

# = LIFE MINDED DAILY =

Your guide to living engaged in March



## JOIN US ON A WILD GOOSE CHASE!

### \*Search for Snow Geese in Skagit Valley

Tuesday, March 24th at 2:15

\*Trip Fee: \$4

The phrase “going on a wild goose chase” implies we might not find what we’re looking for. However, when has that stopped us from any of our bird-watching adventures? Part of the fun is the chase and the scenic drive along the way. Snow geese visit the Skagit Valley in impressive numbers during the winter and spring months, with annual counts often exceeding 50,000. Their tendency to gather in large flocks, along with their stark coloration and boisterous voices, makes for spectacular displays as they move from field to field in search of forage. Most of the Snow Geese wintering in the Skagit area were born on Russia’s Wrangel Island, a UNESCO World Heritage Site and the northernmost nesting ground for 100 migratory bird species. How cool is that? Sign up at Personalized Registration on February 27th to join! E

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Keep your routines fresh and your motivation high as you maintain your all-important balance, core strength, heart health and flexibility. Don't forget to exercise your brain!

## THE REGULARS...

### COFFEE TIME - DAILY

**10:15 & 2:00 (DR)**

Coffee, cookies, & chit-chat. Invite your neighbors or meet someone new!

### \*AWAKENING YOUR CREATIVITY IMPROV

**Mondays at 1:30 (3MC)**

A shared experience of fun, humor and community-building. (\*class fee)

### WILLOWS SINGING GROUP

**Saturdays at 3:15 (3MC)**

If you enjoy singing, this is for you. Resident Vernon Greenstreet accompanies the group on his piano, while you follow along in songbooks.

### SENIORS ACTING UP!

#### PLAY READING

**Wednesdays, March 11th & 25th at 2:00 (3MC)**

Enjoy theatre? Choose a character and read scripts from classic plays. All play enthusiasts welcome!

### CREATIVE WRITING GROUP

**Fridays, March 13th & 27th at 1:30 (3MC)**

Whether you have experience in writing or not, this is an enjoyable place to express your unique ideas on paper. At each session you'll be prompted to write on various topics from remembrance to fantasy, poetry to drama, imaginative to factual and everything in between. Don't be shy. Everyone is welcome!

### TEAM TRIVIA!

**Saturday, March 14th at 2:15 &**

**Friday, March 27th at 3:00 (3GL)**

Join Heather to test your knowledge on trivia questions in any & all topics!



### GAME TIME!

Pinocle, Rummikub, Bridge, Dominoes, Poker and Pool—We have many options for you to get involved in a little friendly competition! Check the calendar for organized times or talk to the Program Department if you'd like to get something going, or to find out more about current groups meeting to play.

### CARD GAME TUTORIAL: 22

**Thursday, March 5th at 11:30 &**

**Saturday, March 7th at 11:00**

**(3GL)**

This is a fairly simple, yet unique round game for two or more players. It involves trick-taking, but the winner of the last trick is penalized. The beauty of this game is that **the cards keep score for you!** Please sign up in the book for the session of your choice to secure your spot!



## STRONGER ARMS: 6 WEEK PROGRESSION

**Tuesdays & Thursdays at 10:00**  
**March 3rd - April 9th (3FC)**

It's time for another round! Progress gradually over this six-week period at your own pace and intensity lifting hand weights. As for any exercise program, it is recommended to obtain a doctor's approval since certain physical conditions or medications can make lifting hand weights unsafe. Space and hand weights are limited, please sign up in the book to secure your spot in the class!



## \*BEGINNER DRUM CIRCLE

**Fridays at 10:30**

**March 13th-May 1st (3FC)**

**\*8 sessions: Cost depends on number of participants**

There's room for more participants in our beginner drum circle that meets on Fridays. African drumming class has been a Willows staple for several years now, and for good reasons! It's fun, relieves stress, sharpens the mind, boosts the immune system plus more. Don't hesitate to sign up at Personalized Registration on Thursday, February 27th! **Attention Intermediate Drummers!** Your next round of drum circle sessions will also begin Friday, March 13th at 11:15. Please sign up at Personalized Registration Thursday, February 27th as well.

