

March Holidays:




Ash Wednesday~ 1st
Daylight Savings Time~ 12th
St. Patrick's Day~ 17th
First Day of Spring~ 20th

March 2017



Life Enrichment Calendar

A father of the fatherless, a defender of widows, is God in his holy dwelling.
 ~ Psalm 68:5

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Winter Speaker Series</p> <p>March 3rd, @ 3.00pm, in the Assembly Hall</p>  <p>Alice Miller presents her lecture on "Women of Courage", and shares her collection of uniforms and memorabilia.</p>	<p>Healing Hands Massage</p> <p>Sherrie Miller, LMP A variety of massage services are offered</p>  <p>Please call her to set up an appointment. (206) 303-8744</p>	<p>Medical Appointment Transportation</p> <p>(Every Tuesday)</p>  <p>Please see book in Andrew's library for times and areas covered. Sign up 24 hours in advance.</p>	<p>1</p> <p>8:30 Yoga & Pilates (F) 9:00 Self-Guided Water Walking (P) 9:15 Cardio Circuit (F) 10:15 Flexibility (F) 11:15 Chair Exercises (F) 11:30 Lenten Prayer & Reflection (B) 11:45 Lunch Outing to LeMay Car Museum (*) 12:30 Bridge (FS) 1:00 Emergency Response Team Meeting (A) 3:00 Hymn Sing (FS)</p> <p>Ash Wednesday</p>	<p>2</p> <p>9:00 Water Aerobics Class (P) 9:00 Self-Practice Tai Chi (F) 10:15 Pinnacle Circuit (F) 10:30 Shopping @ Fred Meyer (*) 10:30 Blood Pressure Clinic (JC) 11:00 Resistance Training with Bands (F) 11:45 Chair Exercises (F) 1:00 Prayer Chain Group (B) 7:00 Entertainment w/ "The ReArrangers" Barbershop Quartet (FS)</p>	<p>3</p> <p>9:15 Cardio Circuit (F) 10:15 Flexibility (F) 10:30 Scenic Drive (*) 11:15 Chair Exercises (F) 1:00 Court Whist (FS) 1:00 "Free State of Jones" Movie & Popcorn (T) 3:00 Winter Speaker Series: "Women of Courage" w/ Alice Miller (A) 6:30 Movie 2nd showing (CC)(T)</p>	<p>4</p> <p>12:30 Bridge (FS) 1:00 "Lea Hill Quilters" Group (JC) 1:00 "Hoagy Carmichael: His Life & Music" Movie (T) 6:30 Movie 2nd Showing (CC) (T)</p>
<p>5</p> <p>1:30 Games w/ The Yu Family (FS) 2:00 Celebration of Life for Lew Hatfield (A) 6:30 Sunday Vespers (B)</p> <div style="border: 1px dashed black; padding: 5px; width: fit-content;"> <p>50 ¢ OFF Your Deli next Sandwich 3/31/17</p> </div>	<p>6</p> <p>8:30 Sunrise Yoga (F) 9:15 Cardio Circuit (F) 10:15 Flexibility (F) 10:30 Blood Pressure Clinic (JC) 11:00 Chime Choir Rehearsal (A) 11:15 Chair Exercises (F) 1:00 Scenic Drive (*) 1:00 Mahjong (FS) 2:30 Grief Support Group (B) 3:00 Brain Fitness (JC)</p>	<p>7</p> <p>9:00 Water Aerobics Class (P) 9:00 Self-Practice Tai Chi (F) 10:00 Catholic Communion (B) 10:15 Pinnacle Circuit (F) 11:00 Tai Chi for Improving Balance(F) 11:45 Chair Exercises (F) 1:00 Fun w/ Threads (FS) 1:00 Lea Hill Bible Study (JC) 2:30 Nutrition with Kjersti (JC) 3:00 Entertainment w/ Richard Dean (FS) 7:00 Walkie-Talkie Check In 7:15 Outing to Big Band Dance (*)</p>	<p>8</p> <p>8:30 Yoga & Pilates (F) 9:00 Self-Guided Water Walking (P) 9:15 Cardio Circuit (F) 10:15 Flexibility (F) 11:15 Chair Exercises (F) 11:30 Lenten Prayer & Reflection (B) 11:45 Outing to Ladies' Lunch (*) 12:30 Bridge (FS) 3:00 Hymn Sing (FS) 6:00 Visit w/ Ozzie (FS)</p> <p>PILLOWCASE PROJECT SHOWCASE (AFTER 4:00)</p>	<p>9</p> <p>9:00 Water Aerobics Class (P) 9:00 Self-Practice Tai Chi (F) 10:15 Pinnacle Circuit (F) 10:30 Shopping @ Fred Meyer (*) 10:30 Blood Pressure Clinic (JC) 11:00 Resistance Training with Bands (F) 11:45 Chair Exercises (F) 1:00 Prayer Chain Group (B) 2:00 Towne Meeting (A) 3:00 Happy Hour (FS) 4:30 Guitar w/ Mike Doorman (K) 5:30 Guitar w/ Mike Doorman (HD)</p> <p>PILLOWCASE PROJECT SHOWCASE (BEFORE 12:30)</p>	<p>10</p> <p>9:15 Cardio Circuit (F) 10:15 Flexibility (F) 11:15 Chair Exercises (F) 1:00 Court Whist (FS) 1:00 "Gleason" Movie & Popcorn (T) 6:00 "Quick Lesson on Running Theater Projector"(T) 6:30 Movie 2nd showing (CC)(T)</p>	<p>11</p> <p>12:30 Bridge (FS) 1:00 "Dad's Army" Movie (T) 5:30 Entertainment w/ Balefire Irish Dancers (A) 6:30 Movie 2nd Showing (CC) (T)</p> <p>Set Clocks Forward One Hour at Bedtime!</p>

