






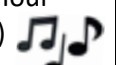



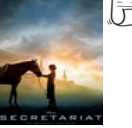
























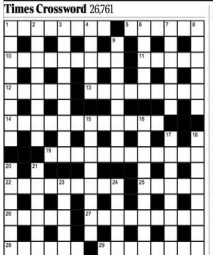
















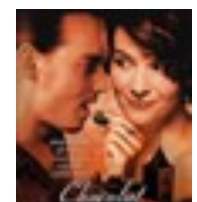














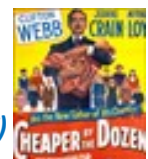


























# May 2024

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>May 1 — May Day May 2 — Nat'l Day of Prayer May 4 — Kentucky Derby May 5 — Cinco de Mayo May 5 — Nat'l Laughter Day May 6 — Nat'l Nurses' Day May 7 — Nat'l Teacher's Day May 8 — Time of Remembrance &amp; Reconciliation for Those Who Lost Their Lives During the 2nd World War May 10 — Military Spouse Appreciation Day May 11 — Eat What You Want Day May 12 — Mother's Day</p>	<p>May 15 — Nat'l Chocolate Chip Cookie Day May 16 — Int'l Day of Lights &amp; Day of Living Together in Peace May 18 — Armed Forces Day May 20 — World Bee Day May 21 — World Day for Cultural Diversity for Dialogue &amp; Development May 23 — World Turtle Day May 24 — Nat'l Brother Day May 25 — Nat'l Wine Day May 27 — Memorial Day May 28 — Nat'l Burger Day May 29 — World Otter Day</p>	<p><b>MAY DAY! 1</b></p> <p>10:00 Enhance Fitness (GA) 11:00 Chair Yoga (GA) 1:00 Bridge (GR) ♣♦♥♠ 3:00 Town Hall (GA)</p> <p>7:00 Film Fans Movie Night: "The Holdovers" (2023) (GA) &amp; (TT)</p> 	<p><b>2</b></p> <p>9:00 Water Exercise (P)  10:30 Stretch &amp; Flex (GA)</p> <p>11:30 Outing to Cedar River Watershed * FREE </p> <p>1:00 Card Game "Sevens" (1FL) 1:30 Balance Class (GA)  3:00 Life Enrichment Planning Meeting (GA)</p> <p><b>Life Enrichment</b></p> <p>6:30 Film Fans Discussion of: "The Holdovers" (2023) (GA) </p>	<p><b>3</b></p> <p>10:00 Enhance Fitness (GA)  11:30 Gift Bag Craft! (GR)</p> <p>12:30 Scenic Drive Snoqualmie Valley * FREE </p> <p>1:00 Bridge (GR) ♣♦♥♠ 1:00 Mah-Jong Game (1FL) 3:00 Cinco de Mayo Happy Hour w/ Mariachi Band! (GA) </p> <p>7:00 Movie Night "The Secrets of Jonathan Sperry" (2008) (TT) </p>	<p><b>4</b></p> <p>10:30 Stretch &amp; Flex (GA) 11:15 Mindfulness Practices (GA) 11:00 Mah-Jong Game (1FL) 12:00 Rummikub Game (1FL) 12:30 Documentary: "Frank Lloyd Wright: America's Greatest Architect?" (GA) &amp; (TT)  2:00 Short Story Creative Writing Class w/Claudia (PDR)  7:00 Movie Night "Secretariat" (2010) (TT) </p>
<p><b>Cinco de Mayo 5</b></p> <p>8:30- 12:30 Church Shuttle *  11:00 Women's Coffee Hour (LR) 1:00 Scrabble (1FL)</p> <p>1:00 Outing to Shakespeare's "Romeo &amp; Juliet" * \$\$ (w/ Talkback) </p> <p>2:00 Rummikub Game (1FL)</p> <p>2:00 Movie Matinee "Cinco de Mayo" (2004) (TT) </p> <p>7:00 Card Game "Rummy" (1FL)</p>	<p><b>6</b></p> <p>10:00 Enhance Fitness (GA)  11:00 Brain Fitness (GA)  1:00 Grief Support Group (GR) 2:00 Ambassador Meeting (PDR)</p> <p><b>MEETING</b></p> <p>3:00 Contemporary Issues MEN'S Group (GA) </p>	<p><b>7</b></p> <p>9:00 Water Exercise (P)  10:00 Scrabble (1FL) 11:00 UW Nursing Lecture: "Unveiling Innovation" (GA) </p> <p>10:45/12:00 Fred Meyer Grocery Shuttle * \$ </p> <p>1:00 Bridge (GR) ♣♦♥♠ 1:00 David Smith Lecture: "Contemporary Ethics" (GA) 3:00 Contemporary Issues Women's Group (GA) </p>	<p><b>8</b></p> <p>10:00 Enhance Fitness (GA) 11:00 Chair Yoga (GA)</p> <p>11:15 Shopping Outing to Trader Joe's * \$ </p> <p>12:15 Catholic Communion (GR)</p> <p>1:00 Bridge (GR) ♣♦♥♠ 3:30 Art Lecture w/ Koyla Rice: Ancient Art &amp; Architecture (1) (GA) <b>ARTS LECTURE SERIES</b></p> <p>6:30 Trivia Night with Nick &amp; Rebecca (GA) <b>TRIVIA</b> </p>	<p><b>9</b></p> <p>9:00 Water Exercise (P)  10:30 Stretch &amp; Flex (GA) 11:30 Current Events (GA)</p> <p>1:00 Card Game "Sevens" (1FL) 1:30 Balance Class (GA)  2:00 Food Forum (DR) 3:00 Film Lecture w/Lance Rhoades: "My Fair Lady" (GA) </p>	<p><b>10</b></p> <p>10:00 Enhance Fitness (GA) 11:00 Mother's Day Tea * (DR) (Please sign up for this one!)