## WEEKLY FITNESS CLASSES:

<b><u>QIGONG</u></b>	<b><u>BETTER BALANCE LEVEL I</u></b>	<b><u>BETTER BALANCE LEVEL II</u></b>	<b><u>YOGA</u></b>	<b><u>STRONGER ARMS</u></b>
<b>Mon &amp; Wed at 1:00</b>	<b>Wed &amp; Sat at 10:30</b>	<b>Wed at 9:00 Fri at 9:30</b>	<b>Tues &amp; Thurs at 9:30 &amp; 10:30</b>	<b>Wed at 11:00</b>
Practiced seated, qigong is a simple and gentle exercise that promotes enhanced flow of energy and circulation in the body.	Specially chosen exercises that boost better balance. Both on your feet and seated in a chair. All abilities welcome.	For those ready and able to pick up the pace and intensity. Focus on 5 key component exercises that help build strength, endurance & help reduce falls.	Practice flowing movements seated in a chair, then standing with the chair's support. Emphasis is on focused breathing.	Strengthen and tone arms and upper body using hand weights.  <b><u>STRONGER ARMS: 6 WEEK PROGRESSION</u></b> <b>Tues &amp; Thurs at 10:00</b> Offered in 6 week intervals. <u>Sign up in the book to join.</u>



Keep your routines fresh and your motivation high as you maintain your all-important balance, core strength, heart health and flexibility. Don't forget to exercise your brain!

## THOUGHT PROVOKING...

### **EIGHT THOUSAND YEARS OF CHINESE DRAGONS WITH CHAZ NELSON**

**Tuesday, March 3rd at 2:15 (3MC)**

Academy of Lifelong Learning (A.L.L.) presenter Chaz Nelson will return to lead a one hour presentation on the development of Chinese dragons and their meaning in Chinese culture. By 8,000 years ago during the Neolithic period, the Chinese already recognized four different kinds of dragons and depicted them in decorative art and as essential parts of ritual objects and ceremonies.

### **GREAT COURSE DISCUSSION WITH BRENDA BROOKS**

**Saturdays, March 7th & 21st at 2:00 (3MC)**

#### **Challenging Assimilation and Allotment**

This lecture explores the ideas on how American Indians in the late 19th and early 20th centuries were able to think about the great changes being made in their lives, and adapt to new challenges they faced. The biggest challenge was the federal government and their efforts to remove reservations and tribal cultures.

#### **American Indians and the Law, 1883-1903**

In the wake of the alleged last Indian Wars in the late 19th and early 20th centuries, not only were the natives fighting for their rights, but also for their land. Among this was the legal system depriving the natives of everything they knew. This lecture focuses on the three main cases that showed the take-over of native rights and lands was not complete.

### **TED TALK: EMPOWER A GIRL, TRANSFORM A COMMUNITY**

**Tuesday, March 10th at 2:15 (3MC)**

Kakenya Ntaiya turned her dream of getting an education into a movement to empower vulnerable girls and bring an end to harmful traditional practices in Kenya. Meet two students at the Kakenya Center for Excellence, a school where girls can live and study safely and uplift their community along the way. T.E.D. is a nonprofit devoted to spreading ideas in the form of short, powerful talks on video. Join in for a discussion after!

### **TED TALK: THIS CHAIR ROCKS!**

**Sunday, March 22 at 1:30 (3MC)**

Ashton Applewhite would like us to think differently about growing older. As she writes: "Aging is a natural, lifelong, powerful process that unites us all." So how come so many of us unthinkingly assume that depression, diapers, and dementia lie ahead? Because of ageism -- the last socially sanctioned prejudice. After the video presentation, feel free to stay for a discussion about Applewhite's ideas.

# BRAINY ENDEAVORS...

## TECH TALK WITH MOLLY

### By Appointment (your apartment)

Back by popular demand! Learn how to use your smartphone, iPad, computer, or other device. Sign up in the book for a 25 minute one-on-one meeting with Molly from Programs. Whether you have questions or just want to learn the capabilities of your device, Molly will help you gain knowledge at a pace that works for you. Sign up in the book and list a brief explanation of what you're hoping to learn. Molly will contact you to schedule an appointment.

