



March

The Gardens at Town Square
 933 111th Ave NE
 Bellevue, WA 98004
 (425) 688-1900

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>Celebrate</i> WOMEN'S HISTORY MONTH <i>March</i></p>			<p>1 9:30 Low Impact Workout (CH) 10:00 Cardio Exercise- Seated or Standing (CH) 10:00 Stretch & Flex (AZ) 11:00 Knitting Group (LR) 11:30 Guest Speaker (AZ) <u>Dietician Amanda Riffle- Inflammation: Prevention & Management Through Diet</u> 1:00 Sending the First Men to the Moon (TH) 2:00 Afternoon Concert- Johnny Chiecsek- Guitar & Vocals (LR) 6:30 Evening Movie (TH) <i>Dead Poets Society</i></p>	<p>2 9:00 Chair Exercise (CH) 10:00 Low Impact Workout (CH) 11:00 RR Bridge (LR) 11:00 Guest Speaker (AZ) <u>Great Decisions with Jacob Bolotin: War Crimes</u> 1:00 RR Bible Study (AZ) 2:00 Open Art with Beverly (OR) 3:00 Breathe & Relax Meditation with Seth (TH) 6:30 Evening Movie (TH) <i>Ticket to Paradise</i></p>	<p>3 9:30 Low Impact Workout (CH) 10:00 Cardio Exercise- Seated or Standing (CH) 10:00 Stretch & Flex (AZ) 11:00 Moving for Better Balance Tai Chi with Andrea* 11:30 Philosophy of Humor "The Universality of Humor" Video & Discussion (TH) 12:30 Covid Booster Clinic (AZ) 2:30 RR Play Reading with Gene Melnick (OR) 6:30 Evening Movie (TH) <i>Erin Brockovich</i></p>	<p>4 9:00 Chair Exercise (CH) 10:00 Low Impact Workout (CH) 10:00 RR Board Games (LR) 11:00 Matinee Movie (TH) <i>The Game Plan</i> 2:00 Afternoon Concert- Brian Knudson- Vocals & Guitar (LR) 6:30 Encore Movie Showing (TH) <i>The Game Plan</i></p>
<p>5 8:15 AM-12:00 PM Church Shuttle* 9:00 Chair Yoga (CH) 9:30 Low Impact Workout (CH) 10:00 Cardio Exercise- Seated or Standing (CH) 11:00 Documentary- Black Wall Street (TH) 1:30 Ice Cream Social (LR) 6:30 PBS Documentary (TH) <i>Abraham & Mary Lincoln- A House Divided (Part 3 of 3)</i></p>	<p>6 9:30 Low Impact Workout (CH) 9:30 QFC/Bartell's* 10:00 Cardio Exercise- Seated or Standing (CH) 10:00 Stretch & Flex (AZ) 11:00 RR Bridge (LR) 11:00 A Journey Through Grief with Seth (AZ) 1:00 QFC/Bartell's* 2:30 National Oreo Cookie Day Social (LR) 3:00 Banned Books, Burned Books: Forbidden Literary Works "Bowdlerizing the Bard" Video & Discussion (TH) 6:30 Evening Movie (TH) <i>Little Women (1933)</i></p>	<p>7 9:00 Chair Exercise (CH) 10:00 Low Impact Workout (CH) 11:00 Moving for Better Balance Tai Chi with Andrea* 11:30 Cards: Poker (OR) 1:30 Guest Speaker (AZ) <u>Academy Awards Preview with Lance</u> 3:00 Caring for the Caregiver with Seth (AZ) 6:30 Evening Movie (TH) <i>Michael Collins</i></p>	<p>8 9:30 Low Impact Workout (CH) 9:30 Day Trip- Skagit Valley* Snow Geese & Lunch 10:00 Cardio Exercise- Seated or Standing (CH) 10:00 Stretch & Flex (AZ) 11:00 Pop-up Boutique (LR) <u>Jewelry by Kathy Whitwam</u> 11:00 Knitting Group (LR) 2:00 Get to Know Deborah 2nd Floor Residents (2nd Floor Elevator Lobby) 6:30 Evening Movie (TH) <i>The First Wives Club</i></p>	<p>9 9:00 Chair Exercise (CH) 10:00 Park Walk* Coulon Park 10:00 Low Impact Workout (CH) 11:00 RR Bridge (LR) 11:30 March Madness 101 & Pick Your Bracket (AZ) 1:00 RR Bible Study (AZ) 2:30 Resident Council (AZ) 3:30 Breathe & Relax