

# September 2024 Independent Living Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<p><b>9:30 Episcopal Service</b> (LV)  <b>1:30 Movie Matinee</b> (T)  <b>4:00 Games in the Water's Edge Studio</b> 4pm Friday thru 8pm Sunday (WE)</p>	 <p><b>1:30 Movie Matinee</b> (T)</p>	<p><b>8:15 POW!</b> (WE)  <b>9:00 Aqua Fitness</b> (AC)  <b>9:00 Tech Help with Peel Tech</b>  <b>10:00 Better Balance</b> (WE)  <b>10:30 Seated Stretching</b> (WE)  <b>Solarium Chat with Gary:</b>  <b>2:00 9th Floor Residents</b> (9S)  <b>3:00 Lakeview Level Apartment Residents</b> (BR)  <b>7:30 Movie Night</b> (T)</p>	<p><b>10:00 Tai Chi</b> (WE)  <del><b>11:30 Line Dancing</b></del> (WE)  <b>1:00 Bridge</b> (R)  <b>1:30 Movie Matinee</b> (T)  <b>Solarium Chat with Gary:</b>  <b>2:00 5th Floor Residents</b> (5S)  <b>3:00 12th Floor Residents</b> (12S)  <b>4:30 Parkshore Community Sing-A-Long with Karen Mataya!</b> (L)  <b>5:30 Piano Music with Karen Mataya</b> (L)</p>	<p><b>8:15 POW!</b> (WE)  <b>9:00 Aqua Fitness</b> (AC)  <b>10:00 Better Balance</b> (WE)  <b>10:30 Seated Stretching</b> (WE)  <b>1:00 Mahjong</b> (R)  <b>Solarium Chat with Gary:</b>  <b>2:00 6th Floor Residents</b> (6S)  <b>3:00 The Life of Verdi with Theodore Deacon</b> (LV)  <b>5:30 Ron Leonardi Piano Music</b> (L)</p>	<p><b>9:00 Strength &amp; Tone</b> (WE)  <b>10:00 Seated Fitness</b> (WE)  <b>10:00 The Thrift Shop is Open!</b>  <b>1:00 Brain Games with Jane</b>  <b>1:30 Movie Matinee</b> (T)  <b>3:00 Mexican Train Dominoes</b> (R)  <b>4:00 Games in the Water's Edge Studio</b> 4pm Friday thru 8pm Sunday (WE)</p>	<p><b>12:30 Huskies vs. Eastern Michigan</b> (L)  <b>1:00 Bible Study with Paton Wall</b> (8S)  <b>4:00 Games in the Water's Edge Studio</b> 4pm Friday thru 8pm Sunday (WE)  <b>7:30 Movie Night</b> (T)</p>
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<p><b>9:30 Episcopal Service</b> (LV)  <b>1:30 Movie Matinee</b> (T)  <b>4:00 Games in the Water's Edge Studio</b> 4pm Friday thru 8pm Sunday (WE)</p>	<p><b>9:00 Strength &amp; Tone</b> (WE)  <b>10:00 Seated Fitness</b> (WE)  <b>11:00 Parkinson's Group Meeting</b> (R)  <b>1:30 Movie Matinee</b> (T)  <b>2:00 Book Club</b> (R)  <b>2:00 Weekly Art Class with Karen Lewis</b> (CC)  <b>3:30 Men's Group with Gary</b> (LV)  <b>4:00 Help Desk with Anya</b> (L)</p>	<p><b>8:15 POW!</b> (WE)  <b>9:00 Aqua Fitness</b> (AC)  <b>9:00 Tech Help with Peel Tech</b>  <b>10:00 Better Balance</b> (WE)  <b>10:30 Seated Stretching</b> (WE)  <b>2:00 China and Taiwan: Can They Co-Exist? with David Fenner</b> (LV)  <b>4:30 Wine Social</b> (L)  <b>7:30 Movie Night</b> (T)</p>	<p><b>10:00 Tai Chi</b> (WE)  <b>11:00 Scenic Drive: Nordic Museum &amp; Lunch</b> (O) \$✓  <b>11:30 Line Dancing</b> (WE)  <b>1:00 Bridge</b> (R)  <b>1:30 Movie Matinee</b> (T)  <b>Solarium Chat with Gary:</b>  <b>2:00 7th Floor Residents</b> (7S)  <b>4:00 11th Floor Residents</b> (11S)  <b>5:30 Primo Kim Velvet Smooth Piano Sounds</b> (L)</p>	<p><b>8:15 POW!