

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>8:30 5000 Steps Walking Workout ■ (TV) 1</p> <p>9:00 Medical Appointment Transportation (V)</p> <p>9:45 Community Metro Outing (ML)</p> <p>10:00 30 Minute Seated Workout ■ (TV)</p> <p>10:30 Clay Sculpture Class ■ (S)</p> <p>2:00 Stitchery League ■ (SL)</p> <p>2:00 Herb Alpert Is... (TV)</p> <p>4:00 Tai Chi for Seniors ■ (TV)</p> <p>7:00 Herb Alpert Is... (TV)</p>	<p>8:30 Silver Sneakers: Strength w/ Dumbbells ■ (TV) 2</p> <p>9:00 Medical Appointment Transportation (V)</p> <p>10:00 30 min Zumba Gold Workout ■ (TV)</p> <p>10:00 David Smith Philosophy Class (A)</p> <p>10:15 Storytime in the Library (L)</p> <p>1:00 1 hour Chair Yoga Class ■ (TV)</p> <p>2:00 Foundation Office Hours (#611)</p>	<p>8:30 30 Min HiIT Walk ■ (TV) 3</p> <p>9:00 Medical Appointment Transportation (V)</p> <p>10:00 Line Dance Workout part 1 ■ (TV)</p> <p>10:00 Toddlers in the Lobby (ML)</p> <p>10:00 Excursions Committee ■ (M)</p> <p>1:00 Seniors Chair Exercise with Sharon ■ (TV)</p> <p>1:00 Bridge (CR)</p> <p>1:30 Watercolor Class (S)</p> <p>2:00 It Happened to Jane (TV)</p>	<p>Floor Meetings</p> <p>8:30 Silver Sneakers: 20 Min Dance ■ (TV) 4</p> <p>9:30 Time of Meditation (C)</p> <p>9:30 IKEA Excursion (V)</p> <p>10:00 Line Dance Workout pt 2 ■ (TV)</p> <p>10:00 Preschool in the Lobby (ML)</p> <p>10:30 Introduction to Dance (F)</p> <p>11:00 Audiology at Bayview (K)</p> <p>1:00 Zumba Gold Chair Workout ■ (TV)</p> <p>1:45 Queen of Katwe (TV)</p>	<p>8:30 Chair Yoga ■ (TV) 5</p> <p>9:00 Podiatry with Dr. Greenberg (SC)</p> <p>9:30 Coffee with Marco (M)</p> <p>9:30 Fred Meyer Shopping (V)</p> <p>10:00 40 min Walking Workout ■ (TV)</p> <p>10:00 Tapestry Weaving (S)</p> <p>10:30 Jewish Studies ■ (A)</p> <p>11:30 Trader Joes Shopping (V)</p> <p>1:00 Lymphatic Flow w/ Frances Kao ■ (TV)</p> <p>1:30 Pinochle (CR)</p>	<p>8:30 Weekend Blast Mat Pilates ■ (TV) 6</p> <p>10:00 45 Min Senior Circuit Workout ■ (TV)</p> <p>10:00 Painting in Community ■ (S)</p> <p>11:00 Catholic Eucharistic Gathering (C)</p> <p>1:00 30 Min Walking Workout ■ (TV)</p> <p>1:00 Private Event (CR)</p> <p>2:00 Mahjong ■ (CR)</p> <p>2:00 Scrabble ■ (SC)</p> <p>2:00 Decoding Watson (TV)</p>
<p>8:30 Workout for Stronger Bones ■ (TV) 7</p> <p>10:00 Lymphatic Flow: Frances Kao EC3.4 ■ (TV)</p> <p>10:00 Open Crafting (S)</p> <p>1:00 Pilates Wall Workout ■ (TV)</p> <p>1:00 Bridge (CR)</p> <p>2:00 Eclipse Over America (2017) (TV)</p> <p>3:00 2024 Total Solar Eclipse: NASA News (TV)</p>	<p>8:30 5000 Steps Walking Workout ■ (TV) 8</p> <p>9:00 Medical Appointment Transportation (V)</p> <p>10:00 30 Minute Seated Workout ■ (TV)</p> <p>10:00 Welcome Committee ■ (SC)</p> <p>10:30 Archives Committee ■ (L)</p> <p>10:30 Clay Sculpture Class ■ (S)</p> <p>1:00 Executive Council (M)</p> <p>2:00 Dudley Carter (TV)</p> <p>2:00 Stitchery League ■ (SL)</p>	<p>LeadingAge Conference (A) 9</p> <p>LeadingAge Conference (K)</p> <p>8:30 Silver Sneakers: Strength w/ Dumbbells ■ (TV)</p> <p>9:00 Medical Appointment Transportation (V)</p> <p>10:00 30 min Zumba Gold Workout ■ (TV)</p> <p>10:00 Entertainment Committee (M)</p> <p>10:30 Private Meeting (S)</p> <p>1:00 1 hour Chair Yoga Class ■ (TV)</p>	<p>LeadingAge Conference (A) 10</p> <p>LeadingAge Conference (K)</p> <p>8:30 30 Min HiIT Walk ■ (TV)</p> <p>9:00 Party Committee (M)</p> <p>9:00 Medical Appointment Transportation (V)</p> <p>9:00 Peel Tech (S)</p> <p>10:00 Line Dance Workout part 1 ■ (TV)</p> <p>10:00 Resident Food Committee (D)</p> <p>10:00 Toddlers in the Lobby (ML)</p>	<p>LeadingAge Conference (A) 11</p> <p>LeadingAge Conference (K)</p> <p>8:30 Silver Sneakers: 20 Min Dance ■ (TV)</p> <p>9:30 Time of Meditation (C)</p> <p>10:00 Line Dance Workout pt 2 ■ (TV)</p> <p>10:00 Preschool in the Lobby (ML)</p> <p>10:00 Cascadia Art Museum (V)</p> <p>10:30 Introduction to Dance (F)</p> <p>1:00 Zumba Gold Chair Workout ■ (TV)</p>	<p>8:30 Chair Yoga ■ (TV) 12</p> <p>9:30 Coffee w/ Barbara (M)</p> <p>9:30 Fred Meyer Shopping (V)</p> <p>10:00 40 min Walking Workout ■ (TV)</p> <p>10:00 Tapestry Weaving (S)</p> <p>10:30 Jewish Studies ■ (A)</p> <p>11:00 Private Event (SC)</p> <p>11:30 Trader Joes Shopping (V)</p> <p>1:00 Lymphatic Flow w/ Frances Kao ■ (TV)</p> <p>1:00 Open Crafts ■ (S)</p> <p>1:30 Pinochle (CR)</p>	<p>8:30 Weekend Blast Mat Pilates ■ (TV) 13</p> <p>10:00 45 Min Senior Circuit Workout ■ (TV)</p> <p>10:00 Painting in Community ■ (S)</p> <p>11:00 Catholic Eucharistic Gathering (C)</p> <p>1:00 30 Min Walking Workout ■ (TV)</p> <p>1:00 Book Discussion (CR)</p> <p>2:00 Mahjong ■ (CR)</p> <p>2:00 Scrabble ■ (SC)</p>
<p>8:30 Workout for Stronger Bones ■ (TV) 14</p> <p>10:00 Lymphatic Flow: Frances Kao EC3.4 ■ (TV)</p> <p>10:00 Open Crafting (S)</p> <p>1:00 Pilates Wall Workout ■ (TV)</p> <p>1:00 Bridge (CR)</p> <p>1:45 A Quiet Passion: Emily Dickinson (TV)</p> <p>4:00 Jane Fonda Low Impact Workout ■ (TV)</p> <p>6:30 Informal Hymn Sing (C)</p>	<p>8:30 5000 Steps Walking Workout ■ (TV) 15</p> <p>9:00 Medical Appointment Transportation (V)</p> <p>10:00 30 Minute Seated Workout ■ (TV)</p> <p>10:30 Clay Sculpture Class ■ (S)</p> <p>2:00 How Leonardo da Vinci Changed the World (TV)</p> <p>2:00 Arts & Crafts Committee (S)</p> <p>2:00 Stitchery League ■ (SL)</p> <p>3:00 Lincoln's Last Day (TV)</p>	<p>8:30 Silver Sneakers: Strength w/ Dumbbells ■ (TV) 16</p> <p>9:00 Medical Appointment Transportation (V)</p> <p>10:00 30 min Zumba Gold