

# MARCH

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<p>1</p> <p>9:30 Low Impact Workout (CH) 10:00 Cardio Exercise (CH) 10:00 Stretch &amp; Flex (AZ) 10:00 RR Bridge with Kay (LR) 10:45 Enhance Fitness (AZ) 1:00 Train Your Brain (OR) 2:00 RR Play Reading with Gene (OR) <b>3:00 Dollar Store*</b> 6:30 Evening Movie (TH) <i>The Theory of Everything</i></p>	<p>2</p> <p>9:00 Chair Exercise (CH) 10:00 Low Impact Workout (CH) 10:00 Independent Board Games (OR) <b>Activity Cart (FD)</b> 10:00am - 2:00pm 1:00 Independent Walking Group (B) 2:00 Matinee Idol Movie (TH) <i>Gone with the Wind PT 1</i> (intermission during dinner) 6:30 Evening Movie (TH) <i>Gone with the Wind PT2</i></p>
<p>3</p> <p>9:00 Chair Yoga (CH) 9:30 Low Impact Workout (CH) 10:00 Cardio Exercise- Seated or Standing (CH) <b>Activity Cart (FD)</b> 10:00am - 2:00pm 2:00 Book Club with Jean (OR) 3:00 Sunday Series (TH) <i>The Crown</i> 6:30 Evening Movie (TH) <i>The Blues Brothers</i></p>	<p>4</p> <p>9:30 Low Impact Workout (CH) <b>9:30 QFC/Bartell's*</b> 10:00 Cardio Exercise- Seated or Standing (CH) 10:00 Stretch &amp; Flex (AZ) 10:45 Enhance Fitness (AZ) 11:00 RR Bridge (LR) <b>1:00 QFC/ Bartell's*</b> <b>2:00 Newcomers' Group* (AZ)</b> 6:30 Evening Movie (TH) <i>Elvis: Blue Hawaii</i></p>	<p>5</p> <p>10:00 Low Impact Workout (CH) 10:00 Circuit Training with Life Enrichment (FC) 11:00 Tai Chi for Arthritis &amp; Fall Prevention with Andrea (AZ) 12:00 Esayas Solomon ESD Office Hours <b>1:00 Meditation with Seth (TH)</b> 1:30 RR Mexican Train Dominos (MDR) <b>3:30 The Journey Through Grief with Seth (OR)</b> 6:30 Evening Movie (TH) <i>Downton Abbey: A New Era</i></p>	<p>6</p> <p>9:30 Low Impact Workout (CH) 10:00 Cardio Exercise- Seated or Standing (CH) 10:00 Stretch &amp; Flex (AZ) 11:00 Knit Wits (LR) <b>1:00 Dining &amp; Culinary Monthly Meeting (AZ)</b> 2:00 RR Canasta (OR) 3:30 Documentary (TH) <i>My Octopus Teacher</i> 6:30 Evening Movie (TH) <i>Rustin</i></p>	<p>7</p> <p>9:00 Chair Exercise (CH) 10:00 Low Impact Workout (CH) 10:00 Strength &amp; Balance with Select Rehab (AZ) <b>11:00 Great Decisions with Jacob Bolotin (AZ)</b> <b>Climate Technology &amp; Competition</b> 11:00 RR Bridge (LR) 1:00 RR Bible Study (AZ) <b>2:00 Open Art with Beverly (OR)</b> 3:00 Documentary (TH) <i>The Saint of Second Chances</i> 6:30 Evening Movie (TH) <i>NYAD</i></p>	<p>8</p> <p>9:30 Low Impact Workout (CH) 10:00 Cardio Exercise (CH) 10:00 Stretch &amp; Flex (AZ) 10:00 RR Bridge with Kay (LR) 10:45 Enhance Fitness (AZ) 1:00 March Trivia (LR) 2:00 RR Play Reading with Gene (OR) 3:00 Train Your Brain (OR) 6:30 Evening Movie (TH) <i>May December</i></p>	<p>9</p> <p>9:00 Chair Exercise (CH) 10:00 Low Impact Workout (CH) 10:00 Independent Board Games (OR) <b>Activity Cart (FD)</b> 10:00am - 2:00pm 1:00 Independent Walking Group (B) 2:00 Matinee Idol Movie (TH) <i>The Philadelphia Story</i> 6:30 Evening Movie (TH) <i>American Symphony</i></p>
