

March 2025 Independent Living Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
						<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>
2	3	4	5	6	7	8
<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) 4:00 97th Academy Awards Show (L)</p>	<p>9:00 Strength & Tone (WE) 10:00 Seated Fitness (WE) 10:30 Light Therapy Sessions (CC) 11:00 Catholic Communion Service (R) 1:30 Movie Matinee (T) 2:00 Parkinson's Group Meeting (R) 2:00 Weekly Art Classes with Maja Sereda (CC) 3:30 Men's Group (LV) 4:00 Help Desk with Lilia (L)</p>	<p>8:15 POW! (WE) 9:00 Aqua Fitness (AC) 10:00 Better Balance (WE) 10:30 Seated Stretching (WE) 7:30 Movie Night (T)</p>	<p>10:00 Advanced Tai Chi (WE) 10:40 Beginner's Tai Chi (WE) 11:30 Line Dancing (WE) 1:00 Bridge (R) 1:00 Ash Wednesday Service with Epiphany Parish (L) 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)</p>	<p>8:15 POW! (WE) 9:00 Aqua Fitness (AC) 10:00 Better Balance (WE) 10:30 Seated Stretching (WE) 11:00 Seattle Art Museum Tour with Kolya Rice (O) ✓ 1:00 Mahjong for Beginners (R) 3:00 Stephen Sondheim Part 1 with Theodore Deacon (LV)</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) 3:00 Violin Concert with Ilana Zaks (L) 4:00 Games in the Water's Edge Studio 4pm Friday thru 8pm Sunday (WE)</p>	<p>1:00 Grief Share with Paton Wall (8S) 4:00 Games in the Water's Edge Studio 4pm Friday thru 8pm Sunday (WE) 6:00 Wine Tasting Fundraiser (O) 7:30 Movie Night (T)</p>
9	10	11	12	13	14	15
<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) 10:30 Light Therapy Sessions (CC) 11:00 Book Club (R) 1:00 Fitness Walk: Waterfront (O) 1:30 Movie Matinee (T) 2:00 Weekly Art Classes with Maja Sereda (CC) 4:00 Help Desk with Lilia (L)</p>	<p>8:15 POW! (WE) 9:00 Aqua Fitness (AC) 10:00 Better Balance (WE) 10:30 Seated Stretching (WE) 4:30 Mardi Gras Wine Social (L) 7:30 Movie Night (T)</p>	<p>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) 6:00 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) 11:00 Your Clothing Solutions: Winter Fashion Boutique (L) 1:00 Mahjong for Beginners (R) 1:30 Parkshore Potpourri: Stephen Sondheim "A Little Night Music" (T)</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 Grief Share 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>



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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 **ST. PATRICK'S DAY** 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) 4:00 Help Desk with Lilia (L) 4:30 St. Patrick's Day Wine Social with Bonnie Birch Band (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) 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) 3:30 NEW POW! Afternoon Class (WE) 6:00 Primo Kim Velvet Smooth Piano Sounds (L)	20 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) 3:00 Stephen Sondheim Part 2 with Theodore Deacon (LV)	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 Seattle Update: Councilwoman Joy Hollingsworth and Mayor Bruce Harrell (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 Grief Share with Paton Wall (8S) 4:00 Games in the Water's Edge Studio 4pm Friday thru 8pm Sunday (WE) 7:30 Movie Night (T)																																					
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