</b> (WE)  <b>9:00 Aqua Fitness</b> (AC)  <b>9:30 Shopping Trip to Costco (Bring your Costco Card)</b> (O) ✓  <b>10:00 Better Balance</b> (WE)  <b>10:30 Seated Stretching</b> (WE)  <b>1:00 Mahjong</b> (R)  <b>1:30 Opera: Don Carlos – Part 1</b> (T)  <b>Solarium Chat with Gary:</b>  <b>2:00 14th Floor Residents</b> (14S)  <b>3:30 10th Floor Residents</b> (10S)  <b>7:30 Opera: Don Carlos – Part 2</b> (T)</p>	<p><b>9:00 Strength &amp; Tone</b> (WE)  <b>10:00 Seated Fitness</b> (WE)  <b>10:00 The Thrift Shop is Open!</b>  <b>11:00 Catholic Services</b> (R)  <b>1:30 Movie Matinee</b> (T)  <b>3:00 Mexican Train Dominoes</b> (R)  <b>4:00 Games in the Water's Edge Studio</b> 4pm Friday thru 8pm Sunday (WE)</p>	<p><b>12:30 Apple Cup: Huskies vs. Washington State</b> (L)  <b>1:00 Bible Study with Paton Wall</b> (8S)  <b>4:00 Games in the Water's Edge Studio</b> 4pm Friday thru 8pm Sunday (WE)  <b>7:30 Movie Night</b> (T)</p>



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																				
<b>15</b> <b>9:30 Episcopal Service</b> (LV) <b>1:30 Movie Matinee</b> (T) <b>4:00 Games in the Water's Edge Studio</b> 4pm Friday thru 8pm Sunday (WE)	<b>16</b> <b>9:00 Strength &amp; Tone</b> (WE) <b>10:00 Seated Fitness</b> (WE) <b>1:00 Fitness Walk: Elliott Bay Park and Sculpture Garden</b> (O) ✓ <b>1:30 Movie Matinee</b> (T) <b>2:00 Weekly Art Class with Karen Lewis</b> (CC) <b>4:00 Help Desk with Anya</b> (L)	<b>17</b> <b>8:15 POW!</b> (WE) <b>9:00 Aqua Fitness</b> (AC) <b>9:30 U-Village (QFC &amp; Bartell) Shopping Trip</b> (O) ✓ <b>10:00 Better Balance</b> (WE) <b>10:30 Seated Stretching</b> (WE) <b>3:30 Parkshore BINGO</b> (LV) <b>7:30 Movie Night</b> (T)	<b>18</b> <b>10:00 Tai Chi</b> (WE) <b>11:30 Line Dancing</b> (WE) <b>1:00 Bridge</b> (R) <b>1:30 Movie Matinee</b> (T) (LV) 	<b>19</b> <b>8:15 POW!</b> (WE) <b>9:00 Aqua Fitness</b> (AC) <b>10:00 Better Balance</b> (WE) <b>10:30 Seated Stretching</b> (WE) <b>11:00 Resident Association Meeting</b> (LV) <b>1:00 Mahjong</b> (R) <b>1:30 Parkshore Potpourri: A John Williams Celebration - Opening Gala Concert</b> (T) <b>3:00 Alfredo Carrillo Concert</b> (LV)	<b>20</b> <b>9:00 Strength &amp; Tone</b> (WE) <b>10:00 Seated Fitness</b> (WE) <b>10:00 The Thrift Shop is Open!</b> <b>10:00 Scenic Drive: Wings Over Washington</b> (O) \$✓ <b>1:00 Brain Games with Jane</b> <b>1:30 Movie Matinee</b> (T) <b>2:00 Knives Out with Chef Chad &amp; Josue</b> (B) <b>3:00 Mexican Train Dominoes</b> (R) <b>4:00 Games in the Water's Edge Studio</b> 4pm Friday thru 8pm Sunday (WE)	<b>21</b> <b>1:00 Bible Study with Paton Wall</b> (8S) <b>4:00 Games in the Water's Edge Studio</b> 4pm Friday thru 8pm Sunday (WE) <b>7:30 Movie Night</b> (T)																																				
<b>22</b> <b>9:30 Episcopal Service</b> (LV) <b>1:30 Movie Matinee</b> (T) <b>4:00 Games in the Water's Edge Studio</b> 4pm Friday thru 8pm Sunday (WE)	<b>23</b> <b>9:00 Strength &amp; Tone</b> (WE) <b>10:00 Seated Fitness</b> (WE) <b>1:30 Movie Matinee</b> (T) <b>2:00 Weekly Art Class with Karen Lewis</b> (CC) <b>Solarium Chat with Gary:</b> <b>2:00 8th Floor Residents</b> (8S) <b>4:00 Help Desk with Anya</b> (L)	<b>24</b> <b>8:15 POW!