





September 2026

Independent Living Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Calendar Legend		1	2	3	4	5
AC BR DR F L LV Aquatic Center – S Level Birch Room – 1st Floor Dining Room – 1st Floor Facilities – S Level Lounge – 1st Floor Lakeview Room – L Level	BD 4C CC LVL R ✓ Boat Dock – S Level 4th Floor Consult Rm Creativity Center – L Level Lakeview Level – L Level Rafters – 15th Floor Sign-up by Activity Desk	8:15 POW! (WE) 9:00 Aqua Fitness (AC) 10:00 Better Balance (WE) 10:30 Seated Stretching (WE) 1:30 Icons of American Art and Photography with Kolya Rice (LV) 7:30 Movie Night (T)	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) 1:30 Movie Matinee (T)	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) 3:00 World's Fairs in the Pacific Northwest with Ross Coen (L)	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) ✓ 1:00 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)	4:00 Games in the Water's Edge Studio 4pm Friday thru 8pm Sunday (WE) 7:30 Movie Night (T) 
6	7	8	9	10	11	12
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)	 11:00 Catholic Communion Service (R) 1:30 Movie Matinee (T)	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) 1:30 Icons of American Art and Photography with Kolya Rice (LV) 3:00 W4RP Jazz Group (L) 7:30 Movie Night (T)	8:30 Deep Water Aerobic VIDEO Class (AC) 9:00 Pilates Mat Class (WE) 11:30 Line Dancing (WE) 1:30 Movie Matinee (T) Solarium Chat with Gary: 3:00 9th Floor Residents (9S) 3:30 6th Floor Residents (6S) 4:00 Parkshore Community Sing Along with Karen Mataya! (L) 5:00 Piano Music with Karen Mataya (L)	8:15 POW! (WE) 9:00 Aqua Fitness (AC) 10:00 Better Balance (WE) 10:30 Seated Stretching (WE) 1:00 Mahjong (R) Solarium Chat with Gary: 4:00 7th Floor Residents (7S) 4:30 8th Floor Residents (8S)	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) Solarium Chat with Gary: 2:30 12th Floor Residents (12S) 3:00 13th Floor Residents (13S) 3:00 Mexican Train Dominoes (R) 4:00 Games in the Water's Edge Studio 4pm Friday thru 8pm Sunday (WE) 5:00 Ron Leonardi Music (L)	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
13	14	15	16	17	18	19
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 (AC) 9:00 Strength & Tone (WE) 10:00 Seated Fitness (WE) 11:00 Book Club (R) 1:00 Fitness Walk: Lake Hills Greenbelt (O) ✓ 1:30 Movie Matinee (T) 2:00 Parkinsons Group Meeting (R) 4:00 Help Desk with Madelyn (L)	8:15 POW! (WE) 9:00 Aqua Fitness (AC) 10:00 Better Balance (WE) 10:30 Seated Stretching (WE) 3:00 Speaker's Committee Presents: Christine Gregoire & Senator Jamie Pederson (LV) 4:30 Wine Social w/Primo Kim Velvet Smooth Piano Sounds (L) 7:30 Movie Night (T)	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) 1:30 Movie Matinee (T) 4:45 Travel Committee Presents: "Ragtime" at the Village Theatre (O) \$✓	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: Donizetti's Roberto Devereux (T)	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 Icons of American Art and Photography with Kolya Rice (LV) 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) 4:00 Art Walk by Friends of Madison Park (Lobby)	4:00 Games in the Water's Edge Studio 4pm Friday thru 8pm Sunday (WE) 7:30 Movie Night (T)
20	21	22	23	24	25	26
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 (AC) 9:00 Strength & Tone (WE) 10:00 Seated Fitness (WE) 1:30 Movie Matinee (T) 2:00 Art Class with Maja Sereda (CC) Solarium Chat with Gary: 2:30 5th Floor Residents (SS) 3:30 Men's Group with Gary (LV) 4:00 Help Desk with Madelyn (L)	8:15 POW! (WE) 9:00 Aqua Fitness (AC) 10:00 Better Balance (WE) 10:30 Seated Stretching (WE) 11:00 Parkshore Update (LV) Solarium Chat with Gary: 3:00 Lakeview Level Apartment Residents (BR) 3:30 Condo Residents (BR) 4:30 Parkshore's Annual Oktoberfest Wine Social (L) 7:30 Movie Night (T) 	8:30 Deep Water Aerobic VIDEO Class (AC) 9:00 Pilates Mat Class (WE) 11:30 Line Dancing (WE) 1:00 Vaccine Clinic (BR) 1:30 Movie Matinee (T) 3:00 The Legacy of Homer's Odyssey with Lance Rhoades (LV) 5:00 Piano Music with Karen Mataya (L)	8:15 POW! (WE) 9:00 Aqua Fitness (AC) 10:00 Better Balance (WE) 10:30 Seated Stretching (WE) 11:00 Catholic Mass (R) 1:00 Mahjong (R) 1:30 Parkshore Potpourri presents: Hummingbirds of Hollywood (T) 1:45 Seattle Public Mobile Library (L) Solarium Chat with Gary: 3:30 10th Floor Residents (10S) 4:00 11th Floor Residents (11S)	8:30 Deep Water Aerobic VIDEO Class (AC) 9:00 Strength & Tone (WE) 9:30 Scenic Drive: Exquisite Creatures (O) \$✓ 10:00 Seated Fitness (WE) 10:00 The Thrift Shop is Open! 1:30 Icons of American Art and Photography with Kolya Rice (LV) 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)	4:00 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														
27	28	29	30	Calendar Legend																
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 (AC) 9:00 Strength & Tone (WE) 10:00 Seated Fitness (WE) 1:30 Movie Matinee (T) <u>Solarium Chat with Gary:</u> 2:00 14th Floor Residents (14S) 2:00 Art Class with Maja Sereda (CC) 3:30 Women's Club (LV) 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) 1:00 Vaccine Clinic (BR) 3:30 Parkshore BINGO (LV) 6:00 Primo Kim Velvet Smooth Piano Sounds (L) 7:30 Movie Night (T)	8:30 Deep Water Aerobic VIDEO Class (AC) 9:00 Pilates Mat Class (WE) 11:30 Line Dancing (WE) 1:30 Movie Matinee (T) 2:00 Speaker's Committee Presents: Jim Olson (LV)	<table><tr><td>\$</td><td>Fee for Trip</td></tr><tr><td>360</td><td>360 Grille – 15th Floor</td></tr><tr><td>O</td><td>Outing Meet in Front Lobby</td></tr><tr><td>T</td><td>Movie Theater – L Level</td></tr><tr><td>TS</td><td>Thrift Shop – L Level</td></tr></table>	\$	Fee for Trip	360	360 Grille – 15th Floor	O	Outing Meet in Front Lobby	T	Movie Theater – L Level	TS	Thrift Shop – L Level	<table><tr><td>WE</td><td>Water's Edge Studio – S Level</td></tr><tr><td>MD</td><td>Main Dining Room</td></tr></table> All activities are subject to change without notice. If you have any questions, please contact Naomi Sadler Ext. 1686 or Nsadler@parkshore.org	WE	Water's Edge Studio – S Level	MD	Main Dining Room	 Leaves are Falling Autumn is Calling
\$	Fee for Trip																			
360	360 Grille – 15th Floor																			
O	Outing Meet in Front Lobby																			
T	Movie Theater – L Level																			
TS	Thrift Shop – L Level																			
WE	Water's Edge Studio – S Level																			
MD	Main Dining Room																			

