Doni

TEAM BELLEWOOD

Manager: Doni Stull
Relocation Coordinator: Lynn Krom
Concierge: Kara Jolley, Kennena Greer and Shelby McLean
Programs/LifeMinded Coaches: Kiley Monson, Linda Smith, Crystal Drews
Community Relations: Penny Barge

Maintenance Team: Gary Glazier, Brayan Castillo, Chris Hart
Executive Chef: Frank Blanchard
Culinary Team: Abby Gurmu, Gabriel Perez, Maria Monteon, Gabriel Kangas
Housekeeping Team: Vicky Nanthrup, Jackie Palacios, Jenessa Herrera, Maria Monteon
Overnight Security Team: Mike and Laura Brieske, Cory and Ramona
ON GOING FITNESS PROGRAMS

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<td>Qi Gong</td>
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**BETTER BONES & BALANCE**
Mondays & Wednesdays @ 10:00 3FC

BBB is based on research from Oregon State University’s Bone Research Laboratory. These classes are designed to gradually improve balance & strength, stabilize bone density loss, and rebuild hip joint muscles. They also help stabilize your core and train the connective muscles to avoid falls and maintain balance...one step at a time.

**QI GONG FOR BALANCE**
Mondays 8:00 & Wed. 9:30 3FC

Specifically designed for an older population, medical Qi Gong can be done seated or standing. Positions and movements accommodate all fitness levels; in other words, anyone can do it! I encourage you all to join Doni and give it a try...The balance and harmony it brings to your inner being instills a feeling of well being and peacefulness.

**STRETCH & FLOW**
Fridays at 2:30 3FC

There is no doubt that physical activity is good for people, no matter their age. The three key components to a good workout for seniors are: Low impact cardio, resistance training and stretching. Good news for us, this class covers all three. Stretch & Flow is led by Kiley and is designed to help seniors gain confidence in their balance and strength, using yoga-like movements.

**CORE FITNESS**
Mondays, Tuesdays, Thursdays and Fridays, 9:30 3FC

This fitness regime is designed to accommodate seniors at every level of fitness. Combining seated core with standing exercises; all designed to strengthen your abdominals, lower back, and pelvic floor muscles. Leaders Linda Smith, Kiley Monson & Crystal Drews
WHAT’S ON YOUR PLATE?

7 LUCKY NEW YEARS EVE FOODS
Many of the foods people traditionally eat for luck on New Years Eve are believed to bring a year of prosperity and good health.

1. **Greens**: greens eaten on New Years Eve represent money.
2. **Beans**: beans like greens, represent money; more specifically they resemble coins. Whether you choose black beans, lentils or black-eyed peas, healthy fiber-filled beans will help soak up the champagne!
3. **Noodles & Grain**: Noodles are a symbol of long life, and grains like quinoa, barley and rice stand for abundance.
4. **Fruit**: On New Years eve, the Mexican cultures eat a grape for each stroke of midnight, with each one representing a page of the calendar ahead. If one is bitter, watch out for that month! Seeds of fruit represent prosperity.
5. **Pork**: Pork is a symbol of luck because pigs root forward, and are rotund.
6. **Cake**: specifically ring shaped cakes—sometimes baked with trinkets inside—are a symbol of coming full circle.
7. **Fish**: Fish are believed to be lucky because their scales represent coins, and they swim in schools which invoke the idea of abundance.

NUEROREGENESIS

“While getting older is not optional, having a brain that feels older is”
It is never to late to improve your brain. Neurogenesis... remember that word. The exciting breakthrough research that has proven that yes, our bodies actually can repair damaged brains, and we can in fact, grow new brain cells. Developing brain healthy habits; having fun, learning new things and engaging our brain every day through mental workouts are essential to keeping our brain young, agile and adaptable. Why are our biggest mental deficits experience after formal schooling and again after retirement? Because we are no longer exercising our brains and pushing ourselves to learn and grow!
THE GAMES WE PLAY

BINGO
Saturdays @ 10:00 3RL
YES! Bingo IS good for your brain!
Researchers have found that playing bingo can keep the mind in shape. Tests showed bingo players were faster and more accurate than non-bingo players in a range of tests measuring mental speed and memory. We play six games the final being black-out. The stakes are high (25 cent per game) and the players are ruthless. So get your poker face on and join the fun.

