

January 2025

Independent Living Activities

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Calendar Legend						1		2		3		4	
AC	Aquatic Center – S Level	4C	Consult Room -4th Floor	360	360 Grille – 15th Floor			8:15 POW! (WE)	9:00 Strength & Tone (WE)	1:00 Bible Study with Paton Wall (8S)			
BR	Birch Room – 1st Floor	CC	Creativity Center – L Level	O	Outing Meet in Front Lobby			9:00 Aqua Fitness (AC)	10:00 Seated Fitness (WE)	4:00 Games in the Water's Edge Studio 4pm Friday thru 8pm Sunday (WE)			
DR	Dining Room – 1st Floor	LVL	Lakeview Level – L Level	T	Movie Theater – L Level			10:00 Better Balance (WE)	10:30 Light Therapy Sessions (CC)	7:30 Movie Night (T)			
F	Facilities – S Level	R	Rafters – 15th Floor	TS	Thrift Shop – L Level			10:30 Seated Stretching (WE)	1:00 Brain Games with Jane				
L	Lounge – 1st Floor	✓	Sign-up by Activity Desk	WE	Water's Edge Studio – S Level			11:00 Catholic Communion Service (R)	1:30 Movie Matinee(T)				
LV	Lakeview Room – L Level	\$	Fee for Trip	MD	Main Dining Room			1:00 Mahjong (R)	3:00 Mexican Train Dominoes (R)				
								1:30 Parkshore Potpourri Presents: Ballet Hispanico (T)	4:00 Games in the Water's Edge Studio 4pm Friday thru 8pm Sunday (WE)				
5		6		7		8		9		10		11	
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) 1:30 Movie Matinee (T) 1:30 Museum Masterpieces of the United States with Kolya Rice (LV) 2:00 Parkinson's Group Meeting (R) 3:00 Weekly Art Classes with Maja Sereda (CC) 3:30 Men's Group with Anthony (LV) 4:00 Help Desk with Anya (L)		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) 4:30 Mocktails with Marcie: Exploring the Sober Curious Movement! (L) 7:30 Movie Night (T)		10:00 Advanced Tai Chi (WE) 10:30 Beginning Tai Chi (WE) 10:30 Scenic Drive: Fryc Art Museum (O) ✓ 11:30 Line Dancing (WE) 1:00 Bridge (R) 1:30 Movie Matinee (T) 3:30 NEW POW! Afternoon Class (WE) 4:00 Parkshore Community Sing Along with Karen Mataya! (L) 5:00 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 for Beginners (R) 3:00 "Les Troyens" by Hector Berlioz with Theodore Deacon (LV)		9:00 Strength & Tone (WE) 10:00 Seated Fitness (WE) 10:00 The Thrift Shop is Open! 10:30 Light Therapy Sessions (CC) 1:30 Movie Matinee (T) 2:00 Themes in Philosophy 3 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)		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)	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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) 	13 9:00 Strength & Tone (WE) 10:00 Seated Fitness (WE) 1:00 Fitness Walk: Walk the Waterfront and visit the Aquarium (O) ✓ 1:30 Movie Matinee (T) 1:30 Museum Masterpieces of the United States with Kolya Rice (LV) 2:00 Book Club (R) 3:00 Weekly Art Classes with Maja Sereda (CC) 4:00 Help Desk with Anya (L)	14 8:15 POW! (WE) 9:00 Aqua Fitness (AC) 10:00 Better Balance (WE) 10:30 Seated Stretching (WE) 4:30 Parkshore Goes Back to the Oscars Wine Social (L) 7:30 Movie Night (T) 	15 10:00 Advanced Tai Chi (WE) 10:30 Beginning Tai Chi (WE) 11:30 Line Dancing (WE) 1:00 Bridge (R) 1:30 Movie Matinee (T) 3:30 NEW POW! Afternoon Class (WE) 3:30 Parkshore BINGO (LV)	16 8:15 POW! (WE) 9:00 Aqua Fitness (AC) 10:00 Better Balance (WE) 10:30 Seated Stretching (WE) 11:00 Resident Association Meeting (LV) 1:00 Mahjong for Beginners (R) 1:30 Opera: The Marriage of Figaro (T) 4:00 OnSite Dermatology (4C)	17 9:00 Strength & Tone (WE) 10:00 Seated Fitness (WE) 10:00 The Thrift Shop is Open! 10:30 Light Therapy Sessions (CC) 1:00 Brain Games with Jane 1:30 Movie Matinee (T) 2:00 Themes in Philosophy 3 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)	18 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) 
19 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)	20 9:00 Strength & Tone (WE) 10:00 Seated Fitness (WE) 11:00 Catholic Mass (R) 1:30 Movie Matinee (T) 1:30 Museum Masterpieces of the United States with Kolya Rice (LV) 3:00 Weekly Art Classes with Maja Sereda (CC) 3:30 Men's Group with Anthony (LV) 4:00 Help Desk with Anya (L)	21 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) 7:30 Movie Night (T)	22 10:00 Advanced Tai Chi (WE) 10:30 Beginning Tai Chi (WE) 11:30 Line Dancing (WE) 1:00 Bridge (R) 1:30 Movie Matinee (T) 3:30 NEW POW! Afternoon Class (WE) 	23 8:15 POW! (WE) 9:00 Aqua Fitness (AC) 10:00 Better Balance (WE) 10:30 Seated Stretching (WE) 1:00 Mahjong for Beginners (R) 1:30 Parkshore Potpourri presents: Mission Mozart! (T) 1:45 Seattle Public Mobile Library (L) 4:30 Chinese New Year Wine Social (L)	24 9:00 Strength & Tone (WE) 10:00 Seated Fitness (WE) 10:00 The Thrift Shop is Open! 10:30 Light Therapy Sessions (CC) 1:30 Movie Matinee (T) 2:00 Themes in Philosophy 3 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)	25 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) 
26 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) 	27 9:00 Strength & Tone (WE) 10:00 Seated Fitness (WE) 1:30 Movie Matinee (T) 1:30 Museum Masterpieces of the United States with Kolya Rice (LV) 3:00 Weekly Art Classes with Maja Sereda (CC) 3:30 Women's Club with Anthony! (LV) 4:00 Help Desk with Anya (L)	28 8:15 POW! (WE) 9:00 Aqua Fitness (AC) 10:00 Better Balance (WE) 10:30 Seated Stretching (WE) 11:00 Parkshore Update (LV) 2:30 Back into the Wild: An Artist's Journey into the Peruvian Amazon (LV) 5:00 Piano Music with Karen Mataya (L) 7:30 Movie Night (T)	29 9:00 Scenic Drive: Matts' Rotisserie & Oyster Lounge in Redmond (O) ✓ 10:00 Advanced Tai Chi (WE) 10:30 Beginning Tai Chi (WE) 11:30 Line Dancing (WE) 1:00 Bridge (R) 1:30 Movie Matinee (T) 3:30 NEW POW! Afternoon Class (WE)	30 8:15 POW! (WE) 9:00 Aqua Fitness (AC) 10:00 Better Balance (WE) 10:30 Seated Stretching (WE) 1:00 Mahjong for Beginners (R) 1:30 Food for Thought with Chef Chad & Josue (MD) 3:00 Musical Composers with Theodore Deacon (LV)	31 9:00 Strength & Tone (WE) 10:00 Seated Fitness (WE) 10:00 The Thrift Shop is Open! 10:30 Light Therapy Sessions (CC) 11:30 Bellevue Square Mall Shopping Trip (O) ✓ 1:30 Movie Matinee (T) 2:00 Themes in Philosophy 3 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)	All activities are subject to change without notice. If you have any questions, please contact Naomi Sadler Ext. 1686 or Nsadler@parkshore.org 

