



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

Photo source: every-tuesday.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:30 Low Impact Workout (CH) <b>9:30 QFC/Bartell's*</b> 10:00 Cardio Exercise- Seated or Standing (CH) 10:00 Stretch & Flex (AZ) 11:00 RR Bridge (LR) <b>1:00 QFC/Bartell's*</b> 3:00 Banned Books, Burned Books: Forbidden Literary Works "Artistry, Morality, & Nabokov's Lolita" Video & Discussion (TH) 6:30 Evening Movie (TH) <i>Chocolat</i>	2 <b>9:00 Pool Exercise at Aljoia Mercer Island*</b> 10:00 Low Impact Workout (CH) 11:00 <u>Moving for Better Balance Tai Chi with Andrea (AZ)</u> 1:30 <u>Guest Speaker (AZ)</u> <u>Film History with Lance: American Cities Seen Through The Movies- Boston</u> 3:00 Town Hall (AZ) 6:30 Evening Movie (TH) <i>Mack &amp; Rita</i>	3 9:30 Low Impact Workout (CH) 10:00 Cardio Exercise- Seated or Standing (CH) 10:00 Stretch & Flex (AZ) 11:00 Knitting Group (LR) 1:00 Trivia (LR) 2:00 A Journey Through Grief with Seth (AZ) 3:00 Italian Sodas (LR) 6:30 Evening Movie (TH) <i>Dream Horse</i>	4 Salon Hours 9:30-3:30 9:00 Chair Exercise (CH) 10:00 Low Impact Workout (CH) <b>10:00 Park Walk*:</b> <b>Kelsey Creek</b> 11:00 RR Bridge (LR) 11:00 <u>Guest Speaker (AZ)</u> <u>Great Decisions with Jacob Bolotin: Economic Warfare</u> 1:00 RR Bible Study (AZ) 2:00 <u>Open Art with Beverly (OR)</u> 3:00 Breathe & Relax Meditation with Seth (TH) 6:30 Evening Movie (TH) <i>The Banshees of Inisherin</i>	5 9:30 Low Impact Workout (CH) 10:00 Cardio Exercise- Seated or Standing (CH) 10:00 Stretch & Flex (AZ) 11:00 <u>Moving for Better Balance Tai Chi with Andrea*</u> 1:00 Bingo (OR) 2:30 RR Play Reading with Gene Melnick (OR) 3:30 The US Constitution Through History- "The Bill of Rights as a Concession" Video & Discussion (TH) 4:00 Pre-Dinner Drinks: Margaritas (LR) 6:30 Evening Movie (TH) <i>Finding Your Feet</i>	6 9:00 Chair Exercise (CH) 10:00 Low Impact Workout (CH) 10:00 RR Board Games (LR) <b>11:00 **NEW CLASS**</b> Low Impact Aerobics with Maria (AZ) 1:00 Independent Walking Group (B) 2:00 Kentucky Derby Social (AZ) 6:30 Evening Movie (TH) <i>Toast</i>
7 9:00 Chair Yoga (CH) 9:30 Low Impact Workout (CH) 10:00 Cardio Exercise- Seated or Standing (CH) 1:00 Book Club with Rinzin (OR) 2:00 National Lemonade Day Social (LR) <b>3:45 Happy Hour @ John Howie*</b> 6:30 Evening Movie (TH) <i>The Whale</i>	8 9:30 Low Impact Workout (CH) <b>9:30 QFC/Bartell's*</b> 10:00 Cardio Exercise- Seated or Standing (CH) 10:00 Stretch & Flex (AZ) 11:00 RR Bridge (LR) <b>1:00 Trader Joes*</b> 1:00 Caring for the Caregiver (OR) 2:30 <u>Happy Hour (LR)</u> <u>Rouge Music Trio- Janet, Toby &amp; Clayton</u> 6:40 Seattle Baseball (TH) Mariners @ Texas Rangers	9 <b>9:00 Pool Exercise at Aljoia Mercer Island*</b> 10:00 Low Impact Workout (CH) 10:30 The Gardens Gardener's (G) 11:00 <u>Moving for Better Balance Tai Chi with Andrea (AZ)</u> 1:00 Poker (OR) 2:00 <u>Guest Speaker: Holocaust Center for Humanity- Peggy West (AZ)</u> 3:30 National Moscato Day (LR) 6:40 Seattle Baseball (TH) Mariners @ Texas Rangers	10 Salon Hours 9:30-11:30 9:30 Low Impact Workout (CH) 10:00 Cardio Exercise- Seated or Standing (CH) 10:00 Stretch & Flex (AZ) 11:00 Knitting Group (LR) 11:00 Nutrition Talk with Amanda Riffle: <u>Sodium &amp; Health: How Much Is Too Much?