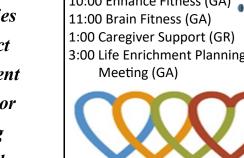


April 2024

1:00 Scrabble (1FL) 2:00 Movie Matinee 1:00 Scrabble (1FL) 2:00 Rummikub Game (1FL) 2:00 Movie Matinee

Sunday For additional activity supplies please contact Life Enrichment on the 3rd floor or by calling the front desk at 425-557-4200 8:30- 12:30 Church Shuttle * CHURCH 2:00 Rummikub Game (1FL) "War Horse" (2011) (TT)



Monday APRIL FOOLS DAY! 1

10:00 Enhance Fitness (GA) 11:00 Brain Fitness (GA) 3:00 Life Enrichment Planning



Tuesday

9:00 Water Exercise (P) 10:00 Scrabble (1FL)

10:45/12:00 Fred Meyer Grocery Shuttle * \$

11:00 Guest Lecture: Probate and Other Legal & Financial Considerations (GA) 1:00 Bridge (GR)

3:00 Cabaret Performance: Jolly Holiday (Featuring Mary Poppins) (GA)





10:00 Enhance Fitness (GA) 11:00 Chair Yoga (GA) 1:00 Bridge (GR) 1:00 Bible Class: "What does the Bible say about Heaven" (GA) 3:00 Town Hall (GA)

7:00 Film Fans Movie Night:

"Dr. Strangelove" (1964) (GA) & (TT)

9:00 Water Exercise (P)

10:30 Stretch & Flex (GA)

Thursday

11:00 Lunch Outing to China Town—Harbor City * \$

1:00 Card Game "Sevens" (1FL) 1:30 Balance Class (GA) 3:00 World Travels w/ Lance

Rhoades: South Africa

6:30 Film Fans Discussion of: "Dr. Strangelove" (1964) (GA) **Friday**

10:00 Enhance Fitness (GA)

11:15 Line Dancing! (GA) 1:00 Bridge (GR) 1:00 Mah-Jong Game (1FL)

3:00 Contemporary Issues MEN'S Group (GA)

7:00 Movie Night "Wonder Woman" (2017) (TT)





10:30 Stretch & Flex (GA) 11:15 Mindfulness Practices (GA) 11:00 Mah-Jong Game (1FL) 12:00 Rummikub Game (1FL) 12:30 Documentary: "Beautiful Washington"

Episode 1 (GA) & (TT) 2:00 Short Story Creative Writing Class w/Claudia (PDR)

7:00 Movie Night "Gravity" (2013) (TT)

10:30 Stretch & Flex (GA)

11:00 Mah-Jong Game (1FL)

12:00 Rummikub Game (1FL)

12:30 Documentary:

11:15 Mindfulness Practices (GA)

"Beautiful Washington"

Episode 2 (GA) & (TT)



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11:00 Women's Coffee Hour (LR)



7:00 Card Game "Rummy" (1FL)

10:00 Enhance Fitness (GA)

10:00 TheraBand Class (GA) 1:30 Grief Support Group (PDR) 3:00 Storyteller Debbie Dimitre:

"Annie Oakley & Calamity Jane" (GA)

6:00 March Madness — NCAA Championship Game (GA)

11:00 Brain Fitness (GA)



9:00 Water Exercise (P) 10:00 Scrabble (1FL)

10:45/12:00

QFC Grocery Shuttle * \$

1:00 Bridge (GR) 1:00 David Smith Lecture:

"Contemporary Ethics" (GA)

3:00 Alan Dowty Presentation:

Famous Sea Voyages:

"Mutiny On the Bounty" (GA)



10:00 Enhance Fitness (GA) 11:00 Chair Yoga (GA) 12:15 Catholic Communion (GR)

12:30 Outing to Squak Mountain Nursery * \$



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1:00 Bridge (GR) 3:00 Contemporary Issues Women's Group (GA) 9:00 Water Exercise (P) 10:30 Stretch & Flex (GA) 11:00 Zentangle (GR)

ZENTANGLE.

