AUGUST 2025

Lifestyle Programming: Group Exercise, Live Music & Entertainment, Special Events & Outings

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	31 **Movie shown in the Broadway Theater every evening at 6:30pm**	01 9:30 Grocery Shopping Outing To QFC 11:00 Seated Dynamic & Static Stretches 11:00 HEALING MASS **1:30 Brain Games w/Angelika** 2:30 Wine & Beer Social	02 11:00 Chair Fitness: Cardiovascular Focus **1:30 Meditation Group** 2:30 Standing Balance
03 11:00 Streamed Church Services 1:30 Interactive Scripture & Hymns w/Paul & Tina Miller 1:30 Streamed Performance	04 10:00 Mental Health Monday **1:30 Resident Association Home Forum** 2:30 Free Movement w/Mary	05 11:00 Flexercise **1:30 Resident Association Wellness Forum** 2:30 Bingo **5:00-7:00 Seattle Night Out**	06 10:00 Outing to Goodwill 11:00 Chair Fitness: Upper Body Strength **1:30 Do Peterson Guitar Concert** 2:30 Standing Balance & Fall Prevention	07 10:00 Outing to Frye Art Museum 11:00 Chair Fitness: Lower Body Strength **1:30 Resident Lecture Series: Janice V. Egypt Travelogue** 3:30 Neighborhood Stroll	08 9:30 Grocery Shopping Outing To Uwajimaya 11:00 Seated Dynamic & Static Stretches **1:30 Balance Rehab Video Series w/Angelika** 2:30 Wine & Beer Social	09 11:00 Seated total chair fitness **1:30 Meditation with Brother RIver**
10 11:00 Streamed Church Services 1:30 Interactive Scripture & Hymns w/Paul & Tina Miller 1:30 Streamed Performance	11 10:00 Journal Through Art **1:30 Fireside Chat** 2:30 Free Movement w/Mary	12 11:00 Flexercise **1:30 Vinyl Listening Hour** 2:30 Bingo	13 11:00 Chair Fitness: Upper Body Strength **1:30 Left Handers Day** 2:30 Standing Balance & Fall Prevention	14 11:00 Chair Fitness: Lower Body Strength **1:30 Resident Association Kitchen Hour** 3:30 Neighborhood Stroll	15 9:30 Grocery Shopping Outing To Safeway 11:00 Seated Dynamic & Static Stretches **1:30 Balance Rehab Video Series w/Angelika** 2:30 Wine & Beer Social	16 11:00 Seated Total Chair Fitness **1:30 Meditation Group**
17 11:00 Streamed Church Services 1:30 Interactive Scripture & Hymns w/Paul & Tina Miller 1:30 Streamed Performance	18 10:00 Mental Health Monday **1:30 ThinkTank Video & Discussion Group** 2:30 Free Movement w/Mary	19 11:00 Flexercise **1:30 Flower Arranging w/Mary** 2:30 Bingo	20 11:00 Chair Fitness: Upper Body Strength 11:15 Bookmobile 1:30 In person mass **1:30 White Out Party** **2:30 Book CLub** 2:30 Standing Balance & Fall Prevention	21 11:00 Chair Fitness: Lower Body Strength **1:30 Sing-along w/David Lepse** 3:30 Neighborhood Stroll	22 9:30 Grocery Shopping Outing To Fred Meyer 11:00 Seated Dynamic & Static Stretches **1:30 Balance Rehab Video Series w/ Angelika** 2:30 Wine & Beer Social	23 11:00 Seated total chair fitness 1:30 meditation group **1:30 Meditation Group**
24 11:00 Streamed Church Services 1:30 Interactive Scripture & Hymns w/Paul & Tina Miller 1:30 Streamed Performance	25 10:00 Journal Through Art **1:30 Resident Dance Choreography Hour** 2:30 Free Movement w/Mary	26 11:00 Flexercise **1:30 Resident Association Book Shelf** 2:30 Bingo	27 11:00 Chair Fitness: Upper Body Strength **1:30 Alison Presinger in Concert** 2:30 Standing Balance & Fall Prevention	28 11:00 Chair Fitness: Lower Body Strength **1:30 Resident Association General Assembly** 3:30 Neighborhood Stroll	29 9:30 Grocery Shopping Outing To Grocery Outlet 11:00 Seated Dynamic & Static Stretches **1:30 Balance Rehab Video Series w/Angelika** 2:30 Wine & Beer Social	30 11:00 Seated total chair fitness **1:30 Meditation with Brother River**