







































































April 2024

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>APRIL FOOLS DAY! 1</p> <p>10:00 Enhance Fitness (GA) </p> <p>11:00 Brain Fitness (GA) </p> <p>1:00 Caregiver Support (GR)</p> <p>3:00 Life Enrichment Planning Meeting (GA)</p> 	<p>2</p> <p>9:00 Water Exercise (P) </p> <p>10:00 Scrabble (1FL)</p> <p> 10:45/12:00 Fred Meyer Grocery Shuttle * \$</p> <p>11:00 Guest Lecture: Probate and Other Legal & Financial Considerations (GA)</p> <p>1:00 Bridge (GR)</p> <p>3:00 Cabaret Performance: <i>Jolly Holiday (Featuring Mary Poppins)</i> (GA)</p>	<p>3</p> <p> 9:30 Outing to Burke Museum \$\$ & UW Cherry Blossoms * Walking</p> <p>10:00 Enhance Fitness (GA)</p> <p>11:00 Chair Yoga (GA)</p> <p>1:00 Bridge (GR)</p> <p>1:00 Bible Class: <i>"What does the Bible say about Heaven"</i> (GA)</p> <p>3:00 Town Hall (GA)</p> <p> 7:00 Film Fans Movie Night: "Dr. Strangelove" (1964) (GA) & (TT)</p>	<p>4</p> <p>9:00 Water Exercise (P) </p> <p>10:30 Stretch & Flex (GA)</p> <p> 11:00 Lunch Outing to China Town—Harbor City * \$</p> <p>1:00 Card Game "Sevens" (1FL)</p> <p>1:30 Balance Class (GA)</p> <p>3:00 World Travels w/ Lance Rhoades: <i>South Africa</i> (GA) </p> <p>6:30 Film Fans Discussion of: <i>"Dr. Strangelove" (1964)</i> (GA)</p>	<p>5</p> <p>10:00 Enhance Fitness (GA)</p> <p>11:15 Line Dancing! (GA) </p> <p>1:00 Bridge (GR)</p> <p>1:00 Mah-Jong Game (1FL)</p> <p>3:00 Contemporary Issues MEN'S Group (GA)</p> <p>7:00 Movie Night "Wonder Woman" (2017) (TT)</p> 	<p>6</p> <p>10:30 Stretch & Flex (GA)</p> <p>11:15 Mindfulness Practices (GA)</p> <p>11:00 Mah-Jong Game (1FL)</p> <p>12:00 Rummikub Game (1FL)</p> <p>12:30 Documentary: <i>"Beautiful Washington" Episode 1 (GA) & (TT)</i></p> <p>2:00 Short Story Creative Writing Class w/Claudia (PDR) </p> <p> 7:00 Movie Night "Gravity" (2013) (TT) </p>
<p>7</p> <p>8:30- 12:30 Church Shuttle * CHURCH (LR)</p> <p>11:00 Women's Coffee Hour (LR)</p> <p>1:00 Scrabble (1FL)</p> <p>2:00 Rummikub Game (1FL)</p> <p>2:00 Movie Matinee "War Horse" (2011) (TT) </p> <p>7:00 Card Game "Rummy" (1FL)</p>	<p>8</p> <p>10:00 Enhance Fitness (GA) </p> <p>11:00 Brain Fitness (GA) </p> <p>1:30 Grief Support Group (PDR)</p> <p>3:00 Storyteller Debbie Dimitre: <i>"Annie Oakley & Calamity Jane"</i> (GA)</p> <p>6:00 March Madness— <i>NCAA Championship Game</i> (GA)</p> 	<p>9</p> <p>9:00 Water Exercise (P) </p> <p>10:00 Scrabble (1FL)</p> <p>10:00 TheraBand Class (GA)</p> <p> 10:45/12:00 QFC Grocery Shuttle * \$</p> <p>1:00 Bridge (GR)</p> <p>1:00 David Smith Lecture: <i>"Contemporary Ethics"</i> (GA)</p> <p>3:00 Alan Dowty Presentation: Famous Sea Voyages: <i>"Mutiny On the Bounty"</i> (GA) </p>	<p>10</p> <p>10:00 Enhance Fitness (GA)</p> <p>11:00 Chair Yoga (GA)</p> <p>12:15 Catholic Communion (GR)</p> <p> 12:30 Outing to Squak Mountain Nursery * \$</p>  <p>1:00 Bridge (GR)</p> <p>3:00 Contemporary Issues Women's Group (GA)</p>	<p>11</p> <p>9:00 Water Exercise (P) </p> <p>10:30 Stretch & Flex (GA)</p> <p>11:00 Zentangle (GR)</p> <p>ZENTANGLE!</p> <p>11:30 Current Events (GA)</p> <p>1:00 Card Game "Sevens" (1FL)</p> <p>1:30 Balance Class (GA)</p> <p>2:00 Food Forum (DR)</p> <p>3:00 Bingo & Mimosas (GA) \$ </p>	<p>12</p> <p>10:00 Enhance Fitness (GA)</p> <p> 11:15 Outing to Smith Tower with Tour * \$\$ </p> <p>1:00 Bridge (GR)</p> <p>1:00 Mah-Jong Game (1FL)</p> <p>2:00 Kitchen Tour * (DR)</p> <p>3:00 Stories of a Lifetime: <i>"Remembering someone who made a remarkable difference in my life..."</i> (GA)</p> <p>7:00 Movie Night "1917" (2019) (GA) & (TT) </p>	<p>13</p> <p>10:30 Stretch & Flex (GA)</p> <p>11:15 Mindfulness Practices (GA)</p> <p>11:00 Mah-Jong Game (1FL)</p> <p>12:00 Rummikub Game (1FL)</p> <p>12:30 Documentary: <i>"Beautiful Washington" Episode 2 (GA) & (TT)</i></p> <p>2:00 Short Story Creative Writing Class w/Claudia (PDR) </p> <p> 7:00 Movie Night "Iron Mask" (2019) (TT) </p>
<p>14</p> <p>8:30-12:30 Church Shuttle * CHURCH (LR)</p> <p>11:00 Women's Coffee Hour (LR)</p> <p>1:00 Scrabble (1FL)</p> <p>2:00 Rummikub Game (1FL)</p> <p>2:00 Movie Matinee "One Night with the King" (2006) (TT) </p> <p>7:00 Card Game "Rummy" (1FL)</p>	<p>15</p> <p>10:00 Enhance Fitness (GA) </p> <p>11:00 Brain Fitness (GA) </p> <p>1:00 Caregiver Support (GR)</p> <p>1:00 Doodles — Therapy Dogs! (GA) </p> <p>3:00 Resident Council Meeting (GA)</p>  <p>6:30 Jumbo Crossword Puzzle (LR) </p>	<p>16</p> <p>9:00 Water Exercise (P) </p> <p>10:00 Scrabble (1FL)</p> <p> 10:45/12:00 Fred Meyer Grocery Shuttle * \$</p> <p>1:00 Bridge (GR)</p> <p>1:30 Passover/Seder Educational Presentation w/ Rabbi Schneur (GA)</p> <p>3:00 Shakespeare Class (GA)</p> 	<p>17</p> <p> 10:00 Outing to The Skagit Valley Tulip Festival & Lunch * \$ </p> <p>11:00 Chair Yoga (GA)</p> <p>1:00 Bible Class: <i>"What does The Bible say about Heaven"</i> (GA)</p> <p>1:00 Bridge (GR)</p> <p>3:00 Microbiome & Parkinson's Disease w/Nutritionist, Amanda (GA) </p> <p>6:30 Trivia Night with Nick & Rebecca (GA)</p>	<p>18</p> <p>9:00 Water Exercise (P) </p> <p>10:30 Stretch & Flex (GA)</p> <p>1:00 Card Game "Sevens" (1FL)</p> <p>1:30 Balance Class (GA)</p> <p>2:00 