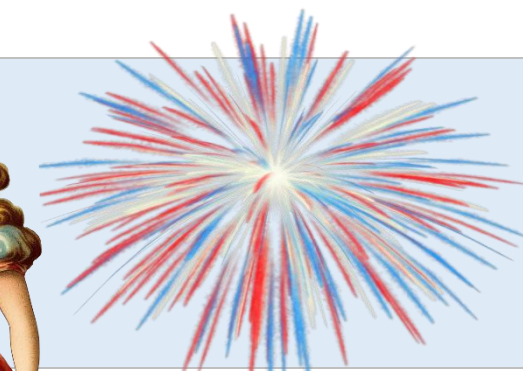






July 2024

Independent Living Activities



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
 <p> 9:00 Strength & Tone (WE) 10:00 Seated Fitness (WE) 1:30 Movie Matinee (T) 2:00 Parkinson's Group Meeting (R) </p>	<p> 9:00 Strength & Tone (WE) 10:00 Seated Fitness (WE) 1:30 Movie Matinee (T) 2:00 Parkinson's Group Meeting (R) </p>	<p> 8:15 POW! (WE) 9:00 Aqua Fitness (AC) 9:00 Tech Help with Peel Tech 10:00 Better Balance (WE) 10:30 Seated Stretching (WE) Solarium Chat with Gary: 2:30 Lakeview Level Apartment Residents (BR) 3:30 Condo Residents (BR) 5:30 Piano Music with Karen Mataya (L) 7:30 Movie Night (T) </p>	<p> 10:00 Tai Chi (WE) 11:30 Line Dancing (WE) 1:00 Bridge (R) 1:30 Movie Matinee (T) Solarium Chat with Gary: 2:00 5th Floor Residents (5S) 3:00 6th Floor Residents (6S) 6:30 Star-Spangled Spectacular Concert (O) </p>		<p> 9:00 Strength & Tone (WE) 10:00 Seated Fitness (WE) 10:00 The Thrift Shop is Open! 1:00 Brain Games with Jane 1:30 Movie Matinee (T) 3:00 Mexican Train Dominoes (R) 4:00 Games in the Water's Edge Studio 4pm Friday thru 8pm Sunday (WE) </p>	<p> 1:00 Bible Study with Paton Wall (8S) 4:00 Games in the Water's Edge Studio 4pm Friday thru 8pm Sunday (WE) 7:30 Movie Night (T) </p>
7	8	9	10	11	12	13
<p> 9:30 Episcopal Service (LV) 1:30 Movie Matinee (T) 4:00 Games in the Water's Edge Studio 4pm Friday thru 8pm Sunday (WE) </p> 	<p> 9:00 Strength & Tone (WE) 10:00 Seated Fitness (WE) 1:30 Movie Matinee (T) 2:00 Mt. Rainier Acrylic Painting with Marilyn Crandall (CC) ✓ 3:30 Travelogue: Japan with Anthony (LV) </p>	<p> 8:15 POW! (WE) 9:00 Aqua Fitness (AC) 9:00 Tech Help with Peel Tech 9:30 U-Village (QFC & Bartell) Shopping Trip (O) ✓ 10:00 Better Balance (WE) 10:30 Seated Stretching (WE) Solarium Chat with Gary: 2:30 7th Floor Residents (7S) 3:30 10th Floor Residents (10S) 4:30 A Night in Paris Wine Social with Bonnie Birch Band (L) 7:30 Movie Night (T) </p>	<p> 10:00 Tai Chi (WE) 11:30 Line Dancing (WE) 1:00 Bridge (R) 1:30 Movie Matinee (T) Solarium Chat with Gary: 3:00 9th Floor Residents (9S) 4:00 8th Floor Residents (8S) 5:30 Primo Kim Velvet Smooth Piano Sounds (L) </p>	<p> 8:15 POW! (WE) 9:00 Aqua Fitness (AC) 9:30 Shopping Trip to Costco (Bring your Costco Card) (O) ✓ 10:00 Better Balance (WE) 10:30 Seated Stretching (WE) 1:00 Mahjong (R) 1:30 Diana Krall Live in Paris (T) Solarium Chat with Gary: 3:00 12th Floor Residents (12S) 5:00 "An Evening with NASA": GPM 10-in-10 Series (LV) </p>	<p> 9:00 Strength & Tone (WE) 10:00 Seated Fitness (WE) 10:00 The Thrift Shop is Open! 1:30 Movie Matinee (T) 3:00 Mexican Train Dominoes (R) 4:00 Games in the Water's Edge Studio 4pm Friday thru 8pm Sunday (WE) </p>	<p> 1:00 Bible Study with Paton Wall (8S) 4:00 Games in the Water's Edge Studio 4pm Friday thru 8pm Sunday (WE) 7:30 Movie Night (T) </p> 



