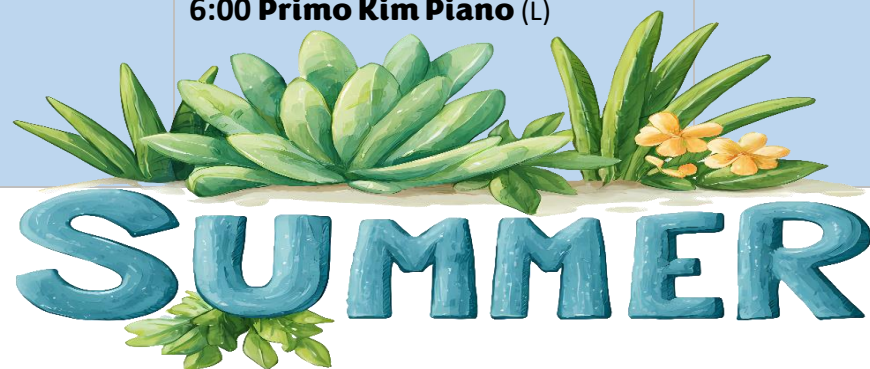




June 2025

Independent Living Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 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)	2 9:00 Strength & Tone (WE) 10:00 Seated Fitness (WE) 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 with Gary (LV) 4:00 Help Desk with Lilia (L)	3 8:15 POW! (WE) 9:00 Aqua Fitness (AC) 10:00 Better Balance (WE) 10:30 Seated Stretching (WE) 2:00 North Africa and the Red Sea with David Fenner (LV) 6:30 Wagner & Kong Duo (L) 7:30 Movie Night (T)	4 9:00 Pilates Mat Class- VIDEO (WE) 10:00 Advanced Tai Chi (WE) 10:40 Beginner's Tai Chi (WE) 11:00 Parkshore Spousal Support Group (R) 11:30 Line Dancing (WE) 1:00 Bridge (R) 1:30 Movie Matinee (T) 3:30 Parkshore BINGO (LV) Solarium Chat with Gary: 4:00 5th Floor Residents (5S) 7:00 Jazz Etc. (L)	5 8:15 POW! - VIDEO (WE) 9:00 Aqua Fitness (AC) 10:00 Better Balance (WE) 10:30 Seated Stretching (WE) 1:00 Mahjong (R) 1:30 Parkshore Potpourri: Sondheim! The Birthday Concert (T) Solarium Chat with Gary: 3:00 6th Floor Residents (6S) 4:00 7th Floor Residents (7S)	6 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) 4:00 Games in the Water's Edge Studio 4pm Friday thru 8pm Sunday (WE)	7 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)
8 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 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) Solarium Chat with Gary: 3:00 10th Floor Residents (10S) 4:00 Help Desk with Lilia (L)	10 8:15 POW! (WE) 9:00 Aqua Fitness (AC) 9:30 U-Village (QFC) Shopping Trip (O) ✓ 10:00 Better Balance (WE) 10:30 Seated Stretching (WE) Solarium Chat with Gary: 3:00 8th Floor Residents (8S) 4:00 Parkshore Community Sing Along with Karen Mataya! (L) 5:00 Piano Music with Karen Mataya (L) 7:30 Movie Night (T)	11 9:00 Pilates Mat Class (WE) 10:00 Advanced Tai Chi (WE) 10:15 Seattle Art Museum with Art Committee (O) ✓ 10:40 Beginner's Tai Chi (WE) 11:30 Line Dancing (WE) 1:00 Bridge (R) 1:30 Movie Matinee (T) 2:00 Keys to Discovering Meaning in Visual Art with Dr. Paul Kidder, PhD (LV) 3:30 NEW POW! Afternoon Class (WE) 6:00 Primo Kim Piano (L)	12 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 (R) 1:30 Opera: Tosca (T) Solarium Chat with Gary: 3:00 13th Floor Residents (13S) 4:00 9th Floor Residents (9S)	13 9:00 Strength & Tone (WE) 10:00 Seated Fitness (WE) 10:00 The Thrift Shop is Open! 1:30 Movie Matinee (T) Solarium Chat with Gary: 2:00 14th Floor Residents (14S) 3:00 Mexican Train Dominoes (R) 4:00 Games in the Water's Edge Studio 4pm Friday thru 8pm Sunday (WE) 4:00 OnSite Dermatology (4C)	14 Flag Day 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																																					
<div>15</div> <div>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)</div> <div></div>	<div>16</div> <div>9:00 Strength & Tone (WE) 10:00 Seated Fitness (WE) 11:00 Catholic Mass (R) 1:00 Fitness Walk: Union Bay (O) ✓ 1:30 Movie Matinee (T) 2:00 Weekly Art Classes with Maja Sereda (CC) 3:30 Men's Group with Gary (LV) 4:00 Help Desk with Lilia (L)</div>	<div>17</div> <div>8:15 POW! (WE) 9:00 Aqua Fitness (AC) 10:00 Better Balance (WE) 10:30 Seated Stretching (WE) Solarium Chat with Gary: 3:00 Lakeview Level Apartment Residents (BR) 4:30 Father's Day Wine Social (L) 7:30 Movie Night (T)</div>	<div>18</div> <div>9:00 Pilates Mat Class (WE) 10:00 Advanced Tai Chi (WE) 10:40 Beginner's Tai Chi (WE) 11:00 Parkshore Spousal Support Group (R) 11:30 Line Dancing (WE) 1:00 Bridge (R) 1:30 Movie Matinee (T) 2:00 Keys to Discovering Meaning in Visual Art with Dr. Paul Kidder, PhD (LV) 3:30 NEW POW! Afternoon Class (WE) Solarium Chat with Gary: 4:00 11th Floor Residents (11S)</div>	<div>19</div> <div>8:15 POW! (WE) 9:00 Aqua Fitness (AC) 10:00 Better Balance (WE) 10:30 Seated Stretching (WE) 1:00 Mahjong (R) Solarium Chat with Gary: 2:00 12th Floor Residents (12S) 3:00 Musical Composer George Gershwin with Theodore Deacon (LV)</div> <div></div>	<div>20</div> <div>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 Alaska with Captain Taylor Campbell (LV) 4:00 Games in the Water's Edge Studio 4pm Friday thru 8pm Sunday (WE)</div>	<div>21</div> <div>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)</div> <div></div>																																					
