

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div><div></div><div>April 2017<div></div></div></div>						<div><div>1</div><div>11:00 Magician Brian Ledbetter *T (Fairfield Fitness Room)</div><div>3:00 Bingo with Darlene (Activity Lounge)</div></div>
<div><div>2</div><div>Church Transportaion</div><div>Pick up: 8:45 9:05 1:00 Federal Way Symphony*T\$25 each 2:00 Scenic Bus Ride *T</div></div>	<div><div>3</div><div>9:30 Shopping *T</div><div>1:00 Chair Yoga (Activity Room 2) 1:30 Reminisce with Charisse (Activity Lounge) 3:00 Bingo (Activity Lounge)</div></div>	<div><div>4</div><div>AM Doctor Appointments</div><div>9:45 Bible Study (Activity Lounge) 11:00 Morning Stretch (Activity Lounge) 12:30 Hearing Aid Cleaning (Gardens Parlor) 1:30 Memory Games(Activity Lounge) 3:00 Whammo (Activity Lounge) 3:30 Happy Hour @ Billy McHale's</div></div>	<div><div>5</div><div>8:30 Men’s Breakfast *T\$ 9:00 Traveling Library (Hearthside Lobby) 11:15 Chicken Soup Stories (Activity Lounge) 1:00 Fitness w/Fay (Activity Room 2) 1:30 Current Events with Pete Mazza (Fairfield Fitness Room) 1:45 Roundtable (Juice Bar) 3:00 Bingo (Activity Lounge)</div></div>	<div><div>6</div><div>9:00 Walking at Celebration Park*T 11:00 Morning Stretch (Activity Lounge) PM Doctor Appointments 1:30 Bunny Races(Activity Lounge) 3:00 Whammo (Activity Lounge)</div></div>	<div><div>7</div><div>9:30 Shopping *T</div><div>1:00 Chair Yoga (Activity Room 2) 1:30 Pianist Emmy Purainer (Juice Bar) 2:00 Jeopardy (Activity Lounge)</div></div>	<div><div>8</div><div>11:00 “Spring Fling” Cantata (Fairfield Fitness Room) 3:00 Bingo with Darlene (Activity Lounge)</div></div>
<div><div>9</div><div>Church Transportaion</div><div>Pick up: 8:45 9:05  1:30 Scenic Bus Ride *T</div></div>	<div><div>10</div><div>9:30 Shopping *T</div><div>10:30 Pet Visit with Lilly (HS Parlor) 1:00 Chair Yoga (Activity Room 2) 1:30 Reminisce with Charisse (Activity Lounge) 3:00 Bngo (Activity Lounge)</div></div>	<div><div>11</div><div>AM Doctor Appointments</div><div>9:45 Bible Study (Activity Lounge) 11:00 Morning Stretch (Activity Lounge) 1:30 Music with Ron Herring (Juice Bar) 2:00 Shopping at Deseret *T 3:00 Whammo (Activity Lounge)</div></div>	<div><div>12</div><div>9:00 Women’s Breakfast at Maggie’s in Kent *T\$ 11:15 Chicken Soup Stories (Activity Lounge) 1:00 Fitness w/Fay (Activity Room 2) 1:30 Comedian Ann Kaiser (Fairfield Fitness Room) *T 3:00 Bingo (Activity Lounge)</div></div>	<div><div>14</div><div>9:00 Walking at Milton Trail *T 11:00 Morning Stretch (Activity Lounge) 1:30 Create It Craft(Activity Room 2) PM Doctor Appointments 2:00 Wine and Cheese Social (Dining Room) 3:00 Whammo (Activity Lounge)</div></div>	<div><div>Good Friday</div><div>9:30 Shopping *T</div><div>1:00 Chair Yoga (Activity Room 2) 2:00 Jeopardy (Activity Lounge)</div></div>	<div><div>15</div><div>3:00 Bingo with Darlene (Activity Lounge)</div></div>
<div><div>16</div><div>Church Transportaion</div><div>Pick up: 8:45 9:05  1:30 Scenic Bus Ride *T</div></div>	<div><div>17</div><div>9:30 Shopping *T</div><div>1:00 Chair Yoga (Activity Room 2) 1:30 Reminisce with Charisse (Activity Lounge) 3:00 Bingo (Activity Lounge)</div></div>	<div><div>18</div><div>AM Doctor Appointments</div><div>9:45 Bible Study (Activity Lounge) 11:00 Morning Stretch (Activity Lounge) 1:30 Memory Games (Activity Lounge) 3:00 Whammo (Activity Lounge)</div></div>	<div><div>19</div><div>8:30 Skagit Valley Tulip Fields and Lunch *T \$ 11:15 Chicken Soup Stories (Activity Lounge) 1:30 Word Games (Activity Lounge) 3:00 Bingo (Activity Lounge)</div></div>	<div><div>20</div><div>9:00 Walking at Interurban Trail *T 11:00 Morning Stretch(Activity Lounge) PM Doctor Appointments 1:00 Visually Limited Support Group (GHS Activity Room 2) 1:30 Bunny Races (Activity Lounge) 3:00 Whammo (Activity Lounge)</div></div>	<div><div>21</div><div>9:00 Senior Foot Care (Nail Salon) 9:30 Shopping *T 1:00 Chair Yoga (Activity Room 2)  2:00 Jeopardy (Activity Lounge)</div></div>	<div><div>Earth Day</div><div>3:00 Bingo with Darlene (Activity Lounge)</div></div>
<div><div>23</div><div>Church Transportaion</div><div>Pick up: 8:45 9:05  1:30 Scenic Bus Ride *T</div></div>	<div><div>24</div><div>9:30 Shopping *T</div><div>10:30 Pet Visit with Lilly (HS Parlor) 1:00 Chair Yoga (Activity Room 2) 1:30 Reminisce with Charisse (Activity Lounge) 2:00 Birthday Celebrations with Dan Roberts Music (Juice Bar) 3:00 Bingo (Activity Lounge)</div></div>	<div><div>25</div><div>AM Doctor Appointments</div><div>9:45 Bible Study (Activity Lounge) 11:00 Morning Stretch (Activity Lounge) 1:30 Memory Games (Activity Lounge) 3:00 Whammo (Activity Lounge) 4:00 Sunset Dinner at Peking Wok *T\$</div></div>	<div><div>26</div><div>11:15 Chicken Soup Stories (Activity Lounge) 1:30 Word Games (Activity Lounge) 3:00 Bingo (Activity Lounge)</div></div>	<div><div>27</div><div>9:00 Walking at Hylebos West Wetland Trail*T PM Doctor Appointments 11:00 Morning Stretch (Activity Lounge) 1:30 Create It Craft (Activity Room 2) 3:00 Whammo (Activity Lounge)</div></div>	<div><div>28</div><div>9:30 Shopping *T</div><div>1:00 Caregivers Support Group (Fairfield Meeting Room) 2:00 Jeopardy (Activity Lounge)</div></div>	<div><div>Arbor Day</div><div>3:00 Bingo with Darlene (Activity Lounge)</div></div>
<div><div>30</div><div>Church Transportaion</div><div>Pick up: 8:45 9:05  1:30 Scenic Bus Ride *T</div></div>	<div>Gardens and Hearthside</div>					