</p> <p>1:00 Bridge (GR) ♣♦♥♠ 1:00 Mah-Jong Game (1FL) 3:00 Stories of a Lifetime: "Remembering my first date with my husband/wife. What a ....!" (GA)</p> <p>7:00 Movie Night "Barbie" (2023) (GA) &amp; (TT) </p>	<p><b>11</b></p> <p>10:30 Stretch &amp; Flex (GA) 11:15 Mindfulness Practices (GA) 11:00 Mah-Jong Game (1FL) 12:00 Rummikub Game (1FL) 12:30 Documentary: "Legendary Megastructures" (GA) &amp; (TT)  2:00 Short Story Creative Writing Class w/Claudia (PDR)  7:00 Movie Night "Riding the Bus with My sister" (2005) (TT) </p>
<p><b>Mother's Day 12</b></p> <p>8:30-12:30 Church Shuttle *  <b>Mother's Day Brunch</b> 10:00—1:30 (DR) (Dinner is delivery only...)</p> <p>1:00 Scrabble (1FL) 2:00 Rummikub Game (1FL)</p> <p>2:00 Movie Matinee "Amistad" (1997) (TT) </p> <p>7:00 Card Game "Rummy" (1FL)</p>	<p><b>13</b></p> <p>10:00 Enhance Fitness (GA)  11:00 Brain Fitness (GA)  1:00 Caregiver Support (GR) 3:00 Parkinson's Support w/ Select Rehabilitation (GA) </p> <p>6:30 Jumbo Crossword Puzzle (LR)</p> <p><b>Times Crossword 26761</b></p>  <p><b>ACROSS</b></p> <p>1 Starting midway from front of chest with left arm (5) 2 A person who is not a doctor, but who can help you with your back (5) 3 Before you make your about European form of religion (5) 4 Represented about learner, part of time that usually ends (5) 5 A person who is not a doctor, but who can help you with your back (5) 6 A person who is not a doctor, but who can help you with your back (5) 7 A person who is not a doctor, but who can help you with your back (5) 8 A person who is not a doctor, but who can help you with your back (5) 9 A person who is not a doctor, but who can help you with your back (5) 10 A person who is not a doctor, but who can help you with your back (5) 11 A person who is not a doctor, but who can help you with your back (5) 12 A person who is not a doctor, but who can help you with your back (5) 13 A person who is not a doctor, but who can help you with your back (5) 14 A person who is not a doctor, but who can help you with your back (5) 15 A person who is not a doctor, but who can help you with your back (5) 16 A person who is not a doctor, but who can help you with your back (5) 17 A person who is not a doctor, but who can help you with your back (5) 18 A person who is not a doctor, but who can help you with your back (5) 19 A person who is not a doctor, but who can help you with your back (5) 20 A person who is not a doctor, but who can help you with your back (5) 21 A person who is not a doctor, but who can help 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not a doctor, but who can help you with your back (5) 7 A person who is not a doctor, but who can help you with your back (5) 8 A person who is not a doctor, but who can help you with your back (5) 9 A person who is not a doctor, but who can help you with your back (5) 10 A person who is not a doctor, but who can help you with your back (5) 11 A person who is not a doctor, but who can help you with your back (5) 12 A person who is not a doctor, but who can help you with your back (5) 13 A person who is not a doctor, but who can help you with your back (5) 14 A person who is not a doctor, but who can help you with your back (5) 15 A person who is not a doctor, but who can help you with your back (5) 16 A person who is not a doctor, but who can help you with your back (5) 17 A person who is not a doctor, but who can