


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>29 11:00 St,Joe’s Mass -Livestreamed-</p> <p>11:00 Seattle First Baptist Church Service -Livestreamed-</p> <p>1:30 Interactive Scripture &amp; Hymns with Paul &amp; Tina Miller</p> <p>1:30 *Streamed Performance*</p>	<p>30 10:00 Mental Health Monday</p> <p><b>1:30 Think Tank Video &amp; Discussion w/ Corinne</b></p> <p>2:30 Free Movement with Mary</p>	<p>31 11:00 Flexercise</p> <p><b>1:30 Fred Lind Manor Year In Review</b></p> <p>3:30 Bingo</p>	<p>01 11:00 Seated Total Chair Fitness</p> <p><b>1:30 College Football Bowl Day</b></p>	<p>02 <b>10:00 Volunteer Park Conservatory Outing</b></p> <p>11:00 Flexercise</p> <p><b>1:30 Kakizome Calligraphy</b></p>	<p>03 <b>9:30 Grocery Trip - Costco</b></p> <p>11:00 Seated Flexercise</p> <p><b>1:30 Kakizome Calligraphy Presentation &amp; Activity</b></p> <p>2:30 Standing Balance 3:30 Wine &amp; Beer Social</p>	<p>04 11:00 Seated Total Chair Fitness</p> <p><b>1:30 Meditation Group</b></p> <p>2:30 Fitness Center Orientation</p>
<p>5 11:00 St,Joe’s Mass -Livestreamed-</p> <p>11:00 Seattle First Baptist Church Service -Livestreamed-</p> <p>1:30 Interactive Scripture &amp; Hymns with Paul &amp; Tina Miller</p> <p>1:30 *Streamed Performance*</p>	<p>06 10:00 Journal Through Art</p> <p><b>1:30 Think Tank Video &amp; Discussion w/ Corinne</b></p> <p>2:30 Free Movement w/ Mary</p>	<p>07 11:00 Flexercise</p> <p><b>1:30 Craft in America: Threads Video and Discussion</b></p> <p>3:30 Bingo</p>	<p>08 <b>10:45-11:30 Bookmobile</b></p> <p>11:00 Seated Total Chair Fitness</p> <p><b>1:30 The Power of Imagination: Presentation &amp; Activity</b></p>	<p>09 <b>10:00 Outing to Wing Luke Museum</b></p> <p>11:00 Seated Total Chair Fitness</p> <p><b>1:30 Resident Association Kitchen Hour</b></p>	<p>10 <b>9:30 Grocery Trip - Safeway</b></p> <p>11:00 Seated Flexercise</p> <p><b>1:30 Vinyl Record Listening Hour w/ Adam</b></p> <p>2:30 Standing Balance 3:30 Wine &amp; Beer Social</p>	<p>11 11:00 Seated Total Chair Fitness</p> <p><b>1:30 Meditation Group</b></p> <p>2:30 Fitness Center Orientation</p>
<p>12 11:00 St,Joe’s Mass -Livestreamed-</p> <p>11:00 Seattle First Baptist Church Service -Livestreamed-</p> <p>1:30 Interactive Scripture &amp; Hymns with Paul &amp; Tina Miller</p> <p>1:30 *Streamed Performance*</p>	<p>13 10:00 Mental Health Monday</p> <p><b>1:30 Think Tank Video &amp; Discussion w/ Corinne</b></p> <p>2:30 Free Movement with Mary</p>	<p>14 11:00 Flexercise</p> <p><b>1:30 Listen &amp; Learn w/ Mary: Amy Beach</b></p> <p>3:30 Bingo</p>	<p>15 11:00 Seated Total Chair Fitness</p> <p>1:30 In Person Mass</p> <p><b>1:30 Resident Association Activities Hour</b></p> <p>3:30 Poetry Group</p>	<p>16 11:00 Seated Total Chair Fitness</p> <p><b>1:30 Prohibition Anniversary Mocktail Social</b></p>	<p>17 <b>9:30 Grocery Trip - Fred Meyer</b></p> <p>11:00 Seated Flexercise</p> <p><b>1:30 National &amp; State Parks Presentation &amp; Reminisce w/ Adam</b></p> <p>2:30 Standing Balance 3:30 Wine &amp; Beer Social</p>	<p>18 11:00 Seated Total Chair Fitness</p> <p><b>1:30 Meditation Group</b></p> <p>2:30 Fitness Center Orientation</p>
<p>19 11:00 St,Joe’s Mass -Livestreamed-</p> <p>11:00 Seattle First Baptist Church Service -Livestreamed-</p> <p>1:30 Interactive Scripture &amp; Hymns with Paul &amp; Tina Miller</p> <p>1:30 *Streamed Performance*</p>	<p>20 10:00 Outing to Northwest African American Museum King Day Exhibit</p> <p>10:00 Journal Through Art</p> <p><b>1:30 Think Tank Video &amp; Discussion w/ Corinne</b></p> <p>2:30 Free Movement with Mary</p>	<p>21 11:00 Seated Total Chair Fitness</p> <p><b>1:30 Resident Choreography Hour</b></p> <p>3:30 Bingo</p>	<p>22 11:00 Seated Total Chair Fitness</p> <p><b>1:30 “The Prison Within” Documentary and Discussion w/ Pia</b></p>	<p>23 11:00 Seated Total Chair Fitness</p> <p><b>1:30 RA General Assembly</b></p>	<p>24 <b>9:30 Grocery Trip - QFC</b></p> <p>11:00 Seated Flexercise</p> <p><b>1:30 Men’s Club</b></p> <p>2:30 Standing Balance 3:30 Wine &amp; Beer Social</p>	<p>25 11:00 Seated Total Chair Fitness</p> <p><b>1:30 Meditation Group</b></p> <p>2:30 Fitness Center Orientation</p>
<p>26 11:00 St,Joe’s Mass -Livestreamed-</p> <p>11:00 Seattle First Baptist Church Service -Livestreamed-</p> <p>1:30 Interactive Scripture &amp; Hymns with Paul &amp; Tina Miller</p> <p>1:30 *Streamed Performance*</p>	<p>27 10:00 Mental Health Monday</p> <p>2:30 Free Movement with Mary</p>	<p>28 11:00 Seated Total Chair Fitness</p> <p><b>1:30 Chinese New Year Celebration</b></p> <p>3:30 Bingo</p>	<p>29 11:00 Seated Total Chair Fitness</p> <p><b>1:30 Reader’s Theater</b></p> <p>2:30 Book Club</p>	<p>30 11:00 Seated Total Chair Fitness</p> <p><b>1:30 Winter Birthday Bash</b></p>	<p>31 <b>9:30 Grocery Trip - Uwajimaya</b></p> <p>11:00 Seated Flexercise <b>1:30 Cranium Crunch</b> 2:30 Standing Balance 3:30 Wine &amp; Beer Social</p>	 <p><b>FRED LIND MANOR</b> A TRANSFORMING AGE COMMUNITY</p>