



APRIL

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:30 Low Impact Workout (CH) 9:30 QFC/Bartell's* 10:00 Cardio Exercise- Seated or Standing (CH) 10:00 Stretch & Flex (AZ) 10:45 Enhance Fitness (AZ) 11:00 RR Bridge (LR) 1:00 QFC/ Bartell's* 3:00 Monday Margaritas Social (LR) 6:30 Evening Movie (TH) <i>Uncut Gems</i>	2 10:00 Low Impact Workout (CH) 10:00 Circuit Training with Life Enrichment (FC) 11:00 Tai Chi for Arthritis & 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) 3:30 The Journey Through Grief with Seth (OR)	3 9:30 Low Impact Workout (CH) 10:00 Cardio Exercise- Seated or Standing (CH) 10:00 Stretch & Flex (AZ) 10:00 Chef Dan's Kitchen Tour* Tour & Q&A (MDR) 11:00 Knit Wits (LR) 2:00 RR Canasta (OR) 3:00 Documentary (TH) <i>The Hidden Life of Pets "Episode 1"</i> 6:30 Evening Movie (TH) <i>Phantom Thread</i>	4 9:00 Chair Exercise (CH) 10:00 Low Impact Workout (CH) 10:00 Strength & Balance with Select Rehab (AZ) 11:00 Great Decisions with Jacob Bolotin (AZ) "Science Across Borders" 11:00 RR Bridge (LR) 1:00 RR Bible Study (AZ) 2:00 Open Art with Beverly (OR) 3:00 Documentary (TH) <i>The Hidden Life of Pets "Episode 2"</i>	5 9:30 Low Impact Workout (CH) 10:00 Cardio Exercise (CH) 10:00 Stretch & Flex (AZ) 10:00 RR Bridge with Kay (LR) 10:45 Enhance Fitness (AZ) 1:00 Trivia (LR) 2:00 RR Play Reading with Gene (OR) 2:30 Dance Like Elvis Dance Class with Bella (AZ) 3:00 Train Your Brain (OR) 4:30 Dinner Outing* Thai Ginger Redmond Town Center Evening Movie (TH) <i>Darkest Hour</i>	6 9:00 Chair Exercise (CH) 10:00 Low Impact Workout (CH) 10:00 Independent Board Games (OR) Visit Smokey The Parrot 1:00-4:00pm 1:00 Independent Walking Group (B) 2:00 Matinee Movie (TH) <i>Yesterday</i> 6:30 Evening Movie (TH) <i>Private Life</i>
	7 9:00 Chair Yoga (CH) 9:30 Low Impact Workout (CH) 10:00 Cardio Exercise- Seated or Standing (CH) 12:45 Village Theater Issaquah* "The Fantasticks" 2:00 Book Club with Jean (OR) 3:00 Sunday Series <i>As Time Goes By Season 1</i> 6:30 Evening Movie (TH) <i>Irish Wish</i>	8 9:30 Low Impact Workout (CH) 9:30 QFC/Bartell's* 10:00 Cardio Exercise- Seated or Standing (CH) 10:00 Stretch & Flex (AZ) 10:45 Enhance Fitness (AZ) 11:00 RR Bridge (LR) 1:00 Target* 2:00 Bill Woodward History (AZ) "Communities in the PNW" 5:15 Live on CBS (TH) NCAA Men's Basketball Championship Game	9 10:00 Low Impact Workout (CH) 10:00 Circuit Training with Life Enrichment (FC) 11:00 Tai Chi for Arthritis & 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) 1:30 Lance Rhodes Talk (AZ) Science Fiction in Cinema 2:00 Caregiving for the Caregiver with Seth (OR)	10 9:30 Low Impact Workout (CH) 10:00 Cardio Exercise- Seated or Standing (CH) 10:00 Stretch & Flex (AZ) 11:00 Knit Wits (LR) 2:00 RR Canasta (OR) 3:00 Documentary (TH) <i>The Hidden Life of Pets "Episode 3"</i> 3:00 Cuba Libre Social Hour (LR) 6:30 Jeff Brewer Music Show & Sing-along (LR)	11 9:00 Chair Exercise (CH) 9:30 Monet Interactive Exhibit* & Lunch Outing Tacoma Armory 10:00 Low Impact Workout (CH) 10:00 Mass & Communion with Father Joseph (TH) 11:00 RR Bridge (LR) 3:00 Documentary (TH) <i>The Hidden Life of Pets "Episode 4"</i>	12 9:30 Low Impact Workout (CH) 10:00 Cardio Exercise (CH) 10:00 Stretch & Flex (AZ) 10:00 RR Bridge with Kay (LR) 10:45 Enhance Fitness (AZ) 1:00 Speaker: Lowell Sever (AZ) Art Is It Anyway? 