

APRIL 2024

Sunday	Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5	Saturday 6
	<p>9:30 Better Balance (SL) 11:30– 12:30 Librarian & Tech Help (L) 2:00 Meet the Admin Team (SL) 3:00 Knitting Group (FR) 6:30 Documentary: A Perfect Planet Part 1 (SL)</p>	<p>10:00 Yoga w/ Pat (SL) 12:00 Swimming* 1:30 Neighborhood walk w/ Anders* 3:00 Trivia w/ Anders (SL)</p>	<p>10:00 Outing: Japanese Garden* 10:30 Exercise w/ Maya (SL) 2:30 Resident Association Meeting (DR) 6:30 Movie: Mrs. Brown 1997 (SL) 🎬</p>	<p>9:00 Shop. U Village* 10:30 Fitness w/ Michael (SL) 2:00 Meditation w/ Maya (L) 3:00 Hearing Clinic (L) 3:15 Vitamin C Day Social (SL)</p>	<p>10:30 Ex. w/ Maya (SL) 11:00 Outing: Copland Appalachian Spring Benaroya Hall* 11:30– 12:30 Librarian & Tech Help (L) 2:30 Art Class w/ Rosie Namara (AR) 5:00 Shabbat Dinner (PDR)*</p>	<p>10:30 Exercise w/ Anders (SL) 2:00 Board Games and Cards (AR) 6:30 Movie: Amistad 1997 (SL) 🎬</p>
<p>2:00 Scrabble and Canasta (4FL) 6:30 Sunday Movie: Kiss Me Kate 1953 (SL)</p>	<p>9:30 Better Balance (SL) 11:30– 12:30 Librarian & Tech Help (L) 1:30 Walking Clinic w/ Roxanne (SL) 3:00 David Smith: Contemporary Ethics (SL) 6:30 Documentary: A Perfect Planet Part 2 (SL)</p>	<p>10:00 Seated Yoga w/ Pat (SL) 12:00 Swimming* 1:30 Nutrition Talk w/ Amanda (SL) 3:00 Bingo (AR)</p>	<p>9:30 Ex. w/ Anders (SL) 10:15 Outing: Skagit Valley Tulip Festival Garden Rosalyn* 11:00 Mass w/ Father Daniel (L) 2:30 Lance Rhoades Travelogue: Japan Cherry Blossom (SL) 6:30 Movie: A Haunting in Venice 2023 (SL) 🎬</p>	<p>9:30 Ex. w/ Maya (SL) 10:30 David Kaynor: Spring Birds of WA (SL) 2:00 Meditation w/ Maya (L) 3:15 National Pet Day discussion w/Anders (SL)</p>	<p>10:30 Exercise w/ Maya (SL) 11:30– 12:30 Librarian & Tech Help (L) 2:30 Poetry Appreciation Group (L) 3:30 Hawaiian Happy Hour Farewell to Liz (SL)</p>	<p>10:30 Exercise w/ Anders (SL) 2:00 Board Games and Cards (AR) 6:30 Movie: Bound for Glory 1976 (SL) 🎬</p>

