Friday Wednesday Saturday Monday Sunday Thursday Tuesday

## April 2024

Fitness Activities **Offsite Activities** 

All event information is on K4 or with the hard copy of your calendar. Sign-up is required for all events with an asterisk (\*).

Check the Activity Book in the Lobby every Sunday evening for new sign-up sheets. Please call the Life Enrichment Office if you have questions or need additional

information: (206) 545-8400

Dining Room tech help in dining room lobby: 4:00pm-4:30pm M-F

**Blood Pressure** Clinic in Wellness Clinic: 2:00pm-3pm M/W/F

9am Stretch &

Flex Video (9)

Hours

Group (2)

Amour (9)

9:45am Better Balance

10am Librarian Office

11am Brain Fitness (7)

1pm UHouse Library

2pm Movie Matinee:

Icarus (Documentary) (1)

2:15pm Silent Meditation

7:30pm Foreign Film:

**APRIL** FOOL'S DAY 8:30am EnhanceFitness

9:30am Stretch & Flex (1)

10:30am Monday

Coffee: THE KOREAN WAR REMEMBERED (1) 1:30pm Scrabble (5)

2pm End of Life Panel (1) 3:15pm Senior Fit: Chair Exercise Video (9)

7pm Rummy Tile (5)

8:30am EnhanceFitness 9:30am Stretch & Flex

11am Shakespeare Class with Shanna Allman (1)

1:30pm Scrabble (5)

1:30pm Music Lecture with Dr. Theodore Deacon (1)

2pm Aging Well Group Meeting (6)

3:15pm Senior Fit: Chair Exercise Video (9)

5pm Men's Night Out\*

7pm Ladies Musical Club (1) 7pm Rummy Tile (5)

8:30am Enhanced Fitness Level 1 (1)

> 9am Tai Chi Video (9) 9am Foot Care\* (3)

9:30am All Levels Walk\*: Cedar River Walk (O) 12:30pm Shop: Fred

Meyer\* \* (O)

3pm Creative Writing (7) 3:30pm Exercise with

Karen (1)

7:30pm Tuesday Movie: Sleepless in Seattle (9)

Ramadan Ends

8:30am Enhanced Fitness Level 1 (1)

9am Tai Chi Video (9) 9:20am All Levels Walk:

Juanita Bay Park\* (O)

10am Great Books Discussion (6)

12:30pm Shop: Trader Joe's\* (O)

3pm Creative Writing (7) 3:30pm Exercise with

Karen (1)

7:30pm Tuesday Movie: Black (9)

8:15am Swimming Group\* 8:30am EnhanceFitness (1)

9:30am Stretch & Flex (1) 10:30am Great Courses with Lowell (1)

10:30am Knit & Stitch (5) 11:30am Guided Meditation (2)

12pm Choir Rehearsal (1) 12:30pm Food Services Meeting

1pm Librarian Office Hours 1:30pm Art Fun (3)

1:30pm Rummy Tile (5)

2pm Yoga Class (1) 3pm Charades! Happy Hour (5)

4:30pm Lottery Dinner!\* (8)

8:15am Swimming Group\*

8:30am EnhanceFitness (1)

9:30am Stretch & Flex

10:30am Great Courses with Lowell (1)

10:30am Knit & Stitch (5)

11:30am Guided Meditation

12pm Choir Rehearsal (1) 1pm Librarian Office Hours 1:30pm Art Fun (3)

1:30pm Rummy Tile (5) 1:30pm Seattle Library

Presentation (1) 2pm Yoga Class (1) 3 8:30am Enhanced Fitness Level 1 (1) 9am Tai Chi Video (9)

9am Podiatry Clinic (3) 9:30am Better Balance (1)

9:30am Seattle Art Museum: Juane Quick-To-See Smith\*

**Location Key** 

3 - Rosario Arts Room, 3rd Floor

4 - Vashon Computer Room, 4th Floor

7 - NW Conference Room, 1st Floor

8 - Rainier Dining Room, 1st Floor

10 - Fitness Center, Lobby Level

9 - Channel 370/371, Apartment TV

1 - Auditorium, Lobby Level

6 - San Juan Room, 1st Floor

2 - Husky Den, 4th Floor

5 - Gallery, 1st Floor

11 - Courtyard/Patio

13 - Salon, 2nd Floor

O - Offsite Trip

10am Religious Studies (2) 10am Sit & Get Fit Fitness

Video (9)

