

# The Fifth Avenews

Monthly Newsletter

March 2025

## WEEKLY EVENTS

### Step into Winter-Spring w/ Denise

Monday-Wednesday-Friday  
at 9:45 am

### BINGO w/ Denise

Mondays & Wednesdays  
at 1:00 pm

### Mexican Train

Mondays & Saturdays  
at 1:00 pm

### Farkle

Saturdays and Sundays  
at 1:00 pm

### Happy Hour

Wednesdays and Saturdays  
at 2:30 pm

### Bridge

Monday & Thursdays  
at 1:00 pm

### Let's Play Pool

Tuesdays and Friday  
at 1:00 pm & 3:00 pm

### Cribbage

Fridays at 1:00 pm

### Movie Matinee

Sunday at 1:00 pm

### Rummikub

Tuesday, Thursday & Friday  
at 1:00 pm

## ST. PATRICK'S DAY SCAVENGER HUNT

AT THE FIFTH AVENUE



Monday,  
March 17  
1 to 3 p.m.  
500 West  
Hendrickson  
Road,  
Sequim

Follow the Leprechaun's trail  
through The Fifth Avenue!

- ♣ Find all the lucky tokens for great prizes.
- ♣ Music with Richard Willis
- ♣ Enter to win a raffle basket
- ♣ Delicious Eats & Treats by the Fifth Avenue Chefs

RSVPs  
are  
appreciated,  
but not required.

**360-683-3345**



# Resident Update

## **Donna -Administrator:**

Spring is on its way, and here at The Fifth we're ready to welcome the season with fun, community, and a touch of luck at the St. Patrick's Day Scavenger Hunt. Get ready for an afternoon of fun on March 17<sup>th</sup> as you stroll throughout The Fifth collecting gold coins at each station. Once you're finished with the hunt, we will have music in the Gallery along with some eats and treats made by our famous Fifth Avenue Chefs. May the luck of the Irish be with you! This month I want to take a moment to recognize the heart and soul of The Fifth Avenue, our staff. From the dedicated housekeeping and maintenance teams, to the dining staff, to our activities department, night managers and the administrative crew. Each person plays a vital role in making our community feel like home. Their hard work, kindness and commitment to excellence does not go unnoticed. If you see a staff member who makes your day a little brighter, be sure to share your appreciation. It means the world! Wishing you a month full of warmth, laughter and good fortune!

## **Tearra – Administrative Assistant:**

Please don't forget to update the office if there is any changes in your scheduled ride. ex: Adding a place, changing a place, canceling. This ensures that we will be able to adequately plan for these services for all involved.

Thank you for understanding. 😊

## **Anthony - Dietary Manager:**

We strive to accommodate special requests whenever possible. However request's such as menu changes or food requests may not always be feasible due to product availability. We appreciate your understanding.

## **Stan - Maintenance:**

The end of winter is in sight. For you basketball fans, college March madness starts the middle of March. Watch for our March Madness board in the lobby

## **Denise - Activities Director:**

March is packed with fun for everyone! Enjoy live music by Vienna Barrow (Frank's daughter), and if the weather allows, join us for scenic drives or cozy indoor picnic. Test your memory with our "Match the People to Their Pets" game—turn in both pages for a chance to win a free breakfast or lunch! Don't miss out on our St. Patrick's Day celebration, featuring a festive scavenger hunt, door prizes, delicious treats, and music by Richard. Come join the fun!

