

The Fifth Avenews

Monthly Newsletter

March 2026

WEEKLY EVENTS

Step into Spring

w/ Denise

Monday-Wednesday-Friday
at 9:45 am

Easy Chair Exercise

DVD

Daily at 9:45

BINGO

Mondays & Wednesdays
at 1:00 pm

Rummikub

Tuesday, Wednesday &
Thursday
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

Farkle

Saturdays and Sundays
at 1:00 pm

Movie Matinee

Sunday at 1:00 pm

Mexican Train

Monday & Saturdays
at 1:00 pm



With
Claudia Nash
Gilbert and Mitzi are
(Gather Together)
Gloria Hancock



At The Fifth
Avenue..

On the
1st day of
Spring



Resident Update

Donna -Administrator:

March is bringing festive fun and a touch of green to The Fifth Avenue! Our St. Patrick's Day Scavenger Hunt is sure to be a highlight with residents and our Sequim Community. Events like these keep our community active, connected, and full of joy as we welcome the spring season. We also want to give a heartfelt thank you to our incredible staff. From our always available and ready to help Administrative Team and Night Managers, making sure our residents and families feel heard and cared for. Our talented Dietary Chefs and Servers, bringing both flavor and warmth to every meal, turning everyday meals into enjoyable experiences. Our creative and connected Activities Department, keeping the calendar full of fun and our residents engaged month after month. And our Maintenance Team and Housekeeping Staff, reliable, responsive, and always willing to lend a helping hand. Each plays an important role in making The Fifth feel like home. It truly takes a village, and we are so fortunate to have a team that shows up with compassion, dedication, and heart every single day.

Tearra – Administrative Assistant:

Hello! As we look forward to warmer weather and blooming flowers, it's a great time for some spring cleaning—not just in your apartment, but with your paperwork!

- **Security Alert:** Be wary of mail asking for donations or urgent action to "protect your Social Security." If it seems suspicious, bring it to us first!
- **Reminder:** We have paperless billing available. Please ask Tearra for information.
- **Paper Shredding:** I have a small shredder available if you need something shredded. For large amounts, I will send out a notice when we schedule the big shredding truck. As always, don't hesitate to reach out to me if you have any questions regarding your statement.

Anthony - Dietary Manager:

Please return the green to go boxes on a daily basis, this insures that we have enough to go boxes for each meal service. Spring is almost here, Yeah! Don't forget to watch the parade at the end of February.

Stan - Maintenance:

Thanks for participating in the super bowl board. Hope everyone had fun. Looking forward to March Madness (Basketball). Dining room face lift is in process. Have a nice spring, enjoy the longer hours of daylight.

Denise - Activities Director:

Spring is in the air, which means it's time for our first scenic drive of the season on

Friday, March 20th. We're hoping to spot blooming flowers, local wildlife, and birds of all kinds along the way. There is so much to look forward to this month, including three musical guests and several fun outings. Don't forget to turn your clocks forward on Saturday, March 7th for Daylight Saving Time, and please join us in welcoming the Sequim Guild for their wonderful bake sale on Sunday, March 15th, from 10:00 a.m. to 2:00 p.m. in the lobby. I'm looking forward to spending time with all of you and sharing these fun adventures together. Be sure to read the newsletter and sign up for the upcoming outings—let's make it a great spring month!

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

Step into Spring

Get moving with our **Step into Spring** walking group! Join us **Monday, Wednesday, and Friday mornings** for an invigorating indoor walk through the halls of **The Fifth Avenue**. We **meet in the lobby at 9:45 AM** and start promptly. It's a great way to stay active and socialize—see you there!

DVD Easy Chair Exercise

Join us **daily at 9:45 AM** in the **Billiards Room** for a gentle and effective **DVD Easy Chair Exercise** routine. This session will guide you through a refreshing workout, ending with a relaxing cool-down. A great way to stay active and energized!