11:30 Current Events (GA) 1:00 Card Game "Sevens" (1FL) 1:30 Balance Class (GA) 2:00 Food Forum (DR) 3:00 Bingo & Mimosas (GA) \$











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10:00 Enhance Fitness (GA) 11:15 Outing to

Smith Tower with Tour * \$\$ 1:00 Bridge (GR)

1:00 Mah-Jong Game (1FL) 2:00 Kitchen Tour * (DR) 3:00 Stories of a Lifetime:

> "Remembering someone who made a remarkable difference in my life..." (GA)

7:00 Movie Night "1917" (2019) (GA) & (TT)











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8:30-12:30 Church Shuttle * CHURCH

11:00 Women's Coffee Hour (LR)

"One Night with the King" (2006) (TT)



7:00 Card Game "Rummy" (1FL)

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10:00 Enhance Fitness (GA) 11:00 Brain Fitness (GA) 1:00 Caregiver Support (GR) 1:00 Doodles -

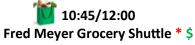
Therapy Dogs! (GA) 3:00 Resident Council Meeting (GA)



6:30 Jumbo Crossword Puzzle (LR)

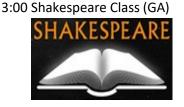


9:00 Water Exercise (P) 10:00 Scrabble (1FL)



1:00 Bridge (GR)

1:30 Passover/Seder Educational Presentation w/ Rabbi Schneur (GA)



10:00 Enhance Fitness (GA)

10:00 Outing to

The Skagit Valley Tulip Festival & Lunch * \$ 11:00 Chair Yoga (GA)

1:00 Bible Class: "What does The Bible say about Heaven"

(GA) 1:00 Bridge (GR)

3:00 Microbiome & Parkinson's Disease w/Nutritionist, Amanda (GA)

6:30 Trivia Night with Nick & Rebecca (GA) 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 Book Club (PDR)

4:15 Dinner Outing to Masa Mexican Restaurant * \$



10:00 Enhance Fitness (GA) 10:00 Birthday Brunch * (DR)

10:00-10:30 Traveling Library (L) 11:30 Spring Craft w/Roseann (GA) 1:00 Bridge (GR)

1:00 Mah-Jong Game (1FL) 2:00 Shabbat w/Rabbi Schneur (PDR)

3:00 Happy Hour & Music w/

Good Co. (GA) 7:00 Movie Night

"Casablanca" (1942)(TT)



10:30 Stretch & Flex (GA) 11:15 Mindfulness Practices (GA) 11:00 Mah-Jong Game (1FL) 12:00 Rummikub Game (1FL) 12:30 Documentary: "Beautiful Washington" Episode 3 (GA) & (TT)

12:30 Outing to Amazon Spheres—in Seattle *

7:00 Movie Night @ "Dreamer" (2005) (TT)







Pea Patch (PP)

Private Dining Room (PDR)

Pool (P)

