

# March 2024 Independent Living Activities Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>ROOM KEY</b> (CR) - Cascade Room (PH) - Pacific Performing Arts Hall (M) - Madrona Room (CS) - The Corner Store (S) - Sanctuary (P) - Pool (PH) - Performance Hall (AC4) - 4 <sup>th</sup> Fl. A&C Room (SBr) - SoundBar (G) - Group Exercise Studio 4 <sup>th</sup> Fl. (TH) - Tahoma Room (MB) - Mt. Baker Room (G) - Group Exercise Studio (ES) - Exercise Studio, 5 <sup>th</sup> Fl. (SC) - Sky Club Lounge (CTL) - Cascade Tower Lobby (B) - Bistro (S13) - 13 <sup>th</sup> Fl. Sunroom (GL) - Glacier Lounge (LB) - 5 <sup>th</sup> Fl. Library (S10) - 10 <sup>th</sup> Fl. Sunroom (OL) - OT Lounge (TL) - Terraces Lobby (L1) - Level 1 (8 <sup>th</sup> Ave.)		<b>Tech Help Desk with Ben (✓)</b> <b>Wednesdays</b> <b>9:30am - 11:00am</b> <b>5<sup>th</sup> Fl. Library</b>	<b>*Programs in BOLD TEXT are available via Livestream on Caremerge &amp; Ch.370*</b>	<b>1</b> 8:00 Yoga with Jim Weber (GX) 9:00 Medic II CPR/AED use/Choking First Aid Class (✓) (TH) 9:00 SAIL Fitness (MB) 10:30 Challenge Fitness (GX) 1:00 Hot Topics Discussion (MB) 2:00 Jazz with Max (SC) 2:00 Low-Impact SAIL Fitness (GX)	<b>2</b> 8:30 Walking Group: 3-5 miles (CTL) 9:45 Fred Meyer Ballard Shopping (✓) (L1) 1:00 Transportation to Seattle Art Museum (\$5/✓) (L1) 2:00 SkyOpera Live! <i>Tutto Mozart!</i> (PH) 7:30 MB Movie: <i>Boys in a Boat</i> (MB) 7:30 PH Movie: <i>Hear My Song</i> (PH)
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
10:00 Reflections on Life (SC) 10:00 St. James Live Stream (M) 1:30 Episcopal Worship Service (M) 3:30 Spotlight Performance: Seattle Youth Symphony Conservatory (PH)	8:00 Wake & Stretch (GX) 9:00 SAIL Fitness (MB) 9:15 Tai-Chi for Arthritis (GX) 10:30 QFC & Met Market Mercer Island Shopping (✓) (L1) 10:30 Challenge Fitness (GX) 11:00 The Corner Store (CS) 11:30 Meditation (S) 1:00 Resident Art Group (SC) 1:00 Guy Talk (M) 1:30 Low Impact SAIL Fitness (GX) 2:30 Beginning Tai Chi (GX) 3:30 Film Appreciation Talk by Eric Barnes: "Masterpieces of French Cinema" (MB) 7:30 PH Movie: <i>Hero</i> (PH)	8:00 Walking Group: 3-miles (CTL) 8:00 Wake & Stretch (GX) 9:00 Aqua Aerobics (P) 9:15 Floor Core (GX) 10:00 Balance Basics (GX) 10:15 Aqua Aerobics (P) 11:00 Rebecca Albiani: "Jaune 'Quick-to-See' Smith" (PH) 1:30 Balance Basics (GX) 2:00 Chinese Mahjongg (B) 2:30 Caregivers' Support Group (TH) 3:00 Tuesday Tea on Thirteen: March Gazette (S13) 4:00 Skyline Chorale Rehearsal (SC) 4:00 Half Bottle Tuesdays (GL) 7:30 Performance: Ladies Musical Club (PH)	8:00 Wake & Stretch (GX) 9:00 SAIL Fitness (MB) 9:30 Weekly Tech Help Desk with Ben (✓) (LB) 10:30 Challenge Fitness (GX) 11:00 "Understanding Russia" with Gene Webb (MB) 11:00 The Corner Store (CS) 1:00 Bridge—Contact Karen Knudson at (206) 914-0491 for more info (TH) 2:00 Wednesday Matinee: <i>Audrey—More than an Icon</i> (CR) 2:00 Low Impact SAIL Fitness (GX) 3:30 Lifestyle Spring Performance: Lennon Aldort, Pianist (GL) 7:30 CR Movie: <i>Play Time</i> (CR) 7:30 PH Movie: <i>Local Hero</i> (PH)	8:00 Walking Group: 3-miles (CTL) 8:00 Wake & Stretch (GX) 9:00 Aqua Aerobics (P) 9:15 Tai-Chi: Yang 24 Forms (GX) 9:30 Floor Core (MB) 10:00 Roman Catholic Communion (S10) 10:15 Aqua Aerobics (P) 10:30 Ballroom Dance Class (✓) (GX) 12:30 American Mahjongg (OL) 1:30 Balance Basics + Band (GX) 2:00 Bingo! (SC) 2:00 Seattle Public Library Mobile Library (TL) 3:00 Sing-Along with the Eric Lane Barnes (M) 4:00 Happy Hour: Farewell, Heidi! (GL/MB) 7:30 CR Movie: <i>Driving Madeleine</i> (CR)	8:00 Yoga with Jim Weber (GX) 9:00 SAIL Fitness (MB) 9:30 Terraces Scenic Drive to Carkeek Park (TL) 10:30 Challenge Fitness (GX) 11:00 Spanish Speakers Conversation Group (SC) 1:30 Breathing Class (ES) 2:00 Jazz with Max (SC) 2:00 Low-Impact SAIL Fitness (GX) 3:30 Spotlight: Performance: Christina Valdes (PH)	8:30 Walking Group: 3-5 miles (CTL) 10:00 Trader Joe's Shopping (✓) (L1) 7:30 CR Movie: <i>The Holdovers</i> (CR) 7:30 PH Movie: <i>20 Days in Mariupol</i> (PH)
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14 – NEW MENU</b>	<b>15</b>	<b>16</b>
10:00 Reflections on Life (SC) 10:00 St. James Live Stream (M) 1:30 Worship Service (M)	8:00 Wake & Stretch (GX) 9:00 SAIL Fitness (MB) 9:15 Tai-Chi for Arthritis (GX) 10:30 QFC & Met Market Mercer Island Shopping (✓) (L1) 10:30 Challenge Fitness (GX) 11:00 The Corner Store (CS) 11:30 Meditation (S) 1:00 Guy Talk (M) 1:30 Low Impact SAIL Fitness (GX) 2:30 Beginning Tai Chi (GX) 3:30 Spotlight Lecture by Eric Lane Barnes: Carol Burnett (MB) 7:30 Book Discussion: "The Personal Librarian" by Marie Benedict & Victoria C. Murray (MB) 7:30 PH Movie: <i>Dr. Strangelove or: How I Learned to Stop Worrying and Love the Bomb</i> (PH)	8:00 Walking Group: 3-miles (CTL) 8:00 Wake & Stretch (GX) 9:00 Aqua Aerobics (P) 9:15 Floor Core (GX) 9:45 Bellevue Square Shopping (\$5/✓) (L1) 10:00 Balance Basics (GX) 10:15 Aqua Aerobics (P) 1:30 Balance Basics (GX) 2:00 Chinese Mahjongg (B) 3:00 Tuesday Tea on Thirteen: St. Patty's Day Tea & Trivia (S13) 3:00 Health Care Lecture: Opioid Safety & Addiction: Health Considerations for You & Our Community (MB) 4:00 Skyline Chorale Rehearsal (SC) 4:00 Half Bottle Tuesdays (GL)	8:00 Wake & Stretch (GX) 9:00 SAIL Fitness (MB) 9:30 Weekly Tech Help Desk with Ben (✓) (LB) 10:30 Challenge Fitness (GX) 11:00 The Corner Store (CS) 1:00 Bridge—Contact Karen Knudson at (206) 914-0491 for more info (TH) 2:00 Wednesday Matinee: <i>October Sky</i> (CR) 2:00 Low Impact SAIL Fitness (GX) 3:30 Lifestyle Presents: Young Crooner, Arthur Keast (MB) 7:30 CR Movie: <i>Marshall</i> (CR) 7:30 PH Movie: <i>Brassed Off</i> (PH)	<b>PI DAY</b> 8:00 Walking Group: 3-miles (CTL) 8:00 Wake & Stretch (GX) 9:00 Aqua Aerobics (P) 9:15 Tai-Chi: Yang 24 Forms (GX) 9:30 Floor Core (MB) 10:00 Roman Catholic Communion (S10) 10:15 Aqua Aerobics (P) 10:30 Ballroom Dance Class (GX) 11:00 Q&A with Hilary Franz, Washington State Commissioner of Public Lands (MB) 12:30 American Mahjongg (OL) 1:30 Balance Basics + Band (GX) 2:00 Bingo! (SC) 3:00 Presentation: Brier Dudley, Seattle Times' Columnist (MB) 7:30 CR Movie: <i>Roma</i> (CR)	8:00 Yoga with Jim Weber (GX) 9:00 SAIL Fitness (MB) 10:30 Challenge Fitness (GX) 11:00 Spanish Speakers Conversation Group (SC) 1:00 Hot Topics Discussion (MB) 1:30 Breathing Class (ES) 2:00 Jazz with Max (SC) 2:00 Low-Impact SAIL Fitness (GX)	8:30 Walking Group: 3-5 miles (CTL) 9:45 Fred Meyer Ballard Shopping (✓) (L1) 1:00 Transportation to PNW Ballet: One Thousand Pieces (\$5/✓) (L1) 7:30 CR Movie: <i>Old Dads</i> (CR) 7:30 PH Movie: <i>2001: A Space Odyssey</i> (PH)