Kitchen Tour * (DR)</p> <p>3:00 Book Club (PDR)</p> <p>BOOK DISCUSSION GROUP </p> <p> 4:15 Dinner Outing to Masa Mexican Restaurant * \$ </p>	<p>19</p> <p>10:00 Enhance Fitness (GA) </p> <p>10:00 Birthday Brunch * (DR)</p> <p>10:00-10:30 Traveling Library (L)</p> <p>11:30 Spring Craft w/Roseann (GA)</p> <p>1:00 Bridge (GR)</p> <p>1:00 Mah-Jong Game (1FL)</p> <p>2:00 Shabbat w/Rabbi Schneur (PDR)</p> <p>3:00 Happy Hour & Music w/ Good Co. (GA)</p> <p>7:00 Movie Night "Casablanca" (1942) (TT) </p>	<p>20</p> <p>10:30 Stretch & Flex (GA)</p> <p>11:15 Mindfulness Practices (GA)</p> <p>11:00 Mah-Jong Game (1FL)</p> <p>12:00 Rummikub Game (1FL)</p> <p>12:30 Documentary: <i>"Beautiful Washington" Episode 3 (GA) & (TT)</i></p> <p> 12:30 Outing to Amazon Spheres—in Seattle * FREE </p> <p> 7:00 Movie Night "Dreamer" (2005) (TT) </p>

April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>21</p> <p>8:30-12:30 Church Shuttle *  CHURCH</p> <p>11:00 Women's Coffee Hour (LR)</p> <p>1:00 Scrabble (1FL)</p> <p>2:00 Rummikub Game (1FL)</p> <p>2:00 Movie Matinee  "Ben-Hur" (1959) (TT)</p>  <p>7:00 Card Game "Rummy" (1FL)</p>	<p>22</p> <p>PASSOVER BEGINS </p> <p>10:00 Enhance Fitness (GA)</p> <p>11:00 Brain Fitness (GA) </p> <p>1:30 Music Lecture w/David Joyner: "My Jazz Living Room - Part 1" (GA)</p>  <p>3:00 Contemporary Issues Women's Group (GA)</p> <p>EARTH DAY!</p>	<p>23</p> <p>FULL MOON  <i>Pink or Flower Moon</i></p> <p>9:00 Water Exercise (P) </p> <p>10:00 Scrabble (1FL)</p> <p>10:00 TheraBand Class (GA)</p> <p>10:45/12:00 Safeway Grocery Shuttle * \$  (Store on Gilman)</p> <p>1:00 Bridge (GR)</p> <p>1:00 David Smith Lecture: "Contemporary Ethics" (GA)</p> <p>3:00 Nutrition Talk: w/ Amanda: "Nutrition for Healthy Eyes" (GA) </p>	<p>24</p> <p>10:00 Enhance Fitness (GA)</p> <p>11:00 Chair Yoga (GA)</p> <p>11:00 Episcopal Communion with Rev. Marilyn Brown (GR)</p> <p>11:15 Shopping Outing to Trader Joe's * \$ </p> <p>1:00 Bridge (GR)</p> <p>2:00 Library Volunteering (LB)</p> <p>3:00 Sunshine Club (PDR) </p> <p>4:45 Passover Seder Dinner w/ Rabbi Mirel * (GA)</p>	<p>25</p> <p>9:00 Water Exercise (P) </p> <p>10:30 Stretch & Flex (GA)</p> <p>1:00 Card Game "Sevens" (1FL)</p> <p>12:30 Ice Cream Outing to Dairy Queen * \$ </p> <p>1:30 Balance Class (GA)</p> <p>6:00 Bingo! w/ Kids Coming Together (GA) \$ </p>	<p>26</p> <p>10:00 Enhance Fitness (GA)</p> <p>10:00 Outing to Snoqualmie Casino * \$ </p> <p>11:30 Fraud Awareness Presentation (GA)</p> <p>1:00 Bridge (GR)</p> <p>1:00 Mah-Jong Game (1FL)</p> <p>3:00 Beer, Chips & Bingo (GA) \$ </p> <p>7:00 Movie Night  "A Smile as Big as the Moon" (2012) (TT) </p>	<p>27</p> <p>10:30 Stretch & Flex (GA)</p> <p>11:15 Mindfulness Practices (GA)</p> <p>11:00 Mah-Jong Game (1FL)</p> <p>12:00 Rummikub Game (1FL)</p> <p>12:30 Documentary: "Beautiful Washington" Episode 4 (GA) & (TT) </p> <p>2:00 The Post-It Notes Quartet (GA)</p> <p>7:00 Movie Night  "Gifted Hands" (2009) (TT) </p>