Meditation with Seth (TH) 6:30 Evening Movie (TH) <i>Sputnik</i></p>	<p>10 9:30 Low Impact Workout (CH) 10:00 Cardio Exercise- Seated or Standing (CH) 10:00 Stretch & Flex (AZ) 11:00 Moving for Better Balance Tai Chi with Andrea* 11:30 Philosophy of Humor "The Objectivity of Humor" Video & Discussion (TH) 1:00 RR Book Club (OR) 2:30 RR Play Reading with Gene Melnick (OR) 6:30 Evening Movie (TH) <i>A League of Their Own</i></p>	<p>11 9:00 Chair Exercise (CH) 10:00 Low Impact Workout (CH) 10:00 RR Board Games (LR) 11:00 Matinee Movie (TH) <i>The Blind Side</i> 2:00 The Making of Mary Poppins (TH) 6:30 Encore Movie Showing (TH) <i>The Blind Side</i></p>
<p>12 8:15 AM-12:00 PM Church Shuttle* 9:00 Chair Yoga (CH) 9:30 Low Impact Workout (CH) 10:00 Cardio Exercise- Seated or Standing (CH) 11:00 Rick Steves' Cruising the Mediterranean (TH) 1:30 Following African Elephants In Their Natural Habitat (TH) 5:00 Academy Awards (AZ) 6:30 Evening Movie (TH) <i>The Bridges of Madison County</i></p>	<p>13 9:30 Low Impact Workout (CH) 9:30 QFC/Bartell's* 10:00 Cardio Exercise- Seated or Standing (CH) 10:00 Stretch & Flex (AZ) 11:00 RR Bridge (LR) 1:00 Trader Joes* 2:00 Get to Know Deborah 3rd Floor Residents (3rd Floor Elevator Lobby) 3:00 Banned Books, Burned Books: Forbidden Literary Works "Ulysses on Trial" Video & Discussion (TH) 6:30 Evening Movie (TH) <i>Battle of the Sexes</i></p>	<p>14 9:00 Chair Exercise (CH) 10:00 Low Impact Workout (CH) 10:30 The Gardens Gardener's (G) 10:30 UW Pharmacy Booth (LR) <u>Heart Health Day</u> 11:00 Moving for Better Balance Tai Chi with Andrea* 1:00 UW Pharmacy Talk with Abby Winter (AZ) <u>Heart Health</u> 2:30 Contemporary Issues with Seth (AZ) 4:30 Out to Dinner* Novilhos Brazilian Steakhouse 6:30 Evening Movie (TH) <i>The Quiet Man</i></p>	<p>15 9:30 Low Impact Workout (CH) 10:00 Cardio Exercise- Seated or Standing (CH) 10:00 Stretch & Flex (AZ) 11:00 Knitting Group (LR) 11:30 Ides of March Social (AZ) 1:00 Nutrition Talk with Amanda Riffle (AZ) <u>Herbal & Dietary Supplements</u> 2:30 Happy Hour (LR) <u>Land of Erin- The Sounds of Ireland & Scotland</u> 6:30 Evening Movie (TH) <i>Houseboat (1958)</i></p>	<p>16 9:00 Chair Exercise (CH) 10:00 Low Impact Workout (CH) 11:00 RR Bridge (LR) 11:00 Guest Speaker (AZ) <u>Current Events with Jacob Bolotin</u> 1:00 RR Bible Study (AZ) 2:00 Open Art with Beverly (OR) 3:00 Breathe & Relax Meditation with Seth (TH) 6:30 Evening Movie (TH) <i>Fried Green Tomatoes</i></p>	<p>17 9:30 Low Impact Workout (CH) 10:00 Cardio Exercise- Seated or Standing (CH) 10:00 Stretch & Flex (AZ) 11:00 Moving for Better Balance Tai Chi with Andrea* 11:30 Philosophy of Humor "The Science of Laughter" Video & Discussion (TH) 1:00 St. Patrick's Day Bagpiper Neil Hubbard (LR) 2:30 RR Play Reading with Gene Melnick (OR) 6:30 Evening Movie (TH) <i>The Joy Luck Club</i></p>	<p>18 9:00 Chair Exercise (CH) 10:00 Low Impact Workout (CH) 10:00 RR Board Games (LR) 11:00 Matinee Movie (TH) <i>A Beautiful Day in the Neighborhood</i> 2:00 RR Creative Writing with Kay Taylor (OR) 6:30 Encore Movie Showing (TH) <i>A Beautiful Day in the Neighborhood</i></p>