## "Stay in the Know: A Monthly Guide to your in house Activities"

*Step into Spring, Monday, Wednesday and Friday mornings. Join us as we take an invigorating inside walk in the halls of The Fifth Avenue, begins promptly at 9:45 am, meet in the lobby.*

*DVD Easy Chair Exercise; DVD Easy Chair Exercise, this will take you through a nice routine with a cool down at the end. Begins at 9:45 am daily in the Billiards Room.*

*Join us on Monday, March 3rd; during the 4, 5, & 6 o'clock dinner hours, for a birthday celebration! We'll gather to sing and celebrate all the community birthdays for the month of March.*

*Monday, March 17th St. Patrick's Day Event with Richard Willis as our musical guest.*

*Wednesday, March 5th; Join us for our Resident Social at 10:00 AM in the Activities Room to meet and welcome our new residents—refreshments will be served!*

*Wednesday, March 19th; join in on this years clothing swap. Drop off gently used items to the Multi purpose room no earlier than Tuesday, March 18th. All leftover clothing will be donated the following day to the Seventh day Adventist Church .*

*Wednesday, March 26th; NOLS (North Olympic Library System) will be in to drop off and pick up your book orders. If you are interested in this service please contact Denise in the Activities Office for more*

*Thursday, March 13th Dine In/Take Out; With this activity you select your lunch from the menu which is provided in the sign up book. Please pay Denise in the Activities Office before I order the meal. Then I will go get the lunch and deliver it to you in the (MPR), Dining in with friends is a real treat with out having to go out. \* **Black Bear***

### **Musical Guests in March**

*Monday March 17th; Richard Willis in the Gallery 1:00-3:00 pm*

*Friday 7th; Vienna Barrow will be in the Activities Room at 2:00 pm*

*Spring is just around the corner, but while we're still stuck indoors, why not join us for a cozy winter picnic? Come gather with friends on **Friday, March 21st, from 11 AM to noon** and enjoy the warmth of good company without having to step outside. It's the perfect way to kick back and enjoy the season together!*

***Sunday Movie Matinee!** Come and enjoy an afternoon at the movies! We have selected current movies for your enjoyment. Movies start at 1:00 p.m. in the Billiards Room. Check calendar for movie schedule. We welcome requests.*

# Look who's having fun at the Fifth!



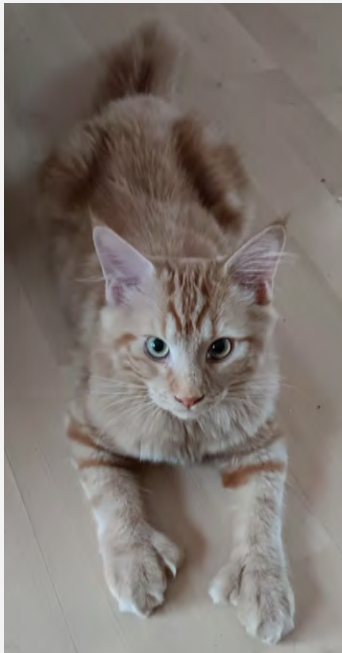
Breakfast Club was well attended at full capacity.



2025 Fountain



Margo W. & Pat C.  
Happy Valentine's Day



Toby is a growing.



Heidi, our awesome chef and event caterer.



Loretta & Haley



Mickey & Daughter Tina

## Jump on Board for Your Next Adventure... The Excitement is going Some Place NEW!

*Monday March 3rd; Enjoy shopping local at our own Sunny Farms; Bus loads at 10:00 am Bus leaves at 10:15 am returning by 11:15 am*

*Wednesday, March 26th; Breakfast Club; this month the breakfast club will be heading out to \*Traylor's for breakfast and great conversation.  
Bus loads at 8:15 am Bus leaves at 8:30 returning by 10:45 am*

*Thursday, March 6th & 20th; Enjoy appetizers and drinks let loose and have fun, we will do the driving to get you safely home.*


*6th; Bus loads at 4:15 pm Bus leaves at 4:30 pm \* 7 Brothers Casino*

*20th; Bus loads at 4:15 pm Bus leaves at 4:30 pm \* The Old Mill Café*

*Join us on Friday, March 14th, for a scenic drive from the mountains to the straits, let's head outdoors and have some fun spotting all the wildlife along the way! WEATHER PERMITTING*

*Friday, March 14th; Enjoy shopping local at our own Sunny Farms; Bus loads at 10:00 am Bus leaves at 10:15 am returning by 11:15 am*