Workout ■ (TV)</p> <p>10:00 David Smith Philosophy Class (A)</p> <p>10:15 Storytime in the Library (L)</p> <p>1:00 1 hour Chair Yoga Class ■ (TV)</p> <p>2:00 Foundation Office Hours (#611)</p>	<p>8:30 30 Min HiIT Walk ■ (TV) 17</p> <p>9:00 Medical Appointment Transportation (V)</p> <p>10:00 Line Dance Workout part 1 ■ (TV)</p> <p>10:00 Toddlers in the Lobby (ML)</p> <p>1:00 Seniors Chair Exercise with Sharon ■ (TV)</p> <p>1:00 Spring Appeal Foundation Event (A)</p> <p>1:00 Bridge (CR)</p> <p>1:30 Watercolor Class (S)</p>	<p>Tulip Festival (V) 18</p> <p>8:30 Silver Sneakers: 20 Min Dance ■ (TV)</p> <p>9:30 Time of Meditation (C)</p> <p>10:00 Line Dance Workout pt 2 ■ (TV)</p> <p>10:00 Preschool in the Lobby (ML)</p> <p>10:30 Introduction to Dance (F)</p> <p>1:00 Zumba Gold Chair Workout ■ (TV)</p> <p>1:30 Bookmobile/Lobby (ML)</p> <p>2:00 Rummikub ■ (SL)</p> <p>2:00 Singin' in the Rain (TV)</p>	<p>8:30 Chair Yoga ■ (TV) 19</p> <p>9:30 Coffee with Nancy (M)</p> <p>9:30 Fred Meyer Shopping (V)</p> <p>10:00 40 min Walking Workout ■ (TV)</p> <p>10:00 Tapestry Weaving (S)</p> <p>10:30 Jewish Studies ■ (A)</p> <p>11:30 Trader Joes Shopping (V)</p> <p>1:00 Lymphatic Flow w/ Frances Kao ■ (TV)</p> <p>1:00 Open Crafts ■ (S)</p> <p>1:30 Pinochle (CR)</p> <p>1:30 Ancient Art & Architecture (A)</p>	<p>8:30 Weekend Blast Mat Pilates ■ (TV) 20</p> <p>10:00 45 Min Senior Circuit Workout ■ (TV)</p> <p>10:00 Painting in Community ■ (S)</p> <p>11:00 Catholic Eucharistic Gathering (C)</p> <p>1:00 30 Min Walking Workout ■ (TV)</p> <p>2:00 Mahjong ■ (CR)</p> <p>2:00 Scrabble ■ (SC)</p> <p>2:00 Maya Angelou: And Still I Rise (TV)</p>
<p>8:30 Workout for Stronger Bones ■ (TV) 21</p> <p>10:00 Lymphatic Flow: Frances Kao EC3.4 ■ (TV)</p> <p>10:00 Open Crafting (S)</p> <p>1:00 Pilates Wall Workout ■ (TV)</p> <p>1:00 Bridge (CR)</p> <p>2:00 The Biggest Little Farm (TV)</p> <p>4:00 Jane Fonda Low Impact Workout ■ (TV)</p> <p>6:30 Informal Hymn Sing (C)</p> <p>7:00 The Biggest Little Farm (TV)</p>	<p>PASSOVER BEGINS 22</p> <p>8:30 5000 Steps Walking Workout ■ (TV)</p> <p>9:00 Medical Appointment Transportation (V)</p> <p>10:00 30 Minute Seated Workout ■ (TV)</p> <p>10:30 Clay Sculpture Class ■ (S)</p> <p>2:00 Stitchery League ■ (SL)</p> <p>2:00 An Evening with Glen Campbell (TV)</p> <p>4:00 Tai Chi for Seniors ■ (TV)</p>	<p>8:30 Silver Sneakers: Strength w/ Dumbbells ■ (TV) 23</p> <p>9:00 Marketing Event (10)</p> <p>9:00 Medical Appointment Transportation (V)</p> <p>10:00 30 min Zumba Gold Workout ■ (TV)</p> <p>10:30 Private Meeting (S)</p> <p>1:00 1 hour Chair Yoga Class ■ (TV)</p> <p>1:00 Library Committee ■ (S)</p> <p>2:00 Foundation Office Hours (#611)</p>	<p>8:30 30 Min HiIT Walk ■ (TV) 