

March 2026 Independent Living Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
<p>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)</p>	<p>8:30 Aqua Fitness VIDEO class on Mondays (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) 3:30 6th Floor Residents (6S) 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) 12:30 New Beginners American Mah Jongg (R) 3:30 Parkshore BINGO (LV) 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) 3:00 98th Academy Awards Preview with Lance Rhoades (LV) 6:00 Primo Kim Velvet Smooth Piano Sounds (L)</p>	<p>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 Anything Goes: The Music of Cole Porter with Theodore Deacon (LV)</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! 1:00 Brain Games with Jane 1:30 Movie Matinee (T) 2:00 "How and Why China Grew Strong" with Dori Jones Yang (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>
8	9	10	11	12	13	14
<p>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)</p> 	<p>8:30 Aqua Fitness VIDEO class on Mondays (AC) 9:00 Strength & Tone (WE) 10:00 Seated Fitness (WE) 10:00 Light Therapy Sessions (CC) 11:00 Book Club (R) 1:30 Movie Matinee (T) 2:00 Art Class with Maja Sereda (CC) 4:00 Help Desk with Madelyn (L)</p> 	<p>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) 12:30 New Beginners American Mah Jongg (R) 4:00 Parkshore Community Sing Along with Karen Mataya! (L) Solarium Chat with Gary: 4:00 10th Floor Residents (10S) 5:00 Piano Music with Karen Mataya (L) 7:30 Movie Night (T)</p>	<p>8:30 Deep Water Aerobic VIDEO Class (AC) 9:00 Pilates Mat Class (WE) 10:15 Scenic Drive: Matts' Rotisserie & Oyster Lounge (O) ✓ 11:30 Line Dancing (WE) 1:00 Bridge (R) 1:30 Movie Matinee (T) 3:00 Teaching Anesthesia in Tanzania by Gerry Bashein (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: Alvin Ailey American Dance Theater (T) Solarium Chat with Gary: 4:00 11th Floor Residents (11S)</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 "China's Innovation and Technology" with Dori Jones Yang (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> 



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																										
15 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) 7:00 Choral Evensong by Epiphany Seattle (LV)	16 8:30 Aqua Fitness VIDEO class on Mondays (AC) 9:00 Strength & Tone (WE) 10:00 Seated Fitness (WE) 10:00 Light Therapy Sessions (CC) 11:00 Catholic Mass (R) 12:45 Fitness Walk: Seward Park (O) 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)	17 8:15 POW! (WE) 9:00 Aqua Fitness (AC) 10:00 Better Balance (WE) 10:30 Seated Stretching (WE) 12:30 New Beginners American Mah Jongg (R) 4:30 St. Patrick's Day Wine Social (L) 7:30 Movie Night (T) 	18 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) 6:00 Primo Kim Velvet Smooth Piano Sounds (L)	19 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) 3:00 Ira Gershwin with Theodore Deacon (LV) 	20 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 - Julius Caesar 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)	21 4:00 Games in the Water's Edge Studio 4pm Friday thru 8pm Sunday (WE) 7:30 Movie Night (T) 																										
22 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)	23 8:30 Aqua Fitness VIDEO class on Mondays (AC) 9:00 Strength & Tone (WE) 10:00 Seated Fitness (WE) 10:00 Light Therapy Sessions (CC) 1:30 Movie Matinee (T) 2:00 Art Class with Maja Sereda (CC) Solarium Chat with Gary: 2:00 7th Floor Residents (7S) 2:30 8th Floor Residents (8S) 3:30 12th Floor Residents (12S) 4:00 Help Desk with Madelyn (L)	24 8:15 POW! (WE) 9:00 Aqua Fitness (AC) 10:00 Better Balance (WE) 10:30 Seated Stretching (WE) 11:00 Parkshore Update (LV) 12:30 New Beginners American Mah Jongg (R) Solarium Chat with Gary: 2:00 9th Floor Residents (9S) 2:30 13th Floor Residents (13S) 3:30 14th Floor Residents (14S) 5:00 Piano Music with Karen Mataya (L) 7:30 Movie Night (T)	25 8:30 Deep Water Aerobic VIDEO Class (AC) 9:00 Pilates Mat Class (WE) 10:00 Scenic Drive: MOHAI (O) ✓ 11:30 Line Dancing (WE) 1:00 Bridge (R) 1:30 Movie Matinee (T) Solarium Chat with Gary: 3:00 Lakeview Level Apartment Residents (BR) 3:30 Condo Residents (BR)	26 8:15 POW! (WE) 9:00 Aqua Fitness (AC) 10:00 Better Balance (WE) 10:30 Seated Stretching (WE) 11:00 Brain Matters: Stress Management with Marcie (R) 1:00 Mahjong (R) 1:30 Opera: Aida (T) 1:45 Seattle Public Mobile Library (L)	27 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! 11:30 Bellevue Square Mall Shopping Trip (O) ✓ 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)	28 4:00 Games in the Water's Edge Studio 4pm Friday thru 8pm Sunday (WE) 7:30 Movie Night (T) 																										
29 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)	30 8:30 Aqua Fitness VIDEO class on Mondays (AC) 9:00 Strength & Tone (WE) 10:00 Seated Fitness (WE) 10:00 Light Therapy Sessions (CC) 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)	31 8:15 POW! (WE) 9:00 Aqua Fitness (AC) 10:00 Better Balance (WE) 10:30 Seated Stretching (WE) 12:30 New Beginners American Mah Jongg (R) 4:30 Special Wine Social! (L) 7:30 Movie Night (T)	<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> </table>	AC	Aquatic Center – S Level	BR	Birch Room – 1st Floor	DR	Dining Room – 1st Floor	F	Facilities – S Level	L	Lounge – 1st Floor	<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> </table>	CC	Creativity Center – L Level	LV	Lakeview Room – L Level	R	Rafters – 15th Floor	✓	Sign-up by Activity Desk	\$	Fee for Trip	<table border="1"> <tr><td>360</td><td>360 Grille – 15th Floor</td></tr> <tr><td>WE</td><td>Water's Edge Studio – S Level</td></tr> <tr><td>O</td><td>Outing Meet in Front Lobby</td></tr> </table>  	360	360 Grille – 15th Floor	WE	Water's Edge Studio – S Level	O	Outing Meet in Front Lobby	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																															
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																															
O	Outing Meet in Front Lobby																															