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																				
14 9:30 Episcopal Service (LV) 1:30 Movie Matinee (T) 4:00 Games in the Water's Edge Studio 4pm Friday thru 8pm Sunday (WE)	15 9:00 Strength & Tone (WE) 9:00 Fitness Walk: Discovery Park and The Locks (O) ✓ 10:00 Seated Fitness (WE) 1:30 Movie Matinee (T) 2:00 Weekly Art Class with Karen Lewis (CC) 3:30 Men's Group with Gary (LV)	16 8:15 POW! (WE) 9:00 Aqua Fitness (AC) 9:00 Tech Help with Peel Tech 10:00 Better Balance (WE) 10:30 Seated Stretching (WE) 3:00 The Lost City of Petra: Unlocking its Hidden Mysteries! (LV) 5:30 Ron Leonardi Music (L) 7:30 Movie Night (T)	17 10:00 Tai Chi (WE) 11:30 Line Dancing (WE) 1:00 Bridge (R) 1:30 Movie Matinee (T) 3:30 Parkshore BINGO (LV) 5:30 Piano Music with Karen Mataya (L)	18 8:15 POW! (WE) 9:00 Aqua Fitness (AC) 10:00 Better Balance (WE) 10:30 Seated Stretching (WE) 1:00 Mahjong (R) 1:30 Opera: Rigoletto (T)	19 9:00 Strength & Tone (WE) 10:00 Seated Fitness (WE) 10:00 The Thrift Shop is Open! 1:00 Brain Games with Jane 1:30 Movie Matinee (T) 3:00 Mexican Train Dominoes (R) 4:00 Games in the Water's Edge Studio 4pm Friday thru 8pm Sunday (WE)	20 1:00 Bible Study with Paton Wall (8S) 4:00 Games in the Water's Edge Studio 4pm Friday thru 8pm Sunday (WE) 7:30 Movie Night (T)																																				
21 9:30 Episcopal Service (LV) 1:30 Movie Matinee (T) 4:00 Games in the Water's Edge Studio 4pm Friday thru 8pm Sunday (WE)	22 9:00 Strength & Tone (WE) 10:00 Seated Fitness (WE) 1:30 Movie Matinee (T) 3:30 Women's Club with Gary! (LV) 	23 8:15 POW! (WE) 9:00 Aqua Fitness (AC) 9:00 Tech Help with Peel Tech 10:00 Better Balance (WE) 10:30 Seated Stretching (WE) 11:00 Parkshore Update (LV) Solarium Chat with Gary: 3:00 13th Floor Residents (13S) 4:30 Wine Social (L) 7:30 Movie Night (T)	24 10:00 Tai Chi (WE) 11:00 Senior Day with the Mariners (Mariners vs Los Angeles Angels) (O) ✓\$ 11:30 Line Dancing (WE) 1:00 Bridge (R) 1:30 Movie Matinee (T) Solarium Chat with Gary: 3:00 14th Floor Residents (14S) 4:00 11th Floor Residents (11S) 5:30 Primo Kim Velvet Smooth Piano Sounds (L)	25 8:15 POW! (WE) 9:00 Aqua Fitness (AC) 10:00 Better Balance (WE) 10:30 Seated Stretching (WE) 1:00 Mahjong (R) 1:30 Mitzi Gaynor Razzle Dazzle The Special Years (T) 1:45 Seattle Public Mobile Library (L)	26 