<p>28</p> <p>8:30-12:30 Church Shuttle *  CHURCH</p> <p>11:00 Women's Coffee Hour (LR)</p> <p>1:00 Scrabble (1FL)</p> <p>1:15 Sammamish Symphony Orchestra: "Unique Sounds" * \$ PATD </p> <p>2:00 Rummikub Game (1FL)</p> <p>2:00 Movie Matinee: "Show Boat" (1951) (TT) </p> <p>7:00 Card Game "Rummy" (1FL)</p>	<p>29</p> <p>10:00 Enhance Fitness (GA) </p> <p>11:00 Brain Fitness (GA)</p> <p>1:30 Almost Like Family Program Q&A with community counselor, Mallory Mixdorf (GA)</p> <p>2:30—4:30 Resident Art Walk (LR)</p> <p>6:30 Jumbo Crossword Puzzle (LR) </p>	<p>30</p> <p>9:00 Water Exercise (P) </p> <p>10:00 Scrabble (1FL)</p> <p>10:45/12:00 Fred Meyer Grocery Shuttle * \$ </p> <p>1:00 Bridge (GR)</p> <p>3:00 Bingo & Cookies (GA) \$ </p>	<p>Good Bye April</p>	<p>FUN AHEAD</p>	<p>hello May</p>	<p>hello May</p>
<p>Room Key:</p> <p>1st Floor Loft (1FL)</p> <p>1st Floor Living Room (1FLR)</p> <p>Dining Room (DR)</p> <p>Dining Room Patio (DRP)</p> <p>Game Room (GR)</p> <p>Gilman Auditorium (GA)</p> <p>Library (LB)</p> <p>Living Room (LR)</p> <p>Lobby (L)</p> <p>Pea Patch (PP)</p> <p>Pool (P)</p> <p>Private Dining Room (PDR)</p>	<p>*TouchTown (TT— Ch.370/371) Programming</p> <p>Morning Meditation Walks Mon Wed Fri 8:00am</p> <p>Tai Chi for Beginners Sun Tues 9:30am</p> <p>Gentle Chair Yoga Sun Tues Thur 10:30am</p> <p>Chair Fitness Aerobics Mon Wed Fri Sat 10:30am</p> <p>Low Impact Workout Mon-Sat 2:30pm</p> <p>Strength Workout Mon-Sat 3:30pm</p> <p>Gentle Yoga Sun Tues Thur 9:00pm</p> <p>Bedtime Mindful Relaxation 7 days/week 9:30pm</p>	<p>See schedule in BLUE with all the exercise & meditation programs available on TouchTown (TT) (Ch. 370/371)</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 (TT) (Ch. 370/371)</p> <p>\$ = Bring your wallet along!</p> <p>\$ PATD = Pay At The Door</p> <p>\$\$ = Tickets Purchased Ahead & Charged to your apartment</p>	<p>FRIDAY— April 19th</p> <p>★ Traveling Library— be sure your King County Library Books are turned in to the  LE Office or the Front Desk by 9:30 am</p>	<p>WELLNESS SERVICES:</p> <p>Audiologist — 1 X a month</p> <p>Dermatologist — 1 X a month</p> <p>Podiatrist — 2 X's a month</p> <p>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.</p>	