

# Bellewood = *LIFE MINDED DAILY* =

Your guide to living engaged in July 2019



## **BELLEVUE COMMUNITY BAND CONCERT & RECEPTION**

**Tuesday, July 30th, 7:00 Tsutakawa Fountain**

We are thrilled to welcome back the Bellevue Community Band for their 3rd annual performance! This Bellewood tradition has become one of the highlights of the summer. The musicians of the Bellevue Community Band represent a broad spectrum of backgrounds including engineers, school teachers, housewives, students, and senior citizens. Bellevue Community Band is a non-profit volunteer organization which varies in size from fifty to eighty members. They play outdoor concerts in the warm weather months and indoor concerts year round. They will be performing by the Tsutakawa Fountain located in front of Bellewood, where we will have chairs set up for your convenience. You will be served ice cold Italian sodas as you listen to the sweet sounds of this amazing band. After the concert, plan to stay right where you are! We will be having a reception to follow, where you will have the opportunity to meet the band members, mingle, and munch on some delicious after dinner treats. This is one concert you will not want to miss!

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# SUMMER BY ALEXANDER POPE

See what delights in sylvan scenes appear!  
Descending Gods have found Elysium here.  
In woods bright Venus with Adonis stray'd,  
And chaste Diana haunts the forest shade.  
Come lovely nymph, and bless the silent hours,  
When swains from shearing seek their nightly bow'rs;  
When weary reapers quit the sultry field,  
And crown'd with corn, their thanks to Ceres yield.  
This harmless grove no lurking viper hides,  
But in my breast the serpent Love abides.  
Here bees from blossoms sip the rosy dew,  
But your Alexis knows no sweets but you.  
Oh deign to visit our forsaken seats,  
The mossy fountains, and the green retreats!  
Where-e'er you walk, cool gales shall fan the glade,  
Trees, where you sit, shall crowd into a shade,  
Where-e'er you tread, the blushing flow'rs shall rise,  
And all things flourish where you turn your eyes.  
Oh! How I long with you to pass my days,  
Invoke the muses, and resound your praise;  
Your praise the birds shall chant in ev'ry grove,  
And winds shall waft it to the pow'rs above.  
But wou'd you sing, and rival Orpheus' strain,  
The wond'ring forests soon shou'd dance again,  
The moving mountains hear the pow'rful call,  
And headlong streams hang list'ning in their fall!  
But see, the shepherds shun the noon-day heat,  
The lowing herds to murm'ring brooks retreat,  
To closer shades the panting flocks remove,  
Ye Gods! And is there no relief for Love?  
But soon the sun with milder rays descends  
To the cool ocean, where his journey ends;  
On me Love's fiercer flames for every prey,  
By night he scorches, as he burns by day.

## TEAM BELLEWOOD

**Manager:** Alona Horner

**Relocation Coordinator:** Lynn Krom

**Concierge:** Kara Jolley, Kennena Greer, Kathy Antisdale, Tyler Lemmon

**Programs/LifeMinded Coaches:**

Crystal Drews, Shelby McLean, Esia Kim

**Community Relations:** Kathy LaRocque

**Maintenance Team:** Emilio, Ian Day, Nico Earzo

**Executive Chef:** Frank Blanchard

**Culinary Team:** Abby Gurmu, Gabriel Perez, Loui Larson

**Housekeeping Team:** Vicky Nanthrup, Jackie Palacios, Jenessa Herrera

**Overnight Security Team:** Mike and Laura Brieske, Leslie Cox & Richard Baylog

Keep your routines fresh and your motivation high as you maintain your all-important balance, core strength, heart health and flexibility. Don't forget to exercise your brain!

## FABULOUS FITNESS FOR ALL

### Qi Gong

Wednesdays @ 9:45

### Core Fitness

Mondays, Tuesdays,  
Thursdays & Fridays  
@ 9:30

### Senior Yoga

Wednesdays @ 10:30

### Step It Up

Thursdays & Saturdays  
@10:00

### Breathing Class

Sundays @ 2:30 3CC

### Better Bones & Balance

Mondays &  
Wednesdays @ 10:00

### BREATHING CLASS

**Sundays @ 2:30 3CC**

This 20 minute seated class works with deep breathing and simple, gentle movement to reduce stress, increase diaphragm/core body strength and promote circulation. All residents are welcome to join, no matter what fitness level you are at. This class will be held on the 3rd floor of the Hillside building in the Chinook Lounge. Join us now!

