

# April Holidays

April Fool's Day~1<sup>st</sup>  
 Good Friday~19<sup>th</sup>  
 Passover (1<sup>st</sup> Day)~20<sup>th</sup>  
 Easter~21<sup>st</sup>  
 Earth Day~22<sup>nd</sup>  
 Passover (Last Day)~27<sup>th</sup>








# April 2019 Life Enrichment Calendar

*My flesh and my heart may fail,  
 but God is the strength of my heart  
 and my portion forever.*

*Psalm 73:26*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b><u>Nail Care</u></b>  <b>by Sheila Winter</b>                      2<sup>nd</sup> &amp; 4<sup>th</sup> Tuesday                      10:00am - 3:00pm</p>  <p>(3<sup>rd</sup> floor Sharrard Room)                      Please call her to set up an appointment.                      (253) 709-2809</p>	<p>1</p> <p>9:15 AOA Circuit (F)                      10:15 Flexibility (F)                      10:30 Blood Pressure Clinic (JC)  <b>11:00 Chime Choir Rehearsal (A)</b>                      11:15 AOA Chair Strength(F)                      12:30 Mahjong (FS)  <b>12:30 The Great Courses DVD Lecture Series: "The Development of European Civilization" (T)</b>  <b>2:00 Make A Wish Meeting (JC)</b>  <b>2:30 Lea Hill Singers (A)</b></p>	<p>2</p> <p>9:00 Self Study Tai Chi (F)                      9:15 Aqua Fitness (P)                      10:00 Catholic Communion (B)                      10:15 Pinnacle Circuit (F)  <b>11:00 AOA Dance (F)</b>                      11:45 AOA Chair Strength (F)                      1:00 Fun w/ Threads (FS)  <b>1:00 Movement &amp; Aging Class with Andrew (F)</b>  <b>2:00 Chat with Our Mayor (A)</b>  <b>3:00 Prayer Chain Group (CCC)</b>                      7:00 Resident ERT Radio Check</p>	<p>3</p> <p>9:00 Self-Guided Water Walking (P)                      9:15 AOA Circuit (F)                      10:15 Flexibility (F)  <b>11:00 Lunch Outing to Black Diamond Bakery (*)</b>                      11:15 AOA Chair Strength (F)  <b>11:30 Lenten Devotional Service (B)</b>                      12:30 Bridge (JC)  <b>2:00 Drum Circle (A)</b>  <b>3:00 Hymn Sing (FS)</b>  <b>5:30 Line Dancing (F)</b>  <b>6:30 Hatha Yoga (F)</b></p>	<p>4</p> <p>8:45 Tai Chi (F)                      9:15 Aqua Fitness (P)                      10:15 Pinnacle Circuit (F)  <b>10:30 Shopping @ Fred Meyer (*)</b>                      11:00 Super Senior Strength (F)                      11:45 AOA Chair Strength (F)  <b>1:00 Vocals &amp; Piano w/ Lisa Mitts (FS)</b>  <b>2:00 Grief Support Group (S)</b>  <b>3:00 Emergency Response Team Meeting (A)</b></p>	<p>5</p> <p>9:15 AOA Circuit (F)  <b>10:00 Scenic Drive (*)</b>                      10:15 Flexibility (F)                      11:15 AOA Chair Strength (F)                      12:30 Court Whist (JC)  <b>1:00 "The Stray" Movie &amp; Popcorn (T)</b>  <b>1:30-3:45 WU - Walking the Bible- Old Testament (A)</b>                      3:00 Brain Fitness (JC)  <b>6:15 Outing to GRC's Production of "The Music Man" (*)</b>                      6:30 Movie 2<sup>nd</sup> showing (T)</p>	<p>6</p> <p>12:30 Pinochlers (HD)                      12:30 Bridge (FS)  <b>1:00 Lea Hill Quilters (JC)</b>  <b>1:00 "Groucho: A Life in Revue" Movie (T)</b>  <b>5:15 Outing to Auburn Symphony Gala (*)</b>                      6:30 Movie 2<sup>nd</sup> Showing (T)</p>
