

Monday

Tuesday

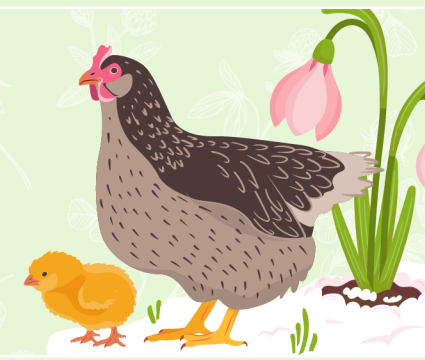
Wednesday

Thursday

Friday



March 2024



								<p>9:00 & 10:15 Enhance Fitness 1</p> <p>10:00 Art Room - Open Studio</p> <p>11:00 Daily Balance</p> <p>12:00 Community Dining</p> <p>12:30 UW Knee Pain Study - Info Session</p> <p>12:30 Bridge</p> <p>1:30 Fiber Arts Circle</p> <p>1:30 Bead Works Group</p> <p>1:30 Ping Pong</p>	
<p>* Digital Support Day* 4</p> <p>9:00 Enhance Fitness</p> <p>10:15 Enhance Fitness</p> <p>11:00 Daily Balance</p> <p>12:00 Community Dining</p> <p>12:30 Red Hats Meeting</p> <p>12:30 Bridge</p> <p>1:00 Pencil Drawing & Portraiture</p> <p>1:30 Shakespeare Sessions</p> <p>1:30 Ping Pong</p>	<p>9:00 Sea Mar / 9:00 Pinochle 5</p> <p>10:00 Watercolor Painting & Drawing</p> <p>10:00 French Language</p> <p>10:00 Massage Therapy</p> <p>11:00 Trip: Lunch & Schmitz Park Walk</p> <p>11:00 Daily Balance</p> <p>12:00 Community Dining</p> <p>1:00 Chair Yoga</p> <p>1:00 Friendship & Conversation Corner</p> <p>2:00 Yoga - Mat Class</p>	<p>9:00 Pinochle *AARP Tax Prep Day* 6</p> <p>9:00 & 10:15 Enhance Fitness</p> <p>10:30 Let's Read the Constitution</p> <p>11:00 Daily Balance / 11:00 Bible Study</p> <p>12:00 Community Dining</p> <p>12:00 Massage Therapy</p> <p>1:00 Acrylic Painting 4:30 Happy Hour</p> <p>1:00 William's Walkers 5:00 Dinner</p> <p>1:30 Ping Pong 6:30 Bingo</p> <p>1:30 Seattle REP: Intro to Musical Theater</p>	<p>10:00 Financial Assistance w/Kylle 7</p> <p>10:00 Current Events</p> <p>11:00 Daily Balance / 11:00 Chair Yoga</p> <p>12:00 Community Dining</p> <p>1:00 Haircut Salon</p> <p>1:00 Scrabble Games</p> <p>1:15 Movie Matinee: <i>Philadelphia Story, 1940</i></p> <p>2:00 Digital Navigation: Topics in Tech</p> <p>3:30 Hawaiian Hula Dance</p>			<p>9:00 & 10:15 Enhance Fitness 8</p> <p>10:00 Art Room - Open Studio</p> <p>10:30 Caregivers Support</p> <p>11:00 Daily Balance</p> <p>12:00 Community Dining</p> <p>12:45 Sing-Along</p> <p>12:30 Bridge</p> <p>1:30 Fiber Arts Circle</p> <p>1:30 Bead Works Group</p> <p>1:30 Ping Pong</p>			
<p>* Digital Support Day* 11</p> <p>9:00 & 10:15 Enhance Fitness</p> <p>10:30 Low Vision Support</p> <p>11:00 Daily Balance</p> <p>12:00 Community Dining</p> <p>12:30 Bridge</p> <p>1:00 Diabetes Support</p> <p>1:00 Pencil Drawing & Portraiture</p> <p>1:30 Shakespeare Sessions</p> <p>1:30 Ping Pong</p>	<p>9:00 Sea Mar / 9:00 Pinochle 12</p> <p>10:00 Watercolor Painting & Drawing</p> <p>10:00 French Language / 10:00 Massage</p> <p>11:00 Daily Balance</p> <p>12:00 Community Dining</p> <p>12:30 Americorp Seniors: Senior Companion Program - Information Session</p> <p>1:00 Chair Yoga</p> <p>2:00 Yoga - Mat Class</p> <p>2:00 Fiction/Lit Book Group</p>	<p>*Footcare Day* *AARP Tax Prep Day* 13</p> <p>9:00 Pinochle</p> <p>9:00 & 10:15 Enhance Fitness</p> <p>10:30 Let's Read the Constitution</p> <p>11:00 Daily Balance / 11:00 Bible Study</p> <p>12:00 Community Dining / 12:00 Massage</p> <p>1:00 Acrylic Painting 4:30 Happy Hour</p> <p>1:00 William's Walkers 5:00 Dinner</p> <p>1:30 Ping Pong 6:30 Bingo</p> <p>1:30 Seattle REP: Intro to Musical Theater</p>	<p>9:30 Trip: La Conner Brunch & MONA 14</p> <p>10:00 Current Events</p> <p>11:00 Daily Balance</p> <p>11:00 Chair Yoga</p> <p>12:00 Community Dining</p> <p>1:00 Scrabble Games</p> <p>1:15 Movie Matinee: <i>Roman Holiday, 1958</i></p> <p>2:00 Digital Navigation: Topics in Tech</p>			<p>*Footcare Day* 15</p> <p>9:00 & 10:15 Enhance Fitness</p> <p>10:00 Art Room - Open Studio</p> <p>11:00 Trip: Lunch & Galaxy of Quilts Show</p> <p>11:00 Daily Balance</p> <p>12:00 Community Dining / 12:45 Sing-Along</p> <p>12:30 Bridge / 1:30 Ping Pong</p> <p>1:30 Fiber Arts Circle & Bead Works Group</p> <p>3:15 BYC Kids Play: Annie</p>			