</u> 12:40 Seattle Baseball (TH) Mariners @ Texas Rangers <b>1:00 **NEW GAME**</b> <b>RR Canasta (OR)</b> 2:00 Contemporary Issues (AZ) 3:00 TED Talks & Discussion (TH) 6:30 Evening Movie (TH) <i>Book Club</i>	11 Salon Hours 9:30-3:30 9:00 Chair Exercise (CH) 10:00 Low Impact Workout (CH) 10:30 <u>Morning Concert: Renowned Collegiate A'cappella Groups from Yale-Alley Cats (LR)</u> 11:30 RR Bridge (LR) 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>Moneyball</i>	12 9:30 Low Impact Workout (CH) 10:00 Cardio Exercise- Seated or Standing (CH) 10:00 Stretch & Flex (AZ) 11:00 <u>Moving for Better Balance Tai Chi with Andrea (AZ)</u> 1:00 RR Sing Along (LR) 2:30 RR Play Reading with Gene Melnick (OR) 3:30 The US Constitution Through History- "The Rise of Federal Power: Hamilton's Bank " Video & Discussion (TH) 6:30 Evening Movie (TH) <i>The Way</i>	13 9:00 Chair Exercise (CH) 10:00 Low Impact Workout (CH) 10:00 RR Board Games (LR) 11:00 Matinee Movie (TH) <i>Where'd You Go, Bernadette?</i> 1:00 Independent Walking Group (B) 6:30 Evening Movie (TH) <i>Lean on Pete</i>
14 Mother's Day 9:00 Chair Yoga (CH) 9:30 Low Impact Workout (CH) 10:00 Cardio Exercise- Seated or Standing (CH) <b>11:00am — 1:30pm</b> <b>Mother's Day Brunch</b> <b>Magnolia Dining Room</b> <b>Reservations Required</b> 6:30 Evening Movie (TH) <i>Mother's Day</i>	15 9:30 Low Impact Workout (CH) <b>9:30 QFC/Bartell's*</b> 10:00 Cardio Exercise- Seated or Standing (CH) 10:00 Stretch & Flex (AZ) 11:00 RR Bridge (LR) 11:30 Lunch & A Movie (AZ) <i>Hamilton (2020)</i> <b>1:00 Fred Meyer*</b> 3:00 Banned Books, Burned Books: Forbidden Literary Works "Authors that Cannot Themselves" Video & Discussion (TH) 6:30 Evening Movie (TH) <i>The Secret- Dare to Dream</i>	16 <b>9:00 Pool Exercise at Aljoia Mercer Island*</b> 10:00 Low Impact Workout (CH) 10:30 National Mimosa Day: Mimosa Bar (LR) 11:00 <u>Moving for Better Balance Tai Chi with Andrea (AZ)</u> 1:00 Poker (OR) 2:00 <u>Afternoon Concert: Gary Lee Hood- Piano &amp; Vocals (LR)</u> 3:30 Nature PBS: Treasure of the Caribbean (TH) 6:30 Evening Movie (TH) Platinum Comedy Series- Jerry Seinfeld	17 9:30 Low Impact Workout (CH) <b>9:30 Woodland Park Zoo*</b> <b>*See Stephanie for Discount Gold Card- \$6.25</b> 10:00 Cardio Exercise- Seated or Standing (CH) 10:00 Stretch & Flex (AZ) 11:00 Knitting Group (LR) 1:00 Nutrition Talk with <u>Amanda Riffle (AZ)</u> <u>Facts on Fats</u> 2:30 Men's Group with Seth (OR) 3:30 Services & Safety Part 2- Health & Wellness Services with Julie (AZ) 6:30 Evening Movie (TH) <i>She Said</i>	18 Salon Hours 9:30-3:30 9:00 Chair Exercise (CH) 10:00 Low Impact Workout (CH) <b>10:00 Park Walk*:</b> <b>Luther Burbank Park</b> 11:00 <u>Guest Speaker (AZ)</u> <u>Current Events with Jacob Bolotin</u> 1:00 RR Bible Study (AZ) 2:00 <u>Open Art with Beverly (OR)</u> 3:00 Breathe & Relax Meditation with Seth (TH) 6:30 Evening Movie (TH) <i>The Bookshop</i>	19 9:30 Low Impact Workout (CH) 10:00 Cardio Exercise- Seated or Standing (CH) 10:00 Stretch & Flex (AZ) 11:00 <u>Moving for Better Balance Tai Chi with Andrea (AZ)</u> 1:00 Paint and Sip with Emily (AZ) 2:30 RR Play Reading with Gene Melnick (OR) 3:30 The US Constitution Through History- "Constitutional Issues of Westward Expansion " Video & Discussion (TH) 6:30 Evening Movie (TH) <i>Red Joan</i>	20 9:00 Chair Exercise (CH) 10:00 Low Impact Workout (CH) 10:00 RR Board Games (LR) <b>11:00 **NEW CLASS**</b> Low Impact Aerobics with Maria (AZ) 12:00 WNBA Seattle (TH) Las Vegas Aces @ Storm 1:00 Independent Walking Group (B) 7:30 Seattle Soccer (TH) Vancouver Canucks @ Sounders