# March 2024 Independent Living Activities Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17	18	19	20	21	22	23
<b>ST. PATRICK'S DAY</b> 10:00 Reflections on Life (SC) 10:00 St. James Live Stream (M) 1:30 Worship Service (M)	8:00 Wake & Stretch (GX) 9:00 SAIL Fitness (MB) 9:15 Tai-Chi for Arthritis (GX) 10:30 QFC & Met Market Mercer Island Shopping (✓) (L1) 10:30 Challenge Fitness (GX) 11:00 The Corner Store (CS) 11:30 Meditation (S) 1:00 Guy Talk (M) 1:30 Low Impact SAIL Fitness (GX) 2:30 Beginning Tai Chi (GX) 7:30 PH Movie: <i>Amerikatsi</i> (PH)	8:00 Walking Group: 3-miles (CTL) 8:00 Wake & Stretch (GX) 9:00 Aqua Aerobics (P) 9:15 Floor Core (GX) 9:45 Costco Shopping (✓) (L1) 10:00 Balance Basics (GX) 10:15 Aqua Aerobics (P) 1:30 Balance Basics (GX) 2:00 Chinese Mahjongg (B) 3:00 Tuesday Tea on Thirteen: Spring Tea (S13) 3:00 Caregivers Support Group (S) 3:00 S&T Group: Documentary Showing: <i>Kiss the Ground</i> (MB) 4:00 Skyline Chorale Rehearsal (SC) 4:00 Half Bottle Tuesdays (GL)	8:00 Wake & Stretch (GX) 9:00 SAIL Fitness (MB) 9:30 Weekly Tech Help Desk with Ben (✓) (LB) 10:30 Challenge Fitness (GX) 11:00 The Corner Store (CS) 11:30 Aquatic Center Closed (Reopens at 2:30pm) (P) 1:00 Bridge--Contact Karen Knudson at (206) 914-0491 for more info (TH) 1:15 Transp. to Seattle Rep: Sanctuary City (\$5/✓) (L1) 2:00 Wednesday Matinee: <i>Field of Dreams</i> (CR) 2:00 Low Impact SAIL Fitness (GX) 7:30 CR Movie: <i>Anger Management</i> (CR) 7:30 PH Movie: <i>Castle in the Sky</i> (PH)	8:00 Walking Group: 3-miles (CTL) 8:00 Wake & Stretch (GX) 9:00 Aqua Aerobics (P) 9:15 Tai-Chi: Yang 24 Forms (GX) 9:30 Floor Core (MB) 10:00 Roman Catholic Communion (S10) 10:15 Aqua Aerobics (P) 10:30 Ballroom Dance Class (GX) 10:30 Skyline Update (PH) 12:30 American Mahjongg (OL) 1:15 Transportation to 5 <sup>th</sup> Ave. Theatre: Something's Afoot (\$5/✓) (L1) 1:30 Balance Basics + Band (GX) 2:00 Bingo! (SC) 3:30 Shamrock Shake Social (M) 4:30 SkyOpera Night at the Opera: Bizet's <i>Carmen</i> (MB) 6:30 SkyOpera Dinner (✓/20pts)	8:00 Yoga with Jim Weber (GX) 9:00 SAIL Fitness (MB) 10:30 Challenge Fitness (GX) 11:00 Ikebana (\$10) (AC4) 11:00 Spanish Speakers Conversation Group (SC) 1:30 Breathing Class (ES) 2:00 Jazz with Max (SC) 2:00 Low-Impact SAIL Fitness (GX) 3:30 Spotlight Performance: Sirens of Swing, John Engerman (PH)	8:30 Walking Group: 3-5 miles (CTL) 10:00 Trader Joe's Shopping (✓) (L1) 2:00 SkyOpera Live!: Bizet's <i>Carmen</i> (PH) 7:30 CR Movie: <i>Dog Gone</i> (CR) 7:30 PH Movie: <i>Munich</i> (PH)
24	25	26	27	28	29 – GOOD FRIDAY	30