<p style="text-align: right;">12</p> <p>6:30 Sunday Vespers (B)</p>	<p style="text-align: right;">13</p> <p>8:30 Sunrise Yoga (F) 9:15 Cardio Circuit (F) 10:15 Flexibility (F) 10:30 Blood Pressure Clinic (JC) 11:00 Chime Choir Rehearsal (A) 11:15 Chair Exercises (F) 1:00 Mahjong (FS) 3:00 Brain Fitness (JC)</p>	<p style="text-align: right;">14</p> <p>9:00 Water Aerobics Class (P) 9:00 Self-Practice Tai Chi (F) 10:00 Catholic Communion (B) 10:15 Pinnacle Circuit (F) 11:00 Tai Chi for Improving Balance(F) 11:45 Chair Exercises (F) 12:45 Rainier Band Performance (FS) 1:00 Fun w/ Threads (FS) 1:00 Lea Hill Bible Study (B) 7:00 Walkie-Talkie Check In</p>	<p style="text-align: right;">15</p> <p>8:30 Yoga & Pilates (F) 9:00 Breakfast Outing to Quarterchute Café (*) 9:00 Self-Guided Water Walking (P) 9:15 Cardio Circuit (F) 10:15 Flexibility (F) 11:15 Chair Exercises (F) 11:30 Lenten Prayer & Reflection (B) 12:30 Bridge (FS) 1:30 Holy Land Pilgrimage Presentation by Chaplain Nancy (A) 3:00 Sound Associates Hearing Aid Check & Cleaning (C) 3:00 Hymn Sing (FS)</p>	<p style="text-align: right;">16</p> <p>9:00 Water Aerobics Class (P) 9:00 Self-Practice Tai Chi (F) 10:15 Pinnacle Circuit (F) 10:30 Fred Meyer Shopping (*) 10:30 Blood Pressure Clinic (JC) 11:00 Resistance Training with Bands (F) 11:45 Chair Exercises (F) 1:00 Prayer Chain Group (B) 2:00 Grief Support Group (B) 3:30 Entertainment w/ James "The Busker" Lyndsey (FS)</p>	<p style="text-align: right;">17</p> <p>9:15 Cardio Circuit (F) 10:15 Flexibility (F) 10:00 Outing to Quilt Show (*) 11:00 "Taste of Ireland" Lunch (K) 11:15 Chair Exercises (F) 1:00 Court Whist (FS) 1:00 "Joy" Movie & Popcorn (T) 3:30 St. Pat's Happy Hour w/ Entertainment by Alan Zaboski (FS) 4:00-6:30 "Taste of Ireland" Dinner on The Hill (HD) 6:30 Movie 2nd showing (CC)(T)</p> <p style="text-align: center;">ST. PATRICK'S DAY</p>	<p style="text-align: right;">18</p> <p>12:30 Bridge (FS) 1:00 "Lee Daniels' The Butler" Movie (T) 6:30 Movie 2nd Showing (CC) (T)</p>
<p style="text-align: right;">19</p> <p>1:30 Games w/ The Yu Family (FS) 6:30 Sunday Vespers (B)</p>	<p style="text-align: right;">20</p> <p>8:30 Sunrise Yoga (F) 9:15 Cardio Circuit (F) 10:15 Flexibility (F) 10:30 Blood Pressure Clinic (JC) 11:00 Chime Choir Rehearsal (A) 1:00 Lea Hill Book Club (JC) 1:00 Scenic Drive (*) 3:00 Brain Fitness (JC)</p> <p style="text-align: center;">First Day of Spring!</p>	<p style="text-align: right;">21</p> <p>9:00 Water Aerobics Class (P) 9:00 Self-Practice Tai Chi (F) 10:00 Catholic Communion (B) 10:00 Visiting Library (FS) 10:15 Pinnacle Circuit (F) 11:00 Tai Chi for Improving Balance(F) 11:45 Chair Exercises (F) 1:00 Fun w/ Threads (FS) 12:20 Origami w/ Japanese Students (JC) 1:30 Resident Council (A) 6:00 Visit with Guide Dogs (FS) 7:00 Walkie-Talkie Check In</p>	<p style="text-align: right;">22</p> <p>8:30 Yoga & Pilates (F) 9:00 Self-Guided Water Walking (P) 9:15 Cardio Circuit (F) 10:15 Flexibility (F) 11:15 Chair Exercises (F) 11:45 Lunch Outing to Mizu (*) 11:30 Lenten Prayer & Reflection (B) 12:30 Bridge (FS) 3:00 Hymn Sing (FS) 6:00 Visit with Ozzie (FS)</p>	<p style="text-align: