

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# January 2026

## Fred Lind Manor Activities Calendar

|  |  |   |  |   |  |  |   |   |
|--|--|---|--|---|--|--|---|---|
|  | 4<br>11:00 - St. Joe's Mass: Livestreamed (BT)<br>11:00 - Seattle First Baptist Church: Streamed Service (AR)<br>1:30 - Interactive Scripture, Art & Hymns w/Paul & Tina Miller via Zoom (AR)<br>1:30 - Streamed Art Performance (BT)  | 5<br>10:00 - Mental Health Monday (BT)<br>11:00 - Free Movement w/Mary (MR)<br>1:30 - Fireside Chat w/Mike (CL)   | 6<br>11:00 - Flexercise w/Mary (MR)<br>1:30 - Resident Birthday Party (CL)<br>2:30 - Bingo (CL)                                    | 7<br>10:00 - Shopping Trip to Goodwill (SIGN-UP REQUIRED)<br>11:00 - Chair Fitness: Upper Body Strength (MR)<br>1:30 - Dividat Lecture w/Dallas (MR)<br>2:30 - Standing Balance & Fall Prevention (MR)  | 1<br>11:00 - Chair Fitness: Lower Body Strength (MR)<br>1:00 - New Years Day Party w/Steve Ryals (CL)<br>2:30 - Standing Bone Smart Exercises (MR)                         | 2<br>9:30 - Shopping Trip to QFC (SIGN-UP REQUIRED)<br>11:00 - Healing Mass at St. Joe's (SIGN UP REQUIRED)<br>11:00 - Seated Dynamic & Static Stretches (MR)<br>1:30 - Storytellers Circle (CL)<br>2:30 - Standing Low Impact Aerobics (MR)<br>2:30 - Wine and Beer Social (CL) | 3<br>11:00 - Chair Fitness: Cardio Focus (MR)<br>1:30 - Meditation Group (AR)<br>2:30 - Standing Tai Chir for Balance (MR)  |   |
|  | 11<br>11:00 - St. Joe's Mass: Livestreamed (BT)<br>11:00 - Seattle First Baptist Church: Streamed Service (AR)<br>1:30 - Interactive Scripture, Art & Hymns w/Paul & Tina Miller via Zoom (AR)<br>1:30 - Streamed Art Performance (BT) | 12<br>10:00 Digital Help Mates: Tech Clinic w/David (CL)<br>10:00 - Journal Through Art w/Mary (AR)<br>11:00 - Free Movement w/Mary (MR)                          | 13<br>10:00 - Real Fun! VR w/Melissa (CL)<br>11:00 - Flexercise w/Mary (MR)<br>1:30 - Sign Language Club (AR)<br>2:30 - Bingo (CL) | 14<br>10:45 - Bookmobile (CL)<br>11:00 - Chair Fitness: Upper Body Strength (MR)<br>1:30 - Resident Association Kitchen Hour w/Paulette (CL)<br>2:30 - Book Club (CL)<br>2:30 - Standing Balance & Fall Prevention (MR)                         | 7<br>11:00 - Chair Fitness: Lower Body Strength (MR)<br>1:30 - Cornhole Tournament (CL)<br>2:30 - Standing Bone Smart Exercises (MR)<br>3:30 - Fiber Fun Social w/Angelika | 8<br>9:30 - Shopping Trip to Safeway (SIGN-UP REQUIRED)<br>11:00 - Seated Dynamic & Static Stretches (MR)<br>1:30 - Piano Music w/Carson Lilley (CL)<br>2:30 - Standing Low Impact Aerobics (MR)<br>2:30 - Wine and Beer Social (CL)   | 9<br>11:00 - Chair Fitness: Cardio Focus (MR)<br>1:30 - Meditation Group (AR)<br>2:30 - Standing Tai Chir for Balance (MR)<br>3:30 - Flower Arranging w/ Angelika (AR)  | 10<br>11:00 - Chair Fitness: Cardio Focus (MR)<br>1:30 - Meditation Group (AR)<br>2:30 - Standing Tai Chir for Balance (MR)   |
|  | 18<br>11:00 - St. Joe's Mass: Livestreamed (BT)<br>11:00 - Seattle First Baptist Church: Streamed Service (AR)<br>1:30 - Interactive Scripture, Art & Hymns w/Paul & Tina Miller via Zoom (AR)<br>1:30 - Streamed Art Performance (BT) | 19<br>8:00 - 3:00 - Foot & Nail Care w/Koko (S) (SIGN-UP REQUIRED)<br>10:00 - Mental Health Monday (BT)<br>1:30 - King in the Wilderness: MLK Jr Documentary (CL) | 20<br>11:00 - Flexercise w/Mary (MR)<br>1:30 - Resident Association Activities Hour w/Ann (CL)<br>2:30 - Bingo (CL)                | 21<br>10:00 - 2:00 - DreamClinic Massage (SIGN-UP REQUIRED)<br>11:00 - Chair Fitness: Upper Body Strength (MR)<br>1:30 - Dancing for the Ages w/Dina Blade (CL)<br>1:30 - In Person Mass (BT)<br>2:30 - Standing