

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# July 2026

## Fred Lind Manor Activities Calendar



<p>5</p> <p>11:00 - St. Joe's Mass: Livestreamed (BT) 11:00 - Seattle First Baptist Church: Livestreamed (AR) 1:30 - Streamed Art Performance (BT) 6:30 - Evening Movie (BT)</p>	<p>6</p> <p>8:00 - 3:00 Nail Care with Koko (SIGN-UP REQUIRED) (S) 10:00 - Mental Health Monday (BT) 11:00 - Flexercise w/ Mary (MR) 1:30 - <b>Pride Month Workshop w/Beth: Part 4 (CL)</b> 2:30 - Scrabble Day (CL) 3:30 - Neighborhood Walk (L) 6:30 - Evening Movie (BT)</p>	<p>7</p> <p>10:00 - 11:30 - Karaoke (BT) 1:30 - Resident Birthday Party (CL) 2:30 - Bingo (CL) 3:45 - Afternoon Tea (CL) 6:30 - Evening Movie (BT)</p>	<p>1</p> <p>10:00 - <b>Outing to the Northwest African American Museum (SIGN-UP REQUIRED)</b> 11:00 - Seated Chair Fitness w/ Angelika (MR) 1:30 - Show &amp; Tell (CL) 2:30 - Standing Dividat Balance Training (MR) 6:30 - Evening Movie (BT)</p> <p>Canada Day</p>	<p>2</p> <p>10:00 - Journal Through Art (AR) 11:00 - Seated Chair Fitness w/ Angelika (MR) 2:30 - Fresh Air Stretch &amp; Glidercise w/ Angelika (CY) 6:30 - Evening Movie (BT)</p>	<p>3</p> <p>9:30 - <b>Shopping Trip to Safeway (SIGN-UP REQUIRED)</b> 11:00 - Seated Chair Fitness w/ Angelika (MR) 1:30 - Popsicle Social (CY) 2:30 - Wine and Beer Social (CL) 3:30 - Outdoor Stretch &amp; Stroll (L) 6:30 - Evening Movie (BT)</p>	<p>4</p> <p>11:00 - Chair Fitness: Cardiovascular Focus w/ Angelika (MR) 1:30 - Meditation Group (AR) 2:30 - Movement Inspired by Nature (CY) 3:00 - <b>Fourth of July BBQ (CY)</b> 6:30 - Evening Movie (BT)</p> <p>Independence Day (U.S.)</p>
<p>12</p> <p>11:00 - St. Joe's Mass: Livestreamed (BT) 11:00 - Seattle First Baptist Church: Livestreamed (AR) 1:30 - Streamed Art Performance (BT) 6:30 - Evening Movie (BT)</p>	<p>13</p> <p>10:00 - <b>Pride Month Workshop w/Beth: Part 5 (CL)</b> 11:00 - Flexercise w/ Mary (MR) 1:30 - Fireside Chat w/ Mike (CL) 2:30 - Scrabble Day (CL) 3:30 - Neighborhood Walk (L) 6:30 - Evening Movie (BT)</p>	<p>14</p> <p>10:00 - 11:30 - Karaoke (BT) 1:30 - Movement Haiku Workshop w/ Mary (CL) 2:30 - Bingo (CL) 3:45 - Afternoon Tea (CL) 6:30 - Evening Movie (BT)</p> <p>Bastille Day</p>	<p>8</p> <p>10:45 - Bookmobile 11:00 - Seated Chair Fitness w/ Angelika (MR) 1:30 - Resident Association: Kitchen Forum (CL) 2:30 - Standing Dividat Balance Training (MR) 2:30 - Book Club (AR) 3:30 - Cocktail Hour w/ Cori (CL) 6:30 - Evening Movie (BT)</p>	<p>9</p> <p>10:00 - Science Hour (AR) 11:00 - Play in Motion w/ Angelika &amp; Mary (MR) 1:30 - Curiosity University (CL) 2:30 - Fresh Air Stretch &amp; Glidercise w/ Angelika (CY) 3:30 - Fiber