## COGNITIVE COCKTAIL HOUR

### Wednesday, March 4th at 3:00 (3MC)

Cognitive Cocktail Hour is something we've come to look forward to. During this brain-awakening hour, participate in an assortment of activities that will make you laugh while sharpening your mind. Sign up in the book to join.

## NAME THAT TUNE! SONGS FROM THE 50s

### Friday, March 6th at 1:30 (3MC)

*Name That Tune!* was a big hit in December, but it only covered songs from the 40s. This time we're heading to the 50s! Come play a team version of this American classic, and test your knowledge on popular songs and artists from a very pivotal decade in the history of music. We're holding this in 3MC so we can hear the music loud and clear. Let the fun begin!

# ACTIVE PURSUITS...

## SIMPLY DANCING!

### Wed., March 11th at 3:15 (3FC)

This is a time to simply get together and DANCE! Feel free to bring song requests, teach some steps to the group or learn some steps that the Programs gals studied up on. Dancing is good for your balance, mood, spirit & soul!



## PLAY CORNHOLE!

### Saturday, March 28th at 11:30 (3MC)

We've had so much fun playing Cornhole for the past couple months that it's becoming a regular pastime around here. We'll form teams for some friendly competition to test your skills in this fun, engaging game. Please sign up in the book if you're interested in getting your game on!



# GET THE SUPPORT YOU NEED...

## LOW VISION SUPPORT GROUP WITH SPECIAL GUEST

### **MIMI FRESHLEY, LOW VISION SPECIALIST**

**Monday, March 2nd at 3:30 (3MC)**

Residents Birgit Schroeter & Susan Jay have invited Low Vision Specialist Mimi Freshley from Tri County Low Vision Services to speak at this month's Low Vision Support Group meeting. Mimi will talk about various services and aids that her company provides. She will also help those who are interested in applying to receive Books on Tape, a free audio library service for those who qualify. Feel free to bring plenty of questions about your support needs. Everyone is welcome to attend!

## LIFEMINDED MEET & GREET WITH *RIGHT AT HOME*

**Thursday, March 19th at 3:00 (3GL)**

Have you been thinking about hiring someone to give you an extra hand in your apartment? *Right at Home* offers personal in-home assistance to help you maintain your independence. If you're curious about what exactly a *Right at Home* personal assistant can do for you, come by and meet owner Sharon Morris and Care Managers Lori and Laurie to hear how they can help you feel even more *Right at Home* at The Willows. Wine and accompanying cheeses will be served.



## COFFEE & CONVERSATION WITH LESLIE

**Thursday, March 26th at 11:00 (3MC)**

Grab a cup of coffee in the Bistro then sit down with our Willows' Manager Leslie! Bring any questions, comments or concerns that you may have.

# PLANNING LIFE MINDED...

## BRAINSTORMING SESSION WITH THE PROGRAMS TEAM

**Thursday, March 12th at 11:00 (3MC)**



Do you have wants & wishes you'd like to see on our calendar in the coming spring and summer months? Whether you have entirely new ideas or you're missing something we haven't done in awhile, we want to hear from you. Join Jen, Heather and Molly for an informal brainstorming session for upcoming programs both in-house and out (think new patio, everyone!). Feel free to bring your ideas written down on paper or casually mention anything that comes to mind.

# ON THE BIG SCREEN

## INSPIRATIONAL MOVIE HOSTED BY LAURA CARNEY: *BEN-HUR*

**Wednesday, March 4th, Part I & Wednesday, March 18th, Part II at 7:00 (3MC)**

Join Overnight Team member Laura Carney for a two-part showing of the 1959 American epic historical drama *Ben-Hur*. When a Jewish prince is betrayed and sent into slavery by a Roman friend, he regains his freedom and comes back for revenge. Directed by William Wyler, *Ben-Hur* was the winner of 11 Academy Awards, including Best Picture in 1959.

