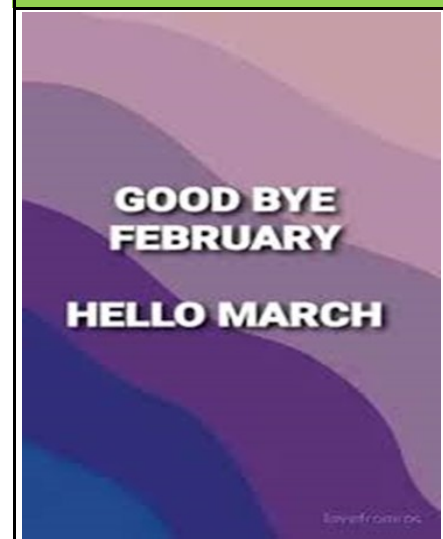
















































































Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p><i>For additional activity supplies please contact Life Enrichment on the 3rd floor or by calling the front desk at 425-557-4200</i></p>	<p>Room Key:</p> <p>1st Floor Loft (1FL) 1st Floor Living Room (1FLR) Dining Room (DR) Dining Room Patio (DRP) Game Room (GR) Gilman Auditorium (GA) Library (LB) Living Room (LR) Lobby (L) Pea Patch (PP) Pool (P) Private Dining Room (PDR)</p>	<p>Symbol Key:</p> <p>“*” Advanced sign-up Front Desk Life Enrichment Binder.</p> <p>*Bold & Purple - Advanced RSVP & Invite at front desk</p> <p>Anything in *Bold* is typically off site</p> <p>Anything in BLUE indicates TouchTown (Ch. 370/371)</p> <p>\$ = Bring your wallet along! \$ PATD = Pay At The Door \$\$ = Tickets Purchased Ahead</p>		<p>1</p> <p>10:00 Enhance Fitness (GA)</p> <p> 10:45 Lunch Outing to Salty's on Alki \$ & then to the Log House Museum * \$\$</p> <p>1:00 Bridge (GR) 1:00 Mah-Jong Game (1FL) 3:00 Contemporary Issues MEN'S Group (GA)</p> <p>7:00 Movie Night  “The Last Castle” (2001)</p>	<p>2</p> <p>10:30 Stretch & Flex (GA) 11:15 Mindfulness Practices (GA) 11:00 Mah-Jong Game (1FL) 12:00 Rummikub Game (1FL) 12:30 Documentary: “Broadway: The American Musical—Episode 1” (GA) & (TT)</p> <p>7:00 Movie Night  “The Secret Life of Bees” (2008)</p>
<p>3</p> <p>8:30-12:30 Church Shuttle * </p> <p>11:00 Women's Coffee Hour (LR) 1:00 Scrabble (1FL) 2:00 Rummikub Game (1FL)</p> <p>2:00 Movie Matinee “My Fair Lady” (1964)</p> <p>7:00 Card Game “Rummy” (1FL)</p>	<p>4</p> <p>10:00 Enhance Fitness (GA)  11:00 Brain Fitness (GA) 1:00 Caregiver Support (GR) 1:30 Ambassador Meeting (PDR) 3:00 Beer, Chips & Bingo (GA) \$</p> <p>B I N G O</p>	<p>5</p> <p>9:00 Water Exercise (P)  10:00 Scrabble (1FL)</p> <p> 10:45/12:00 Fred Meyer Grocery Shuttle * \$</p> <p>1:00 Bridge (GR) 3:00 Contemporary Issues Women's Group (GA)</p>	<p>6</p> <p>10:00 Enhance Fitness (GA) 11:00 Chair Yoga (GA) 1:00 Bridge (GR) 3:00 Town Hall (GA)</p> <p>4:15 Dinner Outing to Fin's Bistro * \$ </p> <p>7:00 Film Fans Movie Night:  “The African Queen” (1951) (GA) & (TouchTown)</p>	<p>7</p> <p>9:00 Water Exercise (P)  10:30 Stretch & Flex (GA)</p> <p> 11:00 Outing to Brick & Mortar Books & The French Bakery * \$</p> <p>1:00 Card Game “Sevens” (1FL) 1:30 Balance Class (GA) 3:00 Life Enrichment Planning Meeting (GA) </p> <p>6:30 Film Fans Discussion of: “The African Queen” (1951) (GA)</p>	<p>8</p> <p>10:00 Enhance Fitness (GA) 11:15 Zentangle Activity (1FL)  1:00 Bridge (GR) 1:00 Mah-Jong Game (1FL) 2:00 Kitchen Tour * (DR) 3:00 Stories of a Lifetime: “Youngest? Oldest? Only Child?” (GA)</p> <p>7:00 Movie Night  “Oppenheimer” (2023) (GA) & (TouchTown)</p>	<p>9</p> <p>10:30 Stretch & Flex (GA) 11:15 Mindfulness Practices (GA) 11:00 Mah-Jong Game (1FL) 12:00 Rummikub Game (1FL) 12:30 Documentary: “Broadway: The American Musical—Episode 2” (GA) & (TT)</p> <p>2:00 Short Story Creative Writing Class w/Claudia (PDR) </p> <p>7:00 Movie Night  “Fracture” (2007)</p>
