


Norse Home Activities Calendar

March 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 9:30 EnhanceFitness - SH 10:00 Activity Check in 11:00 Mindstretchers - FPL& 3rd FL 1:30 Don't Get Scammed - FPL 3:00 Tech Time: Sign Up 3:30 Wii Practice - 2nd FL
3 6:30 Vespers - SH Ballard First Lutheran Communion	4 9:00 EnhanceFitness - SH 11:00 Mindstretchers - FPL 1:30 Watercolor - SH 3:00 Reading with Molly-4th FI	5 9:30 Stretch & Flex - SH 10:00 Corn Hole Toss - 3rd FL 10:45 Golf - FPL 11:00 AARP Tax Help : Sign Up 2:30 Kapka Kids - 2nd FL 3:30 Texas Hold'em Poker - SH 3:30 Scrabble Hour - 3rd FL	6 Ash Wednesday 9:30 EnhanceFitness - SH 10:00 Activity Check in 11:00 Mindstretchers - FPL& 3rd FL 1:15 Fred Meyers Shopping 1:30 Crafting w/ Lacey - CR 3:30 Corn hole Toss - FPL 6:15 BINGO - SH	7 Podiatrist 9:00 Challenge Your Balance - SH 9:40 Stretch & Flex - SH 10:00 Let's Play Sorry - 3rd FL 10:45 Corn Hole Toss- FPL 1:00-2:30 Little Store Open - GF 1:30 BINGO - 2nd FL DR 3:00 Happy Hour - MDR	8 9:30 EnhanceFitness - SH 10:00 Activity Check in 10:45 Tech Time: Sign Up 11:00 Mindstretchers - FPL& 3rd FL 12:00 Lunch Outing 2:30 TED Talk - PDR 3:30 Drawing 101 - FR	9 9:00 Stretch & Balance - SH 9:30-11:30 Little Store Open - GF 10:00 Dog Visit - 3rd FI 10:30 Irish Dancers-SH 1:30 BINGO - 2nd FI 3:30 Wii Bowling - 2nd FI
10 Daylight Saving Time begins	11 9:00 EnhanceFitness-SH 10:40 Bookmobile- ML 11:10 Mindstretchers - FPL 1:30 Watercolor -SH 3:00 Reading with Molly-4th FI	12 9:15 Stretch & Flex - SH 10:00 Corn Hole Toss - 3rd FL 10:45 Golf-FPL 2:00 Birthday Party-MDR 2:30 Kapka Kids - 2nd FL 3:30 Texas Hold'em Poker - SH 3:30 Scrabble Hour - 3rd FL	13 9:30 EnhanceFitness - SH 10:00 Activity Check in 11:00 Mindstretchers - FPL 3rd FL 1:15 Fred Meyers Shopping 1:30 Crafting w/ Lacey - CR 3:30 Tasting Party - SH 7:30 Rain City Symphony-MDR	14 9:00 Challenge Your Balance - SH 9:40 Stretch & Flex - SH 10:15 Scenic Drive: Sign up 1:00-2:30 Little Store Open - GF 1:30 BINGO - 2nd FL DR 3:00 Happy Hour - MDR	15 9:30 EnhanceFitness - SH 10:00 Activity Check in 11:00 Mindstretchers - FPL& 3rd FL 1:00 Surprise Outing 3:00 Tech Time: Sign Up 3:30 Wii Practice - 2nd FL	16 9:00 Stretch & Balance - SH 9:30-11:30 Little Store Open - GF 9:30 Outing: Uwajimaya 1:00 BINGO - 2nd FI 2:00 S.T.R.U.M.- MDR 3:30 Wii Bowling - 2nd FI
17 St. Patrick's Day 6:30 Vespers - SH Dwight Paulson	18 9:00 EnhanceFitness - SH 11:00 Mindstretchers - FPL 1:30 Watercolor with Deborah - SH 3:00 Reading with Molly-4th FI	19 9:15 Stretch & Flex - SH 10:00 Corn Hole Toss - 3rd FL 10:45 Golf-FPL 11:00 AARP Tax Help : Sign Up 1:30 Writing Workshop - 5th FL 2:30 Kapka Kids - 2nd FL 3:30 Texas Hold'em Poker - SH 3:30 Scrabble Hour - 3rd FL	20 Spring 9:30 EnhanceFitness - SH 10:00 Activity Check in 11:00 Mindstretchers - FPL& 3 FL 1:15 Fred Meyer Shopping 2:30 Tea Party - 2nd FL 3:30 Poet's Corner - FPL 6:15 BINGO - SH	21 Shelly On Vacation 9:00 Challenge Your Balance - SH 9:40 Stretch & Flex - SH 10:00 Let's Play Sorry - 3rd FL 10:45 Corn Hole Toss- FPL 1:00-2:30 Little Store Open - GF 1:30 BINGO - 2nd FL DR 3:00 Happy Hour - MDR	22 Jeremy Off 9:30 Movement with Molly-SH 10:00 Activity Check in 11:00 Mindstretchers - FPL 11:00 Make Lunch Together -SH 1:30 Tech Time: Sign Up 3:30 Drawing 101 - FR	23 9:00 Stretch & Balance - SH 9:30-11:30 Little Store Open - GF 9:30 Outing: Goodwill 11:00 Dinner & Movie Vote-FPL 1:30 BINGO - 2nd FI 3:30 Wii Bowling - 2nd FI
24 3:30 Sing Along-FPL	25 9:00 EnhanceFitness-SH 11:00 Mindstretchers - FPL 1:30 Watercolor with Deborah-SH 3:00 Reading with Molly 4th FI 7:30 Norwegian Male Chorus -MDR	26 9:15 Stretch & Flex - SH 10:00 Corn Hole Toss - 3rd FL 10:45 Golf-FPL 1:30 Writing Workshop -PDR 2:30 Kapka Kids - 2nd FL 3:30 Texas Hold'em Poker - SH 3:30 Scrabble Hour - 3rd FL	27 Shelly Returns 9:30 EnhanceFitness - SH 10:00 Activity Check in 11:00 Mindstretchers - FPL& 3 FL 1:15 Fred Meyers Shopping 1:30 Bell Choir-FPL 3:30 Composer's Corner - FPL	28 Baseball Season Opens 9:00 Challenge Your Balance - SH 9:40 Stretch & Flex - SH 10:15 Scenic Drive: Sign up 1:00-2:30 Little Store Open - GF 1:30 BINGO - 2nd FL DR 3:00 Happy Hour - MDR	29 9:30 EnhanceFitness - SH 10:00 Activity Check in 11:00 Mindstretchers - FPL& 3rd FL 1:00 Outing: Seattle Aquarium 3:30 Tech Time: Sign Up 3:30 Wii Practice - 2nd FL	30 9:00 Stretch & Balance - SH 9:30-11:30 Little Store Open - GF 11:00 Riddle Me This - FPL 1:00 BINGO - 2nd FI 2:30 Wii Bowling - 2nd FI 4:30 Dinner & a Movie - FR
31 2:00 Piano Recital - MDR 7:00 Vesper - SH The Ockwell Family	Activities Hotline # 7444 (206-781-7444) Updated daily All Activities are subject to change.					

Room Abbreviations CR - Craft Room, GF FPL - Fireplace Lounge-1st FR - Founders Room, GF GF - Ground Floor MDR - Main Dining 1st FL ML - Main Lobby PDR - Private Dining Room SH - Social Hall, GF