## TUESDAY NIGHT BBC MINISERIES: *WAR & PEACE*

**Tuesdays March 3rd, 10th, 24th & 31st at 7:00 (3MC)**

Filmed in 1972 starring a young Anthony Hopkins, this Leo Tolstoy classic is a timeless masterpiece of love and loss. Focusing on the consequences faced by three Russian families during the Napoleonic Wars, the story is retold with award-winning design and breathtaking battle sequences for its time. We will show two 45 minute episodes each evening. If the series is popular, we'll continue into April!



## \*LIVE AT THE MET! OPERA AT BARKLEY VILLAGE THEATRE: *THE FLYING DUTCHMAN*

**Saturday, March 14th at 9:20**

**\*Tickets: \$23.10 (pay at the door)**

Instead of taking an airplane to the Metropolitan Opera House in New York City, we can simply travel 1.7 miles to the Barkley Village Theatre to watch this live performance of *Der Fliegende Holländer* (*The Flying Dutchman*), the tale of a sailor and his daughter caught in a storm on the sea.

To learn all about this classic opera before you head to the theatre, **join resident, and opera expert, Susan Jay at *The Flying Dutchman* informational lecture on Friday, March 13th at 7:00 in the Media Center.**

## \*AN AFTERNOON AT THE PICKFORD FILM CENTER

**Wednesday, March 18th at 11:30**

**\*Ticket Fee: \$6 - purchase at the door**

Each month, The Pickford Film Center chooses one or two films to offer us at a special discounted price. The title(s) will be announced about one week before, so look for the information in the Whispering Willows or sign-up book for what will be showing this day. The Pickford offers cutting-edge captioning technology for those with low vision & hearing. Don't hesitate to ask the theatre staff to get you set up with these devices so you don't miss a thing. Sign up in the book to join! E, WW





# SPEAKING ENGAGEMENTS

## WISDOM SHARING PROJECT PRESENTATION WITH L. JOHN MASON

**Tuesday, March 10th at 11:00 (3MC)**

Everyone has wisdom to share! Our life experiences have taught us many important things and John Mason wants to find the best way to share these with the next generations to come. What moments in time changed your perspective? How did you feel? Was a new passion ignited? Was it a victory or a “challenge” which set you on a new path? L. John Mason, Ph.D., is the facilitator of the Bellingham-based *Masters of the Journey Community* which supports developing consciousness and spiritual development. He is interested in forming a Wisdom-Sharing Project, connecting and inspiring multi-generations to connect and share their stories and wisdom. Please come to this presentation to find out more about John’s exciting endeavor!

## TEACHING TOLERANCE: SOCIAL JUSTICE STANDARDS WITH BRENDA BROOKS

**Tuesday, March 17th at 2:15 (3MC)**

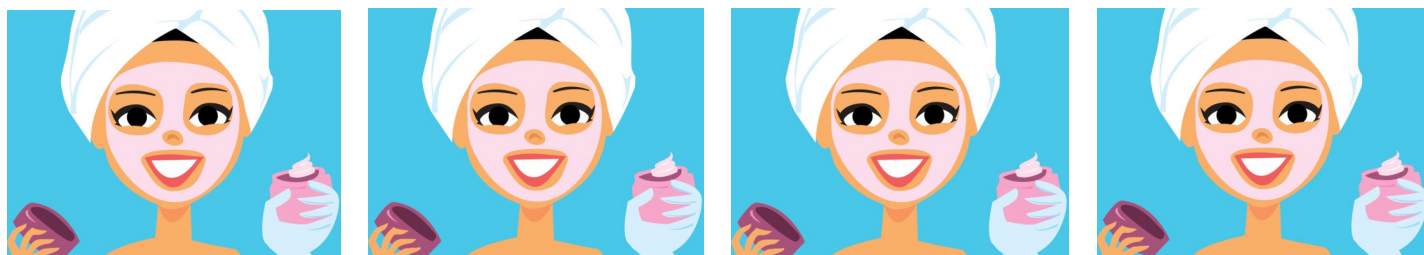
Here’s an opportunity for you to express your position on issues on the topic of diversity in society. What can you learn? How can you benefit? What can you do? Explore these questions and more at this engaging group discussion led by resident Brenda Brooks.

