

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

**HAPPY MAY
BIRTHDAY**



1
 10:30 Morning Stretch & More
 10:30 Talk Food with Chef Sami
 1:20 Fitness with Maria!
 2:00 Hump Day BINGO!
 2:30 Westside School Visit
 4:00 DINNER DIVE & DANCE at Spiro's Pizza & Pasta & Senior Center of West Seattle

May Day

2
 10:00 Morning Shopping: QFC, Banks, Rite Aid *RSVP
 10:30 Morning Stretch & More!
 11:30 Chico's Event *RSVP
 1:30 Piano Music with Kristin Fletcher
 2:30 Ambassador Meeting
 3:00 Coffee & Conversation
 3:30 Let's Play Pool
 6:30 Hand & Foot Card Game

3
 10:00 Scenic Van Ride!
 10:00 Non-Denominational Bible Study
 10:30 Morning Stretch & More!
 1:20 Fitness with Maria!
 2:30 Movie
 3:30 Let's Play Pool!

4
 9:00 AARP Driving Class
 10:00 Toastmasters
 10:30 Morning Stretch & More!
 2:00 Bunco Buddies!
 2:30 Movie

5
 9:00 Church Transportation
 2:30 Movie
 6:30 Hand & Foot Card Game

Cinco de Mayo

6
 9:15 CS Bible Lesson / Sermon Fellowship ~ Mon – Friday
 10:30 Dr. Phil Good
 11:00 Pray the Rosary
 1:20 Fitness with Maria!
 2:30 Word Games with Christine
 3:00 Adult Coloring!
 3:30 Let's Play Pool

Ramadan

WEST SEATTLE APPTS. 7
 10:30 Morning Stretch & More!
 11:00 CS Daily Lifts ~ Sentinel Radio
 11:00 Tai Chi with Steve
 11:30 Show & Share!
 1:15 Walking Club
 3:00 Arts & Crafts
 6:30 Hand & Foot Card Game

8
 10:00 The Boutique Experience
 10:30 Morning Stretch & More!
 10:30 VAN TRIP *RSVP
 Molbak's Home + Garden Lunch at Garden Café
 11:00 Exercise & Fresh Air
 1:20 Fitness with Maria!
 2:00 Hump Day BINGO
 4:00 AL Happy Hour

9
 10:00 The Boutiques Experience
 10:15 Morning Shopping
 10:30 Morning Stretch & More!
 11:30 Stay Sharp
 1:30 Southcenter *RSVP
 2:00 Flowers with Jean Let's Make Corsages
 3:00 Coffee & Conversation
 3:30 Let's Play Pool
 6:30 Hand & Foot Card Game

10
 10:00 Scenic Van Ride!
 10:00 Non-Denominational Bible Study
 10:30 Morning Stretch & More!
 1:20 Fitness with Maria!
 2:30 Movie
 3:30 Arts & Crafts
 3:30 Let's Play Pool!

11
 WEST SEATTLE NEIGHBORHOOD GARAGE SALE
 9:00 am – 3:00 pm
 *RSVP to Reserve a Table

10:30 Morning Stretch & More!
 11:00 Sing Along with Amy
 2:00 Bunco Bunnies!

12
 9:00 Church Transportation
 MOTHER'S DAY BRUNCH
 Midday Meal
 Your Dining Room
 *RSVP if bringing Guests

2:30 Movie
 6:30 Hand & Foot Card Game

Mother's Day

13
 9:15 CS Bible Lesson / Sermon Fellowship ~ Mon – Friday
 10:30 Dr. Phil Good
 11:00 Pray the Rosary
 1:20 Fitness with Maria!
 2:30 Word Games with Christine
 3:00 Adult Coloring!
 3:30 Let's Play Pool

DOWNTOWN APPTS. 14
 10:30 Morning Stretch & More!
 11:00 CS Daily Lifts ~ Sentinel Radio
 11:00 Tai Chi with Steve
 11:30 Show & Share!
 1:15 Walking Club
 3:00 Flowers
 4:00 Sing Along
 6:00 Hand & Foot Card Game

15
 10:30 Morning Stretch & More
 10:00 LUNCH OUT: Olive Garden Kirkland and Visit BJ *RSVP
 1:20 Fitness with Maria!
 2:00 Hump Day BINGO
 4:00 AL Happy Hour

16
 10:15 Morning Shopping
 10:30 Morning Stretch & More
 11:00 Stay Sharp
 1:30 Trader Joe's *RSVP
 2:30 PRESENTATION: Healthy Skin & Skin Cancer Awareness
 3:00 Coffee & Conversation
 3:30 Let's Play Pool
 6:30 Hand & Foot Card Game

17
 10:00 Scenic Van Ride!
 10:00 Non-Denominational Bible Study
 10:30 Morning Stretch & More!
 1:15 Powell Wood Garden
 1:20 Fitness with Maria!
 2:30 Movie
 3:30 Arts & Crafts
 3:30 Let's Play Pool!