*Leader: Claudia Norton*

### BETTER BONES & BALANCE

**Mondays & Wed @ 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.

*Leaders: Esla, Crystal & Shelby*

### SENIOR YOGA— NEW TIME!!

**Wednesdays @ 10:30 3FC**

Yoga is a holistic practice combining physical poses with mindfulness, breathing techniques, and meditation. The combination of these practices promotes functional mobility, self discovery and helps rebalance the nervous system. Studies have found yoga practice to positively correlate with both physical and mental wellness.

*Leader: YMCA Instructor*

### CORE FITNESS

**Mondays, Tuesdays, Thursdays,  
Fridays @ 9:30 3FC**

This fitness regime is designed to accommodate seniors at every level of fitness, so it's great for beginners or experts. This class combines seated core with standing exercises designed to strengthen your abdominals, lower back, and pelvic floor muscles.

*Leaders: Esla, Crystal & Shelby*

Keep your routines fresh and your motivation high as you maintain your all-important balance, core strength, heart health and flexibility. Don't forget to exercise your brain!

## GET UP AND GET MOVING!

### SONNY D'GNOME IS MISSING!

Uh oh! Sonny D'Gnome—Bellewood's sneaky garden gnome—has gone missing...AGAIN!!! Partner up with other LifeMinded residents, looking inside and out, in a lively summertime scavenger hunt all around our community.



Sonny D'Gnome moves locations with new clues every Tuesday. I wonder where will he hide next?

### MERCERDALE PARK & THRIFT STORE SHOPPING

**Sunday, July 7th, 1:00 LO**

Mercerdale Park is one of the local favorites for Mercer Island residents. The beautiful park is neatly paved and easy to walk with plenty of benches and picnic tables along the way if you want to take a break and enjoy the beautiful scenery. The quarter mile loop surrounds a grassy manicured lawn with various exercise stations to offer you stretching tips along your walk. The park shares the same parking lot with the Mercer Island thrift store which is every more reason to take an additional couple of steps to walk over to. The thrift store has everything from clothing, housewares, antique furniture, toys, books and other fun accessories. Bring some extra cash and a bottle of water. A fun trip to condition your heart and find a treasure. **\$3 trip fee W,WW,F,S**

### ISSAQUAH FARMER'S MARKET

**Saturday, July 6th & July 20th,  
12:45 LO**

### SAMMAMISH FARMER'S MARKET

**Wednesday, July 10th & July 24th,  
6:30 LO**

Local farmers, food vendors, crafters and musicians are bringing out their best goods once again for this season's Farmer's Market Join us!

### MAPLE VALLEY SCENIC DRIVE & GELATO AT NUTTY SQUIRREL

**Sunday, July 14th, 1:00 LO**

Hop on the Bellewood Express as we venture South to Maple Valley, a hidden gem in the heart of King County. Tour the country back roads, see the Cedar River, and enjoy the sun beating down on your face. Wildlife is abundant in the forested areas. Who knows; maybe you will see a deer or two! We will stop at the Nutty Squirrel to indulge in some yummy gelato. Gelato is a delicious frozen dessert, similar to ice cream. With options such as sea salt caramel, toasted almond and lemon custard cookies, you will be sure to find a flavor you will love!

**\$5 trip fee  
WW,F,S, E**



Keep your routines fresh and your motivation high as you maintain your all-important balance, core strength, heart health and flexibility. Don't forget to exercise your brain!

## GAMES FOR

### GAME NIGHT: RUMMIKUB

**Thursday, July 18th, 7:00 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.

### 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 cents per game) and the players are ruthless. So get your poker face on and join the fun.

### BRIDGE

**Mondays @ 1:00 3RL**

Looking for a stimulating Bridge game? We have an avid group of players and there is always room for more! Come test your mental acuity against fellow enthusiasts. Contact residents Marta G. and Sandy P. for any additional information.