help you with your back (5) 18 A person who is not a doctor, but who can help you with your back (5) 19 A person who is not a doctor, but who can help you with your back (5) 20 A person who is not a doctor, but who can help you with your back (5) 21 A person who is not a doctor, but who can help you with your back (5) 22 A person who is not a doctor, but who can help you with your back (5) 23 A person who is not a doctor, but who can help you with your back (5) 24 A person who is not a doctor, but who can help you with your back (5) 25 A person who is not a doctor, but who can help you with your back (5) 26 A person who is not a doctor, but who can help you with your back (5) 27 A person who is not a doctor, but who can help you with your back (5) 28 A person who is not a doctor, but who can help you with your back (5) 29 A person who is not a doctor, but who can help you with your back (5) 30 A person who is not a doctor, but who can help you with your back (5)</p>	<p><b>14</b></p> <p>9:00 Water Exercise (P)  10:00 Scrabble (1FL) 10:00 TheraBand Class  (GA)</p> <p>10:45/12:00 QFC Grocery Shuttle * \$ </p> <p>1:00 Bridge (GR) ♣♦♥♠ 3:00 Contemporary Issues Women's Group (GA) </p>	<p><b>15</b></p> <p>10:00 Enhance Fitness (GA) 11:00 Chair Yoga (GA)</p> <p>12:30 Outing to the Movie Theater To see Metropolitan Opera's "Madame Butterfly" * \$\$ </p> <p>1:00 Bridge (GR) ♣♦♥♠ 3:30 Art Lecture w/ Kolya Rice: Ancient Art &amp; Architecture (2) (GA) <b>ARTS LECTURE SERIES</b></p>	<p><b>16</b></p> <p>9:00 Water Exercise (P)  10:30 Stretch &amp; Flex (GA) 11:00 Zentangle (GR)</p> <p><b>ZENTANGLE!</b></p> <p>1:00 Card Game "Sevens" (1FL) 1:30 Balance Class (GA)  3:00 Book Club (PDR)</p> <p><b>BOOK DISCUSSION GROUP</b> </p> <p>4:15 Dinner Outing to Il Paesano Ristorante Italiano—North Bend * \$ </p>	<p><b>17</b></p> <p>10:00 Enhance Fitness (GA)  <b>10:00 Birthday Brunch * (DR)</b> <b>10:00-10:30 Traveling Library (L)</b></p> <p>1:00 Bridge (GR) ♣♦♥♠ 1:00 Mah-Jong Game (1FL) 2:00 Shabbat w/Rabbi Schneur (PDR) 3:00 Beer, Chips &amp; Bingo (GA) \$ <b>BINGO</b></p> <p>7:00 Movie Night "Come What May" (2009) (TT) </p>	<p><b>18</b></p> <p>10:30 Stretch &amp; Flex (GA) 11:15 Mindfulness Practices (GA) 11:00 Mah-Jong Game (1FL) 12:00 Rummikub Game (1FL) 12:30 Documentary: "Tallest Buildings and Constructions in the World" (NOTE: TT ONLY Today!)  2:00 Seattle Mandolin Orchestra (GA)  7:00 Movie Night "The Water Horse" (2007) (TT) </p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>19</b></p> <p>8:30-12:30 Church Shuttle *  (LR)</p> <p>11:00 Women's Coffee Hour (LR)</p> <p>12:30 Fireside Chat w/Susan V. (LR)</p> <p>1:00 Scrabble (1FL)</p> <p>2:00 Rummikub Game (1FL)</p> <p>2:00 Movie Matinee "Chocolat" (2000) (TT) </p>  <p>7:00 Card Game "Rummy" (1FL)</p>	<p><b>20</b></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 Bingo &amp; Mimosas (GA) \$</p> <p><b>B I N G O</b></p> <p>☆ PLEASE NOTE ☆</p> <p>The Resident Council Meeting</p>  <p>will be held on the 4th Monday this month at 3:00pm in the Gilman Auditorium</p>	<p><b>21</b></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 Fred Meyer Grocery Shuttle * \$</p> <p>1:00 Bridge (GR) ♣♦♥♠</p> <p>1:00 David Smith Lecture: "Contemporary Ethics" (GA)</p> <p>3:00 Shakespeare Class (GA)</p> 	<p><b>22</b> (\$\$ Ferry cost charged to Apt.)