

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Monthly Committee Meetings
Please See the W.A.A.G for Meeting Days & Times



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

	<p style="text-align: right;">1</p> <p>10:00 Knitting in Bistro 11:15 Water Aerobics 1:00 Bridge 1:00 Tai Ji Quan 2:00 Schmooze w/ Rabbi Nissan 3:00 David Smith 7:30 Movie: Matilda</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;">2</p> <p>9:30 Enhance Fitness 11:00 QFC Shopping 11:00 Jewelry by Liz 11:00 French with Chloe 1:00 Mahjong/Rummy Tiles 1:30 Sit & Get Fit 2:30 Tech Help Session 3:00 Women's Group 7:30 Movie: Ticket to Paradise</p> <p><u>TV Channel 370 ONLY</u> 9:00 Sit and Dance 10:00 Standing Pilates</p>	<p style="text-align: right;">3</p> <p>10:00 Ballet with Jordan 11:15 Water Aerobics 12:00 Bus Outing: Bridal Trails State Park 1:00 Bridge 1:15 Brain Fitness 2:00 Mindful Relaxation 4:00 Lance Rhoades 7:30 Movie: Woman in Gold</p> <p><u>TV Channel 370 ONLY</u> 9:00 Gentle Yoga 10:00 Virtual Zumba</p>	<p style="text-align: right;">4</p> <p>9:30 Enhance Fitness 10:45 Bookmobile 11:00 Aspiring Writers 1:00 Rummy Tiles 1:00 Life Reflections Group 1:30 Sit & Get Fit 2:00 Current Events 7:30 Movie: The Boss</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;">5</p> <p>10:50 Rosary 11:00 Contemporary Dance with Jordan 1:00 Mahjong/Bridge 1:00 Watercolor Workshop 1:15 Open Swim 2:30 Ceramic Pottery with Creative Hands Studio 7:30 Movie: Marnie</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;">6</p> <p>9:30 Enhanced Fitness 10:00 Shopping Outing: Bellevue Square Mall 11:00 Open Swim 11:00 Line Dancing with Jordan 1:00 Bridge 1:00 Tai Ji Quan 2:00 Bill Nye the Science Guy 3:00 Bonnie's Travelogue Presentation</p> <p><u>TV Channel 370 ONLY</u> 9:00 Chair Stretching 10:00 5k with a Twist</p>
<p style="text-align: right;">7</p> <p>8:30 Church Transport 1:00 Scenic Drive with Marc 1:30 Sit & Get Fit (Video) 3:00 Guide Dogs for the Blind Puppy Club 3:00 Weekend Movie: Jane Eyre</p> <p><u>TV Channel 370 ONLY</u> 9:00 Shoulder Stretching 10:00 2 in 1 Workout 12:00 Lawrence Welk</p>	<p style="text-align: right;">8</p> <p>10:00 Knitting in Bistro 11:15 Water Aerobics 11:00 Action Book Club 11:00 Your Clothing Solutions Boutique 11:30 Your Clothing Solution Fashion Show 1:00 Bridge 1:00 Tai Ji Quan 3:00 Shakespeare Class 4:00 Great Decisions 7:30 Movie: La Traviata</p> <p><u>TV Channel 370 ONLY</u> 9:00 Seated Total Body 10:00 Walk Exercise</p>	<p style="text-align: right;">9</p> <p>9:30 Top Pot Donut Wall 11:00 QFC Shopping 11:00 French with Chloe 1:00 Mahjong/Rummy Tiles 1:30 Sit & Get Fit 3:00 Men's Group 7:30 Metropolitan Singers Choir 7:30 Movie: A Man Named Otto</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;">10</p> <p>10:00 Zumba with Erin 11:00 Town Hall 