


# Norse Home Activities Calendar

# May 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1 May Day</b> 9:30 EnhanceFitness - SH 11:00 Mindstretchers - FPL 1:15 Fred Meyers Shopping 1:30 Fishing in Alaska - FPL 2:30 Scrabble - 2nd FI 6:15 BINGO - SH	<b>2</b> 9:00 Challenge Your Balance - SH 9:40 Stretch & Flex - SH 10:30 Golf-FPL 1:00-2:30 Little Store Open - GF 1:30 BINGO - 2nd FL DR 3:00 Happy Hour - MDR	<b>3</b> 9:30 EnhanceFitness - SH 11:00 Mindstretchers - FPL 1:30 Board Games - 2nd FL 3:00 Drawing 101 - FR 3:00 Tech Time: Sign Up	<b>4</b> 9:00 Stretch & Balance - SH 9:30-11:30 Little Store Open - GF 10:30 Outing: Dollar Tree 1:30 BINGO - 2nd FI 3:30 Wii Bowling - 2nd FI
<b>5 Cinco De Mayo</b> 6:30 Vespers - SH Ballard First Lutheran Communion	<b>6</b> 9:00 EnhanceFitness - SH 11:00 Mindstretchers - FPL 1:30 Watercolor with Deborah- SH 3:00 Reading with Molly-5th FI	<b>7</b> 9:30 Stretch & Flex - SH 10:15-11:30 Little Store Open-GF 10:30 Corn Hole Toss- FPL 1:30 Writing Workshop -PDR 2:30 Kapka Kids - 2nd FL 3:30 Texas Hold'em Poker - SH	<b>8</b> 9:30 EnhanceFitness - SH 11:00 Mindstretchers - FPL 1:15 Fred Meyers Shopping 2:30 Scrabble - 2nd FL 3:30 Poet's Corner - FPL	<b>9</b> 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	<b>10</b> 9:30 EnhanceFitness - SH 11:00 Mindstretchers - FPL 1:00 Walk at Golden Gardens 3:00 Wii Practice - 2nd FL 3:00 Tech Time: Sign Up 4:00 Baseball Game & Dinner-SH	<b>11</b> 9:00 Stretch & Balance - SH 9:30-11:30 Little Store Open - GF 9:30 Outing: Bartell Drugs 10:00 Dog Visit - 3rd FI 11:15 Dinner & Movie: Vote - FPL 12:00 Glasses Repair—MDR 1:30 BINGO - 2nd FI 3:30 Wii Bowling - 2nd FI
<b>12 Mother's Day</b> 11:30 am-1:00pm Mother's Day Special Luncheon	<b>13</b> 9:00 EnhanceFitness-SH 10:40 Bookmobile— ML 11:10 Mindstretchers - FPL 1:30 Watercolor —SH 3:00 Reading with Molly-5th FI	<b>14</b> 9:30 Stretch & Flex - SH 10:15-11:30 Little Store Open-GF 10:30 Corn Hole Toss- FPL 2:30 Kapka Kids - 2nd FL 3:30 Texas Hold'em Poker - SH	<b>15</b> 9:30 EnhanceFitness - SH 11:00 Mindstretchers - FPL 1:15 Fred Meyers Shopping 3:30 Tasting Party - SH	<b>16</b> 9:00 Challenge Your Balance - SH 9:40 Stretch & Flex - SH 10:30 Golf-FPL 1:00-2:30 Little Store Open - GF 1:30 BINGO - 2nd FL DR 3:00 Happy Hour - MDR	<b>17 Syttende Mai</b> 9:30 EnhanceFitness - SH 11:00 Mindstretchers - FPL 11:30-1:00 Special Lunch—MDR 2:00 BINGO -2nd FL 4:30 Leave for Parade 6:00 Syttende Mai Parade in Ballard	<b>18 Lacey off today</b> 9:00 Stretch & Balance - SH 9:30-11:30 Little Store Open - GF
<b>19</b> 6:30 Vespers - SH Dwight Paulson	<b>20</b> 9:00 EnhanceFitness - SH 11:00 Mindstretchers - FPL 1:30 Watercolor - SH 3:00 Reading with Molly-5th FI	<b>21</b> 9:30 Stretch & Flex - SH 10:15-11:30 Little Store Open-GF 10:30 Corn Hole Toss- FPL 2:00 Birthday Party-MDR with Nick Baker 2:30 Kapka Kids - 2nd FL 3:30 Texas Hold'em Poker - SH	<b>22</b> 9:30 EnhanceFitness - SH 11:00 Mindstretchers - FPL 1:15 Fred Meyers Shopping 2:30 Tea Party - 2nd FL 3:30 Composer's Corner - FPL 6:15 BINGO - SH	<b>23</b> 9:00 Challenge Your Balance - SH 9:40 Stretch & Flex - SH 10:15 Scenic Drive: Sign up 12:15 W.W. Cub Choir-MDR 1:00-2:30 Little Store Open - GF 1:30 BINGO - 2nd FL DR 3:00 Happy Hour - MDR	<b>24</b> 9:30 EnhanceFitness - SH 10:45 Tech Time - Sign up 11:00 Mindstretchers - FPL 11:30 Zoo Trip & Picnic 2:00 Reading with Molly-5th FL	<b>25</b> 9:00 Stretch & Balance - SH 9:30-11:30 Little Store Open - GF 10:30 Outing: PCC Market 1:30 BINGO - 2nd FI 3:00 Wii Bowling - 2nd FI 4:30 Dinner & a Movie - FR
<b>26</b> 3:30 Sing Along-FPL 7:00 Vesper - SH The Ockwell Family	<b>27 Memorial Day</b> <b>Memorial Day Holiday</b> 1:30 Watercolor with Deborah-SH	<b>28</b> 9:30 Stretch & Flex - SH 10:15-11:30 Little Store Open-GF 1:30 Writing Workshop -PDR 2:30 Kapka Kids - 2nd FL 3:30 Texas Hold'em Poker - SH	<b>29</b> 9:30 EnhanceFitness - SH 11:00 Mindstretchers - FPL 1:15 Fred Meyer Shopping 1:30 Bell Choir - FPL 3:30 Composer's Corner - FPL	<b>30</b> 9:00 Challenge Your Balance - SH 9:40 Stretch & Flex - SH 10:30 Corn hole Toss - FPL 1:00-2:30 Little Store Open - GF 1:30 BINGO - 2nd FL DR 3:00 Happy Hour - MDR	<b>31</b> 9:30 EnhanceFitness - SH 11:00 Mindstretchers - FPL 11:45 Let's Go Out to Lunch 2:00 Reading with Molly-5th FL 3:00 Drawing 101 - FR 3:00 Tech Time: Sign Up	<b>Activities Hotline # 7444</b> <b>(206-781-7444)</b> <b>Updated daily</b> <b>All Activities are subject to</b> <b>change.</b>

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