


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>The full moon in May will be on Friday May 5, 2023 1:34 PM EDT. This full moon will be the fifth full moon of 2023 and the full moon in Scorpio. The Full Moon in May is commonly referred to as the Full Flower Moon. This name probably isn't a surprise when you think of the saying: "April Showers bring May Flowers".</p>	<p>1</p> <p>9:00 Ambassador Meeting (PDR) 10:00 Enhance Fitness (GA) 11:00 Brain Fitness (GA) 1:00 Card Game "Sevens" (1FL) 1:30 Current Events (GA) 3:00 Bingo & Mimosas (GA) 6:30 Jumbo Crossword Puzzle (LR)</p>	<p>2</p> <p>9:00 Water Exercise (P) 10:00 Scrabble (GR) 10:45/12:00 Fred Meyer Grocery Shuttle * \$ 1:00 Bridge (DR) 3:00 Life Enrichment Planning Meeting (GA)</p>	<p>3</p> <p>10:00 Enhance Fitness (GA) 11:00 Chair Yoga (GA) 11:15 Lunch at The Black Diamond Bakery * \$ 1:00 Friendly Bridge (GR) 3:00 Town Hall (GA) 7:00 Film Fans Movie Night: "A Man Called Otto" (2022) (GA) & (Touch Town)</p>	<p>4</p> <p>9:00 Water Exercise (P) 10:00 Shopping Outing to World Market * \$ 10:30 Stretch & Flex (GA) 1:00 Card Game "Sevens" (1FL) 1:30 Balance Class (GA) 2:00 Library Volunteering (LB) 3:00 Art Lecture w/ Kolya Rice: "Realism to Post-Impressionism" (GA) 6:30 Film Fans Discussion of: "A Man Called Otto" (2022) (GA)</p>	<p>CINCO de MAYO 5</p> <p>10:00 Enhance Fitness (GA) 11:00 Cinco de Mayo Doughnut Social! (LR) 1:00 Bridge (DR) 1:00 Mah-Jong Game (1FL) 2:00 Cinco de Mayo Happy Hour w/ Mariachi Band (GA) 7:00 Movie Night "Cinco De Mayo: La Batalla" (2013) Foreign Film - Spanish FULL MOON!</p>	<p>6</p> <p>10:00 Mah-Jong Game (1FL) 10:30 Stretch & Flex (GA) 12:00 Rummikub Game (1FL) 1:00 Rick Steves' "Best of the Alps" (GA) & (Touch Town) 2:00 Cribbage (GR) 7:00 Movie Night "The Ghost & Mrs. Muir" (1947)</p>
<p>7</p> <p>9:30 & 10:15 Church Shuttle * 11:00 Women's Coffee Hour (LR) 1:00 Scrabble (GR) 2:00 Rummikub Game (1FL) 2:00 Movie Matinee "In The Heights" (2021) 7:00 Movie Night "Belfast" (2021) 7:00 Card Game "Rummy" (1FL)</p>	<p>8</p> <p>10:00 Enhance Fitness (GA) 11:00 Brain Fitness (GA) 11:00 Fashion Presentation (LR) 11:00—1:00 Pop Up Clothing Store (Cabi) 12:30 Fashion Show (DR) 1:00 Card Game "Sevens" (1FL) 1:30 Current Events (GA) 3:00 Beer, Chips & Bingo (GA) 6:30 Jumbo Word Search (LR)</p>	<p>9</p> <p>9:00 Water Exercise (P) 10:00 Scrabble (GR) 10:45/12:00 QFC Grocery Shuttle * \$ 10:00 TheraBand Class (GA) 10:45 Health Talk w/ Select Rehab "Fall Prevention: A Team Approach" (GA) 11:15 Balance Assessments w/ Select Rehab (GA) NEW! 1:00 Bridge (DR) 1:00 David Smith Lecture: "Character Development 2" (GA) 2:15 Llama Lady! (GA)</p>	<p>10</p> <p>10:00 Enhance Fitness (GA) 11:00 Chair Yoga (GA) 11:15 Shopping Outing to Trader Joe's * \$ 12:15 Catholic Communion (GR) 1:00 Friendly Bridge (GR) 1:00 Bible Class: "Philippians" (GA) 1:30 Caregiver Support Group (PDR) 3:00 Contemporary Issues Women's Group (GA) 7:00 Documentary Movie "How Seattle Changed The World" (2020)</p>	<p>11</p> <p>9:00 Water Exercise (P) 9:30 Tour of Pacific NW Seismic Network @ Univ. of WA * 10:30 Stretch & Flex (GA) 1:00 Card Game "Sevens" (1FL) 1:30 Balance Class (GA) 2:00 Food Forum (GR) 3:00 Film Lecture w/ Lance Rhoades: "Star Wars" (GA) 6:30 Trivia Night w/Nick & Rebecca (GA)</p>	<p>12</p> <p>9:00 Walking Group (L) 10:00 Enhance Fitness (GA) 11:00 Mother's Day Tea * (DR) DEADLINE FOR SIGN-UP FRIDAY MAY 5TH 1:00 Bridge (DR) 1:00 Mah-Jong Game (1FL) 3:00 Sunshine Club (GA) 7:00 Movie Night "61*" (2001)</p>	<p>13</p> <p>10:00 Mah-Jong Game (1FL) 10:30 Stretch & Flex (GA) 12:00 Rummikub Game (1FL) 1:00 Rick Steves' "Cruising the Mediterranean" (GA) & (Touch Town) 2:00 Short Story Creative Writing Class w/Claudia (GR) 7:00 Movie Night "Affair In Trinidad" (1952) Issaquah Food Bank Donation Drive Day! Post Office will pick up today!</p>
<p>MOTHER'S DAY 14</p> <p>9:30 & 10:15 Church Shuttle * 1:00 Scrabble (GR) 2:00 Rummikub Game (1FL) 2:00 Movie Matinee "Phantom of the Opera" (2004) Special Mother's Day Dinner 4:00-7:00 (DR) (Families invited, reservations required*) 7:00 Movie Night "Mother's Day" (2016) 7:00 Card Game "Rummy" (1FL)</p>	<p>15</p> <p>10:00 Enhance Fitness (GA) 11:00 Brain Fitness (GA) 1:00 Card Game "Sevens" (1FL) 1:30 Current Events (GA) 3:00 Resident Council Meeting (GA) 6:30 Jumbo Crossword Puzzle (LR)</p>	<p>16</p> <p>9:00 Water Exercise (P) 10:00 Scrabble (GR) 10:45/12:00 Fred Meyer Grocery Shuttle * \$ 1:00 Bridge (DR) 3:00 Shakespeare Class (GA)</p>	<p>17</p> <p>10:00 Enhance Fitness (GA) 11:00 Chair Yoga (GA) 11:00 Episcopal Communion with Rev. Marilyn Brown (GR) 11:15 Lunch Outing to Khao San Thai Cuisine * \$ 1:00 Friendly Bridge (GR) 2:30 Music Lecture w/ Theodore Deacon: Giacomo Puccini (GA) 7:00 Documentary Movie "Rainier, The Mountain" (1999)</p>	<p>18</p> <p>9:00 Water Exercise (P) 9:30 Outing to The Museum of Flight * \$ 10:30 Stretch & Flex (GA) 1:00 Card Game "Sevens" (1FL) 1:30 Balance Class (GA) 2:15 Book Club (PDR) 3:00 Art Lecture w/ Kolya Rice: "Realism to Post-Impressionism" (GA)</p>	<p>19</p> <p>10:00 Enhance Fitness (GA) 10:00-10:30 Traveling Library (LR) 10:30 Birthday Brunch * (DR) 1:00 Bridge (DR) 1:00 Mah-Jong Game (1FL) 2:00 Shabbat: Rabbi Schneur (PDR) 3:00 Happy Hour & Music w/ The Haggis Bothers Duo (GA) 7:00 Movie Night "Lunana: A Yak in the Classroom" (2022) Foreign Film</p>	<p>20</p> <p>10:00 Mah-Jong Game (1FL) 10:30 Stretch & Flex (GA) 12:00 Rummikub Game (1FL) 1:00 Rick Steves' "Rome: Eternally Engaging" (GA) & (Touch Town) 2:00 Short Story Creative Writing Class w/Claudia (GR) 7:00 Movie Night "It Happened One Night" (1934)</p>



May 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21	22	23	24	25	26	27
<p>9:30 & 10:15 Church Shuttle * 11:00 Women's Coffee Hour (LR)</p> <p>1:15 Outing to the Washington Wind Symphony * \$</p> <p>1:00 Scrabble (GR) 2:00 Rummikub Game (1FL)</p> <p>2:00 Movie Matinee <i>"Elvis" (2022)</i></p> <p>7:00 Movie Night <i>"The Naked Jungle" (1954)</i></p> <p>7:00 Card Game "Rummy" (1FL)</p>	<p>10:00 Enhance Fitness (GA) 11:00 Brain Fitness (GA) 1:00 Card Game "Sevens" (1FL) 1:30 Current Events (GA) 2:30 Great Decisions: <i>"China and the U.S." (GA)</i></p>	<p>9:00 Water Exercise (P) 10:00 Scrabble (GR)</p> <p>10:45/12:00 Safeway Grocery Shuttle * \$</p> <p>10:00 TheraBand Class (GA) 1:00 Bridge (DR) 1:00 David Smith Lecture: <i>"Character Development 2" (GA)</i> 3:00 Nutrition Talk w/ Amanda: <i>"Facts on Fats" (GA)</i></p>	<p>10:00 Enhance Fitness (GA) 11:00 Chair Yoga (GA) 1:00 Friendly Bridge (GR) 1:00 Bible Class: <i>"Philippians" (GA)</i> 1:30 Caregiver Support Group (PDR) 3:00 Contemporary Issues Women's Group (GA) 6:30 Seattle SeaChordsmen Choir (GA) 7:00 Documentary Movie <i>"Born In China" (2016)</i></p>	<p>9:00 Water Exercise (P)</p> <p>11:15 Outing to the Bellevue Botanical Garden *</p> <p>10:30 Stretch & Flex (GA) 1:00 Men Only! — Beer, Chips & Putting (DR) 1:00 Card Game "Sevens" (1FL) 1:30 Balance Class (GA) 2:15 Book Club (PDR) 3:00 Art Lecture w/ Kolya Rice: <i>"Realism to Post-Impressionism" (GA)</i></p>	<p>9:00 Walking Group (GA) 10:00 Enhance Fitness (GA)</p> <p>10:00 Outing to Snoqualmie Casino * \$</p> <p>11:00 Lecture with Historian Kent Morgan: <i>"Our Founding Mothers" (GA)</i> 1:00 Bridge (DR) 1:00 Mah-Jong Game (1FL) 3:00 Quilt Show (GA)</p> <p>7:00 Movie Night <i>"Rear Window" (1954)</i></p>	<p>10:00 Mah-Jong Game (1FL) 10:30 Stretch & Flex (GA) 12:00 Rummikub Game (1FL)</p> <p>12:15 Outing to Village Theater "Hello Dolly" * \$ *DEADLINE TO SIGN-UP MAY 12th</p> <p>1:00 Rick Steves' <i>"Egypt" (GA) & (Touch Town)</i> 2:00 Cribbage (GR) 7:00 Movie Night <i>"Roman Holiday" (1953)</i></p>
28	MEMORIAL DAY 29	30	31		FRIDAY—May 21st ★Traveling Library— <i>be sure your King County Library books are turned in to the LE Office or the front desk by 10 am.</i>	<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>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>"Where the Crawdads Sing" (2022)</i></p> <p>7:00 Movie Night <i>"Six Minutes to Midnight" (2021)</i></p> <p>7:00 Card Game "Rummy" (1FL)</p>	<p>10:00 Enhance Fitness (GA) 11:00 Brain Fitness (GA) 1:00 Card Game "Sevens" (1FL) 3:00 Bingo & Cookies (GA)</p> <p style="text-align: center;">Memorial Day BBQ 4:00-7:00 (DR)</p>	<p>9:00 Water Exercise (P) 10:00 Scrabble (GR)</p> <p>10:45/12:00 Fred Meyer Grocery Shuttle * \$</p> <p>1:00 Bridge (DR) 3:00 Current Events (GA)</p>	<p>10:00 Enhance Fitness (GA) 11:00 Chair Yoga (GA)</p> <p>12:30 Park Walk at Lake Sammamish St Park *</p> <p>1:00 Friendly Bridge (GR) 3:00 Stories of a Lifetime: <i>"Things my mother taught Me..." (GA)</i></p> <p>7:00 Documentary Movie <i>"Tsunami: The Wave That Shook" (2005)</i></p>			
<p>*TouchTown (Ch.370/371) Programming</p> <p>Morning Meditation Walks Mon Wed Fri 8:00am Tai Chi for Beginners Sun Tues 9:30am Gentle Chair Yoga Sun Tues Thur 10:30am Chair Fitness Aerobics Mon Wed Fri Sat 10:30am Low Impact Workout Mon-Sat 2:30pm Strength Workout Mon-Sat 3:30pm 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 —OR— you would like to schedule your appointments for the above... please go to the Wellness Center on the first floor.</i></p>	<p>Symbol Key:</p> <p>"*" Requires advanced sign-up at the Front Desk in the Life Enrichment Binder.</p> <p>Anything written in Bold* is typically off site</p> <p>*Bold & Purple indicates Invite & RSVP required at front desk</p> <p>Anything in BLUE indicates TouchTown (Ch. 370/371)</p>	<p>Room Key:</p> <p>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 style="text-align: center;"></p> <p><i>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.</i></p>