

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday




Saturday



February 2019

Fred Lind Manor Activity Calendar



<p>10:30 Chair Yoga w/ Angelica (MR) 11:15 Current Events: International News (MR) 2:00 Christian Worship Service (CL) 3:30 Super Bowl Party (CL) 6:15 Evening Movie (BT)</p>	<p>8:00 Table Française (CD) 10:30 Intergenerational Fitness Class w/ Bright Horizons K-prep Class (MR) 11:00 Meet & greet with K-prep (MR) 2:00 Flower Arranging (CL) 3:00 Tech Help w/ Nic (MR) 4:00 Ted Talk & Discussion: Celebrating Black History Month (BT) 6:15 Evening Movie (BT) 7:00 Journey of Life Workshop (CL)</p>	<p>10:30 Chair Fitness w/ Jason (MR) 11:15 Ancient Chinese Medicines Discussion w/ Jason (MR) 12:00 Chinese New Year Lunch (CD) 1:45 Balance Fit (MR) 2:00 Pokeno (AR) 2:00 Bush School Student Project (CL) 2:45 Poetry & writers workshop (CL) 3:45 Art Studio: Paper Lanterns (MR) 6:15 Evening Movie (BT)</p>	<p>10:30 Chair Fitness w/ Emily (MR) 11:15 Brain Fitness (MR) 1:00 Tour of Wing Luke Museum* (LB) 2:00 Update Your FLM Photo (MR) 3:00 Bridge (CL) 3:30 Bingo (AR) 6:15 Evening Movie (BT)</p>	<p>9:30 Bible Study (FL) 10:30 Chair Fitness w/ Jason (MR) 11:15 Healthy Brain Happy Life 101 (MR) 1:45 Balance Fit (MR) 2:45 Cranium Crunches (MR) 4:00 Drop in and Sing (AR) 6:15 Evening Movie (BT)</p>	<p>9:30 Fred Meyer (LB)* 10:30 Chair Fitness w/ Emily (MR) 11:00 Senior Mass at St. Joe (LB) 11:15 Word Challenges (MR) 1:30 Bingo (AR) 3:00 Root Beer Floats (AR) 3:45 History Hour: The Silk Road (BT) 6:15 Evening Movie (BT)</p>	<p>10:00 Bridge (CL) 10:30 Chair Fitness w/ Emily (MR) 11:15 Weekly Roundup (MR) 1:30 Movie Matinee w/ Fresh Popcorn: Ground Hog Day (BT) 3:30 Why do we celebrate a Rodent? & Story Read Aloud (AR) 6:15 Evening Movie (BT)</p>
<p>10:30 Chair Yoga w/ Angelica (MR) 11:15 Current Events: Environmental News (MR) 2:00 Christian Worship Service led by Paul Miller (CL) 3:45 Music w/ David Lepse (CL) 6:15 Evening Movie (BT)</p>	<p>8:00 Table Française (CD) 10:30 Chair Fitness w/ Angelica (MR) 11:00 Book Club Meeting (BT) 11:15 Brain Fitness: Processing Exercises (MR) 2:00 Flower Arranging (CL) 3:00 Fire Side Chat w/ Dave (CL) 4:00 Edible Art: Cookie Décor (CL) 6:15 Evening Movie (BT) 7:00 Journey of Life Workshop (CL)</p>	<p>10:00 Catholic Communion (BT) 10:30 Chair Fitness w/ Jason (MR) 11:15 Healthy Brain Happy Life 101 (MR) 1:45 Balance Fit (MR) 2:00 Pokeno (AR) 3:00 A Tribute to Nat King Cole by Tony Choice (CL) 4:00 Nonagenarians (AR) 6:15 Evening Movie (BT)</p>	<p>10:30 Chair Fitness w/ Emily (MR) 10:30 Tour of the Northwest African American Museum* (LB) 11:15 Brain Fitness (MR) 2:00 Yoga w/ Wendy (AR) 3:00 Bridge (CL) 3:30 Bingo (AR) 6:15 Evening Movie (BT)</p>	<p>9:30 Bible Study (FL) 10:30 Chair Fitness w/ Jason (MR) 11:15 Brain Fitness (MR) 12:00 Birthday Lunch (CD) 1:45 Balance Fit (MR) 3:00 Ted Talk & Discussion: Celebrating Black History Month (BT) 4:00 Drop in and Sing (AR) 6:15 Evening Movie (BT)</p>	<p>9:30 Safeway (LB)* 10:30 Chair Fitness w/ Emily (MR) 10:30 Safeway (LB)* 11:00 Catholic Mass (BT) 11:15 Bookmobile (LB) 1:30 Bingo (AR) 3:00 Root Beer Floats (CL) 4:00 Science Hour (AR) 6:15 Evening Movie (BT)</p>	<p>10:00 Bridge (CL) 10:30 Chair Fitness w/ Emily (MR) 11:15 Weekly Roundup (MR) 1:30 Movie Matinee (BT) 3:45 Story Read Aloud (AR) 6:15 Evening Movie (BT)</p>
