





Senior Wellness Programs — April 2025

Mon	Tue	Wed	Thu	Fri
31	Apr 1	2	3	4
10:00am Seated SAIL <u>11:40am</u> NEW Seated SAIL with Jan 12:45pm NEW Writers Support Group	11:00am SAIL Aerobics 12:15pm Senior Café Lunch <i>French Toast Casserole</i> Tidbit Tuesday with Zach from Puget Sound Energy	10:00am Seated SAIL Music & Memories 12:00-1:00pm Opening Minds Thru Art 1:00-2:00pm	10:00am SAIL Aerobics 9am-12p, SHIBA Appts. with Dave Krafty Krafter's Open House 11:30am-2:00pm Seeds of Change Dinner 5:30-6:30pm	  
7	Birthday Tuesday 8	9	10	
10:00am Seated SAIL <u>11:40am</u> NEW Seated SAIL with Jan 12:45pm NEW Writers Support Group	11:00am SAIL Aerobics 12:15pm Senior Café Lunch <i>Hawaiian Sliders</i> Entertainment by Hank Blumenthal	10:00am Seated SAIL Music & Memories 12:00-1:00pm Opening Minds Thru Art 1:00-2:00pm NEW Square Dance Class—5:30 pm	10:00am SAIL Aerobics Krafty Krafter's Open House 11:30am-2:00pm Seeds of Change Dinner 5:30-6:30pm	
14	15	16	17	
10:00am Seated SAIL <u>11:40am</u> NEW Seated SAIL with Jan 12:45pm NEW Writers Support Group	11:00am SAIL Aerobics 12:15pm Senior Café Lunch <i>Lunch Lady Special</i> Scavenger Hunt	10:00am Seated SAIL Music & Memories 12:00-1:00pm Opening Minds Thru Art 1:00-2:00pm	10:00am SAIL Aerobics 9am-12p, SHIBA Appts. with Dave Krafty Krafter's Open House 11:30am-2:00pm Seeds of Change Dinner 5:30-6:30pm	
21	22	23	24	
10:00am Seated SAIL <u>11:40am</u> NEW Seated SAIL with Jan 12:45pm NEW Writers Support Group	11:00am SAIL Aerobics 12:15pm Senior Café Lunch <i>Chicken and Gnocchi Chowder</i> Bingo	10:00am Seated SAIL Music & Memories 12:00-1:00pm Opening Minds Thru Art 1:00-2:00pm NEW Square Dance Class—5:30 pm	10:00am SAIL Aerobics Krafty Krafter's Open House 11:30am-2:00pm Seeds of Change Dinner 5:30-6:30pm	
28	29	30	May 1	
10:00am Seated SAIL <u>11:40am</u> NEW Seated SAIL with Jan 12:45pm NEW Writers Support Group	11:00am SAIL Aerobics 12:15pm Senior Café Lunch <i>Enchiladas</i> Special Presentation: Avoiding Scamming	10:00am Seated SAIL Music & Memories 12:00-1:00pm Opening Minds Thru Art 1:00-2:00pm	10:00am SAIL Aerobics Krafty Krafter's Open House 11:30am-2:00pm Seeds of Change Dinner 5:30-6:30pm	
				2

Senior Wellness Programs — May 2025

Mon	Tue	Wed	Thu	Fri	
28	29	30	May 1	2	
10:00am Seated SAIL 11:40am NEW Seated SAIL with Jan 12:45pm NEW Writers Support Group	11:00am SAIL Aerobics 12:15pm Senior Café Lunch <i>Enchiladas</i> Bingo	10:00am Seated SAIL Music & Memories 12:00-1:00pm Opening Minds Thru Art 1:00-2:00pm	10:00am SAIL Aerobics Krafty Krafter's Open House 11:30am-2:00pm Seeds of Change Dinner 5:30-6:30pm	 <div data-bbox="1661 542 1944 1263" style="background-color: #800040; color: white; padding: 10px; text-align: center; font-size: 1.2em;"> “You are never too old to set another goal or to dream a new dream.” </div>	
5	6	7	8		9
10:00am Seated SAIL 11:40am NEW Seated SAIL with Jan 12:45pm NEW Writers Support Group	11:00am SAIL Aerobics 12:15pm Senior Café Lunch <i>Lasagna</i> Tidbit Tuesday with Rick Flores from Alzheimer's Association	10:00am Seated SAIL Music & Memories 12:00-1:00pm Opening Minds Thru Art 1:00-2:00pm NEW Square Dance Class—5:30 pm	NO Exercise! Ladies Tea at 12:00 pm Seeds of Change Dinner 5:30-6:30pm		
12	Birthday Tuesday 13	14	15		16
10:00am Seated SAIL 11:40am NEW Seated SAIL with Jan 12:45pm NEW Writers Support Group	11:00am SAIL Aerobics 12:15pm Senior Café Lunch <i>Meatloaf</i> Entertainment by Danny Vernon...Elvis	10:00am Seated SAIL Music & Memories 12:00-1:00pm Opening Minds Thru Art 1:00-2:00pm	10:00am SAIL Aerobics Krafty Krafter's Open House 11:30am-2:00pm Seeds of Change Dinner 5:30-6:30pm		
19	20	21	22		23
10:00am Seated SAIL 11:40am NEW Seated SAIL with Jan 12:45pm NEW Writers Support Group	11:00am SAIL Aerobics 12:15pm Senior Café Lunch <i>Taco Tuesday</i> Bunco	10:00am Seated SAIL Music & Memories 12:00-1:00pm Opening Minds Thru Art 1:00-2:00pm NEW Square Dance Class—5:30 pm	10:00am SAIL Aerobics Krafty Krafter's Open House 11:30am-2:00pm Seeds of Change Dinner 5:30-6:30pm		
26	27	28	29		30
CLOSED for Memorial Day	11:00am SAIL Aerobics 12:15pm Senior Café Lunch <i>Beef Stroganoff</i> Bingo	10:00am Seated SAIL Music & Memories 12:00-1:00pm Opening Minds Thru Art 1:00-2:00pm	10:00am SAIL Aerobics Krafty Krafter's Open House 11:30am-2:00pm Seeds of Change Dinner 5:30-6:30pm		4:00-6:00pm 