

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>9:00 🧘 Yoga-Fitness [ACT] 10:15 ☕ Coffee, Comics and Current Events [L] 10:30 🌟 AromaTherapy and Hand Massages [TH] 11:00 🌟 Morning Worship [TH] 12:30 🧡 Active in The Afternoon [ACT] 1:00 🚗 Scenic Cruise - Tiger Mountain [B] 1:30 🧡 Sunday Stroll [L] 2:30 🎮 Wii Sports [ACT] 3:00 📺 New! Science Sundays [L] 5:15 🗣️ NEW! Language Classes-Spanish [TH] 6:00 🎬 Sunday Night Movie [TH]</p>	<p>2</p> <p>9:00 🧘 Balance and Coordination-Fitness [ACT] 10:15 ☕ Coffee, Comics and Current Events [L] 10:30 🚶 Community Walk [L] 11:00 📺 Classic TV Series [TH] 12:30 🧡 Active in The Afternoon [ACT] 1:15 🍳 Culinary Creations-Nutella Brown Butter Krispies [ACT] 3:00 🧡 Margarita & Trivia Monday [ACT] 6:00 🎬 Monday Night Movie [TH]</p>	<p>3</p> <p>National Caregiver Day! 9:00 🧘 Amazing Arms and Back- Fitness [ACT] 10:15 ☕ Coffee, Comics and Current Events [L] 10:30 🛒 Shopping Trip-GoodWill [B] 12:30 🧡 Active in The Afternoon [ACT] 2:00 📖 Reading Group [ACT] 3:00 🎮 Bingo [ACT] 5:00 📺 Technology Tuesdays [TH] 6:00 🎬 Tuesday Night Movie [TH]</p>	<p>4</p> <p>Doctor Runs Happy Birthday Elva! 9:00 🧘 Cheerful Cardio-Fitness [ACT] 10:15 ☕ Coffee, Comics and Current Events [L] 10:30 🎮 Brain Games [L] 11:00 📺 NEW! Short Stories over Coffee [TH] 12:30 🧡 Active in The Afternoon [ACT] 1:00 📖 Reading Group [TH] 1:30 🌟 "Anecdotes" [L] 2:00 🎮 Wii Games [ACT] 3:00 🧡 Wine, Cheese & Family Feud [ACT] 5:30 🎮 Pool League [ACT] 6:00 🎬 Wednesday Night Movie [TH]</p>	<p>5</p> <p>9:00 🧘 Lively Legs-Fitness [ACT] 10:15 ☕ Coffee, Comics and Current Events [L] 10:30 🚶 Community Walk [L] 11:30 🌟 NEW! Mindful Meditation-Aromatherapy 12:30 🧡 Active in The Afternoon [ACT] 12:30 🗣️ Out and About - Henry Art Gallery [B] 3:15 📺 Thursdays with "This American Life" [TH] 3:45 🎨 Arts and Crafts with Seattle Learning Center [G2] 6:00 🎬 Thursday Night Movie [TH]</p>	<p>6</p> <p>9:30 🧘 Cardio with Paul-Fitness [ACT] 10:15 ☕ Coffee, Comics and Current Events [L] 10:30 🎮 Tots Time with Seattle Learning Center [ACT] 11:15 🎮 New! Card Club-Intro to Poker [L] 1:30 🍏 Apple Cider and Karaoke [L] 2:15 🎮 Trivia Pursuit [L] 3:00 🎮 Bingo [ACT] 4:00 🎮 Happy Hour- You be the Judge [ACT] 6:00 🎬 Friday Night Movie [TH]</p>	<p>7</p> <p>10:15 ☕ Coffee, Comics and Current Events [L] 10:30 🧡 Muscle Madness- Fitness [ACT] 11:00 🎮 Saturday Morning Bingo [ACT] 1:00 🌟 History's Biggest Blunders [L] 1:45 🌟 Entertainment- Resident Entertainment [L] 3:30 🌟 I know you!-Important People in History-WILLARD SCOTT [ACT] 5:15 🗣️ NEW! Language Classes-Spanish [TH] 6:00 🎬 Saturday Night Movie [TH]</p>