GAME TIME: RUMMIKUB
Thursday January 4th, 6:45 3RL
This is a fun twist on Rummy. Your challenge is to rid yourself of all tiles by forming numbers into groups of 3 or more. This game may start out rather uneventful, but soon you will realize that it is a highly addictive and competitive game. As the players put more tiles into play, your options become more and more limited.

ARE YOU GAME?
Rummikub, Mahjong, Bridge, Cribbage, Pool—We have many options for you to participate in friendly competition. Talk to the Program Department if you’d like to get something going, or information about current groups.

Wii BOWLING
Fridays @ 3:00 3FC
Great for your brain, hand/eye coordination, and for our laugh muscles. Join this zany group for a fun afternoon. The only experience necessary is to have a well rounded sense of humor. Compete with other residents or just last weeks scores. Let your programs team know if you would like to reserve the room for a private tournament, or if you questions with the system. We would be happy to help.

GAME TIME: SCRABBLE
Tuesday January 31st, 6:45 3RL
Serious players, or just for fun; we will have several boards available for twosomes or foursomes. House rules apply...only English words that appear in Webster's Dictionary, time limits on turns, and you are required to have fun! Join Doni & Cory in the Rainier Lounge for a fun evening with your neighbors.

WEAR YOUR HAT DAY
Tuesday January 9th, All Day
Hat season is upon us! Join your wacky programs team and your fellow neighbors by wearing a silly hat. If you don’t have a silly hat wear your favorite one! The second Tuesday of each month we will transform the halls of Bellewood into hat haven.
Embrace the community. Build meaningful new relationships and nurture longstanding ones. We offer group discussions and other structured support for residents seeking camaraderie and connection.

Presenting...

**IT IS MURDER MYSTERY TIME AGAIN**

Practices: January 13th, 20th, 27th and February 4th 1:30-3:00
Performance: February 9th and 10th 7:00-8:00

In Partnership with Sammamish Arts Commission and the Silver Kite Community Arts, we will begin practices for our “Gen-Thriller” an intergenerational murder mystery dessert theater performance. We need actors, or you can help behind the scenes with props, costuming, sound effects and ushering.

Practices will be held on Saturday, January 20th, 26th and February 3 from 1:30-3:00. The performance will be held at Bellewood on Friday February 9th and Saturday February 10th.

This will be an inter-generational performance with residents, staff and our dining room staff and the Sammamish Arts Commission... so don’t miss the fun! If you are interested, or just curious, come to the first meeting on Saturday January 13th @ 1:30 in Town Hall.

**PIANO BAR**

Friday January 26th, 7:00 1DR

Introducing a new kind of night club and musical performance. Wendy, a talented pianist from the surrounding Issaquah/Sammamish area will be joining us once a month throughout the winter months. She will bring to life some of our old timey favorites, with a modern spin. For this first performance we have chosen music from the jazz era. We will transform the alcove in the dining room into a night club feel, with music that we love. This will be similar to our Club Belle. **Reservations must be made**, we can only accommodate 20 people at a time. A full bar offered to anyone who comes. Sign up in the book at the front desk. First come first served.

*Suggested Donation $3*  

**CLUB BELLE**

Tuesday January 30th, 7:00 3CC

Once a month we transform the Copper River Club into Jazz Alley with a special featured artist. This month we will be enjoying the music from big bands of the 40’s and 50’s. Sit back and enjoy a cocktail while we celebrate an evening of music, fun and laughter. Reservations can be made in the lobby.

