









August



The LAKESHORE 2022

era living
Premier Residential Retirement Since 1987

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	9:30 Strength & Balance (AR) 10:15 Breathe and Relax (TV) 11:00 David Smith Talk (AR) 2:00 David Kaynor “Dinosaurs of Washington” (AR) 3:15 Brain Board Games (AR) 6:30 Card Game Night Penny Poker (CTC)	9:00 Enhance Fitness (AR) 9:30 Catholic Service (TV) 11:00 Coulon Park Walk and Lunch* 11:00 Wowzitude Travel Ljubljana, Slovenia (CH 370 or TV) 11:00 Men’s Group (AR) 2:00 Food Service Meeting with Chef Rob & Sarah (AR) 3:15 Renton Farmers Market*	9:30 Strength & Balance (AR) 10:30 Chair Yoga (AR) 11:00 Bingo (GR) 12:15 La Bohème Summer Encore Renton Landing* 1:00 Knitting for a Cause (CTC) 2:00 Watermelon Wednesday (AR) 6:15 Bridge (CTC) 6:30 Exercise Your Brain (AR) 7:00 Movie Night (CH 370)	9:00 Enhance Fitness (AR) 10:15 Balance Class (AR) 11:30 Water Color Paint (GR) 1:30 Coffee with Deborah (AR) 2:00 Catholic Mass (GR) 2:00 Fitness Room 101 (3rd FL) 3:00 Cribbage Club (GP) 6:30 iPhone Class (AR)	9:30 Fred Meyer / Safeway* 9:30 Strength & Balance (AR) 10:20 Fred Meyer* 1:00 Bird Club (LVDR) 1:15 Flower Club (GR) 2:00 Ground and 1st floor Walking Tour (L) 6:30 Wheel of Fortune with Dolores (AR) 7:00 Movie Night (CH 370)	9:30 Strength & Balance (AR) 10:30 Poetry For All* (AR) 11:00 Bingo (GR) 1:00 Poker (CTC) 1:15 Long Scenic Drive* “Alki Beach” 3:00 Bridge (AR) 7:00 Movie Night (CH 370)
7	8	9	10	11	12	13
9:30 St. Matthew’s (AR) 12:00 St. Anthony’s (AR) 1:30 Blaine Memorial United Methodist (AR) 2:00 Taiko Drumming (Roundabout) 2:30 Great Courses: How the Earth Works (TV) 3:00 Tech Help* (AR) 7:00 Movie Night (CH 370)	9:30 Strength & Balance (AR) 10:15 Breathe and Relax (TV) 11:00 David Smith Talk (AR) 2:00 Nutrition Talk With Courtney (AR) “Nutrition for Healthy Bones” 3:15 Brain Board Games (AR) 6:30 Card Game Night Penny Poker (CTC)	9:00 Enhance Fitness (AR) 9:30 Catholic Service (TV) 11:00 Coulon Park Walk and Lunch* 11:00 Wowzitude Travel Istanbul, Turkey (CH 370 or TV) 2:00 Current Events with Jacob (AR) 3:15 Renton Farmers Market*	9:30 Strength & Balance (AR) 10:30 Chair Yoga (AR) 11:00 Bingo (GR) 1:15 Bartells & QFC * 1:00 Knitting for a Cause (CTC) 2:30 Trivia League (AR) 6:15 Bridge (CTC) 6:30 Exercise Your Brain (AR) 7:00 Movie Night (CH 370)	9:00 UW Pharmacist* (WC) 9:00 Enhance Fitness (AR) 10:15 Balance Class (AR) 10:45 ERA Living Cross Community Picnic at Aubrey Davis Park* 2:00 Afternoon Documentary Movie “Audrey Hepburn” (TV) 3:00 Cribbage Club (GP)	9:30 Fred Meyer / Safeway* 9:30 Strength & Balance (AR) 10:20 Fred Meyer* 1:00 Bird Club (LVDR) 2:00 Peel Tech “Being Safe With Your Technology” (AR) 6:30 Hawaiian Sip & Paint with