

APRIL Lifestyle Programming: Group Exercise, Live Music & Entertainment, Special Events & Outings

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|--|---|---|--|---|
| <p>31 11:00 St,Joe's Mass -Livestreamed-</p> <p>11:00 Seattle First Baptist Church Service -Livestreamed-</p> <p>1:30 Interactive Scripture & Hymns with Paul & Tina Miller</p> <p>2:30 Ted Talk & Discussion with Corrine</p> | <p>01 10:00 Mental Health Monday</p> <p>1:30 Free Movement with Mary</p> <p>2:30 Nobody's Fool: History, Facts & April Fool's Day Around the World</p> | <p>02 10:30 Fiber Arts Group</p> <p>11:00 Seated Total Chair Fitness</p> <p>1:30 Neighborhood Stroll</p> <p>2:30 Resident Association Wellness Hour with Helen J.</p> <p>3:30 Bingo</p> | <p>03 <i>Fan Dance Day</i></p> <p>10:00 Goodwill Shopping Outing</p> <p>11:00am Exercise class using Paper Fans</p> <p>2:30 Song Shine w/Mary</p> <p>3:30 Streamed Opera</p> | <p>04</p> <p>10:00 Seattle Asian Art Museum Outing</p> <p>11:00 Seated Total Chair Fitness</p> <p>1:30 Language Club: Spanish</p> <p>2:30 Resident Association Home Hour with Lynda</p> | <p>05 9:30 Grocery Trip - Safeway</p> <p>11:00 Seated Flexercise</p> <p>11:15 St. Joe's Healing Mass & Luncheon</p> <p>1:30pm Fresh Air Friday Walk</p> <p>2:30 Carson Lily Concert</p> <p>3:30 Wine & Beer Social</p> | <p>06 10:00 Streamed Classical Concert</p> <p>11:00 Seated Tai Chi</p> <p>1:30 Open Gym Orientation</p> <p>2:30 Hygge Game Social</p> |
| <p>07 11:00 St,Joe's Mass -Livestreamed-</p> <p>11:00 Seattle First Baptist Church Service - Livestreamed-</p> <p>1:30 Interactive Scripture & Hymns with Paul & Tina Miller -Via Zoom-</p> <p>2:30 Ted Talk & Discussion with Corrine</p> | <p>08 11:00 Free Movement with Mary</p> <p>2:30 FLM ANNUAL SPRING TALENT SHOW!</p> | <p>09 11:00 Seated Total Chair Fitness</p> <p>2:30 Fireside Chat with Mari</p> <p>3:30 Bingo</p> | <p>10</p> <p>10:00 Scenic Drive to see Cherry Blossoms at UW</p> <p>11:00 Seated Flexercise</p> <p>11:15 Book Mobile</p> <p>1:30 Book Club</p> <p>2:30 We're in the Money: From Coins to Crypto</p> | <p>11 11:00 Seated Total Chair Fitness</p> <p>1:30 Language Club: Italian</p> <p>2:30 You Be The Judge</p> <p>3:30 Streamed Opera</p> | <p>12 9:30 Grocery Trip - Fred Meyer</p> <p>11:00 Seated Flexercise</p> <p>2:30 Humane Society Animal Visit</p> <p>3:30 Wine & Beer Social</p> | <p>13 10:00 Streamed Classical Concert</p> <p>11:00 Seated Total Chair Fitness</p> <p>1:30 Meditation with River</p> |
| <p>14 11:00 St,Joe's Mass -Livestreamed-</p> <p>11:00 Seattle First Baptist Church Service - Livestreamed-</p> <p>1:30 Interactive Scripture & Hymns with Paul & Tina Miller -Via Zoom-</p> <p>2:30 Ted Talk & Discussion with Corrine</p> | <p>15 10:00 Mental Health Monday</p> <p>1:30 Free Movement with Mary</p> <p>2:30 Origami Workshop with Corrine</p> | <p>16 11:00 Seated Total Chair Fitness</p> <p>1:30 Poetry Club</p> <p>2:30 Resident Spotlight Series: Places Around the World</p> <p>3:30 Bingo</p> | <p>17 10:45 Outing to Columbia City Gallery</p> <p>11:00 Seated Flexercise</p> <p>1:30 In Person Mass</p> <p>2:30 Arthur Keast Presents Violin-Voice Concert</p> <p>3:30 Streamed Opera</p> | <p>18 11:00 Seated Total Chair Fitness</p> <p>1:30 Language Club: Portuguese</p> <p>2:30 Resident Association Kitchen Hour with Lyta & Kenny</p> | <p>19 9:30 Grocery Trip - Grocery Outlet</p> <p>11:00 Seated Flexercise</p> <p>2:30 This Month in History with/George August</p> <p>3:30 Wine & Beer Social</p> | <p>20 10:00 Streamed Classical Concert</p> <p>11:00 Seated Total Chair Fitness</p> |
| <p>21 11:00 St,Joe's Mass -Livestreamed-</p> <p>11:00 Seattle First Baptist Church Service - Livestreamed-</p> <p>1:30 Interactive Scripture & Hymns with Paul & Tina Miller -Via Zoom-</p> <p>2:30 Ted Talk & Discussion with Corrine</p> | <p>22 10:00 Journal Through Art</p> <p>1:30 Free Movement with Mary</p> <p>2:30 Coffee Tasting & Presentation</p> | <p>23 11:00 Seated Total Chair Fitness</p> <p>2:30 Ada Lovelace: The Making of a Computer Scientist</p> <p>3:30 Bingo</p> | <p>24 10:00 Outing to Seward Park</p> <p>11:00 Seated Flexercise</p> <p>2:30 April Birthday Bash!</p> <p>3:30 Streamed Opera</p> | <p>25 11:00 Seated Total Chair Fitness</p> <p>1:30 Language Club: French</p> <p>2:30 Resident Association General Assembly</p> | <p>26 <i>Vaccination Clinic</i></p> <p>9:30 Grocery Trip - QFC</p> <p>11:00 Seated Flexercise</p> <p>2:30 Arbor Day Neighborhood Walk & Tree Facts with Angelika</p> <p>3:30 Wine & Beer Social</p> | <p>27 <i>World Tai Chi/QiGong day</i></p> <p>10:00 Streamed Classical Concert</p> <p>1:30 Tea Ceremony with Brother River</p> <p>1:30 Open Gym Orientation</p> <p>2:30 Tai Chi in the Courtyard</p> |
| <p>28 11:00 St,Joe's Mass -Livestreamed-</p> <p>11:00 Seattle First Baptist Church Service - Livestreamed-</p> <p>1:30 Interactive Scripture & Hymns with Paul & Tina Miller -Via Zoom-</p> <p>2:30 Ted Talk & Discussion with Corrine</p> | <p>29 10:00 Mental Health Monday</p> <p>1:30 Free Movement with Mary</p> <p>2:30 Lauren Petrie Concert</p> | <p>30 11:00 Seated Total Chair Fitness</p> <p>1:30 April Neighborhood Stroll</p> <p>2:30 Reader's Theater</p> <p>3:30 Bingo</p> | | | |  <p>FRED LIND MANOR A TRANSFORMING AGE COMMUNITY</p> |