# PAMPER YOURSELF LADIES!

## LADIES NIGHT IN: FACE SPA

**Wednesday, March 11th at 7:00 (3MC)**

Join the Program Gals for a “spa” experience! We’ll designate the Media Center as a relaxing hide-away where you’ll choose and apply a facial treatment to cleanse, clarify and hydrate your skin. Relax and enjoy refreshments and sisterhood with the ladies. Please bring a small mirror if you have one. Space is limited, so please sign-up in the book.





Embrace the community. Build meaningful new relationships and nurture longstanding ones. We offer group discussions and other structured support for residents seeking camaraderie and connection.

## GOOD EATING...



### ***FOODS THAT BOOST BRAIN POWER!***

- **Salmon**
- **Avocados**
- **Nuts**
- **Leafy Greens**
- **Berries**
- **Red Wine**
- **Beans & Legumes**
- **Dark Chocolate**

### **WOMEN'S BREAKFAST AT DAISY CAFE**

**Friday, March 6th at 9:00**

Choose from the creative to the basic: omelets, scrambles and French toast, to frittatas, benedicts and the soon-to-be famous Hoppel Poppel. Daisy Cafe achieves this goal by making everything from scratch and in house using as much locally grown and sustainable product as possible. Entrees average \$12. E, WW

### **DINNER AT XING'S PANDA PALACE**

**Monday, March 16th at 4:30**

In the mood for Chinese food? Located in the Sunset Square Shopping Center, Xing's serves Szechuan, Hunan, & Cantonese cuisine. The menu is huge, so good luck to us all in making a final decision on what to order! Entrees average \$13. E, WW

### **MEN'S BREAKFAST AT CEDAR'S RESTAURANT IN FERNDALE**

**Friday, March 27th at 8:30**

Cedar's has been the "purveyor of classic American diner cuisine" in Ferndale since 1909. They dish up all the classics from eggs, toast & bacon to pancakes, French toast, & omelets. They also offer an extensive list of specialty entrees sure to suit everyone's cravings. \$13. E, WW

### **WHAT'S COOKIN'?: IRISH FARE!**

**Wednesday, March 25th at 11:30 (3GL)**

In honor of St. Patrick's Day, the group What's Cookin'? will be taking on the challenge of making their best Irish dishes! If you have a signature Irish meal, or one that has been passed down in the family, whip up your favorite dish and share your own luck-of-the-Irish. If you would like to join in on the tasty fun, please sign up in the book to assure there's a variety of dishes, accompaniments & beverages for up to 12 participants.



# TRANSPORTATION, YOUR WAY

## SHOPPING

### **SAFEWAY**

Every other Monday at 10:30  
(sign up)

Located in Sunset Square. Extensive selection and helpful staff.

### **HAGGEN**

Every other Monday at 10:30  
(locations alternate) (sign up)

Over 80 years as the leading Northwest Washington grocery store chain.

### **LAKEWAY FRED MEYER**

Every other Thursday at 2:00  
(sign up)

One-stop shop with groceries, pharmacy, clothing, home décor, & more.

### **TRADER JOE'S/PUBLIC LIBRARY**

Wed. Mar. 4th & Fri. Mar. 20th at 1:30  
(sign up)

Trader Joe's has unique groceries & an extensive wine/beer selection.

## ONCE A MONTH AS SCHEDULED

### **SUNSET SQUARE**

Monday, March 23rd at 2:00  
(sign up)

- |                     |               |
|---------------------|---------------|
| • Safeway           | • Post Office |
| • Rite Aid          | • Walgreens   |
| • Beauty Supply     | • Lowe's      |
| • Xfinity (Comcast) | • WECU        |
| • Tuesday Morning   | • Banner Bank |
| • Goodwill          |               |
| • JoAnn Fabrics     |               |

### **Popular Personalized Transportation Destinations include...**

- The Dollar Tree
  - Various banks
  - Walgreens/Rite-Aid
  - Bellis Fair Mall
  - Thrift Stores
  - And much more. Just ask!
- Ask Programs or Front Desk which locations are Northbound or Southbound. See times below:**

## **MEDICAL TRANSPORTATION**

Every Tuesday & Thursday from 8:45 to 3:30

Morning appointments NORTH BOUND

Afternoon appointments SOUTH BOUND

Sign up at the Front Desk for a trip on our shuttle to your medical appointments.  
Please call the Front Desk at least 24 hours in advance to arrange your ride.

