



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>27</p> <p>11:00 <i>Livestreamed Services:</i> St. Joe's Mass &amp; Seattle First Baptist Church Service</p> <p>1:30 Interactive Scripture &amp; Hymns with Paul &amp; Tina Miller</p>	<p>28</p> <p>10:00 Mental Health Monday</p> <p><b>2:00 FLM ANNUAL SPRING TALENT SHOW!</b></p>	<p>29</p> <p>11:00 Flexercise</p> <p><b>1:30 Sagrada Familia: The Gaudi Revolution -Streamed Video-</b></p>	<p>30</p> <p>11:00 Seated Total Chair Fitness</p> <p><b>1:30 Resident Series: Listen &amp; Learn Dana Suesse w/Aaron L.</b></p>	<p>01</p> <p>10:00 Outing to National Nordic Museum: Anna Kurin-Furunnes Exhibit</p> <p><b>1:30 May Day Social &amp; Activity</b></p>	<p>02</p> <p><b>1:30 Hearts of Gold Campaign Kick-Off w/Ephelem Trio</b></p>	<p>03</p> <p>11:00 Chair Fitness: Cardiovascular Focus</p> <p><b>1:30 Meditation with Brother River</b></p>
<p>04</p> <p>11:00 <i>Livestreamed Services:</i> St. Joe's Mass &amp; Seattle First Baptist Church Service</p> <p>1:30 Interactive Scripture &amp; Hymns with Paul &amp; Tina Miller</p>	<p>05</p> <p>10:00 Journal Through Art w/ Mary</p> <p><b>1:30 New Age Flamenco Guitar Concert</b></p> <p>2:30 Free Movement with Mary</p>	<p>06</p> <p>11:00 Flexercise</p> <p><b>1:30 Conversation Club</b></p>	<p>07</p> <p>11:00 Seated Total Chair Fitness</p> <p><b>1:30 Allison Preisinger Concert</b></p>	<p>08</p> <p>10:00 Art Connection: Oil Pastels</p> <p><b>1:30 Resident Association Kitchen Kitchen Forum</b></p>	<p>09</p> <p>11:00 Dynamic Stretching</p> <p><b>1:30 Carson Lilley Performance and Hearts of Gold Community Projects</b></p>	<p>10</p> <p>11:00 Chair Fitness: Cardiovascular Focus</p> <p><b>2:00 Mother's Day Tea Party</b></p>
<p>11</p> <p>11:00 <i>Livestreamed Services:</i> St. Joe's Mass &amp; Seattle First Baptist Church Service</p> <p>1:30 Interactive Scripture &amp; Hymns with Paul &amp; Tina Miller</p>	<p>12</p> <p>10:00 Mental Health Monday</p> <p><b>1:30 Fireside Chat w/ Mike</b></p> <p>2:30 Free Movement with Mary</p>	<p>13</p> <p>11:00 Chair Fitness</p> <p><b>1:30 Courtyard Flower Planting</b></p>	<p>14</p> <p>10:45-11:30 Bookmobile</p> <p><b>1:30 Resident Association News of the Hour</b></p>	<p>15</p> <p>11:00 Seated Total Chair Fitness</p> <p><b>1:30 Sing Along w/ David Lepse</b></p>	<p>16</p> <p>11:00 Seated Total Chair Fitness</p> <p><b>1:30 AAPI/Education for Hearts of Gold</b></p>	<p>17</p> <p>11:00 Chair Fitness: Cardiovascular Focus</p> <p><b>1:30 Meditation w/Brother River</b></p>
<p>18</p> <p>11:00 Livestreamed Services: St. Joe's Mass &amp; Seattle First Baptist Church Service</p> <p>1:30 Interactive Scripture &amp; Hymns with Paul &amp; Tina Miller</p>	<p>19</p> <p>10:00 Journal Through Art</p> <p><b>1:30 An Afternoon w/ Lauren Petrie</b></p> <p>2:30 Free Movement with Mary</p>	<p>20</p> <p>11:00 Seated Total Chair Fitness</p> <p><b>1:30 Resident Association Activities Forum</b></p>	<p>21</p> <p>11:00 Seated Total Chair Fitness</p> <p><b>1:30 In Person Mass</b></p> <p>2:30 Book Club</p>	<p>22</p> <p>10:00 Art Connection</p> <p><b>1:30 Resident Association General Assembly</b></p>	<p>23</p> <p>11:00 Seated Total Chair Fitness</p> <p><b>1:30 Hearts of Gold Wine Tasting and Chocolate Pairing w/Janice V</b></p>	<p>24</p> <p>11:00 Chair Fitness: Cardiovascular Focus</p> <p><b>1:30 Meditation Group</b></p>
<p>25</p> <p>11:00 Livestreamed Services: St. Joe's Mass &amp; Seattle First Baptist Church Service</p> <p>1:30 Interactive Scripture &amp; Hymns with Paul &amp; Tina Miller</p>	<p>26</p> <p><b>1:30 Lance Rhoades In-Person Film Presentation</b></p>	<p>27</p> <p><b>1:30 April/May Birthday Bash</b></p>	<p>28</p> <p><b>1:30 Resident Association Bookshelf</b></p>	<p>29</p> <p><b>1:30 National Senior Health and Fitness Day Activity</b></p>	<p>30</p> <p><b>1:30 Men's Club</b></p>	<p>31</p> <p>11:00 Chair Fitness: Cardiovascular Focus</p> <p><b>1:30 Meditation Group</b></p>