March 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>19 8:15 AM–12:00 PM Church Shuttle*</p> <p>9:00 Chair Yoga (CH) 9:30 Low Impact Workout (CH) 10:00 Cardio Exercise- Seated or Standing (CH) 11:00 Biography– Peter the Great: The Tyrant Reformer (TH) 1:00 Root Beer Floats (LR) 6:30 Evening Movie (TH) <i>The Woman King</i></p>	<p>20</p> <p>9:30 Low Impact Workout (CH) 9:30 QFC/Bartell's* 10:00 Cardio Exercise- Seated or Standing (CH) 10:00 Stretch & Flex (AZ) 11:00 Moving for Better Balance Tai Chi with Andrea* (special time/day) 11:00 RR Bridge (LR) 1:00 Fred Meyer* 2:30 A Journey Through Grief with Seth (AZ) 3:00 Banned Books, Burned Books: Forbidden Literary Works “The Defense for Lady Chatterley’s Lover ” Video & Discussion (TH) 6:30 Evening Movie (TH) <i>He Named Me Malala</i></p>	<p>21</p> <p>9:00 Chair Exercise (CH) 10:00 Low Impact Workout (CH) 10:30 Senior Tech- Preventing Password Panic (AZ) 11:00 NO Moving for Better Balance Tai Chi with Andrea* 1:00 Art Gala & Happy Hour (LR) Artist Demo & Live Music 6:30 Evening Movie (TH) <i>Philomena</i></p>	<p>22</p> <p>9:30 Low Impact Workout (CH) 10:00 Cardio Exercise- Seated or Standing (CH) 10:00 Stretch & Flex (AZ) 11:00 Knitting Group (LR) 11:30 Dollar Tree* 1:00 Men’s Group with Seth (AZ) 2:30 Brain Games: Sudoku (OR) 6:30 Evening Movie (TH) <i>Lion</i></p>	<p>23</p> <p>9:00 Chair Exercise (CH) 10:00 Low Impact Workout (CH) 10:00 Park Walk* <u>Downtown Bellevue Park</u> 11:00 RR Bridge (LR) 1:00 RR Bible Study (AZ) 1:30 Bellevue Art Museum* 3:00 Breathe & Relax Meditation with Seth (TH) 6:30 Evening Movie (TH) <i>The Book Thief</i></p>	<p>24</p> <p>9:30 Low Impact Workout (CH) 9:15 Moore Theatre Seattle Presents: <u>More Music @ The Moore Student Matinee*</u> 10:00 Cardio Exercise- Seated or Standing (CH) 10:00 Stretch & Flex (AZ) 11:00 Moving for Better Balance Tai Chi with Andrea* 11:30 Philosophy of Humor “Truth & Humor” Video & Discussion (TH) 1:00 Line Dancing with Karen (LR) 2:30 RR Play Reading with Gene Melnick (OR) 6:30 Evening Movie (TH) <i>On the Basis of Sex</i></p>	<p>25</p> <p>9:00 Chair Exercise (CH) 10:00 Low Impact Workout (CH) 10:00 RR Board Games (LR) 11:00 Matinee Movie (TH) <i>A Man Called Otto</i> 2:00 Adopted by Dolphins- A Unique Underwater Journey (TH) 6:30 Encore Movie Showing (TH) <i>A Man Called Otto</i></p>
