

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																								
 <h1 style="font-family: cursive;">September 2017</h1> <p>Fred Lind Manor Monthly Activity Calendar</p> 																														
<p><i>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></p>	 <p><i>Happy Birthday!</i></p> <table border="0"> <tr><td>Gale Chrisman</td><td>9/6</td></tr> <tr><td>Barbara Dick</td><td>9/7</td></tr> <tr><td>Liz Crawford</td><td>9/14</td></tr> <tr><td>Joyce Manson</td><td>9/15</td></tr> <tr><td>Phyllis Bossiere</td><td>9/16</td></tr> <tr><td>Bobbi Kirk</td><td>9/23</td></tr> <tr><td>Helen Johnson</td><td>9/28</td></tr> <tr><td>Stanley Sparks</td><td>9/28</td></tr> <tr><td>Ellis Plowman</td><td>9/30</td></tr> </table>		Gale Chrisman	9/6	Barbara Dick	9/7	Liz Crawford	9/14	Joyce Manson	9/15	Phyllis Bossiere	9/16	Bobbi Kirk	9/23	Helen Johnson	9/28	Stanley Sparks	9/28	Ellis Plowman	9/30	<p><u>Location Key</u></p> <p>1- 1st Floor B- Basement L- Library (4) AR- Activity Room (2) DR-Dining Room S-Salon (3) LB-Lobby</p>	<p>1 9:30 Fred Meyer Shopping 10:30 Chair Fitness (AR) 11:15 Current Events (AR) 1:30 Bingo (AR) 3:00 Live Music and Ice Cream With Dean Hayes (1) 4:15 Spell-a-thon(AR) 6:30 Evening Movie (AR)</p> <p><i>*Last day to sign up for Puyallup Assembly Ctr. trip</i></p>	<p>2 7:30 Puyallup Assembly Center Commemoration (return at 2:00) <i>*sign up by 9/1/17</i> 9:00 Exercise DVD (1) 9:30 Chair Chi (1) 10:00 Bridge (1) 2:30 Movie Matinee (1) 6:30 Evening Movie (AR)</p>	<p>3 9:00 Exercise (1) 9:30 Chair Chi (1) 1:30 Religious Committee Meeting (1) 2:30 Chapel Service (1) 6:30 Evening Movie (AR)</p>	<p>4 10:30 Chair Fitness (AR) 11:15 Weekly Roundup (AR) 1:15 Manicures (AR) 12:00 Labor Day Lunch 1:30 Library Committee (L) 2:00 Activity Committee (1) 3:45 Science Hour (AR) 6:30 Evening Movie (AR)</p>	<p>5 10:30 Chair Fitness (AR) 10:45 Active Balance (1) 11:15 Cranium Crunchers (AR) 1:30 Pokeno (AR) 1:30 Strength Training (1) 2:30 Walk with Jane 2:45 Writer's Workshop (L) 4:00 Story Read Aloud (AR) 6:30 Evening Movie (AR)</p>	<p>6 9:00 Fit N Fun (AR) 9:30 Windshield Tour (1) 10:00 Sit N Fit w/ Jane (1) <i>*No 10:30 Chair Fitness Today</i> 12:30 Low Vision Group (AR) 2:00 Yoga (AR) 3:00 Bridge (1) 3:30 Bingo (AR) 6:30 Evening Movie (AR) 7:00 Sour Grapes-AA (1)</p>	<p>7 10:30 Chair Fitness (AR) 10:45 Active Balance (1) 11:15 Word Games (AR) 12:00 Birthday Lunch (1) 1:30 Strength Training (1) 1:30 Wii Bowling (AR) 2:30 FLM Resident Council (AR) 3:45 Drop in and Sing (AR) 6:30 Evening Movie (AR)</p>	<p>8 9:30 Safeway 1 10:30 Chair Fitness (AR) 10:30 Safeway 2 11:15 Life According to Barney Fife w/ Dave (AR) 1:30 Bingo (AR) 3:00 Ice Cream Social (AR) 3:45 Spell-a-Thon (AR) 4:15 Happy Hour (1) 6:30 Evening Movie (AR)</p> <p><i>* The UW will be using the Library from 12:30 –3:00 today</i></p>	<p>9 9:00 Exercise DVD (1) 9:30 Chair Chi (1) 10:00 Bridge (1) 2:30 Movie Matinee (1) 6:30 Evening Movie (AR)</p>
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<p>10</p> <p>9:00 Exercise (1) 9:30 Chair Chi (1) 2:30 Chapel Service (1) 6:30 Evening Movie (AR)</p>	<p>11</p> <p>10:30 Film History with Lance Rhoades (1) 1:15 Manicures (AR) 2:30 European Travelogue with Janet Woodward (1) 3:45 Science Hour (AR) 6:30 Evening Movie (AR)</p>	<p>12</p> <p>10:00 Dining Committee (1) 10:30 Chair Fitness (AR) 10:45 Active Balance (B) 11:15 Cranium Crunchers (AR) 1:30 Pokeno (AR) 1:30 Strength Training (1) 2:30 Walk with Jane 2:45 Poetry (L) 4:00 Story Read Aloud (AR) 6:30 Evening Movie (AR)</p>	<p>13</p> <p>9:00 Fit N Fun (AR) 10:00 Sit N Fit w/ Jane (1) 10:30 Chair Fitness (AR) 11:00 Out to