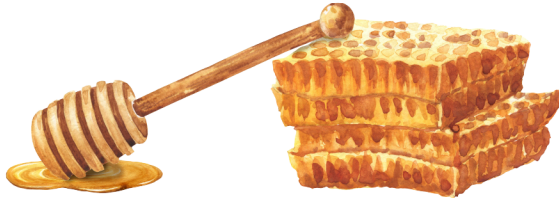


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Fred Lind Manor Activities Calendar 		1	2	3	4	5	
		10:00 - 11:30 - Karaoke (BT) 1:30 - New Resident Welcome Hour w/Ellen & Wendy (CL) 2:30 - Bingo (CL) 3:45 - Afternoon Tea (CL) 6:30 - Evening Movie (BT)	10:00: Shopping Trip to Goodwill (SIGN-UP REQUIRED) 11:00 - Seated Chair Fitness w/ Angelika (MR) 1:30 - Special Movie Showing: The Rocky Horror Picture Show (CL) 2:30 - Standing Dividat Balance Training (MR) 6:30 - Evening Movie (BT)	10:00 - Art Connection (AR) 11:00 - Seated Chair Fitness w/ Angelika (MR) 1:30 - Conversation Club (CL) 2:30 - Standing, Balance and Fall Prevention Exercises w/Angelika (MR) 6:30 - Evening Movie (BT) 7:00 - Ephelem Trio Jam Session (CL)	9:30 - Shopping Trip to Safeway (SIGN-UP REQUIRED) 11:00 St. Joes Healing Mass (SIGN-UP REQUIRED) 11:00 - Seated Chair Fitness w/ Angelika (MR) 1:30 - Curiosity University: Mary Shelley (CL) 2:30 - Wine and Beer Social (CL) 3:30 - Outdoor Stretch & Stroll (L) 6:30 - Evening Movie (BT)	10:15 - Sound Bath w/Brother River (CY) 11:00 - Chair Fitness: Cardiovascular Focus w/ Angelika (MR) 1:30 - Meditation w/ Brother River (AR) 3:30 - Flower Arranging w/ Angelika (AR) 6:30 - Evening Movie (BT)	
	6	7	8	9	10	11	12
	11:00 - St. Joe's Mass: Livestreamed (BT) 11:00 - Seattle First Baptist Church: Livestreamed (AR) 1:30 - Interactive Scripture, Art & Hymns with Paul & Tina Miller (AR) 1:30 - Streamed Art Performance (BT) 6:30 - Evening Movie (BT)	10:00 - Mental Health Monday (BT) 11:00 - Flexercise w/ Mary (MR) 1:30 - Path with Art: Virtual Art Gallery Viewing (BT) 2:30 - Scrabble Day (CL) 3:30 - Neighborhood Walk (L) 4:00 - Labor Day BBQ (CY) 6:30 - Evening Movie (BT)	10:00 - 11:30 - Karaoke (BT) 1:30 - Resident Travelogue: Danube w/ Janice (CL) 2:30 - Bingo (CL) 3:45 - Afternoon Tea (CL) 6:30 - Evening Movie (BT)	10:45 - Bookmobile 1:30 - Kitchen Forum (CL) 2:30 - Standing Dividat Balance Training (MR) 2:30 - Book Club (AR) 3:30 - Cocktail Hour w/ Cori (CL) 6:30 - Evening Movie (BT)	10:00 - Science Hour (AR) 11:00 - Seated Chair Fitness w/Mary (MR) 1:30- Discussion Club (CL) 3:30 - Fiber Fun Social (CL) 6:30 - Evening Movie (BT)	9:30 - Shopping Trip to Walmart & Dollar Tree (SIGN-UP REQUIRED) 1:30 - Piano Music w/ Carson Lilley 2:30 - Wine and Beer Social (CL) 3:30 - Outdoor Stretch & Stroll (L) 6:30 - Evening Movie (BT)	11:00 - Chair Fitness: Cardiovascular Focus w/ Angelika (MR) 11:00 - Annual Art Walk 1:30 - Meditation Group (AR) 3:30 - Flower Arranging (AR) 6:30 - Evening Movie (BT)
		Labor Day				Rosh Hashanah Begins	
13	14	15	16	17	18	19	
11:00 - St. Joe's Mass: Livestreamed (BT) 11:00 - Seattle First Baptist Church: Livestreamed (AR) 1:30 - Interactive Scripture, Art & Hymns with Paul & Tina Miller (AR) 1:30 - Streamed Art Performance (BT) 6:30 - Evening Movie (BT)	10:00 - Mental Health Monday (BT) 11:00 - Flexercise w/ Mary (MR) 1:30 - Resident Birthday Party (CL) 2:30 - Rummikub Hour (CL) 3:30 - Neighborhood Walk (L) 6:30 - Evening Movie (BT)	10:00 - 11:30 - Karaoke (BT) 1:30 - Resident Association Activities Hour w/Ann (CL) 2:30 - Bingo (CL) 3:45 - Afternoon Tea (CL) 6:30 - Evening Movie (BT)	