

# April 2025

## Independent Living Activities

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
<b>Calendar Legend</b>				<b>1</b>		<b>2</b>		<b>3</b>		<b>4</b>		<b>5</b>	
AC	Aquatic Center – S Level	CC	Creativity Center – L Level	8:15 POW! Video (WE) 9:00 Aqua Fitness (AC) 10:30 Seated Stretching VIDEO (WE) 2:00 <b>Masters of the Italian and Northern Renaissance with Kolya Rice (LV)</b> Solarium Chat with Gary 3:00 Lakeview Level Apartment Residents (BR) 7:30 Movie Night (T)		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) Solarium Chat with Gary 2:00 5th Floor Residents (5S) 4:00 Parkshore Community Sing Along with Karen Mataya! (L) 5:00 Piano Music with Karen Mataya (L)		8:15 POW! Vide0 (WE) 9:00 Aqua Fitness VIDEO (AC) 9:30 <b>Shopping Trip to Costco (Bring your Costco Card) (O) ✓</b> 10:00 Better Balance (WE) 10:30 Seated Stretching (WE) 1:00 Mahjong for Beginners (R) Solarium Chat with Gary 2:15 6th Floor Residents (6S) 3:00 <b>Musical Composers: Cole Porter with Theodore Deacon (LV)</b>		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 <b>Philosophy of Religion with Dr. David Smith (LV)</b> 3:00 Mexican Train Dominoes (R) 4:00 Games in the Water's Edge Studio 4pm Friday thru 8pm Sunday (WE)		1:00 <b>Bible Study with Paton Wall (8S)</b> 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	LVL	Lakeview Level – L Level	8:15 POW! (WE) 9:00 Aqua Fitness (AC) 9:30 <b>U-Village (QFC &amp; Bartell) Shopping Trip (O) ✓</b> 10:00 Better Balance (WE) 10:30 Seated Stretching (WE) 2:00 <b>Masters of the Italian and Northern Renaissance with Kolya Rice (LV)</b> Solarium Chat with Gary 2:30 7th Floor Residents (7S) 3:30 10th Floor Residents (10S) 4:30 <b>Wine Social (L)</b> 7:30 Movie Night (T)		9:00 Pilates Mat Class (WE) 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) 3:00 <b>Afternoon Concert with Melet and Michael (L)</b> Solarium Chat with Gary 3:00 8th Floor Residents (8S) 3:30 NEW POW! Afternoon Class (WE) Solarium Chat with Gary 4:00 12th Floor Residents (12S)		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 <b>Parkshore Potpourri: The All-Star Orchestra with Gerard Schwarz (T)</b>		9:00 Strength & Tone (WE) 10:00 Seated Fitness (WE) 10:00 The Thrift Shop is Open! 1:30 Movie Matinee (T) 2:00 <b>Philosophy of Religion with Dr. David Smith (LV)</b> 3:00 Mexican Train Dominoes (R) 4:00 Games in the Water's Edge Studio 4pm Friday thru 8pm Sunday (WE)		1:00 <b>Bible Study with Paton Wall (8S)</b> 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	R	Rafters – 15th Floor Sign-up by Activity Desk	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) 10:30 <b>Light Therapy Sessions (CC)</b> 11:00 <b>Catholic Communion Service (R)</b> 11:00 <b>OnSite Dermatology Pop-Up (L)</b> 1:30 Movie Matinee (T) 2:00 <b>Parkinson's Group Meeting (R)</b> 3:30 <b>Men's Group with Gary (LV)</b> 4:00 Help Desk with Lilia (L)		6		7		8	
F	Facilities – S Level	✓	Fee for Trip	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) 10:30 <b>Light Therapy Sessions (CC)</b> 11:00 <b>Catholic Communion Service (R)</b> 11:00 <b>OnSite Dermatology Pop-Up (L)</b> 1:30 Movie Matinee (T) 2:00 <b>Parkinson's Group Meeting (R)</b> 3:30 <b>Men's Group with Gary (LV)</b> 4:00 Help Desk with Lilia (L)		9		10		11	