### CASINO CARD GAMES

**Tuesdays @ 7:00 3RL**

We have what you have been missing! Steve, the son of our resident Mel, will be wheeling and dealing casino games here at Bellewood!

From Texas Hold'em, Blackjack and Poker, there will be a game you will want to play!



### GAME NIGHT: CHICKEN FOOT DOMINOS

**Thursday, July 25th, 7:00 3RL**

This game is a new twist on regular "Ol' Dominoes." Same concept, new rules. Chicken foot Dominoes is led and taught by resident Barb P. She and her family have been playing this wild and wacky game for years! She brings the love of the game to her Bellewood Family. Come give it a try! It's both fun *and* interactive!



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.

# ALL THINGS 4TH OF JULY!



## TRADITIONAL RED, WHITE & BLUE BRUNCH

**Thursday, July 4th, 11:00 1DR**

Here comes another Bellewood family tradition! This year, we will be celebrating our nation's independence on the Fourth of July! All are invited to this complimentary brunch in the Dining Room. What better way to celebrate the birth of our nation than with Chef Frank's famous patriotic themed meal? Staff will be on hand to help while friends gather in celebration. The Red, White and Blue Brunch has been a part of Bellewood for many years.

## 4TH OF JULY TRIVIA GAME

**Thursday, July 4th, 1:30 3TH**

Join Shelby in Town Hall, where we will be playing a trivia game, designed specifically with all things America! Winners will get a special prize.

## PATRIOTIC SING ALONG WITH JUDY

**Tuesday, July 2nd, 2:00 3TH**

Resident Judy C. will be taking us through one of Bellewood's favorite activities...A Sing-Along! We will sing our hearts out to our country's most patriotic songs.

## 4TH OF JULY CENTERPIECE WORKSHOP

**Tuesday, July 2nd, 10:30 1DR**

Our residents sure do love to help create something beautiful! Join us in the dining room to put together our 4th of July centerpieces!

## "A CAPITOL 4TH" FIREWORKS SHOW

**Thursday, July 4th, 8:00 3TH**

America's Independence Day celebration, *A Capitol Fourth* is broadcast live from the West Lawn of the U.S. Capitol, before a concert audience of hundreds of thousands, millions more at home, and our troops watching around the world on the American Forces Network.

## INDEPENDENCE DAY TRIVIA LUNCH CRUISE

**Wednesday, July 3rd, 10:15 LO**

Celebrate Independence Day cruising beautiful Seattle aboard an elegant Waterways yacht! Featuring trivia game extravaganza to test your American history knowledge with prizes and of course a delicious plated lunch. All the while, enjoying a relaxing afternoon with spectacular views of Seattle and your Captain's narration of interesting sights.

**W,WW,E,F**

**\$60 per ticket**

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## SOCIALIZING FOR EVERYONE

### ORIGAMI WITH YORKO

**Tuesday, July 16th, 3:00 3PR**

Join Resident Yorko T. in the Project Room and learn how to create beautiful origami! The Art of Origami comes from the Japanese words oru (to fold) and kami (paper). No one knows for sure when origami started, but the belief is that it started when Monks brought paper to the island nation. However it started, the origami fever has caught on here at Bellewood! Join us!

### JOHN'S MOVIE PICK NIGHT

**Saturdays in July, 6:40 3TH**

Resident John B. had a great idea to showcase some of his favorite films with all of you! Starting in June on Saturdays, enjoy a night with John in Town Hall as he shows the movies that have received high critics choice ratings.



### DEAN RATZMAN CONCERT

**Sunday, July 21st, 1:30 1DR**



Dean is a smooth and talented solo performer. He can easily replace a band, since he performs on piano, trumpet, trombone, and sings. He plays '40s Swing, Big Band, Jazz Standards, 50's, 60's and 70's Jazz, Blues, Rock and Soul hits of Great American Artists.

### ZOLTAN— PRINCE EDWARD ISLAND

**Wednesdays in July, 2:00 3TH**

Zoltan is a religious historian who has been coming to us for years from Mary Queen of Peace. He is back, this time to share his photos and experiences of traveling Prince Edward Island.