24</p> <p>9:00 Medical Appointment Transportation (V)</p> <p>10:00 Line Dance Workout part 1 ■ (TV)</p> <p>10:00 Program Committee (M)</p> <p>10:00 Toddlers in the Lobby (ML)</p> <p>10:00 Improve Group (CR)</p> <p>1:00 Foundation Event: Panel (A)</p> <p>1:00 Seniors Chair Exercise with Sharon ■ (TV)</p> <p>1:00 Bridge (CR)</p>	<p>8:30 Silver Sneakers: 20 Min Dance ■ (TV) 25</p> <p>9:30 Time of Meditation (C)</p> <p>10:00 Line Dance Workout pt 2 ■ (TV)</p> <p>10:00 Preschool in the Lobby (ML)</p> <p>1:00 Zumba Gold Chair Workout ■ (TV)</p> <p>2:00 Bayviews Publishing Committee ■ (M)</p> <p>2:00 Rummikub ■ (SL)</p> <p>2:00 Walt Whitman (TV)</p>	<p>8:30 Chair Yoga ■ (TV) 26</p> <p>9:30 Fred Meyer Shopping (V)</p> <p>9:30 Baking with Liz (S)</p> <p>10:00 40 min Walking Workout ■ (TV)</p> <p>10:00 Tapestry Weaving (S)</p> <p>10:30 Jewish Studies ■ (A)</p> <p>11:30 Trader Joes Shopping (V)</p> <p>1:00 Lymphatic Flow w/ Frances Kao ■ (TV)</p> <p>1:00 Open Crafts ■ (S)</p> <p>1:30 Pinochle (CR)</p>	<p>8:30 Weekend Blast Mat Pilates ■ (TV) 27</p> <p>10:00 45 Min Senior Circuit Workout ■ (TV)</p> <p>10:00 Painting in Community ■ (S)</p> <p>11:00 Catholic Eucharistic Gathering (C)</p> <p>1:00 30 Min Walking Workout ■ (TV)</p> <p>2:00 Mahjong ■ (CR)</p> <p>2:00 Scrabble ■ (SC)</p> <p>4:00 Soothing Yoga for Seniors ■ (TV)</p>
<p>8:30 Workout for Stronger Bones ■ (TV) 28</p> <p>9:00 Lymphatic Flow with Frances Kao EC2.3 ■ (TV)</p> <p>10:00 Lymphatic Flow: Frances Kao EC3.4 ■ (TV)</p> <p>10:00 Open Crafting (S)</p> <p>1:00 Pilates Wall Workout ■ (TV)</p> <p>1:00 Bridge (CR)</p> <p>4:00 Jane Fonda Low Impact Workout ■ (TV)</p> <p>6:30 Informal Hymn Sing (C)</p>	<p>8:30 5000 Steps Walking Workout ■ (TV) 29</p> <p>9:00 Medical Appointment Transportation (V)</p> <p>10:00 30 Minute Seated Workout ■ (TV)</p> <p>10:30 Clay Sculpture Class ■ (S)</p> <p>2:00 Stitchery League ■ (SL)</p> <p>4:00 Tai Chi for Seniors ■ (TV)</p> <p>7:00 Movie Night ■ (A)</p>	<p>8:30 Silver Sneakers: Strength w/ Dumbbells ■ (TV) 30</p> <p>9:00 Medical Appointment Transportation (V)</p> <p>10:00 30 min Zumba Gold Workout ■ (TV)</p> <p>10:00 David Smith Philosophy Class (A)</p> <p>1:00 1 hour Chair Yoga Class ■ (TV)</p> <p>2:00 Foundation Office Hours (#611)</p> <p>2:00 Rummikub ■ (CR)</p>	<p>Event Type</p> <ul style="list-style-type: none"> ■ Activity ■ Committee ■ Event ■ Program 		<p>Location</p> <ul style="list-style-type: none"> 10 10th Floor A Albertson AZ Hybrid-Albertson B Boardroom C Chapel CR Cloud Room (10th E) D Dining Room F Fitness Center 	
				<p>K Kinnear</p> <p>L Library</p> <p>M McKnight</p> <p>ML Main Lobby</p> <p>S Studio</p> <p>SC Sky Club (10th W)</p> <p>SL Sky Lounge (10th)</p> <p>TV Channel 1982</p>		