








August 2025

Independent Living Activities



Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
										1		2	
AC	Aquatic Center – S Level	CC	Creativity Center – L Level	TS	Thrift Shop – L Level					9:00 Strength & Tone (WE)		8:30 BOEING SEAFAIR AIRSHOW	
BR	Birch Room – 1st Floor	LVL	Lakeview Level – L Level	WE	Water’s Edge Studio – S Level					9:00 BOEING SEAFAIR AIRSHOW		1:00 Bible Study with Paton Wall (8S)	
DR	Dining Room – 1st Floor	R	Rafters – 15th Floor	MD	Main Dining Room					10:00 Seated Fitness (WE)		3:30 Blue Angels Viewing (360)	
F	Facilities – S Level	✓	Sign-up by Activity Desk	All activities are subject to change without notice. If you have any questions, please contact Naomi Sadler Ext. 1686 or Nsadler@parkshore.org						10:00 The Thrift Shop Closed in August!		4:00 Games in the Water's Edge Studio 4pm Friday thru 8pm Sunday (WE)	
L	Lounge – 1st Floor	\$	Fee for Trip			1:00 Brain Games with Jane							
LV	Lakeview Room – L Level	360	360 Grille – 15th Floor			1:30 Movie Matinee (T)							
BD	Boat Dock – S Level	O	Outing Meet in Front Lobby			3:00 Mexican Train Dominoes (R)							
4C	4 th Floor Consult Rm	T	Movie Theater – L Level			3:30 Blue Angels Viewing (360)		4:00 Games in the Water's Edge Studio 4pm Friday thru 8pm Sunday (WE)					
3		4		5		6		7		8		9	
8:30 BOEING SEAFAIR AIRSHOW		9:00 Strength & Tone (WE)		8:15 POW! (WE)		9:00 Pilates Mat Class (WE)		8:15 POW! (WE)		9:00 Strength & Tone (WE)		1:00 Bible Study with Paton Wall (8S)	
9:30 Episcopal Service (LV)		10:00 Seated Fitness (WE)		9:00 Aqua Fitness (AC)		10:00 Advanced Tai Chi (WE)		9:00 Aqua Fitness (AC)		10:00 Seated Fitness (WE)		4:00 Games in the Water's Edge Studio 4pm Friday thru 8pm Sunday (WE)	
1:30 Movie Matinee (T)		11:00 Catholic Communion Service (R)		10:00 Better Balance (WE)		10:40 Beginner's Tai Chi (WE)		10:00 Better Balance (WE)		10:00 The Thrift Shop is Closed in August!		7:30 Movie Night (T)	
3:30 Blue Angels Viewing (360)		1:30 Movie Matinee (T)		10:30 Seated Stretching (WE)		11:30 Line Dancing (WE)		10:30 Seated Stretching (WE)		1:30 Movie Matinee (T)			
4:00 Games in the Water's Edge Studio 4pm Friday thru 8pm Sunday (WE)		2:00 Parkinson's Group Meeting (R)		5:00 National Night Out		1:00 Bridge (R)		10:30 Senior Day with the Mariners (Mariners vs White Sox) (O) ✓\$		3:00 Mexican Train Dominoes (R)			
		2:00 Weekly Art Classes with Maja Sereda (CC)		7:30 Movie Night (T)		1:30 Movie Matinee (T)		1:00 Mahjong (R)		4:00 Games in the Water's Edge Studio 4pm Friday thru 8pm Sunday (WE)			
		3:00 Encore of Il Trovatore by Giuseppe Verdi with Theodore Deacon (LV)				Solarium Chat with Gary:		6:30 Music in the Park					
		4:00 Help Desk with Lilia (L)				3:00 5th Floor Residents (5S)							
						3:30 NEW POW! Afternoon Class (WE)							
						4:00 OnSite Dermatology (4C) ✓							
						Solarium Chat with Gary:							
						4:00 6th Floor Residents (6S)							

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10 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) 	11 9:00 Strength & Tone (WE) 10:00 Seated Fitness (WE) 1:30 Movie Matinee (T) 2:00 Weekly Art Classes with Maja Sereda (CC) Solarium Chat with Gary: 3:00 7th Floor Residents (7S) 4:00 10th Floor Residents (10S) 4:00 Help Desk with Lilia (L)	12 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) 2:00 Dahlia Paint Out Class with Marilyn (cc) Solarium Chat with Gary: 3:00 8th Floor Residents (8S) 4:00 9th Floor Residents (9S) 4:00 Parkshore Community Sing Along with Karen Mataya! (L) 5:00 Piano Music with Karen Mataya (L) 7:30 Movie Night (T)	13 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) 3:30 NEW POW! Afternoon Class (WE) 3:30 Parkshore BINGO (LV) 6:00 Primo Kim Velvet Smooth Piano Sounds (L)	14 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: The Tempest by Thomas Ades (T) 3:00 Musical Composers Rodgers & Hart with Theodore Deacon (LV) 6:30 Music in the Park	15 9:00 Strength & Tone (WE) 10:00 Seated Fitness (WE) 10:00 The Thrift Shop is Closed in August! 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)	16 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)
17 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)	18 9:00 Strength & Tone (WE) 9:00 Fitness Walk: Sammamish River Trail (O)✓ 10:00 Seated Fitness (WE) 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)	19 8:15 POW! (WE) 9:00 Aqua Fitness (AC) 10:00 Better Balance (WE) 10:30 Seated Stretching (WE) Solarium Chat with Gary: 2:00 12th Floor Residents (12S) 3:00 13th Floor Residents (13S) 4:30 A Night in Paris Wine Social (L) 7:30 Movie Night (T)	20 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: 3:00 14th Floor Residents (14S) 3:30 NEW POW! Afternoon Class (WE) Solarium Chat with Gary: 4:00 11th Floor Residents (11S)	21 8:15 POW! (WE) 9:00 Aqua Fitness (AC) 10:00 Better Balance (WE) 10:30 Seated Stretching (WE) 10:30 Argosy Cruise Boat Trip (BD) ✓ 1:00 Mahjong (R) 6:30 Music in the Park	22 9:00 Strength & Tone (WE) 10:00 Seated Fitness (WE) 10:00 The Thrift Shop is Closed in August! 1:30 Movie Matinee (T) Solarium Chat with Gary: 2:00 Lakeview Level Apartment Residents (BR) 3:00 Mexican Train Dominoes (R) 4:00 Games in the Water's Edge Studio 4pm Friday thru 8pm Sunday (WE)	23 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) 



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24	25	26	27	28	29	30
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) 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)	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 Rodger's & Hammerstein's "Oklahoma!" with Theodore Deacon (LV) Solarium Chat with Gary: 4:00 Condo Residents (BR) 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) 11:00 Your Clothing Solutions (L) 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)	8:15 POW! (WE) 9:00 Aqua Fitness (AC) 10:00 Better Balance (WE) 10:30 Seated Stretching (WE) 1:00 Mahjong (R) 1:30 Parkshore Potpourri Presents: My Fair Lady (T) 1:45 Seattle Public Mobile Library (L) 6:30 Music in the Park	9:00 Strength & Tone (WE) 10:00 Seated Fitness (WE) 10:00 The Thrift Shop is Closed in August! 11:30 Bellevue Square Mall Shopping Trip (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)	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)
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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)						

