
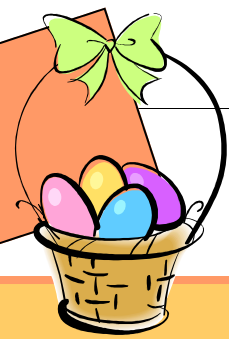



# March 2010

**The Chateau at Valley Center** 4450 south davis avenue, renton, wa 425.251.6677

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p><b>Coffee and Cookies Everyday at 3pm in the RR!</b></p>	<p><b>1</b> <i>Margie Conkle's Birthday!</i> 9:10 Water Works in the Pool 10:30 Strength for Life in the HC <b>11:00 Men's Lunch Out at River Rock on the Maple Valley Golf Course</b> 2:30 Men's Poker BR 3:30 Brain Aerobics CC 7:15 Wii Bowling CC</p>	<p><b>2</b> 9:00 Happy Hands <b>9:30-12:30 Doctors Visits</b> 9:45 Beginning Balance HC 10:30 Advanced Balance HC <b>1:30 Fred Meyers for Groceries!</b> <b>3:15 Coffee, Cookies, and a Special Presentation: How Diet &amp; Exercise Can Help With Diabetes</b> 3:15 Bingo CC <b>6:30 Rebecca Presents about her Trip to the Philippines! RR</b> 7:00 Pinochle RR</p>	<p><b>3</b> <i>Bernice Hardy's Birthday!</i> 9:00 Water Works in the Pool 10:30 Gentle Yoga HC <b>11:00 Shopping Trip to Christine Alexander in Federal Way</b> <b>1:30 Walker Wash! In the GiftShop!</b> 3:15 Coffee, Cookies, and Chat about the Visiting Angels Program RR 7:00 Bible Study CC</p>	<p><b>4</b> 9:00 Happy Hands RR 9:45 Beginning Balance HC 10:30 Advanced Balance HC <b>11:00 Craft Project: Make Your Own Beads! In Memory Care</b> <b>1:30-5:00 Doctor's Visits</b> 3:30 Happy Hour with Ron Herring RR 7:00 Bingo RR</p>	<p><b>5</b> 9:00 Water Works in the Pool 10:30 Strength for Life HC <b>11:00 Trip to the Library! Free Books!!!</b> <b>1:30 Scenic Drive</b> <b>3:00 Bocce Ball on the North Lawn by the Garden!</b> 7:00 Movie Night in the Theater</p> 	<p><b>6</b> 1:00 Mexican Train Dominoes CC 2:00 Card Games RR 3:30 Billiards in the Break Room</p>
<p><b>7</b> 10:00 Communion Service CC 1:30 Bridge Game RR 2:00-5:00 Family Swim 3:00 Non-Denominational Church Service CC 7:00 Movie in Theater</p>	<p><b>8</b> <i>Lila Houser's Birthday!</i> 9:10 Water Works in the Pool 10:30 Strength for Life in the HC <b>11:00 Trip to the Snoqualmie Casino or Shopping at the North Bend Outlet Mall!</b> 2:30 Men's Poker BR 3:30 Brain Aerobics CC 7:15 Wii Bowling CC</p>	<p><b>9</b> <i>Phyllis Cooper's Birthday!</i> 9:00 Happy Hands <b>9:30-12:30 Doctors Visits</b> 9:45 Beginning Balance HC 10:30 Advanced Balance HC 11:00 Sonus Hearing Aid Check &amp; Clean in the DR <b>11:15 Come Listen and Relive the Dance Tunes of the 40's with Sue in the RR</b> <b>1:30 Grocery Trip-- Safeway and Bartell's in Fairwood</b> 3:15 Bingo CC <b>5:30 Dinner Out at Newport Bay for Happy Hour!