<p>10</p> <p>9:00 Chair Yoga (CH) 9:30 Low Impact Workout (CH) <b>10:00 Cruising for Coffee*</b> 10:00 Cardio Exercise- Seated or Standing (CH) <b>Activity Cart (FD)</b> 10:00am - 2:00pm 2:00 Bingo (OR) 3:00 Sunday Series (TH) <i>The Crown</i> 4:00 The 96th Annual Academy Awards Live ABC TV (TH)</p>	<p>11</p> <p>9:30 Low Impact Workout (CH) <b>9:30 QFC/Bartell's*</b> 10:00 Cardio Exercise- Seated or Standing (CH) 10:00 Stretch &amp; Flex (AZ) 10:45 Enhance Fitness (AZ) 11:00 RR Bridge (LR) <b>1:00 Trader Joes*</b> <b>2:00 Guest Speaker: Bill Woodward (TH)</b> <b>Weird &amp; Wacky Elections 2</b> <b>2:00 Newcomers' Group* (AZ)</b> 6:30 Evening Movie (TH) <i>El Conde</i></p>	<p>12</p> <p>10:00 Low Impact Workout (CH) 10:00 Circuit Training with Life Enrichment (FC) 11:00 Tai Chi for Arthritis &amp; Fall Prevention with Andrea (AZ) 12:00 Esayas Solomon ESD Office Hours <b>1:00 Meditation with Seth (TH)</b> 1:30 RR Mexican Train Dominos (MDR) <b>1:30 Guest Speaker: Lance Rhoades (AZ) The Beatles Caregiving for the Caregiver with Seth (OR)</b> 2:00 6:30 Evening Movie (TH) <i>Carousel</i></p>	<p>13</p> <p>9:30 Low Impact Workout (CH) 10:00 Cardio Exercise- Seated or Standing (CH) 10:00 Stretch &amp; Flex (AZ) 11:00 Knit Wits (LR) 2:00 RR Canasta (OR) 3:30 Documentary (TH) <i>Sly</i> 6:30 Evening Movie (TH) <i>Two Girls and a Sailor</i></p>	<p>14</p> <p>9:00 Chair Exercise (CH) <b>9:30 Scenic Drive*</b> 10:00 Low Impact Workout (CH) 10:00 Strength &amp; Balance with Select Rehab (AZ) <b>10:00 Mass &amp; Communion with Father Joseph (TH)</b> 11:00 RR Bridge (LR) 1:00 RR Bible Study (AZ) <b>2:30 Resident Council (AZ)</b> <b>4:30 Dinner Outing*</b> <b>Grazie Ristorante Bothell</b> 6:30 Evening Movie (TH) <i>The Wonder</i></p>	<p>15</p> <p>9:30 Low Impact Workout (CH) <b>9:30 Galaxy of Quilts* Monroe</b> 10:00 Cardio Exercise (CH) 10:00 Stretch &amp; Flex (AZ) 10:00 RR Bridge with Kay (LR) 1:00 Train Your Brain (OR) 2:00 RR Play Reading with Gene (OR) <b>3:00 Health Talk with Julie (TH)</b> <b>Good Night's Sleep: Facts &amp; Tips</b> 6:30 Evening Movie (TH) <i>Catch Me If You Can</i></p>	<p>16</p> <p>9:00 Chair Exercise (CH) 10:00 Low Impact Workout (CH) 10:00 Independent Board Games (OR) <b>Activity Cart (FD)</b> 10:00am - 2:00pm 1:00 Independent Walking Group (B) 2:00 Matinee Idol Movie (TH) <i>Arsenic &amp; Old Lace</i> 6:30 Evening Movie (TH) <i>Leap Year</i></p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>17</div> <div>9:00 Chair Yoga (CH) 9:30 Low Impact Workout (CH) 10:00 Cardio Exercise- Seated or Standing (CH)  Activity Cart (FD) 10:00am - 2:00pm</div> <div>11:00 Target Factoria* 1:00 Bailey’s Irish Cream Social Hour (LR) 2:00 Mercer Island HS Music