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21 9:00 Chair Yoga (CH) 9:30 Low Impact Workout (CH) 10:00 Cardio Exercise- Seated or Standing (CH) 10:00 International Tea Day: Tea Tasting (LR) 1:00 Book Club with Rinzin (OR) <b>2:30 Dollar Tree*</b> 6:30 Evening Movie (TH) <i>Temple Grandin</i>	22 9:30 Low Impact Workout (CH) <b>9:30 QFC/Bartell's*</b> 10:00 Cardio Exercise- Seated or Standing (CH) 10:00 Stretch & Flex (AZ) 11:00 RR Bridge (LR) <b>1:00 Safeway*</b> 2:00 Guest Speaker (TH) <u>Professor Bill Woodward</u> <u>"Jackie Robinson-</u> <u>5 Worlds of 42"</u> 3:30 Banned Books, Burned Books: Forbidden Literary Works "The Hidden Dangers Of Fairy Tales" Video & Discussion (TH) 4:30 Out to Dinner*: Seastar 6:30 Evening Movie (TH) <i>All is True</i>	23 <b>9:00 Pool Exercise at            Aljoia Mercer Island*</b> 10:00 Low Impact Workout (CH) 10:30 The Gardens Gardener's (G) 11:00 <u>Moving for Better Balance</u> <u>Tai Chi with Andrea (AZ)</u> 1:00 Poker (OR) <b>2:00 Bellevue Square Mall*</b> 3:00 Beer Tasting (LR) 6:30 Evening Movie (TH) <i>Hamlet</i>	24 9:30 Low Impact Workout (CH) 10:00 Cardio Exercise- Seated or Standing (CH) 10:00 Stretch & Flex (AZ) <b>10:00 MOHAI Museum*</b> 11:00 Knitting Group (LR) <b>1:00 **NEW GAME**</b> <b>RR Canasta (OR)</b> 2:00 A Journey Through Grief with Seth (AZ) <b>3:00 Uwajimaya Asian Market*</b> 6:30 Evening Movie (TH) <i>Georgia O'keeffe</i>	25 Salon Hours 9:30-3:30 9:00 Chair Exercise (CH) 10:00 Low Impact Workout (CH) <b>10:00 Park Walk*</b> <b>Marymoor Park</b> 11:00 RR Bridge (LR) 1:00 RR Bible Study (AZ) 1:30 NOVA Documentary: Chasing Carbon Zero (TH) 3:00 Breathe & Relax Meditation with Seth (TH) 4:00 National Wine Day: Pre-Dinner Drinks- Wine (LR) 6:30 Evening Movie (TH) <i>Denial</i>	26 9:30 Low Impact Workout (CH) 10:00 Cardio Exercise- Seated or Standing (CH) 10:00 Stretch & Flex (AZ) 11:00 <u>Moving for Better Balance</u> <u>Tai Chi with Andrea (AZ)</u> 11:00 Bingo (OR) 1:00 <u>Line Dancing with Karen (LR)</u> 2:30 RR Play Reading with Gene Melnick (OR) 3:30 The US Constitution Through History- "The Laws of Slavery Under The Constitution " Video & Discussion (TH) 7:00 WNBA Seattle (TH) Dallas Wings @ Storm	27 Nail Salon Hours 9:00-5:00 9:00 Chair Exercise (CH) 10:00 Low Impact Workout (CH) 10:00 RR Board Games (LR) 11:00 Matinee Movie (TH) <i>Maudie</i> 1:00 Independent Walking Group (B) 2:00 RR Creative Writing with Kay Taylor (OR) 6:30 Evening Movie (TH) <i>Maudie</i>
