

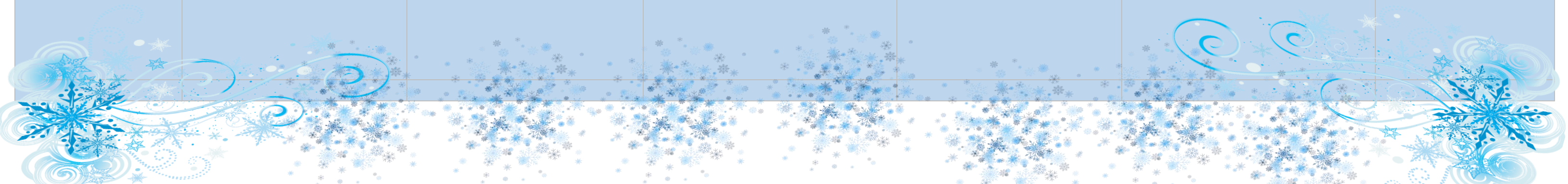
# January 2026

## Independent Living Activities

Sunday	Monday		Tuesday		Wednesday		Thursday	Friday	Saturday
							1	2	3
<div>All activities are subject to change without notice. If you have any questions, please contact Naomi Sadler Ext. 1686 or <a href="mailto:Nsadler@parkshore.org">Nsadler@parkshore.org</a></div> <div></div>	AC	Aquatic Center – S Level	CC	Creativity Center – L Level	\$	Fee for Trip	<div></div> <div></div>	8:30 *NEW* Deep Water Aerobic VIDEO Class (AC)	4:00 Games in the Water's Edge Studio 4pm Friday thru 8pm Sunday (WE)
	BR	Birch Room – 1st Floor	LVL	Lakeview Level – L Level	360	360 Grille – 15th Floor		9:00 Strength & Tone (WE)	4pm Friday thru 8pm Sunday (WE)
	DR	Dining Room – 1st Floor	R	Rafters – 15th Floor	WE	Water’s Edge Studio – S Level		10:00 Seated Fitness (WE)	7:30 Movie Night (T)
	F	Facilities – S Level	✓	Sign-up by Activity Desk	O	Outing Meet in Front Lobby		10:00 The Thrift Shop is Closed Today!	
	L	Lounge – 1st Floor	LV	Lakeview Room L-Level				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)		
4	5	6	7	8	9	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)	8:30 Aqua Fitness VIDEO class on Mondays (AC) 9:00 Strength & Tone (WE) 10:00 Seated Fitness (WE) 10:00 Light Therapy Sessions (CC) 11:00 Catholic Communion Service (R) 1:30 Movie Matinee (T) 2:00 Parkinsons Group Meeting (R) 2:00 Art Class with Maja Sereda (CC) 4:00 Help Desk with Madelyn (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) Solarium Chat with Gary: 2:00 5th Floor Residents (5S) 2:30 6th Floor Residents (6S) 3:30 10th Floor Residents (10S) 6:00 Primo Kim Velvet Smooth Piano Sounds (L) 7:30 Movie Night (T)	8:30 *NEW* Deep Water Aerobic VIDEO Class (AC) 9:00 Pilates Mat Class (WE) 10:40 Beginner's Tai Chi (WE) 11:00 Parkshore Support Group (R) 11:30 Line Dancing (WE) 1:00 Bridge (R) 1:30 Movie Matinee (T) 3:00 Neoclassical and Romantic Art with Kolya Rice (LV) 3:30 POW! (WE) 5:00 Piano Music with Karen Mataya (L)	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 Parkshore Potpourri Presents: PBS Nature Hummingbirds: Magic in the Air (T) 3:00 Rodgers & Hammerstein's “Flower Drum Song” with Theodore Deacon (LV)	8:30 *NEW* Deep Water Aerobic VIDEO Class (AC) 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) Solarium Chat with Gary: 3:15 7th Floor Residents (7S) 4:00 Games in the Water's Edge Studio 4pm Friday thru 8pm Sunday (WE)	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
<b>11</b> <b>9:30 Episcopal Service</b> (LV) <b>1:30</b> Movie Matinee (T) <b>4:00</b> Games in the Water's Edge Studio 4pm Friday thru 8pm Sunday (WE) 	<b>12</b> <b>8:30</b> Aqua Fitness VIDEO class on Mondays (AC) <b>9:00</b> Strength & Tone (WE) <b>10:00</b> Seated Fitness (WE) <b>10:00</b> Light Therapy Sessions (CC) <b>11:00</b> Book Club (R) <b>1:30</b> Movie Matinee (T) <b>2:00</b> Art Class with Maja Sereda (CC) <b>3:30</b> Men's Group with Gary (LV) <b>4:00</b> Help