1:00 Bridge 1:15 Brain Fitness 2:00 Mindful Relaxation 3:00 Walking Outing: Island Crest Park 7:30 Movie: To Be or Not To Be</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;">11</p> <p>9:30 Enhance Fitness 11:00 UW Health Day with Amanda and Abby 1:00 UW Health Presentation 1:00 Rummy Tiles 1:30 Sit & Get Fit 2:00 Current Events 3:00 Pictionary 7:30 Movie: Men in Tights</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;">12</p> <p>10:50 Rosary 1:00 Contemporary Dance with Jordan 1:00 Mahjong/Bridge 1:00 Watercolor Workshop with Victoria 1:15 Water Aerobics 3:00 Debbie Dimitre Storyteller as Alice Paul 7:30 Movie: Secrets of the Mona Lisa</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;">13</p> <p>9:30 Enhance Fitness 10:00 Mother's Day Train Ride 11:00 Line Dancing with Jordan 11:00 Open Swim 1:00 Bridge 1:00 Tai Ji Quan 3:00 Weekend Movie: Adam's Rib</p> <p><u>TV Channel 370 ONLY</u> 9:00 Chair Stretching 10:00 5k with a Twist 12:00 Lawrence Welk Show</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																								
<p align="right">14</p> <p>Mother's Day Brunch 11-2 PM</p> <p>8:30 Church Transport</p> <p>11:00 Crafts with Erin</p> <p>1:30 Sit & Get Fit</p> <p>(Video)</p> <p>2:00 Scenic Drive with Marc</p> <p>3:00 Weekend Movie: Mother's Day NO DINNER</p> <p><u>TV Channel 370 ONLY</u></p> <p>9:00 Shoulder Stretching</p> <p>10:00 2 in 1 Workout</p>	<p align="right">15</p> <p>10:00 Knitting in Bistro</p> <p>11:15 Water Aerobics</p> <p>1:00 Bridge</p> <p>1:00 Tai Ji Quan</p> <p>3:00 David Smith</p> <p>4:30 Mariachi Mexican Dinner Dance</p> <p>7:30 Movie: Madama Butterfly</p> <p><u>TV Channel 370 ONLY</u></p> <p>9:00 Seated Total Body</p> <p>10:00 Walk Exercise</p> <p>12:00 Matinee Movie</p>	<p align="right">16</p> <p>9:30 Enhance Fitness</p> <p>11:00 French with Chloe</p> <p>11:00 QFC Shopping</p> <p>1:00 Mahjong/Rummy Tiles</p> <p>1:30 Sit & Get Fit</p> <p>2:00 UW Nutritionist Presentation</p> <p>7:30 Bill Nye: Change the World Tour</p> <p>7:30 Movie: Champions</p> <p><u>TV Channel 370 ONLY</u></p> <p>9:00 Sit and Dance</p> <p>10:00 Total Body Exercise</p> <p>12:00 Matinee Movie</p>	<p align="right">17</p> <p>10:00 Ballet with Jordan</p> <p>10:30 Volunteering Outing at Hopelink with Nichole</p> <p>11:15 Water Aerobics</p> <p>1:00 Bridge</p> <p>1:15 Brain Fitness</p> <p>3:00 David Kaynor</p> <p>4:00 Lance Rhoades</p> <p>7:30 Movie: The Song of the Prophets</p> <p><u>TV Channel 370 ONLY</u></p> <p>9:00 Gentle Yoga</p> <p>10:00 Virtual Zumba</p>	<p align="right">18</p> <p>9:30 Enhance Fitness</p> <p>11:00 Aspiring Writers</p> <p>1:00 Rummy Tiles</p> <p>1:30 Sit & Get Fit</p> <p>2:00 Current Events</p> <p>5:00 Viva Aljoja!