


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Symbol Key: ** Requires advanced sign-up at the Front Desk in the Life Enrichment Binder. Anything written in Bold* is typically off site. *Bold & Purple indicates Invite & RSVP required at front desk \$ = Bring Your Wallet Anything in BLUE indicates TouchTown (Ch. 370/371)</p>	<p>Room Key: 1st Floor Loft (1FL) Dining Room (DR) Game Room (GR) Gilman Auditorium (GA) Library (LB) Living Room (LR) Lobby (L) Dining Room Patio (DRP) Private Dining Room (PDR) Pool (P) Pea Patch (PP)</p>	 <p>The March 2023 Full Moon, also called the Full "Worm" Moon, will be on Tuesday March 7, 2023 at 7:40 AM EST. The name "Worm" Moon refers to a different sort of "worm"—beetle larvae—which begin to emerge from the thawing bark of trees and other winter hideouts at this time. The March Full Moon will be the full moon in Virgo.</p>	<p>1 10:00 Enhance Fitness (GA) 11:00 Chair Yoga (GA) 11:15 Shopping Outing to Trader Joe's * \$ 1:00 Friendly Bridge (GR) 1:00 Newcomers Group (PDR) 3:00 Town Hall (GA) 7:00 Film Fans Movie Night: "The Red Shoes" (1948) (GA) & (TouchTown)</p>	<p>2 9:00 Water Exercise (P) 10:30 Stretch & Flex (GA) 11:15 Lunch Outing to Conscious Eatery * \$ 1:00 Card Game "Sevens" (1FL) 1:30 Balance Class (GA) 3:00 Film Lecture w/ Lance Rhoades: Academy Awards History & Preview (GA) 6:30 Film Fans Discussion of: "The Red Shoes" (1948) (GR) (NOTE: Change of meeting location for this month's discussion)</p>	<p>3 9:00 Walking Group (L) NEW! 9:30—11:25 UW Pharmacist Visits * 10:00 Enhance Fitness (GA) 10:30 Shopping Outing to Bellevue Square * \$ 11:30-2:00 UW Pharmacist Info Table (LR) 12:00 Ping Pong (GA) 1:00 Bridge (DR) 1:00 Mah-Jong Game (1FL) 3:00 UW Pharmacy Lecture: "Diabetes" (GA) 7:00 Movie Night "Red River" (1948)</p>	<p>4 10:00 Mah-Jong Game (1FL) 10:30 Stretch & Flex (GA) 1:30 Planet Earth—Gifts From The Earth & The Solar Sea (GA) 2:00 Short Story Creative Writing Class w/Claudia (GR) 7:00 Movie Night "Chasing Mavericks" (2012)</p>
<p>5 9:30 & 10:15 Church Shuttle * 11:00 Women's Coffee Hour (LR) 12:15 Movie Theater Outing - Casablanca * \$ 1:00 Scrabble (GR) 2:00 Rummikub Game (1FL) 2:00 Movie Matinee "The Leopard" (1963) Foreign Film - Italian 7:00 Movie Night "The Turning Point" (1977) 7:00 Card Game "Rummy" (1FL)</p>	<p>6 10:00 Enhance Fitness (GA) 11:00 Brain Fitness (GA) 12:00-1:30 Painting with Pamela—Part 1 (1FL) * 1:00 Caregiver Support Group (GA) 1:30 Current Events (GA) 3:00 Life Enrichment Planning Meeting (GA) 6:30 Jumbo Crossword Puzzle (LR)</p>	<p>7 9:00 Water Exercise (P) 10:45/12:00 Fred Meyer Grocery Shuttle * \$ 12:00 Jewish Purim Celebration (PDR) 1:00 Bridge (DR) 3:00 Bingo & Mimosas (GA)</p>	<p>8 10:00 Enhance Fitness (GA) 11:00 Chair Yoga (GA) 12:30 Outing to Snoqualmie Gourmet Ice Cream * \$ 1:00 Friendly Bridge (GR) 1:00 Newcomers Group (PDR) 3:00 Contemporary Issues Women's Group (GA) 7:00 Documentary Movie "Wonders of the Universe - Disc 1" (2011)</p>	<p>9 9:00 Water Exercise (P) 10:30 Stretch & Flex (GA) 11:00-2:00 Jewelry Pop Up Store (LR) 1:00 Card Game "Sevens" (1FL) 1:00 Library Volunteering (LB) 1:30 Balance Class (GA) 2:00 Food Forum (GR) 3:00 Sunshine Club (GA) 6:30 Trivia Night with Nick & Rebecca (GA)</p>	<p>10 9:30 Fred Meyer Grocery Shuttle * \$ 10:00 Enhance Fitness (GA) 12:00 Ping Pong (GA) 1:00 Bridge (DR) 1:00 Mah-Jong Game (1FL) 2:00 Shabbat: Rabbi Schneur (PDR) 3:00 Stories of a Lifetime - "Visiting China: People & Places" (GA) 7:00 Movie Night: "Mr. Smith Goes to Washington" (1939)</p>	<p>11 10:00 Mah-Jong Game (1FL) 10:30 Stretch & Flex (GA) 1:30 Planet Earth—Fate of the Earth (GA) 2:00 Cribbage (GR) 7:00 Movie Night "The Miracle Worker" (1962) Before you go to bed tonight—set your clocks forward ⇨ by one hour for DAYLIGHT SAVINGS TIME!</p>
