



PARKSHORE
May 2026

Independent Living Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																										
	Calendar Legend				1	2																										
<p>All activities are subject to change without notice. If you have any questions, please contact Naomi Sadler ext. 1686 or Nsadler@parkshore.org</p> 	<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> <tr><td>O</td><td>Outing Meet in Front Lobby</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	O	Outing Meet in Front Lobby	<table border="1"> <tr><td>CC</td><td>Creativity Center – L Level</td></tr> <tr><td>LV</td><td>Lakeview Room – 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>\$</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> </table>	CC	Creativity Center – L Level	LV	Lakeview Room – L Level	R	Rafters – 15th Floor	✓	Sign-up by Activity Desk	\$	Fee for Trip	360	360 Grille – 15th Floor	WE	Water's Edge Studio – S Level			<p>8:30 Deep Water Aerobic VIDEO Class (AC) 9:00 Happy May Day 9:00 Strength & Tone (WE) 10:00 Seated Fitness (WE) 10:00 The Thrift Shop is Open! 1:00 Brain Games with Jane 1:00 Vaccine Clinic (BR) 1:30 Movie Matinee (T) 2:00 Enjoy Shakespeare - Juliet & Her Romeo 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)</p>	<p>4:00 Games in the Water's Edge Studio 4pm Friday thru 8pm Sunday (WE) 7:30 Movie Night (T)</p>
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3	4	5	6	7	8	9																										
<p>9:30 Episcopal Service (LV) 1:30 Movie Matinee (T) 2:00 Spring Strings with Henry Mansfield (L) 4:00 Games in the Water's Edge Studio 4pm Friday thru 8pm Sunday (WE)</p>	<p>8:30 Aqua Fitness VIDEO class (AC) 9:00 Strength & Tone (WE) 10:00 Seated Fitness (WE) 11:00 Catholic Communion Service (R) 12:00 Cinco de Mayo Mariachi Live (DR) 1:30 Movie Matinee (T) 2:00 Parkinsons Group Meeting (R) 3:30 Men's Group with Gary (LV) 4:00 Help Desk with Madelyn (L)</p>	<p>8:15 POW! (WE) 9:00 Aqua Fitness (AC) 10:00 Better Balance (WE) 10:30 Seated Stretching (WE) 4:30 Cinco de Mayo Wine Social (L) 7:30 Movie Night (T)</p> 	<p>8:30 Deep Water Aerobic VIDEO Class (AC) 9:00 Pilates Mat Class (WE) 11:00 Parkshore Care Partner Group (R) 11:30 Line Dancing (WE) 1:00 Bridge (R) 1:30 Movie Matinee (T) 3:30 Parkshore BINGO (LV)</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 Parkshore Potpourri presents: Shining Night: A Portrait of Composer Morten Lauridsen (T)</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) 2:00 Enjoy Shakespeare - Juliet & Her Romeo 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)</p>  	<p>4:00 Games in the Water's Edge Studio 4pm Friday thru 8pm Sunday (WE) 7:30 Movie Night (T)</p> 																										



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10 9:30 Episcopal Service (LV) 11:00 Mother's Day Brunch 1:30 Movie Matinee (T) 4:00 Games in the Water's Edge Studio 4pm Friday thru 8pm Sunday (WE)	11 8:30 Aqua Fitness VIDEO class (AC) 9:00 Strength & Tone (WE) 10:00 Seated Fitness (WE) 11:00 Book Club (R) 1:30 Movie Matinee (T) 3:30 Women's Club (LV) 4:00 Help Desk with Madelyn (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 Speaker's Committee Presents: Jim deMaine (LV) 6:00 Primo Kim Velvet Smooth Piano Sounds (L) 7:30 Movie Night (T)	13 8:30 Deep Water Aerobic VIDEO Class (AC) 9:00 Pilates Mat Class (WE) 11:30 Line Dancing (WE) 1:00 Bridge (R) 1:30 Movie Matinee (T) 3:00 Libya During the Arab Spring by Gerry Bashein (LV) 7:15 Jazz Etc. (L)	14 8:15 POW! (WE) 9:00 Aqua Fitness (AC) 10:00 Better Balance (WE) 10:30 Seated Stretching (WE) 11:00 Ladies Luncheon "In Full Bloom" (DR) 1:00 Mahjong (R)	15 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 - Juliet & Her Romeo 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)	16 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 8:30 Aqua Fitness VIDEO class (AC) 9:00 Strength & Tone (WE) 9:30 Fitness Walk: Alki Beach Park/Chinese Garden (O) ✓ 10:00 Seated Fitness (WE) 11:00 Catholic Mass (R) 1:30 Movie Matinee (T) 2:00 Art Class with Maja Sereda (CC) 4:00 Help Desk with Madelyn (L)	19 8:15 POW! (WE) 9:00 Aqua Fitness (AC) 10:00 Better Balance (WE) 10:30 Seated Stretching (WE) 2:00 Speaker's Committee Presents: Mayor Katie B. Wilson (LV) 6:00 Primo Kim Velvet Smooth Piano Sounds (L) 7:30 Movie Night (T)	20 8:30 Deep Water Aerobic VIDEO Class (AC) 9:00 Pilates Mat Class (WE) 11:00 Parkshore Care Partner Group (R) 11:30 Line Dancing (WE) 1:00 Bridge (R) 1:30 Movie Matinee (T) 2:30 Arts of the Northwest with Kolya Rice (LV) 5:00 Piano Music with Karen Mataya (L)	21 8:15 POW! (WE) 9:00 Aqua Fitness (AC) 10:00 Better Balance (WE) 10:30 Seated Stretching (WE) 11:00 Resident Association Meeting (LV) 1:00 Mahjong (R) 1:30 Opera: Agrippina by George Frideric Handel (T)	22 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! 10:30 Bellevue Square Mall Shopping Trip (O) ✓ 1:30 Movie Matinee (T) 3:00 Mexican Train Dominoes (R) 4:00 Wagner & Kong Duo (L) 4:00 Games in the Water's Edge Studio 4pm Friday thru 8pm Sunday (WE)	23 4:00 Games in the Water's Edge Studio 4pm Friday thru 8pm Sunday (WE) 7:30 Movie Night (T)
24 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)	25 1:30 Movie Matinee (T) 2:00 Art Class with Maja Sereda (CC)	26 8:15 POW! (WE) 9:00 Aqua Fitness (AC) 10:00 Better Balance (WE) 10:30 Seated Stretching (WE) 11:00 Parkshore Update (LV) 4:30 A Night in Paris Wine Social (L) 7:30 Movie Night (T)	27 8:30 Deep Water Aerobic VIDEO Class (AC) 9:00 Pilates Mat Class (WE) 11:30 Line Dancing (WE) 1:00 Bridge (R) 1:30 Movie Matinee (T) 3:00 Hearts of Gold Auction (LV)	28 8:00 Scenic Drive: Bloedel Reserve (O) ✓ 8:15 POW! (WE) 9:00 Aqua Fitness (AC) 10:00 Better Balance (WE) 10:30 Seated Stretching (WE) 1:00 Mahjong (R) 1:45 Seattle Public Mobile Library (L)	29 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)	30 4:00 Games in the Water's Edge Studio 4pm Friday thru 8pm Sunday (WE) 7:30 Movie Night (T)

Mother's Day