Monthly Birthday Celebration – Monday, March 2nd

Join us during the **4:00, 5:00, and 6:00 o'clock dinner hours** as we celebrate all the community birthdays for February! Come enjoy the festivities, sing along, and make the evening special for our birthday guests. Don't miss the fun!

NOLS Book Drop-Off & Pick-Up will be on **Wednesday, March 25th**; the North Olympic Library System will be here to deliver and collect book orders, so please bring your book bags to the Activities Office no earlier than **Tuesday, March 24th** and if you would like to use this convenient service, contact Denise in the Activities Office for more details.

On **Monday, March 16 at 3:00 PM**, Nichole will be in the lobby with her llamas—come down to take a picture, feel just how soft they are, and enjoy learning all about these fascinating animals from the information she shares.

Dine In/Take Out – Thursday, March 26th

For our Dine In/Take Out, please select your lunch from the menu located in the sign-up book. Be sure to include any side orders that come with your meal (such as sour cream or guacamole). Please pay Denise in the Activities Office before the order is placed. I will pick up your lunch and deliver it to you in the Dining Room. Dining with friends has never been easier—or more enjoyable—without having to go out! **Jose's Salsa House (Mexican)**

Musical Guests in March

Enjoy live music in March with these great musicians.

Friday, March 6th Claudia Nash at 2:00 pm in the Gallery.

Friday, March 20th Gilbert & Mitzi are "Gather Together" at 2:00 pm in the Activities Room

Friday, March 27th Gloria Hancock at 2:00 pm in the Lobby.

Sunday Movie Matinee!

Join us for a relaxing afternoon at the movies! We'll be showing **current movies** every Sunday at **1:00 PM** in the **Billiards Room**. Check the calendar for the movie schedule, and feel free to **submit any movie requests** you have to Denise in the Activities Office!

Look who's having fun at the Fifth!



What a fun time we had at the Fifth Avenue's Super Bowl party! We had some **root-tootin' fans** cheering on the big game together, and the energy was fantastic. What a great success — it was wonderful to see everyone come out, enjoy each other's company, and celebrate as a community.

My day was brightened when Carlos, my father, stopped by to visit me at work—what a wonderful surprise!



Margo & Pat are inseparable friends. We will be losing both of them soon. They will be moving closer to family. Wishing them well.



Del F. with singer Buck Ellard at our Valentine's event.



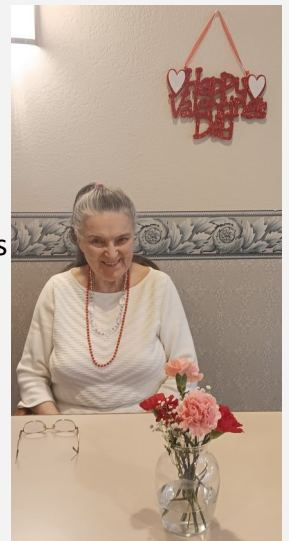
Jon, our talented painter at The Fifth Avenue, is making everything look brand new again—thank you Jon, for your hard work and dedication!



Jana & Pat serving at our Hearts & Harmony Valentine's Event. Great job girls!



Buck Ellard played for our Valentine's Event. Pictured are Lee H. & Marion P. enjoying the music.



Anita A. enjoying the activities here at the Fifth Avenue at our Valentine's Event.

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

March Appetizers & Drinks Outing

Join us for a fun evening out with **appetizers, drinks, and great company**—we'll handle the driving to get you home safely! **Weather Permitting**

Thursday, March 5th – **Barhop** bus loads at 4:15 bus leaves at 4:30

Thursday, March 19th - **Elwha Casino** bus loads 4:00 bus leaves at 4:15

Friday, March 6th – Outing to **Old Town Poulsbo** **Weather Permitting**

Enjoy lunch at the **Green Light Diner**

After lunch, take time to **stroll through town**

Stop by **Sluys Bakery** before heading home

Bus loads: 10:45 a.m.

Departure: 11:00 a.m.

Return: By 3:00 p.m.