## **PERSONALIZED TRANSPORTATION**

Wednesday, March 18th from 10:00-12:00 NORTH BOUND

Wednesday, March 25th from 2:00-4:00 SOUTH BOUND

Just like Medical Transportation, you can sign up for a trip  
on our shuttle to the location of your choice!

Sign up at the Front Desk.

# SIGN UP!

## PERSONALIZED REGISTRATION

**Thursday, March 26th from  
10:00-12:00 (3GL)**

Find out more about next month's events and sign up for trips, classes, fitness and more! Make a one-on-one appointment with our friendly Programs staff and they'll be able to answer questions and help you decide which offerings are best suited to your lifestyle. **Sign up for your 5-minute time slot in the sign-up book on the day that the newsletters are delivered.**

## OUT & ABOUT KEY

E = Easy Trip  
W = Walking  
U = Uneven Ground or Pathway  
S = Standing  
Str = Stairs  
F = Free Time  
WW = Walkers Welcome

## FOOD FOR THOUGHT WITH JIM & DEREK

**Tuesday, March 31st at 2:15 (3MC)**

Engage in this monthly opportunity to voice your ideas, likes & dislikes with The Willows' culinary team.



## MOVE IN ANNIVERSARIES

Lois Clement	5 years
Pat Perkins	4 years
Annie Pine	4 years
Julia Haggith	3 years
Claire Katz	2 years
Jack & Ann Root	2 years
Gloria Smith	2 years
Florence Shepard	1 year
Jo Wagner	1 year
Dawn Majors	1 year
Ted Rogers	1 year

## STAFF ANNIVERSARIES

Jim Deller	3 years
Nancy Deines	1 year
Sophia Rozen	1 year

## THE WILLOWS TEAM

**Manager:** Leslie  
leslie@thewillowsbellingham.com  
**Assistant Manager:** Shea  
shea@thewillowsbellingham.com  
**Sales & Marketing Director:** Patrick  
**Front Desk:** gillian, Akela, Emily  
**Relocation Coordinator:** Molly D  
**Food Service Manager:** Jim  
**DR & Catering Manager:** Derek

**Overnight Teams:** Jim & Laura,  
Mike & Carol

**Programs/LifeMinded Coaches:**

Jen, Heather, Molly H  
programs@thewillowsbellingham.com

**Housekeeping Team:** Jeanine, Sheri,  
Bupar, Nancy, Ashley

**Maintenance Team:** Tim, John, Bekk,  
Neville, J.T.

Maintain your talents. Sharpen your skills. Stay productive. Continue to put your abilities to work through volunteering, mentoring, networking and more. Whatever your life's work, it need not end with retirement.

## LEND A HELPING HAND...

### SUNSHINE COMMITTEE

Brighten the day of others with a card, visit, or kind word. Talk to the Front Desk to get involved. Volunteers are needed at this time!

### GIFT BOUTIQUE

Help stock merchandise and work short shifts in the shop. Talk to Jen for more information.

### WILLOWS AMBASSADORS

Patrick can use your help by volunteering to show your apartment, meet prospective residents, or hosting someone who is trying out The Willows. Contact Patrick for more information.

### DINING ROOM SUPPORT

Help with folding napkins, dining décor, and other projects every Monday and Wednesday at 1:30. Meet in the Dining Room.

### RECYCLING COMMITTEE

Do your part to help keep The Willows "green!" Help monitor the Refuse rooms throughout the building to ensure recycling items are sorted correctly and educate your peers about proper recycling. Contact Jen in Programs to get involved.

## LET'S DEAL...

### SPRING CARD PLAYERS LUNCHEON

**Wednesday, March 18th from 12:00 to 3:00 (DR)**

Enjoy an afternoon of card playing and fun! Lunch will be served and door prizes awarded. Guests are \$8.00. This event is open to both the public and Willows residents; so, invite your friends! Residents will receive a flyer under the door and have first opportunity to sign-up.



