



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p><i>Welcome</i></p> <p>Theresa Hill</p> 	<p><b>March Events</b></p> <p><i>Bayou Cajun Blast</i></p> <p>Cajun Music with The Sky Valley Prairie Band</p> <p>Thursday, March 15 4:30 pm</p>	<p><b>March Events</b></p> <p>St Patrick's Day Festival at Seattle Center</p> <p>Smith Tower Tour and Shawn O'Donnell's Irish Pub</p> <p>Presentation: Hearing Health for Seniors</p>	<p><b>1</b></p> <p>10:00 <b>Morning Stretch</b> 10:00 <b>Stretch</b> with Robert 10:00 <b>QFC, Banks, Rite Aid</b> 1:30 <b>Van Trip: Burke Museum</b> 1:30 <b>Pool Lessons</b> 1:30 <b>Strength Training</b> 2:30 Bingo with Candy Lee 4:00 <b>Card making</b> with Vickie 6:30 Hand &amp; Foot Card Game</p>	<p><b>2</b></p> <p>10:00 <b>Morning Stretch</b> 10:00 <b>Stretch</b> with Robert 10:00 Women's Bible Study 10:00 Crestwood Garden Club 10:45 <b>Van Ride</b> 11:00 <b>Tai-Chi</b> with Robert 1:30 <b>Fitness</b> with Maria 1:30 <b>Balls, Bean Bags &amp; Balloons</b> 2:30 Movie</p>	<p><b>3</b></p> <p>9:00 <b>AARP Driving Class</b> 10:00 <b>Morning Stretch</b> with Robert 10:00 <b>Toastmasters</b> 1:30 <b>Strength Training</b> with Robert 2:30 Movie</p>
<p><b>4</b></p> <p>9:00 <b>Church Transportation</b> 11:30 West Seattle Christian Communion Service 1:00 <b>Van Trip: Bellevue CS Lecture</b> 1:30 <b>Sing Along with the Salvation Army</b> 2:30 Bingo with Candy Lee 2:30 Movie:</p>	<p><b>5</b></p> <p>10:00 <b>Morning Stretch</b> 11:00 Show and Share 11:15 Pray the Rosary 1:30 <b>Fitness</b> with Maria 2:00 <b>Pet Visit</b> with Maggie Mae 2:30 Word Games 3:00 Stay Sharp 3:30 <b>Balloon Toss</b></p>	<p><b>6</b></p> <p><b>West Seattle Appts</b></p> <p>10:00 <b>Morning Stretch</b> 10:30 Coffee Social 10:45 CS Daily Lifts-Sentinel Radio 11:00 <b>Tai-Chi</b> with Robert to SAT 1:30 <b>Strength Training RS</b> 2:00 <b>Shamrock Shake</b> 2:30 <b>Current Events</b> with Pete 3:30 Book Club 6:30 Hand &amp; Foot Card Game</p>	<p><b>7</b></p> <p>10:00 <b>Talk Food</b> with Jenifer 10:00 <b>Morning Stretch</b> 10:30 <b>Huckleberry Square</b> 11:00 TMC Live Web Meeting 1:30 <b>Fitness</b> with Maria 2:30 Movie 3:00 Cookie Break 3:30 <b>Balloon Toss</b> 4:00 <b>Dinner Dive &amp; Dance WS Spaghetti House and Lauren Petrie at Senior Center of WS</b></p>	<p><b>8</b></p> <p><b>Birthday Celebrations</b></p> <p>10:00 <b>Morning Stretch</b> 10:00 <b>Stretch</b> with Robert 10:00 <b>QFC, Banks, Rite Aid</b> 12:00 <b>Van Trip: Movie Matinee</b> 1:30 <b>Strength Training</b> 2:30 Bingo with Candy Lee 3:30 Book Club 6:30 Hand &amp; Foot