<div>22</div> <div>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)</div>	<div>23</div> <div>9:00 Strength & Tone (WE) 10:00 Seated Fitness (WE) 1:30 Movie Matinee (T) 2:00 Weekly Art Classes with Maja Sereda (CC) 3:30 Women's Club (LV) 4:00 Help Desk with Lilia (L)</div>	<div>24</div> <div>8:15 POW! (WE) 9:00 Aqua Fitness (AC) 10:00 Better Balance (WE) 10:30 Seated Stretching (WE) 11:00 Parkshore Update (LV) 3:00 National Dog Show Broadcaster & Therapy Dog Owner David Frei (LV) 5:00 Piano Music with Karen Mataya (L) 7:30 Movie Night (T)</div>	<div>25</div> <div>9:00 Pilates Mat Class (WE) 10:00 Advanced Tai Chi (WE) 10:40 Beginner's Tai Chi (WE) 11:30 Line Dancing (WE) 11:30 Bellevue Square Mall Shopping Trip (O) ✓ 1:00 Bridge (R) 1:30 Movie Matinee (T) 2:00 Keys to Discovering Meaning in Visual Art with Dr. Paul Kidder, PhD (LV) 3:30 NEW POW! Afternoon Class (WE) 6:00 Primo Kim Piano (L)</div>	<div>26</div> <div>8:15 POW! (WE) 9:00 Aqua Fitness (AC) 10:00 Better Balance (WE) 10:30 Seated Stretching (WE) 1:00 Mahjong (R) 1:45 Seattle Public Mobile Library Solarium Chat with Gary: 3:30 Condo Residents (BR) 4:30 Wine Down Summer Social (L)</div>	<div>27</div> <div>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)</div>	<div>28</div> <div>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)</div> <div></div>																																					
<div>29</div> <div>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)</div>	<div>30</div> <div>9:00 Strength & Tone (WE) 10:00 Seated Fitness (WE) 1:30 Movie Matinee (T) 2:00 Weekly Art Classes with Maja Sereda (CC) 3:00 Il Trovatore by Giuseppe Verdi with Theodore Deacon (LV) 4:00 Help Desk with Lilia (L)</div>	<div>Calendar Legend:</div> <table><tr><td>AC</td><td>Aquatic Center – S Level</td></tr><tr><td>BR</td><td>Birch Room – 1st Floor</td></tr><tr><td>DR</td><td>Dining Room – 1st Floor</td></tr><tr><td>F</td><td>Facilities – S Level</td></tr><tr><td>L</td><td>Lounge – 1st Floor</td></tr></table>		AC	Aquatic Center – S Level	BR	Birch Room – 1st Floor	DR	Dining Room – 1st Floor	F	Facilities – S Level	L	Lounge – 1st Floor	<table><tr><td>LV</td><td>Lakeview Room – L Level</td></tr><tr><td>4C</td><td>4th Floor Consult Rm</td></tr><tr><td>CC</td><td>Creativity Center – L Level</td></tr><tr><td>LVL</td><td>Lakeview Level – L Level</td></tr><tr><td>R</td><td>Rafters – 15th Floor</td></tr></table>	LV	Lakeview Room – L Level	4C	4 th Floor Consult Rm	CC	Creativity Center – L Level	LVL	Lakeview Level – L Level	R	Rafters – 15th Floor	<table><tr><td>✓</td><td>Sign-up by Activity Desk</td></tr><tr><td>\$</td><td>Fee for Trip</td></tr><tr><td>360</td><td>360 Grille – 15th Floor</td></tr><tr><td>O</td><td>Outing Meet in Front Lobby</td></tr><tr><td>T</td><td>Movie Theater – L Level</td></tr></table>	✓	Sign-up by Activity Desk	\$	Fee for Trip	360	360 Grille – 15th Floor	O	Outing Meet in Front Lobby	T	Movie Theater – L Level	<table><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> <div></div>	TS	Thrift Shop – L Level	WE	Water's Edge Studio – S Level	MD	Main Dining Room	<div>All activities are subject to change without notice. If you have any questions, please contact Naomi Sadler Ext. 1686 or Nsadler@parkshore.org</div>
AC	Aquatic Center – S Level																																										
BR	Birch Room – 1st Floor																																										
DR	Dining Room – 1st Floor																																										
F	Facilities – S Level																																										
L	Lounge – 1st Floor																																										
LV	Lakeview Room – L Level																																										
4C	4 th Floor Consult Rm																																										
CC	Creativity Center – L Level																																										
LVL	Lakeview Level – L Level																																										
R	Rafters – 15th Floor																																										
✓	Sign-up by Activity Desk																																										
\$	Fee for Trip																																										
360	360 Grille – 15th Floor																																										
O	Outing Meet in Front Lobby																																										
T	Movie Theater – L Level																																										
TS	Thrift Shop – L Level																																										
WE	Water's Edge Studio – S Level																																										
MD	Main Dining Room																																										

