

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



- Trips
- Music, Lectures
- Monthly Events
- Marketing
- New Events

Monthly Committee Meetings
Please See the W.A.A.G for Meeting Days & Times

Residents Birthdays

Jorgensen, Marilyn	03/01	Hemmingsen, Barbara	03/25
Genthon, Michele	03/09	Kasper, Norma	03/26
West, John	03/16	Skacel, Ingrid	03/27
Yutani, Joanne	03/19	Frink, Joleen	03/28
MacDougall, Lindsay	03/24	Monaghan, Mary Louise	03/29

<p style="text-align: right;">1</p> <p>10:00 Virtual Zumba 11:15 Water Aerobics 1:00 Bridge 1:15 Brain Fitness 2:00 Mindful Relaxation 4:00 Lance Rhoades 7:30 Movie: 007: Moonraker</p> <p><u>TV Channel 370 ONLY</u> 9:00 Gentle Yoga 10:00 Virtual Zumba 12:00 Matinee Movie</p>	<p style="text-align: right;">2</p> <p>9:30 Enhance Fitness 10:45 Bookmobile 11:00 Aspiring Writers 12:30 National Nordic Museum (FREE) 1:00 Rummy Tiles 1:30 Sit & Get Fit 2:00 Current Events 3:00 Live Music: Flutes en Bois' 6:30 Lecture: Speechwriter Sarah Hurwitz 7:30 Movie: 007: The Man with the Golden Gun</p> <p><u>TV Channel 370 ONLY</u></p>	<p style="text-align: right;">3</p> <p>10:00 Contemporary Dance with Jordan 10:50 Rosary 1:00 Mahjong/Bridge 1:00 Watercolor Workshop 1:15 Water Aerobics 2:30 Ted Talk 7:30 Movie: The Misfits</p> <p><u>TV Channel 370 ONLY</u> 9:00 Seated Cardio 10:00 2in1 Workout 12:00 Matinee Movie</p>	<p style="text-align: right;">4</p> <p>9:30 Enhanced Fitness 11:00 Open Swim 1:00 Bridge 1:00 Tai Ji Quan 1:30 Scenic Drive with Marc 3:00 Weekend Movie: The 39th Steps 3:30 Live Music: Hegyvary Grandsons'+ music students</p> <p><u>TV Channel 370 ONLY</u> 9:00 Chair Stretching 10:00 5k with a Twist 12:00 Dean Martin Show</p>
<p style="text-align: right;">5</p> <p>8:30 Church Transport 11:00 Crafts with Erin 1:10 Mercer Island School Band Community Concert 1:30 Sit & Get Fit (Video) 3:00 Weekend Movie: Hook</p> <p><u>TV Channel 370 ONLY</u> 9:00 Shoulder Stretching 10:00 2 in 1 Workout 12:00 Dean Martin</p>	<p style="text-align: right;">6</p> <p>10:00 Knitting in Bistro 11:00 Dentist Day Pop-Up! 11:15 Water Aerobics 1:00 Bridge 1:00 Tai Ji Quan 2:00 Schmooze with Rabbi Nissan 2:30 Memory Fitness 3:00 David Smith Philosophy 7:30 Movie: Secrets of the Saqqara Tomb</p> <p><u>TV Channel 370 ONLY</u> 9:00 Seated Total Body 10:00 Walk Exercise 12:00 Matinee Movie</p>	<p style="text-align: right;">7</p> <p>9:30 Enhance Fitness 11:00 QFC Shopping 11:00 French with Chloe 12:00 ABC viewing of Nomadland 1:00 Mahjong/Rummy Tiles 1:30 Sit & Get Fit 3:00 Women's Group 7:30 Movie: Nomadland</p> <p><u>TV Channel 370 ONLY</u> 9:00 Sit and Dance 10:00 Standing Pilates 12:00 Matinee Movie</p>	<p style="text-align: right;">8</p> <p>10:00 Zumba w/ Erin 11:00 Town Hall 1:00 Bridge 1:15 Brain Fitness 2:00 Mindful Relaxation 3:30 New Resident Meet & Greet 7:30 Movie: Your Place of Mine</p> <p><u>TV Channel 370 ONLY</u> 9:00 Gentle Yoga 10:00 Virtual Zumba 12:00 Matinee Movie</p>
