









Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AR Activity Room LVDR Lakeview Dining Room TV Television Room CTC Coffee Talk Café RG Rose Garden S Salon GR Garden Room GP Games Plus Room PP Pea Patch Outside PDR Private Dining Room	GT Games Tables L Lobby LL Lobby Lounge WC Wellness Center Ch 1981 TV Channel 1981 Gym 3rd Floor Gym * Sign-up in Activity Book ** Sign-up in Life Enrichment Office *** Sign up in Wellness Center				1 9:30 Fred Meyer/ Safeway* 9:30 Strength & Balance(AR) 10:20 Fred Meyer* 1:00 Bird Club (LVDR) 2:00 Activity Review with Anescia (AR) 7:00 Movie Night (CH 1981)	2 9:30 Strength & Balance (AR) 10:30 Poetry Hour (TV) 11:00 Bingo (AR) 1:00 Poker (CTC) 2:00 Great Courses: History of European Art (TV) 4:00 Kentucky Derby (Ch.5) 7:00 Movie Night (CH 1981)
3 9:30 St. Matthew's (CH 1981) 12:00 St. Anthony's (CH 1981) 1:30 Blaine Memorial United Methodist (CH 1981) 3:00 Canasta (Near 140) 7:00 Movie Night (CH 1981) "Mexico to the Max"	4 9:30 Strength & Balance (AR) 10:15 Exercise by Select (AR) 1:15 Scenic Drive* 2:00 David Kaynor Denver Museum of Nature and Science (AR) 3:15 LKS Community Singing (AR) 6:30 Bridge (CTC)	 5 9:00 Enhance Fitness (AR) 9:30 Catholic Service (TV) 2:00 Amanda Riffle: Managing Sodium in Meals and Menus (AR) 4:30 Cinco de Mayo Dinner (LVDR) 6:40 Mariners vs Braves (TV) 	6 9:30 Strength & Balance (AR) 11:00 Bingo (AR) 1:00 Pinochle (CTC) 12:15 Met Opera Cinema Eugene Onegin Encore* 1:15 QFC Shopping* 2:00 Boba Tea and Laughter (AR) 6:30 Bridge (CTC)	7 9:00 Enhance Fitness (AR) 10:15 Breathe & Relax (GP) Meditation with Seth 10:30 Rhododendron Species Botanical Garden & Lunch at The Black Bear Diner* 2:00 Life Reflections (AR) With Seth: Creative Bloom: Exploring Creative Expression 3:00 Cribbage (GPR) 6:15 Wine Night (CTC) 	8 9:30 Strength & Balance AR) 9:30 Fred Meyer/ Safeway* 10:20 Fred Meyer* 11:00 Flower Prep (GR) 1:00 Bird Club (LVDR) 2:00 Mom-osa Tea Party (AR)  5:00 Shabbat Dinner* (PDR) 6:30 Board Games (CTC) 7:00 Movie Night (CH 1981)	9 9:30 Strength & Balance (AR) 11:00 Bingo (AR) 1:00 Poker (CTC) 2:00 Great Courses: History of European Art (TV) 7:00 Movie Night (CH 1981)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>HAPPY Mother's Day 10</p> <p>Normal Church Service First Seating: 11:30 - 12:30 Second Seating - 1:00 - 2:30 Mother's Day Brunch 2:30 Beading Bracelets (AR) 3:00 Canasta (Near 140) 7:00 Movie Night (CH 1981)</p> 	<p>11</p> <p>9:30 Strength & Balance (AR) 10:15 Exercise by Select (AR) 10:15 Shopping at Southcenter Mall* 11:00 Shakespeare (AR) 1:15 Plants & Pea Patch "Tomatoes" 2:00 Scenic Drive* "Seattle" 3:15 LKS Community Singing (AR) 6:30 Bridge (CTC) 6:30 Origami Iris -Teresa* (AR)</p>	<p>12</p> <p>9:00 Enhance Fitness (AR) 9:30 Catholic Service (TV) 10:30 Coulon Park Walk* 1:15 Swimming at AMI* 2:00 Zen Tangle Class (AR) 6:30 Origami Iris with Teresa* (AR) 5:10 Mariners vs Astros (TV)</p> 	<p>13</p> <p>9:30 Strength & Balance (AR) 11:00 Bingo (AR) 1:00 Pinochle (CTC) 1:15 Uwajimaya* 1:15 Healing Hearts Seth (GPR) 2:30 Trivia with Nick (AR) 6:30 Bridge (CTC) 7:00 Movie Night (CH 1981)</p>	<p>14</p> <p>9:00 Enhance Fitness (AR) 10:00 Catholic Mass (TV) 10:15 Breathe & Relax Meditation with Seth (GP) 11:15 Men's Group (AR) 12:45 Kubota Garden Tour* 2:00 Death Café Talk with Seth (AR) 3:00 Cribbage Class (GPR)</p>	<p>15</p> <p>9:30 Strength & Balance (AR) 9:30 Fred Meyer / Safeway* 10:20 Fred Meyer* 1:00 Bird Club (LVDR) 2:00 The Long Road Towards Justice (AR) 6:00 Board Games (CTC) 7:00 Movie Night (CH 1981)</p>	<p>16</p> <p>9:30 Strength & Balance (AR) 10:30 Poetry Hour (TV) 11:00 Bingo (AR) 1:00 Poker (CTC) 2:00 Great Courses: History of European Art (TV) 7:00 Movie Night (CH 1981)</p>
