




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <div>APRIL 2017</div>						<div>1</div> <div>11:00 Comedian Magician Brian Ledbetter (Fitness Room)</div> <div>1:30 Bingo Bonanza (Fitness Room)</div> <div>All Fools' Day</div>
<div>2</div> <div>Church Pick up: 8:45 9:05 1:00 Federal Way Symphony *T \$25 each 2:00 Scenic Bus Ride *T</div>	<div>3</div> <div>9:30 Shopping *T 10:15 Zumba Gold (Fit Rm) 11:00 Fitness (Fitness Rm) 12:00 Chair Yoga (Fitness Rm) 2:00 Mexican Train (Solarium)</div>	<div>4</div> <div>AM Doctor Appointment 9:30 Art History \$ (Mtg Room) 12:30 Hearing Aid Cleaning (Gardens Parlor) 1:00 Pinochle (Juice Bar) 3:30 Happy Hour at Billy McHale's *T\$</div>	<div>5</div> <div>8:30 Men's Breakfast *T\$ 9:00 Traveling Library (HS Lobby) 10:15 Zumba Gold (Fitness Rm) 11:00 Fitness (Fitness Rm) 12:00 Chair Chi (Fitness Rm) 1:30 Current Events with Pete Mazza (Fairfield Fitness Room) 1:30 Cribbage (Card Rm) 4:00 Round Table (Fitness Rm) 6:45 Raffle Bingo (Fitness Rm)</div>	<div>6</div> <div>9:00 Walking at the Celebration Park *T 10:00 Bible Study (Mtg Rm) 1:00 Pinochle (Juice Bar) PM Doctor Appointments</div>	<div>7</div> <div>9:30 Shopping *T 10:15 Zumba Gold (Fit. Rm) 11:00 Fitness (Fitness Rm) 12:00 Chair Yoga (Fitness Rm) 1:30 Bridge (Card Rm) 1:30 Pianist Emmy Purainer (Gardens/Hearthside Juice Bar) 1:30 Poetry with Natalie (Juice Bar) 3:30 Jeopardy (Fit Rm)</div>	<div>8</div> <div>11:00 Spring Fling Cantata (Fitness Room) 1:30 Bingo Bonanza (Fitness Room)</div>
<div>9</div> <div>Church Pick up: 8:45 9:05 1:30 Scenic Bus Ride *T</div> <div>Palm Sunday</div>	<div>10</div> <div>9:30 Shopping *T 10:15 Zumba Gold (Fit Rm) 11:00 Fitness (Fitness Rm) 12:00 Chair Yoga (Fitness Rm) 2:00 Mexican Train (Solarium)</div> <div>First Day of Passover</div>	<div>11</div> <div>AM Doctor Appointments 9:30 Art History \$ (Mtg Room) 1:00 Pinochle (Juice Bar) 1:30 Music with Ron Herring (GHS Juice Bar) 2:00 Shopping at Deseret *T</div>	<div>12</div> <div>9:00 Women's Breakfast at Maggie's in Kent *T\$ 1:30 Comedian Ann Kaiser (Fit Rm) 1:30 Cribbage (Card Rm) 3:00 Whammo (Fitness Rm) 6:45 Raffle Bingo (Fitness Rm)</div>	<div>13</div> <div>9:00 Walking at the Milton Trail *T 10:00 Bible Study (Mtg Rm) 1:00 Pinochle (Juice Bar) 1:30 Book Club (Fairfield Mtg Rm) PM Doctor Appointments</div>	<div>14</div> <div>9:30 Shopping *T 10:15 Zumba Gold (Fit. Rm) 11:00 Fitness (Fitness Rm) 12:00 Chair Yoga (Fitness Rm) 1:30 Bridge (Card Rm) 3:30 Jeopardy (Fit Rm)</div> <div>Good Friday</div>	<div>15</div> <div>1:30 Bingo Bonanza (Fitness Room)</div>
<div>16</div> <div>Church Pick up: 8:45 9:05  1:30 Scenic Bus Ride *T</div> <div>Easter Sunday</div>	<div>17</div> <div>9:30 Shopping *T 10:15 Zumba Gold (Fit Rm) 11:00 Fitness (Fitness Rm) 12:00 Chair Yoga (Fitness Rm) 2:00 Mexican Train (Solarium)</div>	<div>18</div> <div>AM Doctor Appointments 9:30 Art History \$ (Mtg Room) 1:00 Pinochle (Juice Bar)\ 1:30 Movie/Discussion "Where the Heart Is" (Theatre)</div>	<div>19</div> <div>8:30 Skagit Valley Tulip Fields and Lunch *T \$ 1:30 Cribbage (Card Rm) 3:00 Whammo (Fitness Rm) 6:45 Raffle Bingo (Fitness Rm)</div>	<div>20</div> <div>9:00 Walking at the Interurban Trail*T 10:00 Bible Study (Mtg Rm) 1:00 Pinochle (Juice Bar) 1:00 Visually Limited Support Group (GHS Activity Room 2) PM Doctor Appointments</div>	<div>21</div> <div>9:00 Senior Foot Care (Nail Salon) 9:30 Shopping *T 10:15 Zumba Gold (Fit. Rm) 11:00 Fitness (Fitness Rm) 12:00 Chair Yoga (Fitness Rm) 1:30 Bridge (Card Rm) 3:30 Jeopardy (Fit Rm)</div>	<div>22</div> <div>1:30 Bingo Bonanza (Fitness Room)</div> <div>Earth Day</div>
<div>23</div> <div>Church Pick up: 8:45 9:05 1:30 Scenic Bus Ride *T</div>	<div>24</div> <div>9:30 Shopping *T 10:15 Zumba Gold (Fit Rm) 11:00 Fitness (Fitness Rm) 12:00 Chair Yoga (Fitness Rm) 2:00 Birthday Celebrations with Dan Roberts (GHS Juice Bar) 2:00 Mexican Train (Solarium)</div>	<div>25</div> <div>AM Doctor Appointments 9:30 Art History \$ (Mtg Room) 1:00 Pinochle (Juice Bar) 2:00 Activity Meeting with Fay (Fitness Room) 4:00 Sunset Dinner at Peking Wok *T\$</div>	<div>26</div> <div>1:30 Cribbage (Card Rm) 3:00 Whammo (Fitness Rm) 6:45 Raffle Bingo (Fitness Rm)</div>	<div>27</div> <div>9:00 Walking at the West Hylebos Wetland Trail *T 10:00 Bible Study (Mtg Rm) 1:00 Pinochle (Juice Bar) PM Doctor Appointments 2:00 Wine and Cheese Social (Dining Room)</div>	<div>28</div> <div>9:30 Shopping *T 1:00 Care Givers Support Group (Fairfield Meeting Room) 1:30 Bridge (Card Rm) 3:30 Jeopardy (Fit Rm)</div> <div>Arbor Day</div>	<div>29</div> <div>1:30 Bingo Bonanza (Fitness Room)</div>
<div>30</div> <div>Church Pick up: 8:45 9:05 1:30 Scenic Bus Ride *T</div>	 <div>Fairfield and Cottages</div>					