	<p style="text-align: right;">9</p> <p>9:30 Enhance Fitness 11:00 UW Pharmacist Abby Winter: Heart Health 11:00 Bus Trip: Anchorhead Coffee in Bellevue 1:00 Rummy Tiles 1:30 Sit & Get Fit 2:00 Current Events 3:00 Scavenger Hunt 7:30 Movie: The Wizard of Oz</p> <p><u>TV Channel 370 ONLY</u> 9:00 Chair Yoga 10:00 Walk Exercise</p>	<p style="text-align: right;">10</p> <p>10:00 Contemporary Dance with Jordan 10:50 Rosary 1:00 Mahjong/Bridge 1:00 Watercolor Workshop with Victoria 1:15 Water Aerobics 3:00 Live Music: Luiggi C. Jazz Duo 7:30 Movie: The Irish Pub</p> <p><u>TV Channel 370 ONLY</u> 9:00 Seated Cardio 10:00 2in1 Workout 12:00 Matinee Movie</p>	<p style="text-align: right;">11</p> <p>9:30 Enhance Fitness 10:00 SODO Flea Market 11:00 Open Swim 11:00 Crafts with Jordan 1:00 Bridge 1:00 Tai Ji Quan 1:30 Scenic Drive with Marc 3:00 Weekend Movie: The Man who Knew Too Much</p> <p><u>TV Channel 370 ONLY</u> 9:00 Chair Stretching 10:00 5k with a Twist 12:00 Dean Martin Show</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p style="text-align: right;">12</p> <p>8:30 Church Transport 9:30 Jewish Film Festival Sunday Brunch Out 11:00 Crafts with Erin 1:30 Sit & Get Fit (Video) 3:00 Weekend Movie: Leap Year</p> <p><u>TV Channel 370 ONLY</u> 9:00 Shoulder Stretching 10:00 2 in 1 Workout 1:00 Dean Martin Show</p>	<p style="text-align: right;">13</p> <p>10:00 Knitting in Bistro 11:00 Action Book Club 11:15 Water Aerobics 1:00 Bridge 1:00 Tai Ji Quan 1:30 Tech Help Session 2:30 Memory Fitness 3:00 Shakespeare Class 4:00 Great Decisions 7:30 Movie: Paddington</p> <p><u>TV Channel 370 ONLY</u> 9:00 Seated Total Body 10:00 Walk Exercise</p>	<p style="text-align: right;">14</p> <p>9:30 Enhance Fitness 11:00 French with Chloe 11:00 QFC Shopping 1:00 Mahjong/Rummy Tiles 1:30 Sit & Get Fit 2:00 π day Pie Tasting 3:00 Men's Group 4:00 Jewish Film Festival Virtual: The Levys' of Monticello 7:30 Movie: The Imitation Game</p> <p><u>TV Channel 370 ONLY</u> 9:00 Sit and Dance</p>	<p style="text-align: right;">15</p> <p>10:00 Ballet with Jordan 11:00 Stroum Jewish CC Monthly Movie 11:15 Water Aerobics 1:00 Bridge 1:15 Brain Fitness 1:30 David Kaynor 2:00 Mindful Relaxation 3:30 Cocktail Party 7:30 Movie: A Man called Ove</p> <p><u>TV Channel 370 ONLY</u> 9:00 Gentle Yoga</p>	<p style="text-align: right;">16</p> <p>9:30 Enhance Fitness 11:00 Aspiring Writers 1:00 Rummy Tiles 1:30 Sit & Get Fit 2:00 Current Events 3:00 Pictionary 7:00 Women of Washington Film Group</p> <p><u>TV Channel 370 ONLY</u> 9:00 Chair Yoga 10:00 Walk Exercise 12:00 Matinee Movie</p>	<p style="text-align: right;">17</p> <p>10:50 Rosary 10:30 St. Patrick's Bag Piper 1:00 Mahjong/Bridge 1:00 Watercolor Workshop 1:15 Water Aerobics 2:30 St. Patrick's BINGO 7:30 Movie: St. Patrick: Apostle of Ireland</p> <p><u>TV Channel 370 ONLY</u> 9:00 Seated Cardio 10:00 2in1 Workout</p>	<p style="text-align: right;">18</p> <p>8:15 Met HD: Lohengrin 9:30 Enhance Fitness 11:00 Crafts with Jordan 11:00 Open Swim 1:00 Bridge 1:00 Tai Ji Quan 2:00 Pianist Michelle Cao 3:00 Weekend Movie: The Music Man</p> <p><u>TV Channel 370 ONLY</u> 9:00 Chair Stretching 10:00 5k with a Twist</p>
<p style="text-align: right;">19</p> <p>Sunday Brunch 11-2 PM 8:30 Church Transport 11:00 Crafts with Erin 12:30 Jewish Film Fest: Four Winters 1:30 Sit & Get Fit (Video) 3:00 Weekend Movie: The Treasure of the Sierry Madre <u>NO DINNER</u></p> <p><u>TV Channel 370 ONLY</u> 9:00 Shoulder Stretching 10:00 2 in 1 Workout 12:00 Lawrence Welk Show</p>	<p style="text-align: right;">20</p> <p>10:00 Knitting in Bistro 11:15 Water Aerobics 11:30 Lunch Outing: Beach House Bar + Grill 1:00 Bridge 1:00 Tai Ji Quan 2:30 Memory Fitness 3:00 David Smith Philosophy 7:00 Fireside Lounge: John C. 7:30 Movie: A Year in Champagne</p> <p><u>TV Channel 370 ONLY</u></p>	<p style="text-align: right;">21</p> <p>9:30 Enhance Fitness 11:00 