</p> <p>8:30 Outing to Bainbridge Island Troll &amp; Japanese Memorial w/Lunch * \$ for Lunch </p> <p>10:00 Enhance Fitness (GA)</p> <p>11:00 Chair Yoga (GA)</p> <p>12:00 Art Walk w/ Art Curator * (L)</p> <p>1:00 Bridge (GR) ♣♦♥♠</p> <p>1:00 Bible Class: "What does the Bible say about Heaven" (GA)</p> <p>3:30 Art Lecture w/ Kolya Rice: Ancient Art &amp; Architecture (3) (GA)</p> 	<p><b>23</b> FULL MOON Flower Moon </p> <p>9:00 Water Exercise (P) </p> <p>10:30 Stretch &amp; Flex (GA)</p> <p>1:00 Card Game "Sevens" (1FL)</p> <p>1:00 Balance Class (GA)  (Note Time Change)</p> <p>3:00-4:30 Art Gala (L, LR, DR, 1FL)</p> 	<p><b>24</b></p> <p>10:00 Enhance Fitness (GA)</p> <p>10:00 Outing to Snoqualmie Casino * \$ </p> <p>11:30 Special Presentation: Seattle's Pike Place Market (GA) </p> <p>1:00 Bridge (GR) ♣♦♥♠</p> <p>1:00 Mah-Jong Game (1FL)</p> <p>3:00 Recology - Recycle Presentation (GA)</p> <p>7:00 Movie Night "Cheaper by the Dozen" (1950) (TT) </p> 	<p><b>25</b></p> <p>10:30 Stretch &amp; 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: "Flexible Buildings" (GA) &amp; (TT) </p> <p>1:15 Outing to Washington Wind Symphony * \$ PATD </p> <p>7:00 Movie Night "Soul Surfer" (2011) (TT) </p> 
<p><b>26</b></p> <p>8:30-12:30 Church Shuttle *  (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: "Ali" (2001) (TT) </p>  <p>3:00 Housekeeping Forum (GA)</p> <p>7:00 Card Game "Rummy" (1FL)</p>	<p><b>27</b> Memorial Day</p> <p>10:00 Enhance Fitness (GA) </p> <p>11:00 Brain Fitness (GA)</p> <p>1:30 Bingo &amp; Cookies (GA) \$</p> <p><b>B I N G O</b></p> <p>3:00 Resident Council Meeting (GA) </p> <p>6:30 Jumbo Crossword Puzzle 9LR</p> 	<p><b>28</b></p> <p>9:00 Water Exercise (P) </p> <p>10:00 Scrabble (1FL)</p> <p>10:45/12:00 Safeway Grocery Shuttle * \$</p> <p>1:00 Bridge (GR) ♣♦♥♠</p> <p>3:00 Nutrition Talk w/ Amanda: "Nutrition Interventions for Kidney Health" (GA)</p> 	<p><b>29</b></p> <p>9:00 Outing to Pike Place Market Behind the Scenes Tour * \$\$ </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: "What does the Bible say about Heaven" (GA)</p> <p>3:30 Art Lecture w/ Kolya Rice: Ancient Art &amp; Architecture (4) (GA)</p> 	<p><b>30</b></p> <p>9:00 Water Exercise (P) </p> <p>10:30 Stretch &amp; Flex (GA)</p> <p>11:30 Current Events (GA)</p> <p>1:00 Card Game "Sevens" (1FL)</p> <p>12:30 Park Walk Lake Sammamish State Park * FREE </p> <p>1:30 Balance Class (GA) </p> <p>2:30 Music Lecture w/Theodore Deacon: "The Musicals of Irving Berlin" (GA)</p> 	<p><b>31</b></p> <p>10:00 Enhance Fitness (GA)</p> <p>1:00 Bridge (GR) ♣♦♥♠</p> <p>1:00 Mah-Jong Game (1FL)</p> <p>2:00 Library Volunteering (LB)</p> <p>3:00 Sunshine Club (PDR) </p> <p>7:00 Movie Night "Spanglish" (2004) (TT) </p> 	<p><b>Choose Joy</b> </p>
<p><b>Room Key:</b></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><b>*TouchTown (TT— Ch.370/371) Programming</b></p> <p>Morning Meditation Walks <b>Mon Wed Fri 8:00am</b></p> <p>Tai Chi for Beginners <b>Sun Tues 9:30am</b></p> <p>Gentle Chair Yoga <b>Sun Tues Thur 10:30am</b></p> <p>Chair Fitness Aerobics <b>Mon Wed Fri Sat 10:30am</b></p> <p>Low Impact Workout <b>Mon-Sat 2:30pm</b></p> <p>Strength Workout <b>Mon-Sat 3:30pm</b></p> <p>Gentle Yoga <b>Sun Tues Thur 9:00pm</b></p> <p>Bedtime Mindful Relaxation <b>7 days/week 9:30pm</b></p>	<p>← <b>See schedule in BLUE with all the exercise &amp; meditation programs available on TouchTown (TT) (Ch. 370/371)</b> →</p>	<p><b>Symbol Key:</b></p> <p>"*" Advanced sign-up Front Desk Life Enrichment Binder.</p> <p>*Bold &amp; Purple - Advanced RSVP &amp; 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 &amp; Charged to your apartment</p>	<p><b>FRIDAY— May 17th</b></p> <p>★ <b>Traveling Library—</b> be sure your King County Library Books are turned in to the LE Office or the Front Desk by 9:30 am</p> 	<p><b>WELLNESS SERVICES:</b></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>	