Desk with Madelyn (L)	<b>13</b> <b>8:15</b> POW! (WE) <b>9:00</b> Aqua Fitness (AC) <b>10:00</b> Better Balance (WE) <b>10:30</b> Seated Stretching (WE) <b>12:30</b> New Beginners American Mah Jongg (R) <b>Solarium Chat with Gary:</b> <b>2:00</b> 8th Floor Residents (8S) <b>2:30</b> 9th Floor Residents (9S) <b>4:30</b> Parkshore Oscar Party Wine Social (L) <b>7:30</b> Movie Night (T) 	<b>14</b> <b>8:30</b> *NEW* Deep Water Aerobic VIDEO Class (AC) <b>9:00</b> Pilates Mat Class (WE) <b>10:30</b> Scenic Drive: Burke Museum (O) ✓\$ <b>10:40</b> Beginner's Tai Chi (WE) <b>11:30</b> Line Dancing (WE) <b>1:00</b> Bridge (R) <b>1:30</b> Movie Matinee (T) <b>Solarium Chat with Gary:</b> <b>2:00</b> 11th Floor Residents (11S) <b>3:00</b> Neoclassical and Romantic Art with Kolya Rice (LV) <b>3:30</b> POW! (WE)	<b>15</b> <b>8:15</b> POW! (WE) <b>9:00</b> Aqua Fitness (AC) <b>10:00</b> Better Balance (WE) <b>10:30</b> Seated Stretching (WE) <b>11:00</b> Resident Association Meeting (LV) <b>1:00</b> Mahjong (R) <b>Solarium Chat with Gary:</b> <b>2:00</b> 12th Floor Residents (12S) <b>3:00</b> Nigeria from Two Viewpoints with Gerry Bashein (LV) 	<b>16</b> <b>8:30</b> *NEW* Deep Water Aerobic VIDEO Class (AC) <b>9:00</b> Strength & Tone (WE) <b>10:00</b> Seated Fitness (WE) <b>10:00</b> The Thrift Shop is Open! <b>1:00</b> Brain Games with Jane <b>1:30</b> Movie Matinee (T) <b>2:00</b> Enjoy Shakespeare - Julius Caesar with Paul Schmid (LV) <b>3:00</b> Mexican Train Dominoes (R) <b>4:00</b> Games in the Water's Edge Studio 4pm Friday thru 8pm Sunday (WE)	<b>17</b> <b>4:00</b> Games in the Water's Edge Studio 4pm Friday thru 8pm Sunday (WE) <b>7:30</b> Movie Night (T) 
<b>18</b> <b>9:30 Episcopal Service</b> (LV) <b>1:30</b> Movie Matinee (T) <b>4:00</b> Games in the Water's Edge Studio 4pm Friday thru 8pm Sunday (WE) 	<b>19</b> <b>8:30</b> Aqua Fitness VIDEO class on Mondays (AC) <b>9:00</b> Strength & Tone (WE) <b>10:00</b> Seated Fitness (WE) <b>10:00</b> Light Therapy Sessions (CC) <b>11:00</b> Catholic Mass (R) <b>1:30</b> Movie Matinee (T) <b>2:00</b> Art Class with Maja Sereda (CC) <b>Solarium Chat with Gary:</b> <b>2:00</b> 13th Floor Residents (13S) <b>4:00</b> Help Desk with Madelyn (L)	<b>20</b> <b>8:15</b> POW! (WE) <b>9:00</b> Aqua Fitness (AC) <b>10:00</b> Better Balance (WE) <b>10:30</b> Seated Stretching (WE) <b>12:30</b> New Beginners American Mah Jongg (R) <b>2:00</b> Speaker's Committee Presents: SCOPE with Nancy Andrews (LV) <b>Solarium Chat with Gary:</b> <b>3:30</b> 14th Floor Residents (14S) <b>4:30</b> Wine Social (L) <b>6:00</b> Primo Kim Velvet Smooth Piano Sounds (L) <b>7:30</b> Movie Night (T)	<b>21</b> <b>8:30</b> *NEW* Deep Water Aerobic VIDEO Class (AC) <b>9:00</b> Pilates Mat Class (WE) <b>10:40</b> Beginner's Tai Chi (WE) <b>11:00</b> Parkshore Support Group (R) <b>11:30</b> Line Dancing (WE) <b>1:00</b> Bridge (R) <b>1:30</b> Movie Matinee (T) <b>3:00</b> Neoclassical and Romantic Art with Kolya Rice (LV) <b>3:30</b> POW! (WE) 	<b>22</b> <b>8:15</b> POW! (WE) <b>9:00</b> Aqua Fitness (AC) <b>10:00</b> Better Balance (WE) <b>10:30</b> Seated Stretching (WE) <b>1:00</b> Mahjong (R) <b>1:45</b> Seattle Public Mobile Library (L) <b>3:00</b> Rodgers & Hammerstein's "The Sound of Music" with Theodore Deacon (LV)	<b>23</b> <b>8:30</b> *NEW* Deep Water Aerobic VIDEO Class (AC) <b>9:00</b> Strength & Tone (WE) <b>10:00</b> Seated Fitness (WE) <b>10:00</b> The Thrift Shop is Open! <b>1:30</b> Movie Matinee (T) <b>2:00</b> Enjoy Shakespeare - Julius Caesar with Paul Schmid (LV) <b>3:00</b> Mexican Train Dominoes (R) <b>4:00</b> Games in the Water's Edge Studio 4pm Friday thru 8pm Sunday (WE)	<b>24</b> <b>4:00</b> Games in the Water's Edge Studio 4pm Friday thru 8pm Sunday (WE) <b>7:30</b> Movie Night (T) 





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	30	31
<b>9:30 Episcopal Service</b> (LV) <b>1:30</b> Movie Matinee (T) <b>4:00</b> Games in the Water's Edge Studio 4pm Friday thru 8pm Sunday (WE)	<b>8:30</b> Aqua Fitness VIDEO class on Mondays (AC) <b>9:00</b> Strength & Tone (WE) <b>10:00</b> Seated Fitness (WE) <b>10:00</b> Light Therapy Sessions (CC) <b>1:30</b> Movie Matinee (T) <b>2:00</b> Art Class with Maja Sereda (CC) <b>3:30</b> Women's Club (R) <b>4:00</b> Help Desk with Madelyn (L)	<b>8:15</b> POW! (WE) <b>9:00</b> Aqua Fitness (AC) <b>10:00</b> Better Balance (WE) <b>10:30</b> Seated Stretching (WE) <b>11:00</b> Parkshore Update (LV) <b>12:30</b> New Beginners American Mah Jongg (R) <b>2:00</b> "China's Worldview, Values, and Ambitions" with Dori Jones Yang (LV) <b>4:00</b> Parkshore Community Sing Along with Karen Mataya! (L) <b>5:00</b> Piano Music with Karen Mataya (L) <b>7:30</b> Movie Night (T)	<b>8:30</b> *NEW* Deep Water Aerobic VIDEO Class (AC) <b>9:00</b> Pilates Mat Class (WE) <b>9:30</b> Scenic Drive: Snoqualmie Falls (o) ✓\$ <b>10:40</b> Beginner's Tai Chi (WE) <b>11:00</b> Brain Matters: Troubleshooting Sleep Issues with Marcie (R) <b>11:30</b> Line Dancing (WE) <b>1:00</b> Bridge (R) <b>1:30</b> Movie Matinee (T) <b>3:30</b> POW! (WE) Solarium Chat with Gary: <b>3:30</b> Lakeview Level Apartment Residents (BR)	<b>8:15</b> POW! (WE) <b>9:00</b> Aqua Fitness (AC) <b>10:00</b> Better Balance (WE) <b>10:30</b> Seated Stretching (WE) <b>1:00</b> Mahjong (R) <b>1:30</b> Opera: Andrea Chénier by Umberto Giordano (T) Solarium Chat with Gary: <b>4:00</b> Condo Residents (BR)	<b>8:30</b> *NEW* Deep Water Aerobic VIDEO Class (AC) <b>9:00</b> Strength & Tone (WE) <b>10:00</b> Seated Fitness (WE) <b>10:00</b> The Thrift Shop is Open! <b>11:30</b> Bellevue Square Mall Shopping Trip (o) ✓ <b>1:30</b> Movie Matinee (T) <b>2:00</b> Enjoy Shakespeare - Julius Caesar with Paul Schmid (LV) <b>3:00</b> Mexican Train Dominoes (R) <b>4:00</b> Games in the Water's Edge Studio 4pm Friday thru 8pm Sunday (WE)	<b>4:00</b> Games in the Water's Edge Studio 4pm Friday thru 8pm Sunday (WE) <b>7:30</b> Movie Night (T)

