November 2026

Fred Lind Manor Activities Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 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) Daylight Saving Time Ends	**2** 10:00 - Journal Through Art (AR) 11:00 - Flexercise w/ Mary (MR) 2:00 - Afternoon Tea (CL) 3:00 - Scrabble Day (CL) 6:30 - Evening Movie (BT)	**3** 10:00 - 11:30 - Karaoke (BT) 2:00- Family Lore: Show & Tell (CL) 3:00 - Bingo (CL) 6:30 - Evening Movie (BT) 8:00 - Election Night Watch Party (CL)	**4** 11:00: Shopping Trip to Goodwill (SIGN-UP REQUIRED) 11:00 - Seated Chair Fitness w/ Angelika (MR) 2:00 - An Afternoon of Music w/ Tom Nolan (CL) 3:00 - Discussion Club (AR) 3:15 - Standing Dividat Balance Training (MR) 6:30 - Evening Movie (BT)	**5** 10:15 - Lance Rhoades Presentation (CL) 11:00 - Seated Chair Fitness w/ Angelika (MR) 2:00 - Art Connection (CL) 3:15 - Standing, Balance and Fall Prevention Exercises w/Angelika (MR) 6:30 - Evening Movie (BT)	**6** 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 - Tech Help w/Ellie (CL) 2:30 - Wine and Beer Social (CL) 3:30 - Standing Circuit Training w/Angelika (MR) 6:30 - Evening Movie (BT)	**7** 10:15 - Sound Bath (MR) 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)
8 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) Diwali (Hindi)	**9** 8:00 - 3:00 Nail Care with Koko (SIGN-UP REQUIRED) (S) 10:00 - Mental Health Monday (BT) 2:00 - Fireside Chat (CL) 3:00 - A Game of Bridge (CL) 6:30 - Evening Movie (BT)	**10** 10:00 - 11:30 - Karaoke (BT) 2:00- Birthday Party (CL) 3:00 - Bingo (CL) 6:30 - Evening Movie (BT)	**11** 10:45 - Bookmobile 11:00 - Seated Chair Fitness w/ Angelika (MR) 2:00 - Veteran's Day Salute to Service Program (CL) 3:00 - Book Club (CL) 3:15 - Standing Dividat Balance Training (MR) 6:30 - Evening Movie (BT) Veterans Day	**12** 10:00 - Art Connection (AR) 11:00 - Seated Chair Fitness w/ Angelika (MR) 2:00 - Curiosity University (CL) 3:15 - Standing, Balance and Fall Prevention Exercises w/Angelika (MR) 4:00 - Fiber Fun Social (CL) 6:30 - Evening Movie (BT) 7:00 - Ephelem Trio Jam Session (CL)	**13** 9:30 - Shopping Trip to Fred Meyer (SIGN-UP REQUIRED) 11:00 - Seated Chair Fitness w/ Angelika (MR) 1:30 - Piano Music w/ Carson Lilley (CL) 2:30 - Wine and Beer Social (CL) 3:30 - Standing Circuit Training w/Angelika (MR) 6:30 - Evening Movie (BT)	**14** 11:00 - Chair Fitness: Cardiovascular Focus w/ Angelika (MR) 1:30 - Meditation Group w/ Brother River (AR) 3:30 - Flower Arranging w/ Angelika (AR) 6:30 - Evening Movie (BT)
15 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)	**16** 10:00 - Mental Health Monday (BT) 2:00 - Afternoon Tea (CL) 3:00 - Rummikub Hour (CL) 6:30 - Evening Movie (BT)	**17** 10:00 - 11:30 - Karaoke (BT) 2:00 - Resident Association: Activities Forum 3:00 - Bingo (CL) 6:30 - Evening Movie (BT)	**18** 11:00 - Seated Chair Fitness w/ Angelika (MR) 1:30 - In Person Mass (BT) 2:00 - Kitchen Forum (CL) 3:00 - Men's Club (AR) 3:15 - Standing Dividat Balance Training (MR) 3:30 - Cocktail Hour 6:30 - Evening Movie (BT)	**19** 10:00 - Art Connection (AR) 11:00 - Seated Chair Fitness w/ Angelika (MR) 1:30 - Sing-Along w/ David Lepse (CL) 3:15 - Standing, Balance and Fall Prevention Exercises w/Angelika (MR) 6:30 - Evening Movie (BT)	**20** 9:30 - Shopping Trip to Walmart & Dollar Tree (SIGN-UP REQUIRED) 11:00 - Seated Chair Fitness w/ Angelika (MR) 1:30 - Tech Help w/Ellie (CL) 2:30 - Wine and Beer Social (CL) 3:30 - Standing Circuit Training w/Angelika (MR) 6:30 - Evening Movie (BT)	**21** 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)
22 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)	**23** 10:00 - Mental Health Monday (BT) 11:00 - Flexercise w/ Mary (MR) 2:00 - Movement Workshop w/ Mary (CL) 3:00 - Game Hour (CL) 6:30 - Evening Movie (BT)	**24** 10:00 - 11:30 - Karaoke (BT) 2:00- General Assembly (CL) 3:00 - Bingo (CL) 6:30 - Evening Movie (BT)	**25** 11:00 - Seated Chair Fitness w/ Angelika (MR) 2:00 - Cornhole Tournament (MR) 3:00 - Poetry Club (AR) 3:15 - Standing Dividat Balance Training (MR) 4:00 - Thanksgiving Dinner 6:30 - Evening Movie (BT)	**26** 10:00 - Art Connection (AR) 11:00 - Seated Chair Fitness w/ Angelika (MR) 2:00 - Curiosity University (CL) 3:15 - Standing, Balance and Fall Prevention Exercises w/Angelika (MR) 4:00 - Fiber Fun Social (CL) 6:30 - Evening Movie (BT) Thanksgiving Day (U.S.)	**27** 9:30 - Shopping Trip to Uwajimaya (SIGN-UP REQUIRED) 11:00 - Seated Chair Fitness w/ Angelika (MR) 1:30 - Tech Help w/Ellie (CL) 2:30 - Wine and Beer Social (CL) 3:30 - Standing Circuit Training w/Angelika (MR) 6:30 - Evening Movie (BT)	**28** 11:00 - Chair Fitness: Cardiovascular Focus w/ Angelika (MR) 1:30 - Meditation Group w/ Brother River (AR) 3:30 - Flower Arranging w/ Angelika (AR) 6:30 - Evening Movie (BT)
29 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)	**30** 10:00 - Mental Health Monday (BT) 11:00 - Flexercise w/ Mary (MR) 2:00 - Afternoon Tea (CL) 3:00 - Scrabble Day (CL) 6:30 - Evening Movie (BT)					



CL-Columbia Living Room (1st Floor) CY - Courtyard (1st Floor) L - Lobby (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).