</b> 7:00 Pinochle RR</p>	<p><b>10</b> 9:00 Water Works in the Pool 10:30 Gentle Yoga HC <b>11:00 Trader Joes!</b> 11:00 Crafting in the RR-- Bring whatever craft project you are working on! 1:30 Walk Around the Building <b>3:15 Bean Bag Baseball! RR</b> 7:00 Bible Study CC</p>	<p><b>11</b> 9:00 Happy Hands RR 9:45 Beginning Balance HC 10:30 Advanced Balance HC <b>11:00 Shopping Trip to Walmart!</b> <b>1:30-5:00 Doctor's Visits</b> 3:30 Happy Hour with Randy Rogers RR</p>	<p><b>12</b> 9:00 Water Works in the Pool 10:30 Strength for Life HC <b>11:00 Trip to Banks and Post Office!</b> 11:00-12:00 Wellness Clinic! RR <b>1:00 Scenic Drive</b> <b>3:15 Coffee, Cookies, and Chat and Fill Out Your March Madness Bracket! RR (You don't have to know anything about Basketball and there will be prizes!)</b> 7:00 Movie Night in the Theater</p> 	<p><b>13</b> 1:00 Mexican Train Dominoes CC 2:00 Card Games RR 3:30 Billiards in the Break Room</p>
<p><b>14</b> <i>Betty Fast's Birthday!</i> 10:00 Communion Service CC 1:00 Church Service- With Father James CC 1:30 Bridge Game RR 2:00-5:00 Family Swim 7:00 Movie in Theater <b>Daylight Savings Time...Spring Forward 1 Hour!</b></p> 	<p><b>15</b> 9:10 Water Works in the Pool 10:30 Strength for Life in the HC 11:00 Footcare Clinic ! 4th Floor Health Club <b>1:00 Trip to the Seattle Aquarium \$20</b> 2:30 Men's Poker BR 3:30 Brain Aerobics CC 7:15 Wii Bowling CC</p>	<p><b>16</b> 9:00 Happy Hands <b>9:30-12:30 Doctors Visits</b> 9:45 Beginning Balance HC 10:30 Advanced Balance HC 11:00 Try Out the Karaoke Machine RR <b>1:30 Grocery Trip to Fred Meyers!</b> 3:15 Bingo CC <b>3:15 Coffee, Cookies, and Chat about St. Patrick's Day!</b> 7:00 Pinochle RR</p>	<p><b>17</b> 9:00 Water Works in the Pool 10:30 Gentle Yoga HC <b>11:00 St. Patrick's Day Craft! Make a Green Pin to Wear! RR</b> <b>3:30 St. Patty's Day Happy Hour with the Dublin Dogs Band, Green Beer, and a Special Dance Performance RR</b> <b>4:45-6:30 Irish Buffet in the DR</b> 7:00 Bible Study CC</p> 	<p><b>18</b> 9:00 Happy Hands RR 9:45 Beginning Balance HC 10:30 Advanced Balance HC <b>11:00 Walk Outside at Coulon Park</b> <b>1:00 Music and Dancing at the Renton Senior Center!</b> <b>1:30-5:00 Doctor's Visits</b> 7:00 Bingo! RR</p>	<p><b>19</b> <b>9:00 Seminar at Renton Senior Center " Tax Issues for Retirees: What has changed and what has not?" Free!</b> 9:00 Water Works in the Pool 10:30 Strength for Life HC <b>1:30 Scenic Drive</b> 7:00 Movie Night in the Theater</p>	<p><b>20</b> <b>First Day of Spring!</b> 1:00 Mexican Train Dominoes CC 2:00 Card Games RR 3:30 Billiards in the Break Room</p> 