Dolores* (AR) 7:00 Movie Night (CH 370)	9:30 Strength & Balance (AR) 11:00 Bingo (GR) 1:00 Poker (CTC) 1:15 Long Scenic Drive* “Beaver Lake” 3:00 Bridge (CTC) 7:00 Movie Night (CH 370)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>14</p> <p>9:00 Waterways Brunch Cruise on Lake Union & Lake Washington*</p> <p>9:30 St. Matthew's (AR)</p> <p>12:00 St. Anthony's (AR)</p> <p>1:30 Blaine Memorial United Methodist (AR)</p> <p>2:30 Great Courses: (TV) How the Earth Works</p> <p>7:00 Movie Night (CH 370)</p>	<p>15</p> <p>9:30 Strength & Balance (AR)</p> <p>10:15 Breathe and Relax (TV)</p> <p>11:00 David Smith Talk (AR)</p> <p>2:00 Pots, Patios, Plants* (GR)</p> <p>3:15 Brain Board Games (AR)</p> <p>4:15 Dinner at Olive Garden Italian Restaurant*</p> <p>6:30 Card Game Night Penny Poker (CTC)</p>	<p>16</p> <p>9:00 Enhance Fitness (AR)</p> <p>9:30 Catholic Service (TV)</p> <p>11:00 Coulon Park Walk and Lunch*</p> <p>11:00 Wowzitude Travel Haifa, Israel (CH 370 or TV)</p> <p>1:00 Short Scenic Drive*</p> <p>2:00 2nd & 3rd Floor Walking Tour (L)</p> <p>3:15 Renton Farmers Market*</p>	<p>17</p> <p>9:30 Strength & Balance (AR)</p> <p>10:30 Chair Yoga (AR)</p> <p>11:00 Bingo (GR)</p> <p>1:00 Knitting for a Cause (CTC)</p> <p>12:00 Aloha High Tea (AR)</p> <p>2:00 Watermelon Wednesday (AR)</p> <p>6:15 Bridge (CTC)</p> <p>6:30 Exercise Your Brain (AR)</p>	<p>Dream Flights 18</p> <p>9:00 Enhance Fitness (AR)</p> <p>10:15 Balance Class (AR)</p> <p>11:30 Water Color Paint (GR)</p> <p>2:00 Guest Speaker: David Williams from Hydroplane and Race Boat Museum (AR)</p> <p>3:00 Cribbage Club (GP)</p> <p>6:30 iPhone Class (AR)</p>	<p>19</p> <p>9:30 Fred Meyer / Safeway*</p> <p>9:30 Strength & Balance (AR)</p> <p>10:20 Fred Meyer*</p> <p>1:00 Bird Club (LVDR)</p> <p>1:15 Flower Club (GR)</p> <p>2:00 Lance Rhoades (AR) "Argentina"</p> <p>7:00 Movie Night (CH 370)</p>	<p>20</p> <p>9:30 Strength & Balance (AR)</p> <p>10:30 Poetry For All* (AR)</p> <p>11:00 Bingo (GR)</p> <p>1:00 Poker (CTC)</p> <p>1:15 Long Scenic Drive* "Surprise Destination"</p> <p>3:00 Bridge (AR)</p> <p>7:00 Movie Night (CH 370)</p>
<p>21</p> <p>9:30 St. Matthew's (AR)</p> <p>12:00 St. Anthony's (TV)</p> <p>1:30 Blaine Memorial United Methodist (TV)</p> <p>2:30 Great Courses: How the Earth Works (TV)</p> <p>7:00 Movie Night (CH 370)</p>	<p>22</p> <p>9:30 Strength & Balance (AR)</p> <p>10:15 Breathe and Relax (TV)</p> <p>2:00 Tropical Vacation Concert (LVDR)</p>  <p>3:15 Brain Board Games (AR)</p> <p>6:30 Card Game Night Penny Poker (CTC)</p> <p>LUAU WEEK</p>	<p>23</p> <p>9:00 Enhance Fitness (AR)</p> <p>9:30 Catholic Service (TV)</p> <p>9:30 Aloha Donuts Social (CTC) </p> <p>11:00 Wowzitude Travel Pisa, Italy (CH 370 or TV)</p> <p>2:00 Current Events