</p> <p>7:30 Movie: The Two Popes</p> <p><u>TV Channel 370 ONLY</u></p> <p>9:00 Chair Yoga</p> <p>10:00 Walk Exercise</p> <p>12:00 Matinee Movie</p>	<p align="right">19</p> <p>10:50 Rosary</p> <p>11:00 Contemporary Dance with Jordan</p> <p>1:00 Mahjong/Bridge</p> <p>1:00 Watercolor Workshop</p> <p>1:15 Water Aerobics</p> <p>2:00 Live Music: Oleg Flamenco</p> <p>7:30 Movie: The Heart Dances</p> <p><u>TV Channel 370 ONLY</u></p> <p>9:00 Seated Cardio</p> <p>10:00 2in1 Workout</p>	<p align="right">20</p> <p>9:15 Met HD: Don Giovanni</p> <p>9:30 Enhance Fitness</p> <p>11:00 Crafts with Jordan</p> <p>11:00 Open Swim</p> <p>1:00 Bridge</p> <p>1:00 Tai Ji Quan</p> <p>2:00 Bill Nye the Science Guy</p> <p>3:00 Weekend Movie: Johnny Dangerously</p> <p><u>TV Channel 370 ONLY</u></p> <p>9:00 Chair Stretching</p> <p>10:00 5k with a Twist</p>																								
<p align="right">21</p> <p>Sunday Brunch 11-2 PM</p> <p>8:30 Church Transport</p> <p>11:00 Crafts with Erin</p> <p>1:15 Benaroya Hall: Cosmic Adventures</p> <p>1:30 Sit & Get Fit (Video)</p> <p>2:00 Bill Lieberman Memorial</p> <p>3:00 Weekend Movie: Alice's Adventures Wonderland Ballet</p> <p>NO DINNER</p> <p><u>TV Channel 370 ONLY</u></p> <p>9:00 Shoulder Stretching</p>	<p align="right">22</p> <p>10:00 Knitting in Bistro</p> <p>11:15 Water Aerobics</p> <p>1:00 Bridge</p> <p>1:00 Tai Ji Quan</p> <p>1:00 Shopping Outing: Costco</p> <p>3:00 Shakespeare Group</p> <p>7:00 Fireside Lounge: John C.</p> <p>7:30 Movie: Meet me in St. Louis</p> <p><u>TV Channel 370 ONLY</u></p> <p>9:00 Seated Total Body</p> <p>10:00 Walk Exercise</p>	<p align="right">23</p> <p>9:30 Enhance Fitness</p> <p>11:00 French with Chloe</p> <p>11:00 QFC Shopping</p> <p>12:00 Birthday Lunch!</p> <p>1:00 Mahjong/Rummy Tiles</p> <p>1:30 Sit & Get Fit</p> <p>3:00 Women's Group</p> <p>7:30 Movie: Whitney Houston: I Wanna Dance with Somebody</p> <p><u>TV Channel 370 ONLY</u></p> <p>9:00 Sit and Dance</p> <p>10:00 Standing Pilates</p> <p>12:00 Matinee Movie</p>	<p align="right">24</p> <p>9:30 Bus Trip: Breakfast Outing</p> <p>11:15 Water Aerobics</p> <p>1:00 Bridge</p> <p>1:15 Brain Fitness</p> <p>2:00 Mindful Relaxation</p> <p>3:30 Cocktail Party</p> <p>7:30 Movie: Lalita Lavanga</p> <p><u>TV Channel 370 ONLY</u></p> <p>9:00 Gentle Yoga</p> <p>10:00 Virtual Zumba</p> <p>12:00 Matinee Movie</p>	<p align="right">25</p> <p>9:30 Enhanced Fitness</p> <p>11:00 Wellness 360</p> <p>1:00 Rummy Tiles</p> <p>1:30 Sit & Get Fit</p> <p>2:00 Current Events</p> <p>3:30 Pictionary</p> <p>7:00 Women of Washington Film Group</p> <p><u>TV Channel 370 ONLY</u></p> <p>9:00 Chair Yoga</p> <p>10:00 Walk Exercise</p> <p>12:00 Matinee Movie</p>	<p align="right">26</p> <p>10:50 Rosary</p> <p>11:00 Contemporary Dance with Jordan</p> <p>12:00 Lunch Outing: El Tapatio Mexican Grill</p> <p>1:00 Mahjong/Bridge</p> <p>1:00 Watercolor Workshop with Victoria</p> <p>1:15 Water Aerobics</p> <p>3:00 Travelling Chocolate