

MARCH 2025 Lifestyle Programming: Group Exercise, Live Music & Entertainment, Special Events & Outings



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>02</p> <p>11:00 <i>Livestreamed Services:</i> St. Joe's Mass & Seattle First Baptist Church Service</p> <p>1:30 Interactive Scripture & Hymns with Paul & Tina Miller</p>	<p>03</p> <p>Koko Foot and Nail Care</p> <p>10:00 Mental Health Monday</p> <p>1:30 Think Tank Video & Discussion</p>	<p>04</p> <p>1:30 Carnival Celebration (CL)</p>	<p>05</p> <p>1:30 Ancient Architects: Egypt Presentation</p> <p>2:30 Reader's Theater</p>	<p>06</p> <p>10:45 Frye Art Museum Outing</p> <p>1:30 Women Who Inspire Us</p>	<p>07</p> <p>11:15 <i>St. Joe's Healing Mass</i></p> <p>1:30 Cranium Crunch</p>	<p>08</p> <p>11:00 Seated Total Chair Fitness</p> <p>1:30 Meditation with Brother River</p> <p>1:30 International Women's Day</p>
<p>09</p> <p>11:00 <i>Livestreamed Services:</i> St. Joe's Mass & Seattle First Baptist Church Service</p> <p>1:30 Interactive Scripture & Hymns with Paul & Tina Miller</p>	<p>10</p> <p>10:00 Journal Through Art</p> <p>1:30 Fireside Chat w/Mike</p> <p>2:30 Free Movement with Mary</p>	<p>11</p> <p>11:00 Flexercise</p> <p>1:30 Olfactory House Sensory Presentation</p>	<p>12</p> <p>10:45-11:30 <i>Bookmobile</i></p> <p>1:30 Resident Association News of the Hour</p>	<p>13</p> <p>10:00 Art Connection: Watercolor</p> <p>1:30 Resident Association Kitchen Hour</p>	<p>14</p> <p>11:00 Dynamic Stretching</p> <p>1:30 Carson Lilley Piano Concert</p>	<p>15</p> <p>11:00 Seated Total Chair Fitness</p> <p>1:30 Meditation Group</p>
<p>16</p> <p>11:00 <i>Livestreamed Services:</i> St. Joe's Mass & Seattle First Baptist Church Service</p> <p>1:30 Interactive Scripture & Hymns with Paul & Tina Miller</p>	<p>17</p> <p>10:00 Mental Health Monday</p> <p>1:30 St. Patrick's Day Social</p> <p>2:30 Free Movement with Mary</p>	<p>18</p> <p>11:00 Seated Total Chair Fitness</p> <p>1:30 The Women of Bauhaus Presentation with Mary</p>	<p>19</p> <p>11:00 Seated Total Chair Fitness</p> <p>1:30 RA New Resident Welcome Hour</p> <p>2:30 Book Club</p>	<p>20</p> <p>11:00 Seated Total Chair Fitness</p> <p>1:30 Sing Along w/ David Lepse</p>	<p>21</p> <p>11:00 Seated Total Chair Fitness</p> <p>1:30 National Flower Day</p>	<p>22</p> <p>11:00 Seated Total Chair Fitness</p> <p>1:30 Meditation Group</p>
<p>23</p> <p>11:00 <i>Livestreamed Services:</i> St. Joe's Mass & Seattle First Baptist Church Service</p> <p>1:30 Interactive Scripture & Hymns with Paul & Tina Miller</p>	<p>24</p> <p>10:00 Journal Through Art</p> <p>1:30 An Afternoon with Lauren Petrie</p> <p>2:30 Free Movement with Mary</p>	<p>25</p> <p>11:00 Seated Total Chair Fitness</p> <p>1:30 RA Activities Hour</p>	<p>26</p> <p>10:00 Outing to Sculpture Park</p> <p>11:00 Seated Total Chair Fitness</p> <p>1:30 In Person Mass</p>	<p>27</p> <p>10:00 Art Connection: Origami</p> <p>1:30 Resident Association General Assembly</p>	<p>28</p> <p>11:00 Seated Total Chair Fitness</p> <p>1:30 Men's Club</p>	<p>29</p> <p>11:00 Seated Total Chair Fitness</p> <p>1:30 Meditation with Brother River</p>
<p>30</p>	<p>31</p> <p>1:30 Birthday Bash</p>	<p>1</p>	<p>2</p>	<p>3</p>	<p>4</p>	<p>5</p>