### LADIES DISCUSSION GROUP

**Mondays in July, 3:00 3TH**

We would love for you to bring a topic or thought to the meeting so that everyone can have a hand in keeping this group alive! From news stories, to controversial laws, to recipes for cookies, the sky is the limit. The mission of this group is for women to be able to come together and discuss anything their hearts desire, in a friendly manner.

### GENTLEMEN'S DISCUSSION GROUP

**Wednesdays in July, 11:00 4CL**

If you have a Y chromosome, you are invited to join this stimulating conversation group. A myriad of topics are discussed, from world to local issues, in a comfortable, casual setting. Differing viewpoints and opinions are welcome and respect for differences is a must.



# FUN TOGETHER EVERYWHERE

## RICK STEVES TRAVEL STORE & LUNCH OUT AT CHANTRELLE

**Wednesday, July 31st, 11:00 LO**

Some of you have attended a few of Rick Steve's travel tour presentations as he backpacked through the Alps in Switzerland and the ancient cities in Rome. Did you know Rick Steve's resides in Edmonds Washington and has a travel store there? The Rick Steve's travel store, nestled in the heart of the Edmonds waterfront will be one of our destinations in July. After looking at travel bags, notebooks, and other Rick Steves approved merchandise, we will then head a few blocks down to one of Rick Steve's favorite lunch spots, Chanterelles. Well known for their homemade tomato bisque and other enticing lunch items like a Dungeness Avocado Salad, Cioppinno and Brie and Pear Quesadillas. You'll probably hear the sounds of the Edmonds ferry and the sounds of the ocean as we will be just blocks away from the pier.

**W,WW,F,S \$7 trip fee + lunch**

## SUMMER HAPPY HOUR

**Tuesday, July 23rd, 3:00 1CY**

As the weather continues to shine down upon us, we will take our happy hours outside! Join us in the courtyard for



some refreshing libations, upbeat music and great conversations with your neighbors!

## FRYE ART MUSEUM TOUR

**Thursday, July 11th, 1:00 LO**

Reflecting Seattle's evolving identity through exhibitions, programs, and outreach, the Frye Art Museum showcases local and global artists



who are exploring the issues of our time as well as contemporary scholarship on historical subject matter. By taking calculated risks, we uncover new voices, facilitate conversation, and engage our community in relevant social dialogues. We will have a private one hour tour and be taken through the current 3 exhibitions. **W,WW,S,F \$5 trip fee**

## PAISLEY PARLOUR TEA TRIP

**Wednesday, July 17th, 11:30 LO**

It can't get better then this! Paisley Parlour Tea Trip is located in Gilman Village and they offer a high tea experience that will knock your socks off. Included in the price is your choice of tea in an individual teapot, delicious tea sandwiches, scones with clotted cream and preserves and assorted pastries and cookies. Reservations are required so make sure you sign up early for this wonderful afternoon tea!

**WW,E,F**

**Tea Price: \$25 paid at location**



# YUMMIES FOR YOUR TUMMIES

## BRUNCH OUT AT SUMMIT PANCAKE HOUSE

**Tuesday, July 23rd, 10:30 LO**

Located less than 1,300 feet from the Summit at Snoqualmie ski resort in the Cascade Mountains, the Summit Pancake House serves American cuisine for breakfast, lunch, and dinner every day. You can enjoy fluffy buttermilk pancakes or a full American breakfast of eggs, bacon, and hash browns.

**\$5 trip fee**  
**WW,E,F**



## DINNER OUT AT COHO CAFE

**Wednesday, July 17th, 4:30 LO**

Where could one find a menu that caters to someone looking for some Northwest favorites with an Asian twist and some Southwest fusion? I can only think of one. Coho Café has been a Bellewood favorite outing and it's never too soon to visit again. Coho's scratch cooking and local ingredients promises a delightful dining experience in a comfortable yet upscale décor without the upscale price. Coho's patio is open to those who want to feel the sun on the brim of your hat as you squeeze the lemon wedge over your Panko and Cashew Crusted Halibut and sip your Mint Mojito.

