



PARKSHORE

October 2024



Independent Living Activities

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Calendar Legend				1		2		3		4		5	
AC	Aquatic Center – S Level	4C	Consult Room -4th Floor	8:15 POW! (WE)	9:00 Aqua Fitness (AC)	10:00 Tai Chi (WE)	11:30 Line Dancing (WE)	8:15 POW! (WE)	9:00 Aqua Fitness (AC)	9:00 Strength & Tone (WE)	10:00 Seated Fitness (WE)	1:00 Bible Study with Paton Wall (8S)	4:00 Games in the Water's Edge Studio 4pm Friday thru 8pm Sunday (WE)
BR	Birch Room – 1st Floor	CC	Creativity Center – L Level	10:00 Better Balance (WE)	10:30 Seated Stretching (WE)	1:00 Bridge (R)	1:30 Movie Matinee (T)	10:00 Better Balance (WE)	10:30 Seated Stretching (WE)	10:00 The Thrift Shop is Open!	1:00 Brain Games with Jane	4:00 Games in the Water's Edge Studio 4pm Friday thru 8pm Sunday (WE)	7:30 Movie Night (T)
DR	Dining Room – 1st Floor	LVL	Lakeview Level – L Level	4:30 Wine Social - Featuring Frank Muschalle (L)	7:30 Movie Night (T)			1:00 Mahjong (R)		1:30 Movie Matinee (T)	1:30 Parkshore Health & Wellness Fair (LV)		
F	Facilities – S Level	R	Rafters – 15th Floor							3:00 Mexican Train Dominoes (R)	4:00 Games in the Water's Edge Studio 4pm Friday thru 8pm Sunday (WE)		
L	Lounge – 1st Floor	✓	Sign-up by Activity Desk										
LV	Lakeview Room – L Level	\$	Fee for Trip										
6		7		8		9		10		11		12	
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)		9:00 Strength & Tone (WE) 10:00 Seated Fitness (WE) 11:00 Flu & Covid Vaccine Clinic 2024 (BR) ✓ 1:30 Movie Matinee (T) 2:00 Parkinson's Group Meeting (R) 2:00 Weekly Art Class with Karen Lewis (CC) 3:30 Men's Group with Gary (LV) 4:00 Help Desk with Anya (L)		8:15 POW! (WE) 9:00 Aqua Fitness (AC) 10:00 Better Balance (WE) 10:30 Seated Stretching (WE) Solarium Chat with Gary: 2:00 7th Floor Residents (7S) 3:00 Fred & Ginger with Theodore Deacon (LV) Solarium Chat with Gary: 4:00 10th Floor Residents 7:30 Movie Night (T)		10:00 Tai Chi (WE) 10:00 Scenic Drive: Seattle Aquarium (O) ✓ 11:30 Line Dancing (WE) 1:00 Bridge (R) 1:30 Movie Matinee (T) Solarium Chat with Gary: 2:00 8th Floor Residents (8S) 3:00 Friends of Lake Court History & Presentation (LV) 4:30 Parkshore Community Sing-A-Long with Karen Mataya! (L) 5:30 Piano Music with Karen Mataya (L)		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 Parkshore Potpourri: Tony Bennett: An American Classic (T) Solarium Chat with Gary: 3:00 5th Floor Residents (5S) 4:00 6th Floor Residents (6S)		9:00 Strength & Tone (WE) 10:00 Seated Fitness (WE) 10:00 The Thrift Shop is Open! 1:30 Movie Matinee (T) 2:00 Themes in Philosophy 2 with Dr. David Smith (LV) 3:00 Mexican Train Dominoes (R) 4:00 Games in the Water's Edge Studio 4pm Friday thru 8pm Sunday (WE) Solarium Chat with Gary: 4:00 Lakeview Level Apartment Residents (BR)		1:00 Bible Study with Paton Wall (8S) 4:00 Games in the Water's Edge Studio 4pm Friday thru 8pm Sunday (WE) 6:15 Friends of Madison Park: Party for the Park (O) ✓ 7:30 Movie Night (T)	