with Jacob (AR)</p> <p>3:00 Great Decisions with Jacob (AR)</p> <p>3:15 Renton Farmers Market*</p>	<p>24</p> <p>9:00 Podiatrist Visit*** (GR)</p> <p>9:30 Strength & Balance (AR)</p> <p>10:30 Chair Yoga (AR)</p> <p>11:00 Bingo - Cancelled (GR)</p> <p>1:00 Knitting for a Cause (CTC)</p> <p>1:15 Uwajimaya Renton*</p> <p>2:00 Hawaiian Shaved Ice Social (AR) </p> <p>6:15 Bridge (CTC)</p> <p>7:15 Aloha Bingo Extravaganza (LVDR)</p> <p>7:00 Movie Night (CH 370)</p>	<p>25</p> <p>9:00 Enhance Fitness (AR)</p> <p>10:15 Balance Class (AR)</p> <p>11:30 Water Color Paint (GR)</p> <p>1:30 Book Club Meeting (TV)</p> <p>1:30 Fresh Flower Lei Making* (AR)</p>  <p>3:00 Cribbage Club (GP)</p> <p>6:15 Hawaiian Wine Social (Lobby) </p>	<p>26</p> <p>9:30 Strength & Balance (AR)</p> <p>10:00 Traveling Library Book Drop-off (L)</p> <p>Lakeshore Luau</p> <p>3:45 Hula Performance</p> <p>5:00 Hula Performance</p> <p>7:00 Movie Night (CH 370)</p>  <p>LUAU WEEK</p>	<p>27</p> <p>9:30 Strength & Balance (AR)</p> <p>11:00 Bingo (GR)</p> <p>1:00 Poker (CTC)</p> <p>1:15 Long Scenic Drive* "Arboretum Seattle"</p> <p>3:00 Bridge (AR)</p> <p>7:00 Movie Night (CH 370)</p>
<p>28</p> <p>9:30 St. Matthew's (AR)</p> <p>12:00 St. Anthony's (AR)</p> <p>1:30 Blaine Memorial United Methodist (AR)</p> <p>2:30 Great Courses: How the Earth Works (TV)</p> <p>3:00 Tech Help* (AR)</p> <p>7:00 Movie Night (CH 370)</p>	<p>29</p> <p>9:30 Strength & Balance (AR)</p> <p>10:00 Dollar Tree & JoAnn's Renton Highlands*</p> <p>10:15 Breathe and Relax (TV)</p> <p>2:00 Select Rehab Health and Wellness Talk (AR) Topic: The Latest & Greatest News on Dementia</p> <p>3:15 Brain Board Games (AR)</p> <p>6:30 Card Game Night Penny Poker (CTC)</p>	<p>30</p> <p>9:00 Enhance Fitness (AR)</p> <p>9:30 Catholic Service (TV)</p> <p>11:00 Wowzitude Travel "TBD" (CH 370 or TV)</p> <p>11:00 Coulon Park Walk and Lunch*</p> <p>11:00 Ladies of The Lakeshore (AR)</p> <p>3:00 Town Hall (AR)</p> <p>3:15 Renton Farmers Market*</p>	<p>31</p> <p>9:30 Strength & Balance (AR)</p> <p>10:30 Chair Yoga (AR)</p> <p>11:00 Bingo (GR)</p> <p>1:00 Knitting for a Cause (CTC)</p> <p>1:15 Trader Joe's and PCC*</p> <p>1:00 Watermelon Wednesday (AR)</p> <p>2:30 Trivia League (AR)</p> <p>6:15 Bridge (CTC)</p> <p>6:30 Exercise Your Brain (AR)</p>		<p>AR Activity Room</p> <p>LVDR Lakeview Dining Room</p> <p>TV Television Room</p> <p>CTC Coffee Talk Café</p> <p>RG Rose Garden</p> <p>S Salon</p> <p>GR Garden Room</p> <p>GP Games Plus Room</p> <p>PDR Private Dining Room</p>	<p>GT Games Tables</p> <p>L Lobby</p> <p>LL Lobby Lounge</p> <p>WC Wellness Center</p> <p>Ch 370 TV Channel 370</p> <p>* Sign-up in Activity Book</p> <p>** Sign-up in Life Enrichment Office</p> <p>*** Sign up in Wellness Center</p>

