

March Holidays







6th ~ Ash Wednesday
 17th ~ St. Patrick's Day
 20th ~ 1st Day of Spring



March 2019 Life Enrichment Calendar

Truth shall spring out of the earth; and righteousness shall look down from heaven.

Psalm 85:11

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><u>Nail Care</u> by Sheila Winter 2nd & 4th Tuesday 10:00am - 3:00pm</p>  <p>(3rd floor Sharrard Room)</p> <p>Please call her to set up an appointment. (253) 709-2809</p>	<p><u>Healing</u> Hands Massage Sherrie Miller, LMP</p> <p>A variety of massage services are offered</p>  <p>Please call her to set up an appointment. (206) 303-8744</p>	<p><u>JEANNETTE'S</u> <u>BEAUTY SALON</u></p> <p>Monday through Saturday- cuts, colors, perms, etc.</p>  <p>Please call to set up an appointment with Melanie or Kathy. (253) 876-6016</p>	<p><u>BANKING</u></p> <p>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><u>Medical Appointment</u> <u>Transportation</u></p> <p>Every Tuesday</p>  <p>Please see book in Andrew's library for times and areas covered, and please sign up 24 hours in advance.</p>	<p>1</p> <p>9:15 Cardio Circuit (F) 10:00 Scenic Drive (*) 10:15 Flexibility (F) 11:15 Chair Exercises (F) 12:30 Court Whist (JC) 1:00 "The Space Between Us" Movie & Popcorn (T) 3:00 Brain Fitness (JC) 6:30 Movie 2nd showing (T)</p>	<p>2</p> <p>9:30 WU- Ikebana: Workshop #1 Basic Moribana Ikebana (JC) 12:30 Pinochlers (HD) 12:30 Bridge (FS) 1:00 Lea Hill Quilters (JC) 1:00 "The Female Brain" Movie (T) 6:30 Movie 2nd Showing (T)</p>
<p>3</p> <p>6:30 Sunday Vespers (B)</p> <div style="border: 1px dashed black; padding: 5px; width: fit-content; margin: 10px auto;"> <p>50¢ OFF Your Deli next Sandwich 3/31/19</p> </div>	<p>4</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) 12:30 Mahjong (FS) 12:30 The Great Courses DVD Lecture Series: "Ancient Civilizations of North America" (T) 2:30 Lea Hill Singers (A)</p>	<p>5</p> <p>9:00 Self Study Tai Chi (F) 9:15 Water Aerobics Class (P) 10:00 Catholic Communion (B) 10:15 Pinnacle Circuit (F) 11:00 AOA Dance (F) 11:45 Chair Exercises (F) 1:00 Fun w/ Threads (FS) 1:00 Bible Study (JC) 3:00 Prayer Chain Group (CCC) 3:00 Gary Stroutsos- "Native American Stories and Flute Songs From The Heart"(A) 7:00 Resident ERT Radio Check</p>	<p>6</p> <p>9:00 Self-Guided Water Walking (P) 9:15 Cardio Circuit (F) 10:15 Flexibility (F) 10:45 Visiting Library (FS) 11:00 Lunch Outing to Snoqualmie Casino (*) 11:15 Chair Exercises (F) 12:30 Bridge (JC) 2:00-4:00 WU- A People At War: The Home Front In WWII (A) 3:00 Hymn Sing (FS) 5:30 Line Dancing (F) 6:30 Hatha Yoga (F)</p>	<p>7</p> <p>8:45 Tai Chi (F) 9:15 Water Aerobics Class (P) 10:15 Pinnacle Circuit (F) 10:30 Shopping @ Fred Meyer (*) 11:00 Super Senior Strength (F) 11:30 Holy Family Jazz Band Performance (FS) 11:45 Chair Exercises (F) 1:00 Emergency Response Team Meeting (A) 2:00 Grief Support Group (S) 3:00 WU- Contemporary Ethics- "End of Life Ethics" (A)</p>	<p>8</p> <p>9:15 Cardio Circuit (F) 10:00 Outing to Wearable Art Show Fundraiser (*) 10:15 Flexibility (F) 11:15 Chair Exercises (F) 12:30 Court Whist (JC) 1:00 "Meru" Movie & Popcorn (T) 3:00 Brain Fitness (JC) 6:30 Movie 2nd showing (T)</p>	<p>9</p> <p>9:30 WU- Ikebana: Workshop #2 Basic Shu Yo Ikebana (JC) 12:30 Pinochlers (JC) 12:30 Bridge (FS) 1:00 "Pick of The Litter" Movie (T) 6:30 Movie 2nd Showing (T)</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Tonight we move the clocks ahead one hour and spring forward.</p>  <p>After the winter we've had, I'm all for anything with the word "spring" in it!</p> </div>