<p>DAYLIGHT SAVINGS 12 9:30 & 10:15 Church Shuttle * 11:00 Women's Coffee Hour (LR) 1:00 Scrabble (GR) 2:00 Rummikub Game (1FL) 2:00 Music in the Westward Expansion with Author Laura Dean (GA) 2:00 Movie Matinee "The Holiday" (2006) 7:00 Movie Night "Hachi: A Dog's Tale" (2009) 7:00 Card Game "Rummy" (1FL)</p>	<p>13 10:00 Enhance Fitness (GA) 11:00 Brain Fitness (GA) 12:00-1:30 Painting with Pamela—Part 2 (1FL) * 1:30 Current Events (GA) 3:00 Beer, Chips & Bingo (GA)</p>	<p>14 9:00 Water Exercise (P) 10:45/12:00 QFC Grocery Shuttle * \$ 10:00 TheraBand Class (GA) 11:00 Health Talk w/ Select Rehab: "Do & Don'ts—Exercise and Aging" (GA) 1:00 Bridge (DR) 1:00 David Smith Lecture: "Character Development 2" (GA) 3:00 Shakespeare Class (GA) NEW!</p>	<p>15 10:00 Enhance Fitness (GA) 11:00 Chair Yoga (GA) 11:15 Lunch Outing to Coho Café * 12:15 Catholic Communion (GR) 1:00 Friendly Bridge (GR) 3:00 NOISE: Magic Flute Opera Performance (GA) 7:00 Documentary Movie "Wonders of the Universe - Disc 2" (2011)</p>	<p>16 9:00 Water Exercise (P) 10:30 Stretch & Flex (GA) 10:00 Van Gogh Immersive Experience * \$ 1:00 Card Game "Sevens" (1FL) 1:30 Balance Class (GA) 2:15 Book Club (PDR) 3:00 Help for Harborview Hospital (GA) Volunteer Opportunity!</p>	<p>♣ St Patrick's Day ♣ 17 9:00 Walking Group (L) NEW! 10:00 Enhance Fitness (GA) 10:30 Birthday Brunch * (DR) 11:00-11:30 ★ Traveling Library (LR) 12:00 Ping Pong (GA) 1:00 Bridge (DR) 1:00 Mah-Jong Game (1FL) 3:00 St. Patrick's Day Happy Hour & Bagpiper (LR) 7:00 Movie Night "Belfast" (2021)</p>	<p>18 10:00 Mah-Jong Game (1FL) 10:30 Stretch & Flex (GA) 1:30 The "I Love Lucy" Show (GA) 2:00 Short Story Creative Writing Class w/Claudia (GR) 7:00 Movie Night "Shall We Dance" (1937)</p>



March 2023



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<p>19</p> <p>9:30 & 10:15 Church Shuttle * 11:00 Women's Coffee Hour (LR) 1:00 Scrabble (GR)</p> <p>2:15 Outing to Master Chorus Eastside Performance: Mozart *</p> <p>2:00 Rummikub Game (1FL)</p> <p>2:00 Movie Matinee <i>"Robin Hood: Prince of Thieves" (1991)</i></p> <p>7:00 Movie Night <i>"The Company" (2003)</i></p> <p>7:00 Card Game "Rummy" (1FL)</p>	<p>20</p> <p>10:00 Enhance Fitness (GA) 11:00 Brain Fitness (GA)</p> <p>12:30 Outing to Experience Tea * \$ <i>(cheese & chocolate pairings)</i></p> <p>1:00 Caregiver Support Group (GR) 1:30 Current Events (GA) 3:00 Resident Council Meeting (GA) 6:30 Jumbo Word Search (LR)</p> <p>First Day of Spring</p>	<p>21</p> <p>9:00 Water Exercise (P)</p> <p>10:45/12:00 Fred Meyer Grocery Shuttle * \$</p> <p>1:00 Bridge (DR) 3:00 Ambassador Meeting (GA)</p>	<p>22</p> <p>10:00 Enhance Fitness (GA) 11:00 Chair Yoga (GA) 11:00 Episcopal Communion with Rev. Marilyn Brown (GR) 1:00 Friendly Bridge (GR) 1:00 Bible Class: <i>"Philippians"</i> (GA) 1:00 Newcomers Group (PDR) 3:00 Contemporary Issues Women's Group (GA)</p> <p>7:00 Documentary Movie <i>"Theater of War" (2008)</i></p>	<p>23</p> <p>9:00 Water Exercise (P) 10:30 Stretch & Flex (GA) 12:00 Crafts w/ Emily & Roseann (GA) 1:00 Men Only! — Beer, Chips & Putting (DR) 1:00 Card Game "Sevens" (1FL) 1:30 Balance Class (GA) 2:30 Music Lecture w/ Theodore Deacon: <i>Giacomo Puccini</i> (GA)</p>	<p>24</p> <p>10:00 Enhance Fitness (GA)</p> <p>10:00 Outing to Snoqualmie Casino * \$</p> <p>12:00 Ping Pong (GA) 1:00 Bridge (DR) 1:00 Mah-Jong Game (1FL) 3:00 Informational Talk: Lake Sammamish State Park—local gem! (GA)</p> <p>7:00 Movie Night <i>"A Year of the Quiet Sun" (1985)</i> Foreign Film—Polish</p>	<p>25</p> <p>10:00 Mah-Jong Game (1FL) 10:30 Stretch & Flex (GA) 2:00 Cribbage (GR)</p> <p>7:00 Movie Night <i>"Sylvia Scarlett" (1935)</i></p>
<p>26</p> <p>9:30 & 10:15 Church Shuttle * 11:00 Women's Coffee Hour (LR) 1:00 Scrabble (GR) 2:00 Rummikub Game (1FL)</p> <p>2:00 Movie Matinee <i>"Green Book" (2018)</i></p> <p>7:00 Movie Night <i>"W.C. Fields Comedy Collection" (1940)</i></p> <p>7:00 Card Game "Rummy" (1FL)</p>	<p>27</p> <p>10:00 Enhance Fitness (GA) 11:00 Brain Fitness (GA) 1:30 Current Events (GA) 2:30 Great Decisions: <i>"War Crimes" (GA)</i></p>	<p>28</p> <p>9:00 Water Exercise (P)</p> <p>10:45/12:00 Safeway Grocery Shuttle * \$</p> <p>10:00 TheraBand Class (GA) 1:00 Bridge (DR) 3:00 Nutrition Talk: w/ Amanda: <i>"Herbal and Dietary Supplements" (GA)</i></p>	<p>29</p> <p>10:00 Enhance Fitness (GA) 11:00 Chair Yoga (GA) 1:00 Friendly Bridge (GR) 3:00 Wellness 360 with Mallory Guest Speaker: Susan Vahlkamp—"Assisted Living 101" (GA)</p> <p>7:00 Documentary Movie <i>"A Fierce Green Fire" (2012)</i></p>	<p>30</p> <p>9:00 Water Exercise (P)</p> <p>10:00 Outing to UW Campus Cherry Blossoms *</p> <p>10:30 Stretch & Flex (GA) 1:00 Card Game "Sevens" (1FL) 1:30 Balance Class (GA) 2:30 Documentary Showing with John Forsen: <i>"1909 Seattle's World Fair"</i> (GA) 6:30 Bingo & Brownies (GA)</p>	<p>31</p> <p>9:00 Walking Group (L) NEW! 10:00 Enhance Fitness (GA)</p> <p>11:15 Outing to Crossroads Mall (shopping, eating, walking) * \$</p> <p>12:00 Ping Pong (GA) 1:00 Bridge (DR) 1:00 Mah-Jong Game (1FL) 3:00 Spring Happy Hour (LR)</p> <p>7:00 Movie Night <i>"Easy To Love" (1953)</i></p>	
<p>*TouchTown (Ch.370/371) Programming</p> <p>Morning Meditation Walks Mon Wed Fri 8:00am Qi Gong Exercise Routine Sun Tues 9:30am Chair Yoga Sun Tues Thur 10:30am Chair Exercise Mon Wed Fri Sat 10:30am Mindful Relaxation Mon-Sat 2:30pm Better Balance Mon-Sat 3:00pm Gentle Yoga Sun Tues Thur 9:00pm Bedtime Mindful Relaxation 7 days/week 9:30pm</p>		<p>←</p> <p>★ See schedule in BLUE with all the programs available on TouchTown (Ch. 370/371)</p> <p>←</p>	<p>WELLNESS SERVICES:</p> <ul style="list-style-type: none"> • Audiologist—once a month • Podiatrist—twice a month <p><i>If you have questions about the wellness services</i></p> <p>—OR—</p> <p><i>you would like to schedule your appointments for the above... please go to the Wellness Center on the first floor.</i></p>	<p><i>For additional activity supplies please contact Life Enrichment on the 3rd floor or by calling the front desk at 425-557-4200</i></p>	<p>FRIDAY—March 17th</p> <p>★Traveling Library—be sure your King County Library books are turned in to the LE Office or the front desk by 10 am.</p>	<p>Thrive is a holistic approach to healthy aging designed to achieve optimal health, energy, and life enjoyment. Focused on supporting mind, body, and spirit and developed in collaboration with the U of WA Schools of Nursing and Social Work.</p>