Fun Social (CL) 6:30 - Evening Movie (BT)</p>	<p>10</p> <p>9:30 - <b>Shopping Trip to Uwajimaya (SIGN-UP REQUIRED)</b> 11:00 - Seated Chair Fitness w/ Angelika (MR) 1:30 - Piano Music w/ Carson Lilley (CL) 2:30 - Wine and Beer Social (CL) 3:30 - Outdoor Stretch &amp; Stroll (L) 6:30 - Evening Movie (BT)</p>	<p>11</p> <p>11:00 - Chair Fitness: Cardiovascular Focus w/ Angelika (MR) 1:30 - Meditation Group (AR) 2:30 - Movement Inspired by Nature (CY) 3:30 - Flower Arranging w/ Angelika (AR) 6:30 - Evening Movie (BT)</p>
<p>19</p> <p>11:00 - St. Joe's Mass: Livestreamed (BT) 11:00 - Seattle First Baptist Church: Livestreamed (AR) 1:30 - Streamed Art Performance (BT) 6:30 - Evening Movie (BT)</p>	<p>20</p> <p>10:00 - Journal Through Art w/ Mary (AR) 11:00 - Flexercise w/ Mary (MR) 1:30 - <b>Viewing &amp; Discussion: Crip Camp, a Disability Documentary (BT)</b> 2:30 - Scrabble Day (CL) 3:30 - Neighborhood Walk (L) 6:30 - Evening Movie (BT)</p>	<p>21</p> <p>10:00 - 11:30 - Karaoke (BT) 1:30 - Resident Association: Activities Forum (CL) 2:30 - Bingo (CL) 3:45 - Afternoon Tea (CL) 6:30 - Evening Movie (BT)</p>	<p>15</p> <p>10:00: <b>Shopping Trip to Goodwill (SIGN-UP REQUIRED)</b> 11:00 - Seated Chair Fitness w/ Angelika (MR) 1:30 - Puzzle Hour (AR) 1:30 - In Person Mass (BT) 2:30 - Standing Dividat Balance Training (MR) 3:00 - Men's Club w/ Kevin &amp; Ronnie (AR) 6:30 - Evening Movie (BT)</p>	<p>16</p> <p>10:00 - Art Connection (AR) 11:00 - Seated Chair Fitness w/ Angelika (MR) 1:30 - Sing-Along with David Lapse (CL) 2:30 - Fresh Air Stretch &amp; Glidercise w/ Angelika (CY) 6:30 - Evening Movie (BT)</p>	<p>17</p> <p>9:30 - <b>Shopping Trip to Fred Meyer (SIGN-UP REQUIRED)</b> 11:00 - Seated Chair Fitness w/ Angelika (MR) 1:30 - Curiosity University (CL) 2:30 - Wine and Beer Social (CL) 3:30 - Balloon Volleyball w/ Angelika (MR) 6:30 - Evening Movie (BT)</p>	<p>18</p> <p>11:00 - <b>Dog Party (CY)</b> 11:00 - Chair Fitness: Cardiovascular Focus w/ Angelika (MR) 1:30 - Meditation Group (AR) 2:30 - Movement Inspired by Nature (CY) 6:30 - Evening Movie (BT)</p>
<p>26</p> <p>11:00 - St. Joe's Mass: Livestreamed (BT) 11:00 - Seattle First Baptist Church: Livestreamed (AR) 1:30 - Streamed Art Performance (BT) 6:30 - Evening Movie (BT)</p>	<p>27</p> <p>10:00 - Mental Health Monday (BT) 11:00 - Flexercise w/ Mary (MR) 1:30 - An afternoon of Music w/ Lauren Petrie (CL) 2:30 - Scrabble Day (CL) 3:30 - Neighborhood Walk (L) 6:30 - Evening Movie (BT)</p>	<p>28</p> <p>10:00 - 11:30 - Karaoke (BT) 11:00 - Free Movement w/ Mary (MR) 1:30 - <b>Drawing Class: Perspective w/ Deanne (CL)</b> 2:30 - Bingo (CL) 6:30 - Evening Movie (BT)</p>	