10:30am Fitness Center Introduction\* (10)

1:30pm Myron's Readings (6)

3:30pm Exercise with Karen

8:30am Enhanced

Fitness Level 1 (1) 9am Tai Chi Video (9)

9:30am Better Balance (1)

9:30am Skagit Tulip Festival in La Conner\* (O)

10am Religious Studies (2) 10am Sit & Get Fit

Fitness Video (9)

10:30am Fitness Center Introduction\* (10)

1:30pm Myron's Readings (6)

3:30pm Exercise with Karen (1)

8:30am Cardio-Flow Fitness (1)

9:30am Stretch & Flex (1)

10:30am Shakespeare Readers' Theater

12:30pm Dance with Bella

1pm Brain Fitness (7) 3pm Floor Party - 3rd Floor

(3rd FI) 7:30pm Friday Feel Good

Film: The Holdovers (9)

8:30am Cardio-Flow

Fitness (1) 9:30am Stretch & Flex (1)

10:30am Shakespeare Readers' Theater

1pm Brain Fitness (7) 3pm Floor Party - 4th

Floor (4th FI) 7:30pm Friday Feel Good

Film: Waking Ned Devine (9)

9am Low Impact Workout Video (9) 10:30am Saturday Matters 1pm MahJong (5)

3pm Movies with Lance:

World Travels: South Africa (1)

7:30pm Weekend Movie: Pirates of Penzance (9)

9am Low Impact Workout Video (9) 10:30am Saturday Matters (1) 1pm MahJong (5) 3pm Bob's Piano

Bar (5) 7:30pm Weekend Movie: Poor Things (9)

