



BAYVIEW

Events

March 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Event Type ■ Activity ■ Committee ■ Event ■ Program	Location 10 10th Floor A Albertson AZ Hybrid-Albertson B Boardroom C Chapel CR Cloud Room (10th E)	D Dining Room K Kinnear L Library M McKnight ML Main Lobby O Outing S Studio				
					8:30 Chair Yoga ■ (TV) 9:30 Coffee with Marco - Canceled (M) 9:30 Fred Meyer Shopping (V) 10:00 40 min Walking Workout ■ (TV) 10:30 Jewish Studies ■ (A) 10:30 Tapestry Weaving Class (S) 11:30 Trader Joes Shopping (V) 1:00 Lymphatic Flow w/ Frances Kao ■ (TV)	8:30 Weekend Blast Mat Pilates ■ (TV) 10:00 45 Min Senior Circuit Workout (TV) 10:00 Painting in Community ■ (S) 11:00 Catholic Eucharistic Gathering (C) 1:00 30 Min Walking Workout ■ (TV) 2:00 Mahjong ■ (CR) 2:00 Scrabble ■ (SC)
8:30 Workout for Stronger Bones ■ (TV) 3 10:00 Lymphatic Flow: Frances Kao EC3.4 ■ (TV) 10:00 Open Crafting (S) 1:00 Pilates Wall Workout ■ (TV) 1:00 Bridge (CR) 2:00 SAM Talks: Calder's Mobility (TV) 4:00 Jane Fonda Low Impact Workout ■ (TV)	8:30 5000 Steps Walking Workout ■ (TV) 4 9:00 Medical Appointment Transportation (V) 10:00 30 Minute Seated Workout ■ (TV) 10:30 Clay Sculpture Class ■ (S) 1:45 The Music Man (TV) 2:00 Stitchery League ■ (SL) 2:00 Writing Workshop (CR)	8:30 Silver Sneakers: Strength w/ Dumbbells ■ (TV) 5 9:00 Medical Appointment Transportation (V) 10:00 30 min Zumba Gold Workout ■ (TV) 10:00 David Smith Philosophy Class (A) 10:15 Storytime in the Library (L)	8:30 30 Min HiIT Walk ■ (TV) 6 9:00 Medical Appointment Transportation (V) 10:00 Line Dance Workout part 1 ■ (TV) 10:00 Toddlers in the Lobby (ML) 10:00 Excursions Committee ■ (M) 10:00 Improv Class (K) 10:30 Private Group ■ (S)	Floor Meetings 7 8:30 Silver Sneakers: 20 Min Dance Workout ■ (TV) 9:30 Time of Meditation (C) 9:45 Seattle Art Museum (V) 10:00 Line Dance Workout pt 2 ■ (TV) 10:00 Preschool in the Lobby (ML) 11:00 Audiology at Bayview (K) 1:00 Zumba Gold Chair Workout ■ (TV)	8:30 Chair Yoga ■ (TV) 8 9:30 Coffee w/ Barbara (M) 9:30 Fred Meyer Shopping (V) 10:00 40 min Walking Workout ■ (TV) 10:30 Jewish Studies ■ (A) 10:30 Tapestry Weaving Class (S) 11:30 Trader Joes Shopping (V) 1:00 Lymphatic Flow w/ Frances Kao ■ (TV) 1:00 Open Crafts ■ (S)	8:30 Weekend Blast Mat Pilates ■ (TV) 9 10:00 45 Min Senior Circuit Workout (TV) 10:00 Painting in Community ■ (S) 11:00 Catholic Eucharistic Gathering (C) 1:00 30 Min Walking Workout ■ (TV) 2:00 Mahjong ■ (CR) 2:00 Scrabble ■ (SC)