Please call the Front Desk to make reservations for lunch and a card table by Wednesday, March 11th.

The Luncheon Menu includes:  
Your choice of Shrimp Salad Sandwich, BLT, or Spinach Citrus Chicken Salad.



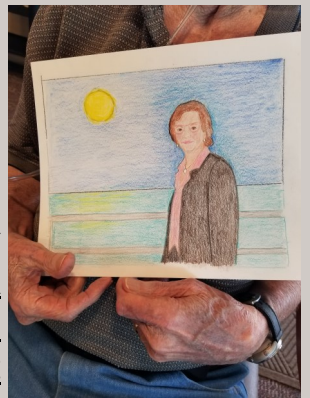


# NO EXPERIENCE NECESSARY

**\*MAKE A PORTRAIT WITH ARTIST MARY M. MICHAELSON**  
**Saturdays, March 21st & 28th at 10:00 (3GL)**

**\*Participate in one session for \$10 or two sessions for \$18**

According to Mary, anyone can draw a watercolor pencil portrait, and we believe her! Mary has taught these classes to “non-artists” with great success, even with folks who claimed to have absolutely NO talent. All art materials will be provided. **Please bring a photograph of your choice to the Front Desk to have them make an 8x10 photocopy that will become your portrait subject.**



**Session 1:** Mary will give step-by-step instructions of the process of using the photocopy to transfer the image, followed by instruction on pencil techniques and the use of erasers, blenders, water brushes, paints and inks.

**Session 2:** Mary will teach and demonstrate more advanced techniques for shading, highlighting and blending. She will provide extensive one-on-one help with individual portraits as well as give suggestions for copying or framing the completed portraits. **Sign up at Personalized Registration on Thursday, February 27th to join!**

## WILLOWS PREFERRED PARTNERS



Tracey from **Hearing Northwest** will be stopping by every few months to provide complimentary hearing tests, hearing aid repair and otoscopic exams of your ear canal.

Sign up for an appointment in the book.

### Foot Care with Crissy

Crissy Impero, RN, has over 12 years of experience providing foot care. She visits The Willows twice a month to deliver on-site care for your feet, including trimming toenails, and reducing corns, callouses and thick nails. Sign up for an appointment in the book.

### Pet Claw Clipping

Every 6 weeks on a Saturday, Technician Jenna Jenkins visits your apartment to trim your dog or cat's nails. \$10 per pet. Sign up for your 5 minute appointment in the book.



**Right at Home**

**Right at Home** offers personal in-home assistance to help you maintain your independence. Special

pricing arrangement for Willows residents. Call (360) 392-3934 or inquire at the Front Desk.

### Massage Therapy With Diane Weber, LMP

Thursdays from 10:00 to 2:00  
 \$10 per 15 minutes. Schedule your appointment in the sign up book. **Gift Certificates now available for purchase at the Front Desk!**



### The Willows Salon

Tuesday: 9:00-4:00  
 Wednesday: 9:30-4:00  
 Thursday: 9:00-4:00  
 Friday: 9:00-1:00  
 (360) 756-0989 for appt.

Whether it's daily reflection, a weekly gathering, or lively discussion, a key to living LifeMinded is feeding the soul. Life is a journey, so join in!

## CONNECTING TO SPIRIT

### WEEKLY

#### SUNDAY CHURCH TRANSPORTATION

**Sundays from 9:00-12:00**

Sign up in the book to ride our bus to the following local churches: Assumption Catholic, First Congregational, Garden Street Methodist, St. Paul's Episcopal, First Baptist & Trinity Lutheran.

#### MINDFULNESS MEDITATION

**Tuesdays at 1:00 (1FWL)**

Connect with your breath and relax the mind at this informal gathering to sit in silence. Meditation is beneficial in decreasing stress, improving concentration, promoting self-awareness, acceptance and well-being. No experience necessary.

#### BIBLE STUDY

**Wednesdays at 10:30 (1FWL)**

Rod Johnson leads non-denominational scripture study and prayer.

#### CATHOLIC SERVICE

**Fridays at 11:00 (3MC)**

Prayer and communion led by a lay person from Assumption Catholic Church.