# Fifth Avenue's March Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Room Key</b>            AO Activities Office            CR Card Room            AR Activities Room            MPR Multi-Purpose Room            BR Billiard Room            G Gallery            L Lobby            VO Van Outing            SPA Room</p>	<p><b>HAPPY BIRTHDAY!</b></p> <p>Naomi H. 3-5 Vivian S. 3-19            Katherine C. 3-9 Delmarie F. 3-20            Bo E. 3-10 Ann B. 3-23            Betty S. 3-18 Joe B. 3-25</p>					<p><b>1</b>            9:45 DVD Easy Chair Exercise (BR)            1:00 Farkle (CR)            1:00 Mexican Train (MPR)            2:30 Happy Hour (BR)</p>
<p><b>2</b>            9:45 DVD Easy Chair Exercise (BR)            1:00 Farkle (CR)            1:00 Fifth Avenue Gallery Presents: Kathy Nichols</p>	<p><b>3</b>            9:45 Step into Winter w/ Denise walk (L)            9:45 DVD Easy Chair Exercise (BR)            10:15 Sunny Farms (VO)            1:00 Bridge (MPR)            1:00 Mexican Train (CR)            1:00 BINGO w/Denise (AR)             Birthday Celebration</p>	<p><b>4</b>            9-4 Car Transportation            9:45 DVD Easy Chair Exercise (BR)            1:00 Rummikub (CR)            1:00 Let's Play Pool Team #2 (BR)            3:00 Let's Play Pool Team #1 (BR)</p>	<p><b>5</b>            9:45 Step into Winter With an independent walk (L)            9:45 DVD Easy Chair Exercise (BR)            10:00 Resident Social (AR)            1:00 BINGO w/Carol B. (AR)            1:00 Knitting Group (L)            2:30 Happy Hour (BR)             Happy Birthday Naomi H.</p>	<p><b>6</b>            9-4 Car transportation            9:45 DVD Easy Chair Exercise (BR)            1:00 Rummikub (CR)            1:00 Bridge (MPR)            4:30 Appetizers &amp; Drinks (VO)            * 7 Brothers Casino</p>	<p><b>7</b>            9:45 Step into Winter w/ Denise walk (L)            9:45 DVD Easy Chair Exercise (BR)            1:00 Let's Play Pool Team #2 (BR)            1:00 Cribbage (MPR)            1:00 Rummikub (CR)            2:00 Musical Guest Vienna Barrow (AR)            3:00 Let's Play Pool Team #1 (BR)</p>	<p><b>8</b>            9:45 DVD Easy Chair Exercise (BR)            1:00 Farkle (CR)            1:00 Mexican Train (MPR)            2:30 Happy Hour (BR)</p>