**WW, E,F**

## PICNIC IN THE PARK

**Thursday, July 18th, 11:30 LO**

Pine Lake Park is a favorite for Sammamish residents. Towering firs, picnic pavilions, a beach, dock, swim area and a playground. On the menu is fried chicken, potato salad, baked beans, watermelon, dessert and sodas. This picnic has become a Bellewood tradition that many residents have come to love. You will have free time to walk along the beach, paved roads, or grassy area. The weather should be absolutely beautiful! Make sure to sign up early because spaces fill up quickly!

**\$7 Lunch fee** **W,WW,E,F**

## BASKIN ROBBINS ICE CREAM TRIP

**Saturday, July 27th, 1:30 LO**

Who doesn't love a little ice cream on a hot day! Jump in the bus and come out with us to Issaquah's Baskin Robbins for a tasty frozen treat. Did you know Baskin Robbins "31" was created to represent a different ice cream flavor for each day of the month? Learn something new every day!

**WW,E,F**



## GUIDE TO TRIP ACTIVITIES

**W=Walking**  
**E=Easy Trip**  
**Str=Stairs**

**S=Standing**  
**WW=Walkers Welcome**  
**F=Free Time**

**U=Uneven Ground or Pathway**



# 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**

**3:00 July 3rd (Time change for this month only)**

Rite Aid Senior Day

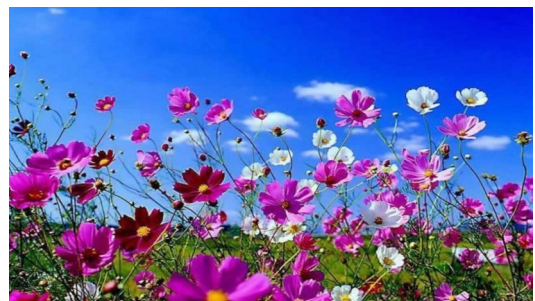
## **ISSAQUAH COMMONS**

**2:15 July 10th (Time and date changed for this month only)**

The Commons at Issaquah: Target, Chico's, 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.



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## **MEDICAL TRANSPORTATION SHUTTLES**

### **EVERY TUES & THURS 9-2**

Issaquah & Sammamish By Appt.

### **WEDS 7/10 & 7/24 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



# CONNECTIONS AND RESOURCES

## 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. 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—

**Fridays** at 6:40 in **Town Hall**

**Sundays** at 6:40 in the **Copper River Club**. Watch for flyers to see what is playing. Have a request? Add it to the sign-up sheet in the Lobby.

## KCLS Bookmobile—

**TUESDAY, JULY 23rd (Change for this month only)**

10:30-11:00 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**

Stylists are on-site with a wide variety of services. Stop in or call for an appointment.

## Dual Path Wireless Internet

**800.468.6851 or [www.dualpath.net](http://www.dualpath.net)**

Trouble free wireless internet accessed through the entire property.

## Nails by Tonya 206.910.9357

**By Appointment Only**

## 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**

Every other month on 4th Tuesday from 8:30-12:00 (2SS) By appt. only.

## Rite Aid, Sammamish 425.391.1582

Phone Rite Aid Prescriptions

**Senior Day, 1st Wednesday of the month, 1:00**

Transportation is provided to this 65+ Wellness Event.

## Baker Insurance 425.292.0004

**Theresa Baker, LTCP, Owner**

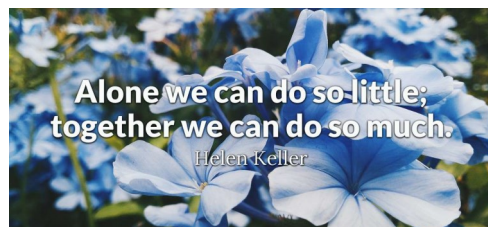
Call for a private consultation right in your own home.