<p>26 8:15 AM–12:00 PM Church Shuttle*</p> <p>9:00 Chair Yoga (CH) 9:30 Low Impact Workout (CH) 10:00 Cardio Exercise- Seated or Standing (CH) 11:00 What’s My Line- Lucille Ball & Desi Arnaz (TH) 1:30 Guest Speaker- JoAnne Peterson Let’s go to France (AZ) 6:30 Evening Movie (TH) <i>The Fabelmans</i></p>	<p>27</p> <p>9:30 Low Impact Workout (CH) 9:30 QFC/Bartell's* 10:00 Cardio Exercise- Seated or Standing (CH) 10:00 Stretch & Flex (AZ) 11:00 RR Bridge (LR) 11:30 Let’s Play Jeopardy! (AZ) 1:00 Half Price Books* 3:00 Banned Books, Burned Books: Forbidden Literary Works “Censors from the Inquisition to the Puritans” Video & Discussion (TH) 6:30 Evening Movie (TH) <i>Frida</i></p>	<p>28</p> <p>9:00 Chair Exercise (CH) 10:00 Low Impact Workout (CH) 10:30 The Gardens Gardener’s (G) 11:00 Moving for Better Balance Tai Chi with Andrea* 11:30 Rick Steves’ Andalucia- The Best of Southern Spain (TH) 1:00 Town Hall (AZ) 1:30 National Black Forest Cake Day Social (LR) 2:30 Wellness 360 with Seth (AZ) 6:30 Evening Movie (TH) <i>Victoria & Abdul</i></p>	<p>29</p> <p>9:30 Low Impact Workout (CH) 10:00 Cardio Exercise- Seated or Standing (CH) 10:00 Stretch & Flex (AZ) 11:00 Knitting Group (LR) 1:30 Guest Speaker (AZ) Dr. Theodore Deacon- The Life of Beethoven Symphony No. 2 3:00 Chemistry– The Basic Structure of an Atom (TH) 6:30 Evening Movie (TH) <i>A Call to Spy</i></p>	<p>30</p> <p>9:00 Chair Exercise (CH) 10:00 Low Impact Workout (CH) 11:00 RR Bridge (LR) 11:00 <u>Out to Lunch*</u> <u>Bahama Breeze– Tukwila</u> 1:00 RR Bible Study (AZ) 3:00 Breathe & Relax Meditation with Seth (TH) 6:30 Evening Movie (TH) <i>Land</i></p>	<p>31</p> <p>9:30 Low Impact Workout (CH) 10:00 Cardio Exercise- Seated or Standing (CH) 10:00 Stretch & Flex (AZ) 11:00 Moving for Better Balance Tai Chi with Andrea* 11:30 Philosophy of Humor “Comedy & Tragedy” Video & Discussion (TH) 1:00 Trivia with Stephanie (OR) 2:30 RR Play Reading with Gene Melnick (OR) 6:30 Evening Movie (TH) <i>Queen of Katwe</i></p>	

Transportation Reservation Process

- Transportation is available from 8:15am-4:00pm Monday-Friday
- We do not take same day personal transportation requests.
- We ask for at least 24 hours prior notice to set a transportation reservations. Reservations are taken on a first come first served basis.

In accordance with DSHS, face masks are to be worn over your nose and mouth at all times while riding in any company vehicle

RR = “Resident Run”

**RR indicates
that one of our wonderful
Gardens Residents is
leading the activity!**

**If you would like to lead an activity,
please call Life Enrichment**

Location Legend

(AZ)	Azalea Room - 3rd Floor
(B)	Bistro - 1st Floor
(CH)	In-House Channel 370
(G)	Garden Room - 2nd Floor
(GM)	Gym - 1st Floor
(LR)	Living Room - 1st Floor
(MDR)	Magnolia Dining Room - 1st Floor
(OR)	Orchid Room– 3rd Floor
(TH)	Theater - 1st Floor
*	SIGN-UP REQUIRED