Club Concert (LR) 3:00 Sunday Series (TH) The Crown 6:30 Evening Movie (TH) The Quiet Man</div>	<div>18</div> <div>9:30 Low Impact Workout (CH) 9:30 QFC/Bartell’s* 10:00 Cardio Exercise- Seated or Standing (CH) 10:00 Stretch &amp; Flex (AZ) 10:45 Enhance Fitness (AZ) 11:00 RR Bridge (LR) 11:00 The Journey Through Grief with Seth (OR) 1:00 Fred Meyer*  Visit Smokey the Parrot 1:00-4:00 pm 2:00 Newcomers’ Group* (AZ) 6:30 Evening Movie (TH) Happiness for Beginners</div>	<div>19</div> <div>10:00 Low Impact Workout (CH) 10:00 Circuit Training with Life Enrichment (FC) 11:00 Tai Chi for Arthritis &amp; Fall Prevention with Andrea (AZ) 11:00 Outdoor Landscaping Plans with Pamella (TH) 12:00 Esayas Solomon ESD Office Hours 1:00 Meditation with Seth (TH) 1:00 Shakespeare Class with Shanna Allman (OR) 1:30 RR Mexican Train Dominos (MDR) 3:00 Contemporary Issues (AZ) 6:30 Evening Movie (TH) About Schmidt</div>	<div>20</div> <div>9:30 Low Impact Workout (CH) 10:00 Cardio Exercise- Seated or Standing (CH) 10:00 Stretch &amp; Flex (AZ) 11:00 Knit Wits (LR) 1:30 Torah Study with Rabbi Levi (TH) 2:00 RR Canasta (OR)  Spring Art Gala (LR) 3:00-4:30pm Show: Climate Change  6:30 Evening Movie (TH) Bruce Almighty</div>	<div>21</div> <div>9:30 Park Walk / Mall Walk* 9:00 Chair Exercise (CH) 10:00 Low Impact Workout (CH) 10:00 Strength &amp; Balance with Select Rehab (AZ) 11:00 RR Bridge (LR) 11:00 Current Events with Jacob Bolotin (AZ) 1:00 RR Bible Study (AZ) 2:00 Open Art with Beverly (OR) 6:30 Evening Movie (TH) Meet the Parents</div>	<div>22</div> <div>9:30 Low Impact Workout (CH) 10:00 Cardio Exercise (CH) 10:00 Stretch &amp; Flex (AZ) 10:45 Enhance Fitness (AZ) 10:00 RR Bridge with Kay (LR) 1:00 Train Your Brain (OR) 2:00 RR Play Reading with Gene (OR) 3:00 Tech 101 with Evan (TH) 6:30 Evening Movie (TH) Made in Italy</div>	<div>23</div> <div>9:00 Chair Exercise (CH) 10:00 Low Impact Workout (CH) 10:00 Independent Board Games (OR)  Activity Cart (FD) 10:00am - 2:00pm 1:00 Independent Walking Group (B) 2:00 Matinee Idol Movie (TH) Monty Python Holy Grail 2:30 Creative Writing with Kay Taylor (OR) 6:30 Evening Movie (TH) Home for Purim</div>
<div>24</div> <div>9:00 Chair Yoga (CH) 9:30 Low Impact Workout (CH) 10:00 Cardio Exercise- Seated or Standing (CH)  Activity Cart (FD) 10:00am - 2:00pm  10:00 Dried Flower Arranging (OR) \$22 per person  2:00 Bingo (OR) 3:00 Sunday Series (TH) The Crown 6:30 Evening Movie (TH) Queen Bees</div>	<div>25</div> <div>9:30 Low Impact Workout (CH) 9:30 QFC/Bartell’s* 10:00 Cardio Exercise- Seated or Standing (CH) 10:00 Stretch &amp; Flex (AZ) 10:45 Enhance Fitness (AZ) 11:00 RR Bridge (LR) 1:00 Safeway* 2:00 Newcomers’ Group* (AZ) 6:30 Evening Movie (TH) Our Souls at Night</div>	<div>26</div> <div>10:00 Low Impact Workout (CH) 10:00 Circuit Training with