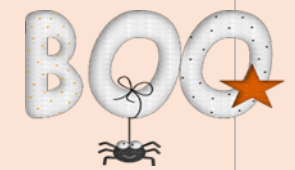




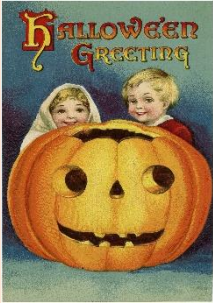


October 2025

Independent Living Activities

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Calendar Legend:						1		2		3		4	
AC	Aquatic Center – S Level	CC	Creativity Center – L Level	TS	Thrift Shop – L Level	9:00 Pilates Mat Class (WE) 9:15 Scenic Drive: Tides Tavern Gig Harbor (O) ✓\$ 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)		8:15 POW! - VIDEO CLASS (WE) 9:00 Aqua Fitness (AC) 10:00 Better Balance (WE) 10:30 Seated Stretching (WE) 1:00 Mahjong (R) 3:00 Gilbert & Sullivan's "The Pirates of Penzance" with Theodore Deacon (LV)		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) 2:00 Social and Criminal Justice with Dr. David Smith (LV) 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	LVL	Lakeview Level – L Level		Water's Edge Studio – S Level								
DR	Dining Room – 1st Floor	R	Rafters – 15th Floor	WE	Main Dining Room								
F	Facilities – S Level	✓	Sign-up by Activity Desk	MD	4th Floor Consult Rm								
L	Lounge – 1st Floor	\$	Fee for Trip	4C	Outing Meet in Front Lobby								
LV	Lakeview Room – L Level	360	360 Grille – 15th Floor	O									
5		6		7		8		9		10		11	
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)		8:30 *NEW* Aqua Fitness VIDEO class on Mondays (AC) 9:00 Strength & Tone (WE) 10:00 Seated Fitness (WE) 11:00 Catholic Communion Service (R) 1:30 Movie Matinee (T) 2:00 Parkinsons Group Meeting (R) 2:00 Weekly Art Classes with Maja Sereda (CC) Solarium Chat with Gary: 2:00 5th Floor Residents (5S) 3:30 Men's Group with Gary (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) 2:00 Masters of the Baroque Period with Kolya Rice (LV) Solarium Chat with Gary: 3:30 6th Floor Residents (6S) 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) 10:40 Beginner's Tai Chi (WE) 11:30 Line Dancing (WE) 1:00 Bridge (R) 1:30 Movie Matinee (T) Solarium Chat with Gary: 2:00 7th Floor Residents (7S) 3:30 8th Floor Residents (8S) 3:30 NEW POW! Afternoon Class (WE) 3:30 Parkshore BINGO (LV)		8:15 POW! (WE) 9:00 Aqua Fitness (AC) 9:15 Scenic Drive: Saltwater Fish House, Langley (O) ✓\$ 10:00 Better Balance (WE) 10:30 Seated Stretching (WE) 1:00 Mahjong (R) 1:30 Parkshore Potpourri: Josh Groban "Stages Live" (T) Solarium Chat with Gary: 4:00 9th Floor Residents (9S) 4:00 OnSite Dermatology (4C)		9:00 Strength & Tone (WE) 10:00 Seated Fitness (WE) 10:00 The Thrift Shop is Open! 1:30 Movie Matinee (T) 2:00 Social and Criminal Justice with Dr. David Smith (LV) 3:00 Mexican Train Dominoes (R) Solarium Chat with Gary: 3:00 11th Floor Residents (11S) 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
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) 	13 8:30 *NEW* Aqua Fitness VIDEO class on Mondays (AC) 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) <u>Solarium Chat with Gary:</u> 3:00 12th Floor Residents (12S) 4:00 13th Floor Residents (13S) 4:00 Help Desk with Lilia (L)	14 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 Masters of the Baroque Period with Kolya Rice (LV) 4:30 Wine Social - Featuring Frank Muschalle (L) 7:30 Movie Night (T)	15 9:00 Pilates Mat Class (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 Speaker's Committee Presents: Poems by Parkshore Residents (LV) 3:30 NEW POW! Afternoon Class (WE) <u>Solarium Chat with Gary:</u> 4:00 10th Floor Residents (10S)	16 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) <u>Solarium Chat with Gary:</u> 3:00 14th Floor Residents (14S) 4:00 Lakeview Level Apartment Residents (BR) 7:00 Seattle Academy for Chamber Music (L)	17 9:00 Strength & Tone (WE) 10:00 Seated Fitness (WE) 10:00 The Thrift Shop is Open! 11:00 Brain Games with Jane 11:30 Movie Matinee (T) 2:00 Social and Criminal Justice with Dr. David Smith (LV) 3:00 Mexican Train Dominoes 4:00 Games in the Water's Edge Studio 4pm Friday thru 8pm Sunday (WE) Employee Appreciation Fund Starts	18 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) 
19 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)	20 8:30 *NEW* Aqua Fitness VIDEO class on Mondays (AC) 9:00 Strength & Tone (WE) 10:00 Seated Fitness (WE) 11:00 Catholic Mass (R) 12:30 Fitness Walk: Kubota Garden (o) ✓ 1:30 Movie Matinee (T) 2:00 Weekly Art Classes with Maja Sereda (CC) 4:00 Help Desk with Lilia (L)	21 8:15 POW! (WE) 9:00 Aqua Fitness (AC) 10:00 Better Balance (WE) 10:30 Seated Stretching (WE) 11:30 Bellevue Square Mall Shopping Trip (o) ✓ 2:00 Masters of the Baroque Period with Kolya Rice (LV) 7:30 Movie Night (T)	22 9:00 Pilates Mat Class (WE) 10:40 Beginner's Tai Chi (WE) 11:30 Line Dancing (WE) 1:00 Bridge (R) 1:30 Movie Matinee (T) 3:00 Speaker's Committee Presents: David Brewster (LV) 3:30 NEW POW! Afternoon Class (WE)	23 8:15 POW! (WE) 9:00 Aqua Fitness (AC) 10:00 Better Balance (WE) 10:30 Seated Stretching (WE) 1:00 Mahjong (R) 3:00 Rodger's & Hammerstein's "South Pacific" with Theodore Deacon (LV)	24 9:00 Strength & Tone (WE) 10:00 Seated Fitness (WE) 10:00 The Thrift Shop is Open! 1:30 Movie Matinee (T) 2:00 Enjoy Shakespeare - Julius Caesar with Paul Schmid (LV) 3:00 Mexican Train Dominoes (R) 4:00 Games in the Water's Edge Studio 4pm Friday thru 8pm Sunday (WE)	25 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)
26 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)	27 8:30 *NEW* Aqua Fitness VIDEO class on Mondays (AC) 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)	28 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 Masters of the Baroque Period with Kolya Rice (LV) <u>Solarium Chat with Gary:</u> 3:30 Condo Residents (BR) 7:30 Movie Night (T)	29 9:00 Pilates Mat Class (WE) 10:40 Beginner's Tai Chi (WE) 11:30 Line Dancing (WE) 1:00 Bridge (R) 1:00 Flu Shot Clinic (BR) ✓ 1:30 Movie Matinee (T) 3:30 NEW POW! Afternoon Class (WE)	30 8:15 POW! (WE) 9:00 Aqua Fitness (AC) 10:00 Better Balance (WE) 10:30 Seated Stretching (WE) 1:00 Mahjong (R)	31 9:00 Strength & Tone (WE) 10:00 Seated Fitness (WE) 10:00 The Thrift Shop is Open! 1:30 Movie Matinee (T) 1:30 Staff Halloween Costume Parade (L) 3:00 Mexican Train Dominoes (R) 4:00 Games in the Water's Edge Studio 4pm Friday thru 8pm Sunday (WE) 4:30 Halloween Spooktacular Party (L)	All activities are subject to change without notice. If you have any questions, please contact Naomi Sadler Ext. 1686 or Nsadler@parkshore.org