**EVERGREEN PHILHARMONIC**

Thursday January 18th, 7:00 1DR

Fall has come and gone. Winter is here! Doug Longman, the director of The Evergreen Philharmonic Orchestra is here to help the winter fly by too. The best musician- teens have been picked form local schools to form this wonderful group. They bring their love of music and share it with our residents once a month.
Embrace the community. Build meaningful new relationships and nurture longstanding ones. We offer group discussions and other structured support for residents seeking camaraderie and connection.

**Connection**

**HIGH TEA PARTY**  
**Wednesday January 31st, 1:00 3CC**

It is said that the *Afternoon Tea* tradition was established by Anne, Duchess of Bedford in the late 1830’s. She requested light sandwiches every afternoon to be brought to her, because she had a “sinking feeling” due to long gaps between meals. She began to invite others to join her and it became a ritual to celebrate this tradition. An intimate tea party will be held in the Copper River Club. We will be serving light refreshments and tea. Bring your favorite teacup or use one of ours. Space is limited, please sign up at the front desk to reserve your spot.

**NEW RESIDENT WELCOME BREAKFAST**  
**Thursday January 4th, 10:30 1DR**

It is time to welcome our new residents and their families with a complimentary brunch for all residents. Chef Frank will be cooking up something special, so meet us in the dining room for a chance to get to know our new neighbors, meet their families, and spread a little Bellewood cheer. Did we mention the opportunity to enjoy a fabulous brunch?

**THE GIN GAME**  
**Wednesday January 17th, 7:00 LO**

Snappy dialogue and quick wit crackle in this Pulitzer Prize-winning play that was called, “the closest thing the theatre offers to a duel at 10 paces” by *The New York Times*. Meet Weller and Fonsia, two strangers who are about to enter into a seemingly harmless game of Gin Rummy. But when Fonsia goes on an instant winning streak, tensions build within their new friendship and the conversation starts to get personal. A collaboration between local Seattle legends Jeff Steitzer (director), Kurt Beattie (Weller), and Marianne Owen. (Fonsia), *The Gin Game* is full of humor, spirit, and more than a touch of warfare.

**NEW! WELCOME COMMITTEE**

Starting after the new year, you will see some changes occurring. We are rolling out the *Welcome Committee*. This is a committee by residents for residents, to help welcome new residents, give them a friend in their new home, and to help newcomers to understand the reins here at Bellewood. If you are interested in becoming a host please visit the programs office. *(See Page 1)*
NEW HALL PARTIES
Thursday January 11th, 7:00 4CL
How well do you know your neighbors? We want to acquaint everyone with their neighbors.

Hall Parties will be held monthly. In January we will start with the fourth floor of the hillside building. Invites will go out to all of the residents of that floor. Meet us in the Chinook Lounge for drinks, snacks and great conversation. If you have creative ideas for our new Hall Parties! Swing by the programs office! We’re happy to oblige.

JANUARY SHOPPING
NORTHBEND OUTLETS
Thursday December 18th, 10:00 LO
Do you have a passion for one armed bandits? Or do you like to shop? Head up the mountain with us, we will drop you off at either the casino or the North Bend Shopping Outlet Center

ISSAQUAH COMMONS
Wednesday January 3rd, 2:15 LO
Target, Chico's, Bed Bath & Beyond, See’s Candies, Ross, Trader Joes and many more..

INTRODUCING: POP-UPS
MATINEE MOVIE @ THE THEATER
Starting this new year, throughout the month you may see the words Pop-up. This will be in your weekly chatter, and it will be a unannounced pop-up event. Keep your eyes peeled for the pop-up flyer, and join the fun. This month our pop-up will be a movie in a local theater.

