

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> 9:15 Church Transportation 1:30 Sing Along with the Salvation Army 2:15 Exercise with Lynette 6:30 Hand & Foot Card Game	<b>2</b> 9:15 CS Bible Lesson M-F 10:30 Dr. Phil Good 11:00 Pray the Rosary 1:20 Fitness with Maria 2:00 Games 2:45 Westside Students 4:15 Music with Bonnie	<b>WEST SEATTLE APPTS 3</b> 10:30 Morning Stretch 11:00 Daily Lifts ~ Sentinel 1:30 Shopping: Fred Meyer 2:00 Crafts with Bonnie 3:30 Exercise with Lynette 4:15 Music with Bonnie 6:30 Hand & Foot Card Game	<b>4</b> 10:30 Morning Stretch 10:45 Daily Lifts ~ Sentinel 1:20 Fitness with Maria 2:15 Bingo 3:15 Games 4:00 DINNER DIVE & DANCE @ Great American Diner*RSVP 4:15 Music with Bonnie 6:30 Hand & Foot Card Game	<b>5</b> 10:15 Morning Shopping 10:30 Morning Stretch 11:00 Chess Game 1:30 VAN TRIP: Asian Art Museum 2:00 Games 3:30 Sing ~ Along 4:00 CARD MAKING with Vickie 6:30 Hand & Foot Card Game	<b>6</b> 10:30 Morning Stretch 1:20 Fitness with Maria 2:00 Coffee Social & Show & Share with Heather 2:30 Word Games 3:00 Bible Study 3:30 Let's Play Pool 6:30 Hand & Foot Card Game	<b>7</b> 10:00 Toastmasters 2:00 Bunco Buddies 2:30 Movie: Resident Choice
<b>DAYLIGHT SAVINGS SPRING AHEAD 8</b> 9:15 Church Transportation 2:00 Exercise with Lynette 6:30 Hand & Foot Card Game  <small>Daylight Saving Time Begins</small>	<b>9</b> 9:15 CS Bible Lesson M-F 10:30 Dr. Phil Good 11:00 Pray the Rosary 1:20 Fitness with Maria 2:00 Poker 21 2:45 Westside Students (Bingo) 7:00 Resident Book Club  <small>Purim Begins</small>	<b>SOUTH END APPTS 10</b> 10:00 W.S. Garden Club Meeting 10:30 Morning Stretch 11:00 Daily Lifts ~ Sentinel 2:00 Knotty Knitters 3:30 Exercise with Lynette 6:30 Hand & Foot Card Game	<b>11</b> 10:30 VAN TRIP: Starbucks Reserve ~ Princi Bakery & Cafe 10:30 Morning Stretch 10:45 Daily Lifts ~ Sentinel 1:20 Fitness with Maria 2:15 Bingo 3:30 Sing Along 6:30 Hand & Foot Card Game	<b>12</b> 10:15 Morning Shopping 10:30 Morning Stretch 11:00 Chess Game 1:30 Shopping: Southcenter 2:00 Games 3:30 Afternoon Social 6:30 Hand & Foot Card Game	<b>13</b> 10:30 Morning Stretch 1:20 Fitness with Maria 2:00 Coffee Social & Current Event Topics with Heather 2:30 Word Games 3:00 Bible Study 3:30 Let's Play Pool 6:30 Hand & Foot Card Game	<b>14</b> 9:00 AARP SMART DRIVE TEK 10:30 Resident Council Meeting 2:00 Bunco Buddies 2:30 Movie: Resident Choice
<b>15</b> 9:15 Church Transportation 2:00 Exercise with Lynette 6:30 Hand & Foot Card Game	<b>16</b> 9:15 CS Bible Lesson M-F 10:30 Dr. Phil Good 1:00 Pray the Rosary 1:20 Fitness with Maria 2:00 Games 2:45 Westside Students (Bingo) 4:15 Music with Bonnie	<b>DOWNTOWN APPTS 17</b> 10:30 Morning Stretch 11:00 Daily Lifts ~ Sentinel 2:00 Flowers with Jo 3:30 Exercise with Lynette 4:15 Music with Bonnie 6:30 Hand & Foot Card Game  <small>St. Patrick's Day</small>	<b>18</b> 10:30 Morning Stretch 10:30 RESIDENT ACTIVITY MEETING: Raffle, Cinnamon Rolls & Coffee 10:45 Daily Lifts ~ Sentinel 1:20 Fitness with Maria 2:30 ST. PATRICK'S PARTY Music with Carol 6:30 Hand & Foot Card Game	<b>19</b> 10:15 Morning Shopping 10:30 Morning Stretch 11:00 Chess Game 1:30 Shopping: Metropolitan Market 2:00 Games 3:30 Sing ~ Along 6:30 Hand & Foot Card Game  <small>Spring Begins</small>	<b>20</b> 10:30 Stretching with Yvonne 1:20 Fitness with Maria 2:00 Shamrock Shakes Social 2:30 Word Games 3:00 Bible Study 3:30 Let's Play Pool 6:30 VAN TRIP: West Seattle Community Orchestras at Sealth High School 6:30 Hand & Foot Card Game	<b>21</b> 9:00 Toastmasters 2:00 Bunco Buddies 2:30 Movie: Resident Choice
<b>22</b> 9:15 Church Transportation 2:00 Exercise with Lynette 6:30 Hand & Foot Card Game	<b>23</b> 9:15 CS Bible Lesson M-F 10:30 Dr. Phil Good 11:00 Pray the Rosary 1:20 Fitness with Maria 2:00 Games 2:45 Westside Students (Bingo) 4:15 Music with Bonnie 6:30 Hand & Foot Card Game 7:00 Resident Book Club	<b>DISCRETIONARY APPTS 24</b> 10:30 Morning Stretch 11:00 Daily Lifts ~ Sentinel 2:00 Knotty Knitters 3:00 Exercise with Lynette 4:15 Music with Bonnie 6:30 Hand & Foot Card Game	<b>25</b> 9:30 VAN TRIP: Snoqualmie Casino 10:30 Morning Stretch 10:45 Daily Lifts ~ Sentinel 1:20 Fitness with Maria 2:15 Bingo 3:15 Card Games 4:15 Music with Bonnie 6:30 Hand & Foot Card Game	<b>26</b> 10:15 Morning Shopping 10:30 Morning Stretch 11:00 Chess Game 1:30 Shopping: Fred Meyer 2:00 Games 3:30 Sing ~ Along 6:30 Hand & Foot Card Game	<b>27</b> 10:30 Morning Stretch 1:20 Fitness with Maria 2:00 Coffee & Pie Social with Heather 2:30 Word Games 3:00 Bible Study 3:30 Let's Play Pool 6:30 Hand & Foot Card Game	<b>28</b> 9:00 AARP Driving Class 10:00 Bunco Buddies 2:30 Music with Sandra Walker
<b>29</b> 9:15 Church Transportation 2:00 Exercise with Lynette 6:30 Hand & Foot Card Game	<b>30</b> 9:15 CS Bible Lesson M-F 10:30 Dr. Phil Good 11:00 Pray the Rosary 1:20 Fitness with Maria 2:00 Poker 21 2:45 Westside Students (Bingo) 4:15 Music with Bonnie 6:30 Hand & Foot Card Game	<b>DISCRETIONARY APPTS 31</b> 10:30 Morning Stretch 11:00 Daily Lifts ~ Sentinel 1:30 Scenic Drive 3:30 Exercise with Lynette 4:15 Music with Bonnie 6:30 Hand & Foot Card Game	 <h1 style="margin: 0;">March 2020</h1> 			