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday										
13 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) 	14 9:00 Strength & Tone (WE) 10:00 Seated Fitness (WE) 1:30 Movie Matinee (T) 2:00 Book Club (R) 3:30 Women's Club with Gary! (LV) 4:00 Help Desk with Anya (L)	15 8:15 POW! (WE) 9:00 Aqua Fitness (AC) 9:30 U-Village (QFC & Bartell) Shopping Trip (O) ✓ 10:00 Better Balance (WE) 10:30 Seated Stretching (WE) 11:00 Flu & Covid Vaccine Clinic 2024 (BR) ✓ 4:30 Wine Social (L) 7:30 Movie Night (T)	16 10:00 Tai Chi (WE) 10:30 OnSite Dermatology (4C) ✓ 11:30 Line Dancing (WE) 1:00 Bridge (R) 1:30 Movie Matinee (T) Solarium Chat with Gary: 2:00 12th Floor Residents (12S) 3:30 Parkshore BINGO (LV) 6:00 Primo Kim Velvet Smooth Piano Sounds (L)	17 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 The Making of West Side Story (T) Solarium Chat with Gary: 2:00 9th Floor Residents (9S) 3:30 14th Floor Residents (14S)	18 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) 2:00 Themes in Philosophy 2 with Dr. David Smith (LV) 3:00 Mexican Train Dominoes (R) 4:00 Games in the Water's Edge Studio 4pm Friday thru 8pm Sunday (WE) 4:30 Violin Concert with Ilana Zaks (L)	19 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)										
20 9:30 Episcopal Service (LV) 1:30 Movie Matinee (T) 2:00 St. John's Bible Heritage Project with Brad Neary (LV) 4:00 Games in the Water's Edge Studio 4pm Friday thru 8pm Sunday (WE)	21 9:00 Strength & Tone (WE) 10:00 Seated Fitness (WE) 11:00 TA Perspectives & Insight with CEO Torsten Hirche (LV) 1:30 Movie Matinee (T) 2:00 Weekly Art Class with Karen Lewis (CC) 4:00 Help Desk with Anya (L)	22 8:15 POW! (WE) 9:00 Aqua Fitness (AC) 10:00 Better Balance (WE) 10:30 Seated Stretching (WE) 11:00 Parkshore Update (LV) Solarium Chat with Gary: 2:00 13th Floor Residents (13S) 3:00 Mushrooms of Seattle...and Beyond with Ed Dominguez (LV) 5:30 Piano Music with Karen Mataya (L) 7:30 Movie Night (T)	23 10:00 Tai Chi (WE) 10:00 Scenic Drive: Titanic Exhibit (O) ✓ 11:30 Line Dancing (WE) 1:00 Bridge (R) 1:30 Movie Matinee (T) Solarium Chat with Gary: 4:00 11th Floor Residents (11S)	24 8:15 POW! (WE) 9:00 Aqua Fitness (AC) 10:00 Better Balance (WE) 10:30 Seated Stretching (WE) 11:00 Catholic Mass (LV) 1:00 Mahjong (R) 1:45 Seattle Public Mobile Library (L) Solarium Chat with Gary: 3:30 Condo Residents (BR)	25 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) 2:00 Themes in Philosophy 2 with Dr. David Smith (LV) 3:00 Mexican Train Dominoes (R) 4:00 Games in the Water's Edge Studio 4pm Friday thru 8pm Sunday (WE)	26 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)										
27 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)	28 9:00 Strength & Tone (WE) 10:00 Seated Fitness (WE) 1:00 Fitness Walk: Seward Park (O) ✓ 1:30 Movie Matinee (T) 2:00 Weekly Art Class with Karen Lewis (CC) 4:00 Help Desk with Anya (L)	29 8:15 POW! (WE) 9:00 Aqua Fitness (AC) 10:00 Better Balance (WE) 10:30 Seated Stretching (WE) 11:00 Strategies for Maintaining a Healthy Weight (R) 3:00 Mary Pat Laffey - Pioneer in Women's Rights (LV) 7:30 Movie Night (T)	30 10:00 Tai Chi (WE) 11:30 Line Dancing (WE) 1:00 Bridge (R) 1:30 Movie Matinee (T) 2:00 Food for Thought with Chef Chad & Josue (DR) 6:00 Primo Kim Velvet Smooth Piano Sounds (L)	31 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 Halloween Costume Parade (L) 4:30 Halloween Spooktacular Party (L)	Calendar Legend <table border="1"> <tr> <td>360</td> <td>360 Grille – 15th Floor</td> </tr> <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>		360	360 Grille – 15th Floor	O	Outing Meet in Front Lobby	T	Movie Theater – L Level	TS	Thrift Shop – L Level	WE	Water's Edge Studio – S Level
360	360 Grille – 15th Floor															
O	Outing Meet in Front Lobby															
T	Movie Theater – L Level															
TS	Thrift Shop – L Level															
WE	Water's Edge Studio – S Level															
All Activities subject to change without notice. ~Lifestyle Dept.																

