



July 2025



Independent Living Activities

Sunday		Monday		Tuesday	Wednesday	Thursday	Friday	Saturday
Calendar Legend				1	2	3	4	5
AC	Aquatic Center – S Level	4C	4 th Floor Consult Rm	8:15 POW! (WE) 9:00 Aqua Fitness (AC) 10:00 Better Balance (WE) 10:30 Seated Stretching (WE) 4:00 Parkshore Community Sing Along with Karen Mataya! (L) 5:00 Piano Music with Karen Mataya (L) 7:30 Movie Night (T)	9:00 Pilates Mat Class (WE) 10:00 Advanced Tai Chi (WE) 10:40 Beginner's Tai Chi (WE) 11:00 Parkshore Spousal Support Group (R) 11:30 Line Dancing (WE) 1:30 Movie Matinee (T) 3:30 NEW POW! Afternoon Class (WE)	8:15 POW! (WE) 9:00 Aqua Fitness (AC) 10:00 Better Balance (WE) 10:30 Seated Stretching (WE) <u>Solarium Chat with Gary:</u> 3:00 5th Floor Residents (5S) 4:00 6th Floor Residents (6S) 6:30 Star-Spangled Spectacular Concert (O) ✓	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) 	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)
BR	Birch Room – 1st Floor	CC	Creativity Center – L Level					
DR	Dining Room – 1st Floor	LVL	Lakeview Level – L Level					
F	Facilities – S Level	R	Rafters – 15th Floor					
L	Lounge – 1st Floor	✓	Sign-up by Activity Desk					
LV	Lakeview Room – L Level	\$	Fee for Trip					
6		7		8	9	10	11	12
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) 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) 4:00 Help Desk with Lilia (L)		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) 3:00 Musical Composer Jerome Kern with Theodore Deacon (LV) 7:30 Movie Night (T)	9:00 Pilates Mat Class (WE) 10:00 Advanced Tai Chi (WE) 10:00 Seattle Asian Art Museum Tour with Kolya Rice (O) ✓ 10:40 Beginner's Tai Chi (WE) 11:30 Line Dancing (WE) 1:30 Movie Matinee (T) 3:30 NEW POW! Afternoon Class (WE) <u>Solarium Chat with Gary:</u> 3:00 7th Floor Residents (7S) 4:00 8th Floor Residents (8S) 6:00 Primo Kim Velvet Smooth Piano Sounds (L) 	8:15 POW! (WE) 9:00 Aqua Fitness (AC) 10:00 Better Balance (WE) 10:30 Seated Stretching (WE) 1:30 Opera: Porgy and Bess (T) <u>Solarium Chat with Gary:</u> 4:00 9th Floor Residents (9S) 4:00 OnSite Dermatology (4C) 	9:00 Strength & Tone (WE) 9:30 Shopping Trip to Costco (Bring your Costco Card) (O) ✓ 10:00 Seated Fitness (WE) 10:00 The Thrift Shop is Open! 1:30 Movie Matinee (T) <u>Solarium Chat with Gary:</u> 3:00 10th Floor Residents (10S) 3:00 Mexican Train Dominoes (R) 4:00 Games in the Water's Edge Studio 4pm Friday thru 8pm Sunday (WE) 	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>13</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>14</div> <div>9:00 Strength & Tone (WE) 9:00 Fitness Walk: Discovery Park and The Locks (O) ✓ 10:00 Seated Fitness (WE) 1:30 Movie Matinee (T) 3:30 Men's Group with Gary (LV) 4:00 Help Desk with Lilia (L)</div>	<div>15</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 12th Floor Residents (12S) 5:00 Piano Music with Karen Mataya (L) 7:30 Movie Night (T)</div>	<div>16</div> <div>9:00 Pilates Mat Class (WE) 10:00 Advanced Tai Chi (WE) 10:40 Beginners Tai Chi (WE) 11:00 Parkshore Spousal Support Group (R) 11:30 Line Dancing (WE) 1:30 Movie Matinee (T) 3:30 Parkshore BINGO (L) 3:30 NEW POW! Afternoon Class (WE) Solarium Chat with Gary: 4:00 11th Floor Residents (11S)</div>	<div>17</div> <div>8:15 POW! (WE) 9:00 Aqua Fitness (AC) 10:00 Better Balance (WE) 10:30 Seated Stretching (WE) 1:30 Parkshore Potpourri: Simple Gifts: The Chamber Music Society at Shaker Village (T) 5:00 Parkshore Luau Party (2S)</div>	<div>18</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) Solarium Chat with Gary: 3:00 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)</div>	<div>19</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>20</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>21</div> <div>9:00 Strength & Tone (WE) 10:00 Seated Fitness (WE) 11:00 Catholic Mass (R) 12:30 Seattle Seafair Pirates! 1:30 Movie Matinee (T) 1:30 Parkshore's Annual Ice Cream Social (L) 4:00 Help Desk with Lilia (L)</div>	<div>22</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) 2:00 Weekly Art Classes with Maja Sereda (CC) Solarium Chat with Gary: 3:00 13th Floor Residents (13S) 4:00 Condo Residents (BR) 7:30 Movie Night (T)</div>	<div>23</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) ✓ 1:30 Movie Matinee (T) 3:30 NEW POW! Afternoon Class (WE) 6:00 Primo Kim Velvet Smooth Piano Sounds (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) 1:30 Parkshore Potpourri: Andrew Lloyd Webber: The Royal Albert Hall Celebration (T) 1:45 Seattle Public Mobile Library (L)</div>	<div>25</div> <div>9:00 Strength & Tone (WE) 10:00 Seated Fitness (WE) 10:00 The Thrift Shop is Open! 11:00 Community Combined Picnic (O) ✓ 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>26</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>27</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>28</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>29</div> <div>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) 4:30 Wine Social (L) 7:30 Movie Night (T)</div>	<div>30</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) 1:30 Movie Matinee (T) 3:30 NEW POW! Afternoon Class (WE)</div>	<div>31</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) 3:00 La Traviata by Giuseppe Verdi with Theodore Deacon (LV)</div>	<div>Calendar Legend Cont.</div> <table><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><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>		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	<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>
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