right;">23</p> <p>9:00 Water Aerobics Class (P) 9:00 Self-Practice Tai Chi (F) 10:15 Pinnacle Circuit (F) 10:30 Shopping Fred Meyer (*) 10:30 Blood Pressure Clinic (JC) 11:00 Resistance Training with Bands (F) 11:45 Chair Exercises (F) 1:00 Cooking w/ Chef Troy (HD) 1:00 Prayer Chain Group (B) 2:00 Caregiver Support Group with Guest Speaker(B)</p>	<p style="text-align: right;">24</p> <p>9:15 Cardio Circuit (F) 10:15 Flexibility (F) 11:15 Chair Exercises (F) 1:00 Court Whist (FS) 1:00 "P.S. I Love You" Movie & Popcorn (T) 3:00 Entertainment w/ Father's Four Quartet (FS) 6:30 Movie 2nd showing (CC)(T)</p>	<p style="text-align: right;">25</p> <p>12:30 Bridge (FS) 1:00 "Last Ounce of Courage" Movie (T) 3:00 KUMC Kids' Choir (A) 6:30 Movie 2nd Showing (CC)</p>
<p style="text-align: right;">26</p> <p>11:30-2:00 Sunday Brunch (HD) 6:30 Sunday Vespers (B)</p>	<p style="text-align: right;">27</p> <p>8:30 Sunrise Yoga (F) 9:15 Cardio Circuit (F) 10:15 Flexibility (F) 10:30 Blood Pressure Clinic (JC) 11:00 Chime Choir Rehearsal (A) 11:15 Chair Exercises (F) 1:00 Mahjong (FS) 1:30 Outing to Trader Joe's (*) 3:00 Brain Fitness (JC)</p>	<p style="text-align: right;">28</p> <p>9:00 Water Aerobics Class (P) 9:00 Self-Practice Tai Chi (F) 10:00 Catholic Communion (B) 10:15 Pinnacle Circuit (F) 11:00 Tai Chi for Improving Balance(F) 11:45 Chair Exercises (F) 1:00 Fun w/ Threads (FS) 1:00 Lea Hill Bible Study (JC) 7:00 Walkie-Talkie Check In</p>	<p style="text-align: right;">29</p> <p>8:30 Yoga & Pilates (F) 9:00 Self-Guided Water Walking (P) 9:15 Cardio Circuit (F) 10:15 Flexibility (F) 11:15 Chair Exercises (F) 11:45 Lunch Outing to The Snoqualmie Casino (*) 11:30 Lenten Prayer & Reflection (B) 12:30 Bridge (FS) 3:00 Hymn Sing (FS)</p>	<p style="text-align: right;">30</p> <p>9:00 Water Aerobics Class (P) 9:00 Self-Practice Tai Chi (F) 10:15 Pinnacle Circuit (F) 10:30 Shopping Fred Meyer (*) 10:30 Blood Pressure Clinic (JC) 11:00 Resistance Training with Bands (F) 11:45 Chair Exercises (F) 1:00 Prayer Chain Group (B) 3:00 Entertainment w/ The Black & Blues (FS)</p>	<p style="text-align: right;">31</p> <p>8:00 Men's Breakfast Outing (*) 9:15 Cardio Circuit (F) 10:15 Flexibility (F) 10:30 Scenic Drive (*) 11:15 Chair Exercises (F) 1:00 Court Whist (FS) 1:00 "Phoebe in Wonderland" Movie & Popcorn (T) 2:30 Spring Speaker Series: "Avoiding Scams" by The Better Business Bureau (A) 6:30 Movie 2nd showing (CC)(T)</p>	<p style="text-align: center;"><i><u>Nail Care</u></i> <i><u>by Shelia Winter</u></i></p> <p style="text-align: center;">Every Tuesday 10:00am - 2:00pm In the Craft Room</p> <div style="text-align: center;">  </div> <p style="text-align: center;">Please call her to set up an appointment. (253)- 709-2809</p>

<p>First Floor (*) Lobby/Outing (H) Holman Conference Room (FS) Fireside Room</p>	<p>First Floor (F) Fitness Center (P) Swimming Pool</p>	<p>Second Floor (T) Theater (JC) John's Club (A) Assembly Hall</p>	<p>Second Floor (B) Burdine Chapel (HD) Hoben Dining Room (K) Klopfenstein Dining Room</p>	<p>Third Floor (C) Craft Room</p>	<p>Other (CC) Closed Captioned</p>
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