No Trip Fee
Tickets & Snacks

COMEDY NIGHT
Saturday January 23rd, 6:45 3TH
Our monthly Comedy Nights are back by popular demand! Videos of some of the most popular TV shows from “back in the good old days” will be shown in Town Hall. This month we’re showing the Dean Martin Variety Show with Frank Sinatra, Jack Benny, Goldie Hawn, Bob Newhart and more.

ART CLASS
Returning in January!
Ishan and his mom, Neha, art teachers in Sammamish, have offered to come to Bellewood once a month on Sundays. We are currently using vibrant Prisma Premier colored pencils. Ishan will demonstrate and have you practice different techniques with this art medium. All materials provided.

DONUTS WITH DONI
Thursday January 25th, 11:00 1DR
Join Bellewood Manager Doni, in the dining room for conversation over donuts and coffee.
**Road Trippin'**

**ISO HAPPY HOUR: COHO**
Tuesday January 9th, 2:30 LO
Coho Café has early bird specials on both drinks and appetizers. We will be taking the bus down to this popular meeting place. Just bring yourself and your pocketbooks. **W,E, WW**

*No Trip Fee + Drinks*

**SCENIC DRIVE AND PIE AT BLACK DIAMOND BAKERY**
Saturday January 13th, 11:30 LO
Established in the 1880’s the town of Black Diamond has a rich history as the major exporter of coal in the region. A warm and friendly rural town with spectacular mountain views, the Black Diamond Bakery is a must-stop for their world famous pie. **W,E, WW**

*Trip Fee $5 + Coffee & Pie*

**SCENIC DRIVE & TSUTAKAWA’S FOUNTAIN’S**
Thursday January 25th, 10:30 LO
One of our trademarks here at Bellewood is our beautiful fountain. Designed by George Tsutakawa, it is a beautiful, serene, and peaceful place to visit on long summer days, and a sight to be seen when the winter months are upon us. In January we will celebrate George’s work. He has designed hundreds of fountains world wide, with an abundance of sculptures scattered throughout the Puget Sound.

We may not be able to see all of them in one sitting, but we want to make an effort to see his beautiful work. We will be taking the bus on a scenic drive to several of these fountains surrounding us. Join us for an afternoon of sight seeing, and the wondrous world of Tsutakawa’ s fountains. We will stop for coffee before or after. **W,WW,E**

*Trip Fee $5+ Coffee*

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**GUIDE TO TRIP ACTIVITIES**

W=Walking  
E=Easy Trip  
Str=Stairs  
S=Standing  
WW=Walkers Welcome  
F=Free Time  
U=Uneven Ground or Pathway

www.bellewood.com
TRANSPORTATION, YOUR WAY

MONDAYS
Shopping & Banking
12:30
Safeway/Bartells, Mail Post, Trader Joe’s and Bank of America
1:00
QFC/Rite Aid, Mail Post, Wells Fargo, Chase and Bank of America

TUESDAYS & THURSDAYS 9-2
(With Doctor Shuttles ~ By Appointment ~ 24 Hour Notice Please)
Pickering Shopping,: Office Depot, PCC, Michael’s, Big Lots, Lowes, Barnes & Noble

FRIDAYS
Shopping & Banking
11:45
QFC/Rite Aid, Mail Post, Starbucks, Various banks
12:30
Fred Meyer, Value Village, Best Buy, The Vitamin Shoppe.

FIRST WEDNESDAY
1:00
Rite Aid Senior Day
2:15
The Commons at Issaquah: Target, Chico’s, Payless Shoes, Bed Bath and Beyond, Safeway, Ross, and Trader Joes

SUNDAY CHURCH SHUTTLE
Sign up ahead of time in the Lobby Book to ride our shuttle to local churches.

PERSONALIZED REGISTRATION
January 30th 2:00 3RL

MEDICAL TRANSPORTATION SHUTTLES

EVERY TUES & THURS 9-2
Issaquah & Sammamish By Appt.

WEDS 1/10 & 1/24 9-2
Factoria & Bellevue Doctors By Appt.