DAYLIGHT SAVINGS TIME BEGINS 10 RAMADAN BEGINS 8:30 Workout for Stronger Bones ■ (TV) 10:00 Lymphatic Flow: Frances Kao EC3.4 ■ (TV) 10:00 Open Crafting (S) 1:00 Pilates Wall Workout ■ (TV) 1:00 Bridge (CR)	8:30 5000 Steps Walking Workout ■ (TV) 11 9:00 Medical Appointment Transportation (V) 10:00 30 Minute Seated Workout ■ (TV) 10:00 Welcome Committee ■ (SC) 10:30 Archives Committee ■ (L) 10:30 Clay Sculpture Class ■ (S) 1:00 Executive Council (M)	8:30 Silver Sneakers: Strength w/ Dumbbells ■ (TV) 12 9:00 Medical Appointment Transportation (V) 10:00 30 min Zumba Gold Workout ■ (TV) 10:00 Entertainment Committee (M) 1:00 1 hour Chair Yoga Class ■ (TV)	8:30 30 Min HiIT Walk ■ (TV) 13 9:00 Party Committee (M) 9:00 Medical Appointment Transportation (V) 9:00 Peel Tech (S) 10:00 Line Dance Workout part 1 ■ (TV) 10:00 Resident Food Committee (D) 10:00 Toddlers in the Lobby (ML) 10:00 Improv Class (K)	Chihuly Garden & Glass Museum (V) 14 8:30 Silver Sneakers: 20 Min Dance Workout ■ (TV) 9:30 Time of Meditation (C) 10:00 Line Dance Workout pt 2 ■ (TV) 10:00 Preschool in the Lobby (ML) 10:00 Wine Club (S) 1:00 Zumba Gold Chair Workout ■ (TV)	8:00 Private Event (A) 15 8:30 Chair Yoga ■ (TV) 9:30 Fred Meyer Shopping (V) 10:00 40 min Walking Workout ■ (TV) 10:30 Jewish Studies ■ (A) 10:30 Tapestry Weaving Class (S) 11:30 Trader Joes Shopping (V) 1:00 Lymphatic Flow w/ Frances Kao ■ (TV) 1:00 Open Crafts ■ (S)	8:30 Weekend Blast Mat Pilates ■ (TV) 16 9:00 Private Event (C) 10:00 45 Min Senior Circuit Workout ■ (TV) 10:00 Painting in Community ■ (S) 11:00 Catholic Eucharistic Gathering (M) 1:00 30 Min Walking Workout ■ (TV) 2:00 Mahjong ■ (CR)
ST. PATRICK'S DAY 17 8:30 Workout for Stronger Bones ■ (TV) 9:00 Private Event (A) 10:00 Lymphatic Flow: Frances Kao EC3.4 ■ (TV) 10:00 Open Crafting (S) 1:00 Pilates Wall Workout ■ (TV) 1:00 Bridge (CR)	8:30 5000 Steps Walking Workout ■ (TV) 18 9:00 Medical Appointment Transportation (V) 10:00 30 Minute Seated Workout ■ (TV) 10:30 Clay Sculpture Class ■ (S) 2:00 Arts & Crafts Committee (S) 2:00 Stitchery League ■ (SL) 4:00 Tai Chi for Seniors ■ (TV)	8:30 Silver Sneakers: Strength w/ Dumbbells ■ (TV) 19 9:00 Medical Appointment Transportation (V) 10:00 30 min Zumba Gold Workout ■ (TV) 10:00 David Smith Philosophy Class (A) 10:15 Storytime in the Library (L)	8:30 30 Min HiIT Walk ■ (TV) 20 9:00 Medical Appointment Transportation (V) 10:00 Line Dance Workout part 1 ■ (TV) 10:00 Toddlers in the Lobby (ML) 10:00 Improv Class (K) 10:30 Private Event (M) 1:00 Seniors Chair Exercise with Sharon ■ (TV)	Uwajimaya & Kinokuniya Stores (V) 21 8:30 Silver Sneakers: 20 Min Dance