L	Lounge – 1st Floor	\$	360 Grille – 15th Floor	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) 10:30 <b>Light Therapy Sessions (CC)</b> 11:00 <b>Catholic Communion Service (R)</b> 11:00 <b>OnSite Dermatology Pop-Up (L)</b> 1:30 Movie Matinee (T) 2:00 <b>Parkinson's Group Meeting (R)</b> 3:30 <b>Men's Group with Gary (LV)</b> 4:00 Help Desk with Lilia (L)		10		11		12	
LV	Lakeview Room – L Level	360	Outing Meet in Front Lobby	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) 10:30 <b>Light Therapy Sessions (CC)</b> 11:00 <b>Catholic Communion Service (R)</b> 11:00 <b>OnSite Dermatology Pop-Up (L)</b> 1:30 Movie Matinee (T) 2:00 <b>Parkinson's Group Meeting (R)</b> 3:30 <b>Men's Group with Gary (LV)</b> 4:00 Help Desk with Lilia (L)		11		12		12	
4C	Consult Room -4th Floor	O		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) 10:30 <b>Light Therapy Sessions (CC)</b> 11:00 <b>Catholic Communion Service (R)</b> 11:00 <b>OnSite Dermatology Pop-Up (L)</b> 1:30 Movie Matinee (T) 2:00 <b>Parkinson's Group Meeting (R)</b> 3:30 <b>Men's Group with Gary (LV)</b> 4:00 Help Desk with Lilia (L)		12		12		12	





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday								
<b>13</b> <b>9:30 Episcopal Service (LV)</b> <b>1:30 Movie Matinee (T)</b> <b>4:00 Games in the Water's Edge Studio 4pm Friday thru 8pm Sunday (WE)</b> 	<b>14</b> <b>9:00 Strength &amp; Tone (WE)</b> <b>10:00 Seated Fitness (WE)</b> <b>10:30 Light Therapy Sessions (CC)</b> <b>11:00 Book Club (R)</b> <b>1:00 Fitness Walk: Magnuson Park (O) ✓</b> <b>1:30 Movie Matinee (T)</b> <b>2:00 Weekly Art Classes with Maja Sereda (CC)</b> <b>4:00 Help Desk with Lilia (L)</b>	<b>15</b> <b>8:15 POW! (WE)</b> <b>9:00 Aqua Fitness (AC)</b> <b>10:00 Better Balance (WE)</b> <b>10:30 Seated Stretching (WE)</b> <b>2:00 Masters of the Italian and Northern Renaissance with Kolya Rice (LV)</b> <b>7:30 Movie Night (T)</b>	<b>16</b> <b>9:00 Pilates Mat Class (WE)</b> <b>10:00 Advanced Tai Chi (WE)</b> <b>10:40 Beginner's Tai Chi (WE)</b> <b>11:30 Line Dancing (WE)</b> <b>1:00 Bridge (R)</b> <b>1:30 Movie Matinee (T)</b> <b>3:30 NEW POW! Afternoon Class (WE)</b> <b>3:30 Parkshore BINGO (LV)</b>	<b>17</b> <b>8:15 POW! (WE)</b> <b>9:00 Aqua Fitness (AC)</b> <b>10:00 Better Balance (WE)</b> <b>10:30 Seated Stretching (WE)</b> <b>1:00 Mahjong for Beginners (R)</b> <b>1:30 Opera: "Hansel &amp; Gretel" Engelbert Humperdinck (T)</b>	<b>18</b> <b>9:00 Strength &amp; Tone (WE)</b> <b>10:00 Seated Fitness (WE)</b> <b>10:00 The Thrift Shop is Open!</b> <b>11:00 Epiphany Parish Good Friday Service (LV)</b> <b>1:00 Brain Games with Jane</b> <b>1:30 Movie Matinee (T)</b> <b>2:00 Spring Egg Hunt</b> <b>3:00 Mexican Train Dominoes (R)</b> <b>4:00 Games in the Water's Edge Studio 4pm Friday thru 8pm Sunday (WE)</b>	<b>19</b> <b>1:00 Bible Study with Paton Wall (8S)</b> <b>4:00 Games in the Water's Edge Studio 4pm Friday thru 8pm Sunday (WE)</b> <b>7:30 Movie Night (T)</b>								