Balance & Fall Prevention (MR) | 15<br>11:00 - Chair Fitness: Lower Body Strength (MR)<br>1:30 - Sing along w/David Lepse<br>2:30 - Standing Bone Smart Exercises (MR)                                      | 16<br>9:30 - Shopping Trip to Walmart (SIGN-UP REQUIRED)<br>11:00 - Seated Dynamic & Static Stretches (MR)<br>1:30 - C.U.: Eleanor Roosevelt (CL)<br>2:30 - Standing Low Impact Aerobics (MR)<br>2:30 - Wine and Beer Social (CL)  | 17<br>11:00 - Chair Fitness: Cardio Focus (MR)<br>1:30 - Meditation Group (AR)<br>2:30 - Standing Tai Chir for Balance (MR)   | 18<br>11:00 - Chair Fitness: Cardio Focus (MR)<br>1:30 - Meditation Group (AR)<br>2:30 - Standing Tai Chir for Balance (MR)<br>3:30 - Flower Arranging w/ Angelika (AR) |
|  | 25<br>11:00 - St. Joe's Mass: Livestreamed (BT)<br>11:00 - Seattle First Baptist Church: Streamed Service (AR)<br>1:30 - Interactive Scripture, Art & Hymns w/Paul & Tina Miller via Zoom (AR)<br>1:30 - Streamed Art Performance (BT) | 26<br>10:00 - Mental Health Monday (BT)<br>11:00 - Free Movement w/Mary (MR)<br>1:30 - Sign Language Club (AR)  | 27<br>11:00 - Flexercise w/Mary (MR)<br>2:30 - Bingo (CL)  | 28<br>11:00 - Chair Fitness: Upper Body Strength (MR)<br>1:30 - Cornhole Tournament (CL)<br>2:30 - Poetry Club (AR)<br>2:30 - Standing Balance & Fall Prevention (MR)   | 22<br>11:00 - Chair Fitness: Lower Body Strength (MR)<br>1:30 - General Assembly<br>2:30 - Standing Bone Smart Exercises (MR)<br>3:30 - Fiber Fun Social w/Ellie           | 23<br>9:30 - Shopping Trip to Fred Meyer (SIGN-UP REQUIRED)<br>10:00 - Crafting Connections w/Ellie (AR)<br>11:00 - Seated Dynamic & Static Stretches (MR)<br>2:30 - Standing Low Impact Aerobics (MR)<br>2:30 - Wine and Beer Social (CL)<br>3:00 - Men's Club (AR)             | 24<br>11:00 - Chair Fitness: Cardio Focus (MR)<br>1:30 - Meditation Group (AR)<br>2:30 - Standing Tai Chir for Balance (MR)<br>3:30 - Flower Arranging w/ Angelika (AR) | 25<br>11:00 - Chair Fitness: Cardio Focus (MR)<br>1:30 - Meditation Group (AR)<br>2:30 - Standing Tai Chir for Balance (MR)   |
|  | 25<br>11:00 - St. Joe's Mass: Livestreamed (BT)<br>11:00 - Seattle First Baptist Church: Streamed Service (AR)<br>1:30 - Interactive Scripture, Art & Hymns w/Paul & Tina Miller via Zoom (AR)<br>1:30 - Streamed Art Performance (BT) | 26<br>10:00 - Mental Health Monday (BT)<br>11:00 - Free Movement w/Mary (MR)<br>1:30 - Sign Language Club (AR)  | 27<br>11:00 - Flexercise w/Mary (MR)<br>2:30 - Bingo (CL)  | 28<br>11:00 - Chair Fitness: Upper Body Strength (MR)<br>1:30 - Cornhole Tournament (CL)<br>2:30 - Poetry Club (AR)<br>2:30 - Standing Balance & Fall Prevention (MR)   | 29<br>11:00 - Chair Fitness: Lower Body Strength (MR)<br>1:30 - Brain Games w/ Mary & Ellie (CL)<br>2:30 - Standing Bone Smart Exercises (MR)                              | 30<br>9:30 - Shopping Trip to Whole Foods (SIGN-UP REQUIRED)<br>11:00 - Seated Dynamic & Static Stretches (MR)<br>1:30 - C.U.: The Pompeii Excavation (BT)<br>2:30 - Standing Low Impact Aerobics (MR)<br>2:30 - Wine and Beer Social (CL)                                       | 31<br>11:00 - Chair Fitness: Cardio Focus (MR)<br>1:30 - Meditation Group (AR)<br>2:30 - Standing Tai Chir for Balance (MR)   | 26<br>11:00 - Chair Fitness: Cardio Focus (MR)<br>1:30 - Meditation Group (AR)<br>2:30 - Standing Tai Chir for Balance (MR)   |
|  |  |   |  | Australia Day (Observed)  |  |  |   |   |

DR - Dining Room (1st Floor)-CL-Columbia Living Room (1st Floor)-AR-Aloha Room (2nd Floor)-S - Salon (3rd Floor)-MR-Madison Room (B- Level)-BT-Broadway Theater (B Level) MOVIE OFFERED DAILY IN BROADWAY THEATER @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).