Come enjoy an afternoon of **fun, food, and friends!**

Friday, March 13th

Join us for a self guided tour of the **Sequim Museum & Arts Center** as we explore and learn more about Sequim's rich history. In our own community.

Bus loads: 12:45 PM

Bus departs: 1:00 PM

Come along for an enjoyable and informative afternoon right here in our own community!

Join us on **Friday, March 27th** as we head to the **Port Gamble Historic Museum!** The bus loads at 10:45 a.m. and departs at 11:00 a.m. Come explore a fascinating piece of history and enjoy the charm of Port Gamble. Before we head back, feel free to stop by the General Store for a bite to eat, or coffee and dessert. We expect to return to The Fifth Avenue around 3:00 p.m. Admission: FREE We hope you'll join us! **Weather Permitting**

Friday, March 20th

Celebrate the **first day of spring** with us as we head out on a **scenic drive** to see what spring has awakened so far. Keep your eyes open—we may even spot **Sequim's own elk herd** along the way!

Bus loads: 12:45 PM

Bus departs: 1:00 PM

Come enjoy the fresh air, beautiful views, and the sights of spring with us!

Weather permitting

The Breakfast Club – March Outing


Mark your calendars! The Breakfast Club is headed to **101 Diner** on **Wednesday,**

March 25th. The bus will **load at 8:15 AM and depart promptly at 8:30 AM**, so don't be late! The Breakfast Club meets once a month, usually on the last Wednesday, for great food and even better company. Be sure to **sign up in advance** and join the morning fun with friends old and new!

Sunny Farms Shopping Trip – Friday, March 13th & Monday, March 23rd

Enjoy a convenient shopping trip to **Sunny Farms** and pick up your favorite local goods! The bus will **load at 10:00 AM** and **depart at 10:15 AM**, returning by **11:15 AM**. Don't miss this chance to shop fresh and local with friends!

Fifth Avenue's March Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1 9:45 DVD Chair Exercise (BR) 1:00 Fifth Avenue Gallery Presents: Kathy Nichols 1:00 Farkle (CR)</p>	<p>2 9:45 Step into Spring with an Independent inside walk (L) 9:45 DVD Chair Exercise (BR) 1:00 Bridge (MPR) 1:00 Mexican Train (CR) 1:00 BINGO (AR) Birthday Celebration</p>	<p>3 9-4 Car Transportation 9:45 DVD Easy Chair Exercise (BR) 1:00 Rummikub (CR) 1:00 Let's Play Pool (BR) Team #2 3:00 Let's Play Pool (BR) Team #1 (BR)</p>	<p>4 9:45 Step into Spring w/Denise inside walk (L) 9:45 DVD Easy Chair Exercise (BR) 1:00 BINGO (AR) 2:30 Happy Hour (BR)</p>	<p>5 9-4 Car Transportation 9:45 DVD Easy Chair Exercise (BR) 1:00 Rummikub (CR) 1:00 Bridge (MPR) 4:30 Appetizers & Drinks * Barhop Happy Birthday Naomi H.</p>	<p>6 9:45 Step into Spring with an independent walk (L) 9:45 DVD Easy Chair Exercise (BR) 11:00 Lunch at the Greenlight Diner (VO) 1:00 Let's Play Pool Team #2 (BR) 1:00 Cribbage (MPR) 1:00 Rummikub (CR) 2:00 Musical Guest: Claudia Nash (G) 3:00 Let's Play Pool Team #1 (BR)</p>	<p>7 9:45 DVD Easy Chair Exercise (BR) 1:00 Farkle (CR) 1:00 Mexican Train (MPR) 2:30 Happy Hour (BR)</p>
<p>8 9:45 DVD Easy Chair Exercise (BR) 1:00 Movie Matinee (BR) *Everybody's Fine 1:00 Farkle (CR)</p> 	<p>9 9:45 Step into Spring with an independent walk (L) 9:45 DVD Easy Chair Exercise (BR) 10:30 Men's Discussion Group (MPR) 1:00 Bridge (MPR) 1:00 Mexican Train (CR) 1:00 BINGO (AR) Happy Birthday Katherine C. Sharon M.</p>	<p>10 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 Bo E.</p>	<p>11 9:45 Step into Spring with Denise walk (L) 9:45 DVD Easy Chair Exercise (BR) 1:00 BINGO (AR) 2:30 Happy Hour (BR)</p>	<p>12 9-4 Car transportation 9:45 DVD Easy Chair Exercise (BR) 1:00 Rummikub (CR) 1:00 Bridge (MPR)</p>	<p>13 9:45 Step into Spring with Denise inside walk (L) 9:45 DVD Easy Chair Exercise (BR) 10:15 Sunny Farms (VO) 1:00 Sequim Museum & Arts (VO) 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>14 9:45 DVD Easy Chair Exercise (BR) 1:00 Farkle (CR) 1:00 Mexican Train (MPR) 2:30 Happy Hour (BR)</p>