Please schedule your appointments on regular doctor days. Transportation arrangements are made at the front desk 24 hours in advance.
**CONNECT**

**Resident Meetings**
Tuesdays at 1:00 in Town Hall
Keep abreast of happenings, announcements, and latest breaking news about our Bellewood Community. Be a part of planning and executing and let your voice be heard.

**Koffee Klatch Daily in Dining Room**
10:30-11:30 and 2:00-3:00
You supply the conversational topics and we supply the fresh coffee and baked treats. Invite your neighbors!

**Bellewood Cinema—Town Hall**
Critics Choice, Fridays at 6:40
Residents choice, Sundays at 6:40
Pick up the weekly Chatter to see what is playing. Have a request? Add it to the sign-up sheet in the Lobby.

**KCLS Bookmobile**
3rd Wednesday of each month
9:15—10:00 in the Dining Room
For all your library needs. The library provides a wide selection of books in large print and audio as well. Request a book for next month’s delivery.

**Bellewood Salon—425.392.6395**
Kathy Ryan & Kirsten Madsen
Stylist are on-site with a wide variety of services. Call for an appointment.

**Dual Path Wireless Internet**
800.468.6851 or www.dualpath.net
Trouble free wireless internet accessed through the entire property.

**Healthy Living Clinic & Lab Service**
Wednesdays, 9-10 Wellness Center:
Anti-coagulation clinic, lab, blood pressure check, blood draws. Drop ins welcome.

**Sight Connection 1.800.458.4888**
Call for a catalog and/or private consultation for a variety of aids and information for the vision impaired.

**Kim’s Massage 206.781.4252**
Certified Therapist Kim McManus
1st and 3rd Tuesdays from 10:00-2:00
Call for appointment

**Podiatrist, Dr. James Gorey 888.425.7307**
2nd Tuesday of the month in the Spa from 1:00-4:30 (SS) By Appt only.

**Gypsy Specs 425.941.7790**
Traveling Optician; Cynthia Creel
Offering discounts on select items. Call for your appointment.

**Rite Aid, Sammamish 425.391.1582**
Phone Rite Aid Prescriptions

**Senior day is every 1st Wednesday at 1:00**
Transportation is provided to this 65+ Wellness Event.

**Baker Insurance 425.292.0004**
Theresa Baker, LTCP, Owner
Call for a private consultation right in your own home.

**Carly Footcare 206.321.0126**
By Appointment Only
Sunday January 7th, Friday January 19th and January 28th

**Nails by Tonya 206.910.9357**
By Appointment Only
Friday January 5th, Friday January 12th and January 26th

www.bellewood.com
LEARN SPANISH W/ JACKIE
Tuesdays @ 3:00
How many languages do you speak? Have you ever wanted to learn a second or a third language?

Throughout the month of January we are familiarizing ourselves with the Spanish culture. We could think of no better way to do that, than to delve right into the language itself. Jackie, one of our house keepers is going to educate us. She will be teaching Spanish 101. This is a six week course and a remarkable opportunity. Join us on Tuesdays at 3:00 in Town Hall.

DINNER OUT: LAS MARGARITAS
Wednesday January 10th, 4:30 LO
The cuisine of other cultures is half the fun of exploring them. We have searched high and low in search of the best Mexican food, and we think we’ve found a match! Meet us in the lobby and off we’ll go. Las Margaritas is a great exploration of authentic Mexican food, with some American favorites too.

No Trip Fee + Dinner

LEARN SALSA W/JACKIE
Mondays @ 2:30 3FC
What is Salsa? A sauce, a recipe, a dance? This is a question many of us are wondering. It is all three of these things, but we’re going to concentrate on the dancing part... Salsa Dancing is a distillation of many Latin and Afro-Caribbean dances. Jackie one of our beloved housekeepers is a competitive Salsa Dancer. She and her husband have been participating in Salsa competitions for many years.