Workout ■ (TV) 9:30 Time of Meditation (C) 10:00 Line Dance Workout pt 2 ■ (TV) 10:00 Metro Field Trip (A) 10:00 Preschool in the Lobby (ML) 11:00 Film Committee (SC)	8:30 Chair Yoga ■ (TV) 22 9:30 Fred Meyer Shopping (V) 10:00 40 min Walking Workout ■ (TV) 10:00 Committee Meeting (M) 10:30 Jewish Studies ■ (A) 10:30 Tapestry Weaving Class (S) 11:30 Trader Joes Shopping (V) 1:00 Lymphatic Flow w/ Frances Kao ■ (TV)	8:30 Weekend Blast Mat Pilates ■ (TV) 23 10:00 45 Min Senior Circuit Workout (TV) 10:00 Painting in Community ■ (S) 11:00 Catholic Eucharistic Gathering (C) 11:00 Private Event (M) 1:00 30 Min Walking Workout ■ (TV) 2:00 Mahjong ■ (CR)
8:30 Workout for Stronger Bones ■ (TV) 24 9:00 Lymphatic Flow with Frances Kao EC2.3 ■ (TV) 10:00 Lymphatic Flow: Frances Kao EC3.4 ■ (TV) 10:00 Willamette University Chamber Choir (A) 10:00 Open Crafting (S) 1:00 Pilates Wall Workout ■ (TV)	8:30 5000 Steps Walking Workout ■ (TV) 25 9:00 Medical Appointment Transportation (V) 10:00 30 Minute Seated Workout ■ (TV) 10:30 Clay Sculpture Class ■ (S) 2:00 Stitchery League ■ (SL) 4:00 Tai Chi for Seniors ■ (TV) 7:00 Movie Night ■ (A)	8:30 Silver Sneakers: Strength w/ Dumbbells ■ (TV) 26 9:00 Medical Appointment Transportation (V) 10:00 30 min Zumba Gold Workout ■ (TV) 1:00 1 hour Chair Yoga Class ■ (TV) 1:00 Library Committee ■ (S) 2:00 Foundation Office Hours (#611)	8:30 30 Min HiIT Walk ■ (TV) 27 9:00 Medical Appointment Transportation (V) 10:00 Line Dance Workout part 1 ■ (TV) 10:00 Toddlers in the Lobby (ML) 1:00 Seniors Chair Exercise with Sharon ■ (TV) 1:00 Bridge (CR) 2:00 Play Readers Group (SC)	8:30 Silver Sneakers: 20 Min Dance Workout ■ (TV) 28 9:30 Time of Meditation (C) 10:00 Line Dance Workout pt 2 ■ (TV) 10:00 Preschool in the Lobby (ML) 12:00 Bayview Staff Event (CR) 1:00 Zumba Gold Chair Workout ■ (TV) 2:00 Bayviews Publishing Committee ■ (M)	8:30 Chair Yoga ■ (TV) 29 9:30 Fred Meyer Shopping (V) 10:00 40 min Walking Workout ■ (TV) 10:30 Jewish Studies ■ (A) 11:30 Trader Joes Shopping (V) 1:00 Lymphatic Flow w/ Frances Kao ■ (TV) 1:00 Open Crafts ■ (S) 1:30 Pinochle (CR)	8:30 Weekend Blast Mat Pilates ■ (TV) 30 10:00 45 Min Senior Circuit Workout (TV) 10:00 Painting in Community ■ (S) 11:00 Catholic Eucharistic Gathering (C) 1:00 30 Min Walking Workout ■ (TV) 2:00 Mahjong ■ (CR) 2:00 Scrabble ■ (SC)
EASTER 31 8:30 Workout for Stronger Bones ■ (TV) 10:00 Lymphatic Flow: Frances Kao EC3.4 ■ (TV) 10:00 Open Crafting (S) 1:00 Pilates Wall Workout ■ (TV) 1:00 Bridge (CR) 4:00 Jane Fonda Low Impact Workout ■ (TV)						