


<div> <div> <div>JULY 2025</div> <div>Lifestyle Programming: Group Exercise, Live Music & Entertainment, Special Events & Outings</div> </div> <div>  </div> </div>						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>29</div> <div>11:00 <i>Livestreamed Services:</i> St. Joe's Mass & Seattle First Baptist Church Service</div> <div>1:30 Interactive Scripture & Hymns with Paul & Tina Miller</div>	<div>30</div> <div>10:00 Mental Health Monday</div> <div>1:30 Streamed Physiology Lecture</div> <div>2:30 Free Movement with Mary</div>	<div>01</div> <div>11:00 Flexercise</div> <div>1:30 Conversation Club</div> <div>2:30 Bingo</div>	<div>02</div> <div>10:00 Outing to Goodwill</div> <div>1:30 Christine Sun Kim's <i>Art As Activism</i> Presentation by Mary</div> <div>2:30 Poetry Group</div>	<div>03</div> <div>9:30 Bellevue Botanical Garden Outing</div> <div>11:00 Chair Fitness: Lower Body Strength</div> <div>1:30 Resident Travelogue: Africa by Janice V.</div>	<div>04</div> <div>9:30 Grocery Shopping Trip to Uwajimaya</div> <div>11:00 Seated Dynamic & Static Stretches</div> <div>1:30 Milkshake Social</div> <div>6:30 Stars & Stripes Sing-Along w/Stephen Ryals</div>	<div>05</div> <div>11:00 Chair Fitness: Cardiovascular Focus</div> <div>1:30 Meditation with Brother River</div>
<div>06</div> <div>11:00 <i>Livestreamed Services:</i> St. Joe's Mass & Seattle First Baptist Church Service</div> <div>1:30 Interactive Scripture & Hymns with Paul & Tina Miller</div>	<div>07</div> <div>9-3 Koko Foot and Nail Care</div> <div>1:30 Think Tank Video and Discussion w/Mary</div> <div>2:30 Free Movement with Mary</div>	<div>08</div> <div>11:00 Flexercise</div> <div>1:30 <i>You Be the Judge</i> Mock Trial Activity</div> <div>2:30 Bingo</div>	<div>09</div> <div><i>10:45-11:30 Bookmobile</i></div> <div>1:30 Resident Association News of the Hour</div>	<div>10</div> <div>10:00 Art Connection</div> <div>1:30 Resident Association Kitchen Kitchen Forum</div>	<div>11</div> <div>9:30 Grocery Shopping Trip to QFC</div> <div>11:00 Dynamic Stretching</div> <div>1:30 Carson Lily Piano Concert</div>	<div>12</div> <div>11:00 Chair Fitness: Cardiovascular Focus</div> <div>11:00-2:00 Neighborhood Dog Party</div> <div>1:30 Meditation Group</div>
<div>13</div> <div>11:00 <i>Livestreamed Services:</i> St. Joe's Mass & Seattle First Baptist Church Service</div> <div>1:30 Interactive Scripture & Hymns with Paul & Tina Miller</div>	<div>14</div> <div>10:00 Mental Health Monday</div> <div>1:30 Fireside Chat w/ Mike</div> <div>2:30 Free Movement with Mary</div>	<div>15</div> <div>11:00 Chair Fitness</div> <div>1:30 Resident Association Activities Forum</div> <div>2:30 Bingo</div>	<div>16</div> <div>11:00 Seated Total Chair Fitness</div> <div>1:30 Record Listening w/Mary</div>	<div>17</div> <div>11:00 Seated Total Chair Fitness</div> <div>1:30 Sing-Along w/ David Lapse</div>	<div>18</div> <div>11:00 Seated Total Chair Fitness</div> <div>1:30 Play in Motion w/Angelika</div>	<div>19</div> <div>11:00 Chair Fitness: Cardiovascular Focus</div> <div>1:30 Meditation with Brother River</div>
<div>20</div> <div>11:00 Livestreamed Services: St.Joe's Mass & Seattle First Baptist Church Service</div> <div>1:30 Interactive Scripture & Hymns with Paul & Tina Miller</div>	<div>21</div> <div>10:00 Journal Through Art</div> <div>1:30 Community Garden Rock Painting</div> <div>2:30 Free Movement with Mary</div>	<div>22</div> <div>11:00 Seated Total Chair Fitness</div> <div>1:30 July Jeopardy Game Hour</div> <div>2:30 Bingo</div>	<div>23</div> <div>11:00 Seated Total Chair Fitness</div> <div>1:30 David Leech & Band in Concert</div> <div>2:30 Book Club</div>	<div>24</div> <div>10:00 Art Connection</div> <div>1:30 Resident Association General Assembly</div>	<div>25</div> <div>11:00 Seated Total Chair Fitness</div> <div>11:00-2:00 Transforming Age Picnic at Seward Park</div>	<div>26</div> <div>9:30 WA Senior Games</div> <div>11:00 Chair Fitness: Cardiovascular Focus</div> <div>1:30 Meditation Group</div>
<div>27</div> <div>11:00 Livestreamed Services: St.Joe's Mass & Seattle First Baptist Church Service</div> <div>1:30 Interactive Scripture & Hymns with Paul & Tina Miller</div>	<div>28</div> <div>1:30 Lauren Petrie in Concert</div> <div>2:30 Free Movement with Mary</div>	<div>29</div> <div>11:00 Seated Total Chair Fitness</div> <div>1:30 Flower Arranging w/Mary</div>	<div>30</div> <div>1:30 Summer Birthday Celebration</div>	<div>31</div> <div><i>Movie shown in the Broadway Theater every evening at 6:30pm</i></div>	<div>1</div>	<div>2</div>