18
 9:00 DOGSAFE Canine First Aid & CPR
 10:00 Toastmasters
 10:00 Daystar Resident Council Meeting
 10:30 Morning Stretch & More!
 11:00 Comedy with Max and Leigh
 2:00 Bunco Buddies!

Armed Forces Day

19
 9:00 Church Transportation
 2:30 Movie
 6:30 Hand & Foot Card Game

20
 9:15 CS Bible Lesson / Sermon Fellowship ~ Mon – Friday
 10:30 Dr. Phil Good
 11:00 Pray the Rosary
 1:20 Fitness with Maria!
 2:30 Word Games with Christine
 3:00 Adult Coloring
 3:30 Let's Play Pool

Victoria Day (Canada)

DOWNTOWN APPTS. 21
 10:30 Morning Stretch & More!
 11:00 CS Daily Lifts ~ Sentinel Radio
 11:00 Tai Chi with Steve
 11:30 Show & Share!
 1:15 Walking Club
 3:00 Fresh Flowers
 4:00 Sing Along
 6:30 Hand & Foot Card Game

22
 10:30 Morning Stretch & More
 10:30 LUNCH OUT: IHOP *RSVP
 11:00 Exercise & Fresh Air!
 1:20 Fitness with Maria!
 2:30 Van Ride to 24 Hour Fitness ~Silver Fit Sign Up
 4:00 AL Happy Hour
 7:00 Late Night Hump Day Bingo!

23
 10:15 Morning Shopping: QFC, Banks, Rite Aid *RSVP
 10:30 Morning Stretch & More
 11:00 Stay Sharp
 1:30 Afternoon Shopping: *RSVP
 2:30 RED NOSE Party
 3:30 Let's Play Pool
 4:30 DINNER OUT House of Hong
 6:30 Hand & Foot Card Game

24
 10:00 Scenic Van Ride!
 10:00 Non-Denominational Bible Study
 10:30 Morning Stretch & More!
 1:20 Fitness with Maria!
 2:30 Movie
 3:30 Arts & Crafts
 3:30 Let's Play Pool!

25
 10:30 Morning Stretch & More!
 2:30 MEMORIAL DAY TRIBUTE Music with Sandra Walker
 Patriotic Sing Along and serving light refreshments

26
 9:00 Church Transportation
 2:30 Movie
 6:30 Hand & Foot Card Game

27
 9:15 CS Bible Lesson / Sermon Fellowship ~ Mon – Friday
 10:30 Dr. Phil Good
 11:00 Pray the Rosary
 1:20 Fitness with Maria!
 2:30 Word Games with Christine
 3:00 Adult Coloring!
 3:30 Let's Play Pool

Memorial Day

DISCRETIONARY APPTS 28
 10:30 Morning Stretch & More!
 11:00 CS Daily Lifts ~ Sentinel Radio
 11:00 Tai Chi with Steve
 11:30 Show & Share!
 1:15 Walking Club
 3:00 Fresh Flowers
 4:00 Sing Along
 6:30 Hand & Foot Card Game

29
 10:30 Morning Stretch & More
 10:30 VAN TRIP *RSVP
 Muckleshoot Casino
 11:00 Exercise & Fresh Air!
 1:20 Fitness with Maria!
 2:00 Hump Day BINGO
 4:00 AL Happy Hour

30
 10:15 Morning Shopping: QFC, Banks, Rite Aid *RSVP
 10:30 Morning Stretch & More
 11:00 Stay Sharp
 1:30 Fred Meyer *RSVP
 3:00 Coffee & Conversation
 3:30 Let's Play Pool
 6:30 Hand & Foot Card Game

31
 10:00 Scenic Van Ride!
 10:00 Non-Denominational Bible Study
 10:30 Morning Stretch & More!
 1:20 Fitness with Maria!
 3:00 Daystar Bonus Buck Auction & Raffle
 3:30 Let's Play Pool!