<p style="text-align: right;">10</p> <p>6:30 Sunday Vespers (B) 1:15 Outing to GRC Music, Drama And Dance Production- "1940's Radio Hour"</p>	<p style="text-align: right;">11</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) 12:30 Mahjong (FS) 12:30 The Great Courses DVD Lecture Series: "Ancient Civilizations of North America" (T) 1:00 Bingo! (A) 2:30 Lea Hill Singers (A)</p>	<p style="text-align: right;">12</p> <p>7:30 Omelet Bar (HD) 9:00 Self Study Tai Chi (F) 9:15 Water Aerobics Class (P) 10:00 Catholic Communion (B) 10:15 Pinnacle Circuit (F) 11:00 AOA Dance (F) 11:45 Chair Exercises (F) 1:00 Fun w/ Threads (FS) 1:00 Bible Study (B) 1:30 Movement & Functional Aging Class w/ Andrew (F) 2:00 Chat with Our Mayor (A) 7:00 Resident ERT Radio Check</p>	<p style="text-align: right;">13</p> <p>9:00 Self-Guided Water Walking (P) 9:15 Cardio Circuit (F) 9:30 Outing to Coffee & Pastries at 85 Degrees Bakery (*) 10:15 Flexibility (F) 11:15 Chair Exercises (F) 12:30 Bridge (JC) 2:00-4:00 WU- A People At War: The Home Front In WWII (A) 3:00 Hymn Sing (FS) 5:30 Line Dancing (F) 6:30 Hatha Yoga (F)</p>	<p style="text-align: right;">14</p> <p>8:45 Tai Chi (F) 9:15 Water Aerobics Class (P) 10:15 Pinnacle Circuit (F) 10:30 Shopping @ Fred Meyer (*) 11:00 Super Senior Strength (F) 11:45 Chair Exercises (F) 2:00 Town Meeting (A) 2:30 Happy Hour (FS)</p>	<p style="text-align: right;">15</p> <p>9:15 Cardio Circuit (F) 10:00 Scenic Drive (*) 10:15 Flexibility(F) 11:15 Chair Exercises (F) 12:30 Court Whist (JC) 1:00 Thirty-Minute Book Talk (AL) 1:00 "Please Stand By" Movie & Popcorn (T) 3:00 Brain Fitness To Go (JC) 4:00 Dinner & A Show with Naomi Morgan Entertainment (A) 6:30 Movie 2nd showing (T)</p>	<p style="text-align: right;">16</p> <p>9:30 WU- Ikebana: Workshop #3 Basic Free Style Ikebana (JC) 12:30 Pinochlers (JC) 12:30 Bridge (FS) 1:00 "Sully" Movie (T) 1:00-4:00 WU- Basic Computer Skills (A) 6:30 Movie 2nd Showing (T)</p>
<p style="text-align: right;">17</p> <p>6:30 Sunday Vespers (B)</p>	<p style="text-align: right;">18</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) 12:30 The Great Courses DVD Lecture Series: "Ancient Civilizations of North America" (T) 1:00 Lea Hill Book Club (JC) 2:30 Lea Hill Singers (A) 6:00 Guide Dog Visit (FS)</p>	<p style="text-align: right;">19</p> <p>9:00 Self Study Tai Chi (F) 9:15 Water Aerobics Class (P) 10:00 Catholic Communion (B) 10:15 Pinnacle Circuit (F) 10:45 Visiting Library (FS) 11:00 AOA Dance (F) 11:45 Chair Exercises (F) 12:45 Rainier 6th Grade Band Performance (FS) 1:30 Resident Council (A) 7:00 Resident ERT Radio Check</p>	<p style="text-align: right;">20</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) 1:00 Cooking Class with Executive Chef Jerry (HD) 2:00 Drum Circle w/ Andrew (A) 3:00 Hymn Sing (FS) 5:30 Line