<p>10</p> <p>8:30-12:30 Church Shuttle * </p> <p>11:00 Women's Coffee Hour (LR) 1:00 Scrabble (1FL)</p> <p>1:15 Outing to the Washington Wind Symphony: “From Bach to Rock” * \$ PATD </p> <p>2:00 Rummikub Game (1FL)</p> <p>2:00 Movie Matinee “Open Range” (2003)</p> <p>7:00 Card Game “Rummy” (1FL)</p>	<p>11</p> <p>10:00 Enhance Fitness (GA) 11:15 Presentation by Northwest Parkinson's Foundation (GA) 12:30 Brain Fitness & Snacks! (GA)  1:30 Grief Support Group NEW! (PDR) 3:00 Bingo & Mimosas (GA) \$</p> <p>B I N G O</p> <p>6:30 Jumbo Crossword Puzzle (LR) </p>	<p>12</p> <p>9:00 Water Exercise (P)  10:00 Scrabble (1FL) 10:00 TheraBand Class (GA)</p> <p> 10:45/12:00 QFC Grocery Shuttle * \$</p> <p>12:00 Newcomers' Group (PDR) 1:00 Bridge (GR) 1:00 David Smith Lecture: “Contemporary Ethics” (GA) 3:00—4:30 Wine Tasting Event for the Dining Room * (GA) </p>	<p>13</p> <p>10:00 Enhance Fitness (GA) 11:00 Chair Yoga (GA)</p> <p> 11:00 Outing to tour Issaquah Food Bank * FREE</p> <p>12:15 Catholic Communion (GR) 1:00 Bible Class: “What does the Bible say about Heaven” (GA) 1:00 Bridge (GR) 3:00 Book Club (PDR) </p> <p>6:30 Trivia Night with Nick & Rebecca (GA) </p>	<p>14</p> <p>9:00 Water Exercise (P)  10:30 Stretch & Flex (GA) 11:30 Current Events (GA)</p> <p> 12:30 Lunch Outing to The Ram Restaurant & Brewery * \$</p> <p>1:00 Card Game “Sevens” (1FL) 1:30 Balance Class (GA) 2:00 Food Forum (DR) 3:00 World Travels w/ Lance Rhoades: “Ireland” (GA) </p>	<p>15</p> <p>10:00 Enhance Fitness (GA)  10:00 Birthday Brunch * (DR) 10:00-10:30 Traveling Library (L) 11:15 Line Dancing! (GA)</p> <p>11:45 Book Club Field Trip—The Third Place Korean BBQ & H-Mart * \$</p> <p>1:00 Bridge (GR) 1:00 Mah-Jong Game (1FL) 2:00 Shabbat w/Rabbi Schneur (PDR) 3:00 St. Patrick's Day Happy Hour w/ Bagpipes (GA) </p> <p>Movie Night  “Garden State” (2004)</p>	<p>16</p> <p>10:30 Stretch & Flex (GA) 11:15 Mindfulness Practices (GA) 11:00 Mah-Jong Game (1FL) 12:00 Rummikub Game (1FL)</p> <p> 12:30 Outing to Amazon Spheres—in Seattle * FREE</p> <p>12:30 Documentary: “Broadway: The American Musical—Episode 3” (GA) & (TT)</p> <p>7:00 Movie Night  “Eternal Sunshine of the Spotless Mind” (2004)</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
St. Patrick's Day 17 8:30-12:30 Church Shuttle *  11:00 Women's Coffee Hour (LR) 1:00 Scrabble (1FL) 2:00 Rummikub Game (1FL) 2:00 Movie Matinee <i>"Armageddon" (1998)</i>  7:00 Card Game "Rummy" (1FL) 	18 10:00 Enhance Fitness (GA)  11:00 Brain Fitness (GA) 1:00 Caregiver Support (GR) 3:00 Resident Council Meeting (GA) 	19 9:00 Water Exercise (P)  10:00 Scrabble (1FL)  10:45/12:00 Fred Meyer Grocery Shuttle * \$ 11:00 Guest Speaker: Essential End of Life Documents (GA) 12:00 Newcomers' Group (PDR) 1:00 Bridge (GR) 3:00 Shakespeare Class (GA) 	FIRST DAY OF SPRING 20 10:00 Enhance Fitness (GA) 11:00 Chair Yoga (GA) 11:00 Episcopal Communion with Rev. Marilyn Brown (GR)  11:15 Shopping Outing to Trader Joe's * \$ 1:00 Bridge (GR) 3:00 Contemporary Issues Women's Group (GA) 6:30 Musical Ensemble (GA) 	21 9:00 Outing to the Boeing Everett Factory Tour * \$\$  9:00 Water Exercise (P)  10:30 Stretch & Flex (GA) 1:00 Card Game "Sevens" (1FL) 1:30 Balance Class (GA) 2:00 Kitchen Tour * (DR) 3:00 Music Lecture w/ Theodore Deacon: <i>"Backwards and and in Heels: The Films of Fred Astaire & Ginger Rogers"</i> (GA) 	22 10:00 Enhance Fitness (GA)  10:00 Outing to Snoqualmie Casino * \$ 11:15 Ridge Singers Choir (GA)  1:00 Bridge (GR) 1:00 Mah-Jong Game (1FL) 3:00 UW Professor, Michelle Liu: <i>"The Country That Fiction Built"</i> (GA) 7:00 Movie Night <i>"Reign Over Me" (2007)</i> 	23 10:30 Stretch & Flex (GA) 11:15 Mindfulness Practices (GA) 11:00 Mah-Jong Game (1FL) 12:00 Rummikub Game (1FL) 12:30 Movie: <i>"THE FANTASTICKS" (1964) (GA) & (TT)</i> 2:00 Short Story Creative Writing Class w/Claudia (PDR)  7:00 Movie Night <i>"In Good Company" (2004)</i> 