Company</p> <p>7:30 Movie: The Birds</p> <p><u>TV Channel 370 ONLY</u></p>	<p align="right">27</p> <p>9:30 Enhance Fitness</p> <p>10:30 Northwest Folklife Festival</p> <p>11:00 Crafts with Jordan</p> <p>11:00 Open Swim</p> <p>1:00 Bridge</p> <p>1:00 Tai Ji Quan</p> <p>2:00 Bill Nye the Science Guy</p> <p>3:00 Weekend Movie: The Pink Panther</p> <p><u>TV Channel 370 ONLY</u></p> <p>9:00 Chair Stretching</p> <p>10:00 5k with Twist</p> <p>12:00 Lawrence Welk</p>																								
<p align="right">28</p> <p>8:30 Church Transport</p> <p>11:00 Crafts with Erin</p> <p>1:00 Village Theatre: Hello Dolly!</p> <p>1:30 Sit & Get Fit (Video)</p> <p>3:00 Weekend Movie: Murder Mystery</p> <p><u>TV Channel 370 ONLY</u></p> <p>9:00 Shoulder Stretching</p> <p>10:00 2 in 1 Workout</p> <p>12:00 Lawrence Welk</p>	<p align="right">29</p> <p>Memorial Day Picnic 12 - 2PM</p> <p>10:00 Knitting in Bistro</p> <p>11:15 Water Aerobics</p> <p>1:00 Bridge</p> <p>1:00 Tai Ji Quan</p> <p>7:30 Movie: The Music Man</p> <p>NO DINNER</p> <p><u>TV Channel 370 ONLY</u></p> <p>9:00 Seated Total Body</p> <p>10:00 Walk Exercise</p> <p>12:00 Matinee Movie</p>	<p align="right">30</p> <p>9:30 Enhance Fitness</p> <p>11:00 French with Chloe</p> <p>11:00 Resident Council</p> <p>1:00 Mahjong/Rummy Tiles</p> <p>1:30 Sit & Get Fit</p> <p>3:00 QFC Shopping</p> <p>3:00 Men's Group</p> <p>3:00 Live Entertainment: Terry B</p> <p>7:30 Movie: Reggie</p> <p><u>TV Channel 370 ONLY</u></p> <p>9:00 Sit and Dance</p> <p>10:00 Standing Pilates</p> <p>12:00 Matinee Movie</p>	<p align="right">31</p> <p>10:00 Ballet with Jordan</p> <p>11:15 Water Aerobics</p> <p>1:00 Luther Burbank Volunteering</p> <p>1:00 Bridge</p> <p>1:15 Brain Fitness</p> <p>2:00 Mindful Relaxation</p> <p>3:30 Ted Talks</p> <p>7:30 Movie: Murder Mystery 2</p> <p><u>TV Channel 370 ONLY</u></p> <p>9:00 Gentle Yoga</p> <p>10:00 Virtual Zumba</p> <p>12:00 Matinee Movie</p>	<div style="border: 2px solid black; border-radius: 20px; padding: 10px;"> <p align="center"><i>Residents Birthdays</i></p> <table border="0"> <tr> <td>Grinstead, Marie</td> <td>05/09</td> <td>Simmons, Rosalind</td> <td>05/28</td> </tr> <tr> <td>Cook, Margie</td> <td>05/15</td> <td>Picardo, Ernest</td> <td>05/15</td> </tr> <tr> <td>Eagle, Jane</td> <td>05/15</td> <td>Phillips, Helen</td> <td>05/31</td> </tr> <tr> <td>Glass, Lois</td> <td>05/17</td> <td>West, Audrey</td> <td>05/31</td> </tr> <tr> <td>Gray, Bill</td> <td>05/17</td> <td></td> <td></td> </tr> <tr> <td>Glass, Werner</td> <td>05/27</td> <td></td> <td></td> </tr> </table> </div>			Grinstead, Marie	05/09	Simmons, Rosalind	05/28	Cook, Margie	05/15	Picardo, Ernest	05/15	Eagle, Jane	05/15	Phillips, Helen	05/31	Glass, Lois	05/17	West, Audrey	05/31	Gray, Bill	05/17			Glass, Werner	05/27		
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