QFC Shopping 11:00 French with Chloe 1:00 Mahjong/Rummy Tiles 1:30 Sit & Get Fit 2:00 Nutrition Talk with Amanda Riffle 2:00 Jewish Film Fest Virtual: The Replacement 3:00 Women's Group 7:30 Movie: Say Hey, Willie Mays</p> <p><u>TV Channel 370 ONLY</u></p>	<p style="text-align: right;">22</p> <p>10:00 Zumba w/ Erin 10:30 Hopelink Food Bank Volunteering with Nichole 11:15 Water Aerobics 1:00 Bridge 1:15 Brain Fitness 2:00 Mindful Relaxation 7:30 Movie: Chitty Chitty Bang Bang</p> <p><u>TV Channel 370 ONLY</u> 9:00 Gentle Yoga 10:00 Virtual Zumba 12:00 Matinee Movie</p>	<p style="text-align: right;">23</p> <p>9:30 Enhanced Fitness 11:00 Wellness 360 1:00 Rummy Tiles 1:30 Sit & Get Fit 2:00 Current Events 3:00 Resident Music Fund: Haggis Brothers Irish Band 7:30 Movie: The Banshees of Inisherin</p> <p><u>TV Channel 370 ONLY</u> 9:00 Chair Yoga 10:00 Walk Exercise</p>	<p style="text-align: right;">24</p> <p>10:00 Contemporary Dance with Jordan 10:50 Rosary 1:00 Mahjong/Bridge 1:00 Watercolor Workshop with Victoria 1:15 Water Aerobics 2:30 Virtual Andre Rieu Concert 7:30 Movie: Cleopatra</p> <p><u>TV Channel 370 ONLY</u> 9:00 Seated Cardio 10:00 2in1 Workout</p>	<p style="text-align: right;">25</p> <p>9:30 Enhance Fitness 11:00 Crafts with Jordan 11:00 Open Swim 11:00 Shopping Outing: Trader Joes 1:00 Bridge 1:00 Tai Ji Quan 3:00 Weekend Movie: Black Holes: The Edge of All We Know</p> <p><u>TV Channel 370 ONLY</u> 9:00 Chair Stretching 10:00 5k with Twist 12:00 Dean Martin Show</p>
<p style="text-align: right;">26</p> <p>8:30 Church Transport 11:00 Crafts with Erin 12:15 PNB: Boundless 1:30 Sit & Get Fit (Video) 3:00 Weekend Movie: All that Breathes</p> <p><u>TV Channel 370 ONLY</u> 9:00 Shoulder Stretching 10:00 2 in 1 Workout 12:00 Dean Martin Show</p>	<p style="text-align: right;">27</p> <p>10:00 Knitting in Bistro 11:15 Water Aerobics 1:00 Bridge 1:00 Tai Ji Quan 1:30 Tech Help Session 2:30 Memory Fitness 3:00 Shakespeare Class 4:00 Lance Rhoades 7:30 Movie: From Here to Eternity</p> <p><u>TV Channel 370 ONLY</u> 9:00 Seated Total Body 10:00 Walk Exercise 12:00 Matinee Movie</p>	<p style="text-align: right;">28</p> <p>9:30 Enhance Fitness 11:00 Resident Council 11:00 French with Chloe 12:00 Birthday Lunch! 1:00 Mahjong/Rummy Tiles 1:30 Sit & Get Fit 3:00 QFC Shopping 3:00 Men's Group 7:30 Movie: The Mini</p> <p><u>TV Channel 370 ONLY</u> 9:00 Sit and Dance 10:00 Standing Pilates 12:00 Matinee Movie</p>	<p style="text-align: right;">29</p> <p>10:00 Ballet with Jordan 10:30 Hopelink Food Bank Volunteering with Nichole 11:15 Water Aerobics 1:00 Bridge 1:15 Brain Fitness 2:00 Mindful Relaxation 2:00 Bus Trip: Seattle Uwajimaya 7:30 Movie: Michigan vs Ohio State: The Rivalry</p> <p><u>TV Channel 370 ONLY</u> 9:00 Gentle Yoga 10:00 Virtual Zumba</p>	<p style="text-align: right;">30</p> <p>9:30 Enhanced Fitness 1:00 Rummy Tiles 1:30 Sit & Get Fit 2:00 Current Events 3:00 Learning about Word and Publisher 7:30 Movie: Downfall: The Case Against Boeing</p> <p><u>TV Channel 370 ONLY</u> 9:00 Chair Yoga 10:00 Walk Exercise 12:00 Matinee Movie</p>	<p style="text-align: right;">31</p> <p>10:00 Contemporary Dance with Jordan 10:50 Rosary 12:30 Seattle Asian Art Museum (FREE) 1:00 Mahjong/Bridge 1:00 Watercolor Workshop 1:15 Water Aerobics 3:00 Live Entertainment: Luke D. 7:30 Movie: Julie & Julia</p> <p><u>TV Channel 370 ONLY</u> 9:00 Seated Cardio 10:00 2in1 Workout</p>	