24 8:30-12:30 Church Shuttle *  11:00 Women's Coffee Hour (LR) 1:00 Scrabble (1FL) 1:00 Housekeeping Forum w/ Breanne (GR) NEW! 2:00 Rummikub Game (1FL) 2:00 Spotlight Concert Choir (GA) 2:00 Movie Matinee:  <i>"Into The Wild" (2007)</i>  4:00 Purim Celebration (LR) 7:00 Card Game "Rummy" (1FL)	FULL MOON 25  Worm Moon 10:00 Enhance Fitness (GA)  11:00 Brain Fitness (GA) 1:30 Wellness Session—Sound Meditation (GA) NEW! 3:00 Bingo and Cookies (GA) \$  6:30 Jumbo Crossword Puzzle (LR) 	26 9:00 Water Exercise (P)  10:00 Scrabble (1FL) 10:00 TheraBand Class (GA)  10:45/12:00 Safeway Grocery Shuttle * \$ 1:00 Bridge (GR) 3:00 Nutrition Talk: w/ Amanda: <i>"Nutritional Needs for Healthy Aging"</i> (GA) 	27 10:00 Enhance Fitness (GA) 11:00 Chair Yoga (GA) 12:30 Outing to the Movie Theater To see Metropolitan Opera's <i>"Romeo and Juliet"</i> * \$\$  1:00 Bridge (GR) 1:00 Bible Class: <i>"What does the Bible say about Heaven"</i> (GA) 2:00 Library Volunteering (L) 3:00 Sunshine Club (GA) 	28 9:00 Water Exercise (P)  10:30 Stretch & Flex (GA) 12:30 Outing to Issaquah Public Library * FREE  1:00 Card Game "Sevens" (1FL) 1:30 Balance Class (GA) 3:00 Happy Hour w/ Elvis! (GA)  	Good Friday 29  10:00 Enhance Fitness (GA) 10:00-12:00 UW Pharmacy Information Table (LR) 11:30 Are you Smarter than a 7th Grader? w/ Bob (math teacher) (GA) 1:00 Bridge (GR) 1:00 Mah-Jong Game (1FL) 12:30-2:30 UW Pharmacy 1:1 Consultations * 3:00 UW Pharmacist Talk: <i>"Parkinson's Disease Day"</i> (GA) 7:00 Movie Night <i>"When Harry Met Sally" (1989)</i> 	30 10:30 Stretch & Flex (GA) 11:15 Mindfulness Practices (GA) 11:00 Mah-Jong Game (1FL) 12:00 Rummikub Game (1FL) 12:30 Documentary: <i>"Disney's Aladdin—A Musical Spectacular" (GA) & (TT)</i>  1:00 Outing to Village Theater "The Fantasticks" * \$\$ 7:00 Movie Night <i>"Date Night" (2010)</i> 
EASTER 31  8:30-12:30 Church Shuttle -  See signup sheet for times * 10:00-1:00 EASTER BRUNCH (DR) 11:00 Women's Coffee Hour (LR) 1:00 Scrabble (1FL) 2:00 Rummikub Game (1FL) 2:00 Movie Matinee <i>"Man of the Year" (2006)</i>  7:00 Card Game "Rummy" (1FL)	*TouchTown (Ch.370/371) Programming <div> Morning Meditation Walks Tai Chi for Beginners Gentle Chair Yoga Chair Fitness Aerobics Low Impact Workout Strength Workout Gentle Yoga Bedtime Mindful Relaxation </div> <div> Mon Wed Fri 8:00am Sun Tues 9:30am Sun Tues Thur 10:30am Mon Wed Fri Sat 10:30am Mon-Sat 2:30pm Mon-Sat 3:30pm Sun Tues Thur 9:00pm 7 days/week 9:30pm </div>		<div> See schedule in BLUE with all the exercise & meditation programs available on TouchTown (Ch. 370/371) </div>	 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.	FRIDAY—March 15th ★ Traveling Library— be sure your King County Library Books are turned in to the  LE Office or the Front Desk by 9:30 am	WELLNESS SERVICES: Audiologist—1 X a month Dermatologist—1 X a month Podiatrist—2 X's a month 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.