<p><b>9</b> 9:45 DVD Easy Chair Exercise (BR) 1:00 Farkle (CR) 1:00 Movie Matinee (BR) * The Six Triple Eight. True Story Happy Birthday Katherine C.</p>	<p><b>10</b> 9:45 Step into Winter w/ Denise walk (L) 9:45 DVD Easy Chair Exercise (BR) 1:00 Mexican Train (CR) 1:00 BINGO w/Denise (AR) 1:00 Bridge (MPR) Happy Birthday Bo E.</p>	<p><b>11</b> 9-4 Car Transportation 9:45 DVD Easy Chair Exercise (BR) 1:00 Rummikub (CR) 1:00 Let's Play Pool Team #2 (BR) 3:00 Let's Play Pool Team #1 (BR)</p>	<p><b>12</b> 9:45 Step into Winter w/Denise walk (L) 9:45 DVD Easy Chair Exercise (BR) 1:00 BINGO w/Denise (AR) 1:00 Knitting Group (L) 2:30 Happy Hour (BR)</p>	<p><b>13</b> 9-4 Car Transportation 9:45 DVD Easy Chair Exercise (BR) 11:30 Dine in/Take out (MPR) * Black Bear 1:00 Rummikub (CR) 1:00 Bridge (MPR)</p>	<p><b>14</b> 9:45 Step into Winter w/ Denise walk (L) 9:45 DVD Easy Chair Exercise (BR) 10:15 Sunny Farms (VO) 1:00 Let's Play Pool Team #2 (BR) 1:00 Cribbage (MPR) 1:00 Rummikub (CR) 1:00 Scenic Drive (VO) 3:00 Let's Play Pool Team #1 (BR)</p>	<p><b>15</b> 9:45 DVD Easy Chair Exercise (BR) 1:00 Farkle (CR) 1:00 Mexican Train (MPR) 2:30 Happy Hour (BR)</p>
<p><b>16</b> 9:45 DVD Easy Chair Exercise (BR) 1:00 Farkle (CR) 1:00 Movie Matinee (BR) *80 For Brady Daylight Savings</p>	<p><b>17</b> 9:45 Step into Winter w/ Denise (L) 9:45 DVD Easy Chair Exercise (BR) 1:00 Mexican Train (CR) 1:00 NO BINGO 1:00 NO Bridge 1:00 St. Patrick's Day Event w/Musical Guest: Richard Willis ST. Patrick's Day</p>	<p><b>18</b> 9-4 Car Transportation 9:45 DVD Easy Chair Exercise (BR) 1:00 Rummikub (CR) 1:00 Let's Play Pool Team #2 (BR) 3:00 Let's Play Pool Team #1 (BR) Happy Birthday Betty S.</p>	<p><b>19</b> 9:45 Step into Winter w/ Denise walk (L) 9:45 DVD Easy Chair Exercise (BR) 1:00 BINGO w/Denise (AR) 1:00 Knitting Group (L) 2:30 Happy Hour (BR) 3:00-5:00 Clothing Swap (MPR) Happy Birthday Vivian S.</p>	<p><b>20</b> 9-4 Car Transportation 9:45 DVD Easy Chair Exercise (BR) 1:00 Rummikub (CR) 1:00 Bridge (MPR) 4:30 Appetizers &amp; Drinks (VO) *The Old Mill Happy Birthday Delmarie F. Spring Begins</p>	<p><b>21</b> 9:45 Step into Spring with Denise walk (L) 9:45 DVD Easy Chair Exercise (BR) 11:00 Indoor Picnic (AR) 1:00 Let's Play Pool Team #2 (BR) 1:00 Cribbage (MPR) 1:00 Rummikub (CR) 3:00 Let's Play Pool Team #1 (BR)</p>	<p><b>22</b> 9:45 DVD Easy Chair Exercise (BR) 1:00 Farkle (CR) 1:00 Mexican Train (MPR) 2:30 Happy Hour (BR)</p>
<p><b>23</b> 9:45 DVD Easy Chair Exercise (BR) 1:00 Farkle (CR) 1:00 Movie Matinee (BR) *The Hill (True Story) Happy Birthday Ann B. <b>30</b> Same as above Movie Matinee: your choice</p>	<p><b>24</b> 9:45 Step into Spring w/Denise (L) 9:45 DVD Easy Chair Exercise (BR) 1:00 BINGO w/Denise (AR) 1:00 Mexican Train (CR) 1:00 Bridge (MPR) Happy Anniversary The Lovings <b>31</b> Same as above Carol B. BINGO</p>	<p><b>25</b> 9-4 Car Transportation 9:45 DVD Easy Chair Exercise (BR) 1:00 Rummikub (CR) 1:00 Let's Play Pool Team #2 (BR) 3:00 Let's Play Pool Team #1 (BR) Happy Birthday Joe B.</p>	<p><b>26</b> 8:15 Breakfast Club (VO) * Taylor's Port Angeles 9:45 DVD Easy Chair Exercise (BR) 9:45 Step into Spring w/independent walk (L) 11:30 NOLS pick up drop off (AO) 1:00 BINGO w/Denise (AR) 1:00 Knitting Group (L) 2:30 Happy Hour (BR)</p>	<p><b>27</b> 9-4 Car Transportation 9:45 DVD Easy Chair Exercise (BR) 1:00 Rummikub (CR) 1:00 Bridge (MPR)</p>	<p><b>28</b> 9:45 DVD Easy Chair Exercise (BR) 9:45 Step into Spring with an independent (L) 1:00 let's Play Pool Team #2 (BR) 1:00 Cribbage (MPR) 1:00 Rummikub (CR) 3:00 Let's Play Pool Team #1 (BR)</p>	<p><b>29</b> 9:45 DVD Easy Chair Exercise (BR) 1:00 Farkle (CR) 1:00 Mexican Train (MPR) 2:30 Happy Hour (BR)</p>