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>21</b> 10:00 Communion Service CC 1:30 Bridge Game RR 2:00-5:00 Family Swim <b>2:30 Seattle Festival Orchestra Concert</b> Featuring <b>Michael Messer at First Evangelical Presbyterian Church (Suggested Donation \$10)</b> 3:00 Non-Denominational Church Service CC 7:00 Movie in Theater 	<b>22</b> 9:10 Water Works in the Pool 10:30 Strength for Life in the HC <b>11:00 Ladies Lunch at River Rock on the Maple Valley Golf Course!</b> 1:00 Doc Talk with Mark Johnson, Topic: TBD in the RR 2:30 Men's Poker BR <b>3:00 Afternoon Movie: Young at Heart in the Movie Theater</b> 7:15 Wii Bowling CC	<b>23</b> 9:00 Happy Hands <b>9:30-12:30 Doctors Visits</b> 9:45 Beginning Balance HC 10:30 Advanced Balance HC 11:00 Sonus Hearing Aid Check & Clean in the DR <b>11:00-2:00 Clothing Solutions RR</b> <b>1:30 Grocery Trip to Safeway on Benson!</b> 3:15 Bingo CC 7:00 Pinochle RR	<b>24</b> 9:00 Water Works in the Pool 10:30 Gentle Yoga HC <b>11:00 Trip to the Dollar Store</b> <b>1:30 Special Presentation by George Ray from KCTS about Public Television Shows through the years. RR</b> <b>3:00 Fireside Chat with Molly! RR</b> 7:00 Bible Study CC	<b>25</b> <b>Inge Mohr's Birthday!</b> 9:00 Happy Hands RR 9:45 Beginning Balance HC 10:00 Catholic Mass 10:30 Advanced Balance HC <b>1:30-5:00 Doctor's Visits</b> 3:30 Happy Hour with the Hanky Panky Band! RR <b>6:15 Green River Community College Presents: The Music Man featuring The Squires Barbershop Quartet \$10</b>	<b>26</b> <b>Cecilia Major's and Elaine Love's Birthday!</b> 9:00 Water Works in the Pool <b>10:00 Brunch Out at the Apogee!</b> 10:30 Strength for Life HC 11:00-12:00 Wellness Clinic! RR <b>1:30 Scenic Drive</b> 7:00 Movie Night in the Theater <b>7:00 Five Star Dinner! RR</b>	<b>27</b> 1:00 Mexican Train Dominoes CC 2:00 Card Games RR 3:30 Billiards in the Break Room
<b>28</b> 10:00 Communion Service CC 1:00 Church Service—With Father James CC 1:30 Bridge Game RR 2:00-5:00 Family Swim 7:00 Movie in Theater	<b>29</b> <b>Connie Davis' and Charlotte Huffman's Birthday!</b> 9:10 Water Works in the Pool 10:30 Strength for Life in the HC <b>11:00 Trip to Costco!</b> 2:30 Men's Poker BR 3:00 Celebrate March Birthdays— Cake and Ice Cream! RR 3:30 Brain Aerobics CC <b>7:15 Choral Concert by the Alpha Singers— Sacred and Secular Music RR</b> 7:15 Wii Bowling CC	<b>30</b> <b>Russ Hardy's Birthday!</b> 9:00 Happy Hands <b>9:30-12:30 Doctors Visits</b> 9:45 Beginning Balance HC 10:30 Advanced Balance HC <b>1:30 Grocery Trip to Fred Meyer!</b> 3:15 Bingo CC <b>5:00 Listen and Relive the Dance Tunes of the 40's with Sue in the DR</b> 7:00 Pinochle RR	<b>31</b> 9:00 Water Works in the Pool <b>10:00 Take the Ferry to Bremerton! \$10! Boxed Lunches Provided!</b> 10:30 Gentle Yoga HC 7:00 Bible Study CC	<b>Calendar Legend</b> RR— Rainier Room— 1st Floor DR— Dining Room— 1st Floor CC— Community Center— 2nd Floor HC— Health Club— Downstairs BR— Billiards Room <b>BOLD &amp; BLACK— We're Leaving on the Bus!</b>	<div style="text-align: right;">  </div> <div style="background-color: #f4a460; padding: 10px; border: 1px solid black;"> <p style="text-align: center; font-size: 1.2em; font-weight: bold;">Upcoming April Activities</p> <p style="text-align: center; font-weight: bold;">Easter egg decorating and a Chateau wide Easter egg hunt!</p> <p style="text-align: center; font-weight: bold;">Adventure to the Petting Zoo!</p> <p style="text-align: center; font-weight: bold;">Trip to the Tulip Fields!</p> <p style="text-align: center; font-weight: bold;">Chateau Talent Show!</p> <p style="text-align: center; font-weight: bold;">Mariners Season Opener on the Big Screen!</p> <div style="text-align: right;">  </div> </div>	

Don't Miss These Magnificent March Activities...

**March 3** Shopping at Christine Alexander's in Federal Way

**March 5** Bocce Ball on the North Lawn! No skill necessary!

**March 17** St. Patrick's Day! Irish Music and Food!

**March 18** Live Music and Dancing at the Renton Senior Center

**March 19** Free Seminar on Tax Issues for Retirees

**March 21** Seattle Youth Festival Orchestra at First Evangelical Presbyterian Church in Renton. Suggested Donation of \$10

**March 25** The Music Man Play at the Green River Community College Theater! Featuring the Squires Barbershop Quartet! \$10

**March 31** Ferry Trip to Bremerton with a Picnic Lunch! \$10

Come with us to see the play



The Music Man

featuring the Barbershop Quartet that came to our Valentine's Day Celebration!

# March 2010

