





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>AR</b> Activity Room <b>LVDR</b> Lakeview Dining Room <b>TV</b> Television Room <b>CTC</b> Coffee Talk Café <b>RG</b> Rose Garden <b>S</b> Salon <b>GR</b> Garden Room <b>GP</b> Games Plus Room <b>PDR</b> Private Dining Room	<b>GT</b> Games Tables <b>L</b> Lobby <b>LL</b> Lobby Lounge <b>WC</b> Wellness Center <b>Ch 370</b> TV Channel 370  * Sign-up in Activity Book ** Sign-up in Life Enrichment Office *** Sign up in Wellness Center		<b>1</b> 9:30 Strength & Balance (AR) <b>10:00 Chair Yoga (AR)</b> 11:00 Bingo (GR) 1:00 Knitting for a Cause (CTC) <b>1:15 QFC &amp; Bartells*</b> <b>2:00 Comcast TV &amp; Internet Upgrade Discussion (AR)</b> 6:15 Bridge (CTC) 6:30 Exercise Your Brain (AR) 7:00 Movie Night (CH 370)	<b>2</b> 9:00 Enhance Fitness (AR) <b>10:15 Balance Class (AR)</b> <b>11:00 Ladies of The Lakeshore (AR)</b> <b>2:00 Catholic Mass (GR)</b> <b>2:30 Celebration of Life (LVDR)</b> 3:00 Cribbage Club (GP) <b>4:15 Dinner at Torero's Mexican Restaurant*</b>	<b>3</b> <b>9:30 Fred Meyer / Safeway*</b> 9:30 Strength & Balance (AR) <b>10:20 Fred Meyer*</b> <b>2:00 Music Hour with Charlie Brown (LVDR)</b> <b>6:30 Friday Night Board Games (CTC)</b> 7:00 Movie Night (CH 370)	<b>4</b> 9:30 Strength & Balance (AR) 10:30 Poetry Hour (AR) 11:00 Bingo (GR) 1:00 Poker (CTC) <b>1:15 Long Scenic Drive * "Surprise Destination"</b> 3:00 Bridge (AR) 7:00 Movie Night (CH 370)
<b>5</b> 9:30 St. Matthew's (AR) 12:00 St. Anthony's (AR) 1:30 Blaine Memorial United Methodist (AR) <b>1:15 Federal Way Symphony* "World of Music"</b> 2:30 Great Courses:(TV) Concert Masterworks "Mozart" 7:00 Movie Night (CH 370)	<b>6</b> 9:30 Strength & Balance (AR) 10:05 Breathe and Relax (AR) <b>11:00 David Smith "Wisdom" (AR)</b> <b>2:00 David Kaynor: "LeMay American Car Museum" (AR)</b> 3:15 Brain Board Games (AR) 6:15 Bridge (CTC) 6:30 Card Game Night Penny Poker (CTC)	<b>7</b> 9:00 Enhance Fitness (AR) 9:30 Catholic Service (TV) <b>11:00 Men's Group (AR)</b> <b>11:00 Park Walk* "Coulon Park"</b> <b>11:00 Wowzitude Travel "TBD" (CH 370 or TV)</b> <b>2:00 Guest Speaker: Amanda Riffley "Herbal and Dietary Supplements" (AR)</b> <b>6:30 Phone Camera 101 (AR)</b>	<b>8</b> 9:30 Strength & Balance (AR) <b>10:00 Chair Yoga (AR)</b> 11:00 Bingo (GR) <b>12:00 St. Patrick's High Tea (AR)</b> <b>2:30 Trivia League (AR)</b> 1:00 Knitting for a Cause (CTC) 6:15 Bridge (CTC) 6:30 Exercise Your Brain (AR) 7:00 Movie Night (CH 370)	<b>9</b> 9:00 Enhance Fitness (AR) <b>10:00 Neighborhood Block Party Ground &amp; 1st Floor</b> <b>10:15 Balance Class (AR)</b> <b>1:00 St. Patrick's Day Crafts (GR)</b> <b>2:00 Annual Cribbage Tournament Party (AR)</b> 3:00 Cribbage Club (GP)	<b>10</b> <b>9:30 Fred Meyer / Safeway*</b> 9:30 Strength & Balance (AR) <b>10:20 Fred Meyer*</b> <b>2:00 Shamrock Floats Social (AR)</b>  <b>3:00 Afternoon Movie "Riverdance" (TV)</b> <b>6:30 Friday Night Board Games (CTC)</b> 7:00 Movie Night (CH 370)	<b>11</b> 9:30 Strength & Balance (AR) 11:00 Bingo (GR) 1:00 Poker (CTC) <b>1:15 Long Scenic Drive * "Kent &amp; Auburn"</b> 3:00 Bridge (AR) 7:00 Movie Night (CH 370)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Daylight Savings 12</b> 9:30 St. Matthew's (AR) 12:00 St. Anthony's (AR) 1:30 Blaine Memorial United Methodist (AR) 2:30 Great Courses: (TV) Concert Masterworks <b>3:00 Nerf Leprechaun Hunting (AR)</b> <b>5:00 Oscars on NBC (TV)</b> 7:00 Movie Night (CH 370) 	<b>13</b> 9:30 Strength & Balance (AR) 10:05 Breathe and Relax (AR) <b>11:00 David Smith "Wisdom" (AR)</b> <b>2:00 Pots, Patios, Plants* (GR)</b> 3:15 Brain Board Games (AR) 6:15 Bridge (CTC) 6:30 Card Game Night Penny Poker (CTC)	<b>14</b> 9:00 Enhance Fitness (AR) 9:30 Catholic Service (TV) <b>11:00 Park Walk* "Coulon Park"</b> <b>11:00 Wowzitude Travel "TBD" (CH 370 or TV)</b> <b>1:00 Flower Club (GR)</b> <b>2:00 Current Events with Jacob (AR)</b> <b>6:30 Sip &amp; Paint with Dolores (AR)</b>	<b>15</b> 9:30 Strength & Balance (AR) <b>10:00 Chair Yoga (AR)</b> 11:00 Bingo (GR) 1:00 Knitting for a Cause (CTC) <b>1:15 Grocery Outlet*</b> <b>2:00 Codenames Board Game (CTC)</b> 6:15 Bridge (CTC) 6:30 Exercise Your Brain (AR)	<b>16</b> 9:00 Enhance Fitness (AR) <b>10:00 Neighborhood Block Party 2nd &amp; 3rd Floor</b> <b>10:15 Balance Class (AR)</b> <b>2:00 Transportation Meeting (AR)</b> 3:00 Cribbage Club (GP) <b>6:30 Internet Class with Dolores (AR)</b>	<b>Happy St. Patrick's Day 17</b> <b>9:30 Fred Meyer / Safeway*</b> 9:30 Strength & Balance (AR) <b>10:20 Fred Meyer*</b> <b>2:00 Celtic Arts Northwest Irish Dancers &amp; Happy Hour (LVDR)</b>  <b>6:30 Friday Night Board Games (CTC)</b> 7:00 Movie Night (CH 370)	<b>18</b> 9:30 Strength & Balance (AR) 10:30 Poetry Hour (AR) 11:00 Bingo (GR) 1:00 Poker (CTC) <b>1:15 Dollar Tree &amp; JoAnn Fabrics*</b> 3:00 Bridge (AR) 7:00 Movie Night (CH 370)
<b>19</b> 9:30 St. Matthew's (AR) <b>11:00 Tech Help* (AR)</b> 12:00 St. Anthony's (TV) 1:30 Blaine Memorial United Methodist (TV) <b>1:15 Renton City Concert Band IKEA Theater*</b> 2:30 Great Courses: (TV) Concert Masterworks 7:00 Movie Night (CH 370)	<b>20</b> 9:30 Strength & Balance (AR) 10:05 Breathe and Relax (AR) <b>11:00 David Smith "Wisdom" (AR)</b> <b>2:00 Scenic Drive West Seattle *</b> 3:15 Brain Board Games (AR) 6:15 Bridge (CTC) 6:30 Card Game Night Penny Poker (CTC)	<b>21</b> 9:00 Enhance