

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



April 2026

Fred Lind Manor Activities Calendar

<p>10:00 - Shopping Trip to Goodwill (SIGN-UP REQUIRED) 11:00 - Seated Chair Fitness with Angelika (MR) 1:30 - Live Music with Do Peterson 2:30 - Standing Dividat Balance Training (MR) 4:00 - Passover Celebration (CL) 6:30 - Evening Movie (BT)</p> <p>All Fools' Day Passover Begins</p>	<p>10:00 - Shopping Trip to Safeway (SIGN-UP REQUIRED) 11:00 - Seated Chair Fitness with Angelika (MR) 1:30 - Home Hour (CL) 2:30 - Standing Fitness and Function with Angelika (MR) 2:30 - Wine and Beer Social (CL) 6:30 - Evening Movie (BT)</p>	<p>11:00 - Seated Chair Fitness with Angelika (MR) 1:30 - Mediation Group (AR) 2:30 - Standing Tai Chi for Balance with Angelika (MR) 6:30 - Evening Movie (BT)</p>	<p>10:00 - Scam Prevention w/ David from Digital Help Mates (CL) 11:00 - Seated Chair Fitness with Angelika (MR) 1:30 - Wellness Hour (CL) 2:30 - Glidercise Class with Angelika (MR) 3:30 - Fiber Fun Social with Angelika (CL) 6:30 - Evening Movie (BT)</p>	<p>9:30 - Shopping Trip to Uwajimaya (SIGN-UP REQUIRED) 11:00 - Seated Chair Fitness with Angelika (MR) 1:30 - C.U.: Jackie Kennedy: Her Life, Image and Legacy (CL) 2:30 - Standing Fitness and Function with Angelika (MR) 2:30 - Wine and Beer Social (CL) 6:30 - Evening Movie (BT)</p>	<p>11:00 - Seated Chair Fitness with Angelika (MR) 1:30 - Mediation Group with Brother River (AR) 2:30 - Standing Tai Chi for Balance with Angelika (MR) 3:30 - Flower Arranging with Angelika (AR) 6:30 - Evening Movie (BT)</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 via Zoom (AR) 1:30 - Streamed Art Performance (BT) 6:30 - Evening Movie (BT)</p> <p>Easter Sunday</p>	<p>10:00 - Mental Health Monday (BT) 11:00 - Free Movement with Mary (MR) 1:30 - Resident Birthday Party with Live Music from Steve Flynn (CL) 2:30 - Scrabble Day (CL) 6:30 - Evening Movie (BT)</p>	<p>10:00 - Karaoke (BT) 11:00 - Flexercise with Mary (MR) 1:00 - Sign Language Club (CL) 1:30 - Resident Travelogue: Rome w/ Janice (CL) 2:30 -Bingo (CL) 6:30 - Evening Movie (BT)</p>	<p>10:45 - Bookmobile (CL) 11:00 - Seated Chair Fitness with Angelika (MR) 1:30 - Kitchen Hour (CL) 2:30 - Standing Dividat Balance Training (MR) 2:30 - Book Club (AR) 6:30 - Evening Movie (BT)</p>	<p>10:00 - Art Connection (AR) 11:00 - Seated Chair Fitness with Angelika (MR) 1:30 - Presentation with Lance Rhodes (CL) 2:30 - Glidercise Class with Angelika (MR) 6:30 - Evening Movie (BT)</p>	<p>11:00 - Seated Chair Fitness with Angelika (MR) 1:30 - Mediation Group (AR) 2:30 - Standing Tai Chi for Balance with Angelika (MR) 6:30 - Evening Movie (BT)</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 via Zoom (AR) 1:30 - Streamed Art Performance (BT) 6:30 - Evening Movie (BT)</p>	<p>8:00 - 3:00 - Foot & Nail Care with Koko (SIGN-UP REQUIRED) (S) 10:00 - Journal Through Art with Mary (AR) 11:00 - Free Movement with Mary (MR) 1:30 - Fireside Chat with Mike (CL) 