

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

March

Fred Lind Manor Activity Calendar



10:30 Chair Yoga w/ Angelica (MR) 11:15 Current Events: International News (MR) 2:00 Christian Worship Service (CL) 3:45 Documentary & Discussion: Impossible Peace (BT) 6:15 Evening Movie (BT)	3	8:00 Table Française (CD) 10:00 Music with Jaspar & Baby Adelaide (CL) 11:15 Chair Fitness w/ Angelica (MR) 2:00 Flower Arranging (CL) 3:00 Tech Help w/ Nic (MR) 4:00 Art Studio w/Angelica: Water Color (AR) 6:15 Evening Movie (BT) 7:00 Journey of Life Workshop (CL)	4	10:30 Chair Fitness w/ Alice (MR) 11:15 Mardi Gras Trivia (MR) 12:00 Mardi Gras Lunch (CD) 1:45 Balance Fit (MR) 2:00 Pokeno (AR) 2:45 Poetry & writers workshop (CL) 3:45 Irish Tea time w/Lauren (AR) 6:15 Evening Movie (BT)	5	10:30 Chair Fitness w/ Alice (MR) 11:15 Brain Fitness (MR) 1:30 Guided Tour of the Frye Museum* (LB) 2:00 Ash Wednesday Service (BT) 3:00 Bridge (CL) 3:00 Bingo (MR) 6:15 Evening Movie (BT)	6	9:30 Bible Study (FL) 10:30 Chair Fitness w/ Alice (MR) 11:15 Cranium Crunches (MR) 3:15 Bill & Melinda International Women's Day Celebration* (LB) 4:00 Drop in & Sing (AR) 6:15 Evening Movie (BT)	7	9:30 QFC 1 (LB)* 10:30 Chair Fitness w/L (MR) 10:30 QFC 2 (LB) * 11:00 Catholic Mass (BT) 11- 2 St. Joseph Students (MR) 1:30 Bingo (CL) 2:00pm Canvass Painting with Brigid Blume (MR)* 6:15 Evening Movie (BT)	8	10:00 Bridge (CL) 10:30 Chair Fitness w/ Lauren (MR) 11:15 Weekly Roundup (MR) 1:30 Movie Matinee (BT) 3:00 St. Patrick's Day Trivia w/ Lauren Carlson (AR) 6:15 Evening Movie (BT)	9
10:30 Chair Yoga w/ Angelica (MR) 11:15 Current Events: International News (MR) 2:00 Christian Worship Service led by Paul Miller (CL) 3:45 Documentary & Discussion (BT) 6:15 Evening Movie (BT)	10	8:00 Table Française (CD) 10:30 Chair Fitness w/ Angelica 11:15 Brain Fitness: Processing Exercises (MR) 2:00 Flower Arranging (CL) 3:00 Fire Side Chat w/ Dave (CL) 6:15 Evening Movie (BT) 7:00 Journey of Life Workshop (CL)	11	10:00 Catholic Communion (BT) 10:30 Film History with Lance Rhoades (MR) 1:45 Balance Fit (MR) 2:00 Pokeno w/ Roger & Nic (AR) 3:00 Women's History Month Roundtable (MR) 6:15 Evening Movie (BT) 7:00 Theological Discussion Group (L)	12	10:30 Chair Fitness w/ Alice (MR) 11:15 Women's History Trivia (MR) 11:15 Out to Lunch: British Pantry * (LB) 2:00 Yoga with Wendy (AR) 3:00 Bridge (CL) 3:00 Bingo (MR) 6:15 Evening Movie (BT)	13	9:30 Bible Study (FL) 10:00 Lecture by David Kaynor: The Lighthouses of Washing (MR) 11:00 Book Club Meeting (BT) 12:00 Birthday Lunch (CD) 1:30 -2:30 FLM Corner Store 3:45 Old Time Favorites with Pianist Primo Kim (CL) 6:15 Evening Movie (BT)	14	9:30 Safeway (LB)* 10:30 Chair Fitness w/ Leslie (MR) 10:30 Safeway (LB) * 1:30 Bingo (CL) 3:00 Celebrate St. Patrick's Day: Irish Tunes on the Harp (MR) 4:00 History Hour w/ Lauren: St. Patrick's Day (AR) 6:15 Evening Movie (BT)	15	10:00 Bridge (CL) 1:30 Movie Matinee (BT) 3:45 Music with Saxophonist David Layton (CL) 6:15 Evening Movie (BT)	16
