

## March Holidays:

**St. Patrick's Day – 17<sup>th</sup>  
Palm Sunday – 25<sup>th</sup>**





# March 2018



## Life Enrichment Calendar

*“...he will come to us as the  
showers, as the spring  
rains that water the earth.”*

*~ Hosea 6:3*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b><u>Nail Care</u></b> <b>by Sheila Winter</b> Every Tuesday 10:00am - 2:00pm</p>  <p>(3<sup>rd</sup> floor Sharrard Room)</p> <p>Please call her to set up an appointment. (253) 709-2809</p>	<p><b><u>Healing</u></b> <b><u>Hands Massage</u></b> Sherrie Miller, LMP</p> <p><i>A variety of massage services are offered</i></p>  <p>Please call her to set up an appointment. (206) 303-8744</p>	<p><b>Medical Appointment</b> <b>Transportation</b> Every Tuesday</p>  <p>Please see book in Andrew's library for times and areas covered, and sign up 24 hours in advance.</p>	<p><b><u>BANKING</u></b> Every Tuesday 9:00am – 10:30am (Next to Norma's Deli)</p>  <p>We have a representative from Columbia Bank available to assist with transactions.</p>	<p><b>1</b></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 (*) 11:00 Resistance Training with Bands (F) 11:45 Chair Exercises (F) <b>1:00 Emergency Response Team Meeting (A)</b> <b>2:00 Grief Support Group (S)</b> <b>3:00 Drum Circle with Leslie (A)</b></p>	<p><b>2</b></p> <p>9:15 Cardio Circuit (F) <b>10:00 Scenic Drive (*)</b> 10:15 Flexibility (F) 11:15 Chair Exercises (F) 12:45 Court Whist (JC) <b>1:00 "Unfinished Song" Movie &amp; Popcorn (T)</b> 3:00 Brain Fitness (JC) 6:30 Movie 2nd showing (T)</p>	<p><b>3</b></p> <p>12:00 Pinochlers (HD) 12:30 Bridge (FS) <b>1:00 Lea Hill Quilters (JC)</b> <b>1:00 "Red" Movie (T)</b> 6:30 Movie 2<sup>nd</sup> Showing (T)</p>
<p><b>4</b></p> <p><b>2:00 "A Gift of Song" Concert (FS)</b> <b>6:30 Sunday Vespers (B)</b></p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>50¢ OFF Your next Deli sandwich 3/31/2018</p> </div>	<p><b>5</b></p> <p>9:15 Cardio Circuit (F) <b>9:30 Resident Photoshoot (FS)</b> 10:15 Flexibility (F) 10:30 Blood Pressure Clinic (JC) <b>11:00 Chime Choir Rehearsal (A)</b> 11:15 Chair Exercises (F) 12:00 Beginning Tai Chi (F) 1:00 Mahjong (FS) <b>1:00 Great Courses DVD Lecture Series: "Judaism"</b></p>	<p><b>6</b></p> <p>8:15 Meditation (F) 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 Interval Strength Training (F) 11:45 Chair Exercises (F) 1:00 Bible Study (B) 1:00 Fun w/ Threads (FS) <b>2:30 Spinning Wheel Demo (FS)</b> <b>3:00 Prayer Chain Group (CCC)</b> 7:00 Resident ERT Radio Check 7:30 Evening Yoga (F)</p>	<p><b>7</b></p> <p>9:00 Self-Guided Water Walking (P) 9:15 Cardio Circuit (F) 10:15 Flexibility (F) <b>11:00 Lenten Devotional (B)</b> <b>11:00 Lunch Outing to The Celtic Club (*)</b> 11:15 Chair Exercises (F) 12:30 Bridge (JC) 3:00 Hymn Sing (FS)</p>	<p><b>8</b></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 (*) 11:00 Resistance Training with Bands (F) <b>11:00 "Name That Tune" with Leslie (FS)</b> 11:45 Chair Exercises (F) <b>2:00 Towne Meeting (A)</b> <b>3:00 Happy Hour (FS)</b></p>	<p><b>9</b></p> <p>9:15 Cardio Circuit (F) <b>10:00 Scenic Drive (*)</b> 10:15 Flexibility (F) 11:15 Chair Exercises (F) 12:45 Court Whist (JC) <b>1:00 "Lord of The Dance" Movie &amp; Popcorn (T)</b> 3:00 Brain Fitness (JC) <b>3:00 Pillowcase Project Display (FS)</b> 6:30 Movie 2nd showing (T)</p> <p style="text-align: center;"><b>Pillowcase Project Display</b></p> <p style="text-align: center;"><b>Set clocks forward one hour at bedtime!</b></p>	<p><b>10</b></p> <p>12:00 Pinochlers (HD) 12:30 Bridge (FS) <b>1:00 "Laws of Attraction" Movie (T)</b> <b>1:15 Outing to "Behind Barbed Wire" Presentation (*)</b> 6:30 Movie 2nd Showing (T)</p>

