

# May Holidays

May Day ~ 1<sup>st</sup>  
 Mothers' Day ~ 13<sup>th</sup>  
 Memorial Day ~ 28<sup>th</sup>



# May 2018



*Charm is deceptive, and beauty is fleeting; but a woman who fears the LORD is to be praised.*  
 ~Proverbs 31:30

## Life Enrichment Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><u><b>Nail Care</b></u>  <b>by Sheila Winter</b>                      2<sup>nd</sup> &amp; 4<sup>th</sup> Tuesdays                      10:00am - 3:00pm</p>  <p>(3<sup>rd</sup> floor Sharrard Room)</p> <p>Please call her to set up an appointment.                      (253) 709-2809</p>	<p><u><b>Healing</b></u>  <b>Hands Massage</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>1</p> <p>8:15 Meditation (F)                      8:30 Outing to YMCA Pool (*)                      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 (JC)                      1:00 Fun w/ Threads (FS)                      2:30 "May Day" New Neighbor Meet &amp; Greet (FS)                      3:00 Prayer Chain Group (CCC)                      7:00 Resident ERT Radio Check                      7:30 Evening Yoga (F)</p>	<p>2</p> <p>9:15 Cardio Circuit (F)                      10:15 Flexibility (F)                      11:00 Lunch Outing to Snoqualmie Casino (*)                      11:15 Chair Exercises (F)                      12:30 Bridge (JC)                      3:00 Hymn Sing (FS)</p>	<p>3</p> <p>8:30 Outing to YMCA Pool (*)                      8:45 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)                      1:00 Emergency Response Team Meeting (A)                      2:00 Grief Support Group (S)                      3:00 Drum Circle w/ Leslie (A)</p>	<p>4</p> <p>9:15 Cardio Circuit (F)                      10:00 Scenic Drive (*)                      10:15 Flexibility (F)                      11:15 Chair Exercises (F)                      12:45 Court Whist (JC)                      1:00 "The Road to Bali" Movie &amp; Popcorn (T)                      2:00 Lea Hill Singers Concert (A)                      3:00 Brain Fitness (JC)                      6:30 Movie 2nd showing (T)</p>	<p>5</p> <p>12:00 Pinochlers (HD)                      12:30 Bridge (FS)                      12:30 Outing to Bus Barn Bonanza Bazaar (*)                      1:00 Lea Hill Quilters (JC)                      1:00 "The Shape of Water" Movie (T)                      6:30 Movie 2<sup>nd</sup> Showing (T)</p>
<p>6</p> <p>6:30 Sunday Vespers (B)</p> <div style="border: 1px dashed black; padding: 5px; text-align: center;"> <p><b>50¢ OFF</b>  <b>Your Deli next Sandwich</b>  <b>5/31/18</b></p> </div>	<p>7</p> <p>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)                      12:00 Beginning Tai Chi (F)                      1:00 The Great Courses DVD Lecture Series (T)                      1:00 Mahjong (FS)                      2:30 Lea Hill Singers (A)</p>	<p>8</p> <p>7:30 Omelet Bar (HD)                      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)                      2:00 "5 Wishes" Presentation w/ Chaplain Haggai (A)                      7:00 Resident ERT Radio Check                      7:30 Evening Yoga (F)</p>	<p>9</p> <p>9:00 Self-Guided Water Walking (P)                      9:15 Cardio Circuit (F)                      10:15 Flexibility (F)                      11:00 Lunch Outing to JOEY Restaurant (*)                      11:15 Chair Exercises (F)                      12:30 Bridge (JC)                      2:00 Onsite Dermatology Presentation (A)                      3:00 Hymn Sing (FS)</p>	<p>10</p> <p>8:45 Tai Chi (F)                      9:00 Water Aerobics Class (P)                      10:15 Pinnacle Circuit (F)                      10:30 Shopping @ Fred Meyer (*)                      11:00 Name That Tune with Leslie (FS)                      11:00 Resistance Training with Bands (F)                      11:45 Chair Exercises (F)                      2:00 Towne Meeting (A)                      3:00 Cinco de Mayo Happy Hour (FS)</p>	<p>11</p> <p>9:15 Cardio Circuit (F)                      10:00 Scenic Drive (*)                      10:15 Flexibility (F)                      11:15 Chair Exercises (F)                      12:45 Court Whist (JC)                      1:00 "The Wave- Classroom Experiment Gone Too Far" Presentation (A)                      1:00 "The Prize Winner of Defiance Ohio" Movie &amp; Popcorn (T)                      3:00 Brain Fitness (JC)                      6:30 Movie 2nd showing (T)</p>	<p>12</p> <p>12:00 Pinochlers (HD)                      12:30 Bridge (FS)                      1:00 "Mothers' Day" Movie (T)                      1:00 Outing to Neely Mansion Spring Tea (*)                      2:00 Wesley Lea Hill Annual Marketing Tea (A)                      6:30 Movie 2<sup>nd</sup> Showing (T)</p>

