

Upcoming Events:

*June 2nd, doTERRA
itovi/Scan*

*June 3rd, Art Show
& Reception*

*June 4th, Musical
Guest in the Gallery*

*June 5th & 6th, Se-
quim High School
end of year Band
and Choir Concerts*

*June 7th, Getting
Crafty with Harold's
Jewelry Making
Class*

*June 8th, Fort
Worden Picnic with
Chef Brian*

*June 13th, "WOW"
Presentation*

*June 18th, Wander
This Way/
Graysmarsh berry
picking*

*June 20th, My Girl
Drive-In Tour King-
ston*

Point Defiance Zoo and Aquarium Free Day!

By Denise Aguilar, Activity Director

From sky to sea, from the de-
serts to the mountains there is
something there for everyone to
enjoy.

Come explore the only com-
bined zoo and aquarium in the
Northwest. You'll see sharks and
seahorses, polar bears and pea-
cocks, walruses and wolves, all
in one place!

Point Defiance Zoo & Aquarium
is large enough to offer an awe-
some array of animals yet small
enough for you to get really
close to them. It's fun and
affordable, and offers breathtak-
ing views of Puget Sound,
Mount Rainier and the Olympic
Mountains.

There are motorized carts for
rental at the gift shop. Cost is
\$39 + tax for the day. We will be
eating at the Plaza Café so be
sure to bring along some mon-
ey for lunch and any souvenirs
you may want to bring back with
you. If you use a cane or a walk-
er, please make sure to bring it.



Sunglasses and hats are also
good items to bring along.

Tuesday, June 19th the bus will
load at 8:00 a.m.. Please be in
the lobby 10 minutes prior to
loading.

Join us for a fun filled day at the
zoo!





Staying Socially Active in our Golden Years

There's no reason for age to slow down your social life. While there's a chance reduced mobility may limit your trips outside, you can still enjoy an active social life. Doing so is especially easy when you're in an independent living community like **The Fifth Avenue**, designed to serve your social needs. People are social beings. When we reach our golden years, it's more important than ever to keep up with the pace of life. Not only does the stimulation help you keep a positive mood but getting out in the world and staying active can work wonders for your well-being and health.

Exercise is a great way to stay active. And really, any amount of exercise will do, given your physical abilities. Exercise has the dual advantage of keeping both your body and mind in shape. And you certainly don't have to be lifting weights to feel like you're getting enough exercise. But if you can, more power to you! Going for a walk is the simplest way to get sufficient exercise. Swimming, although a little more intensive, is even better at keeping your body toned and in prime condition to take on the opportunities the golden years offer. Water aerobics classes are often offered at the YMCA and can provide you with a social setting to enjoy your exercise. Though the motivation may be hard to muster at times, humans are social creatures. We need interactions with friends and loved ones to thrive. With the great community of people we have here at **The Fifth**, getting out on some of the outings on our bus, is not only fun, but a great way to meet new people and experience new places.

THE HEALTHY CORNER

Staying healthy is important so check out your options here !

Independent DVD exercise– Mon-Sat 9:15 a.m.

Wander this Way! Walking Group– Mon 10:30-12:30 p.m.

Wii Bowling– Mon 3:15 p.m.

Free Blood Pressure Checks– Thur 10:30-11:30 a.m.

Don't forget classes are available also at the YMCA as well.



June 8th

Jump on the bus for a fun filled day at Fort Warden State Park. Let Chef Brian cook up something delicious for you while you explore. The bus leaves at 11:00 a.m. returning by 4:00 p.m.

Movies, Music and More

June Music

Awesome Bob— Monday, June 4th 1 p.m.
in the Gallery.

Celebration Singers— Wednesday, June
6th at 2:00 p.m. in the Activities Room.

Secord's— Wednesday, June 13th at 3:00
p.m.

Music by Naki'i—Thursday, June 21st at
3:00 p.m.

Hot Apple Pie— Wednesday, June 27th at
3:00 p.m. in the Lobby

Doughnut Social

Enjoy a hot beverage and doughnut while you mingle with
your neighbors.

Wednesday, June 27th 10 a.m.

Fifth AveNews

Stay and get the latest news from the Fifth Avenue Team.

Wednesday, June 27th 10:30 a.m.



Matinee Movies shown on
Saturday and Sundays at
2:00 p.m.

Mondays at 6:15 p.m.

In the Billiards Room



Popcorn will be available at
each movie showing.

1. *Saturday Matinee Movie June 2nd*—Woman in Gold, 1hr 49 min (2015 Drama-True) PG13
2. *Sunday Matinee Movie June 3rd*—The Snow Queen, 1 hr 30m (2013-Action/Adventure/Fantasy) NR
3. *Monday Night Movie June 4th*—Quartet, 1 hr 39m (2012-Drama/Comedy) PG-13
4. *Saturday Matinee Movie June 9th*—Remains Of The Day, 2 hr 14 m (1993-Drama/Romance) PG
5. *Sunday Matinee Movie June 10th*—Rio Lobo, 1 hr 54 m (1970-Action/Adventure/Western) G
6. *Monday Night Movie June 11th*—Paper Moon, 1 hr 45 m (1973-Crime film/Black and white) PG
7. *Saturday Matinee Movie June 16th*—Pennies from Heaven, 1 hr 48 m (1981-Drama/Romance) R
8. *Sunday Matinee Movie June 17th*—The Patriot, 2 hr 55 m (2000-Action/War) R
9. *Monday Night Movie June 18th*—Chef, 1 hr 55 m (2014-Drama-Action) R
10. *Saturday Matinee Movie June 23rd*—Behind The Mask 1 hr 30m (1999-Drama) R

June 24,25 and 30th movies will be announced later



Now playing in Activities...

Welcome to my newest adventure!
Newsletter aficionado.

I will continue to woo you all with fun activities in and outside of the building. We have some wonderful outings along with a picnic you won't want to miss.

There will be berry picking at Graysmarsh Farm, High School Concerts, and a trip to the Zoo just to name a few!

Stop by the Activities Room on Friday, June 15th, for our quarterly Activities meeting or join me at Coffee Talk and let's catch up.

— Denise

Festivals and Friends



Dottie Reiman, won this beautiful hanging basket. For guessing the most names correct at our sock hop



Pictured above: Joe Streva, Dottie Reiman, Betty Saviano, and Alma Grable, pause for a photo overlooking the Dungeness Spit.



Alma Grable, one of many ladies who helped decorate the building with fresh flowers for Mayday.



Lenard & Mary Cochran, Alma Grable, and Loretta Kuder, create their own hanging baskets as one of our Crafty Craft projects for May.



Wilma Johnson, Grand Pioneer waves at her fellow neighbors from The Fifth Avenue as she passes by.

Jump on the bus and you could be featured here next month!



Mary L. 2nd

Karen W. 4th

Ramona R. 11th

Darrel E. 17th

Pauline H. 17th

Julie K. 26th

Paula B. 29th

Give a big Woohoo to Gladys for winning the \$10 gift certificate towards lunch on our next adventure! Birthday folks must be present.

Be sure to join us in the Dining Room on June 6th at 12:30 for a chance to win.

Reminders of This and That

-Evelyn reported that she got a scam call from the IRS. If this happens to you, **PLEASE** do not give out any personal information over the phone. Hang up the phone and report it to the Sequim Police Department at 360-683-7227.

-Dietary department is requesting if you have any dishes or silverware in your apartments please return them.

-Outings will be canceled due to lack of participation 24 hours prior to the activity. Encourage your neighbors to go sign up.