




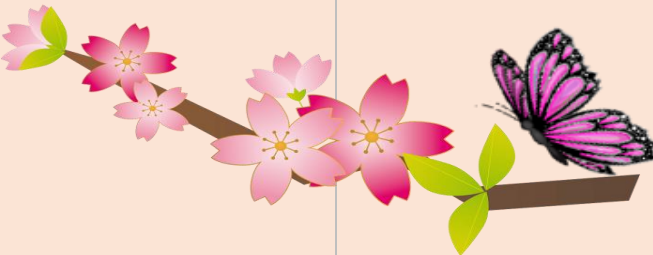









May 2025

Independent Living Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
CALENDAR LEGEND:				1	2	3	
<p>All activities are subject to change without notice. If you have any questions, please contact Naomi Sadler Ext. 1686 or Nsadler@parkshore.org</p> 	<p>AC Aquatic Center – S Level</p> <p>BR Birch Room – 1st Floor</p> <p>DR Dining Room – 1st Floor</p> <p>F Facilities – S Level</p> <p>L Lounge – 1st Floor</p> <p>LV Lakeview Room – L Level</p> <p>4C 4th Floor Consult Rm</p>	<p>CC Creativity Center – L Level</p> <p>LVL Lakeview Level – L Level</p> <p>R Rafters – 15th Floor</p> <p>✓ Sign-up by Activity Desk</p> <p>\$ Fee for Trip</p> <p>360 360 Grille – 15th Floor</p> <p>O Outing Meet in Front Lobby</p>	<p>T Movie Theater – L Level</p> <p>TS Thrift Shop – L Level</p> <p>WE Water's Edge Studio – S Level</p> <p>MD Main Dining Room</p> 	<p>8:15 POW! (WE)</p> <p>9:00 Aqua Fitness (AC)</p> <p>10:00 Better Balance (WE)</p> <p>10:00 Happy May Day</p> <p>10:30 Seated Stretching -VIDEO (WE)</p> <p>1:00 Mahjong for Beginners (R)</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 Philosophy of Religion 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> 	
	4	5	6	7	8	9	10
	<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>11:00 Catholic Communion Service (R)</p> <p>1:30 Movie Matinee (T)</p> <p>2:00 Parkinson's Group Meeting (R)</p> <p>2:00 Weekly Art Classes with Maja Sereda (CC)</p> <p>4:00 Help Desk with Lilia (L)</p>	<p>8:15 POW! (WE)</p> <p>9:00 Aqua Fitness (AC)</p> <p>9:30 U-Village (QFC) Shopping Trip (O) ✓</p> <p>10:00 Better Balance (WE)</p> <p>10:30 Seated Stretching (WE)</p> <p>2:00 Masters of the Italian and Northern Renaissance with Kolya Rice (LV)</p> <p>4:30 Cinco de Mayo Wine Social (L)</p> <p>7:30 Movie Night (T)</p>	<p>9:00 Pilates Mat Class (WE)</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>2:00 Seattle Seahawk Education with Ana Burnes (LV)</p> <p>Solarium Chat with Gary:</p> <p>3:00 5th Floor Residents (5S)</p> <p>3:30 NEW POW! Afternoon Class (WE)</p> <p>Solarium Chat with Gary:</p> <p>4:00 6th Floor Residents (6S)</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 (WE)</p> <p>11:00 Ladies Luncheon "The Promise of Summer" (DR) ✓</p> <p>1:00 Mahjong for Beginners (R)</p> <p>3:00 Rigoletto by Giuseppe Verdi w/Theo Deacon (LV)</p> <p>7:30 Parkshore Potpourri Presents: "Kiri and André Together...on Broadway," (T)</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>1:30 Movie Matinee (T)</p> <p>2:00 Philosophy of Religion 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> 