<p>8</p> <p>Daylight Saving Time Begins 9:00 🧘 Yoga-Fitness [ACT] 10:15 ☕ Coffee, Comics and Current Events [L] 10:30 🌟 AromaTherapy and Hand Massages [TH] 11:00 🌟 Morning Worship [TH] 12:30 🧡 Active in The Afternoon [ACT] 1:30 🧡 Sunday Stroll [L] 2:30 🎮 Wii Sports [ACT] 3:00 📺 Science Sunday [L] 5:15 🗣️ NEW! Language Classes-Spanish [TH] 6:00 🎬 Sunday Night Movie [TH]</p>	<p>9</p> <p>9:00 🧘 Balance and Coordination-Fitness [ACT] 10:15 ☕ Coffee, Comics and Current Events [L] 10:30 🚶 Community Walk [L] 11:00 📺 Classic TV Series [TH] 12:30 🧡 Active in The Afternoon [ACT] 1:15 🍳 Culinary Creations - Granola Cluster Cookies [ACT] 3:00 🧡 Margarita & Trivia Monday [ACT] 6:00 🎬 Monday Night Movie [TH]</p>	<p>10</p> <p>Movie Outing - Call of the Wild \$6 9:00 🧘 Amazing Arms and Back-Fitness [ACT] 10:15 ☕ Coffee, Comics and Current Events [L] 10:30 🛒 Shopping Trip- Dollar Tree [B] 12:30 🧡 Active in The Afternoon [ACT] 1:00 🌟 Armchair Travel- Thailand [ACT] 2:00 🍦 Ice Cream and Ice Breakers - New Resident Mixer [ACT] 3:00 🎮 Bingo [ACT] 5:00 📺 Technology Tuesdays [TH] 6:00 🎬 Tuesday Night Movie [TH]</p>	<p>11</p> <p>Doctor Runs 8:30 🍷 NEW! Waffle Wednesday [D] 9:00 🧘 Cheerful Cardio-Fitness [ACT] 10:15 ☕ Coffee, Comics and Current Events [L] 10:30 🎮 Brain Games [L] 11:00 📺 NEW! Short Stories over Coffee [TH] 12:30 🧡 Active in The Afternoon [ACT] 1:00 📖 Reading Group [TH] 2:00 🌟 Vibrant Life Inspires-Food Bag [ACT] 2:00 🎮 Wii Games [ACT] 3:00 🧡 Wine, Cheese & Family Feud [ACT] 5:30 🎮 Pool League [ACT] 6:00 🎬 Wednesday Night Movie [TH]</p>	<p>12</p> <p>9:00 🧘 Lively Legs-Fitness [ACT] 10:15 ☕ Coffee, Comics and Current Events [L] 10:30 🚶 Community Walk [L] 11:30 🌟 NEW! Mindful Meditation-Aromatherapy 12:30 🧡 Active in The Afternoon [ACT] 12:30 🗣️ Out and About - Luncheon Wedgwood Broiler \$\$ [B] 2:00 🍽️ Food for Thought -Food Committee Meeting [D] 3:15 📺 Thursdays with "This American Life" [TH] 3:45 🎨 Arts and Crafts with Seattle Learning Center [G2] 6:00 🎬 Thursday Night Movie [TH]</p>	<p>13</p> <p>9:30 🧘 Cardio with Paul-Fitness [ACT] 10:15 ☕ Coffee, Comics and Current Events [L] 10:30 🎮 Tots Time with Seattle Learning Center [ACT] 11:15 🎮 New! Card Club-Intro to Poker [L] 1:30 🍏 Apple