<p>15 9:45 DVD Easy Chair Exercise (BR) 10:00 Sequim Guild Bake Sale (L) 1:00 Farkle (CR) 1:00 Movie Matinee (BR) *The Union</p>	<p>16 9:45 Step into Spring with Denise walk (L) 9:45 DVD Easy Chair Exercise (BR) 1:00 Mexican Train (CR) 1:00 BINGO (AR) 1:00 Bridge (MPR) 3:00 Lama Visit with Nicole (L)</p>	<p>17 9-4 Car Transportation 9:45 DVD Easy Chair Exercise (BR) 1:00 Scavenger Hunt Event (G) with Musical Guest: Derrick Stallman 1:00 Rummikub (CR) 1:00 Let's Play Pool Team #2 (BR) 3:00 Let's Play Pool Team #1 (BR)</p>	<p>18 9:45 Step into Spring with Denise walk (L) 9:45 DVD Easy Chair Exercise (BR) 1:00 BINGO (AR) 2:30 Happy Hour (BR) Happy Birthday Betty S.</p>	<p>19 9-4 Car Transportation 9:45 DVD Easy Chair Exercise (BR) 1:00 Rummikub (CR) 1:00 Bridge (MPR) 4:00 Appetizers & Drinks (VO) * Elwha Casino Happy Birthday Vivian S.</p>	<p>20 9:45 Step into Spring with an inside 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) 1:00 Scenic Drive (VO) 2:00 Musical Guest: Gilbert & Mltzi are Gather Together (G) 3:00 Let's Play Pool Team #1 (BR) Happy Birthday Del F. First Day of Spring</p>	<p>21 9:45 DVD Easy Chair Exercise (BR) 1:00 Farkle (CR) 1:00 Mexican Train (MPR) 2:30 Happy Hour (BR)</p>
<p>22 9:45 DVD Easy Chair Exercise (BR) 1:00 Farkle (CR) 1:00 Movie Matinee (BR) * Faraway</p>	<p>23 9:45 Step into Spring for an inside walk w/ Denise (L) 9:45 DVD Easy Chair Exercise (BR) 10:15 Sunny Farms (VO) 1:00 Mexican Train (CR) 1:00 Bridge (MPR) 1:00 BINGO (AR) Happy Birthday Ann B.</p>	<p>24 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>25 8:00 Breakfast Club (VO) *101 Diner 9:45 Step into Spring with an independent walk (L) 9:45 DVD Easy Chair Exercise (BR) 11:30 NOLS (AO) 1:00 BINGO (AR) 2:30 Happy Hour (BR)</p>	<p>26 9-4 Car Transportation 9:45 DVD Easy Chair Exercise (BR) 11:30 Dine in / Take out * Jose's Salsa House (Mexican) (DR) 1:00 Rummikub (CR) 1:00 Bridge (MPR)</p>	<p>27 9:45 Step into Spring with an inside walk w/ Denise (L) 9:45 DVD Easy Chair Exercise (BR) 11:00 Port Gamble Historic Museum (VO) 1:00 Let's Play Pool Team #2 (BR) 1:00 Cribbage (MPR) 1:00 Rummikub (CR) 2:00 Musical Guest: Gloria Hancock (L) 3:00 Let's Play Pool Team #1 (BR)</p>	<p>28 9:45 DVD Easy Chair Exercise (BR) 1:00 Farkle (CR) 1:00 Mexican Train (MPR) 2:30 Happy Hour (BR)</p>
<p style="text-align: center;">HAPPY BIRTHDAY!</p> <p>Naomie H. 3-5 Katherine C. 3-9 Sharon M. 3-9 Bo E. 3-10</p> <p>Betty S. 3-18 Vivian S. 3-19 Del F. 3-20 Ann B. 3-23</p>						
<p style="text-align: center;">Room Key</p> <p>AO Activities Office CR Card Room AR Room MPR Multi-Purpose Room BR Billiard Room G Gallery L Lobby VO Van Outing SPA Room</p>						
<p>29 9:45 DVD Easy Chair Exercise (BR) 1:00 Farkle (CR) 1:00 Movie Matinee (BR) * Are you there God? It's Me Margaret.</p>	<p>30 9:45 Step into Spring for an inside walk w/ Denise (L) 9:45 DVD Easy Chair Exercise (BR) 1:00 Mexican Train (CR) 1:00 Bridge (MPR) 1:00 BINGO (AR)</p>	<p>31 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>				