A kind word is like a spring day.
Russian Proverb

Fairfield & Cottages April Activity Calendar

Bus Trips and Shopping
Please make reservations with the Front Desk 253-838-3700

Church pick-up Sunday: 8:45 am and 9:05 am
Local Doctor Appointments: Tuesday: 9:00 am - 1:00 pm
Thursday: 1:00 pm - 4:00 pm
Local Morning Shopping: Monday: 9:30 am (Fred Meyer, WinCo, Post Office, Banking)
Friday: 9:30 am (320th, Safeway, Walmart)

*"I had not thought of violets of late,
The wild, shy kind that springs beneath your feet
In wistful April days..."*
~ Alice Dunbar-Nelson



Flower of the Month – Daisy



The traditional April flower is the daisy. The daisy gets its name from the Old English phrase *day's eye*. That's because of its appearance (round with a pupil-like center) and because daisies open at dawn as the day is just beginning.

Per legend, the first daisy appeared when a young nymph

turned herself into one to avoid unwanted praise and attention. Thus, the flower has come to symbolize modesty, chastity, and innocence. In ancient times, daisies were used as magical charms to heal wounds, gout, and fevers, remove warts, and change gray hair to black.

Daisies are often referred to as "love's oracle" because of the tradition of pulling the petals off one by one and saying "he loves me" or "he loves me not" for each petal. So, if you want to know if your true love loves you back, this is the flower for you.

Special Days

All Fools' Day
April 1

Palm Sunday
April 9

Passover
April 11

Good Friday
April 14

Easter
April 16

Earth Day
April 22

Arbor Day
April 28

Birthstone – Diamond

Diamonds have been a symbol of wealth and power for centuries, and their sturdiness has represented undying love since Roman times. In fact, Cupid's arrows are supposedly tipped with diamonds. The most famous diamond in the world is the Hope Diamond. In spite of being one of the largest and most beautiful diamonds in history, it carries with it a curse. According to legend, it was stolen from a religious idol in India and given to French royalty as a gift. The diamond eventually ended up in the hands of King Louis XVI and his queen, Marie Antoinette, who were beheaded during the French Revolution. The stone is now at the Smithsonian in Washington, D.C., where it can't cause anyone any more trouble. It's been more than 58 years, and the Smithsonian has not experienced misfortune. Could the curse of the Hope Diamond finally be over?



Extras

Water Toning Monday & Friday 9:00 Spa/Pool Room
Zumba Gold Monday–Wednesday–Friday 10:15 Fitness Room
Fitness Monday–Wednesday–Friday 11:00 Fitness Room
Yoga Monday and Friday 12:00 Fitness Room
Chair Chi Wednesday 12:00 Fitness Room
King Co. Traveling Library 1st Wed. of each month 9:00 Hearthside Lobby

Beauty Shop ~ 253-838-5987

Tuesday, Thursday & Friday Hearthside/Gardens Building

Bingo – Wednesday at 6:45 pm & Saturday at 1:45 pm in the Fitness Room
Birthday Party – Monday, April 24th at 2:00 pm celebrating birthdays at GHS Juice Bar
Bridge – Friday at 1:30 pm in the Card Room.
Cribbage – Wednesday at 1:30 pm in the Card Room.
Jeopardy – Friday at 3:30 pm in the Fitness Room.
Mexican Train – Monday at 2:00 pm in the Solarium.
Pinochle – Tuesdays & Thursdays at 1:00 pm in the Juice Bar
Whammo – Wednesday at 3:00 pm in the Fitness Room

Village Green Retirement Campus 35419 First Avenue South, Federal Way, WA 98003
villagegreenretirement.com