Cider and Karaoke [L] 2:15 🎮 Trivia Pursuit [L] 3:00 🎮 Bingo [ACT] 4:00 🎮 Happy Hour- You be the Judge [ACT] 6:00 🎬 Friday Night Movie [TH]</p>	<p>14</p> <p>National Pi Day! 10:15 ☕ Coffee, Comics and Current Events [L] 10:30 🧡 Muscle Madness- Fitness [ACT] 11:00 🎮 Saturday Morning Bingo [ACT] 1:00 🌟 History's Biggest Blunders [L] 1:45 🌟 Entertainment- Orchestra of Flight [L] 3:00 🎮 VETERANS CLUB [TH] 3:30 🌟 I know you!-Important People in History-ALBERT EINSTEIN [ACT] 5:15 🗣️ NEW! Language Classes-Spanish [TH] 6:00 🎬 Saturday Night Movie [TH]</p>
<p>15</p> <p>Happy Birthday Sarah S.! 9:00 🧘 Yoga-Fitness [ACT] 10:15 ☕ Coffee, Comics and Current Events [L] 10:30 🌟 AromaTherapy and Hand Massages [TH] 11:00 🌟 Morning Worship [TH] 12:00 🍽️ Ambassador Luncheon 12:30 🧡 Active in The Afternoon [ACT] 1:00 🚗 Scenic Cruise-Golden Gardens [B] 1:30 🧡 Sunday Stroll [L] 2:30 🎮 Wii Sports [ACT] 3:00 🗣️ Vibrant Life Meeting [L] 5:15 🗣️ NEW! Language Classes-Spanish [TH] 6:00 🎬 Sunday Night Movie [TH]</p>	<p>16</p> <p>9:00 🧘 Balance and Coordination-Fitness [ACT] 10:15 ☕ Coffee, Comics and Current Events [L] 10:30 🚶 Community Walk [L] 11:00 📺 Classic TV Series [TH] 12:30 🧡 Active in The Afternoon [ACT] 1:15 🍳 Culinary Creations - Angel Food Cake [ACT] 3:00 🧡 Margarita & Trivia Monday [ACT] 6:00 🎬 Monday Night Movie [TH]</p>	<p>17</p> <p>St. Patrick's Day 9:00 🧘 Amazing Arms and Back-Fitness [ACT] 10:15 ☕ Coffee, Comics and Current Events [L] 10:30 🛒 Shopping Trip-Wal-Mart [B] 12:30 🧡 Active in The Afternoon [ACT] 1:00 🗣️ Residents Council Meeting [ACT] 2:00 📖 Reading Group [ACT] 3:00 🎮 Bingo [ACT] 5:00 📺 Technology Tuesdays [TH] 6:00 🎮 St. Patricks Day Party [ACT] 6:00 🎬 Tuesday Night Movie [TH]</p>	<p>18</p> <p>Doctor Runs Happy Birthday Kenneth! 9:00 🧘 Cheerful Cardio-Fitness [ACT] 10:15 ☕ Coffee, Comics and Current Events [L] 10:30 🎮 Brain Games [L] 11:00 📺 NEW! Short Stories over Coffee [TH] 12:30 🧡 Active in The Afternoon [ACT] 1:00 📖 Reading Group [TH] 2:00 🎮 Wii Games [ACT] 3:00 🧡 Wine, Cheese & Family Feud [ACT] 4:30 🎮 Night on the Hill [D] 5:30 🎮 Pool League [ACT] 6:00 🎬 Wednesday Night Movie [TH]</p>	<p>19</p> <p>9:00 🧘 Lively Legs-Fitness [ACT] 10:15 ☕ Coffee, Comics and Current Events [L] 10:30 🚶 Community Walk [L] 11:30 🌟 NEW! Mindful Meditation-Aromatherapy 12:30 🧡 Active in The Afternoon [ACT] 12:30 🗣️ Out and About - Cherry Blossoms University of Washington [B] 3:15 📺 