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>11</p> <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>12</p> <p>9:00 Strength & Tone (WE) 10:00 Seated Fitness (WE) 11:00 Book Club (R) 1:30 Movie Matinee (T) 2:00 Weekly Art Classes with Maja Sereda (CC) 3:00 Speaker's Committee Presents: Tom and Julie Skerritt (LV) 4:00 Help Desk with Lilia (L)</p>	<p>13</p> <p>8:15 POW! (WE) 9:00 Aqua Fitness (AC) 10:00 Better Balance (WE) 10:30 Seated Stretching (WE) 3:00 Hearts of Gold Auction (LV) 7:30 Movie Night (T)</p> 	<p>14</p> <p>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) 2:00 Pairing Food and Wine: The Romance and the Chemistry (LV) Solarium Chat with Gary: 3:00 7th Floor Residents (7S) 3:30 NEW POW! Afternoon Class (WE) Solarium Chat with Gary: 4:00 11th Floor Residents (11S) 6:00 Primo Kim Velvet Smooth Piano Sounds (L)</p>	<p>15</p> <p>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: Adriana LeCouvreur (T) Solarium Chat with Gary: 3:00 8th Floor Residents (8S) 4:00 12th Floor Residents (12S)</p>	<p>16</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) 2:00 Philosophy of Religion with Dr. David Smith (LV) 3:00 Mexican Train Dominoes (R) Solarium Chat with Gary: 3:00 13th Floor Residents (13S) 4:00 9th Floor Residents (9S) 4:00 Games in the Water's Edge Studio 4pm Friday thru 8pm Sunday (WE)</p>	<p>17</p> <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> 
<p>18</p> <p>9:30 Episcopal Service (LV) 1:30 Movie Matinee (T) 2:00 Spring Strings with Henry Mansfield (L) 4:00 Games in the Water's Edge Studio 4pm Friday thru 8pm Sunday (WE)</p>	<p>19</p> <p>9:00 Strength & Tone (WE) 10:00 Seated Fitness (WE) 11:00 Catholic Mass (R) 1:00 Fitness Walk: Bellevue Botanical Gardens (O) ✓ 1:30 Movie Matinee (T) 2:00 Weekly Art Classes with Maja Sereda (CC) 3:30 Men's & Women's Club with Gary (LV) 4:00 Help Desk with Lilia (L)</p>	<p>20</p> <p>8:15 POW! (WE) 9:00 Aqua Fitness (AC) 10:00 Better Balance (WE) 10:30 Seated Stretching (WE) 10:30 Scenic Drive: Bingo Lunch Cruise (O) ✓ 2:00 Masters of the Italian and Northern Renaissance with Kolya Rice (LV) 5:00 Piano Music with Karen Mataya (L) 7:30 Movie Night (T)</p>	<p>21</p> <p>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) Solarium Chat with Gary: 2:00 10th Floor Residents 3:00 Sri Lanka: a Paradise Poisoned by Gerry Bashein (LV) 3:30 NEW POW! Afternoon Class (WE) Solarium Chat with Gary: 4:00 14th Floor Residents (14S)</p>	<p>22</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) 1:00 Mahjong for Beginners (R) 1:30 Parkshore Potpourri: American Ballet Theatre at the Met, Mixed Bill (T) 1:45 Seattle Public Mobile Library (L) Solarium Chat with Gary: 3:00 Lakeview Level Apartment Residents (BR) 4:00 Condo Residents (BR)</p>	<p>23</p> <p>9:00 Strength & Tone (WE) 10:00 Seated Fitness (WE) 10:00 The Thrift Shop is Open! 11:00 Vaccine Clinic (BR) ✓ 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) 7:00 Seattle Chamber Music Society Youth Academy Concert (L)</p>	<p>24</p> <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> 
<p>25</p> <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>26 MEMORIAL DAY</p> 	<p>27</p> <p>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 Masters of the Italian and Northern Renaissance with Kolya Rice (LV) 4:30 Wine Social (L) 7:30 Movie Night (T)</p>	<p>28</p> <p>9:00 Pilates Mat Class (WE) 10:00 Advanced Tai Chi (WE) 10:40 Beginner's Tai Chi (WE) 11:00 Brain Health: How Toxins contribute to Cognitive Decline with Marcie (R) 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)</p>	<p>29</p> <p>8:15 POW! (WE) 9:00 Aqua Fitness (AC) 10:00 Better Balance (WE) 10:30 Seated Stretching (WE) 11:00 Vaccine Clinic (BR) ✓ 11:30 Bellevue Square Mall Shopping Trip (O) ✓ 1:00 Mahjong for Beginners (R) 1:30 Food for Thought with Chef Chad & Josue (MD)</p>	<p>30</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) 3:00 Alfredo Carrillo Concert (LV) 4:00 Games in the Water's Edge Studio 4pm Friday thru 8pm Sunday (WE)</p>	<p>31</p> <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> 



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