# Who's new at the Fifth!



Janet was born in Rhode Island and attended college in New Jersey, where she spent most of her life. She worked as an office manager for a public relations company for about ten years, a demanding and high-stress job. She moved to Washington twice—first in 2000 before returning to New Jersey, where she lived in Bellevue and worked as a secretary for Sterling Realty until 2012. During this time, she experienced the heartbreaking loss of her son in 2005 but remains close to her daughter, who lives near Port Townsend. In 2012, Janet returned to Washington, embracing a more fulfilling and creative

chapter of her life. She took on fun jobs and joined *The Messengers*, a musical group, where she sang for nearly ten years. She retired from working at 79 but continues to have a deep love for music and is looking forward to participating in sing-along musical groups. She also has a musical background, having played the flute in high school and college. A lifelong dog lover, Janet has always had canine companions and currently has a Papillon named Murphy. She enjoys playing canasta and some bridge, reading, and working on puzzles. When you see Janet, please give her a warm welcome to The Fifth Avenue!

## Reminders of This and That

- Reminder, all dog need to be on a leash when ever out of your apartment.
- Reminder, NO dogs in the dining room.
- Do to popular demand facial treatments will be available Wednesdays and Thursdays 10:00 am –3:00 pm, starting Wednesday, March 12th
- For the convenience of all residents and visitors, please do not leave your vehicle under the canopy while picking up or dropping off someone. Instead, kindly drop them off, pull around to park, and then return to assist them.





A Celebration  
of Art at  
*The  
Fifth Avenue*

Artist of the Month:  
**Kathy Nichols**



I have been doing watercolors for a long time. I remember doing my first watercolor in elementary school. I have had formal training from Western Washington University, Bellingham, WA. I make it a practice to sketch or paint every day. Watercolor is my favorite medium. My inspiration comes from nature. Exploring the world around me and putting it on paper is very rewarding and a peaceful process that has enriched my life. My art is my legacy. I made videos with my husband during COVID. He has passed away. We built a YouTube channel called "Easy watercolor lessons with Kathy". 200 videos geared to beginners in watercolors. I am really proud of the videos. I love to teach, show and do art with others. It is pure enjoyment and self-expression.



*Opening reception*  
Sunday, March 2, 2025 1-3pm

Match the owners to their pets.

How many did you get right?

Turn these 2 pages in, get a chance to win a free breakfast or lunch on us.



Karen W.



Audrey V.



Janet R.



Pat B.



Alice G.



Barbara S.

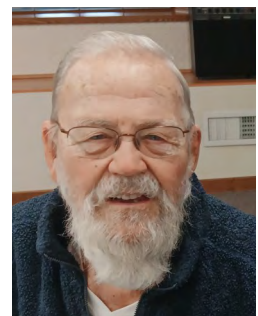


Sandy S.

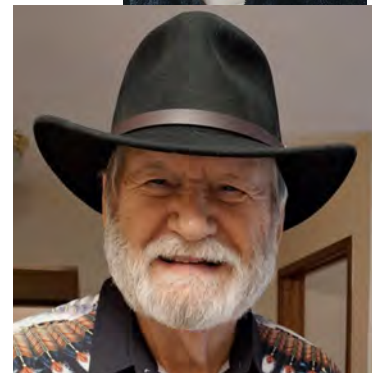


Jerry M.