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Biography Book Collation (1) 9am Stretch & Flex Video (9) 9:45am Better Balance (1) 10am Librarian Office Hours 11am Brain Fitness (7) 1pm Seattle Symphony Masterworks* (O \$) 2:15pm Silent Meditation (2) 7:30pm Movie Marathon: The Cincinnati Kid (9)	Biography Collation Day 8:30am EnhanceFitness (Virtual) (1) 9:30am Stretch & Flex (Virtual) (1) 1:30pm Scrabble (5) 2pm Women's Group (6) 3pm Cowboy Camp Sing-along & Happy Hour (5) 3:15pm Senior Fit: Chair Exercise Video (9) 5pm Women's Night Out* (O) 7pm Rummy Tile (5)	Level 1 (1) 9am Tai Chi Video (9) 9:30am All Levels Walk:	8:15am Swimming Group* (O) 8:30am EnhanceFitness (1) 9:30am Stretch & Flex (1) 10:30am Great Courses with Lowell (1) 10:30am Knit & Stitch (5) 11:30am Guided Meditation (2) 12pm Choir Rehearsal (1) 1pm Librarian Office Hours 1:30pm Art Fun (3) 1:30pm Rummy Tile (5) 2pm Yoga Class (1) 3pm Floor Party - 5th Floor (5th FI)	8:30am Enhanced Fitness Level 1 (1) 9am Tai Chi Video (9) 9:30am Better Balance (1) 10am Religious Studies (2) 10am Sit & Get Fit Fitness Video (9) 10:30am Fitness Center Introduction* (10) 10:30am Bellevue Arts Museum* (O) 1:30pm Myron's Readings (6) 2pm Audiology Clinic* (7) 3pm UHouse Instrumentalists (5) 3:30pm Exercise with Karen (1) 6:45pm UW Piano Series: Yefim Bronfman* (O \$)	8:30am Cardio-Flow Fitness (1) 9:30am Stretch & Flex (1) 10am Coffee with Phyllis* (7) 10:30am Shakespeare Readers' Theater (6) 1pm Brain Fitness (7) 3pm Art Lecture with Rebecca Albiani (1) 7pm Harmonia Orchestra (1) 8:15pm Movie Marathon: Love with the Proper Stranger (9)	9am Low Impact 20 Workout Video (9) 9:20am The MET Opera: La Rondine* (O \$) 10:30am Saturday Matters Cancelled (1) 1pm MahJong (5) 1:30pm Harp Recital: FAVORITE MOVIE THEMES (1) 7:30pm Movie Marathon: The Getaway (9)
9am Stretch & 21 Flex Video (9) 9:45am Better Balance (1) 10am Librarian Office Hours 11am Brain Fitness (7) 2:15pm Silent Meditation (2) 3:30pm Watercolor Class (3) 7:30pm Documentary Film: Hello, Bookstore (9)	PASSOVER BEGINS AT SUNDOWN  8:30am EnhanceFitness (1) 9:30am Stretch & Flex (1) 10:30am Monday Coffee: Maija Devine (1) 12pm 1st Floor Emergency Preparedness Meeting (1) 1:30pm Grey Matter Men's Group (6) 1:30pm Scrabble (5)	8:30am Enhanced Fitness 23 Level 1 (1) 9am Tai Chi Video (9) 9:30am All Levels Walk: Edmonds Marine Walkway* (O) 11:30am 2nd Floor Emergency Preparedness Meeting (1) 12:30pm Shop: Uwajimaya* (O) 1:35pm SPL Bookmobile (1) 3pm Creative Writing (7) 3:30pm Exercise with Karen (1) 7:30pm Tuesday Movie: Schindler's List (9)	8:15am Swimming Group* (O) 8:30am EnhanceFitness (1) 9:30am Stretch & Flex (1) 10:30am Dietitian Talk: Nutrition for Healthy Eyes (1) 10:30am Knit & Stitch (5) 11:30am Guided Meditation (2) 12pm Choir Rehearsal (1) 1pm Librarian Office Hours 1:30pm 3rd Floor Emergency Preparedness Meeting (1) 1:30pm Art Fun (3) 1:30pm Rummy Tile (5) 2pm Yoga Class (Virtual) (1) 3:30pm Classical Guitar with Mark Wilson (1)	BIRTHDAY DINNER (8) 8:30am Enhanced Fitness Level 1 (1) 9am Tai Chi Video (9) 9:30am Better Balance (1) 10am Religious Studies (2) 10am Sit & Get Fit Fitness Video (9) 10am Cafe Javasti & Stroll at Meadowbrook Pond* (O) 10:30am Fitness Center Introduction* (10) 1pm 4th Floor Emergency Preparedness Meeting (1) 1:30pm Myron's Readings (6) 3pm Town Hall with Phyllis (1) 3:30pm Exercise with Karen (Cancelled) (1) 7pm Home Ground (1)	8:30am Cardio-Flow Fitness (1) 9:30am Stretch & Flex (1) 10:30am Shakespeare Readers' Theater (6) 12pm 5th Floor Emergency Preparedness Meeting (1) 1pm Brain Fitness (7) 1pm University House Garden Tour* (11) 7:30pm Friday Feel Good Film: Night at the Museum (9)	9am Low Impact 27 Workout Video (9) 10:30am Saturday Matters (1) 1pm MahJong (5) 3pm Johanna's Sing-a-long (5) 7:30pm Weekend Movie: The Quiet Man (9)
9am Stretch & 28 Flex Video (9) 9:45am Better Balance (1) 10am Librarian Office Hours 11am Brain Fitness (7) 2:15pm Silent Meditation (2) 3pm Emerald Harmony (1) 7:30pm Indie Film: Ed Wood (9)	8:30am EnhanceFitness (1) 9:30am Stretch & Flex (1) 10am Monday Coffee - Improving Lives Through Research (1) 1:30pm Scrabble (5) 2pm Life Changes and Transitions (6) 3pm April Birthday Social (5) 3:15pm Senior Fit: Chair Exercise Video (9) 7pm Play Reader's Theatre (1) 7pm Rummy Tile (5)	PASSOVER ENDS AT SUNDOWN 8:30am Enhanced Fitness Level 1 (1) 9am Tai Chi Video (9) 9:30am All Levels Walk: Gas Works Park* (O) 12:30pm Shop: Trader Joe's* (O) 3pm Creative Writing (7) 3:30pm Exercise with Karen (1) 7pm Resident Association Meeting (9)	April 2 UNIVERSITY	4:0 House	ning Room tech  help in dining  room lobby: 0pm-4:30pm M-  F  Blood Pressure inic in Wellness nic: 2:00pm-3pm  M/W/F  1 - Audi 2 - Husk 2 - Husk 3 - Rosa 4 - Vash Floor 5 - Galle 6 - San J 7 - NW 8 - Rain 10 - Fitn 11 - Cou	tion Key torium, Lobby Level ty Den, 4th Floor rio Arts Room, 3rd Floor on Computer Room, 4th  ery, 1st Floor uan Room, 1st Floor conference Room, 1st Floor ier Dining Room, 1st Floor inel 370/371, Apartment TV ress Center, Lobby Level ertyard/Patio ite Trip site Trip with Cost