10:30 Chair Yoga w/ Angelica (MR) 11:15 Current Events: International News (MR) 2:00 Christian Worship Service led by Pastor Skip (CL) 3:45 Music w/ David Lepse (CL) 6:15 Evening Movie (BT)	17	8:00 Table Française (CD) 10:00 Chair Fitness w/ Angelica (MR) 11:00 Dementia Friends Training Program (MR) 1:30-5:00 Foot Care Nurse (S)* 3:00 Seniors Creating Art Canvass Painting Class (MR)* 6:15 Evening Movie (BT) 7:00 Journey of Life Workshop (CL)	18	10:30 Chair Fitness w/ Alice (MR) 11-12 Independent Resident Vital Signs Check with RN 2:00 Pokeno (AR) 1:45 Balance Fit (MR) 2:45 Poetry and Writers Workshop by the Fireplace (CL) 6:15 Evening Movie (BT) 6:30 San Francisco Orchestra at Benaroya Hall (LB)*	19	10:00 Volunteer Park Conservatory Tour* (LB) 10:30 Chair Fitness w/ Alice (MR) 11:15 Brain Fitness w/ Lauren (MR) 2:00 Yoga with Wendy (AR) 3:00 Bridge (CL) 3:00 Bingo (MR) 6:15 Evening Movie (BT)	20	9:30 Bible Study (FL) 10:00 Activity Committee Meeting (CL) 10:30 Chair Fitness w/ Alice (MR) 11:15 Disney Trivia Challenge (CL) 2:30 FLM Resident Association Meeting (MR) 4:00 Drop in & Sing (AR) 6:15 Evening Movie (BT)	21	10:00 Whole Foods (LB)* 10:30 Chair Fitness w/ Leslie (MR) 11:15 Brain Games (MR) 1:30 Bingo (CL) 3:00 Tea time w/Lauren (AR) 4:00 Art Studio w/ Lauren (MR) 6:15 Evening Movie (BT)	22	10:00 Bridge (CL) 10:30 Chair Fitness w/ Lauren (MR) 11:15 Weekly Roundup (MR) 1:30 Movie Matinee (BT) 3:45 Story Read Aloud (AR) 6:15 Evening Movie (BT)	23
10:30 Chair Yoga w/ Angelica (MR) 11:15 Current Events: International News (MR) 2:00 Christian Worship Service led by Cynthia Adcock (CL) 3:45 Documentary & Discussion : Impossible Peace (BT) 6:15 Evening Movie (BT)	24	8:00 Table Française (CD) 10:30 Chair Fitness w/ Angelica (MR) 11:15 Women's History Trivia (MR) 1:30-5:00 Foot Care Nurse (S)* 3:00 Poetry Circle: Celebrating Women's History Month 6:15 Evening Movie (BT)	25	10:30 Chair Fitness w/ Angelica (MR) 11:15 Operation Nightwatch: Sandwich making for Homeless (CL) 1:45 Balance Fit (MR) 2:00 Pokeno (AR) 3:00 VOCA presentation (MR) 4:00 Nonagenarians (AR) 6:15 Evening Movie (BT) 7:00 Theological Discussion Group (L)	26	9:00 Dining Committee Meeting (CL) 10:30 Chair Fitness w/ Alice (MR) 11:15 Brain Fitness: Number Challenges (MR) 2:00 FLM Open Mic (CL) 3:00 Bridge (CL) 3:00 Bingo (MR) 6:15 Evening Movie (BT)	27	9:30 Bible Study (FL) 10-2 Corner Store 10:30 Chair Fitness w/ Jason (MR) 11:15 Drum Circle w/ Jason (MR) 12:45 - 1:45 Hearing Clinic (S)* 1:45 Balance Fit (MR) 4:00 Drop in & Sing (AR) 4:00 Wine and Appetizers: New Resident Social (CL) 6:15 Evening Movie (BT)	28	9:30 Goodwill (LB)* 10:30 Chair Fitness w/ Lauren (MR) 11:15 Trivia (MR) 1:30 Bingo (CL) 3:00 Root Beer Floats and a Musical Performance by Jim Wulff (CL) 4:15 Art Studio w/ Lauren (MR) 6:15 Evening Movie (BT)	29	10:00 Bridge (CL) 10:30 Chair Fitness w/ Lauren (MR) 11:15 Weekly Roundup (MR) 1:30 Movie Matinee (BT) 3:45 Story Read Aloud (AR) 6:15 Evening Movie (BT)	30

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.
Location and color key on the back.