### MONTHLY

#### WORSHIP, COMMUNION & FELLOWSHIP GATHERING

**Wednesday, March 4th at 2:00  
(1FWL)**

Pastor Kathy Hartgraves and friends of Garden Street United Methodist Church meet at The Willows monthly for a moment of worship, communion and fellowship.

#### HOLY COMMUNION & PRAYER

**Saturday, March 14th at 10:30  
(3MC)**

This short, non-denominational service combines communion, prayer, scripture readings, and reflection. Reverend Marsha Vollkommer of St. Paul's Episcopal Church leads this monthly gathering that all are welcome to attend.

#### \*MINDFULNESS MEDITATION WITH TIM BURNETT

**Tuesday, March 17th at 1:00  
(1FWL) \*Minimum \$5 Donation**

Partake in a group meditation led by Soto Zen Priest & Director of *Mindfulness Northwest* which offers community classes, training & retreats to the greater community.



# MUSICAL ENGAGEMENTS...

## CLASSICAL MUSIC FOR YOUR EARS & YOUR EYES

**Monday, March 2nd at 7:00 (3MC)**

Enjoy classical music with captivating on-screen visuals to entertain more than just your ears. Led by resident Anne Richardson-Smith.

## HYMN SING WITH VERN

**Sunday, March 8th at 7:00 (3CL)**

Join resident piano and organ player, Vernon Greenstreet, to sing along to a collection of beloved hymns.

## SONGS ABOUT SONGS SING-ALONG WITH ANNE RICHARDSON-SMITH

**Thursday, March 26th at 7:00 (3MC)**

"The hills are alive....with the sound of music" We all know this one. Sing songs about songs including *The Sound of Music*, *I Hear a Symphony*, *Play a Simple Melody*, and more!

## BELLINGHAM MUSIC CLUB PRESENTS: WINNERS OF THE H.S. STRINGS & PIANO COMPETITIONS

**Wednesday, March 4th at 10:00**

Trinity Lutheran Church hosts the winners of the High School String Competition in honor of Ethel Crook and the High School Piano Competition in honor of Nancy Bussard. This concert is free! Sign up in the book for transportation. E, WW

## WWU SYMPHONY ORCHESTRA DRESS REHEARSAL: WESTERN STRING SINFONIA & SYMPHONY

**Monday, March 9th at 11:30**

Ryan Dudenbostel, Director of Orchestral Studies at Western Washington University, has invited us to enjoy another "behind the scenes" dress rehearsal of their next evening performance *Western String Sinfonia & Symphony*. Enjoy works by Villa-Lobos, Bach & Tchaikovsky. Sign up in the book for transportation. E, WW

## \*BELLINGHAM SYMPHONY ORCHESTRA PRESENTS: BETWEEN WORLDS-HARMONY FROM DISCORD AT MT. BAKER THEATRE

**Sunday, March 15th at 1:45 (lecture & concert) or 2:30 (concert only) We will make two trips. \*Call 360.734.6080 for tickets**

*Between Worlds* celebrates music that transcended the oppression of the Holocaust, drawing a juxtaposition between works by two composers who fled Europe and immigrated to the U.S. and works by two composers who were lost to the camps. All four pieces are charming, energetic, and virtuosic despite the conditions under which they were written. If you would like to attend the pre-concert lecture, board the bus at 1:45. If you would like to attend the concert only, board the bus at 2:30. Please sign up in the book for transportation. E, WW

# MUSIC IN THE HOUSE

**Acoustic Guitar & Song Duet:**  
***Margo Murphy & John Roberts***  
**Friday, March 6th at 7:00 (3CL)**

**Mark Kelly's *Bellingham Youth Jazz Band***  
**Sunday, March 8th at 2:00 (DR) donations accepted**

**WWU Chamber Ensemble Performances**  
**Tuesday, March 10th at 3:00 (3CL)**

**St. Patrick's Day Concert with**  
***Celtic Roots***  
**Tuesday, March 17th at 7:00 (3CL)**



**LOOK FOR CONCERT DETAILS**  
**IN THE WEEKLY WHISPERING WILLOWS!**



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360.671.7077

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