Fitness (AR) 9:30 Catholic Service (TV) <b>11:00 Park Walk* "Coulon Park"</b> <b>11:00 Wowzitude Travel "TBD" (CH 370 or TV)</b> <b>1:00 Watercolor Painting (GR)</b> <b>2:00 Culinary &amp; Dining Meeting (AR)</b> <b>4:00 Dinner at Outback Steak House*</b>	<b>22</b> 9:30 Strength & Balance (AR) <b>10:00 Chair Yoga (AR)</b> 11:00 Bingo (GR) <b>12:15 Opera at the Cinema* "Lohengrin"</b> 1:00 Knitting for a Cause (CTC) <b>1:15 Uwajimaya*</b> <b>2:30 Trivia League (AR)</b> 6:15 Bridge (CTC) 6:30 Exercise Your Brain (AR) 7:00 Movie Night (CH 370)	<b>23</b> 9:00 Enhance Fitness (AR) <b>10:15 Balance Class (AR)</b> <b>11:00 LeMay American Car Museum &amp; Lunch at Fill Thronal Café*</b> <b>11:00 Book Club Meeting (GR)</b> <b>2:00 Town Hall (AR)</b> 3:00 Cribbage Club (GP) <b>6:30 Special Movie Night "Into The Woods" (TV Room)</b>	<b>24</b> <b>9:30 Fred Meyer / Safeway*</b> 9:30 Strength & Balance (AR) <b>10:20 Fred Meyer*</b> <b>2:00 Lance Rhoades Storyteller "Irish History in America Part 1" (AR)</b> <b>6:30 Friday Night Board Games (CTC)</b> 7:00 Movie Night (CH 370)	<b>25</b> 9:30 Strength & Balance (AR) 11:00 Bingo (GR) 1:00 Poker (CTC) <b>1:15 Long Scenic Drive * "Bellevue"</b> 3:00 Bridge (AR) 7:00 Movie Night (CH 370)
<b>26</b> 9:30 St. Matthew's (Ch 370) 12:00 St. Anthony's (Ch.370) 1:30 Blaine Memorial United Methodist (CH 370) 2:30 Great Courses: (TV) Concert Masterworks <b>3:00 Jeopardy with Dolores (AR)</b> 7:00 Movie Night (CH 370)	<b>27</b> 9:30 Strength & Balance (AR) 10:05 Breathe and Relax (AR) <b>11:00 Shakespeare (AR)</b> <b>2:00 Select Rehab Health and Wellness Talk "Nail and Oral Care" (AR)</b> 3:15 Brain Board Games (AR) 6:15 Bridge (CTC) 6:30 Card Game Night Penny Poker (CTC)	<b>28</b> 9:00 Enhance Fitness (AR) 9:30 Catholic Service (TV) <b>11:00 Park Walk* "Coulon Park"</b> <b>1:00 Flower Club (GR)</b> <b>2:00 Current Events with Jacob (AR)</b> <b>3:00 Great Decisions with Jacob (AR)</b> <b>6:30 Tech Help* (CTC)</b>	<b>29</b> 9:30 Strength & Balance (AR) <b>10:00 Chair Yoga (AR)</b> 11:00 Bingo (GR) 1:00 Knitting for a Cause (CTC) <b>1:15 Trader Joe's &amp; PCC*</b> <b>2:00 Spring Bee Door Hanger Craft (GR)</b> 6:15 Bridge (CTC) 6:30 Exercise Your Brain (AR) 7:00 Movie Night (CH 370)	<b>30</b> 9:00 Enhance Fitness (AR) <b>10:15 Balance Class (AR)</b> <b>11:00 Lunch at Black Diamond Bakery*</b> <b>2:00 Readers Theater Meeting (AR)</b> 3:00 Cribbage Club (GP) <b>6:15 Wine Social (Lobby)</b>	<b>31</b> <b>9:30 Fred Meyer / Safeway*</b> 9:30 Strength & Balance (AR) <b>10:20 Fred Meyer*</b> <b>2:00 Lance Rhoades Storyteller "Irish History in America Part 2"</b> <b>6:30 Friday Night Board Games (CTC)</b> 7:00 Movie Night (CH 370)	