Gentle Yoga

Bedtime Mindful Relaxation

Apríl 2024

Tuesday Wednesday **Thursday** Monday **Friday Saturday** Sunday 24 **22** FULL MOON 23 25 26 27 **PASSOVER** 8:30-12:30 Church Shuttle * CHURCH **BEGINS** 10:00 Enhance Fitness (GA) 9:00 Water Exercise (P) 10:00 Enhance Fitness (GA) 10:30 Stretch & Flex (GA) 10:00 Enhance Fitness (GA) 9:00 Water Exercise (P) 11:00 Women's Coffee Hour (LR) 10:30 Stretch & Flex (GA) 11:00 Chair Yoga (GA) 10:00 Outing to 11:15 Mindfulness Practices (GA) 10:00 Scrabble (1FL) 1:00 Scrabble (1FL) 11:00 Brain Fitness (GA) 11:00 Episcopal Communion with 1:00 Card Game "Sevens" (1FL) 11:00 Mah-Jong Game (1FL) \$noqualmie Casino * \$ 10:00 TheraBand Class (GA) 12:00 Rummikub Game (1FL) 2:00 Rummikub Game (1FL) Rev. Marilynn Brown (GR) 1:30 Music Lecture w/David 12:30 Ice Cream Outing to 11:30 Fraud Awareness 12:30 Documentary: Joyner: "My Jazz Living Room 10:45/12:00 Dairy Queen * \$ 2:00 Movie Matinee 11:15 Shopping Outing Presentation (GA) "Beautiful Washington" Safeway Grocery Shuttle * \$ - Part 1" (GA) to Trader Joe's * \$ "Ben-Hur" (1959) (TT) 1:00 Bridge (GR) 1:30 Balance Class (GA) (Store on Gilman) Episode 4 (GA) & (TT) 1:00 Mah-Jong Game (1FL) 1:00 Bridge (GR) 2:00 The Post-It Notes Quartet 6:00 Bingo! w/ Kids Coming A Lecture 1:00 Bridge (GR) 3:00 Beer, Chips & Bingo (GA) \$ 2:00 Library Volunteering (LB) Together (GA) \$ (GA) 1:00 David Smith Lecture: $B_{\parallel}N_{\square}O$ 3:00 Sunshine Club "Contemporary Ethics" (GA) 7:00 Movie Night on Music BINGO 7:00 Movie Night (PDR) 3:00 Nutrition Talk: w/ Amanda: "Gifted Hands" "A Smile as Big 3:00 Contemporary Issues "Nutrition for Healthy Eyes" as the Moon" Women's Group (GA) (GA) 4:45 Passover Seder Dinner (2012)(TT)7:00 Card Game "Rummy" (1FL) **EARTH DAY!** w/ Rabbi Mirel * (GA) NUTRITION 28 29 30 10:00 Enhance Fitness (GA) 8:30-12:30 Church Shuttle * CHURCH 9:00 Water Exercise (P) 11:00 Women's Coffee Hour (LR) 11:00 Brain Fitness (GA) 10:00 Scrabble (1FL) 1:00 Scrabble (1FL) 1:30 Almost Like Family Program 10:45/12:00 Q&A with community 1:15 Sammamish Symphony Fred Meyer Grocery Shuttle * \$ counselor, Mallory Mixdorf Orchestra: 1:00 Bridge (GR) "Unique Sounds" * \$ PATD 3:00 Bingo & Cookies (GA) \$ 2:30-4:30 AHEAD 2:00 Rummikub Game (1FL) BONGO Resident Art Walk (LR) 2:00 Movie Matinee: 6:30 Jumbo Crossword Puzzle (LR) "Show Boat" (1951) (TT) 7:00 Card Game "Rummy" (1FL) **WELLNESS SERVICES:** Room Key: Symbol Key: FRIDAY — April 19th *TouchTown (TT— Ch.370/371) Programming "*" Advanced sign-up Front Desk 1st Floor Loft (1FL) Audiologist —1 X a month ★ Traveling Library-1st Floor Living Room (1FLR) Life Enrichment Binder. Dermatologist—1 X a month See schedule in **BLUE Morning Meditation Walks** Mon Wed Fri 8:00am Dining Room (DR) *Bold & Purple - Advanced be sure your Podiatrist— 2 X's a month Tai Chi for Beginners Sun Tues 9:30am Dining Room Patio (DRP) RSVP & Invite at front desk with all the exercise & King County Library Books If you have questions about Game Room (GR) **Gentle Chair Yoga** Sun Tues Thur 10:30am Anything in ***Bold*** is *typically* off meditation programs the wellness services Gilman Auditorium (GA) are turned in to the **Chair Fitness Aerobics** Mon Wed Fri Sat 10:30am -OR-Library (LB) available on **Anything in BLUE indicates** LE Office Low Impact Workout Mon-Sat 2:30pm you would like to schedule Living Room (LR) TouchTown (TT) (Ch. 370/371) Strength Workout Mon-Sat 3:30pm TouchTown (TT) or the Lobby (L) your appointments for the \$ = Bring your wallet along! TRAVELING

(Ch. 370/371)

above...

please go to the Wellness

Center on the first floor.

Front Desk

_т by 9:30 ат

LIBRARY

\$ PATD = Pay At The Door

\$\$ = Tickets Purchased Ahead &

Charged to your apartment

Sun Tues Thur 9:00pm

7 days/week 9:30pm