Reminders of This and That

- Jeanne W., come on down! You're our **February Word Search Game** winner! Stop by the Activities Office to pick up your certificate for a **FREE breakfast or lunch**—yum! Thanks to Jeanne and to everyone who joined in the fun. Be sure to keep playing our **monthly word search game**... you could be next!
- If you need a card for any occasion drop by the Activities Office. We have a variety of cards to choose from.
- Please return all green to go containers each day. The kitchen appreciates your assistance with this.

St. Patrick's Day

Scavenger Hunt at The Fifth Avenue

Tuesday, March 17th • 1-3 PM

500 West Hendrickson Rd, Sequim



Follow the leprechaun's trail through The Fifth Avenue!

- Find all the lucky tokens for great prizes!
- Music by Richard Willis
- Enter to win a raffle basket
- Delicious eats and treats by Fifth Avenue Chefs

RSVP's Appreciated! Call 360-683-3345

THE
Fifth Avenue

St. Patrick's Day Menu

Corned Beef & Cabbage

Red potatoes

Green salad

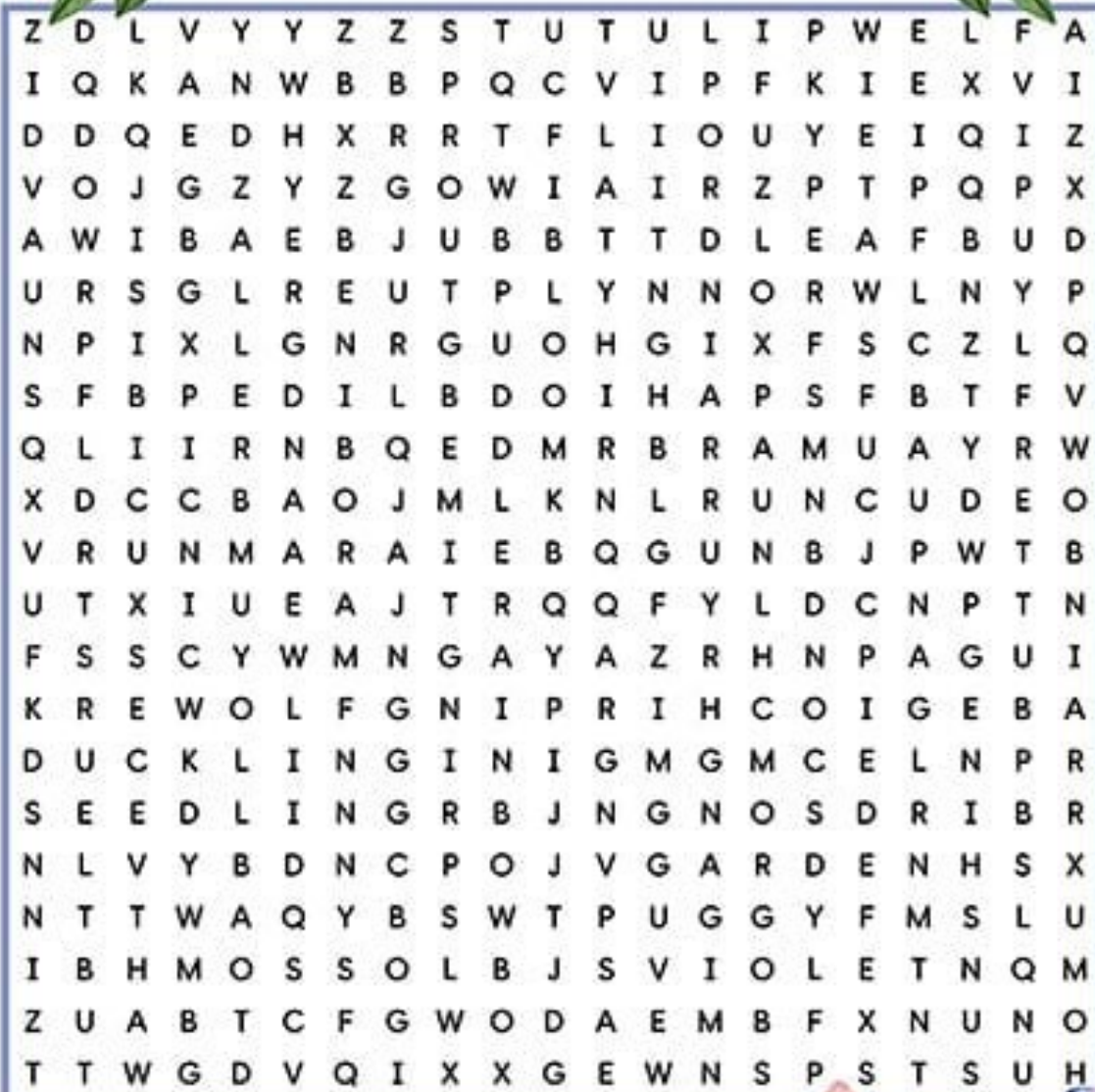
Veggie cup

Fruit cup

Key Lime Pie



SPRING



BIRDSONG
BLOOM
BLOSSOM
BREEZE
BUNNY
BUTTERFLY
CHIRPING
DAFFODIL
DUCKLING

GARDEN
GRASS
LADYBUG
LEAFBUD
MEADOW
NEST
PICNIC
PUDDLE
RAINBOW

RAINDROP
ROBIN
SEEDLING
SPRINGTIME
SPROUT
SUNSHINE
THAW
TULIP
UMBRELLA





The Fifth Avenue

500 W. Hendrickson Rd.

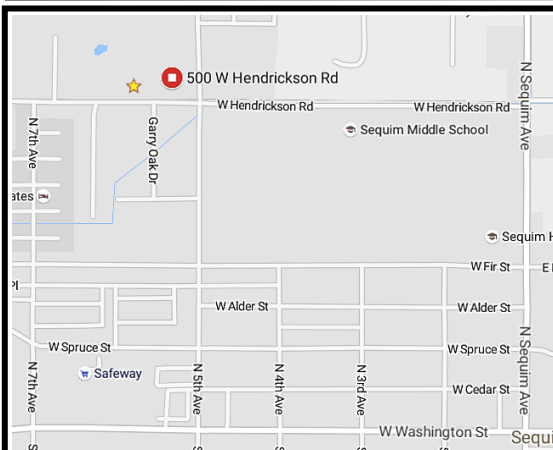
NOW THIS I'M READY FOR!



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



- ◆ 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

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