

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>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) 6:30 - Evening Movie (BT)</p>	<p>2</p> <p>8:00 - 3:00 - Foot & Nail Care w/Koko (S) (SIGN-UP REQUIRED) (S) 10:00 - Mental Health Monday (BT) 11:00 - Free Movement w/Mary (MR) 1:30 - Game Hour (CL) 6:30 - Evening Movie (BT)</p> <p>Purim Begins</p>	<p>3</p> <p>11:00 - Flexercise w/Mary (MR) 1:30 - Queen Time Entertainment: Live Drag Performance (CL) 2:30 - Bingo (CL) 6:30 - Evening Movie (BT)</p>	<p>4</p> <p>10:00 - Shopping Trip to Goodwill (SIGN-UP REQUIRED) 10:00 - Real Fun! VR w/Melissa (CL) 11:00 - Seated Chair Fitness w/Angelika (MR) 1:30 - Sign Language Club (CL) 2:30 - Standing Dividat Balance Training (MR) 6:30 - Evening Movie (BT)</p>	<p>5</p> <p>10:00 - Karaoke (BT) 11:00 - Seated Chair Fitness w/Angelika (MR) 1:30 - Trivia Hour (CL) 2:30 - Osteoporosis Friendly Exercise w/Angelika (MR) 6:30 - Evening Movie (BT)</p>	<p>6</p> <p>9:30 - Shopping Trip to Safeway (SIGN-UP REQUIRED) 11:00 - Healing Mass at St. Joe's (SIGN UP REQUIRED) 11:00 - Seated Chair Fitness w/Angelika (MR) 1:30 - Home Hour (CL) 2:30 - Standing Fitness and Function w/Angelika (MR) 2:30 - Wine and Beer Social (CL) 6:30 - Evening Movie (BT)</p>	<p>7</p> <p>11:00 - Seated Chair Fitness w/Angelika (MR) 1:30 - Meditation Group (AR) 2:30 - Standing Tai Chir for Balance w/Angelika (MR) 6:30 - Evening Movie (BT)</p>
<p>8</p> <p>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) 6:30 - Evening Movie (BT)</p> <p>Daylight Saving Time Begins</p>	<p>9</p> <p>10:00 - Journal Through Art (BT) 11:00 - Free Movement w/Mary (MR) 1:30 - Fireside Chat w/Mike (CL) 6:30 - Evening Movie (BT)</p>	<p>10</p> <p>10:00 - Art Connection (AR) 11:00 - Flexercise w/Mary (MR) 1:30 - Resident Birthday Party (CL) 2:30 - Bingo (CL) 6:30 - Evening Movie (BT)</p>	<p>11</p> <p>10:00 - Outing to FRYE Art Museum (SIGN-UP REQUIRED) 11:00 - Seated Chair Fitness w/Angelika (MR) 1:30 - Kitchen Hour w/ Paulette (CL) 2:30 - Standing Dividat Balance Training (MR) 2:30 - Book Club (AR) 6:30 - Evening Movie (BT)</p>	<p>12</p> <p>10:00 - Karaoke (BT) 11:00 - Seated Chair Fitness w/Angelika (MR) 1:30 - Resident Travelogue: The Arctic w/ Janice V. (CL) 2:30 - Osteoporosis Friendly Exercise w/Angelika (MR) 3:30 - Fiber Fun Social w/Angelika (CL) 6:30 - Evening Movie (BT)</p>	<p>13</p> <p>9:30 - Shopping Trip to Walmart (SIGN-UP REQUIRED) 11:00 - Seated Chair Fitness w/Angelika (MR) 1:30 - Piano Music w/ Carson Lilley (CL) 2:30 - Standing Fitness and Function w/Angelika (MR) 2:30 - Wine and Beer Social (CL) 6:30 - Evening Movie (BT)</p>	<p>14</p> <p>11:00 - Seated Chair Fitness w/Angelika (MR) 1:30 - Meditation w/ Brother River (AR) 2:30 - Standing Tai Chir for Balance w/Angelika (MR) 3:30 - Flower Arranging w/Angelika (AR) 6:30 - Evening Movie (BT)</p>
