

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
 November 2025 Fred Lind Manor Activities Calendar 												1	
11:00 - St. Joe's Mass: Livestreamed (BT) 11:00 - Seattle First Baptist Church: Streamed Service (AR) 1:30 - Interactive Scripture, Art & Hymns w/Paul & Tina Miller <i>via Zoom</i> (AR) 1:30 - Streamed Art Performance (BT) <i>5:20 - Seahawks vs Commanders</i>		3		4		5		6		7		8	
		8:00 - 3:00 - Foot & Nail Care w/Koko (S) (SIGN-UP REQUIRED) 10:00 - Mental Health Monday w/ Mary (BT) 11:00 - Free Movement w/ Mary (MR) 1:30 - Brain Games w/ Mary & Ellie (CL)		11:00 - Flexercise w/Mary (MR) 1:30 - Readers Theater (CL) 2:30 - Bingo (CL)		10:00 - Shopping Trip to Goodwill (SIGN-UP REQUIRED) 11:00 - Chair Fitness: Upper Body Strength (MR) 1:30 - Resident Birthday Party (CL) 2:30 - Standing Balance & Fall Prevention (MR)		11:00 - Outing to Northwest African American Museum (SIGN-UP REQUIRED) 11:00 - Chair Fitness: Lower Body Strength (MR) <i>1:30 - Real Fun! Virtual Reality w/ Melissa (CL)</i> 2:30 - Standing Bone Smart Exercises (MR)		9:30 - Grocery Shopping Trip to Safeway 11:00 - Seated Dynamic & Static Stretches (MR) <i>11:15 - Healing Mass at St. Joe's (SIGN UP REQUIRED)</i> 2:30 - Standing Low Impact Aerobics (MR) 2:30 - Wine and Beer Social (CL)		11:00 - Chair Fitness: Cardio Focus (MR) 1:30 - Meditation Group (AR) 2:30 - Standing Tai Chir for Balance (MR) 3:30 - Flower Arranging w/ Angelika (AR) <i>TBA - Husky's vs Badgers</i>	
11:00 - St. Joe's Mass: Livestreamed (BT) 11:00 - Seattle First Baptist Church: Streamed Service (AR) <i>1:05 - Seahawks vs Cardinals</i> 1:30 - Interactive Scripture, Art & Hymns w/Paul & Tina Miller <i>via Zoom</i> (AR) 1:30 - Streamed Art Performance (BT)		10		11		12		13		14		15	
		10:00 - Journal Through Art w/ Mary (MR) 11:00 - Free Movement w/ Mary (MR) 1:30 - Fireside Chat w/Mike (CL)		 VETERANS DAY		11:00 - Chair Fitness: Upper Body Strength (MR) 1:30 - News of the Hour (CL) 2:30 - Standing Balance & Fall Prevention (MR) 2:30 - Book Club (AR)		11:00 - Chair Fitness: Lower Body Strength (MR) 1:30 - R.A. Kitchen Hour (CL) 3:30 - Fiber Fun Social w/ Angelika (CL)		9:30 - Grocery Shopping Trip to Fred Meyer 11:00 - Seated Dynamic & Static Stretches (MR) 1:30 - Piano Tunes w/ Carson Lilley (CL) 2:30 - Standing Low Impact Aerobics (MR) 2:30 - Wine and Beer Social (CL)		11:00 - Chair Fitness: Cardio Focus (MR) 1:30 - Meditation w/Father River (AR) 2:30 - Standing Tai Chir for Balance (MR) <i>TBA - Husky's vs Boilermakers</i>	
11:00 - St. Joe's Mass: Livestreamed (BT) 11:00 - Seattle First Baptist Church: Streamed Service (AR) <i>1:05 - Seahawks vs Rams</i> 1:30 - Interactive Scripture, Art & Hymns w/Paul & Tina Miller <i>via Zoom</i> (AR) 1:30 - Streamed Art Performance (BT)		17		18		19		20		21		22	