<b>20</b> <b>9:30 Episcopal Service (LV)</b> <b>1:30 Movie Matinee (T)</b> <b>4:00 Games in the Water's Edge Studio 4pm Friday thru 8pm Sunday (WE)</b> 	<b>21</b> <b>9:00 Strength &amp; Tone (WE)</b> <b>10:00 Seated Fitness (WE)</b> <b>10:30 Light Therapy Sessions (CC)</b> <b>11:00 Catholic Mass (R)</b> <b>1:30 Movie Matinee (T)</b> <b>3:00 Protect Yourself from Scams (LV)</b> <b>4:00 Help Desk with Lilia (L)</b>	<b>22</b> <b>8:15 POW! (WE)</b> <b>9:00 Aqua Fitness (AC)</b> <b>10:00 Better Balance (WE)</b> <b>10:30 Seated Stretching (WE)</b> <b>2:00 NATO: A Bulwark for Peace or the Ultimate Foreign Entanglement? with David Fenner (LV)</b> <b>4:30 Spring Fling Wine Social (L)</b> <b>5:00 Piano Music with Karen Mataya (L)</b> <b>7:30 Movie Night (T)</b>	<b>23</b> <b>9:00 Scenic Drive: Tulip Festival (O) ✓\$</b> <b>9:00 Pilates Mat Class (WE)</b> <b>10:00 Advanced Tai Chi (WE)</b> <b>10:40 Beginner's Tai Chi (WE)</b> <b>11:30 Line Dancing (WE)</b> <b>1:00 Bridge (R)</b> <b>1:30 Movie Matinee (T)</b> <b>Solarium Chat with Gary</b> <b>2:00 14th Floor Residents (14S)</b> <b>3:30 NEW POW! Afternoon Class (WE)</b> <b>Solarium Chat with Gary</b> <b>4:00 11th Floor Residents (11S)</b>	<b>24</b> <b>8:15 POW! (WE)</b> <b>9:00 Aqua Fitness (AC)</b> <b>10:00 Better Balance (WE)</b> <b>10:30 Seated Stretching (WE)</b> <b>1:00 Mahjong for Beginners (R)</b> <b>1:45 Seattle Public Mobile Library (L)</b> <b>3:00 Tosca by Puccini with Theodore Deacon (LV)</b>	<b>25</b> <b>9:00 Strength &amp; Tone (WE)</b> <b>10:00 Seated Fitness (WE)</b> <b>10:00 The Thrift Shop is Open!</b> <b>11:30 Bellevue Square Mall Shopping Trip (O) ✓</b> <b>1:30 Movie Matinee (T)</b> <b>2:00 Philosophy of Religion with Dr. David Smith (LV)</b> <b>3:00 Mexican Train Dominoes (R)</b> <b>Solarium Chat with Gary</b> <b>3:00 13th Floor Residents (13S)</b> <b>4:00 Condo Residents (BR)</b> <b>4:00 Games in the Water's Edge Studio 4pm Friday thru 8pm Sunday (WE)</b>	<b>26</b> <b>1:00 Bible Study with Paton Wall (8S)</b> <b>4:00 Games in the Water's Edge Studio 4pm Friday thru 8pm Sunday (WE)</b> <b>7:30 Movie Night (T)</b>								
<b>27</b> <b>9:30 Episcopal Service (LV)</b> <b>1:30 Movie Matinee (T)</b> <b>2:00 Seattle Pro Musica Concert (LV)</b> <b>4:00 Games in the Water's Edge Studio 4pm Friday thru 8pm Sunday (WE)</b>	<b>28</b> <b>9:00 Strength &amp; Tone (WE)</b> <b>10:00 Seated Fitness (WE)</b> <b>10:30 Light Therapy Sessions (CC)</b> <b>1:30 Movie Matinee (T)</b> <b>2:00 Weekly Art Classes with Maja Sereda (CC)</b> <b>3:30 Women's Club (LV)</b> <b>4:00 Help Desk with Lilia (L)</b>	<b>29</b> <b>8:15 POW! (WE)</b> <b>9:00 Aqua Fitness-VIDEO (AC)</b> <b>10:00 Better Balance (WE)</b> <b>10:30 Seated Stretching (WE)</b> <b>11:00 Parkshore Update (LV)</b> <b>Solarium Chat with Gary</b> <b>2:00 9th Floor Residents (9S)</b> <b>3:00 Invent@Seattle with Dr. Jim Olson (LV)</b> <b>7:30 Movie Night (T)</b>	<b>30</b> <b>9:00 Pilates Mat Class (WE)</b> <b>11:00 Brain Health with Marcie (R)</b> <b>11:30 Line Dancing (WE)</b> <b>1:00 Bridge (R)</b> <b>1:30 Movie Matinee (T)</b> <b>1:30 Food for Thought with Chef Chad &amp; Josue (MD)</b> <b>3:30 NEW POW! Afternoon Class (WE)</b>	<b>Calendar Legend</b> <table border="1"> <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> <tr> <td>MD</td> <td>Main Dining Room</td> </tr> </table>	T	Movie Theater – L Level	TS	Thrift Shop – L Level	WE	Water's Edge Studio – S Level	MD	Main Dining Room	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> 	
T	Movie Theater – L Level													
TS	Thrift Shop – L Level													
WE	Water's Edge Studio – S Level													
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