

February 2025 Independent Living Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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	AC	Aquatic Center – S Level	4C	Consult Room -4th Floor	360	360 Grille – 15th Floor			1 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)
	BR	Birch Room – 1st Floor	CC	Creativity Center – L Level	O	Outing Meet in Front Lobby			
	DR	Dining Room – 1st Floor	LVL	Lakeview Level – L Level	T	Movie Theater – L Level			
	F	Facilities – S Level	R	Rafters – 15th Floor	TS	Thrift Shop – L Level			
	L	Lounge – 1st Floor	✓	Sign-up by Activity Desk	WE	Water's Edge Studio – S Level			
	LV	Lakeview Room – L Level	\$	Fee for Trip	MD	Main Dining Room			

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<p>9:30 Episcopal Service (LV)</p> <p>1:30 Movie Matinee (T)</p> <p>4:00 Games in the Water's Edge Studio 4pm Friday thru 8pm Sunday (WE)</p>	<p>9:00 Strength & Tone (WE)</p> <p>10:00 Seated Fitness (WE)</p> <p>10:30 Light Therapy Sessions (CC)</p> <p>1:30 Movie Matinee (T)</p> <p>1:30 Museum Masterpieces of the United States with Kolya Rice (LV)</p> <p>2:00 Parkinson's Group Meeting (R)</p> <p>3:00 Weekly Art Class with Maja (CC)</p> <p>3:30 Men's Group with Anthony (LV)</p> <p>4:00 Help Desk with Anya (L)</p>	<p>8:15 POW! (WE)</p> <p>9:00 Aqua Fitness- VIDEO (AC)</p> <p>10:00 Better Balance (WE)</p> <p>10:30 Seated Stretching (WE)</p> <p>11:00 TA Insights & Perspectives with CEO Torsten Hirche (LV)</p> <p>2:00 Alaska with Captain Taylor Campbell (LV)</p> <p>7:30 Movie Night (T)</p>	<p>10:00 Advanced Tai Chi (WE)</p> <p>10:40 Beginner's Tai Chi (WE)</p> <p>11:30 Line Dancing (WE)</p> <p>1:00 Bridge (R)</p> <p>1:30 Movie Matinee (T)</p> <p>3:30 NEW POW! Afternoon Class (WE)</p> <p>4:00 Parkshore Community Sing Along with Karen Mataya! (L)</p> <p>5:00 Piano Music with Karen Mataya (L)</p>	<p>8:15 POW! (WE)</p> <p>9:00 Aqua Fitness (AC)</p> <p>10:00 Better Balance (WE)</p> <p>10:30 Seated Stretching -Video (WE)</p> <p>11:00 Catholic Communion Service (R)</p> <p>12:30 Seattle Art Museum Tour with Kolya Rice (O) ✓</p> <p>1:00 Mahjong for Beginners (R)</p> <p>3:00 "Magic Flute" by Mozart with Theodore Deacon (LV)</p>	<p>9:00 Strength & Tone (WE)</p> <p>10:00 Seated Fitness (WE)</p> <p>10:00 The Thrift Shop is Open!</p> <p>1:00 Brain Games with Jane</p> <p>1:30 Movie Matinee (T)</p> <p>2:00 Themes in Philosophy 3 with Dr. David Smith (LV)</p> <p>3:00 Mexican Train Dominoes (R)</p> <p>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)</p> <p>4:00 Games in the Water's Edge Studio 4pm Friday thru 8pm Sunday (WE)</p> <p>7:30 Movie Night (T)</p>
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9 9:30 Episcopal Service (LV) 1:30 Movie Matinee (T) 3:30 LIX Superbowl Sunday (L) 4:00 Games in the Water's Edge Studio 4pm Friday thru 8pm Sunday (WE)	10 9:00 Strength & Tone (WE) 10:00 Seated Fitness (WE) 10:30 Light Therapy Sessions (CC) 11:00 Book Club (R) 1:30 Movie Matinee (T) 1:30 Museum Masterpieces of the United States with Kolya Rice (LV) 3:00 Weekly Art Class with Maja (CC) 4:00 Help Desk with Anya (L)	11 8:15 POW! (WE) 9:00 Aqua Fitness (AC) 10:00 Better Balance (WE) 10:30 Seated Stretching (WE) 2:00 Make Your Own Valentine's Day Card with Marilyn (CC) 7:30 Movie Night (T)	12 10:00 Advanced Tai Chi (WE) 10:40 Beginner's 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)	13 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) 1:30 Parkshore Potpourri: Barbara Streisand "A Happening in Central Park" (T)	14 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) 4:30 Valentine's Day Disco Party (L)	15 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)
16 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)	17 9:00 Strength & Tone (WE) 10:00 Seated Fitness (WE) 10:30 Light Therapy Sessions (CC) 11:00 Catholic Mass (R) 1:30 Movie Matinee (T) 3:00 Weekly Art Class with Maja (CC) 3:30 Men's Group with Anthony (LV) 4:00 Help Desk with Anya (L)	18 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) 2:00 The Complex Legacy of Henry Kissinger with David Fenner (LV) 5:00 Piano Music with Karen Mataya (L) 7:30 Movie Night (T)	19 10:00 Advanced Tai Chi (WE) 10:40 Beginner's Tai Chi (WE) 11:30 Line Dancing (WE) 1:00 Bridge (R) 1:30 Movie Matinee (T) 1:30 Baby Shower for Katie (L) 3:30 NEW POW! Afternoon Class (WE)	20 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 Opera: "Der Rosenkavalier" (T)	21 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 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)	22 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)
23 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)	24 9:00 Strength & Tone (WE) 10:00 Seated Fitness (WE) 10:30 Light Therapy Sessions (CC) 1:00 Fitness Walk: Arboretum (O) ✓ 1:30 Movie Matinee (T) 3:00 Weekly Art Class with Maja (CC) 3:30 Women's Club with Anthony! (LV) 4:00 Help Desk with Anya (L)	25 8:15 POW! (WE) 9:00 Aqua Fitness (AC) 10:00 Better Balance (WE) 10:30 Seated Stretching (WE) 11:00 Parkshore Update (LV) 2:00 Seattle Waterfront with John Nesholm (LV) 4:30 Wine Social (L) 7:30 Movie Night (T)	26 10:00 Advanced Tai Chi (WE) 10:40 Beginner's Tai Chi (WE) 11:30 Line Dancing (WE) 1:00 Bridge (R) 1:30 Movie Matinee (T) 3:30 NEW POW! Afternoon Class (WE)	27 8:15 POW! (WE) 9:00 Aqua Fitness (AC) 10:00 Better Balance (WE) 10:30 Seated Stretching (WE) 11:30 Bellevue Square Mall Shopping Trip (O) ✓ 1:00 Mahjong for Beginners (R) 1:45 Seattle Public Mobile Library (L) 3:00 Music of Irving Berlin with Theodore Deacon (LV)	28 9:00 Strength & Tone (WE) 10:00 Seated Fitness (WE) 10:00 The Thrift Shop is Open! 1:30 Movie Matinee (T) 1:30 Food for Thought with Chef Chad & Josue (MD) 3:00 Mexican Train Dominoes (R) 4:00 Games in the Water's Edge Studio 4pm Friday thru 8pm Sunday (WE)	

Happy Valentine's Day

