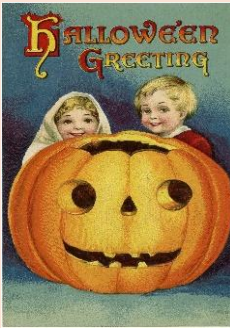




Sunday		Monday		Tuesday		Wednesday	Thursday	Friday	Saturday
Calendar Legend							1	2	3
AC	Aquatic Center – S Level	BD	Boat Dock – S Level	\$	Fee for Trip	All activities are subject to change without notice. If you have any questions, please contact Naomi Sadler Ext. 1686 or Nsadler@parkshore.org 	8:15 POW! (WE) 9:00 Aqua Fitness (AC) 10:00 Better Balance (WE) 10:30 Seated Stretching (WE) 1:00 Mahjong (R)	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) 3:00 Mexican Train Dominoes (R) 3:00 Icons of American Art and Photography with Kolya Rice (LV) 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)
BR	Birch Room – 1st Floor	4C	4 th Floor Consult Rm	360	360 Grille – 15th Floor				
DR	Dining Room – 1st Floor	CC	Creativity Center – L Level	O	Outing Meet in Front Lobby				
F	Facilities – S Level	LVL	Lakeview Level – L Level	T	Movie Theater – L Level				
L	Lounge – 1st Floor	R	Rafters – 15th Floor	TS	Thrift Shop – L Level				
LV	Lakeview Room – L Level	✓	Sign-up by Activity Desk	WE	Water's Edge Studio – S Level				
				MD	Main Dining Room				
4		5		6		7	8	9	10
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 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) 4:00 Help Desk with Madelyn (L)		8:15 POW! (WE) 8:15 Travel Committee Presents: All Day Trip to Leavenworth (O) ✓ 9:00 Aqua Fitness (AC) 10:00 Better Balance (WE) 10:30 Seated Stretching (WE) Solarium Chat with Gary: 2:30 Lakeview Level Apartment Residents (BR) 3:00 9th Floor Residents (9S) 3:30 14th Floor Residents (14S) 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) Solarium Chat with Gary: 3:00 Condo Residents (BR) 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) 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: Testament Amadeus Quartet (T) 3:00 OnSite Dermatology (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! 1:30 Movie Matinee (T) Solarium Chat with Gary: 2:30 7th Floor Residents (7S) 3:00 Mexican Train Dominoes (R) 4:00 Games in the Water's Edge Studio 4pm Friday thru 8pm Sunday (WE) 4:30 Wine Social - Featuring Frank Muschalle (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
11 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)	12 8:30 Aqua Fitness VIDEO class (AC) 9:00 Strength & Tone (WE) 10:00 Seated Fitness (WE) 10:00 Parkshore's Annual Guess the Weight of the Pumpkin Contest Begins 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)	13 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 Morehead (LV) Solarium Chat with Gary: 3:30 8th Floor Residents (8S) 4:00 10th Floor Residents (10S) 6:00 Primo Kim Velvet Smooth Piano Sounds (L) 7:30 Movie Night (T)	14 8:30 Deep Water Aerobic VIDEO Class (AC) 9:00 Pilates Mat Class (WE) 10:30 Bellevue Square Mall Shopping Trip (O) ✓ 11:30 Line Dancing (WE) 1:30 Movie Matinee (T) Solarium Chat with Gary: 2:30 12th Floor Residents (12S) 3:00 The Search for the Northwest Passage with Ross Coen (LV) 	15 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 Opera: Manon Lescaut by Giacomo Puccini (T)	16 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) Solarium Chat with Garys: 2:00 13th Floor Residents (13S) 3:00 Mexican Train Dominoes (R) 3:00 Icons of American Art and Photography with Kolya Rice (LV) 4:00 Games in the Water's Edge Studio 4pm Friday thru 8pm Sunday (WE) 5:00 Ron Leonardi Music (L) Employee Appreciation Fund Starts	17 4:00 Games in the Water's Edge Studio 4pm Friday thru 8pm Sunday (WE) 7:30 Movie Night (T) 
18 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) 	19 8:30 Aqua Fitness VIDEO class (AC) 9:00 Strength & Tone (WE) 10:00 Seated Fitness (WE) 1:00 Fitness Walk: Green Lake (o) ✓ 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)	20 8:15 POW! (WE) 9:00 Aqua Fitness (AC) 10:00 Better Balance (WE) 10:30 Seated Stretching (WE) 11:00 Parkshore Update (LV) 6:45 Travel Committee Presents: Bruce Liu at Meany Hall (o) ✓\$ 7:30 Movie Night (T)	21 8:30 Deep Water Aerobic VIDEO Class (AC) 9:00 Pilates Mat Class (WE) 10:15 Scenic Excursion: Salish Lodge (o) ✓ 11:00 Parkshore Care Partner Group (R) 11:30 Line Dancing (WE) 1:30 Movie Matinee (T) 5:00 Piano Music with Karen Mataya (L)	22 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) 1:45 Seattle Public Mobile Library (L) 3:00 Classical Melodies with Melet Whinston and Bryce Kefgen (L) Solarium Chat with Gary: 4:00 11th Floor Residents (11S)	23 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)	24 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
25	26	27	28	29	30	31
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) 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: Black Holes with Dr. Bruce Balick (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) 10:00 Final Day of Parkshore's Annual Guess the Weight of the Pumpkin Contest 11:30 Line Dancing (WE) 1:30 Movie Matinee (T) 3:30 Parkshore BINGO (LV) 7:00 Seattle Academy for Chamber Music (LV)	8:15 POW! (WE) 9:00 Aqua Fitness (AC) 10:00 Better Balance (WE) 10:30 Seated Stretching (WE) 1:00 Mahjong (R) 3:00 "Rock 'n Roll on Broadway" with Theodore Deacon (LV)	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) 1:30 Halloween Costume Parade (L) 3:00 Mexican Train Dominoes (R) 4:00 Games in the Water's Edge Studio 4pm Friday thru 8pm Sunday (WE) 4:30 Halloween Spooktacular Party (L)	4:00 Games in the Water's Edge Studio 4pm Friday thru 8pm Sunday (WE) 7:30 Movie Night (T)