Dancing (F) 6:30 Hatha Yoga (F)</p>	<p style="text-align: right;">21</p> <p>8:45 Tai Chi (F) 9:15 Water Aerobics Class (P) 10:15 Pinnacle Circuit (F) 10:30 Shopping @ Fred Meyer (*) 11:00 Super Senior Strength (F) 11:45 Chair Exercises (F) 2:00 Grief Support Group (S) 3:00 WU- Contemporary Ethics- "Gun Rights & Gun Control" (A) 6:30 Vocals & Piano with Jim & Beth (FS)</p>	<p style="text-align: right;">22</p> <p>9:15 Cardio Circuit (F) 10:00 Scenic Drive (*) 10:15 Flexibility (F) 11:15 Chair Exercises (F) 12:30 Court Whist (JC) 1:00 "Heidi" Movie & Popcorn (T) 3:00 Brain Fitness (JC) 6:30 Movie 2nd showing (T)</p>	<p style="text-align: right;">23</p> <p>12:30 Pinochlers (JC) 12:30 Bridge (FS) 1:00 "Still Alice" Movie (T) 6:30 Movie 2nd Showing (T)</p>
<p style="text-align: right;">24</p> <p>11:30 March Prime Rib Brunch (HD) 2:00 Guitar & Vocals with Michael Whitten (FS) 6:30 Sunday Vespers (B)</p>	<p style="text-align: right;">25</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) 12:30 Mahjong (FS) 12:30 The Great Courses DVD Lecture Series: "Ancient Civilizations of North America" (T) 1:00 Bingo! (JC) 1:00 Outing to Trader Joe's (*) 2:30 Lea Hill Singers (A)</p>	<p style="text-align: right;">26</p> <p>9:00 Self Study Tai Chi (F) 9:15 Water Aerobics Class (P) 10:00 Catholic Communion (B) 10:15 Pinnacle Circuit (F) 11:00 AOA Dance (F) 11:45 Chair Exercises (F) 1:00 Fun w/ Threads (FS) 1:00 Bible Study (JC) 2:00 Drum Circle w/ Andrew (A) 7:00 Resident ERT Radio Check</p>	<p style="text-align: right;">27</p> <p>9:00 Self-Guided Water Walking (P) 9:15 Cardio Circuit (F) 10:15 Flexibility (F) 11:00 Ladies Lunch Outing (*) 11:15 Chair Exercises (F) 12:30 Bridge (JC) 1:30 Movement & Functional Aging Class w/ Andrew (F) 3:00 Hymn Sing (FS) 5:30 Line Dancing (F) 6:00 Visit with Bentley (FS) 6:30 Hatha Yoga (F)</p>	<p style="text-align: right;">28</p> <p>8:45 Tai Chi (F) 9:15 Water Aerobics Class (P) 10:15 Pinnacle Circuit (F) 10:30 Shopping @ Fred Meyer (*) 11:00 Super Senior Strength (F) 11:45 Chair Exercises (F) 1:30 Parkinson's Support Group (B) 2:00 Caregiver Support Group (CCC)</p>	<p style="text-align: right;">29</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) 12:30 Court Whist (JC) 1:00 "Mansfield Park" Movie & Popcorn (T) 1:30 WU- Malheur Wildlife Refuge (A) 3:00 Brain Fitness (JC) 6:30 Movie 2nd showing (T)</p>	<p style="text-align: right;">30</p> <p>12:30 Pinochlers (JC) 12:30 Bridge (FS) 1:00 "Life Is Beautiful" Movie (T) 6:30 Movie 2nd Showing (T) 7:00 Boeing Choir Concert (A)</p>
<p>First Floor (*) Lobby/Outing (H) Holman Conference Room (FS) Fireside Room</p>	<p>First Floor (F) Fitness Center (P) Swimming Pool (AL) Andrew's Library</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 (S) Sharrard Room</p>		<p>Other (CCC) Care Center Chapel</p>