9:00 Strength & Tone (WE) 10:00 Seated Fitness (WE) 10:00 The Thrift Shop is Open! 11:30 Bellevue Square Mall Shopping Trip (O) ✓ 1:30 Movie Matinee (T) 3:00 Mexican Train Dominoes (R) 4:00 Games in the Water's Edge Studio 4pm Friday thru 8pm Sunday (WE)	27 1:00 Bible Study with Paton Wall (8S) 4:00 Games in the Water's Edge Studio 4pm Friday thru 8pm Sunday (WE) 7:30 Movie Night (T) 																																				
28 9:30 Episcopal Service (LV) 1:30 Movie Matinee (T) 4:00 Games in the Water's Edge Studio 4pm Friday thru 8pm Sunday (WE)	29 9:00 Strength & Tone (WE) 10:00 Seated Fitness (WE) 1:30 Movie Matinee (T) 2:00 Disaster Preparedness: The Basics (LV)	30 8:15 POW! (WE) 9:00 Aqua Fitness (AC) 9:00 Tech Help with Peel Tech 10:00 Better Balance (WE) 10:30 Seated Stretching (WE) 3:00 The Age of Misinformation: Fake Science and Irrational Beliefs! (LV) 7:30 Movie Night (T)	31 10:00 Tai Chi (WE) 11:30 Line Dancing (WE) 1:00 Bridge (R) 1:30 Movie Matinee (T) 1:30 Seattle Seafair Pirates! 2:30 Parkshore's Annual Ice Cream Social (L)	<table border="1"> <tr><td>AC</td><td>Aquatic Center – S Level</td></tr> <tr><td>BR</td><td>Birch Room – 1st Floor</td></tr> <tr><td>DR</td><td>Dining Room – 1st Floor</td></tr> <tr><td>F</td><td>Facilities – S Level</td></tr> <tr><td>L</td><td>Lounge – 1st Floor</td></tr> <tr><td>LV</td><td>Lakeview Room – L Level</td></tr> </table>	AC	Aquatic Center – S Level	BR	Birch Room – 1st Floor	DR	Dining Room – 1st Floor	F	Facilities – S Level	L	Lounge – 1st Floor	LV	Lakeview Room – L Level	<table border="1"> <tr><td>4C</td><td>Consultation Room – 4th Floor</td></tr> <tr><td>CC</td><td>Creativity Center – L Level</td></tr> <tr><td>LVL</td><td>Lakeview Level – L Level</td></tr> <tr><td>O</td><td>Outing (Meet in Front Lobby)</td></tr> <tr><td>R</td><td>Rafters – 15th Floor</td></tr> <tr><td>SU</td><td>Sign-up by Activity Desk</td></tr> </table>	4C	Consultation Room – 4th Floor	CC	Creativity Center – L Level	LVL	Lakeview Level – L Level	O	Outing (Meet in Front Lobby)	R	Rafters – 15th Floor	SU	Sign-up by Activity Desk	<table border="1"> <tr><td>\$</td><td>Fee for Trip</td></tr> <tr><td>✓</td><td>Sign-Up in Cubigo</td></tr> <tr><td>360</td><td>360 Grille – 15th Floor</td></tr> <tr><td>T</td><td>Movie Theater – L Level</td></tr> <tr><td>TS</td><td>Thrift Shop – L Level</td></tr> <tr><td>WE</td><td>Water's Edge Studio – S Level</td></tr> </table>	\$	Fee for Trip	✓	Sign-Up in Cubigo	360	360 Grille – 15th Floor	T	Movie Theater – L Level	TS	Thrift Shop – L Level	WE	Water's Edge Studio – S Level
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