

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

May 2024

			<p>10:00 Morning Stretch 10:30 Strength & Flexibility 11:15 Lifelong Learning: <small>May Day</small> 1:15 Craft Corner: <small>May Day</small> 2:15 Shopping: Dollar Tree 6:30 Wizard Card Game</p>	<p>2 10:00 Morning Stretch 10:30 Chair Yoga with Nadine 10:30 Museum: SAM + Lunch Out 11:15 Wii Sports: Bowling 1:30 Games: Hand & Foot 3:30 Screen Bingo</p>	<p>3 10:00 Morning Stretch 10:30 Fitness & Balance 11:15 Show & Share 1:15 Art Presentation: Calder</p>	<p>4 10:30 Wizard Card Game 1:15 Kentucky Derby Party 2:00 Movie Matinee</p>
<p>Church Transport: West Seattle 5 2:00 Movie Matinee 2:00 Wizard Card Game</p> <p><small>Cinco de Mayo</small></p>	<p>6 10:00 Morning Stretch 10:30 Wii Sports: Bowling 11:15 Exercise with Danica 1:15 Book Club 2:15 Mahjong with Donna 4:00 Prayer & Communion</p>	<p>Dr. Appointments: West Seattle 7 10:00 Morning Stretch 10:30 Coffee & Conversation 11:15 Reminiscing 1:15 Music Therapy 2:30 Craft Corner: Cards 4:00 Games in the Gardens 6:30 Happy Hour</p>	<p><small>May Day</small> 8 10:00 Morning Stretch 10:30 Strength & Flexibility 11:15 Lifelong Learning: <small>Mothers</small> 1:15 Shopping: Westwood 2:15 Prize Bingo 4:00 Games in the Gardens 6:30 Wizard Card Game</p>	<p>9 10:00 Morning Stretch 10:30 Chair Yoga with Nadine 11:15 Wii Sports: Bowling 1:30 Games: Hand & Foot 2:30 Language Learning: ASL</p>	<p>10 10:00 Morning Stretch 12:00 Mother's Day Tea 1:30 Jeopardy 2:15 Walking Club: Jack Block 4:15 Show & Share</p>	<p>11 10:30 All Resident Council Meeting with David 11:00 Wizard Card Game 1:15 Bunco 2:00 Movie Matinee</p>
<p>Church Transport: West Seattle 12 2:00 Movie Matinee 2:00 Wizard Card Game</p> <p><small>Mother's Day National Skilled Nursing Care Week</small></p>	<p>13 10:00 Morning Stretch 10:30 Wii Sports: Bowling 11:15 Exercise with Danica 1:15 Mahjong with Donna 2:30 Shopping: Goodwill 3:00 Prayer & Communion</p>	<p>Dr. Appointments: Burien 14 10:00 Morning Stretch 10:30 Resident Council Eva 11:15 Balloon Volleyball 1:15 Music: Hymn Sing 2:15 Language Learning: ASL 3:30 Screen Bingo 5:00 Birthday Celebrations!</p>	<p>15 10:00 Morning Stretch 10:30 Animal Visit: Bohdi 11:15 Hand Spa: Aromatherapy 1:15 Games: Resident Choice 2:30 Personal Safety with SPD 4:00 Games in the Gardens 6:30 Wizard Card Game</p>	<p>16 10:00 Morning Stretch 10:30 Chair Yoga with Nadine 10:30 Casino: Snoqualmie 11:15 Wii Sports: Bowling 1:30 Games: Hand & Foot</p>	<p>17 10:00 Morning Stretch 10:30 Fitness & Balance 1:15 Teatime: Boba 1:15 Coffee & Conversation 2:15 Travelogue: Mexico 4:00 Games in the Gardens</p>	<p>18 10:30 Wizard Card Game 1:15 Bunco 2:00 Movie Matinee</p> <p><small>Armed Forces Day</small></p>
<p>Church Transport: West Seattle 19 10:30 All Souls Church Service 2:00 Wizard Card Game 2:00 Movie Matinee</p>	<p>20 10:00 Morning Stretch 10:30 Wii Sports: Bowling 11:15 Exercise with Danica 11:15 Lunch Out: <small>Huckleberry Square</small> 1:15 Mahjong with Donna 3:00 Prayer & Communion</p> <p><small>Victoria Day (Canada)</small></p>	<p>Dr. Appointments: Capitol Hill 21 10:00 Morning Stretch 10:30 Coffee & Conversation 11:15 Lifelong Learning: <small>Drive Ins</small> 1:15 Craft Corner: Birdhouses 3:30 Tasty Tuesday: <small>Reese Cups</small> 6:30 All Souls Prize Bingo</p>	<p>22 10:00 Morning Stretch 10:30 Strength & Flexibility 11:15 Show & Share 1:15 Shopping: Trader Joe's 2:15 Screen Bingo 4:00 Games in the Gardens 6:30 Wizard Card Game</p>	<p>23 10:00 Games: Resident Led 10:30 Chair Yoga with Nadine 11:15 Wii Sports: Bowling 1:30 Games: Hand & Foot 2:00 Walking Club: Alki Beach</p>	<p>24 10:00 Morning Stretch 10:30 Fitness & Balance 11:15 Balloon Volleyball 11:15 Healthy Living Series 1:15 Prize Bingo 3:00 Word Games 4:00 Reminiscing</p>	<p>25 10:30 Wizard Card Game 1:15 Bunco 2:00 Movie Matinee</p>
<p>Church Transport: West Seattle 26 2:00 Wizard Card Game 2:00 Movie Matinee</p>	<p>27 10:00 Morning Stretch 10:30 Wii Sports: Bowling 11:15 Games in the Gardens 1:15 Memorial Day Program 2:30 Prize Bingo 3:00 Prayer & Communion</p> <p><small>Memorial Day</small></p>	<p>Dr. Appointments: Discretionary 28 10:00 Morning Stretch 10:30 Games in the Gardens 11:15 Lifelong Learning: <small>Drumming</small> 1:45 Senior Center: <small>Drumming</small></p>	<p>29 10:00 Morning Stretch 10:30 Strength & Flexibility 11:15 Show & Share 1:15 Shopping: Wal-Mart 4:00 Games in the Gardens 6:30 Wizard Card Game</p>	<p>30 10:00 Morning Stretch 10:30 Chair Yoga with Nadine 11:15 Art Walk at VGFW 1:30 Games: Hand & Foot 6:30 Happy Hour</p>	<p>31 10:00 Morning Stretch 10:30 Fitness & Balance 11:15 Coffee & Conversation 1:15 Activities Meeting 2:00 Talk Food with MaGlori 3:00 Word Games</p>	<p>WELCOME NEW RESIDENTS: Bob Hooper: Bldg. 3 Hope Norton: Bldg. 3 Angie Johnson: Bldg. 3 Beverly "Bever" Smith: Bldg. 4 Frank Cameron Bldg. 1</p>