<p>* Digital Support Day* 18</p> <p>9:00 & 10:15 Enhance Fitness</p> <p>11:00 Daily Balance</p> <p>11:30 Parkinson's Support</p> <p>12:00 Community Dining</p> <p>12:30 Bridge</p> <p>1:00 St. Patrick's Day Party (RSVP)</p> <p>1:00 Pencil Drawing & Portraiture</p> <p>1:30 Shakespeare Sessions</p> <p>1:30 Ping Pong</p>	<p>9:00 Sea Mar 19</p> <p>9:00 Pinochle</p> <p>10:00 Watercolor Painting & Drawing</p> <p>10:00 French Language / 10:00 Massage</p> <p>11:00 Daily Balance</p> <p>12:00 Community Dining</p> <p>12:30 Travels w/ Leslye: Romania (RSVP)</p> <p>1:00 Friendship & Conversation Corner</p> <p>1:00 Chair Yoga</p> <p>2:00 Yoga - Mat Class</p>	<p>9:00 Pinochle *AARP Tax Prep Day* 20</p> <p>9:00 & 10:15 Enhance Fitness</p> <p>10:30 Topics in US History: Reconstruction</p> <p>11:00 Daily Balance / 11:00 Bible Study</p> <p>12:00 Community Dining & Member's Birthday Lunch (RSVP)</p> <p>12:00 Massage Therapy</p> <p>1:00 Acrylic Painting / 1:00 W's Walkers</p> <p>1:30 Ping Pong</p> <p>1:30 Seattle REP: Intro to Musical Theater</p>	<p>9:00 Women's Breakfast (RSVP) 21</p> <p>10:00 Current Events</p> <p>11:00 Daily Balance / 11:00 Chair Yoga</p> <p>12:00 Community Dining</p> <p>1:00 Haircut Salon</p> <p>1:00 Scrabble Games</p> <p>1:15 Movie Matinee: <i>Dial M for Murder, 1954</i></p> <p>2:00 Digital Navigation: Topics in Tech</p> <p>3:30 Hawaiian Hula Dance</p>			<p>9:00 & 10:15 Enhance Fitness 22</p> <p>10:00 Art Room - Open Studio</p> <p>11:00 Daily Balance</p> <p>12:00 Community Dining</p> <p>12:30 Bridge</p> <p>1:00 Purim Celebration (RSVP)</p> <p>1:30 Fiber Arts Circle</p> <p>1:30 Bead Works Group</p> <p>1:30 Ping Pong</p>			
<p>* Digital Support Day* 25</p> <p>9:00 & 10:15 Enhance Fitness</p> <p>10:30 History Book Group</p> <p>11:00 Daily Balance</p> <p>12:00 Community Dining</p> <p>12:30 Bridge</p> <p>1:00 Holi Celebration (RSVP)</p> <p>1:00 Pencil Drawing & Portraiture</p> <p>1:30 Shakespeare Sessions</p> <p>1:30 Ping Pong</p>	<p>9:00 Sea Mar / 9:00 Pinochle 26</p> <p>10:00 Watercolor Painting & Drawing</p> <p>10:00 French Language</p> <p>10:00 Massage Therapy</p> <p>11:00 Daily Balance</p> <p>12:00 Community Dining</p> <p>12:30 Janice's Travel: Madeira & Lisbon</p> <p>1:00 Chair Yoga</p> <p>2:00 Yoga - Mat Class</p> <p>2:00 Fiction/Lit Book Group</p>	<p>*Footcare Day* *AARP Tax Prep Day* 27</p> <p>9:00 Pinochle</p> <p>9:00 & 10:15 Enhance Fitness</p> <p>10:00 Trip: Tulalip Casino & Outlet Mall</p> <p>10:30 Topics in US History: Reconstruction</p> <p>11:00 Daily Balance / 11:00 Bible Study</p> <p>12:00 Community Dining / 12:00 Massage</p> <p>1:00 Acrylic Painting 4:30 Happy Hour</p> <p>1:00 William's Walkers 5:00 Dinner</p> <p>1:30 Ping Pong 6:30 Bingo</p>	<p>9:00 Men's Breakfast (RSVP) 28</p> <p>10:00 Current Events</p> <p>11:00 Daily Balance</p> <p>11:00 Chair Yoga</p> <p>12:00 Community Dining</p> <p>12:45 ABLE Meeting</p> <p>1:00 Scrabble Games</p> <p>1:15 Movie Matinee: <i>Cat on a Hot Tin Roof, 1958</i></p> <p>2:00 Digital Navigation: Topics in Tech</p>			<p>9:00 & 10:15 Enhance Fitness 29</p> <p>10:00 Art Room - Open Studio</p> <p>11:00 Daily Balance</p> <p>12:00 Community Dining</p> <p>12:45 Sing-Along</p> <p>12:30 Bridge</p> <p>1:00 UFO/UAP Update</p> <p>1:30 Fiber Arts Circle</p> <p>1:30 Bead Works Group</p> <p>1:30 Ping Pong</p>			