Church Streaming/Viewing • Sundays • CH 370 or Activity Room

Come as we join together to watch Sunday Virtual Services or enjoy it in the comfort of your own apartment. Please check each Sunday for your preferred service time.

Great Courses: How the Earth Works • Sundays • 2:30PM • TV Room

Continents move. Glacial cycles come and go. Mountains spring up and erode away. We live on a planet that is constantly in motion - except we see it in extreme slow motion. In these exciting 48 lessons, you press fast-forward and witness the history of our planet unfold in spectacular detail. You will learn what the Earth is made of, where it came from, and, above all, how it works in this most astonishing journey.

Tech Help* • Sundays • 3:00PM • Activity Room

Do you have questions about your cellphone, computer, or tablet? Let us help! Please sign up for a time in the activity sign up book.

Strength and Balance • Monday-Saturday (Except Tuesday & Thursday) • 9:30AM • Activity Room

Strength and Balance is a 30 minute group exercise program designed to increase your Strength and Balance to help avoid falls and maintain independence. It is led by a Life Enrichment staff member. This class is done half standing and half seated. Please call to sign-up today.

Breath and Relax • Mondays • 10:15AM • TV Room

Come join us as we listen to a CD to help us through a time of deep breathing and relaxation.

Brain Board Games • Mondays • 3:15PM • Activity Room

Let's exercise our brains with friends as we play logical board games together.

Penny Poker • Mondays • 6:30PM • Coffee Talk Café

Come join with friends old and new for this resident-led evening activity. Test out your abilities and play with other residents here at The Lakeshore! TONIGHT'S SUGGESTED CARD GAME IS: ***PENNY POKER!***

Chair Yoga • Wednesdays • 10:30AM • Activity Room

Come join us on Wednesdays for a morning of Chair Yoga. This class is for all levels. Come relax and do some stretching.

Bingo • Wednesdays & Saturdays • 11:00AM • Garden Room

Join us and your friends for a game of bingo! Please make sure to bring quarters! **(\$0.25/card)**

Catholic Service • Tuesdays in August • 9:30AM • TV Room

If you'd like to attend a Catholic Service in person, all are welcome!

Knitting for a Cause • Wednesdays • 1:00PM • Coffee Talk Café

Join us as we gather to create items for those who need them, or just to get together and knit. If you don't knit, come and have a cup of tea or coffee with us. No experience necessary! Everything you need is provided by The Lakeshore.

Exercise Your Brain • Wednesdays • 6:30PM • Activity Room

Keeping your brain active is just as important as keeping your body active to maintain good health. We work together on word and number puzzles, lateral thinking challenges and more, always starting with a group suguru puzzle!

Balance Class • Thursdays • 10:15AM • Activity Room

Select Rehabilitation is offering a balance and strengthening class. With the focus on getting stronger doing exercises that will also challenge your balance in order to prevent future falls. This is a class for all levels and we will work on seated and standing exercises and will be hosted by a Licensed Therapist.

Water Color Free Paint • Thursdays • 11:30AM • Garden Room

Come join us in the Garden Room for an opportunity to bring out your creativity! We will provide all the supplies needed for your creations. We hope to see you there!

Cribbage Club • Thursdays • 3:00PM • Games Plus Room

Test out your abilities and join other residents here at The Lakeshore play a game of cribbage. All are welcome, whether you are a beginner or expert.

Bird Club • Fridays in August • 1:00PM • Lakeview Dining Room

Please join Odette James, Our emphasis will be on birds we can see on the Lakeshore grounds or on the adjacent lake. All are welcome and encouraged to bring binoculars or scope if you have them.