<p>13</p> <p>11:30 Mothers' Day Brunch (HD) 6:30 Sunday Vespers (B)</p> <p><b>Mothers' Day</b></p>	<p>14</p> <p>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) 12:00 Beginning Tai Chi (F) 1:00 The Great Courses DVD Lecture Series(T) 1:00 Lea Hill Book Club (JC) 2:30 Lea Hill Singers (A) 6:00 Guide Dog Visit (FS)</p>	<p>15</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) 10:45 Visiting Library (FS) 11:00 Interval Strength Training (F) 11:45 Chair Exercises (F) 1:00 Fun w/ Threads (FS) 1:30 Resident Council Meeting (A) 3:00 Nutrition w/ Mariya (JC) 7:00 Resident ERT Radio Check 7:30 Evening Yoga (F)</p>	<p>16</p> <p>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) 12:30 Bridge (JC) 1:30 Bing Crosby Presentation (A) 3:00 Hymn Sing (FS)</p>	<p>17</p> <p>8:45 Tai Chi (F) 9:00 Water Aerobics Class (P) 10:15 Pinnacle Circuit (F) 10:30 Shopping @ Fred Meyer (*) 11:00 Resistance Training with Bands (F) 11:45 Chair Exercises (F) 2:00 Grief Support Group (S) 2:00 Paper Crafts with Emily (JC) 3:00 Drum Circle with Leslie (A)</p>	<p>18</p> <p>9:15 Cardio Circuit (F) 10:00 Scenic Drive (*) 10:15 Flexibility(F) 11:15 Chair Exercises (F) 1:00 Thirty-Minute Book Talk (AL) 12:45 Court Whist (JC) 1:00 "Murder on The Orient Express (1974)" Movie &amp; Popcorn (T) 3:00 Brain Fitness (JC) 4:30 "Spring BBQ" Dinner &amp; Show (A) 6:30 Movie 2nd showing (T)</p>	<p>19</p> <p>12:00 Genealogy Class (T) 12:00 Pinochlers (HD) 12:30 Bridge (FS) 1:00 "Outsourced" Movie (T) 6:30 Movie 2<sup>nd</sup> Showing (T)</p>
<p>20</p> <p>1:00 Walking Club (*) 3:00 Beanbag Toss (A) 6:30 Sunday Vespers (B)</p>	<p>21</p> <p>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) 12:00 Beginning Tai Chi (F) 1:00 The Great Courses DVD Lecture Series (T) 1:00 Mahjong (FS) 1:00 Outing to Trader Joe's (*) 2:30 Lea Hill Singers (A)</p>	<p>22</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 (JC) 1:00 Fun w/ Threads (FS) 2:30 Chat w/ Our Mayor (A) 7:00 Resident ERT Radio Check 7:30 Evening Yoga (F)</p>	<p>23</p> <p>9:00 Self-Guided Water Walking (P) 9:15 Cardio Circuit (F) 10:15 Flexibility ( F) 10:45 Outing to Judge Senior Presentations (*) 11:00 Ladies' Lunch Outing (*) 11:15 Chair Exercises (F) 12:30 Bridge (JC) 3:00 Hymn Sing (FS)</p>	<p>24</p> <p>8:45 Tai Chi (F) 9:00 Schryver Medical Lab (S) 9:00 Water Aerobics Class (P) 10:15 Pinnacle Circuit (F) 10:30 Shopping @ Fred Meyer (*) 11:00 Resistance Training with Bands (F) 11:45 Chair Exercises (F) 1:00 Cooking w/ Chef Jerry (HD) 2:00 Caregiver Support Group (CCC) 2:30 Parkinson's Support Group (B)</p>	<p>25</p> <p>8:00 Men's Breakfast Outing (*) 9:15 Cardio Circuit (F) 10:00 Scenic Drive (*) 10:15 Flexibility (F) 11:15 Chair Exercises (F) 12:45 Court Whist (JC) 1:00 " Bombshell: The Hedy Lamarr Story" Movie &amp; Popcorn (T) 2:00 Service of Remembrance (A) 3:00 Brain Fitness (JC) 6:30 Movie 2nd showing (T)</p>	<p>26</p> <p>12:00 Pinochlers (HD) 12:30 Bridge (FS) 1:00 "Coco" Movie (T) 3:00 "Pete's Dragon" Movie (T) 6:00 "The Croods" Movie (T)</p> <p><b>Grands &amp; Greats Movie Marathon</b></p>
<p>27</p> <p>2:00 Brian Wharton's Cello Concert (FS) 6:30 Sunday Vespers (B)</p>	<p>28</p> <p>10:30 Blood Pressure Clinic (JC) 1:00 Mahjong (FS) 2:30 Lea Hill Singers (A)</p> <p><b>Memorial Day</b></p>	<p>29</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 (JC) 1:00 Fun w/ Threads (FS) 2:30 All-Campus Event: "Lea Hill's Got Talent!" (A) 7:00 Resident ERT Radio Check 7:30 Evening Yoga (F)</p>	<p>30</p> <p>9:00 Self-Guided Water Walking (P) 9:15 Cardio Circuit (F) 10:15 Flexibility ( F) 10:00 Lunch &amp; Shopping at The Mall (*) 11:15 Chair Exercises (F) 12:30 Bridge (JC) 3:00 Hymn Sing (FS)</p>	<p>31</p> <p>8:45 Tai Chi (F) 9:00 Water Aerobics Class (P) 10:15 Pinnacle Circuit ( F) 10:30 Shopping @ Fred Meyer (*) 11:00 Resistance Training with Bands (F) 11:45 Chair Exercises (F) 1:30 Entertainment w/ Rhinestone Rosie (FS) 3:00 Warm Welcome Committee Meeting (JC)</p>	<p><b>Snacks Available</b></p> <p>Popcorn is provided in the Theater, during the 1:00 movie on Fridays.</p>  <p>A soda pop vending machine is available in the Theater, as well, for your enjoyment anytime.</p>	<p><b>Medical Appointment Transportation</b></p> <p>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>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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