		10:00 - Mental Health Monday w/ Mary (BT) 11:00 - Free Movement w/ Mary (MR) 1:30 - You be the Judge (CL) 3:00 - Crafting Connections w/ Ellie (AR)		10:00 - 2:30 - Dreamclinic Massages (SIGN-UP REQUIRED) 11:00 - Flexercise w/Mary (MR) 1:30 - R.A. Activities Hour (CL) 2:30 - Bingo (CL)		11:00 - Chair Fitness: Upper Body Strength (MR) 1:30 - In Person Mass (BT) 1:30 - Presentation on Al Hoffman w/Mary (CL) 2:30 - Standing Balance & Fall Prevention (MR)		11:00 - Chair Fitness: Lower Body Strength (MR) 1:30 - Sing-along w/ David Lepse (CL) 2:30 - Standing Bone Smart Exercises (MR)		9:30 - Grocery Shopping Trip to Uwajimaya 11:00 - Seated Dynamic & Static Stretches (MR) 1:30 - Men's Club w/ Kevin & Ronnie (CL) 2:30 - Standing Low Impact Aerobics (MR) 2:30 - Wine and Beer Social (CL)		11:00 - Chair Fitness: Cardio Focus (MR) 1:30 - Meditation w/Father River (AR) 2:30 - Standing Tai Chir for Balance (MR) 3:30 - Flower Arranging w/ Angelika (AR) <i>TBA - Husky's vs Bruins</i>	
<i>10:00 - Seahawks vs Titans</i> 11:00 - St. Joe's Mass: Livestreamed (BT) 11:00 - Seattle First Baptist Church: Streamed Service (AR) 1:30 - Interactive Scripture, Art & Hymns w/Paul & Tina Miller <i>via Zoom</i> (AR) 1:30 - Streamed Art Performance (BT)		24		25		26		27		28		29	
		10:00 - Journal Through Art w/ Mary (MR) 11:00 - Free Movement w/ Mary (MR) 1:30 - An Afternoon w/ Lauren Petrie (CL) 3:00 - Crafting Connections w/ Ellie (AR)		11:00 - Flexercise w/Mary (MR) 1:30 - Holiday Card Making (CL) 2:30 - Bingo (CL)		11:00 - Chair Fitness: Upper Body Strength (MR) 1:30 - General Assembly (CL) 2:30 - Standing Balance & Fall Prevention (MR) 2:30 - Poetry Club (AR) <i>4:00 - Thanksgiving Dinner (DR & CL)</i>		 Happy Thanksgiving 11:00 - Chair Fitness: Lower Body Strength (AR) 2:30 - Standing Bone Smart Exercises (AR) Thanksgiving Day (U.S.)		9:30 - Grocery Shopping Trip to QFC 11:00 - Seated Dynamic & Static Stretches (MR) 1:30 - Build a Man (CL) 2:30 - Standing Low Impact Aerobics (MR) 2:30 - Wine and Beer Social (CL)		11:00 - Chair Fitness: Cardio Focus (MR) 1:30 - Meditation Group (AR) 2:30 - Standing Tai Chir for Balance (MR) <i>TBA - Husky's vs Ducks Watch Party (CL)</i>	
11:00 - St. Joe's Mass: Livestreamed (BT) 11:00 - Seattle First Baptist Church: Streamed Service (AR) <i>1:05 - Seahawks vs Vikings</i> 1:30 - Interactive Scripture, Art & Hymns w/Paul & Tina Miller <i>via Zoom</i> (AR) 1:30 - Streamed Art Performance (BT)		B-Olive Bistro (B level) BT-Broadway Theater (B Level) CL-Columbia Living Room (1st Floor) CY-Courtyard (1st Floor) S - Salon (3rd Floor) L-Lobby (1st floor) AR-Aloha Room (2nd Floor) MR-Madison Room (B- Level) FC-Fitness Center (B-Level) DR - Dining Room (1st Floor) MOVIE OFFERED DAILY IN BROADWY THEATER AT 6:30PM. 											

All activities are subject to change with or without notice. For details, please see daily and weekly calendar postings or contact Ellie at 206-322-7331 (Director of Lifestyle Enrichment).