

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	3 8:00 Continental Breakfast 8:00 & 9:30 EnhanceFitness 8:00 Table Tennis, Great Room 9:00 Blood Pressure Checks 10:45 Wii Bowling 11:00 Board Games 1:00 Artist Open Studio	4 8:00 Continental Breakfast 8:15-3:00 Reflexology 9:00 Gentle Chair Yoga 10:30 Meditation 1:00 Scrabble and Upwords Free Bread Delivery 10% off for seniors at Thrift Store 6:30 Zumba	5 8:00 Continental Breakfast 8:00 Table Tennis, Great Room 8:00 & 9:30 EnhanceFitness 10:45 Wii Bowling 11:00-2:30 Anticoag Clinic 12:45 Financial Advisor 1:00 GriefShare Support Group 6:30 Tai Chi in Great Room	6 8:00 Continental Breakfast 9:00-3:00 Footcare 10:00-2:00 Health & Wellness Fair! 1:00 Caregiver Connection 6:30 Zumba	7 8:00 Continental Breakfast 8:00 Table Tennis, Great Room 8:00 & 9:30 EnhanceFitness 9:00 Bastyr Naturopathic Clinic 10:30 Bridge 10:45 Wii Bowling 12:45 Mexican Train/ Dominoes	Hot Lunch served every weekday at noon. \$5 to \$10
	10 8:00 Continental Breakfast 8:00 & 9:30 EnhanceFitness 8:00 Tulip Field Trip 8:00 Table Tennis, Great Room 9:00 Blood Pressure Checks 10:45 Wii Bowling 11:00 Board Games 1:00 Artist Open Studio 1:30 Legal Advisor	11 8:00 Potluck Breakfast 8:15-3:00 Reflexology 9:00 Gentle Chair Yoga 9:30-1:30 Shopping Trip in Monroe 10:30 Meditation 10:30 End of Life Planning class 1:00 Receptionist Meeting 1:00 Scrabble and Upwords Free Bread Delivery 10% off for seniors at Thrift Store 6:30 Zumba	12 8:00 Continental Breakfast 8:00 Table Tennis, Great Room 8:00 & 9:30 EnhanceFitness 10:45 Wii Bowling 11:00-2:30 Anticoag Clinic 11:30-1:30 Volunteer Appreciation Lunch! 1:00 GriefShare Support Group 6:30 Tai Chi in Great Room 7:00 Historical Society Meeting	13 8:00 Continental Breakfast 8:00-3:00 Healthy Smiles Dental 9:00 Gentle Chair Yoga 10:00 Volunteer Welcome Session 11:00 Crocheting & Knitting Group Rm 11:00 Brain Fitness in Game Room 2:00 Tai Chi 6:30 Zumba	14 8:00 Continental Breakfast 8:00 Table Tennis, Great Room 8:00 & 9:30 EnhanceFitness <i>9:00 Take a Hike!</i> 9:00 Bastyr Naturopathic Clinic 10:00-3:00 Hopelink Energy Assistance Program 10:30 Bridge 10:45 Wii Bowling 12:45 Mexican Train/ Dominoes	
	17 8:00 Continental Breakfast 8:00 & 9:30 EnhanceFitness 8:00 Table Tennis, Great Room 9:00 Blood Pressure Checks 10:45 Wii Bowling 11:00 Board Games 1:00 Artist Open Studio	18 8:00 Continental Breakfast 8:15-3:00 Reflexology 9:00 Gentle Chair Yoga 10:30 Meditation 11:00 Kinship Group 1:00 Scrabble and Upwords Free Bread Delivery 10% off for seniors at Thrift Store 6:30 Zumba	19 8:00 Continental Breakfast 8:00 Table Tennis, Great Room 8:00 & 9:30 EnhanceFitness 10:45 Wii Bowling 11:00-2:30 Anticoag Clinic 1:00 GriefShare Support Group 6:30 Tai Chi in Great Room	20 8:00 Continental Breakfast 9:00 Gentle Chair Yoga 9:00-3:00 Footcare 11:00 Crocheting & Knitting Group 11:00 Brain Fitness in Game Room 1:00 Caregiver Connection Rm 201 2:00 Tai Chi 6:30pm Zumba	21 8:00 Continental Breakfast 8:00 Table Tennis, Great Room 8:00 & 9:30 EnhanceFitness 9:00 Bastyr Naturopathic Clinic 10:30 Bridge 10:45 Wii Bowling Birthday Lunch! 12:45 Mexican Train/ Dominoes 6:30 Superhero Rainbow Bingo!	
	24 8:00 Continental Breakfast 8:00 & 9:30 EnhanceFitness 8:00 Table Tennis, Great Room 9:00 Blood Pressure Checks 10:45 Wii Bowling 11:00 Board Games 1:00 Artist Open Studio 1:15 Book Club	25 8:00 Continental Breakfast 8:15-3:00 Reflexology 9:00 Gentle Chair Yoga 10:15 KCLS Wisdom Cafe 10:30 Meditation 1:00 Scrabble and Upwords 1:00 Volunteer Welcome Session Free Bread Delivery 10% off for seniors at Thrift Store 6:30 Zumba	26 8:00 Continental Breakfast 8:00 Table Tennis, Great Room 8:00 & 9:30 EnhanceFitness 10:45 Wii Bowling 11:00-2:30 Anticoag Clinic 1:00 GriefShare Support Group 5:00 Potluck Dinner & Movie 6:30 Tai Chi in Main Hall	27 8:00 Continental Breakfast 9:00 Gentle Chair Yoga 9:30 Wings Over Washington Trip 11:00 Crocheting & Knitting Group 11:00 Brain Fitness in Game Room 2:00 Tai Chi 6:30 Zumba	28 8:00 Continental Breakfast 8:00 Table Tennis, Great Room 8:00 & 9:30 EnhanceFitness <i>9:00 Take a Hike!</i> 9:00 Bastyr Naturopathic Clinic 10:30 Bridge 10:45 Wii Bowling 12:45 Mexican Train/ Dominoes Hanging Basket Order Deadline!	
<h1>April 2017</h1>						