Poker • Saturdays • 1:00PM • Coffee Talk Café

Come join us for Poker. Poker is a card game that combines gambling, strategy, and skill. Come test out your abilities and play with other residents here at The Lakeshore. **(Buy in: \$5.00)**

David Smith Talk • Monday, August 1st, 8th, 15th • 11:00AM • Activity Room

Comparative Religion. A basic knowledge of world religions is essential for understanding the world in which we live. In this series we will survey, analyze, and compare the central teachings of some major world religions, with attention paid to both similarities and differences. Traditions covered include Judaism, Christianity, Islam, Hinduism, Buddhism, Chinese religion, and a brief discussion of alternative religions and cults.

David Kaynor: "Dinosaurs of Washington" • Monday, August 1st • 2:00PM • (AR)

There has only been one true dinosaur bone ever found in Washington. But there is quite a few dinosaur replicas through out our state, some are serious and some are not but they are fun to hunt down.

Wowzitude Travel • Tuesday, August 2nd (Ljubljana, Slovenia), 9th (Istanbul, Turkey), 16th (Haifa, Israel), 23rd (Pisa, Italy), & 30th (TBD) • 11:00AM • CH 370 or TV Room

Do you like to travel? This is a live look at different locations around the works. We will follow the host on a walking tour and be at street level as the walk around and enjoy the sights of these cities.

Men's Group • Tuesday, August 2nd • 11:00AM • Activity Room

Calling all Lakeshore Men!! Please join Cliff in the Activity Room for a lively discussion. This is a great chance to meet the Men in the building. After, stay for a meal credited lunch along with the other Men of the Lakeshore. For Lunch you will be charged a meal credit.

Food Service Meeting with Chef Rob & Sarah • 2:00pm • Activity Room

Join us in the Activity Room to Welcome Sarah the new Dining Services Director and talk to Chef Rob about food. What you like and what you don't like. This is your chance to connect with the kitchen about your meals.

Watermelon Wednesday • Wednesday, August 3rd & 17th • 2:00PM / 31st • 1:30pm (AR)

As the weather gets warmer, a nice cool down during the day is essential. Come down to the Activity Room and enjoy delicious watermelon to help cool down and hydrate in this weather. We hope to see you there!

Coffee with Deborah • Thursday, August 4th • 1:30PM • Activity Room

Please join our Interim Executive Director, Deborah. Bring any questions you have, or just come and listen. We hope to see you there!

Catholic Mass • Thursday, August 4th • 2:00PM • Garden Room

Join us for mass on the first Thursday of every month. Everyone is welcome.

Fitness Room 101 • Thursday, August 4th • 2:00PM • 3rd Floor Gym

Join us to learn about the new Fitness equipment in the 3rd Floor Gym.

iPhone Class • Thursday, August 4th & 18th • 6:30PM • Activity Room

Join Dolores as she gives a class on iPhones/iPads. She will go through basic tricks to get around your device. Everyone is welcome to join!

Flower Club • Friday, August 5th & 19th • 1:15pm • Garden Room

Please join us in the Garden Room as we put together the pretty bouquets for the Lakeview Dining Room.

Walking Tour • Friday, August 5th (Ground & 1st Floor) & Tuesday, August 16th (2nd & 3rd Floor) • 2:00pm • Lobby

Join us as we see what is behind the doors of The Lakeshore. Come see behind the scenes!

Wheel of Fortune with Dolores • Friday, August 5th • 6:30PM • Activity Room

Join Dolores for a game of Wheel of Fortune, just like the TV show! We hope to see you all there!

Poetry for All* • Saturday, August 6th & 20th • 10:30AM • Activity Room

Please join Ann MacMillen and Dick Hathaway at a newly formed "Poetry For All" Lakeshore Residents group. You do not have to be a poet or a regular poetry reader. Just an interest and desire to learn and enjoy. We will discuss our favorite poets and poems, our poetry likes and dislikes, and, if you wish, share some of your own work. Bring your ideas for group projects and activities. There is a sign-up sheet in the lobby reception area.

Taiko Drumming • Sunday, August 7th • 2:00PM • Roundabout

Join us outside for an afternoon of Japanese drumming. This is something you won't want to miss!

