

Chateau at Bothell Landing MARCH 2010

Sun

Mon

Tue

Wed

Thu

Fri

Sat



1
 9:00 Communion Service
 Library
 1:00 Resident Discussion
 Group PL
 1:45 Walking with Lew

2
 8:25 Water Exercise Pool
 9:00 Stretch It B1
 9:00 Water Aerobics C Pool
 10:00 Strength for Life HC
 11:00 Brain Work out Lobby
 2:00 Vespers PL
 3:00 Quarter Bingo B1
 7:00 Men's Poker PL

3
 8:25 Water Exercise
 9:00 Stretch It B1
 10:00 Shopping- QFC
 11:00 News & More Lobby
 1:00 Hearing Aid Clinic
 1:30 Scenic Trip- sign up
 2:00 Creative Arts B1
 6:30 Bridge Group PL

4
 9:00 Aerobics cool pool
 9:00 Stretch It B1
 11:00 Brain Workout Lobby
 2:00 Afternoon Tea B1
 6:45 Singers Practice B1

5
 8:25 Water Exercise
 9:00 Water Works
 10:00 Strength for Life
 HC
 10:45 Men's Power &
 Strength HC
 11:00 Lunch Out Bunch
 Lake Forest Park Grill
 3:30 Friday Social B1
 7:00 Men's Poker PL

6
 9:00 Stretch It B1
 10:30 Make Your Own
 Cards B1
 1:00 Poetry & Short
 Stories Pl
 2:00 Quarter Bingo B1

7
 11:00 -1:00 Brunch
 Open Swimming

8
 9:00 Communion Service
 Library
 1:45 Walking in the Park-
 Lobby
 2-3 Wellness Clinic
 Fitness Studio Bldg.C

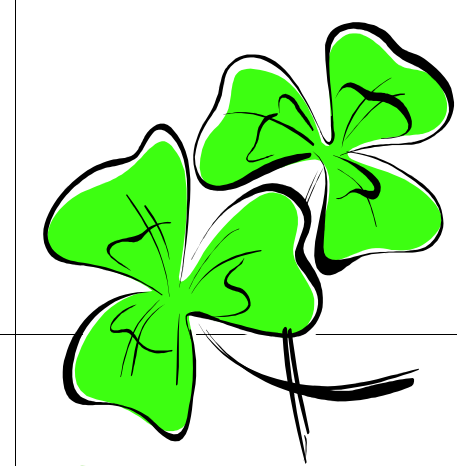
9
 8:25 Water Exercise
 9:00 Stretch It B1
 9:00 Water Aerobics C Pool
 10:00 Strength for Life HC
 11:00 Brain Workout Lobby
 2:00 Vespers PL
 3:00 ALL RESIDENT
 MEETING B1
 7:00 Men's Poker PL

10
 8:25 Water Exercise
 9:00 Stretch It B1
 10:00 Shopping- Safeway
 11:00 News & More Lobby
 2:00 Diabetes Workshop
 Bistro
 3:30 Jewelry Repair/re-do
 B1
 6:30 Bridge Group PL

11
 9:00 Aerobics cool pool
 9:00 Stretch It B1
 10:30 Balance & Stability
 FC Studio
 11:00 Brain Workout Lobby
 1:45 Balance & Stability
 HC
 2:00 Laugh Out Loud B1
 2:30 Gentle Yoga HC
 6:45 Singers Practice B1

12
 8:25 Water Exercise
 9:00 Water Works
 10:00 Strength for Life
 HC
 10:45 Men's Power &
 Strength HC
 1:30 Chair Volleyball B1
 3:30 Friday Social B1
 7:00 Men's Poker PL

13
 9:00 Stretch It on own
 B1
 1:00 Poetry & Short
 Stories on own Pl



Sun

Mon

Tue

Wed

Thu

Fri

Sat

14

11:00 –1:00 Brunch
Open Swimming
2:00 Sunday Matinee
Bistro

DAYLIGHT
SAVINGS TIME
BEGINS

15

9:00 Communion Service
Library
9:00 Water Works Pool
10:00 Tai Chi for Balance
HC
1:00 Glass Art in the Lobby
1:00 Resident Discussion Grp
Library
1:45 Walking with Chris
Ann Lobby

