

# January 2026

## Independent Living Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																												
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>	<table border="1"> <tr><td>AC</td><td>Aquatic Center – S Level</td></tr> <tr><td>BR</td><td>Birch Room – 1st Floor</td></tr> <tr><td>DR</td><td>Dining Room – 1st Floor</td></tr> <tr><td>F</td><td>Facilities – S Level</td></tr> <tr><td>L</td><td>Lounge – 1st Floor</td></tr> </table>	AC	Aquatic Center – S Level	BR	Birch Room – 1st Floor	DR	Dining Room – 1st Floor	F	Facilities – S Level	L	Lounge – 1st Floor	<table border="1"> <tr><td>CC</td><td>Creativity Center – L Level</td></tr> <tr><td>LVL</td><td>Lakeview Level – L Level</td></tr> <tr><td>R</td><td>Rafters – 15th Floor</td></tr> <tr><td>✓</td><td>Sign-up by Activity Desk</td></tr> <tr><td>LV</td><td>Lakeview Room L- Level</td></tr> </table>	CC	Creativity Center – L Level	LVL	Lakeview Level – L Level	R	Rafters – 15th Floor	✓	Sign-up by Activity Desk	LV	Lakeview Room L- Level	<table border="1"> <tr><td>\$</td><td>Fee for Trip</td></tr> <tr><td>360</td><td>360 Grille – 15th Floor</td></tr> <tr><td>WE</td><td>Water's Edge Studio – S Level</td></tr> <tr><td>O</td><td>Outing Meet in Front Lobby</td></tr> </table>	\$	Fee for Trip	360	360 Grille – 15th Floor	WE	Water's Edge Studio – S Level	O	Outing Meet in Front Lobby	1	2	3
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<b>9:30</b> Episcopal Service (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>11:00</b> Catholic Communion Service (R) <b>1:30</b> Movie Matinee (T) <b>2:00</b> Parkinsons Group Meeting (R) <b>2:00</b> Art Class with Maja Sereda (CC) <b>4:00</b> Help Desk with Madelyn (L)	<b>8:15</b> POW! (WE) <b>9:00</b> Aqua Fitness (AC) <b>9:30</b> U-Village (QFC) Shopping Trip (O) ✓ <b>10:00</b> Better Balance (WE) <b>10:30</b> Seated Stretching (WE) <u>Solarium Chat with Gary:</u> <b>2:00</b> 5th Floor Residents (5S) <b>2:30</b> 6th Floor Residents (6S) <b>3:30</b> 10th Floor Residents (10S) <b>6:00</b> Primo Kim Velvet Smooth Piano Sounds (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>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>5:00</b> Piano Music with Karen Mataya (L)	<b>8:15</b> POW! (WE) <b>9:00</b> Aqua Fitness (AC) <b>9:30</b> Shopping Trip to Costco (Bring your Costco Card) (O) ✓ <b>10:00</b> Better Balance (WE) <b>10:30</b> Seated Stretching (WE) <b>1:00</b> Mahjong (R) <b>1:30</b> Parkshore Potpourri Presents: PBS Nature Hummingbirds: Magic in the Air (T) <b>3:00</b> Rodgers & Hammerstein's "Flower Drum Song" with Theodore Deacon (LV)	<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 Closed Today! <b>1:00</b> Brain Games with Jane <b>1:30</b> Movie Matinee (T) <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)																												