Jackie is going to share her joy and love of the music and dance with our residents. This will be a six-week course, salsa can be done both standing at sitting. Join us on Mondays at 2:30.

Jackie is a wonderful instructor and makes the class fun in every way.

THE HISTORY OF MEXICO
Saturday January 6th, 1:00: Part 1
Sunday January 7th, 1:00: Part 2
Sunday January 21st, 1:00: Part 3
Sunday January 28th, 1:00: Part 4
Throughout the last few months we have dove into surrounding cultures across the world, this month we have decide to study the Spanish culture specifically the Mexican culture. We will have a four-part documentary series walking us through the history of Mexico. Where they’ve been, where they’re going and what to expect in the upcoming years. We will familiarize ourselves with this fascinating culture and its interesting cultural aspects.

MARGARITA HAPPY HOUR
Wednesday January 24th, 3:00 2FL
We all love happy hours, so to continue our celebration of the Spanish culture we have been educating ourselves with this month we thought we would spice it up. An exclusive margarita happy hour will take place. Tequila is the base alcohol and it is farmed and created out of Mexico. Join us for this exciting cultural happy hour.

Bellewood A LifeMinded Residence
Maintain your talents. Sharpen your skills. Stay productive.
Continue to put your abilities to work through volunteering, mentoring, networking and more. Whatever your life’s work, it need not end with retirement.

**Pay It Forward**

**KNIT & CROCHET FOR SEATTLE CHILDREN’S HOSPITAL**

*Saturday January 20th, 1:00 3RL*

If you enjoy knitting and crocheting, you might like to join this lively group of ladies who make hats for children and premature babies, as well as prayer scarves for the families. No experience necessary and all supplies provided. Knit or crochet lessons are available too.

**INHOUSE OPPORTUNITIES**

There are so many in-house opportunities to volunteer. Folding napkins and stuffing menu’s... talk to Chef Frank. Hosting programs and helping with proofreading and decorating... ask the programs department. Keeping Bellewood “in bloom” during the summer... talk to programs. Gift shop stocking and clerking... Talk to the front desk. Hosting parties or parties.. Again programs. Welcoming new residents, hosting new residents, dining room ambassador.. Inquire at front desk. Have a new idea? .. Talk to any staff member.

**USE YOUR GIFTS: PONDER WITH PROGRAMS**

*Tuesday January 16th, 11:00 3RL*

Whatever your life’s work, it need not end in retirement. Put your passions and your abilities to work through volunteering, mentoring, networking and more. Of our seven wellness wheel spokes, staying engaged with our past vocation and with our community, while continuing to be productive, engaged and connected is perhaps one of the most important. At Bellewood we strive to develop opportunities to volunteer through fostering healthy partnerships with local charitable organizations, and to always be on the look out for those random chances to help out a friend in need.

Where do your talents lie? Do you have a favorite service organization that ignites your passion? Or perhaps a gift or talent that you would love to share? One of the secrets to longevity is to feel needed and useful, and every single one of us are the product of a life fully lived! What do you as an individual, or we as a community have to offer?

I invite you to join the programs department for an informal discussion exploring possibilities. Bring your ideas both big and small.

www.bellewood.com
Whether it’s daily reflection, a weekly gathering, or lively discussion, a key to living LifeMinded is feeding the soul. Life is a journey, so join in!

SUNDAY CHURCH SHUTTLE
Spirituality is important to all of us. No matter what your beliefs or religion. On Sundays, from 8-12 we run a shuttle to and from local churches, surrounding the Issaquah/Sammamish area. Please sign up in the lobby book.

SPIRITUAL BOOK CLUB
Every Monday at 7:00 CC
One Monday a month, we are guided through thought provoking books that inspire us to look at the world through spiritual eyes. The group meets once a month to discuss what they have read.