16

8:25 Water Exercise
9:00 Stretch It B1
9:00 Water Aerobics C Pool
10:00 Strength for Life HC
11:00 Brain Workout Lobby
2:00 Vespers PL
3:00 Quarter Bingo B1
7:00 Men's Poker PL

17 ST.PAT'S DAY

8:25 Water Exercise
9:00 Stretch It B1
9:00 Foot Nurse B1
10:00 Shopping–Top Food
11:00 News & More Lobby
11:30 Men's Lunch Out with
Brandon
1:00 Hearing Aid Clinic
2:00 Wearing of the Green
Contest in Bistro
6:30 Bridge Group PL

18

9:00 Aerobics cool pool
9:00 Stretch It B1
10:30 Balance & Stability
FC Studio
11:00 Brain Workout Lobby
1:45 Balance & Stability
HC
2:30 Gentle Yoga HC
3:00 The Gothard Sisters
Irish Music in Bistro
6:45 Singers Practice B1

19

8:25 Water Exercise
9:00 Water Works
10:00 Strength for Life
10:30 Traveling Library L
10:00 Clothing Connection B1
10:45 Men's Power &
Strength HC
1:30 Chair Volleyball B1
3:30 Friday Social B1
7:00 Men's Poker PL

20

9:00 Stretch It B1
10:30 Make Beautiful
Cards with Joan B1
1:00 Poetry & Short
Stories Pl
2:00 Quarter Bingo B1

SWING INTO SPRING
OPEN HOUSE
BUILDING B & C

21

11:00 –1:00 Brunch
Open Swimming
3:00 WII Game Bistro

22

9:00 Communion Service
Library
9:00 Water Works Pool
10:00 Tai Chi for Balance
HC
1:45 Walking with Chris
Ann Lobby

23

8:25 Water Exercise
9:00 Stretch It B1
9:00 Water Aerobics C Pool
10:00 Strength for Life HC
11:00 Brain Workout Lobby
2:00 Vespers PL
3:00 Quarter Bingo B1
7:00 Men's Poker PL

24

8:25 Water Exercise
9:00 Stretch It B1
10:00 Shopping–Albertsons
11:00 News & More Lobby
1:30 Trip to Casino
2:00 Creative Arts B1
6:30 Bridge Group PL

25

9:00 Aerobics cool pool
9:00 Stretch It on own B1
10:30 Balance & Stability
FC Studio
1:45 Balance & Stability HC
2:30 Gentle Yoga HC
3:00 Special Music Bistro
6:45 Singers Practice B1

26

8:25 Water Exercise
9:00 Water Works
10:00 Strength for Life
HC
10:45 Men's Power &
Strength HC
11:00 Aging for Success B1
1:30 Chair Volleyball B1
3:30 Friday Social B1
7:00 Men's Poker PL

27

9:00 Stretch It B1
10:30 Make Your Own
Cards B1
1:00 Poetry & Short
Stories Pl
2:00 Quarter Bingo B

28

11:00 –1:00 Brunch
Open Swimming
2:00 Sunday Movie
Bistro

29

9:00 Communion Service
Library
9:00 Water Works Pool
10:00 Tai Chi for Balance
HC
1:45 Walking with Chris
Ann Lobby
4:00 Book Club with Chris
Serold in Library
"The Life of Pi" Y. Martel

30

8:25 Water Exercise
9:00 Stretch It B1
9:00 Water Aerobics C Pool
10:00 Strength for Life HC
11:00 Brain Workout Lobby
2:00 Vespers PL
3:00 Quarter Bingo B1
7:00 Men's Poker P

31

8:25 Water Exercise
9:00 Stretch It B1
10:00 Shopping–Fred Meyer
11:00 News & More Lobby
2:30 Monthly Birthday
Party B1
6:30 Bridge Group Pl

Happy St.
Pat's Day!