Thursdays with "This American Life" [TH] 3:45 🎨 Arts and Crafts with Seattle Learning Center [G2] 6:00 🎬 Thursday Night Movie [TH]</p>	<p>20</p> <p>Earth Day! 9:30 🧘 Cardio with Paul-Fitness [ACT] 10:15 ☕ Coffee, Comics and Current Events [L] 10:30 🎮 Muckleshoot Casino [B] 10:30 🎮 Tots Time with Seattle Learning Center [ACT] 11:15 🎮 New! Card Club-Intro to Poker [L] 1:30 🍏 Apple Cider and Karaoke [L] 2:15 🎮 Trivia Pursuit [L] 3:00 🎮 Bingo [ACT] 4:00 🎮 Happy Hour- You be the Judge [ACT] 6:00 🎬 Friday Night Movie [TH] 6:00 🎮 Pool Tournament with Ron</p>	<p>21</p> <p>Happy Birthday Noreen W.! 10:15 ☕ Coffee, Comics and Current Events [L] 10:30 🧡 Muscle Madness- Fitness [ACT] 11:00 🎮 Saturday Morning Bingo [ACT] 1:00 🌟 History's Biggest Blunders [L] 1:45 🌟 Entertainment- Naomi Morgan Entertainment [L] 3:30 🌟 I know you!-Important People in History-JULIO GALLO [ACT] 5:15 🗣️ NEW! Language Classes-Spanish [TH] 6:00 🎬 Saturday Night Movie [TH]</p>
<p>22</p> <p>9:00 🧘 Yoga-Fitness [ACT] 10:15 ☕ Coffee, Comics and Current Events [L] 10:30 🌟 AromaTherapy and Hand Massages [TH] 11:00 🌟 Morning Worship [TH] 12:30 🧡 Active in The Afternoon [ACT] 1:00 🚗 Scenic Cruise-Mercer Island [B] 1:30 🧡 Sunday Stroll [L] 2:30 🎮 Wii Sports [ACT] 5:15 🗣️ NEW! Language Classes-Spanish [TH] 6:00 🎬 Sunday Night Movie [TH]</p>	<p>23</p> <p>9:00 🧘 Balance and Coordination-Fitness [ACT] 10:15 ☕ Coffee, Comics and Current Events [L] 10:30 🚶 Community Walk [L] 11:00 📺 Classic TV Series [TH] 12:30 🧡 Active in The Afternoon [ACT] 1:15 🍳 Culinary Creations - Salted PB&J Blondies [ACT] 2:00 📖 Book Mobile [D] 3:00 🧡 Margarita & Trivia Monday [ACT] 4:00 🗣️ "This is Your Life" - Donna Faulkner [D] 6:00 🎬 Monday Night Movie [TH]</p>	<p>24</p> <p>9:00 🧘 Amazing Arms and Back- Fitness [ACT] 10:15 ☕ Coffee, Comics and Current Events [L] 10:30 🛒 Shopping Trip-Fred Meyer [B] 12:30 🧡 Active in The Afternoon [ACT] 2:00 🎉 Birthday Party [PDR] 3:00 🎮 Bingo [ACT] 5:00 📺 Technology Tuesdays [TH] 6:00 🎬 Tuesday Night Movie [TH]</p>	<p>25</p> <p>Doctor Runs Happy Birthday Ikram! 