<p>17</p> <p>9:30 St. Matthew's (CH 1981) 12:00 St. Anthony's (CH 1981) 1:00 Enhance Fitness (AR) 2:00 Cooking Demonstrations with Samone (LVDR) 3:00 Canasta (Near 140) 7:00 Movie Night (CH 1981)</p>	<p>18</p> <p>9:30 Strength & Balance (AR) 10:15 Exercise by Select (AR) 11:00 Wellness Clinic (AR) 11:30 Sunshine Group (AR) 1:15 Scenic Drive* 2:00 Stronger Memories Guest Speaker (AR) 3:15 LKS Community Singing (AR) 6:30 Bridge (CTC)</p>	<p>19</p> <p>9:00 Enhance Fitness (AR) 9:30 Catholic Service (TV) 10:15 JAACL Remembrance Gallery Tour at the Puyallup Fairgrounds & Lunch at Powerhouse Brewery* 3:30 Memoir Writing Group (GR) 6:30 Lit Happens Book Club (AR) 6:40 Mariners vs White Sox (TV)</p> 	<p>20</p> <p>9:30 Strength & Balance (AR) 11:00 Bingo (AR) 1:00 Pinochle (CTC) 1:15 Walmart in Auburn* 2:00 Wellness 360 with Seth: It's Okay to Not Be Okay: Normalizing Mental Health Conversation (AR) 6:30 Bridge (CTC) 7:00 Movie Night (CH 1981)</p>	<p>21</p> <p>9:00 Enhance Fitness (AR) 10:15 Breathe & Relax Meditation with Seth (GP) 11:00 Dining and Culinary Meeting (AR) 2:00 Town Hall (AR) 3:00 Cribbage (GPR)</p>	<p>22</p> <p>9:30 Strength & Balance (AR) 9:30 Fred Meyer/ Safeway* 10:20 Fred Meyer* 11:00 Traveling Library (L) 1:00 Bird Club (LVDR) 2:00 Transportation Meeting (AR) 6:30 Board Games (CTC) 7:00 Movie Night (CH 1981)</p>	<p>23</p> <p>9:30 Strength & Balance (AR) 11:00 Bingo (AR) 1:00 Poker (CTC) 2:00 Great Courses: History of European Art (TV) 7:00 Movie Night (CH 1981)</p>
<p>24</p> <p>9:30 St. Matthew's (CH 1981) 12:00 St. Anthony's (CH 1981) 1:30 Blaine Memorial United Methodist (CH 1981) 2:00 iDancer and the "Tea Leaf Green" (LVDR) 3:00 Canasta (Near 140) 7:00 Movie Night (CH 1981)</p>	<p>MEMORIAL DAY 25</p> <p>9:30 Strength & Balance (AR) 10:15 Exercise by Select (AR) 11:00 Shakespeare (AR) 11:30 - 2:30 Memorial Day BBQ 1:15 Scenic Drive* 2:00 Wellness Clinic (AR) 6:30 Bridge (CTC)</p> 	<p>26</p> <p>9:00 Enhance Fitness (AR) 9:30 Catholic Service (TV) 10:30 Coulon Park Walk* 1:15 Swimming at AMI* 2:00 Current Events with Jacob (LVDR) 3:00 Great Decisions with Jacob (TV) 6:40 Mariners vs Athletics (TV)</p> 	<p>27</p> <p>9:30 Strength & Balance (AR) 11:00 Bingo (AR) 1:00 Pinochle (CTC) 1:15 Trader Joe's & PCC* 2:30 Trivia with Nick (AR) 3:45 Dinner at Red Lobster* 6:30 Bridge (CTC) 7:00 Movie Night (CH 1981)</p>	<p>28</p> <p>9:00 Enhance Fitness (AR) 10:15 Breathe & Relax Meditation with Seth (GP) 11:00 Caring for the Caregiving (AR) 1:15 Nordic Museum & Troll Hunt - Frankie Feetsplinters* 3:00 Cribbage (GPR)</p>	<p>29</p> <p>9:30 Strength & Balance (AR) 9:30 Fred Meyer/ Safeway* 10:20 Fred Meyer* 1:00 Bird Club (LVDR) 2:00 Happy Hour with Charlie Brown (LVDR) 6:30 Board Games (CTC) 7:00 Movie Night (CH 1981)</p>	<p>30</p> <p>9:30 Strength & Balance (AR) 11:00 Bingo (AR) 1:00 Poker (CTC) 2:00 - 3:30 Art Gala "The Supple Line"</p>  <p>7:00 Movie Night (CH 1981)</p>
<p>31</p> <p>Normal Church Service 3:00 Canasta (Near 140) 7:00 Movie Night (CH 1981)</p>						