1:00 Trivia (LR) 2:00 RR Play Reading with Gene (OR) 3:00 Train Your Brain (OR) 3:00 Health Talk with Julie (TH) Evening Movie (TH) <i>The Nice Guys</i>
14 9:00 Chair Yoga (CH) 9:30 Low Impact Workout (CH) 10:00 Cardio Exercise- Seated or Standing (CH) 2:00 Bingo (OR) 3:00 Sunday Series <i>As Time Goes By Season 1</i> 6:30 Evening Movie (TH) <i>The Fundamentals of Caring</i>	15 9:30 Low Impact Workout (CH) 9:30 QFC/Bartell's* 10:00 Cardio Exercise- Seated or Standing (CH) 10:00 Stretch & Flex (AZ) 10:45 Enhance Fitness (AZ) 11:00 The Journey Through Grief with Seth (OR) 11:00 RR Bridge (LR) 1:00 Uwajimaya* 3:00 Italian Affogato Social (LR) 6:30 Evening Movie (TH) <i>Finding Forrester</i>	16 10:00 Low Impact Workout (CH) 10:00 Circuit Training with Life Enrichment (FC) 11:00 Tai Chi for Arthritis & Fall Prevention (AZ) 12:00 Esayas Solomon ESD Office Hours 1:00 Meditation with Seth (TH) 1:30 RR Mexican Train Dominos (MDR) 1:30 Shakespeare Class with Shanna Allman (OR)	17 9:30 Low Impact Workout (CH) 10:00 Cardio Exercise- Seated or Standing (CH) 10:00 Stretch & Flex (AZ) 11:00 Knit Wits (LR) 1:00 Nutrition Talk w Amanda Food for Healthy Eyes (AZ) 1:30 Torah w Rabbi Levi (TH) 2:00 RR Canasta (OR) 6:30 Evening Movie (TH) Quartet	18 9:00 Chair Exercise (CH) 9:30 Scenic Drive* 10:00 Low Impact Workout (CH) 10:00 Strength & 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) 2:30 Resident Council (AZ)	19 9:30 Tulip Festival & Lunch Outing* Mount Vernon 9:30 Low Impact Workout (CH) 10:00 Cardio Exercise (CH) 10:00 RR Bridge with Kay (LR) 2:00 RR Play Reading with Gene (OR) 3:00 Train Your Brain (OR) 6:30 Evening Movie (TH) <i>Lost in Translation</i>	20 9:00 Chair Exercise (CH) 10:00 Low Impact Workout (CH) 10:00 Independent Board Games (OR) 1:00 Independent Walking Group (B) 2:00 Matinee Movie (TH) <i>Singing in the Rain</i> 2:30 Creative Writing with Kay Taylor (OR) 6:30 Evening Movie (TH) <i>Mona Lisa Smile</i>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>21</p> <p>9:00 Chair Yoga (CH) 9:30 Low Impact Workout (CH) 10:00 Cardio Exercise- Seated or Standing (CH) 2:00 Bingo (OR) 3:00 Sunday Series <i>As Time Goes By Season 1</i> 6:30 Evening Movie (TH) <i>As Good As It Gets</i></p>	<p>22</p> <p>9:30 Low Impact Workout (CH) 9:30 QFC/Bartell's* 10:00 Cardio Exercise- Seated or Standing (CH) 10:00 Stretch & Flex (AZ) 10:45 Enhance Fitness (AZ) 11:00 RR Bridge (LR) 1:00 QFC/Bartell's* 2:00 The Journey Through Grief with Seth (OR) 2:30 Tech 101 w/ Evan (TH) 6:30 Evening Movie (TH) <i>Much Ado About Nothing</i></p>	