<p>10:30 Chair Yoga w/ Angelica (MR) 11:15 Current Events: Health News (MR) 1:00 Tech Help with Caroline (MR) 2:00 Christian Worship Service led by Reverend Dr. Robert Nicholson (CL) 3:45 Documentary & Discussion (BT) 6:15 Evening Movie (BT)</p>	<p>8:00 Table Française (CD) 10:30 Chair Fitness w/ Angelica (MR) 11:15 Presidential History Trivia Session (MR) 1:30-5:00 Foot Care Nurse (S)* 2:00 Flower Arranging (CL) 3:00 Art Studio: Ceramic tea light holders (MR) 4:00 Science Hour: Heart Healthy Month (AR) 6:15 Evening Movie (BT) 7:00 Journey of Life Workshop (CL)</p>	<p>10:30 Film History with Lance Rhoades (MR) 1:45 Balance Fit (MR) 2:00 Pokeno (AR) 2:45 Poetry and Writers Workshop (CL) 4:00 Octogenarians (MR) 6:15 Evening Movie (BT)</p>	<p>9:30 Emily's Final Windshield Tour* (LB) 10:30 Chair Fitness w/ Angelica (MR) 11:15 Heart Healthy Month Workshop (MR) 2:00 Poetry Circle: African American Poet Appreciation (CL) 3:00 Bridge (CL) 3:30 Bingo (AR) 6:15 Evening Movie (BT)</p>	<p>9:30 Bible Study (FL) 10:00 Lecture by David Kaynor: Winter Birds of Washington (MR) 11:15 Chair Fitness w/ Jason (MR) 1:30 Balance Fit (MR) 2:30 FLM Resident Association Meeting (MR) 4:00 Drop in and Sing (AR) 6:15 Evening Movie (BT)</p>	<p>10:00 Whole Foods (LB)* 10:30 Chair Fitness w/ Emily (MR) 11:15 Trivia (MR) 1:30 Bingo (AR) 3:00 Smoothies w/ Lauren (AR) 4:00 Art Studio w/ Lauren (MR) 6:15 Evening Movie (BT)</p>	<p>10:00 Bridge (CL) 10:30 Chair Fitness w/ Emily (MR) 11:15 Weekly Roundup (MR) 1:30 Movie Matinee (BT) 3:45 Story Read Aloud (AR) 6:15 Evening Movie (BT)</p>
<p>10:30 Chair Yoga w/ Angelica (MR) 11:15 Current Events: Weird News (MR) 2:00 Gospel Music Performance by Elnah Jordan (CL) 3:15 Tea Time w/ Cassie (CL) 3:45 Documentary & Discussion (BT) 6:15 Evening Movie (BT)</p>	<p>8:00 Table Française (CD) 10:30 Chair Fitness w/ Angelica (MR) 1:30-5:00 Foot Care Nurse (S)* 2:00 Flower Arranging (CL) 3:00 Ted Talk & Discussion: Celebrating Black History Month (BT) 6:15 Evening Movie (BT) 7:00 Journey of Life Workshop (CL)</p>	<p>10:30 Chair Fitness w/ Jason (MR) 11:15 Brain Fitness: Numbers (MR) 1:45 Balance Fit (MR) 2:30 CapTel-Captioned Telephone Information Session (MR) 4:00 Operation Night Watch - Feeding Seattle's Homeless (CL) 6:15 Evening Movie (BT)</p>	<p>11:45 Out to Lunch Bunch: Simply Soulful* (LB) 10:30 Chair Fitness w/ Emily (MR) 11:15 Brain Fitness (MR) 2:00 Yoga w/ Wendy (AR) 3:00 Bridge (CL) 3:30 Bingo (AR) 6:15 Evening Movie (BT)</p>	<p>9:30 Bible Study (FL) 10-2 Corner Store 10:30 Chair Fitness w/ Jason (MR) 11:15 Drum Circle (MR) 1:45 Balance Fit (MR) 4:00 Drop in and Sing (AR) 4:00 FLM Wine and Appetizers (CL) 6:15 Evening Movie (BT)</p>	<p>Note: This Calendar is subject to change. Please check the Daily Activities signs in the elevators and at the Front Desk for the most up-to-date information. <i>Location and color key on the back.</i></p>   	

**Happy
February
Birthday!**

Mary Lou Newman	Feb 06
Anne Golden	Feb 23
Patsy Mueller	Feb 25

Color Key

Blue – Outings

Red – Special Events

Green – Health Care

Location Key

*- Sign up at the front desk

FC - Fitness Center (Lower Level)

FL - Fireside Lounge (Lower Level)

MR - Madison Room (Lower Level)

OB - Olive Bistro (Lower Level)

BT - Broadway Theater (Lower Level)

CL - Columbia Living Room (1st Floor)

LB – Lobby (1st Floor)

CD - Columbia Dining Room (1st Floor)

AR - Aloha Room (2nd Floor)

S - Salon (3rd Floor)

L - Library (4th Floor)