

February 2026 Independent Living Activities



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>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)</p> 	<p>2</p> <p>8:30 Aqua Fitness VIDEO class (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) Solarium Chat with Gary: 3:00 5th Floor Residents (5S) 3:30 6th Floor Residents (6S) 4:00 Help Desk with Madelyn (L)</p>	<p>3</p> <p>8:15 POW! (WE) 9:00 Aqua Fitness (AC) 10:00 Better Balance (WE) 10:30 Seated Stretching (WE) 12:30 New Beginners American Mah Jongg (R) Solarium Chat with Gary: 2:00 7th Floor Residents (7S) 2:30 8th Floor Residents (8S) 3:30 Parkshore BINGO (LV) 7:30 Movie Night (T)</p> 	<p>4</p> <p>8:30 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)</p> 	<p>5</p> <p>8:15 POW! (WE) 9:00 Aqua Fitness (AC) 10:00 Better Balance (WE) 10:15 Seattle Art Museum Tour with Kolya Rice (O) ✓ 10:30 Seated Stretching (WE) 1:00 Mahjong (R) 3:00 Anything Goes: The Music of Cole Porter with Theodore Deacon (LV)</p> 	<p>6</p> <p>8:30 Deep Water Aerobic VIDEO Class (AC) 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 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) 4:30 Parkshore's First 100% Party (L)</p> 	<p>7</p> <p>4:00 Games in the Water's Edge Studio 4pm Friday thru 8pm Sunday (WE) 7:30 Movie Night (T)</p>
<p>8</p> <p>9:30 Episcopal Service (LV) 1:30 Movie Matinee (T) 3:30 LX Superbowl Sunday (L) 4:00 Games in the Water's Edge Studio 4pm Friday thru 8pm Sunday (WE)</p> 	<p>9</p> <p>8:30 Aqua Fitness VIDEO class (AC) 9:00 Strength & Tone (WE) 10:00 Seated Fitness (WE) 10:00 Light Therapy Sessions (CC) 11:00 Book Club (R) 1:30 Movie Matinee (T) 2:00 Art Class with Maja Sereda (CC) 3:30 Men's Group with Gary (LV) 4:00 Help Desk with Madelyn (L)</p>	<p>10</p> <p>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) 12:30 New Beginners American Mah Jongg (R) Solarium Chat with Gary: 2:00 9th Floor Residents (9S) 2:30 10th Floor Residents (10S) 3:30 14th Floor Residents (14S) 4:00 Community Sing Along! (L) 5:00 Piano Music with Karen Mataya (L) 7:30 Movie Night (T)</p>	<p>11</p> <p>8:30 Deep Water Aerobic VIDEO Class (AC) 9:00 Pilates Mat Class (WE) 10:00 The Thrift Shop Pop-up 10:40 Beginner's Tai Chi (WE) 11:30 Line Dancing (WE) 1:00 Bridge (R) 1:30 Movie Matinee (T) 2:00 Speaker's Committee Presents: Steve Niva – International Politics (LV) 3:30 POW! (WE)</p> 	<p>12</p> <p>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: Carmen (T) Solarium Chat with Gary: 2:00 11th Floor Residents (11S) 2:30 12th Floor Residents (12S) 3:30 13th Floor Residents (13S)</p>	<p>13</p> <p>8:30 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) 3:00 Mexican Train Dominoes (R) 4:00 Games in the Water's Edge Studio 4pm Friday thru 8pm Sunday (WE) 4:30 Valentine's Day Rockin' Sock Hop Social (L)</p> 	<p>14</p> <p>4:00 Games in the Water's Edge Studio 4pm Friday thru 8pm Sunday (WE) 7:30 Movie Night (T)</p> <p>Happy Valentine's Day</p> 



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15 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)	16 8:30 Aqua Fitness VIDEO class (AC) 9:00 Strength & Tone (WE) 10:00 Seated Fitness (WE) 10:00 Light Therapy Sessions (CC) 11:00 Catholic Mass (R) 12:45 Fitness Walk: Volunteer Park (o) 1:30 Movie Matinee (T) 2:00 Art Class with Maja Sereda (CC) 4:00 Help Desk with Madelyn (L)	17 8:15 POW! (WE) 9:00 Aqua Fitness (AC) 10:00 Better Balance (WE) 10:30 Seated Stretching (WE) 12:30 New Beginners American Mah Jongg (R) Solarium Chat with Gary: 2:30 Lakeview Level Apartment Residents (BR) 3:00 Condo Residents (BR) 4:30 Mardi Gras Wine Social (L) 7:30 Movie Night (T) 	18 8:30 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)	19 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: Itzhak Perlman "Beethoven * Brahms Violin Conertos (T) 6:00 Primo Kim Velvet Smooth Piano Sounds (L)	20 8:30 Deep Water Aerobic VIDEO Class (AC) 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 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)	21 4:00 Games in the Water's Edge Studio 4pm Friday thru 8pm Sunday (WE) 7:30 Movie Night (T) 
22 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)	23 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 Brain Matters: Nutrients Your Brain Needs with Marcie (R) 1:30 Movie Matinee (T) 2:00 Art Class with Maja Sereda (CC) 3:30 Women's Club (LV) 4:00 Help Desk with Madelyn (L)	24 8:15 POW! (WE) 9:00 Aqua Fitness (AC) 10:00 Better Balance (WE) 10:30 Seated Stretching (WE) 11:00 Parkshore Update (LV) 12:30 New Beginners American Mah Jongg (R) 4:30 Lunar New Year Wine Social (L) 7:30 Movie Night (T)	25 8:30 Deep Water Aerobic VIDEO Class (AC) 9:00 Pilates Mat Class (WE) 10:30 Bellevue Square Mall Shopping Trip (o) ✓ 10:40 Beginner's Tai Chi (WE) 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)	26 8:15 POW! (WE) 9:00 Aqua Fitness (AC) 10:00 Better Balance (WE) 10:30 Seated Stretching (WE) 11:00 TA Live with Dr. Applebaum: Navigating Modern and Meaningful Caregiving (LV) 1:00 Mahjong (R) 1:45 Seattle Public Mobile Library (L) 3:00 Giuseppe Verdi's "Un ballo in Maschera" - A Dark Comedy with Theodore Deacon (LV)	27 8:30 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) 3:00 Mexican Train Dominoes (R) 4:00 Games in the Water's Edge Studio 4pm Friday thru 8pm Sunday (WE) 6:00 Primo Kim Velvet Smooth Piano Sounds (L)	28 4:00 Games in the Water's Edge Studio 4pm Friday thru 8pm Sunday (WE) 7:30 Movie Night (T) 

All activities are subject to change without notice. If you have any questions, please contact Naomi Sadler Ext. 1686 or Nsadler@parkshore.org