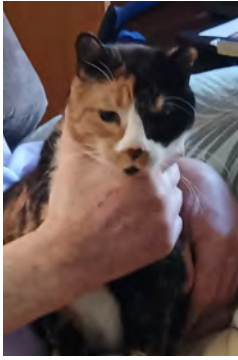
Bo E.



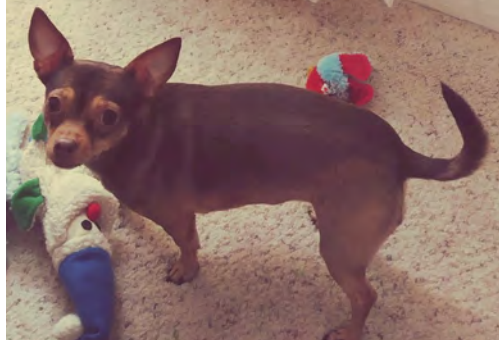
Hans R.



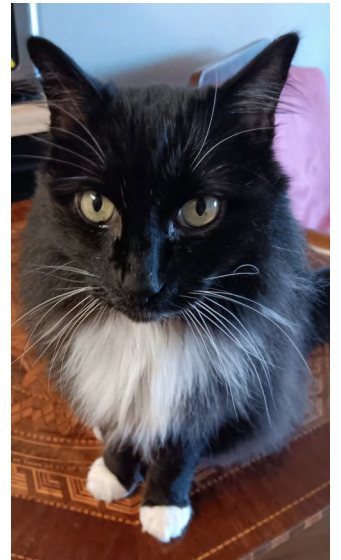
Terry C.



Miss Kitty



Abby



Max



Pixie



Boo



Mushy



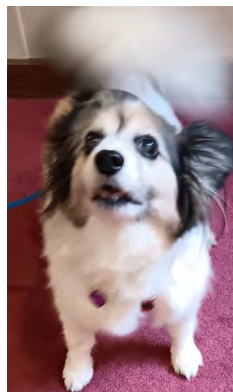
Rain



Kitty



Luna



Murphy



Coty



*The Fifth Avenue*

*500 W. Hendrickson Rd.*

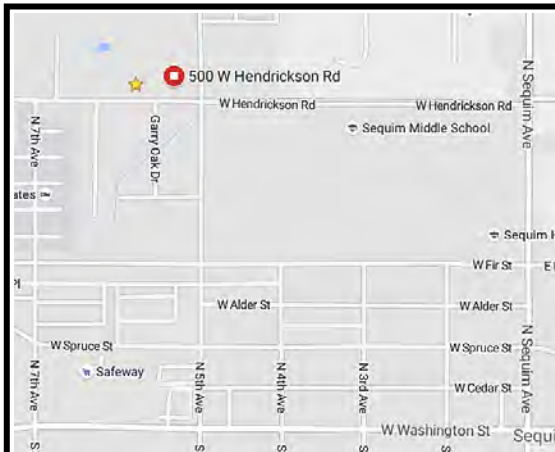
*NOW THIS I'M READY FOR!*



**Get your Fifth Avenews!**

If you would like to be added to our email distribution, prefer to receive a printed copy of our newsletter, or discontinue service, please let us know! **360-683-3345** or

[info@thefifthavenue.com](mailto:info@thefifthavenue.com)



- ◆ From Hwy 101, take the Sequim Avenue Exit.
- ◆ Head north on Sequim Avenue.
- ◆ Turn left on to Hendrickson Road.
- ◆ Fifth Avenue is on the right — just past the signal light on 5th Avenue.



Want to take a closer look? Come on in!  
Have questions, or want to schedule a tour?

Contact us at  
**360.683.3345**



Check out our Website at  
[www.thefifthavenue.com](http://www.thefifthavenue.com)

**Our Mission:**

"To inspire healthy, active lifestyles and vibrant community interaction for our residents."

**MANAGEMENT STAFF**

**Administrator:**

Donna Ingram

**Dietary Manager:**

Anthony Frechette

**Activity Director:**

Denise Aguilar

**Facilities Directors:**

Stan Halvorson

**Administrative Assistant:**

Tearra Henrichsen