<p>15</p> <p>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) 6:30 - Evening Movie (BT)</p>	<p>16</p> <p>10:00 - Mental Health Monday (BT) 11:00 - Free Movement w/Mary (MR) 1:30 - C.U.: The Notorious RBG (CL) 6:30 - Evening Movie (BT)</p>	<p>17</p> <p>10:00 - Art Presentation by Kang Robinson (CL) 11:00 - Flexercise w/Mary (MR) 1:30 - St. Patrick's Day Party (CL) 2:30 - Bingo (CL) 6:30 - Evening Movie (BT)</p> <p>St. Patrick's Day</p>	<p>18</p> <p>10:00 - 2:00 - DreamClinic Massage (SIGN-UP REQUIRED) (S) 11:00 - Seated Chair Fitness w/Angelika (MR) 1:30 - Drawing Class w/ Deanne (AR) 1:30 - In Person Mass (BT) 2:30 - Standing Dividat Balance Training (MR) 6:30 - Evening Movie (BT)</p>	<p>19</p> <p>10:00 - Karaoke (BT) 11:00 - Seated Chair Fitness w/Angelika (MR) 1:30 - Sing-along w/ David Lepse (CL) 2:30 - Osteoporosis Friendly Exercise w/Angelika (MR) 6:30 - Evening Movie (BT)</p>	<p>20</p> <p>9:30 - Shopping Trip to Fred Meyer (SIGN-UP REQUIRED) 11:00 - Seated Chair Fitness w/Angelika (MR) 1:30 - Paint & Sip w/ Mary (MR) 2:30 - Standing Fitness and Function w/Angelika (AR) 2:30 - Wine and Beer Social (CL) 6:30 - Evening Movie (BT)</p> <p>Spring Begins</p>	<p>21</p> <p>11:00 - Seated Chair Fitness w/Angelika (MR) 1:30 - Meditation Group (AR) 2:30 - Standing Tai Chir for Balance w/Angelika (MR) 6:30 - Evening Movie (BT)</p>
<p>22</p> <p>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) 6:30 - Evening Movie (BT)</p>	<p>23</p> <p>10:00 - Mental Health Monday (BT) 11:00 - Free Movement w/Mary (MR) 1:30 - An Afternoon of Music w/ Lauren Petrie (CL) 6:30 - Evening Movie (BT)</p>	<p>24</p> <p>10:00 - Art Connection: Spring Wreaths (AR) 11:00 - Flexercise w/Mary (MR) 1:30 - Activities Hour w/ Ann Z (CL) 2:30 - Bingo (CL) 6:30 - Evening Movie (BT)</p>	<p>25</p> <p>11:00 - Seated Cardio Class w/Mary (MR) 1:30 - Cornhole Tournament (CL) 2:30 - Standing Dividat Balance Training (MR) 2:30 - Poetry Club (AR) 6:30 - Evening Movie (BT)</p>	<p>26</p> <p>10:00 - Karaoke (BT) 1:30 - General Assembly (CL) 3:30 - Fiber Fun Social w/Ellie (CL) 6:30 - Evening Movie (BT)</p>	<p>27</p> <p>9:30 - Shopping Trip to QFC (SIGN-UP REQUIRED) 1:30 - Ephemem Trio Concert (CL) 2:30 - Wine and Beer Social (CL) 3:00 - Men's Club w/ Kevin & Ronnie (AR) 6:30 - Evening Movie (BT)</p>	<p>28</p> <p>11:00 - Seated Upper Body Fitness: Balloon Toss w/Corinne 1:30 - Meditation w/ Brother River (AR) 3:30 - Flower Arranging w/Corinne (AR) 6:30 - Evening Movie (BT)</p>
<p>29</p> <p>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) 6:30 - Evening Movie (BT)</p> <p>Palm Sunday</p>	<p>30</p> <p>10:00 - Mental Health Monday (BT) 1:30 - C.U: Harry Houdini: His Life and Legendary Magic (CL) 6:30 - Evening Movie (BT)</p>	<p>31</p> <p>11:00 - Flexercise w/Mary (MR) 1:30 - Celebration of Life (CL) 2:30 - Bingo (CL) 6:30 - Evening Movie (BT)</p>	 <h1>March 2026</h1> <h2>Fred Lind Manor Activities Calendar</h2>			

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)
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).