


Senior Wellness Programs — March 2025

Mon	Tue	Wed	Thu	Fri
March 3	4	5	6	7
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 Dumplings</i> Tidbit Tuesday Jen from East Pierce Fire and Rescue	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 Green River students 11:15am Krafty Krafter's Open House 11:30am-2:00pm Seeds of Change Dinner 5:30-6:30pm	 <p>“May the road rise up to meet you. May the wind be always at your back. May the sun shine warm upon your face, and the rains fall soft upon your fields.”</p> 
10	Birthday Tuesday 11	12	13	
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>Potato and Corn Chowder</i> Entertainment by CC Engel	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 Green River students 11:15am Krafty Krafter's Open House 11:30am-2:00pm Seeds of Change Dinner 5:30-6:30pm	
17	18	19	20	
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>Corned Beef and Cabbage Casserole</i> St. Patrick's Game Day	Closed for MVCC Event No Exercise Class No OMA	10:00am SAIL Aerobics 9am-12p, SHIBA Appts. with Dave Krafty Krafter's Open House 11:30am-2:00pm Paint and Sip 11:30am Seeds of Change Dinner 5:30-6:30pm	
24	25	26	27	
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>Mike's Pork chops</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	
31	Apr 1	2	3	
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	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	

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	 <div data-bbox="1692 532 1986 1289" style="background-color: #800040; color: white; padding: 10px; text-align: center;"> <p>“Don’t wait for someone to bring you flowers. Plant your own garden and decorate your own soul.”</p> </div>
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> 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	
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> 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	