<p>11  <b>12:30 Outing to "RAGS" Wearable Art Fundraiser (*)</b>  <b>6:30 Sunday Vespers (B)</b></p>	<p>12  9:15 Cardio Circuit (F)  10:15 Flexibility (F)  10:30 Blood Pressure Clinic (JC)  <b>11:00 Chime Choir Rehearsal (A)</b>  11:15 Chair Exercises (F)  12:00 Beginning Tai Chi (F)  1:00 Mahjong (FS)  <b>1:00 Great Courses DVD Lecture Series: "Judaism"</b>  2:30 Lea Hill Singers (A)  <b>3:30 Movie Committee Meeting (JC)</b></p>	<p>13  8:15 Meditation (F)  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 Interval Strength Training (F)  11:45 Chair Exercises (F)  1:00 Bible Study (B)  1:00 Fun w/ Threads (FS)  <b>2:00 Chat w/ Our Mayor (A)</b>  7:00 Resident ERT Radio Check  7:30 Evening Yoga (F)</p>	<p>14  9:00 Self-Guided Water Walking (P)  9:15 Cardio Circuit (F)  10:15 Flexibility ( F)  <b>11:00 Lenten Devotional (B)</b>  <b>11:00 Lunch Outing to Harbor Lights (*)</b>  11:15 Chair Exercises (F)  12:30 Bridge (JC)  3:00 Hymn Sing (FS)</p>	<p>15  9:00 Water Aerobics Class (P)  9:00 Self-Practice Tai Chi (F)  10:15 Pinnacle Circuit ( F)  10:30 Shopping @ Fred Meyer (*)  11:00 Resistance Training with Bands (F)  11:45 Chair Exercises (F)  <b>2:00 Grief Support Group (S)</b>  <b>2:00 PaperCrafts w/ Emily (JC)</b>  <b>3:00 Drum Circle w/ Leslie (A)</b></p>	<p>16  9:15 Cardio Circuit (F)  <b>10:00 Outing to Quilt Show (*)</b>  10:15 Flexibility(F)  11:15 Chair Exercises (F)  <b>1:00 Thirty-Minute Book Talk (AL)</b>  12:45 Court Whist (JC)  <b>1:00 "Iris" Movie &amp; Popcorn (T)</b>  3:00 Brain Fitness (JC)  4:30 "A Taste of Ireland" Dinner and Show (H)  6:30 Movie 2nd showing (T)</p>	<p>17  <b>12:00 Genealogy Class (T)</b>  12:00 Pinochlers (HD)  12:30 Bridge (FS)  <b>1:00 "Mame" Movie (T)</b>  <b>2:00 Balefire Irish Dancers (A)</b>  6:30 Movie 2nd Showing (T)</p> <p style="text-align: center;"><b>ST. PATRICK'S DAY</b></p>
<p>18  <b>2:00 Games w/ The Yu Family (JC)</b>  <b>6:30 Sunday Vespers (B)</b></p>	<p>19  9:15 Cardio Circuit (F)  <b>9:30 Resident Photoshoot (FS)</b>  10:15 Flexibility (F)  10:30 Blood Pressure Clinic (JC)  <b>11:00 Chime Choir Rehearsal (A)</b>  11:15 Chair Exercises (F)  12:00 Beginning Tai Chi (F)  <b>1:00 Lea Hill Book Club (JC)</b>  <b>1:00 Great Courses DVD Lecture Series: "Judaism"</b>  2:30 Lea Hill Singers (A)  <b>3:30 Entertainment w/ Emmy Purainer (FS)</b>  <b>6:00 Guide Dog Visit (FS)</b></p>	<p>20  8:15 Meditation (F)  9:00 Water Aerobics Class (P)  9:00 Self-Practice Tai Chi (F)  10:00 Catholic Communion (B)  10:15 Pinnacle Circuit (F)  <b>10:45 Visiting Library (FS)</b>  11:00 Interval Strength Training (F)  11:45 Chair Exercises (F)  <b>12:45 Rainier School Band Performance (FS)</b>  1:00 Fun w/ Threads (FS)  1:30 Resident Council (A)  <b>3:00 Nutrition w/ Mariya (JC)</b>  7:00 Resident ERT Radio Check  7:30 Evening Yoga (F)  <b>First Day of Spring!