



April 2026



Independent Living Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Calendar Legend:			1	2	3	4
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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

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)
3:30 Parkshore BINGO (LV)

8:15 POW! (WE)
9:00 Aqua Fitness (AC)
10:00 Better Balance (WE)
10:30 Seated Stretching (WE)
11:00 Spring Egg Hunt
1:00 Mahjong (R)
3:00 The Music of Richard Adler and Jerry Ross 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 Closed Today!
11:00 Epiphany Parish Good Friday Service (LV)
1:00 Brain Games with Jane
1:30 Movie Matinee (T)
3:00 Mexican Train Dominoes (R)
3:00 Arctic Visitors: Winter Water Birds in Seattle with Ed Dominguez (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)



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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)



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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 Communion Service (R)
1:30 Movie Matinee (T)
2:00 Art Class with Maja Sereda (CC)
Solarium Chat with Gary:
3:00 6th Floor Residents (6S)
3:30 5th Floor Residents (5S)
4:00 10th Floor Residents (10S)
4:00 Help Desk with Madelyn (L)

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8:15 POW! - VIDEO (WE)
9:00 Aqua Fitness (AC)
9:30 U-Village (qfC) Shopping Trip (o) ✓
~~**10:00** Better Balance (WE)~~
10:30 Seated Stretching - VIDEO (WE)
2:00 Speaker's Committee Presents: Damon Huard (LV)
4:00 Parkshore Community Sing Along with Karen Mataya! (L)
5:00 Piano Music with Karen Mataya (L)
7:30 Movie Night (T)

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8:30 Deep Water Aerobic VIDEO Class (AC)
9:00 Pilates Mat Class-VIDEO (WE)
11:30 Line Dancing (WE)
1:00 Bridge (R)
1:30 Movie Matinee (T)
Solarium Chat with Gary:
3:00 7th Floor Residents (7S)
3:30 8th Floor Residents (8S)
6:00 Primo Kim Velvet Smooth Piano Sounds (L)

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8:15 POW! - VIDEO (WE)
9:00 Aqua Fitness- VIDEO (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: Louis Armstrong in 59' (T)
Solarium Chat with Gary:
3:00 9th Floor Residents (9S)
3:30 12th Floor Residents (12S)
4:00 11th Floor Residents (11S)

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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)
Solarium Chat with Gary:
3:30 13th Floor Residents (13S)
4:00 Games in the Water's Edge Studio 4pm Friday thru 8pm Sunday (WE)

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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
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)	13 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) 3:30 La Sierra Academy Choral Performance (LV) 4:00 Help Desk with Madelyn (L)	14 8:15 POW! -VIDEO (WE) 9:00 Aqua Fitness (AC) 10:00 Better Balance (WE) 10:30 Seated Stretching - VIDEO (WE) 2:30 Arts of the Northwest with Kolya Rice (LV) 4:30 Spring Fling Wine Social (L) 7:30 Movie Night (T)	15 8:30 Deep Water Aerobic VIDEO Class (AC) 9:00 Pilates Mat Class- VIDEO (WE) 9:00 Scenic Drive: Tulip Festival (O) ✓ 11:00 Parkshore Care Partner Group (R) 11:30 Line Dancing (WE) 1:00 Bridge (R) 1:30 Movie Matinee (T) Solarium Chat with Gary: 3:30 14th Floor Residents (14S) 4:00 Lakeview Level Apartment Residents (BR)	16 8:15 POW! - VIDEO (WE) 9:00 Aqua Fitness- VIDEO (AC) 10:00 Better Balance (WE) 10:30 Seated Stretching (WE) 1:00 Mahjong (R) 4:00 Mid-Century Melodies with Melet Whinston and Bryce Kefgen (L)	17 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 "Beijing's Relations with Hong Kong and Taiwan" 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)	18 4:00 Games in the Water's Edge Studio 4pm Friday thru 8pm Sunday (WE) 7:30 Movie Night (T)
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)	20 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: Magnusson 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)	21 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: Charles Gibson and Mort Kondracke (LV) 7:30 Movie Night (T)	22 8:30 Deep Water Aerobic VIDEO Class (AC) 9:00 Pilates Mat Class (WE) 11:30 Line Dancing (WE) 1:00 Bridge (R) 1:30 Movie Matinee (T) 5:00 Piano Music with Karen Mataya (L)	23 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 Bizet's "Carmen" with Theodore Deacon (LV) Solarium Chat with Gary: 3:30 Condo Residents (BR)	24 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 "Marco Polo: Why Did He Matter?" 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)	25 4:00 Games in the Water's Edge Studio 4pm Friday thru 8pm Sunday (WE) 7:30 Movie Night (T)
26 9:30 Episcopal Service (LV) 1:30 Movie Matinee (T) 3:00 Seattle Pro Musica Concert (LV) 4:00 Games in the Water's Edge Studio 4pm Friday thru 8pm Sunday (WE)	27 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)	28 8:15 POW! (WE) 9:00 Aqua Fitness (AC) 10:00 Better Balance (WE) 10:30 Seated Stretching (WE) 11:00 Parkshore Update (LV) 2:30 Arts of the Northwest with Kolya Rice (LV) 4:30 Wine Social (L) 7:30 Movie Night (T)	29 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) 1:00 Bridge (R) 1:30 Movie Matinee (T) 6:00 Primo Kim Velvet Smooth Piano Sounds (L)	30 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: Lucia di Lammermoor (T) 1:45 Seattle Public Mobile Library (L)	All activities are subject to change without notice. If you have any questions, please contact Naomi Sadler Ext. 1686 or Nsadler@parkshore.org	

