

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



May 2026

Fred Lind Manor Activities Calendar



					<p>9:30 - Shopping Trip to Safeway 11:00 - Healing Mass at St. Joes 11:00 - Seated Chair Fitness with Angelika (MR) 2:30 - Outdoor Stretch & Stroll (C) 2:30 - Wine and Beer Social (CL) 6:30 - Evening Movie (BT)</p> <p>May Day</p>	<p>11:00 - Seated Chair Fitness with Angelika (MR) 1:30 - Mediation Group (AR) 2:30 - Movement Inspired by Nature (C) 3:00 - Kentucky Derby Watch Party (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 - Streamed Art Performance (BT) 1:45 - Courtyard Games (C) 6:30 - Evening Movie (BT)</p>	<p>10:00 - Mental Health Monday (BT) 11:00 - Free Movement with Mary (MR) 1:30 - Resident Birthday Party w/Live Music by Steven Flynn (CL) 2:30 - Scrabble Day (CL) 6:30 - Evening Movie (BT)</p>	<p>10:00 - Karaoke (BT) 10:00 - 12:00 - Real Fun! VR with Melissa (CL) 11:00 - Flexercise with Mary (MR) 1:30 - Hearts of Gold Kick Off Party! (CL) 2:30 - Bingo (CL) 6:30 - Evening Movie (BT) Cinco de Mayo</p>	<p>10:00 - Outing to The Seattle Aquarium (CL) 11:00 - Seated Chair Fitness with Angelika (MR) 1:30 - Resident Travelogue: Rome w/ Jancie (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) 1:00 - Conversation Club (CL) 2:30 - Fresh Air Stretch & Glidercise w/ Angelika (C) 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 - Piano Music with Carson Lilley 2:30 - Outdoor Stretch & Stroll (C) 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) 2:00 - Mother's Day Tea Party (CL) 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 - Streamed Art Performance (BT) 1:45 - Courtyard Games (C) 6:30 - Evening Movie (BT)</p> <p>Mother's Day National Skilled Nursing Care Week</p>	<p>8:00 - 3:00 - Foot & Nail Care with Koko (SIGN-UP REQUIRED) (S) 10:00 - Journal Through Art w/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) 1:30 - Bingo (CL) 3:30 - Cocktail Hour w/ Cori (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 - Sing-along w/David Lapse (CL) 2:30 - Fresh Air Stretch & Glidercise w/ Angelika (C) 3:30 - Fiber Fun Social with Angelika (CL) 6:30 - Evening Movie (BT)</p>	<p>9:30 - Shopping Trip to Fred Meyer (SIGN-UP REQUIRED) 11:00 - Seated Chair Fitness with Angelika (MR) 1:30 - Curiosity University (CL) 2:30 - Outdoor Stretch & Stroll (C) 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>Armed Forces Day</p>
<p>11:00 - St. Joe's Mass: Livestreamed (BT) 11:00 - Seattle First Baptist Church: Streamed Service (AR) 1:30 - Streamed Art Performance (BT) 1:45 - Courtyard Games (C) 6:30 - Evening Movie (BT)</p>	<p>10:00 - Mental Health Monday (BT) 11:00 - Free Movement with Mary (MR) 1:30 - Live Music by Wagner & Kong (CL) 2:30 - Scrabble Day (CL) 6:30 - Evening Movie (BT)</p> <p>Victoria Day (Canada)</p>	<p>10:00 - Karaoke (BT) 11:00 - Flexercise with Mary (MR) 1:30 - Activities Hour w/ Ann (CL) 2:30 - Bingo (CL) 6:30 - Evening Movie (BT)</p>	<p>11:00 - Seated Chair Fitness with Angelika (MR) 1:30 - Talent Show (CL) 1:30 - In-Person Mass (BT) 2:30 - Standing Dividat Balance Training (MR) 3:00 - Men's Club (AR) 6:30 - Evening Movie (BT)</p>	<p>10:00 - Lance Rhodes Presentation on The Odyssey by Homer (CL) 11:00 - Seated Chair Fitness with Angelika (MR) 1:30 - Family Lore: Show & Tell (CL) 2:30 - Fresh Air Stretch & Glidercise w/ Angelika (C) 6:30 - Evening Movie (BT) Shavuot Begins</p>	<p>9:30 - Shopping Trip to Walmart (SIGN-UP REQUIRED) 11:00 - Seated Chair Fitness with Angelika (MR) 2:30 - Outdoor Stretch & Stroll (C) 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) 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 (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 - Mental Health Monday (BT) 11:00 - Free Movement with Mary (MR) 1:30 - An Afternoon of Music with Lauren Petrie (CL) 2:30 - Scrabble Day (CL) 6:30 - Evening Movie (BT)</p> <p>Memorial Day</p>	<p>10:00 - Karaoke (BT) 11:00 - Flexercise with Mary (MR) 1:30 - American Experience: Fly with Me: Part 1 (CL) 2:30 - Bingo (CL) 3:30 - Cocktail Hour w/ Cori (CL) 6:30 - Evening Movie (BT)</p>	<p>11:00 - Seated Chair Fitness with Angelika (MR) 1:30 - American Experience: Fly with Me: Part 2 (CL) 2:30 - Standing Dividat Balance Training (MR) 2:30 - Poetry Club (AR) 6:30 - Evening Movie (BT)</p>	<p>10:00 - Magnificent Tea Tasting (CL) 11:00 - Seated Chair Fitness with Angelika (MR) 1:30 - General Assembly (CL) 2:30 - Fresh Air Stretch & Glidercise w/ Angelika (C) 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 - Curiosity University (CL) 2:30 - Outdoor Stretch & Stroll (C) 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>11:00 - St. Joe's Mass: Livestreamed (BT) 11:00 - Seattle First Baptist Church: Streamed Service (AR) 1:30 - Streamed Art Performance (BT) 1:45 - Courtyard Games (C) 6:30 - Evening Movie (BT)</p>	<p>GOLD - Hearts of Gold Event! 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) C - Courtyard (C)</p>					

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).