28 9:00 Chair Yoga (CH) 9:30 Low Impact Workout (CH) 10:00 Cardio Exercise- Seated or Standing (CH) <b>1:00 Target- Factoria*</b> 6:30 Evening Movie (TH) <i>Mr. Holmes</i>	29 Memorial Day 9:30 Low Impact Workout (CH) <b>9:30 QFC/Bartell's*</b> 10:00 Cardio Exercise- Seated or Standing (CH) 10:00 Stretch & Flex (AZ) 11:00 RR Bridge (LR) 1:00 Living Room Games: Ping Pong, Corn Hole, Bocce Ball, & Giant Jenga (LR) 2:00 Italian Sodas (LR) 3:00 Banned Books, Burned Books: Forbidden Literary Works "Contested Classics Of Children's Literature" Video & Discussion (TH) 6:30 Evening Movie (TH) <i>Catch &amp; Release</i>	30 <b>9:00 NO Pool Exercise at            Aljoia Mercer Island</b> <b>10:00 Pacific Bonsai Museum*</b> 10:00 Low Impact Workout (CH) 11:00 <u>Moving for Better Balance</u> <u>Tai Chi with Andrea (AZ)</u> <b>1:00 Bellevue Demonstration            Garden*</b> 2:00 Wellness 360 with Seth (OR) 3:00 Flavored Ice Tea Social (LR) 6:30 Evening Movie (TH) <i>Darby O'Gill &amp; The Little People</i>	31 9:30 Low Impact Workout (CH) 9:30 <u>Coffee at Third Culture</u> <u>Coffee*</u> 10:00 Cardio Exercise- Seated or Standing (CH) 10:00 Stretch & Flex (AZ) 11:00 Knitting Group (LR) 1:30 <u>Guest Speaker (AZ)</u> <u>Dr. Theodore Deacon-</u> <u>The Life of Beethoven</u> <u>Symphony No. 4</u> 3:00 Rummy (OR) 7:30 Seattle Soccer: (TH) Sounders @ San Jose Quakes			

**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**

**NEW MESSAGE THERAPIST**

Michelle Pearson, LMT, is a wonderful massage therapist offering in-residence visits to our community. Michelle enjoys working with people to melt stress and tension so they can live from a place of deeper ease and energy.

To schedule, contact via text or phone:  
206-778-1457.

**Location Legend**

(AZ)	Azalea Room - 3rd Floor
(CH)	In-House Channel 370
(G)	Garden Room - 2nd Floor
(LR)	Living Room - 1st Floor
(MDR)	Magnolia Dining Room - 1st Floor
(OR)	Orchid Room- 3rd Floor
(TH)	Theater - 1st Floor
*	<b>SIGN-UP REQUIRED</b>