Card Game 6:30 Hymn Sing</p>	<p><b>9</b></p> <p>10:00 <b>Morning Stretch</b> 10:00 <b>Stretch</b> with Robert 10:00 Women's Bible Study 10:00 Crestwood Garden Club 10:45 <b>Van Ride Alki Beach</b> 1:00 <b>Tai-Chi</b> with Robert 1:30 <b>Fitness</b> with Maria 1:30 <b>Balls, &amp; Bean Bags</b> 2:30 Movie 7:00 <b>Evening Concert West Seattle Community Orchestra</b></p>	<p><b>10</b></p> <p>9:00 <b>Pancake Breakfast</b> 10:00 <b>Morning Stretch</b> with Robert 10:30 <b>Resident Counsel Meeting</b> 1:30 <b>Strength Training</b> with Robert 2:00 <b>Sing Along</b> with Amy 2:30 Movie</p>
<p><b>11</b></p> <p>9:00 <b>Church Transportation</b> 10:00 <b>All Day Pot O'Gold Scavenger Hunt</b> 2:00 <b>Country Music with Hank and Eulaine</b> 2:30 Bingo with Candy Lee 2:30 Movie: <i>Brooklyn</i></p>	<p><b>12</b></p> <p>10:00 <b>Morning Stretch</b> 11:00 Show and Share 11:15 Pray the Rosary 1:30 <b>Fitness</b> with Maria 2:00 <b>Pet Visit</b> with Maggie Mae 2:30 Word Games 3:00 Stay Sharp 3:30 <b>Balloon Toss</b></p>	<p><b>13</b></p> <p><b>Burien/Highline Appts</b></p> <p>9:00 <b>Wellness Check 9-11 am</b> 10:00 <b>Morning Stretch</b> 10:00 <b>Stretch</b> with Robert 10:30 <b>Irish Coffee Social &amp; Shamrock Shortbread</b> 10:45 CS Daily Lifts-Sentinel Radio 11:00 <b>Round Table</b> with Jim 11:00 <b>Tai-Chi</b> with Robert 1:30 <b>Strength Training</b> 3:30 Book Club 6:30 Hand &amp; Foot Card Game</p>	<p><b>14</b></p> <p>10:00 <b>Morning Stretch</b> 10:30 <b>Lunch Out at Youngs Restaurant</b> 11:00 TMC Live Web Meeting 1:30 <b>Fitness</b> with Maria 2:30 <b>Movie: Leap Year</b> 3:00 <b>St Patrick's Party, Sing Along, Games, Crafts, Show &amp; Share and Refreshments</b> with Sue</p>	<p><b>15</b></p> <p>10:00 <b>Morning Stretch</b> 10:00 <b>Stretch</b> with Robert 10:00 <b>QFC, Banks, Rite Aid</b> 1:30 <b>Shopping: Thriftway</b> 1:30 <b>Pool Lessons</b> 1:30 <b>Strength Training</b></p> <p><i>Bayou Cajun Blast</i></p> <p>Dinner &amp; Cajun Music with Sky Valley Prairie Band 4:30 pm</p>	<p><b>16</b></p> <p>10:00 <b>Morning Stretch</b> 10:00 <b>Stretch</b> with Robert 10:00 Women's Bible Study 10:45 <b>Van Ride: Lucky Donuts</b> 11:00 <b>Tai-Chi</b> with Robert 1:30 <b>Fitness</b> with Maria 1:30 <b>Balls, Bean Bags &amp; Balloons</b> 2:30 <b>Movie: The Quiet Man</b></p>	<p><b>17</b></p> <p><b>St Patrick's Day</b></p> <p>10:00 <b>Morning Stretch</b> 10:00 <b>Toastmasters</b> 12:00 <b>Van Trip: Irish Festival</b> at Seattle Center 1:30 <b>Strength Training</b> 2:00 <b>Piano Music and Irish Sing Along</b> with Sandra "O'Walker"</p>