<p>22</p> <p>10:00 - <b>Outing to The Museum of Flight (SIGN-UP REQUIRED)</b> 11:00 - Seated Chair Fitness w/ Angelika (MR) 1:30 - <b>Organ Demonstration and Assembly w/ David Lapse (CL)</b> 2:30 - Standing Dividat Balance Training (MR) 2:30 - Poetry Club (AR) 3:30 - Cocktail Hour w/ Cori (CL) 6:30 - Evening Movie (BT)</p>	<p>23</p> <p>10:00 - Science Hour (AR) 11:00 - Seated Chair Fitness w/ Angelika (MR) 1:30 - Resident Association: General Assembly (CL) 2:30 - Fresh Air Stretch &amp; Glidercise w/ Angelika (CY) 3:30 - Fiber Fun Social (CL) 6:30 - Evening Movie (BT)</p>	<p>24</p> <p>9:30 - <b>Shopping Trip to QFC (SIGN-UP REQUIRED)</b> 11:00 - Seated Chair Fitness w/ Angelika (MR) 1:30 - Conversation Club (CL) 2:30 - Wine and Beer Social (CL) 3:30 - Outdoor Stretch &amp; Stroll (L) 6:30 - Evening Movie (BT)</p>	<p>25</p> <p>11:00 - Chair Fitness: Cardiovascular Focus w/ Angelika (MR) 1:30 - Meditation Group (AR) 2:30 - Movement Inspired by Nature (CY) 3:30 - Flower Arranging w/ Angelika (AR) 6:30 - Evening Movie (BT)</p>
<p>26</p> <p>11:00 - St. Joe's Mass: Livestreamed (BT) 11:00 - Seattle First Baptist Church: Livestreamed (AR) 1:30 - Streamed Art Performance (BT) 6:30 - Evening Movie (BT)</p>	<p>27</p> <p>10:00 - Mental Health Monday (BT) 11:00 - Flexercise w/ Mary (MR) 1:30 - An afternoon of Music w/ Lauren Petrie (CL) 2:30 - Scrabble Day (CL) 3:30 - Neighborhood Walk (L) 6:30 - Evening Movie (BT)</p>	<p>28</p> <p>10:00 - 11:30 - Karaoke (BT) 11:00 - Free Movement w/ Mary (MR) 1:30 - <b>Drawing Class: Perspective w/ Deanne (CL)</b> 2:30 - Bingo (CL) 6:30 - Evening Movie (BT)</p>	<p>29</p> <p>11:00 - Seated Chair Fitness w/ Angelika (MR) 1:30 - <b>An Afternoon of Jazz Music w/ David Leech (CL)</b> 2:30 - Standing Dividat Balance Training (MR) 6:30 - Evening Movie (BT)</p>	<p>30</p> <p>10:00 - Art Connection (AR) 11:00 - Seated Chair Fitness w/ Angelika (MR) 1:30 - <b>Live Music w/ Steven Flynn (CL)</b> 2:30 - Fresh Air Stretch &amp; Glidercise w/ Angelika (CY) 6:30 - Evening Movie (BT)</p>	<p>31</p> <p>9:30 - <b>Shopping Trip to Whole Foods (SIGN-UP REQUIRED)</b> 11:00 - Seated Chair Fitness w/ Angelika (MR) 1:30 - Cornhole Tournament (CL) 2:30 - Wine and Beer Social (CL) 3:30 - Outdoor Stretch &amp; Stroll (L) 6:30 - Evening Movie (BT)</p>	

CL-Columbia Living Room (1st Floor) CY - Courtyard (1st Floor) L - Lobby (1st Floor) AR-Aloha Room (2nd Floor) S-Salon (3rd Floor) MR-Madison Room (B Level) BT-Broadway Theater (B Level)  
All activities are subject to change with or without notice. For details, please see daily and weekly calendar postings or contact Ellie at 206-322-7331 (Director of Lifestyle Enrichment).