Life Enrichment (FC) 11:00 Tai Chi for Arthritis &amp; Fall Prevention with Andrea (AZ) 12:00 Esayas Solomon ESD Office Hours 1:00 Meditation with Seth (TH) 1:30 RR Mexican Train Dominos (MDR) 3:00 Men’s Group with Seth (OR) 6:30 Evening Movie (TH) Enola Holms I 6:30 Piano Performance (LR) Doris Stevenson</div>	<div>27</div> <div>9:30 Low Impact Workout (CH) 10:00 Cardio Exercise- Seated or Standing (CH) 10:00 Stretch &amp; Flex (AZ) 11:00 Knit Wits (LR) 1:30 Guest Speaker Theo Deacon The Musicals of Irving Berlin 2:00 RR Canasta (OR)  3:30 Drinks by the Fire (LR) Wine &amp; Non-alcoholic Options  6:30 Evening Movie (TH) Enola Holms 2</div>	<div>28</div> <div>9:00 Chair Exercise (CH) 10:00 Low Impact Workout (CH) 10:00 Strength &amp; Balance with Select Rehab (AZ) 11:00 RR Bridge (LR) 1:00 RR Bible Study (AZ) 1:00 Nutrition Talk (TH) Nutritional Needs for Healthy Ageing 3:00 Life Enrichment Forum (AZ) 6:30 Evening Movie (TH) The Hill</div>	<div>29</div> <div>9:30 Low Impact Workout (CH) 10:00 Cardio Exercise (CH) 10:00 Stretch &amp; Flex (AZ) 10:00 RR Bridge with Kay (LR)  11:00am Offsite Lunch * Coho Café Issaquah  2:00 RR Play Reading with Gene (OR) 3:00 Train Your Brain (OR) 6:30 Evening Movie (TH) My All American</div>	<div>30</div> <div>9:00 Chair Exercise (CH) 10:00 Low Impact Workout (CH) 10:00 Independent Board Games (OR)  Activity Cart (FD) 10:00am - 2:00pm 1:00 Independent Walking Group (B) 2:00 Matinee Idol Movie (TH) Houseboat 6:30 Evening Movie (TH) Matilda the Musical</div>
<div>31</div> <div>9:00 Chair Yoga (CH) 9:30 Low Impact Workout (CH) 10:00 Cardio Exercise- Seated or Standing (CH)  Activity Cart (FD) 10:00am - 2:00pm 1:00 Milk &amp; Cookies Social (LR) 2:00 Bingo (OR) 3:00 Sunday Series (TH) The Crown 6:30 Evening Movie (TH) Prince of Egypt</div>	<div><div><div>LIFE by Select Rehab Apt. 362 Contact Isha Saluja about the following services offered: Physical Therapy Occupational Therapy Speech Therapy</div><div>Factoria Hearing: Factoria Hearing will be in the community: March 29th 1:30pm-3:45pm Call 425-457-7999 or sign up in the Activity Binder in the lobby, to schedule your 15 minute visit today!</div><div>Massage Therapy On-Site: Experience exceptional comfort and care with our advanced geriatric massage services. Our therapist, Michelle combines medical expertise with spa-style luxury, providing safe, specialized care for seniors' needs on-site / Thursdays 10:00am- 4:00pm / Room 212 Sign-up required, text Michelle at: 206-395-8208</div><div>On-Site Dermatology will be in the community on March 6th from 1:00pm-4:00pm Please call for an Appointment: 877-345-5300 or sign up in the Activity Binder in the lobby.</div><div>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 * SIGN-UP REQUIRED (TL) 2nd Floor Terrace (FC) Fitness Center</div></div></div>					