9:00 🧘 Cheerful Cardio-Fitness [ACT] 10:15 ☕ Coffee, Comics and Current Events [L] 10:30 🎮 Brain Games [L] 11:00 📺 NEW! Short Stories over Coffee [TH] 12:30 🧡 Active in The Afternoon [ACT] 1:00 📖 Reading Group [TH] 2:00 🎮 Wii Games [ACT] 3:00 🧡 Wine, Cheese & Family Feud [ACT] 5:30 🎮 Pool League [ACT] 6:00 🎬 Wednesday Night Movie [TH]</p>	<p>26</p> <p>9:00 🧘 Lively Legs-Fitness [ACT] 10:15 ☕ Coffee, Comics and Current Events [L] 10:30 🚶 Community Walk [L] 11:30 🌟 NEW! Mindful Meditation-Aromatherapy 12:30 🧡 Active in The Afternoon [ACT] 12:30 🗣️ Out and About-Frye Art Museum [B] 3:15 📺 Thursdays with "This American Life" [TH] 6:00 🎬 Thursday Night Movie [TH]</p>	<p>27</p> <p>9:30 🧘 Cardio with Paul-Fitness [ACT] 10:15 ☕ Coffee, Comics and Current Events [L] 10:30 🎮 Tots Time with Seattle Learning Center [ACT] 11:15 🎮 New! Card Club-Intro to Poker [L] 1:30 🍏 Apple Cider and Karaoke [L] 2:15 🎮 Trivia Pursuit [L] 3:00 🎮 Bingo [ACT] 4:00 🎮 Happy Hour- You be the Judge [ACT] 6:00 🎬 Friday Night Movie [TH]</p>	<p>28</p> <p>Happy Birthday Patrick! 10:15 ☕ Coffee, Comics and Current Events [L] 10:30 🧡 Muscle Madness- Fitness [ACT] 11:00 🎮 Saturday Morning Bingo [ACT] 1:00 🌟 History's Biggest Blunders [L] 1:45 🌟 Entertainment- Steve Flynn [L] 3:30 🌟 I know you!-Important People in History [ACT] 5:15 🗣️ NEW! Language Classes-Spanish [TH] 6:00 🎬 Saturday Night Movie [TH]</p>
<p>29</p> <p>Happy Birthday Bill C.! 9:00 🧘 Yoga-Fitness [ACT] 10:15 ☕ Coffee, Comics and Current Events [L] 10:30 🌟 AromaTherapy and Hand Massages [TH] 11:00 🌟 Morning Worship [TH] 12:30 🧡 Active in The Afternoon [ACT] 1:00 🚗 Scenic Cruise - Richmond Beach [B] 1:30 🧡 Sunday Stroll [L] 2:30 🎮 Wii Sports [ACT] 3:00 🐶 Puppy Petting-Pups Who Visit [L] 5:15 🗣️ NEW! Language Classes-Spanish [TH] 6:00 🎬 Sunday Night Movie [TH]</p>	<p>30</p> <p>9:00 🧘 Balance and Coordination-Fitness [ACT] 10:15 ☕ Coffee, Comics and Current Events [L] 10:30 🚶 Community Walk [L] 11:00 📺 Classic TV Series [TH] 12:30 🧡 Active in The Afternoon [ACT] 1:15 🍳 Culinary Creations - Chocolate Brownie Cookies [ACT] 3:00 🧡 Margarita & Trivia Monday [ACT] 6:00 🎬 Monday Night Movie [TH]</p>	<p>31</p> <p>Happy Birthday Gloria! 9:00 🧘 Amazing Arms and Back- Fitness [ACT] 10:15 ☕ Coffee, Comics and Current Events [L] 10:15 🛒 Shopping Trip- Grocery Outlet [B] 12:30 🧡 Active in The Afternoon [ACT] 3:00 🎮 Bingo [ACT] 5:00 📺 Technology Tuesdays [TH] 6:00 🎬 Tuesday Night Movie [TH]</p>	<p>Location Keys</p> <p>Activity Room ACT Bus B Dining Room D Generations 2 G2 Lobby L Private Dining Room PDR Theatre TH</p> <p>📷 Be Adventurous 🚩 Be Challenged 🗣️ Be Connected 👨‍👩‍👧‍👦 Be Family 🌟 Be Inspired 🦋 Be Social 🧡 Be Well</p> <p>100 Crockett St. Seattle, WA 98109 206-282-5001</p> <p>QUEEN ANNE Manor</p>			