Sunday 14	Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19	Saturday 20
<p>2:00 Scrabble and Canasta (4FL)</p> <p>6:30 Sunday Movie: Sweeney Todd 2007 (SL)</p>	<p>9:30 B. Balance (SL)</p> <p>11:30– 12:30 Librarian & Tech Help (L)</p> <p>1:00 Canada's First Lady of Jazz, Eleanor Collins Presentation w/ David (SL)</p> <p>2:00 Spring Cleaning: Swap Day (SL)</p> <p>6:30 Doc.: A Perfect Planet Part 3 (SL)</p>	<p>10:00 Yoga w/ Pat (SL)</p> <p>12:00 Swimming*</p> <p>2:00 United 2026: FIFA World Cup Presentation w/ Anders (SL)</p> <p>3:30 Movie Committee Meeting (MLR)</p>	<p>10:30 Ex. w/ Maya (SL)</p> <p>11:30 Lunch Outing: Bamboo Sushi*</p> <p>2:30 Kitchen Korner (SL)</p> <p>4:30 April Birthday Dinner (DR)</p> <p>6:30 Movie: Living 2022(SL) 🎥</p>	<p>10:30 Fitness w/ Michael (SL)</p> <p>11:00 Shopping: U Village*</p> <p>2:00 Meditation w/ Maya (L)</p> <p>2:30 ICHR Talent Show* (DR)</p>	<p>10:30 Exercise w/ Maya (SL)</p> <p>11:30– 12:30 Librarian & Tech Help (L)</p> <p>2:30 Outing: U.H. Wallingford, Rebecca Albiani Art History Talk, Renoir*</p>	<p>10:30 Exercise w/ Anders (SL)</p> <p>2:00 Board Games and Cards (4FL)</p> <p>2:00-3:30 Collage and Printmaking w/ Patricia-Ann (AR)</p> <p>6:30 Movie: Denial 2016 🎥</p>
<p>21</p> <p>2:00 Scrabble and Canasta (4FL)</p> <p>6:30 Sunday Movie: Kinky Boots 2006</p>	<p>22</p> <p>9:30 B. Balance (SL)</p> <p>11:00 Communion w/ Mary Ann (L)</p> <p>11:30– 12:30 Librarian & Tech Help (L)</p> <p>2:30 Knitting Grp (FR)</p> <p>4:00AllThatDance(SL)</p> <p>6:30 Doc: A Perfect Planet Parts 4-5 (SL) <i>Passover Begins</i></p>	<p>23</p> <p>10:00 Yoga w/ Pat (SL)</p> <p>12:00 Swimming*</p> <p>12:45-1:15 Bookmobile (AR)</p> <p>2:00 Bingo (AR)</p> <p>3:30 Wellness Talk w/ Select Rehab (SL)</p>	<p>24</p> <p>9:30 Shopping: PCC*</p> <p>10:30 Ex. w/ Maya (SL)</p> <p>2:00 Life Enrichment Chat (SL)</p> <p>3:30 1st Graders Laurelhurst Elementary Visit (AR)</p> <p>6:30 Movie: Antigone 1961 (SL) 🎥</p>	<p>25</p> <p>10:00 Outing: SAM Museum Calder Exhibit Guided Tour*</p> <p>10:30 Ex. Michael (SL)</p> <p>2:00 Meditation w/ Maya (L)</p> <p>4:30 Destination Dinner: Spain</p>	<p>26</p> <p>10:30 Exercise w/ Maya (SL)</p> <p>11:30– 12:30 Librarian & Tech Help (L)</p> <p>2:30 Poetry Appreciation Group (L)</p> <p>3:30 Pop Songs 1950's through 1970's w/ Mark Shaffer (SL)</p>	<p>27</p> <p>10:30 Exercise w/ Anders (SL)</p> <p>2:00 Board Games and Cards (AR)</p> <p>6:30: Movie: A Man Called Otto 2022 (SL) 🎥</p>
<p>28</p> <p>2:00 Scrabble and Canasta (4FL)</p> <p>6:30 Sunday Movie: Into the Woods 2014 (SL)</p>	<p>29</p> <p>9:30 B. Balance (SL)</p> <p>11:30– 12:30 Librarian & Tech Help (L)</p> <p>10:30 Spring Cleaning: Sort & Recycle (SL)</p> <p>1:30 Pike Place Market Presentation (SL)</p> <p>3:00 Healing Sound Bowls w/ Heather (L)</p>	<p>30</p> <p>10:00 Seated Yoga w/ Pat (SL)</p> <p>12:00 Swimming*</p> <p>1:15 Current Events w/ Jacob Bolotin (SL)</p> <p>2:30 Outing: Wallingford Center Shopping*</p>			<p>AR – Activity Room</p> <p>DR – Dining Room</p> <p>L – Library</p> <p>FR – Fireside Room</p> <p>MLR – Maple Leaf Room</p> <p>PDR – Private Dining Room</p> <p>SL – South Lounge</p> <p>4FI – 4th Floor Lobby</p>	<p>* Sign up at the Front Desk</p> <p>🎥 Movie Committee Selection</p>