





MAY

2024



Sunday Monday Tuesday Wednesday Thursday Friday Saturday

<p>*Water Aerobics is \$4.75 a class, on your first visit ask how you can get classes for free.</p> <p>*SAIL Fitness classes in the B building Fitness room Monday, Wednesday and Friday @ 11:00AM.</p>		<p>1</p> <p>*10:00AM Fred Meyer</p> <p>*2:00PM Weekly Bingo</p>	<p>2</p> <p>1:00PM Bible Study with Sharron on the 5th floor D Building Buisness Center</p>	<p>3</p>	<p>4</p> <p>*9:30AM IHOP</p>		
 <p>5</p>	<p>*8:30AM Water Aerobics @Tukwila Pool</p> <p>*10:00AM Safeway</p> <p>*1:00PM Weekly Movie</p>	<p>6</p> <p>*10AM-2PM Little Shop of Hairdos E Building Sunroom</p> <p>*1:00PM Potluck B Building Community Room</p>	<p>7</p>	<p>8</p> <p>*10:00AM Winco</p> <p>*2:00PM Weekly Bingo</p>	<p>9</p> <p>*11Am-1:00PM Email setup with Phylicia @ E building Business Center</p> <p>*3:00PM Fred Meyer</p>	<p>10</p> <p>*9:30AM Snoqualmie Casino</p> <p>*10:45AMSeatac Senior Lunch</p>	<p>11</p> <p>*10:00AM Des Moines Farmers Market</p>
 <p>12</p>	<p>*8:30AM Water Aerobics @Tukwila Pool</p> <p>*10:00AM Walmart Renton</p> <p>*1:00PM Weekly Movie</p>	<p>13</p> <p>*12:00PM Bible Study E Building Mezzanine Chaplain Tammie</p> <p>*1:00PM Potluck B Building Community Room</p>	<p>14</p>	<p>15</p> <p>*10:00AM Fred Meyer</p> <p>*2:00PM Weekly Bingo</p>	<p>16</p> <p>*11:00AM Art Club E Building Sunroom</p>	<p>17</p> <p>*10:45AMSeatac Senior Lunch</p> <p>*11:30AM Mica the Barber @ E building Sunroom</p>	<p>18</p>
<p>19</p>	<p>20</p> <p>*8:30AM Water Aerobics @Tukwila Pool</p> <p>*10:00AM Safeway</p> <p>*1:00PM Weekly Movie</p>	<p>21</p> <p>*1:00PM Potluck B Building Community Room</p>	<p>22</p> <p>*10:00AM Grocery Outlet/Dollar store</p> <p>*2:00PM Weekly Bingo</p>	<p>23</p> <p>*11:45PM Grab and Go Lunch @E Building Lobby</p> <p>*3:00PM Safeway</p>	<p>24</p> <p>*10:00AM Pike Place Public Market</p> <p>*10:45AMSeatac Senior Lunch</p>	<p>25</p>	
<p>26</p>	<p>27</p> <p>*10:00AM Target & JoAnns</p>  	<p>28</p> <p>*12:00PM Bible Study E Building Mezzanine Chaplain Tammie</p> <p>*1:00PM Potluck B Building Community Room</p>	<p>29</p> <p>*10:00AM Costco</p> <p>*1:300PM Southcenter</p> <p>*2:00PM Weekly Bingo</p>	<p>30</p> <p>*10AM Resident Meeting E Building Sunroom</p>	<p>31</p> <p>*9:30AM Breakfast Plum Delicious</p> <p>*4:30 Happy Hour Azteca</p>		