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
<b>9:30 Episcopal Service</b> (LV) <b>1:30 Movie Matinee</b> (T) <b>4:00 Games in the Water's Edge Studio</b> 4pm Friday thru 8pm Sunday (WE)	<b>8:30 Aqua Fitness VIDEO class</b> on Mondays (AC) <b>9:00 Strength &amp; Tone (WE)</b> <b>10:00 Seated Fitness (WE)</b> <b>10:00 Light Therapy Sessions</b> (CC) <b>11:00 Book Club (R)</b> <b>1:30 Movie Matinee (T)</b> <b>2:00 Art Class with Maja Sereda (CC)</b> <b>3:30 Men's Group with Gary (LV)</b> <b>4:00 Help Desk with Madelyn (L)</b>	<b>8:15 POW! (WE)</b> <b>9:00 Aqua Fitness (AC)</b> <b>10:00 Better Balance (WE)</b> <b>10:30 Seated Stretching (WE)</b> <b>12:30 New Beginners American Mah Jongg (R)</b> <u>Solarium Chat with Gary:</u> <b>2:00 8th Floor Residents (8S)</b> <b>2:30 9th Floor Residents (9S)</b> <b>4:30 Parkshore Oscar Party Wine Social (L)</b> <b>7:30 Movie Night (T)</b>	<b>8:30 *NEW* Deep Water Aerobic VIDEO Class (AC)</b> <b>9:00 Pilates Mat Class (WE)</b> <b>10:30 Scenic Drive: Burke Museum (O) ✓ \$</b> <b>10:40 Beginner's Tai Chi (WE)</b> <b>11:30 Line Dancing (WE)</b> <b>1:00 Bridge (R)</b> <b>1:30 Movie Matinee (T)</b> <u>Solarium Chat with Gary:</u> <b>2:00 11th Floor Residents (11S)</b> <b>3:00 Neoclassical and Romantic Art with Kolya Rice (LV)</b> <b>3:30 POW! (WE)</b>	<b>8:15 POW! (WE)</b> <b>9:00 Aqua Fitness (AC)</b> <b>10:00 Better Balance (WE)</b> <b>10:30 Seated Stretching (WE)</b> <b>11:00 Resident Association Meeting (LV)</b> <b>1:00 Mahjong (R)</b> <u>Solarium Chat with Gary:</u> <b>2:00 12th Floor Residents (12S)</b> <b>3:00 Nigeria from Two Viewpoints with Gerry Bashein (LV)</b>	<b>8:30 *NEW* Deep Water Aerobic VIDEO Class (AC)</b> <b>9:00 Strength &amp; Tone (WE)</b> <b>10:00 Seated Fitness (WE)</b> <b>10:00 The Thrift Shop is Open!</b> <b>1:00 Brain Games with Jane</b> <b>1:30 Movie Matinee (T)</b> <b>2:00 Enjoy Shakespeare - Julius Caesar with Paul Schmid (LV)</b> <b>3:00 Mexican Train Dominoes (R)</b> <b>4:00 Games in the Water's Edge Studio 4pm Friday thru 8pm</b> Sunday (WE)	<b>4:00 Games in the Water's Edge Studio</b> 4pm Friday thru 8pm Sunday (WE) <b>7:30 Movie Night (T)</b>
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<b>9:30 Episcopal Service</b> (LV) <b>1:30 Movie Matinee</b> (T) <b>4:00 Games in the Water's Edge Studio</b> 4pm Friday thru 8pm Sunday (WE)	<b>8:30 Aqua Fitness VIDEO class</b> on Mondays (AC) <b>9:00 Strength &amp; Tone (WE)</b> <b>10:00 Seated Fitness (WE)</b> <b>10:00 Light Therapy Sessions</b> (CC) <b>11:00 Catholic Mass (R)</b> <b>1:30 Movie Matinee (T)</b> <b>2:00 Art Class with Maja Sereda (CC)</b> <u>Solarium Chat with Gary:</u> <b>2:00 13th Floor Residents (13S)</b> <b>4:00 Help Desk with Madelyn (L)</b>	<b>8:15 POW! (WE)</b> <b>9:00 Aqua Fitness (AC)</b> <b>10:00 Better Balance (WE)</b> <b>10:30 Seated Stretching (WE)</b> <b>12:30 New Beginners American Mah Jongg (R)</b> <b>2:00 Speaker's Committee Presents: SCOPE with Nancy Andrews (LV)</b> <u>Solarium Chat with Gary:</u> <b>3:30 14th Floor Residents (14S)</b> <b>4:30 Wine Social (L)</b> <b>6:00 Primo Kim Velvet Smooth Piano Sounds (L)</b> <b>7:30 Movie Night (T)</b>	<b>8:30 *NEW* Deep Water Aerobic VIDEO Class (AC)</b> <b>9:00 Pilates Mat Class (WE)</b> <b>10:40 Beginner's Tai Chi (WE)</b> <b>11:00 Parkshore Support Group (R)</b> <b>11:30 Line Dancing (WE)</b> <b>1:00 Bridge (R)</b> <b>1:30 Movie Matinee (T)</b> <b>3:00 Neoclassical and Romantic Art with Kolya Rice (LV)</b> <b>3:30 POW! (WE)</b>	<b>8:15 POW! (WE)</b> <b>9:00 Aqua Fitness (AC)</b> <b>10:00 Better Balance (WE)</b> <b>10:30 Seated Stretching (WE)</b> <b>1:00 Mahjong (R)</b> <b>1:45 Seattle Public Mobile Library (L)</b> <b>3:00 Rodgers &amp; Hammerstein's "The Sound of Music" with Theodore Deacon (LV)</b>	<b>8:30 *NEW* Deep Water Aerobic VIDEO Class (AC)</b> <b>9:00 Strength &amp; Tone (WE)</b> <b>10:00 Seated Fitness (WE)</b> <b>10:00 The Thrift Shop is Open!</b> <b>1:30 Movie Matinee (T)</b> <b>2:00 Enjoy Shakespeare - Julius Caesar with Paul Schmid (LV)</b> <b>3:00 Mexican Train Dominoes (R)</b> <b>4:00 Games in the Water's Edge Studio 4pm Friday thru 8pm</b> Sunday (WE)	<b>4:00 Games in the Water's Edge Studio</b> 4pm Friday thru 8pm Sunday (WE) <b>7:30 Movie Night (T)</b>

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

2026

HAPPY NEW YEAR