</b> (WE) <b>9:00 Aqua Fitness</b> (AC) <b>10:00 Better Balance</b> (WE) <b>10:30 Seated Stretching</b> (WE) <b>11:00 Parkshore Update</b> (LV) <b>Solarium Chat with Gary:</b> <b>2:00 13th Floor Residents</b> (13S) <b>4:30 Oktoberfest Wine Social</b> (L) <b>7:30 Movie Night</b> (T)	<b>25</b> <b>10:00 Tai Chi</b> (WE) <del><b>11:30 Line Dancing</b></del> (WE) <b>1:00 Bridge</b> (R) <b>1:30 Movie Matinee</b> (T) <b>3:00 TA Live: Why Life Gets Better with Age!</b> (LV) <b>5:30 Primo Kim Velvet Smooth Piano Sounds</b> (L)	<b>26</b> <b>8:15 POW!</b> (WE) <b>9:00 Aqua Fitness</b> (AC) <b>10:00 Better Balance</b> (WE) <b>10:30 Seated Stretching</b> (WE) <b>1:00 Mahjong</b> (R) <b>1:45 Seattle Public Mobile Library</b> (L) <b>3:00 Musical Comedy with Theodore Deacon</b> (LV) <b>Solarium Chat with Gary:</b> <b>3:30 Condo Residents</b> (BR)	<b>27</b> <b>9:00 Strength &amp; Tone</b> (WE) <b>10:00 Seated Fitness</b> (WE) <b>10:00 The Thrift Shop is Open!</b> <b>11:00 Catholic Services</b> (R) <b>11:30 Bellevue Square Mall Shopping Trip</b> (O) ✓ <b>1:30 Movie Matinee</b> (T) <b>3:00 Mexican Train Dominoes</b> (R) <b>3:00 Carnivores with Ed Dominguez</b> (LV) <b>4:00 Games in the Water's Edge Studio</b> 4pm Friday thru 8pm Sunday (WE)	<b>28</b> <b>1:00 Bible Study with Paton Wall</b> (8S) <b>4:00 Games in the Water's Edge Studio</b> 4pm Friday thru 8pm Sunday (WE) <b>7:30 Movie Night</b> (T)																																				
<b>29</b> <b>9:30 Episcopal Service</b> (LV) <b>1:30 Movie Matinee</b> (T) <b>3:00 Sunday Concert with Melet Whinston and Michael Housley</b> (L) <b>4:00 Games in the Water's Edge Studio</b> 4pm Friday thru 8pm Sunday (WE)	<b>30</b> <b>9:00 Strength &amp; Tone</b> (WE) <b>10:00 Seated Fitness</b> (WE) <b>1:30 Movie Matinee</b> (T) <b>2:00 Weekly Art Class with Karen Lewis</b> (CC) <b>3:30 Women's Club with Gary!</b> (LV) <b>4:00 Help Desk with Anya</b> (L)	<b>Legend</b> <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> </table>	AC	Aquatic Center – S Level	BR	Birch Room – 1st Floor	DR	Dining Room – 1st Floor	F	Facilities – S Level	L	Lounge – 1st Floor	 <table border="1"> <tr> <td>LV</td> <td>Lakeview Room – L Level</td> </tr> <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> </table>	LV	Lakeview Room – L Level	4C	Consultation Room – 4th Floor	CC	Creativity Center – L Level	LVL	Lakeview Level – L Level	 <table border="1"> <tr> <td>R</td> <td>Rafters – 15th Floor</td> </tr> <tr> <td>SU</td> <td>Sign-up by Activity Desk</td> </tr> <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> </table>	R	Rafters – 15th Floor	SU	Sign-up by Activity Desk	\$	Fee for Trip	✓	Sign-Up in Cubigo	360	360 Grille – 15th Floor	 <table border="1"> <tr> <td>O</td> <td>Outing (Meet in Front Lobby)</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>	O	Outing (Meet in Front Lobby)	T	Movie Theater – L Level	TS	Thrift Shop – L Level	WE	Water's Edge Studio – S Level	 <p>All activities are subject to change without notice. If you have any questions please contact Naomi Sadler Ext. 1686 or <a href="mailto:Nsadler@parkshore.org">Nsadler@parkshore.org</a></p>
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