A kind word is like a spring day.  
Russian Proverb

# Gardens and Hearthside April Activity Calendar

*"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?



## 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 (320<sup>th</sup>, Safeway, Walmart)

## Extras

**Water Toning** Monday & Friday 9:00 Spa/Pool Room

10:15 am Zumba Gold/Line Dancing: Mon/Wed/Fri *Fairfield Fitness Room*

12:00 pm Chair Yoga: Monday and Friday; Chair Chi: Wednesday *Fairfield Fitness Room*

**Fitness-Monday, Wednesday & Friday at 1:00 pm Activity Room 2**

**King Co. Traveling Library** 1<sup>st</sup> Wed. of each month 9:00 Hearthside Lobby

## Beauty Shop ~ 253-838-5987

Tuesday, Thursday & Friday Hearthside/Gardens Building

**Bingo~** Mondays, Wednesdays and Saturdays at 3:00 pm in the **Activity Lounge**

**Birthday Party~** Monday, April 24<sup>th</sup> at 2:00 pm in the **Juice Bar**

**Whammo~** Tuesdays and Thursdays at 3 pm in the **Activity Lounge**

**Roundtable~** Wednesday~ April 12<sup>th</sup> at 1:45 pm in the **Juice Bar**

**Morning Stretch~** Tuesdays and Thursdays at 11:00 am in the **Activity Lounge**

**Jeopardy~** Fridays at 1:30 pm in the **Activity Lounge**

**Chicken Soup for the Soul and Conversation~** Wednesdays at 11:15 am in the **Activity Lounge**.

**Memory Games~** Tuesdays at 1:30 pm in the **Activity Lounge**