## Footcare by Carly 206.321.0126

**By Appointment Only**

Wednesday, July 3rd and July 17th

9-1:00 2SS



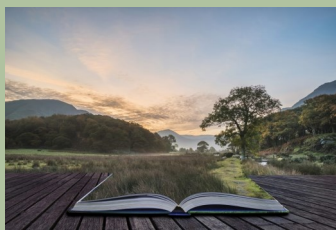


# STIMULATING MIND AND SOUL

## OUTDOOR READINGFEST

**Thursdays in July, 3:00 1CY**

Back by popular demand, our Bellewood Readingfest will resume this month during the summer! Grab a current book you are reading or take a minute to scour the library upstairs on the second floor to find that special book you have been wanting to read. Then head outside in the courtyard where you will find chairs scattered all around. Curl up next to the bubbling fountain, or perhaps in the shade under the trees. You may even want to soak up the sun! We will have a self serve drink



station for you to enjoy while you are reading. No reservations required; come as you are!

## GUEST SPEAKER: FALL PREVENTION

**Tuesday, July 23rd, 1:45 3TH**

Falls are the number one cause of injury, hospital visits due to trauma, and death from an injury among people age 65 and older! Falls among older adults is a serious issue, but research has shown that many fall risks can be reduced. Prevention is key! Please come to a workshop with Rachel Stoner, PT from Advantage Physical Therapy to learn why the risk of falling increases as we age, the risk factors of falling, how to improve your balance and a home safety checklist.



## GUEST SPEAKER: THE BENEFITS OF CBD

**Tuesday, July 16th, 1:45 3TH**

Have you heard of the Endocannabinoid System and what its function is? And what is CBD? The Endocannabinoid System plays an incredibly important role in your overall health and maintain homeostasis and balance to your body. CBD, short for cannabidiol, is a chemical compound from the cannabis plant. It's a naturally occurring substance that's used in products like oils and edibles. Join Carl France, a CBD educator and Medicare

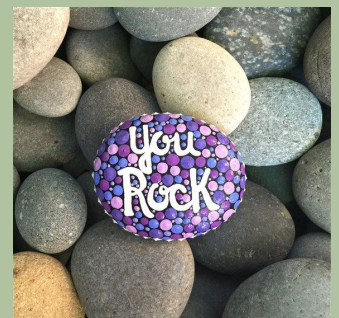


Insurance Broker, as he explains, in detail, how CBD can help improve your quality of life!

## ROCK PAINTING WITH SHELBY

**Saturday, July 13th, 1:30 1DR**

It's a simple act of kindness that's making a big impact in communities across the country. From Vermont to Arizona, rock painting groups are brightening the days of strangers — one colorful rock at a time. Join Programs Coordinator, Shelby, as Bellewood gets in on this phenomena that is sweeping the country. Rock painting has brought kindness, generosity and family togetherness back to people all over the United States and we would love to partake in that type of community! We all could use a great friend and neighbor!



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.

# STAYING YOUNG & GIVING BACK

## WELCOME COMMITTEE MONTHLY MEETING

**Tuesday, July 9th, 2:00 3RL**

A committee of current residents extending a helping hand to our new residents. The committee members are committed to providing newcomers a friend in their new home, someone they can talk to, ask questions of, and someone they can learn from. The welcoming committee is in full swing and it's not too late if you would like to volunteer your time to help new residents. Current and potential members meet once a month.

## TED TALKS: THE HEALING POWER OF READING

**Tuesday, July 9th, 11:00 3TH**

Reading and writing can be acts of courage that bring us closer to others and ourselves. Author Michelle Kuo shares how teaching reading skills to her students in the Mississippi Delta revealed the bridging power of the written word -- as well as the limitations of its power. Michelle teaches in the History, Law, and Society program at the American University Paris on issues related to race, punishment, immigration, and the law. She won the 2016 Board of Trustees Award for Distinguished Teaching. Michelle works closely with students on issues related to social justice.

## KNITTING FOR SEATTLE CHILDREN'S HOSPITAL

**Saturday, July 20th, 1:00 3PR**

No experience necessary and all supplies provided. Knit or crochet lessons are available as well. Join residents Edith & Eleanor for a fun sewing circle with good conversation and laughs.



## POSTCARDS FOR PROGRESS

**Saturday, July 13th & July 27th, 1:00 4CL**

Postcards for Progress is an advocacy group that sends postcards to elected officials expressing concerns for and against policies. Meetings are held on the 2nd and 4th Saturdays of each month. For more information call Arlene M. (Check your Bellewood Directory).