2:30 - Scrabble Day (CL) 6:30 - Evening Movie (BT)</p>	<p>10:00 - Karaoke (BT) 11:00 - Flexercise with Mary (MR) 1:00 - Sign Language Club (CL) 1:30 - You Be the Judge (CL) 2:30 -Bingo 6:30 - Evening Movie (BT)</p>	<p>10:00 - Outing to The Seattle Aquarium (SIGN-UP REQUIRED) 11:00 - Seated Chair Fitness with Angelika (MR) 1:30 - Sing-along with David Lepse (CL) 1:30 - In Person Mass (BT) 2:30 - Standing Dividat Balance Training (MR) 6:30 - Evening Movie (BT)</p>	<p>10:00 - Art Connection (AR) 11:00 - Seated Chair Fitness with Angelika (MR) 1:30 - Presentation with Lance Rhodes (CL) 2:30 - Glidercise Class with Angelika (MR) 6:30 - Evening Movie (BT)</p>	<p>11:00 - Seated Chair Fitness with Angelika (MR) 1:30 - The Bridge: 45 of Seattle's LGBT Elders & Youth in One Conversation 2:30 - Standing Fitness and Function with Angelika (MR) 2:30 - Wine and Beer Social (CL) 6:30 - Evening Movie (BT)</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 via Zoom (AR) 1:30 - Streamed Art Performance (BT) 6:30 - Evening Movie (BT)</p>	<p>10:00 - Mental Health Monday (BT) 11:00 - Free Movement with Mary (MR) 2:30 - Scrabble Day (CL) 6:30 - Evening Movie (BT)</p>	<p>10:00 - Karaoke (BT) 11:00 - Flexercise with Mary (MR) 1:00 - Sign Language Club (CL) 1:30 - Travel Memories: Show & Tell (CL) 2:30 -Bingo (CL) 6:30 - Evening Movie (BT)</p>	<p>10:00 - Outing to Asian Art Museum (SIGN-UP REQUIRED) 11:00 - Seated Chair Fitness with Angelika (MR) 1:30 - Learn to Draw w/ Deanne (CL) 2:30 - Standing Dividat Balance Training (MR) 2:30 - Poetry Group (AR) 6:30 - Evening Movie (BT)</p> <p>Earth Day</p>	<p>11:00 - Seated Chair Fitness with Angelika (MR) 1:30 - General Assembly (CL) 2:30 - Glidercise Class with Angelika (MR) 3:30 - Fiber Fun Social with Ellie (CL) 6:30 - Evening Movie (BT)</p>	<p>9:30 - Shopping Trip to QFC (SIGN-UP REQUIRED) 11:00 - Seated Chair Fitness with Angelika (MR) 1:30 - C.U.: Mozart's Many Mysteries 2:30 - Standing Fitness and Function with Angelika (MR) 2:30 - Wine and Beer Social (CL) 3:00 - Men's Club (AR) 6:30 - Evening Movie (BT)</p> <p>Arbor Day</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 via Zoom (AR) 1:30 - Streamed Art Performance (BT) 6:30 - Evening Movie (BT)</p>	<p>10:00 - Mental Health Monday (BT) 11:00 - Free Movement with Mary (MR) 1:30 - Stock Market Presentation w/ Janice (CL) 2:30 - Scrabble Day (CL) 6:30 - Evening Movie (BT)</p>	<p>10:00 - Karaoke (BT) 11:00 - Flexercise with Mary (MR) 1:00 - Sign Language Club (CL) 1:30 - Readers Theater (CL) 2:30 -Bingo (CL) 6:30 - Evening Movie (BT)</p>	<p>11:00 - Seated Chair Fitness with Angelika (MR) 1:30 - Fred Lind Manor Talent Show (CL) 2:30 - Standing Dividat Balance Training (MR) 6:30 - Evening Movie (BT)</p>	<p>10:00 - Art Connection (AR) 11:00 - Seated Chair Fitness with Angelika (MR) 1:30 - Family Lore: Show & Tell (CL) 2:30 - Glidercise Class with Angelika (MR) 6:30 - Evening Movie (BT)</p>	

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).