GRIEF COUNSELING
As the holidays arise, we know that sometimes sadness surrounds. It is always good to have a shoulder to cry on or just simply someone to listen to you. Pastor Sharon from Pine Lake Covenant church is offering one-on-one services to anyone who would like to have someone to talk to. The Stephens Ministry has been providing services to communities since 1975. If you are interested in these services, Please contact the Programs team.

LADIES SUPPORT GROUP
Sunday January 14th, 2:30 4CL
Aging comes with challenges. And no matter how strong, how brave, or how smart we are in the face of those challenges, sometimes we can just feel overwhelmed. This support group uses those moments to help each other grow and feel supported.

SENIOR POTLUCK LUNCHEON
2nd Thursday each month, 12:15
Once a month Mary Queen of Peace puts on a potluck for the community.

MASS AT MARIONWOOD
2nd Thursday each month, 10:15
Once a month our friendly neighbor does a mass ceremony. Please sign up.

HOLY COMMUNION
Thursday January 18th, 10:30 3TH
Join Charlene for Holy Communion. All residents welcomed and embraced!

WORSHIP SERVICE
Mondays, 10:30-11:30 (3TH)
Mountain Creek Christian Church Fellowship Service provides a 20 minute time of worship and then a short bible study.
CHOCOLATE FACTORY TOUR
Tis the season of hearts, flowers and of course chocolate. Have you ever wondered how chocolate is made, what ingredients make it so delicious? We will be scheduling a docent tour of the beautiful Boehm's chalet in Issaquah so we can see where the real bliss is created. Because it is off season, we need a minimum of 10 people. Grab your sweetie, your friend or your neighbor and climb aboard the bus. We will have the unique opportunity to see the factory in full swing, and maybe even try a few of our favorites.

MURDER MYSTERY PARTY
February 9th & 10th at 7:00 1DR
We have been working hard on the performance for the last few weeks, and we’re excited to share the show with all of you. We had so much fun last year, we wanted to do it again. We are making one change though.. Unlike last year, where we only performed one night, this year we will perform two nights, so pick your night, invite your friends and family and join in the fun!

SUPER BOWL PARTY
Sunday February 4th, 1:30 3TH
Our beloved Seahawks may not be in the Superbowl this year.. But that doesn’t mean that we cannot enjoy the game, the halftime and the commercials! Join us for a tail-gate party in Town Hall and Bistro... football, snacks, and libations will be served, and maybe even a specialty cocktail. Show your support for your favorite team, or wear any football swag you may have!

THE BAROQUE ORCHESTRA
Saturday February 24th, 2:00 1DR
We have some pretty famous family members from our community. One of which is Tim Winters, the nephew of our residents Susan and Norm. Tim is the musical director for the Baroque Orchestra, based out of Mercer Island. He will be joining our community for another performance in February. Please mark your calendars for this very special event. We look forward to seeing you and enjoying the sounds of this beautiful orchestra.

MARDI GRAS HAPPY HOUR
Tuesday February 13th, 3:00 2FL
Fat Tuesday falls in February. Join us for a Mardi Gras themed happy hour and themed dinner to follow. Beads will be handed out but if you have your own, please wear them.
Cascade Café
January 20th, Saturday at 12:15pm

Featured Entrée Selections

Tomato Florentine Soup & Cheesy Breadsticks

Roasted Rosemary Garlic Pork Loin
Boneless pork loin, encrusted with a garlic and fresh rosemary rub, slow roasted, served with winter vegetables and sautéed spaghetti squash.

Grilled French Dip Sandwich
Garlic butter toasted French bread, thin sliced roast beef, Swiss cheese sandwich, with au jus for dipping. Served with French fries and fresh fruit garnish.

Spiced Apple Streusel Cake
Warm spice cake with chopped apples, and cinnamon streusel, topped with caramel drizzle.

Coffee & Tea Beverage Service
$14.00 per person—completely inclusive

Please call for reservations
425-391-2880

Live Engaged! Live with Purpose!