## IN-HOUSE OPPORTUNITIES

There are so many in-house opportunities to get involved here at Bellewood. Folding napkins and stuffing menus, please talk to Chef Frank. Hosting programs and helping with proofreading or decorating, please talk to programs. Gift shop stocking and clerking, please talk to the front desk. Welcoming new residents or hosting new residents—dining room ambassador, inquire at front desk. Have a new idea? Talk to any staff member.

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 8:30-12, we run a shuttle to and from local churches, surrounding the Issaquah/Sammamish area. Please sign up in the lobby book.

## SPIRITUAL BOOK CLUB

**Mondays, 7:00 3CC**

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.

## MEDITATION OPPORTUNITIES

Meditation isn't about becoming a different person, a new person, or even a better person. It's about training in awareness and getting a healthy sense of perspective. You're not trying to turn off your thoughts or feelings, you're learning to observe them without judgment. And eventually, you may start to better understand them as well.

**Mondays in July, 7:00 3TH**

**Fridays in July, 10:30 4CL**

## LADIES SUPPORT GROUP

**Sunday, July 28th, 1:30 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 validated.

## BELLEWOOD SING-ALONG

**Thursdays, 2:00 3TH**

Join fellow residents, along with those of Providence Point, as they belt out their favorite, familiar tunes in this weekly sing-along. No auditions, no talent necessary. This is all about having fun and letting music feed your soul. Weekly attendance is not required. Come whenever it suits your fancy and your schedule.



## SENIOR POTLUCK LUNCHEON

Once a month, Mary Queen of Peace puts on a potluck for the community. This luncheon will resume in September.

## MASS AT MARIONWOOD

**Thursday, July 11th, 10:15 LO**

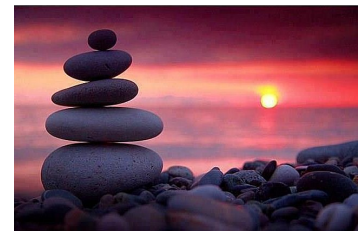
Once a month, our friendly neighbor offers a Mass. Please sign up.

## WORSHIP SERVICE

**Mondays, 10:30-11:30 3TH**

**Mountain Creek Christian Fellowship**

Fellowship Service provides a 20 minute time of hymn singing and then a short Bible meditation.





## Meet Premier Northwest Artist John Ebner Art Show & Sale



Saturday, August 17th, 11:30 am - 4 pm

**At Bellewood**

3710 Providence Pt. Drive SE - Issaquah

**On the Sammamish Plateau**

Phone: 425.391-2880 [www.bellewood.com](http://www.bellewood.com)

### Win a Signed Ebner Art Tile!

Complimentary local wines & cheeses!



Presented by Exclusively Art

### EMERALD DOWNS RACING

**Sunday, August 11th, 12:00 LO**

Have you heard of the Longacres Mile? It's only the most sought after, signature race of Emerald Downs. It figures to be a star studded season this summer at Emerald Downs, which is celebrating its 24th season in Auburn. Get ready to cheer your horse on as they streak around the track! Will you bet on the favorite or the long shot? Maybe you choose by a name that jumps out at you. It's all good fun, win or lose. We'll be seated in the air conditioned Rainier Restaurant with a



good view of the track.

Bring money for food and drinks.

**W, S, WW,**

**E, F**

**\$5 Trip Fee**

### PADILLA BAY RESERVE TRIP & SKAGIT VALLEY'S FARMHOUSE RESTAURANT

**Tuesday, August 20th, 9:00 LO**

The Padilla Bay Reserve is nestled just north of the quiet community of Bay View, in the heart of the Salish Sea. They study and protect a massive eelgrass meadow. The tour will focus on estuary ecology, healthy watersheds, and how our actions and decisions affect the Salish Sea. When you enter the Breazeale Interpretive Center, you're invited to browse through the exhibits and observe sea stars, urchins, and other marine life in the aquarium room. Our nearby trails and overlook site give you the opportunity to see eagles, herons, ducks, and other birds that live here year round or pass through on their migratory paths.

**W,F,S,U**

**\$15 trip fee+lunch**



3710 Providence Point Drive SE  
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