

PARKSHORE

November 2026

Independent Living Activities



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 **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)	**2** **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** Tech Help Desk (L)	**3** **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) **3:00** Show Boat – "The Show of Shows!" with Lance Rhoades (LV) **7:30** Movie Night (T)	**4** **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: **3:30** Lakeview Level Apartment Residents (BR) **4:00** 8th Floor Residents (8S)	**5** **8:15** POW! (WE) **9:00** Aqua Fitness (AC) **10:00** Better Balance (WE) **10:30** Seated Stretching (WE) **11:00** Parkshore Healthcare Remodel Meeting (LV) **1:00 Mahjong** (R) **1:30** Parkshore Potpourri Presents – Art Wolfe "Travels to the Edge" (T) **3:00** Speaker's Committee Presents: Environmental End of Life Care (LV)	**6** **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) **4:00** Games in the Water's Edge Studio 4pm Friday thru 8pm Sunday (WE) **4:00** Parkshore's 4th Annual Pumpkin Float (SINK) with Anthony (BD)	**7** **4:00** Games in the Water's Edge Studio 4pm Friday thru 8pm Sunday (WE) **7:30** Movie Night (T)
8 **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)	**9** **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) **2:00** Art Class with Maja Sereda (CC) Solarium Chat with Gary: **3:30** 10th Floor Residents (10S) **4:00** Tech Help Desk (L)	**10** **8:15** POW! (WE) **9:00** Aqua Fitness (AC) **10:00** Better Balance (WE) **10:30** Seated Stretching (WE) **11:00** Parkshore Levels of Care Presentation (LV) Solarium Chat with Gary: **2:00** 9th Floor Residents (9S) **3:00** Speaker's Committee Presents: Catherine Skinner (LV) **4:30** Wine Social (L) **6:00** Primo Kim Velvet Smooth Piano Sounds (L) **7:30** Movie Night (T)	**11 Happy Veterans Day** **8:30** Deep Water Aerobic VIDEO Class (AC) **9:00** Pilates Mat Class (WE) **9:00** Veterans Day Reveille **11:00** Veterans Day Luncheon (LV) ✓ **11:30** Line Dancing (WE) **1:30** Movie Matinee (T) Solarium Chat with Gary: **2:30** 6th Floor Residents (6S) **3:00** 7th Floor Residents (7S) **4:00** Condo Residents (BR) **4:00** Parkshore Community Sing Along with Karen Mataya! (L) **5:00** Piano Music with Karen Mataya (L)	**12** **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: Eugene Onegin (T) **3:30** OnSite Dermatology (4CR) ✓ Solarium Chat with Gary: **4:00** 11th Floor Residents (11S)	**13** **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** Medicare Presentation with Cynthia Nava (LV) **3:00** Mexican Train Dominoes (R) **3:00** Wreath Making with Naomi (CC) **4:00** Games in the Water's Edge Studio 4pm Friday thru 8pm Sunday (WE)	**14** **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
15	**16**	**17**	**18**	**19**	**20**	**21**
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 (AC) **9:00** Strength & Tone (WE) **10:00** Seated Fitness (WE) **1:30** Movie Matinee (T) **2:00** Art Class with Maja Sereda (CC) **3:30** Men's Group with Gary (LV) **4:00** Tech Help Desk (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: Gibson and Kondracke (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) **11:00** Parkshore Care Partner Group (R) **11:30** Line Dancing (WE) **1:30** Movie Matinee (T) **3:00** The New Deal in Washington with Ross Coen (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** Resident Association Meeting (LV) **12:30** Scenic Excursion: Frye Art Museum Tour with Kolya Rice (O) ✓ **1:00 Mahjong** (R) Solarium Chat with Gary: **2:00** 12th Floor Residents (12S) **2:30** 13th Floor Residents (13S) **3:00** "Kismet" 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! **1:00** Brain Games with Jane **1:30** Movie Matinee (T) **2:00** Scenic Excursion: Seattle Children's Research Institute (O) ✓ **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)
22	**23**	**24**	**25**	**26**	**27**	**28**
9:30 Episcopal Service (LV) **1:00** Travel Committee Presents: Mozart's Requiem Seattle Symphony (O) ✓**$** **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 on Mondays (AC) **9:00** Strength & Tone (WE) **10:00** Seated Fitness (WE) **1:00** Vaccine Clinic (BR) ✓ **1:30** Movie Matinee (T) **2:00** Art Class with Maja Sereda (CC) **4:00** Tech Help Desk (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** 14th Floor Residents (14S) **4:30** Thanksgiving 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) **1:30** Movie Matinee (T) **3:30** Parkshore BINGO (LV)	Happy Thanksgiving	~~**8:30** Deep Water Aerobic VIDEO Class (AC)~~ ~~**9:00** Strength & Tone (WE)~~ ~~**10:00** Seated Fitness (WE)~~ **10:00 The Thrift Shop is CLOSED!** **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)
29	**30**					
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 on Mondays (AC) **9:00** Strength & Tone (WE) **10:00** Seated Fitness (WE) **1:30** Movie Matinee (T) **1:45** Seattle Public Mobile Library (L) **2:00** Art Class with Maja Sereda (CC) **3:30** Women's Club (LV) **4:00** Tech Help Desk (L)					**All activities are subject to change without notice. If you have any questions, please contact Naomi Sadler Ext. 1686 or** Nsadler@parkshore.org

AC	Aquatic Center – S Level
BR	Birch Room – 1st Floor
DR	Dining Room – 1st Floor
F	Facilities – S Level
L	Lounge – 1st Floor

LV	Lakeview Room – L Level
BD	Boat Dock – S Level
4C	4th Floor Consult Rm
CC	Creativity Center – L Level
LVL	Lakeview Level – L Level

R	Rafters – 15th Floor
✓	Sign-up by Activity Desk
$	Fee for Trip
360	360 Grille – 15th Floor
O	Outing Meet in Front Lobby

TS	Thrift Shop – L Level
WE	Water's Edge Studio – S Level
MD	Main Dining Room
BD	Boat Dock – S Level
T	Movie Theater – L Level