10:00: Lance Rhoades Presentation: Seattle, as Seen in the Movies! (CL) 11:00 - Seated Chair Fitness w/ Angelika (MR) 1:30 - Early Oktoberfest Celebration w/ The Bonnie Birch Band (CL) 1:30 - In Person Mass (BT) 2:30 - Standing Dividat Balance Training (MR) 6:30 - Evening Movie (BT)	10:00 - Art Connection (AR) 11:00 - Play in Motion with Mary & Angelika (MR) 1:30 - Sing-Along w/ David Lepse (CL) 2:30 - Seated Chair Fitness w/ Angelika (MR) 6:30 - Evening Movie (BT) 7:00 - Ephelem Trio Jam Session (CL)	9:30 - Shopping Trip to Uwajimaya (SIGN-UP REQUIRED) 11:00 - Seated Chair Fitness w/ Angelika (MR) 1:30 - Tech Help with Ellie (CL) 2:30 - Wine and Beer Social (CL) 3:30 - Outdoor Stretch & Stroll (L) 6:30 - Evening Movie (BT)	11:00 - Chair Fitness: Cardiovascular Focus w/ Angelika (MR) 1:30 - Meditation w/Brother River (AR) 3:30 - Flower Arranging w/ Angelika (AR) 6:30 - Evening Movie (BT)	
	Grandparents Day					Oktoberfest Begins	
20	21	22	23	24	25	26	
11:00 - St. Joe's Mass: Livestreamed (BT) 11:00 - Seattle First Baptist Church: Livestreamed (AR) 1:30 - Interactive Scripture, Art & Hymns with Paul & Tina Miller (AR) 1:30 - Streamed Art Performance (BT) 6:30 - Evening Movie (BT)	10:00 - Mental Health Monday (BT) 11:00 - Flexercise w/ Mary (MR) 1:30 - Fireside Chat w/ Mike (CL) 2:30 - Scrabble Day (CL) 3:30 - Neighborhood Walk (L) 6:30 - Evening Movie (BT)	10:00 - 11:30 - Karaoke (BT) 1:30 - Fall Craft: Mini Wreaths (CL) 2:30 - Bingo (CL) 3:45 - Afternoon Tea (CL) 6:30 - Evening Movie (BT)	Shopping Trip to Burke Museum (SIGN-UP REQUIRED) 11:00 - Seated Chair Fitness w/ Angelika (MR) 1:30 - Root Beer Float Social (CL) 2:30 - Standing Dividat Balance Training (MR) 2:30 - Poetry Club (AR) 3:30 - Cocktail Hour w/ Cori (CL) 6:30 - Evening Movie (BT)	10:00 - Science Hour (AR) 11:00 - Seated Chair Fitness w/ Angelika (MR) 1:30 - General Assembly (CL) 2:30 - Standing, Balance and Fall Prevention Exercises w/Angelika (MR) 3:30 - Fiber Fun Social (CL) 6:30 - Evening Movie (BT)	9:30 - Shopping Trip to Fred Meyer (SIGN-UP REQUIRED) 11:00 - Seated Chair Fitness w/ Angelika (MR) 1:30 - Curiosity University: Marilyn Monroe (CL) 2:30 - Wine and Beer Social (CL) 3:30 - Outdoor Stretch & Stroll (L) 6:30 - Evening Movie (BT)	11:00 - Chair Fitness: Cardiovascular Focus w/ Angelika (MR) 1:30 - Meditation Group (AR) 3:30 - Flower Arranging w/ Angelika (AR) 6:30 - Evening Movie (BT)	
	Yom Kippur Begins	Autumn Begins			Sukkot Begins		
27	28	29	30	September 2026 			
11:00 - St. Joe's Mass: Livestreamed (BT) 11:00 - Seattle First Baptist Church: Livestreamed (AR) 1:30 - Interactive Scripture, Art & Hymns with Paul & Tina Miller (AR) 1:30 - Streamed Art Performance (BT) 6:30 - Evening Movie (BT)	10:00 - Mental Health Monday (BT) 11:00 - Flexercise w/ Mary (MR) 1:30 - Cornhole Tournament (CL) 2:30 - Board Game Hour (CL) 3:30 - Neighborhood Walk (L) 6:30 - Evening Movie (BT)	10:00 - 11:30 - Karaoke (BT) 1:30 - George L. 90th Birthday Party (CL) 2:30 - Bingo (CL) 3:45 - Afternoon Tea (CL) 6:30 - Evening Movie (BT)	11:00 - Seated Chair Fitness w/ Angelika (MR) 1:30 - Celebration of Life (CL) 2:30 - Standing Dividat Balance Training (MR) 3:00 - Men's Club (AR) 6:30 - Evening Movie (BT)				