Lunch Bunch 9:30-11:30 Podiatrist Visit (S) * 11:15 Jeopardy! (AR) 2:00 Yoga (AR) 3:00 Bridge (1) 3:30 Bingo (AR) 6:30 Evening Movie (AR) 7:00 Sour Grapes-AA (1) <i>* Sign up with Amy or Yasmin</i></p>	<p>14</p> <p>10:30 Chair Fitness (AR) 10:45 Active Balance (1) 11:15 Word Games (AR) 1:30 Strength Training (1) 1:30 Spell-a-Thon (AR) 3:45 Drop in and Sing (AR) 6:30 Evening Movie (AR)</p>	<p>15</p> <p>9:30 QFC 1 10:30 Chair Fitness (AR) 10:30 QFC 2 11:15 Current Events (AR) 11:15 Bookmobile (1) 1:30 Bingo (AR) 3:00 Ice Cream and Live Music with Jim & Beth Wulff (1) 4:15 Lemonade Social (AR) 4:15 Happy Hour (1) 6:30 Evening Movie (AR)</p>	<p>16</p> <p>9:00 Exercise DVD (1) 9:30 Chair Chi (1) 10:00 Bridge (1) 2:30 Movie Matinee (1) 6:30 Evening Movie (AR)</p>
<p>17</p> <p>9:00 Exercise (1) 9:30 Chair Chi (1) 2:30 Chapel Service (1) 6:30 Evening Movie (AR)</p>	<p>18</p> <p>10:30 Chair Fitness (AR) 11:00 Bible Study (1) 11:15 Weekly Roundup (AR) 1:15 Manicures (AR) 3:00 Fireside Chat with Dave (1) 3:45 Science Hour (AR) 6:30 Evening Movie (AR)</p>	<p>19</p> <p>10:30 Chair Fitness (AR) 10:45 Active Balance (1) 11:15 Cranium Crunchers (AR) 1:30 Pokeno (AR) 1:30 Strength Training (1) 2:30 Walk with Jane 2:45 Writer's Workshop (L) 4:00 Story Read Aloud (AR) 6:30 Evening Movie (AR)</p>	<p>20</p> <p>9:00 Fit N Fun (AR) 10:00 Sit N Fit w/ Jane (1) 10:30 Chair Fitness (AR) 10:30 Walk at Alki Beach 11:15 Trivia & Puzzles (AR) 2:00 Yoga (AR) 3:00 Bridge (1) 3:30 Bingo (AR) 6:30 Evening Movie (AR) 7:00 Sour Grapes-AA (1)</p>	<p>21</p> <p>10:30 Chair Fitness (AR) 10:45 Active Balance (1) 11:15 Word Games (AR) 1:30 Strength Training (1) 2:30 FLM Resident's Association (1) 3:30 Basement Plans Presentation (1) 3:45 Drop in and Sing (AR) 6:30 Evening Movie (AR)</p>	<p>22</p> <p>9:30 Safeway 1 10:30 Chair Fitness (AR) 10:30 Safeway 2 11:15 Current Events (AR) 1:30 Bingo (AR) 3:00 Ice Cream Social (AR) 3:45 Spell-a-Thon (AR) 4:15 Happy Hour (1) 6:30 Evening Movie (AR)</p>	<p>23</p> <p>9:00 Exercise DVD (1) 9:30 Chair Chi (1) 10:00 Bridge (1) 11:00-2:00 FLM Art Walk and Open House 2:30 Movie Matinee (1) 6:30 Evening Movie (AR)</p>
<p>24</p> <p>9:00 Exercise (1) 9:30 Chair Chi (1) 2:30 Chapel Service (1) 6:30 Evening Movie (AR)</p>	<p>25</p> <p>11:15 Weekly Roundup (AR) 11:00 Bible Study (1) 1:15 Manicures (AR) 1:30 Nonagenarians (1) 2:30 Pokeno (AR) 3:45 Science Hour (AR) 6:30 Evening Movie (AR)</p>	<p>26</p> <p>10:30 Chair Fitness (AR) 10:45 Active Balance (B) 11:15 Cranium Crunchers (AR) 1:30 Pokeno (AR) 1:30 Strength Training (1) 2:30 Walk with Jane 2:45 Poetry (L) 4:00 Story Read Aloud (AR) 6:30 Evening Movie (AR)</p>	<p>27</p> <p>8:00 Men's Breakfast Outing 9:00 Fit N Fun (AR) 10:00 Sit N Fit w/ Jane (1) 10:30 Chair Fitness (AR) 11:15 Jeopardy (AR) 2:00 Yoga (AR) 3:00 Bridge (1) 3:30 Bingo (AR) 6:30 Evening Movie (AR) 7:00 Sour Grapes-AA (1) <i>*Last Day to sign up for St. Mark's concert</i></p>	<p>28</p> <p>10:00-2:00 Corner Store (1) 10:30 Chair Fitness (AR) 10:45 Active Balance (1) 11:15 Word Games (AR) 12:00 Stan Sparks 100th Birthday (1) 12:45-1:45 Hearing Clinic (L) * 1:30 Strength Training (1) 2:30 Health & Wellness Committee (AR) 3:45 Drop in and Sing (AR) 6:30 Evening Movie (1) <i>Sign up with Amy or Yasmin</i></p>	<p>29</p> <p>9:30 QFC 1 10:30 Chair Fitness (AR) 10:30 QFC 2 11:15 Current Events (AR) 1:30 Bingo (AR) 3:00 Ice Cream Social (AR) 3:45 Spell-a-Thon (AR) 4:15 Happy Hour (1) 6:00 Concert at St. Mark's * 6:30 Evening Movie (AR) <i>*Sign up by 9/29/17</i></p>	<p>30</p> <p>9:00 Exercise DVD (1) 9:30 Chair Chi (1) 10:00 Bridge (1) 2:30 Movie Matinee (1) 6:30 Evening Movie (AR)</p>