10:00 Reflections on Life (SC) 10:00 St. James Live Stream (M) 1:20 Transportation to Seattle Symphony Masterworks: Simon Trpčeski Plays Tchaikovsky (\$5/✓) (L1) 1:30 Worship Service (M)	8:00 Wake & Stretch (GX) 9:00 SAIL Fitness (MB) 9:15 Tai-Chi for Arthritis (GX) 10:30 QFC & Met Market Mercer Island Shopping (✓) (L1) 10:30 Challenge Fitness (GX) 11:00 The Corner Store (CS) 11:30 Meditation (S) 1:00 Resident Art Group (SC) 1:00 Guy Talk (M) 1:30 Low Impact SAIL Fitness (GX) 2:30 Beginning Tai Chi (GX) 3:30 Spotlight Lecture by Eric Lane Barnes: A Brief History of the Blues (MB) 7:30 PH Movie: <i>The Piano</i> (PH)	8:00 Walking Group: 3-miles (CTL) 8:00 Wake & Stretch (GX) 9:00 Aqua Aerobics (P) 9:15 Floor Core (GX) 9:45 Uwajimaya International District Shopping (✓) (L1) 10:00 Balance Basics (GX) 10:15 Aqua Aerobics (P) 1:30 Balance Basics (GX) 2:00 Chinese Mahjongg (B) 3:00 Lifestyle presents: Doris Stevenson, Pianist (MB) 3:00 Tuesday Tea on Thirteen (S13) 4:00 Chorale Rehearsal 2024 (SC) 4:00 Half Bottle Tuesdays (GL)	8:00 Wake & Stretch (GX) 9:00 SAIL Fitness (MB) 9:30 Weekly Tech Help Desk with Ben (✓), (LB) 10:30 Challenge Fitness (GX) 11:00 The Corner Store (CS) 11:30 Aquatic Center Closed (Reopens at 2:30pm) (P) 1:00 Bridge--Contact Karen Knudson at (206) 914-0491 for more info (TH) 2:00 Wednesday Matinee: My Octopus Teacher (CR) 2:00 Low Impact SAIL Fitness (GX) 3:00 Stronger Memory Group--Check in (AC4) 3:30 Lifestyle Presents: Arthur Keast & Company (PH) 7:30 CR Movie: <i>Black Swan</i> (CR) 7:30 PH Movie: <i>Come Back to the Five and Dime Jimmy Dean, Jimmy Dean</i> (PH)	<b>MAUNDY THURSDAY</b> 8:00 Walking Group: 3-miles (CTL) 8:00 Wake & Stretch (GX) 9:00 Aqua Aerobics (P) 9:15 Tai-Chi: Yang 24 Forms (GX) 9:30 Floor Core (MB) 10:00 Roman Catholic Communion (S10) 10:15 Aqua Aerobics (P) 10:30 Ballroom Dance Class (GX) 12:30 American Mahjongg, (OL) 1:15 Transp. to ACT Theater: STEW (\$5/✓) (L1) 1:30 Balance Basics + Band (GX) 2:00 Bingo! (SC) 3:30 Spotlight: Authors and Adventurers: "From Brains to Evolution to Climate", Bill Calvin 6:00 Mariners vs. BOS on Root Sports (M) 7:30 CR Movie: <i>Minari</i> (CR)	8:00 Yoga with Jim Weber (GX) 9:00 SAIL Fitness (MB) 9:30 Circuit Training with Saroj (✓) GX 10:30 Ikebana--Japanese Flower Making (\$TBD/✓) (MB) 10:30 Challenge Fitness (GX) 11:00 Spanish Speakers Conversation Group (SC) 1:30 Breathing Class (ES) 2:00 Jazz with Max (SC) 2:00 Low-Impact SAIL Fitness (GX) 3:00 Ikebana - Japanese Flower Arrangement Making (MB)	8:30 Walking Group: 3-5 miles (CTL) 7:30 CR Movie: <i>Rustin</i> (CR) 7:30 PH Movie: <i>The Zone of Interest</i> (PH)
31 – EASTER SUNDAY						
10:00 Reflections on Life (SC) 10:00 St. James Live Stream (M) 11:30 Easter Brunch Buffet (ends at 2:00pm) (25pts/RSVP) (CDR) 1:30 Worship Service (M)	<b>THE CORNER STORE</b> Mondays & Wednesdays 11:00am-1:00pm Cascade Tower, 4 <sup>th</sup> Fl.	<b>Tech Help Desk with Ben (✓)</b> Wednesdays 9:30am - 11:00am 5 <sup>th</sup> Fl. Library	<b>The SoundBar</b> Open Monday - Friday from 4:00pm - 6:00pm Olympic Tower, 2 <sup>nd</sup> Fl.	*Programs in BOLD TEXT are available via Livestream on Caremerge & Ch.370*	<b>HALF-BOTTLE TUESDAYS</b> EVERY TUESDAY 4:00pm Glacier Lounge	