## Sunday Church Schedule

9:15 Fauntleroy Church, UCC  
9:15 14th Church of Christ, Scientist  
9:30 St John the Baptist Episcopal  
10:15 Grace Church  
10:15 Salvation Army  
10:30 Holy Family Church

## Spiritual Activities

9:15 CS Bible Lesson/Sermon Fellowship;  
Monday – Friday  
10:00 Friday Women's Bible Study  
11:15 Monday Pray the Rosary  
11:30 West Seattle Christian Sunday  
Communion Service  
6:30 Thursday Evening Hymn Sing  
6:30 Evening CS Sunday Service Last Sunday  
of the Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>18</b> <b>9:00 Church Transportation</b> <b>11:30</b> West Seattle Christian Communion Service <b>2:00 Old Time Hymn Sing</b> <b>2:30</b> Bingo with Candy Lee <b>2:30 Movie: <i>Far and Away</i></b>	<b>19</b> <b>10:00 Morning Stretch</b> <b>11:00</b> Show and Share <b>11:15</b> Pray the Rosary <b>1:30 Fitness</b> with Maria <b>2:00 Pet Visit</b> with Maggie Mae <b>2:30</b> Word Games <b>3:00</b> Stay Sharp <b>3:30 Balloon Toss</b>	<b>20</b> <b>Downtown Appointments</b> <b>10:00 Morning Stretch</b> <b>10:00 Stretch</b> with Robert <b>10:30</b> Coffee Social <b>10:45</b> CS Daily Lifts-Sentinel Radio <b>11:00 Tai-Chi</b> with Robert <b>1:00</b> League of Women Voters <b>1:30 Strength Training</b> <b>2:00 Green Apple Smoothies</b> <b>2:30</b> Bingo with Candy Lee <b>3:30</b> Book Club <b>6:30</b> Hand & Foot Card Game	<b>21</b> <b>10:00 Morning Stretch</b> <b>10:30 Van Trip:</b> Shawn O'Donnell's American Grill & Irish Pub and Tour of the Smith Tower <b>11:00</b> TMC Live Web Meet <b>1:30 Fitness</b> with Maria <b>2:30</b> Movie <b>3:00</b> Cookie Break <b>3:30 Balloon Toss</b> <b>6:45 Evening Bingo</b>	<b>22</b> <b>10:00 Morning Stretch</b> <b>10:00 Stretch</b> with Robert <b>10:00 QFC, Banks, Rite Aid</b> <b>1:30 Pool Lessons</b> with Richard <b>1:30 Shopping: Dollar Store</b> <b>1:30 Strength Training</b> <b>2:30</b> Bingo with Candy Lee <b>3:30</b> Book Club <b>4:30 Dinner Out: Azteca</b> <b>6:30</b> Hand & Foot Card Game <b>6:30</b> Hymn Sing	<b>23</b> <b>10:00 Morning Stretch</b> <b>10:00 Stretch</b> with Robert <b>10:00</b> Women's Bible Study <b>10:00</b> West Seattle Garden Club Meeting <b>10:45 Van Ride Seahurst Park</b> <b>11:00 Tai-Chi</b> with Robert <b>1:30 Fitness</b> with Maria <b>1:30 Balls, Bean Bags &amp; Balloons</b> <b>2:30</b> Movie	<b>24</b> <b>10:00 Morning Stretch</b> with Robert <b>1:30 Strength Training</b> with Robert <b>2:30</b> Movie
<b>25</b> <b>9:00 Church Transportation</b> <b>2:30</b> Bingo with Candy Lee <b>2:30</b> Movie <b>6:30</b> CS Sunday Service	<b>26</b> <b>10:00 Morning Stretch</b> <b>11:00</b> Show and Share <b>11:15</b> Pray the Rosary <b>12:00 Pet Visit</b> with Maggie Mae <b>1:30 Fitness</b> with Maria <b>2:30</b> Word Games <b>3:00</b> Stay Sharp <b>4:30 Van Trip: Music with C.C. at Chelan Café</b>	<b>27</b> <b>Discretionary Appointments</b> <b>10:00 Morning Stretch</b> <b>10:30 Resident Activity Meeting</b> <b>10:45</b> CS Daily Lifts-Sentinel Radio <b>11:00 Tai-Chi</b> with Robert <b>1:30 Strength Training</b> <b>2:30 Presentation:</b> Hearing Health for Seniors with Tim Hagan, A+ Hearing <b>2:30</b> Bingo with Candy Lee <b>3:30 Spring Fling Happy Hour</b> with Mel and Beth <b>3:30</b> Book Club <b>6:30</b> Hand & Foot Card Game	<b>28</b> <b>10:00 Morning Stretch</b> <b>9:00 Van Trip:</b> Tulalip Resort Casino or Seattle Premier Outlet Mall <b>11:00</b> TMC Live Web Meeting <b>1:30 Fitness</b> with Maria <b>2:30</b> Movie <b>3:00 Sing Along</b> with Sue <b>3:30 Balloon Toss</b>	<b>29</b> <b>10:00 Morning Stretch</b> <b>10:00 Stretch</b> with Robert <b>10:00 QFC, Banks, Rite Aid</b> <b>1:30 Shopping: Fred Meyer</b> <b>1:30 Pool Lessons</b> with Richard <b>1:30 Strength Training</b> <b>2:00 Smoothies</b> <b>2:30</b> Bingo with Candy Lee <b>3:30</b> Book Club <b>6:30</b> Hand & Foot Card Game <b>6:30</b> Hymn Sing	<b>30</b> <b>10:00 Morning Stretch</b> <b>10:00 Stretch</b> with Robert <b>10:00</b> Women's Bible Study <b>10:45 Van Ride: Original Bakery</b> <b>11:00 Tai-Chi</b> with Robert <b>1:30 Fitness</b> with Maria <b>1:30 Balls, Bean Bags &amp; Balloons</b> <b>2:30</b> Movie	<b>31</b> <b>10:00 Morning Stretch</b> with Robert <b>1:30 Strength Training</b> with Robert <b>2:30</b> Movie



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