<p>7</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                      4/30/19</p> </div>	<p>8</p> <p>9:15 AOA Circuit (F)                      10:15 Flexibility (F)                      10:30 Blood Pressure Clinic (JC)  <b>11:00 Chime Choir Rehearsal (A)</b>                      11:15 AOA Chair Strength (F)                      12:30 Mahjong (FS)  <b>12:30 The Great Courses DVD Lecture Series: "The Development of European Civilization" (T)</b>  <b>1:00 BINGO! (JC)</b>  <b>2:30 Lea Hill Singers (A)</b></p>	<p>9</p> <p><b>7:30 Omelet Bar (HD)</b>                      9:00 Self Study Tai Chi (F)                      9:15 Aqua Fitness (P)                      10:00 Catholic Communion (B)                      10:15 Pinnacle Circuit (F)  <b>11:00 AOA Dance (F)</b>                      11:45 AOA Chair Strength (F)                      1:00 Fun w/ Threads (FS)  <b>1:00 Cooking Class with Executive Chef Jerry (HD)</b>  <b>2:00 Library Week Special Movie: "The Notebook" (T)</b>                      7:00 Resident ERT Radio Check</p>	<p>10</p> <p>9:00 Self-Guided Water Walking (P)                      9:15 AOA Circuit (F)                      10:15 Flexibility (F)  <b>11:00 Ladies' Lunch Outing (*)</b>                      11:15 AOA Chair Strength (F)  <b>11:30 Lenten Devotional Service (B)</b>                      12:30 Bridge (JC)  <b>1:00 Library Week Special Movie: "Snow Falling on Cedars" (T)</b>  <b>2:00 Onsite Dermatology Presentation (A)</b>  <b>3:00 Hymn Sing (FS)</b>  <b>5:30 Line Dancing (F)</b>  <b>6:30 Hatha Yoga (F)</b></p>	<p>11</p> <p>8:45 Tai Chi (F)                      9:15 Aqua Fitness (P)                      10:15 Pinnacle Circuit (F)  <b>10:30 Shopping @ Fred Meyer (*)</b>                      11:00 Super Senior Strength (F)                      11:45 AOA Chair Strength(F)  <b>1:00 Library Week Special Movie: "The Secret Life of Bees" (T)</b>  <b>2:00 Paper Crafts with Emily (JC)</b></p>	<p>12</p> <p>9:15 AOA Circuit (F)  <b>10:00 Scenic Drive (*)</b>                      10:15 Flexibility (F)                      11:15 AOA Chair Strength (F)                      12:30 Court Whist (JC)  <b>1:00 "Green Book" Movie &amp; Popcorn (T)</b>  <b>1:30-3:45 WU - Walking the Bible-Old Testament (A)</b>                      3:00 Brain Fitness (JC)                      6:30 Movie 2<sup>nd</sup> showing (T)</p>	<p>13</p> <p><b>10:15 Outing to Interurban Trail Cleanup (*)</b>                      12:30 Pinochlers (JC)                      12:30 Bridge (FS)  <b>1:00 "The Old Man &amp; The Gun" Movie (T)</b>                      6:30 Movie 2<sup>nd</sup> Showing (T)</p>

<p style="text-align: right;">14</p> <p><b>11:30 April Prime Rib Brunch (HD)</b>  <b>2:00 Entertainment w/ Cellist Brian Wharton &amp; Students (FS)</b>  <b>6:30 Sunday Vespers (B)</b></p>	<p style="text-align: right;">15</p> <p>9:15 AOA Circuit (F)  <b>10:00 Lunch Outing to See Tulips (*)</b>  10:15 Flexibility (F)  10:30 Blood Pressure Clinic (JC)  <b>11:00 Chime Choir Rehearsal (A)</b>  11:15 AOA Chair Strength (F)  12:30 Mahjong (FS)  <b>12:30 The Great Courses DVD Lecture Series: "The Development of European Civilization" (T)</b>  <b>1:00 Lea Hill Book Club (JC)</b>  <b>2:30 Lea Hill Singers (A)</b>  <b>6:00 Guide Dog Visit (FS)</b></p>	<p style="text-align: right;">16</p> <p>9:00 Self Study Tai Chi (F)  9:15 Aqua Fitness (P)  10:00 Catholic Communion (B)  10:15 Pinnacle Circuit (F)  <b>10:45 Visiting Library (FS)</b>  <b>11:00 AOA Dance (F)</b>  11:45 AOA Chair Strength (F)  1:00 Fun w/ Threads (FS)  <b>1:00 Movement &amp; Aging Class with Andrew (F)</b>  7:00 Resident ERT Radio Check</p>	<p style="text-align: right;">17</p> <p><b>9:00 Breakfast Outing to Nikki's (*)</b>  9:00 Self-Guided Water Walking (P)  9:15 AOA Circuit (F)  10:15 Flexibility (F)  11:15 AOA Chair Strength (F)  <b>11:30 Lenten Devotional Service (B)</b>  12:30 Bridge (JC)  <b>1:00 Hearing Aid Clinic (S)</b>  <b>2:00 Drum Circle (A)</b>  <b>3:00 Hymn Sing (FS)</b>  <b>5:30 Line Dancing (F)</b>  <b>6:30 Hatha Yoga (F)</b></p>	<p style="text-align: right;">18</p> <p>8:45 Tai Chi (F)  9:15 Aqua Fitness (P)  10:15 Pinnacle Circuit (F)  <b>10:30 Shopping @ Fred Meyer (*)</b>  11:00 Super Senior Strength (F)  11:45 AOA Chair Strength (F)  <b>2:00 Grief Support Group (S)</b>  <b>2:00 Conversation in The Round (A)</b>  <b>2:30 Happy Hour (FS)</b>  <b>6:30 Entertainment w/ Maple Valley Youth Symphony Orchestra Ensembles (FS)</b>  <p style="text-align: center;"><b>EASTER EGG HUNT</b></p> </p>	<p style="text-align: right;">19</p> <p>9:15 AOA Circuit (F)  <b>10:00 Scenic Drive (*)</b>  10:15 Flexibility(F)  11:15 AOA Chair Strength (F)  12:30 Court Whist (JC)  <b>1:00 Thirty-Minute Book Talk (AL)</b>  <b>1:00 "The Greatest Showman" Movie &amp; Popcorn (T)</b>  3:00 Brain Fitness (JC)  <b>4:00 Dinner On The Hill (A)</b>  <b>6:30 Entertainment with Jubilee (FS)</b>  6:30 Movie 2<sup>nd</sup> showing (T)  <p style="text-align: center;"><b>EASTER EGG HUNT</b></p> </p>	<p style="text-align: right;">20</p> <p><b>10:00 SKC Genealogical Society Meeting (A)</b>  12:30 Pinochlers (JC)  12:30 Bridge (FS)  <b>1:00 "A Prairie Home Companion: Great Moments on Radio" Movie (T)</b>  6:30 Movie 2<sup>nd</sup> Showing (T)  <p style="text-align: center;"><b>EASTER EGG HUNT</b></p> </p>
<p style="text-align: right;">21</p> <p><b>6:30 Easter Sunday Vespers (B)</b></p>  <p style="text-align: center;"><i>Have a blessed Easter</i></p>	<p style="text-align: right;">22</p> <p>9:15 AOA Circuit (F)  10:15 Flexibility (F)  10:30 Blood Pressure Clinic (JC)  <b>11:00 Chime Choir Rehearsal (A)</b>  11:15 AOA Chair Strength (F)  <b>12:30 The Great Courses DVD Lecture Series: "The Development of European Civilization" (T)</b>  <b>1:00 BINGO! (JC)</b>  <b>2:30 Lea Hill Singers (A)</b></p>	<p style="text-align: right;">23</p> <p>9:00 Self Study Tai Chi (F)  9:15 Aqua Fitness (P)  10:00 Catholic Communion (B)  10:15 Pinnacle Circuit (F)  <b>11:00 AOA Dance (F)</b>  11:45 AOA Chair Strength (F)  1:00 Fun w/ Threads (FS)  7:00 Resident ERT Radio Check</p>	<p style="text-align: right;">24</p> <p>9:00 Self-Guided Water Walking (P)  9:15 AOA Circuit (F)  10:15 Flexibility (F)  <b>10:30 Outing to Mall for Lunch &amp; Shopping (*)</b>  11:15 AOA Chair Strength (F)  12:30 Bridge (JC)  <b>3:00 Hymn Sing (FS)</b>  <b>5:30 Line Dancing (F)</b>  <b>6:00 Visit with Bentley (FS)</b>  <b>6:30 Hatha Yoga (F)</b></p>	<p style="text-align: right;">25</p> <p>8:45 Tai Chi (F)  9:15 Aqua Fitness (P)  10:15 Pinnacle Circuit (F)  <b>10:30 Shopping @ Fred Meyer (*)</b>  11:00 Super Senior Strength (F)  11:45 AOA Chair Strength (F)  <b>1:30 Parkinson's Support Grp (B)</b>  <b>2:00 Caregiver Support Grp (CCC)</b>  <b>3:00 WU – Around the World with Nellie Bly portrayed by Debbie Dimitre (A)</b></p>	<p style="text-align: right;">26</p> <p><b>8:00 Men's Breakfast Outing (*)</b>  9:15 AOA Circuit (F)  <b>10:00 Scenic Drive (*)</b>  10:15 Flexibility (F)  <b>11:15 Outing to Empty Bowls Foodbank Fundraiser (*)</b>  11:15 AOA Chair Strength (F)  12:30 Court Whist (JC)  <b>1:00 "Loving" Movie &amp; Popcorn (T)</b>  <b>3:00 Brain Fitness (JC)</b>  6:30 Movie 2<sup>nd</sup> showing (T)</p>	<p style="text-align: right;">27</p> <p>12:30 Pinochlers (JC)  12:30 Bridge (FS)  <b>1:00 "Book Club" Movie (T)</b>  <b>1:00-4:00 WU – Technology at Your Fingertips! (A)</b>  6:30 Movie 2<sup>nd</sup> Showing (T)</p>
<p style="text-align: right;">28</p> <p><b>1:15 Outing to Auburn Symphony (*)</b>  <b>6:30 Sunday Vespers (B)</b></p>	<p style="text-align: right;">29</p> <p>9:15 AOA Circuit (F)  10:15 Flexibility (F)  10:30 Blood Pressure Clinic (JC)  <b>11:00 Chime Choir Rehearsal (A)</b>  11:15 AOA Chair Strength (F)  12:30 Mahjong (FS)  <b>12:30 The Great Courses DVD Lecture Series: "The Development of European Civilization" (T)</b>  <b>1:00 Outing to Trader Joe's (*)</b>  <b>2:30 Lea Hill Singers (A)</b></p>	<p style="text-align: right;">30</p> <p>9:00 Self Study Tai Chi (F)  9:15 Aqua Fitness (P)  10:00 Catholic Communion (B)  10:15 Pinnacle Circuit (F)  <b>11:00 AOA Dance (F)</b>  11:45 AOA Chair Strength (F)  1:00 Fun w/ Threads (FS)  7:00 Resident ERT Radio Check</p>	<p style="text-align: center;"><b><u>BANKING</u></b></p> <p style="text-align: center;">Every Tuesday  9:00am – 10:30am  (Next to Norma's Deli)</p>  <p style="text-align: center;">We have a representative from Columbia Bank available to assist with transactions.</p>	<p style="text-align: center;"><i>Healing Hands Massage</i></p> <p style="text-align: center;"><b>Sherrie Miller, LMP</b></p> <p style="text-align: center;"><i>A variety of massage services are offered</i></p>  <p style="text-align: center;">Please call her to set up an appointment.  (206) 303-8744</p>	<p style="text-align: center;"><b><u>Snacks Available</u></b></p> <p style="text-align: center;">Popcorn is provided in the Theater, during the 1:00 movie on Fridays.</p>  <p style="text-align: center;">A soda pop vending machine is available in the Theater, as well, for your enjoyment anytime.</p>	<p style="text-align: center;"><b><u>Medical Appointment Transportation</u></b></p> <p style="text-align: center;">Every Tuesday</p>  <p style="text-align: center;"><i>Please see book in Andrew's library for times and areas covered, and please sign up 24 hours in advance.</i></p>
<p><b><u>First Floor</u></b>  (*) Lobby/Outing  (H) Holman Conference Room  (FS) Fireside Room</p>	<p><b><u>First Floor</u></b>  (F) Fitness Center  (P) Swimming Pool  (AL) Andrew's Library</p>	<p><b><u>Second Floor</u></b>  (T) Theater  (JC) John's Club  (A) Assembly Hall</p>	<p><b><u>Second Floor</u></b>  (B) Burdine Chapel  (HD) Hoben Dining Room  (K) Klopfenstein Dining Room</p>	<p><b><u>Third Floor</u></b>  (C) Craft Room  (S) Sharrard Room</p>		<p><b><u>Other</u></b>  (CCC) Care Center Chapel</p>