<p>23</p> <p>10:00 Low Impact Workout (CH) 10:00 Bellevue Nursery Outing* 11:00 Tai Chi for Arthritis & 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) 2:00 Johnny Chiecsek Guitar Show (LR) 3:00 Contemporary Issues (AZ)</p>	<p>24</p> <p>9:30 Low Impact Workout (CH) 10:00 Cardio Exercise- Seated or Standing (CH) 10:00 Stretch & Flex (AZ) 11:00 Knit Wits (LR) 2:00 RR Canasta (OR) 1:30 Dr. Theo Deacon Talk (AZ) Life & Music of Cole Porter 3:00 Resident Safety Meeting (AZ) 6:30 Evening Movie (TH) <i>Rear Window</i></p>	<p>25</p> <p>9:00 Chair Exercise (CH) 10:00 Low Impact Workout (CH) 10:00 Strength & Balance with Select Rehab (AZ) 11:00 RR Bridge (LR) 1:00 RR Bible Study (AZ) 1:00 Wheelchair & Walker Repair With Select Rehab 1:30 Gemology Talk with Jean (TH) <i>"Birthstones: Facts & Lore"</i> 3:00 Life Enrichment Forum (AZ)</p>	<p>26</p> <p>9:30 Low Impact Workout (CH) 10:00 Cardio Exercise (CH) 10:00 Stretch & 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) 2:30 Spring Social (LR) <i>"Flower Power"</i> 6:30 Evening Movie (TH) <i>The Queen</i></p>	<p>27</p> <p>9:00 Chair Exercise (CH) 10:00 Low Impact Workout (CH) 10:00 Independent Board Games (OR) 1:00 Independent Walking Group (B) 2:00 Matinee Movie (TH) <i>Stage Door</i> 6:30 Evening Movie (TH) <i>Something's Gotta Give</i></p>
<p>28</p> <p>9:00 Chair Yoga (CH) 9:30 Low Impact Workout (CH) 10:00 Cardio Exercise- Seated or Standing (CH) 10:00 Cruising for Coffee* 2:00 Bingo (OR) 3:00 Sunday Series <i>As Time Goes By Season 2</i> 6:30 Evening Movie (TH) <i>My Favorite Wife</i></p>	<p>29</p> <p>9:30 Low Impact Workout (CH) 9:30 QFC/Bartell's* 10:00 Cardio Exercise- Seated or Standing (CH) 10:00 Stretch & Flex (AZ) 10:45 Enhance Fitness (AZ) 11:00 RR Bridge (LR) 1:00 Trader Joe's* 3:00 Town Hall (AZ) 6:30 Evening Movie (TH) <i>Mrs. Palfrey At The Claremont</i></p>	<p>30</p> <p>10:00 Low Impact Workout (CH) 10:00 Circuit Training with Life Enrichment (FC) 11:00 Tai Chi for Arthritis & 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) 3:00 <i>Wine Not? Social Hour (LR)</i></p>				

One-on-One Holy Communion
Wednesdays
10:30am
By Appointment Only
Contact:
Diana Schiro @ 425-864-9277 or Jackie Weeks @ 425-443-7353
Sacred Heart

LIFE by Select Rehab Apt. 362
Contact Isha Saluja about the following services:
Physical Therapy
Occupational Therapy
Speech Therapy
425-389-2360

Factoria Hearing:
Factoria Hearing will be in the community:
April 26th
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!

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.
Thursdays 10:00am-4:00pm
Room 212
*Sign-up required, text Michelle at: 206-395-8208

On-Site Dermatology
will be in the community on **April 3rd** from 1:00pm-4:00pm
Please call for an Appointment:

877-345-5300
or sign up in the Activity Binder in the lobby.

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
- (TL) 2nd Floor Terrace
- (FC) Fitness Center
- (FD) Front Desk

(Asterisk) * = SIGN-UP REQUIRED