</b></p>	<p>21  9:00 Self-Guided Water Walking (P)  9:15 Cardio Circuit (F)  10:15 Flexibility ( F)  <b>11:00 Ladies' Lunch Outing (*)</b>  11:15 Chair Exercises (F)  12:30 Bridge (JC)  <b>2:00 Lenten Devotional (B)</b>  3:00 Hymn Sing (FS)</p>	<p>22  <b>9:00 Schryver Medical Lab (S)</b>  9:00 Water Aerobics Class (P)  9:00 Self-Practice Tai Chi (F)  10:15 Pinnacle Circuit (F)  10:30 Shopping @ Fred Meyer (*)  11:00 Resistance Training with Bands (F)  11:45 Chair Exercises (F)  <b>1:00 Cooking w/ Chef Jerry (HD)</b>  <b>2:00 Caregiver Support Group (CCC)</b></p>	<p>23  9:15 Cardio Circuit (F)  <b>10:00 Scenic Drive (*)</b>  10:15 Flexibility (F)  11:15 Chair Exercises (F)  12:45 Court Whist (JC)  <b>1:00 "Marshall" Movie &amp; Popcorn (T)</b>  <b>2:00 All-Campus Appraisal Event (A)</b>  <b>3:00 Brain Fitness To Go (JC)</b>  6:30 Movie 2nd showing (T)</p>	<p>24  12:00 Pinochlers (HD)  12:30 Bridge (FS)  <b>1:00 "A Question of Faith" Movie (T)</b>  <b>1:15 Outing to "Little Mermaid" Musical Production</b>  6:30 Movie 2<sup>nd</sup> Showing (T)</p>
<p>25  <b>11:30 March Prime Rib Brunch (HD)</b>  <b>6:30 Palm Sunday Vespers (B)</b></p>	<p>26  9:15 Cardio Circuit (F)  10:15 Flexibility (F)  10:30 Blood Pressure Clinic (JC)  <b>11:00 Chime Choir Rehearsal (A)</b>  11:15 Chair Exercises (F)  12:00 Beginning Tai Chi (F)  <b>1:00 Outing to Trader Joe's (*)</b>  <b>1:00 Great Courses DVD Lecture Series: "Judaism"</b>  1:00 Mahjong (FS)  2:30 Lea Hill Singers (A)</p>	<p>27  8:15 Meditation (F)  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 Interval Strength Training (F)  11:45 Chair Exercises (F)  1:00 Fun w/ Threads (FS)  1:00 Bible Study (B)  <b>2:30 Comedy w/ Adam Kessler (FS)</b>  7:00 Resident ERT Radio Check  7:30 Evening Yoga (F)</p>	<p>28  9:00 Self-Guided Water Walking (P)  9:15 Cardio Circuit (F)  10:15 Flexibility ( F)  <b>11:00 Lenten Devotional (B)</b>  <b>11:00 Lunch Outing to JOEY Restaurant (*)</b>  11:15 Chair Exercises (F)  12:30 Bridge (JC)  3:00 Hymn Sing (FS)</p>	<p>29  9:00 Water Aerobics Class (P)  9:00 Self-Practice Tai Chi (F)  10:15 Pinnacle Circuit (F)  10:30 Shopping @ Fred Meyer (*)  11:00 Resistance Training with Bands (F)  <b>11:00 "Name That Tune" with Leslie (FS)</b>  11:45 Chair Exercises (F)  <b>1:00 Abstract Art Class w/ Greg (A)</b>  <b>2:30 Parkinson's Support Group (B)</b></p>	<p>30  <b>8:00 Men's Breakfast (*)</b>  9:15 Cardio Circuit (F)  <b>10:00 - 1:00 Blood Drive (A)</b>  <b>10:00 Scenic Drive (*)</b>  10:15 Flexibility (F)  11:15 Chair Exercises (F)  12:45 Court Whist (JC)  <b>1:00 "The Bellboy" Movie &amp; Popcorn (T)</b>  3:00 Brain Fitness (JC)  6:30 Movie 2nd showing (T)</p>	<p>31  12:00 Pinochlers (HD)  12:30 Bridge (FS)  <b>1:00 "Murder on The Orient Express" Movie (T)</b>  6:30 Movie 2<sup>nd</sup> Showing (T)</p>

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