


sunday	monday	tuesday	wednesday	thursday	friday	saturday
<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="text-align: center;"> <h1>MAY</h1> <p>Lifestyle Programming: Group Exercise, Live Music & Entertainment, Special Events & Outings</p> </div> <div style="text-align: center;">  <p>FRED LIND MANOR A TRANSFORMING AGE COMMUNITY</p> </div> </div>						
<p>05 Cinco De Mayo</p> <p>11:00 St,Joe's Mass</p> <p>11:00 Seattle First Baptist Church Service</p> <p>1:30 Interactive Scripture & Hymns with Paul & Tina Miller -Via Zoom-</p> <p>2:30 Cinco de Mayo History & Refreshments</p>	<p>06</p> <p>10:00 Journal Through Art</p> <p>1:30 Free Movement with Mary</p> <p>2:30 Spring Planting in the Courtyard</p>	<p>07</p> <p>10:30 Fiber Arts Group</p> <p>11:00 Seated Total Chair Fitness</p> <p>1:30 After Lunch Stroll</p> <p>2:30 Resident Association Activities Hour</p> <p>3:30 Bingo</p>	<p>08</p> <p>11:00 Seated Flexercise</p> <p>11:15 Bookmobile</p> <p>1:30 Book Club</p> <p>2:30 Hearts of Gold Activity</p>	<p>09</p> <p>11:00 Seated Total Chair Fitness</p> <p>2:00 Outing to Lehman Trilogy Matinee play at ACT Theatre</p> <p>2:30 Resident Association Kitchen Hour</p> <p>3:30 Streamed Opera</p>	<p>10</p> <p>9:30 Grocery Trip - Safeway</p> <p>11:00 Seated Flexercise</p> <p>1:30 Fresh Air Friday Walk</p> <p>2:30 BC Jazz Concert</p> <p>3:30 Wine & Beer Social</p>	<p>04</p> <p>10:00 Streamed Classical Concert</p> <p>11:00 Seated Total Chair Fitness</p> <p>1:30 Meditation with Brother River</p> <p>1:30 Seated Tai Chi</p>
<p>12 Mother's Day</p> <p>11:00 St,Joe's Mass</p> <p>11:00 Seattle First Baptist Church Service</p> <p>1:30 Interactive Scripture & Hymns with Paul & Tina Miller -Via Zoom-</p> <p>2:30 TED Talk & Discussion</p>	<p>13</p> <p>10:00 Mental Health Monday</p> <p>1:30 Free Movement with Mary</p> <p>2:30 Seattle Raging Grannies Performance</p>	<p>14</p> <p>11:00 Seated Total Chair Fitness</p> <p>1:30 After Lunch Stroll</p> <p>1:30 Poetry Group</p> <p>2:30 Fireside Chat with Mari</p> <p>3:30 Bingo</p>	<p>15</p> <p>11:00 Seated Flexercise</p> <p>12:40 Outing to Mariners vs. KC Royals</p> <p>1:30 In Person Mass with St. Joe's</p> <p>2:30 Hearts of Gold Activity</p> <p>3:30 Streamed Opera</p>	<p>16</p> <p>11:00 Seated Total Chair Fitness</p> <p>1:30 Standing Balance Basics</p> <p>2:30 Frottage Project with Angelika</p>	<p>17</p> <p>9:30 Grocery Trip - Fred Meyer</p> <p>11:00 Seated Flexercise</p> <p>1:30 Fresh Air Friday Walk</p> <p>2:30 David Lapse Sing Along</p> <p>3:30 Wine & Beer Social</p>	<p>18</p> <p>10:00 Streamed Classical Concert</p> <p>11:00 Seated Total Chair Fitness</p> <p>1:30 Meditation with River</p> <p>2:30 Seated Tai Chi</p>
<p>19</p> <p>9:30 Outing to Snoqualmie Train Excursion</p> <p>11:00 St,Joe's Mass</p> <p>11:00 Seattle First Baptist Church Service</p> <p>1:30 Interactive Scripture & Hymns with Paul & Tina Miller -Via Zoom-</p> <p>2:30 TED Talk & Discussion</p>	<p>20</p> <p>10:00 Journal Through Art</p> <p>1:30 Free Movement with Mary</p> <p>2:30 Ikebana Flower Arranging w/Mary</p>	<p>21</p> <p>11:00 Seated Total Chair Fitness</p> <p>1:30 After Lunch Stroll</p> <p>2:30 Resident Spotlight Series: Landmarks Around the World</p> <p>3:30 Bingo</p>	<p>22</p> <p>11:00 Seated Flexercise</p> <p>2:30 Hearts of Gold Activity</p> <p>3:30 Streamed Opera</p>	<p>23</p> <p>11:00 Seated Total Chair Fitness</p> <p>1:30 Standing Balance Basics</p> <p>2:30 Show & Tell: Handmade Objects</p>	<p>24</p> <p>9:30 Grocery Trip - Grocery Outlet</p> <p>11:00 Seated Flexercise</p> <p>1:30 Fresh Air Friday Walk</p> <p>2:30 Trivia with Angelika!</p> <p>3:30 Wine & Beer Social</p>	<p>25 Senior Health & Fitness Day</p> <p>10:00 Streamed Classical Concert</p> <p>11:00 Seated Total Chair Fitness</p> <p>2:30 Outdoor Garden Recreation</p>
<p>26</p> <p>9:30 Outing to Snoqualmie Train Excursion</p> <p><i>All Sunday Streams (BT/AR)</i></p> <p>2:30 TED Talk & Discussion</p>	<p>27 Memorial day</p> <p>10:00 Mental Health Monday</p> <p>1:30 Free Movement with Mary</p> <p>2:30 Memorial Day Lecture</p>	<p>28</p> <p>11:00 Seated Total Chair Fitness</p> <p>1:30 After Lunch Digestion Stroll</p> <p>2:30 Birthday Bash</p>	<p>29</p> <p>10:00 Outing to the Sculpture Park</p> <p>2:30 Hearts of Gold Activity/Book Launch</p> <p>3:30 Streamed Opera</p>	<p>30</p> <p>11:00 Seated Total Chair Fitness</p> <p>1:30 Standing Balance Basics</p> <p>2:30 Language Club: German 101</p>	<p>31</p> <p>9:30 Grocery Trip - QFC</p> <p>11:00 Seated Flexercise</p> <p>1:30 Parkshore Pool Outing</p> <p>2:30 Streamed Lecture</p> <p>3:30 Wine and Beer Social</p>	<p>01</p>