Nutrition Talk with Courtney • Monday, August 8th • 2:00PM • Activity Room

Nutrition for Healthy Bones

Worldwide, osteoporosis causes 8.9 million fractures annually (this equates to a fracture every 3 seconds!). Join dietitian Courtney to review the risk factors for osteoporosis, along with diet & lifestyle interventions to support healthy bones!

Current Events with Jacob • Tuesday, August 9th & 23rd • 2:00PM • Activity Room

Come join Jacob Bolotin's Current Events lecture. Come and learn about something from a new perspective.

Great Decisions with Jacob • Tuesday, August 23rd • 3:00PM • Activity Room

Come join us as we watch a short (20-25 minute) video on one of the most important foreign policy challenges for the United States in 2019. After the movie, there will be a discussion by Jacob.

Trivia League • Wednesday, August 10th & 31st • 2:30PM • Activity Room (Time Change)

It's Trivia Time! Trivia's Rebecca will be back to lead us in 4 round of trivia in different categories. This is a competition between each other and The Lakeshore vs. 3 other Era Living communities. Come down and try it out. You have the answers to the winning questions.

Afternoon Documentary Movie "Audrey Hepburn" • Thursday, August 11th • 2PM • TV

Come down to the TV Room to enjoy this great documentary about Audrey Hepburn!

Peel Tech “Being Safe With Your Technology” • Friday, August 12th • 2:00PM • Activity Room

Come join us for a discussion around *Being Safe With Your Technology*. Brock, the owner of Peel Tech, will be here to educate us about what to watch out for when you are opening emails, browsing the internet and what to do if you think you've been scammed or hacked.

Hawaiian Sip & Paint with Dolores* • Friday, August 12th • 6:30PM • Activity Room

Join Dolores as she guides the group through a beautiful Hawaiian painting. Come sip wine and paint with us! Please sign-up in the Activity Book so we can get a head count. We hope to see you there!

Pots, Patios, Plants* • Monday, August 15th • 2:00PM • Garden Room

Please join Judy, Jesslyn and Jan in the garden room to talk about different gardening options. Please sign-up in the Activity Book, this will help give us a head count. We hope to see you there!

Aloha High Tea • Wednesday, August 17th • 12:00PM • Activity Room

Dress up or come as you are and we will eat and have a good time. This activity will cost a meal ticket. Space is limited. Hope to see you there! **There will be a meal credit charge for High Tea meal.**

Guest Speaker: David Williams • Thursday, August 18th • 2:00PM • Activity Room

David Williams from Hydroplane and Race Boat Museum will be coming to talk about his knowledge and experience. This will be a fun one, hope to see you there!

Lance Rhoades “Argentina” • Friday, August 19th • 2:00pm • Activity Room

Join Lance to learn about Argentina in his final South America travel video.

Book Club • Thursday, August 25th • 1:30PM • TV Room

Come join us for book club! Every month we read a new book that residents are allowed to borrow from Life Enrichment and then we as a group discuss different topics about the book. *If you haven't read the book (or haven't finished the book yet), you are still welcome to come!

Hawaiian Wine Social • Thursday, August 25th • 6:15PM • Lobby Lounge

Unwind after dinner with a glass of wine with your Lakeshore neighbors. We will offer a wide variety of wines for your drinking pleasure. Enjoy!

Select Rehab Health and Wellness Talk • Monday, August 29th • 2:00PM • Activity Room

Topic: The Latest and Greatest News on Dementia

We will be talking about the definition of dementia, signs and symptoms during its three different stages. We will provide some tips for Caregivers in orders to reduce caregiver burden and we will discuss some memory strategies.

Ladies of The Lakeshore • Tuesday, August 30th • 11:00AM • Activity Room

Calling all Ladies! Please join us in the Activity Room. We will chat then you are welcome to go to lunch together. This meal will use a meal credit.

Town Hall • Tuesday, August 30th • 3:00PM • Activity Room

Join our Executive Director and Lakeshore Directors for updates on the community and within each department. This is a great time to ask questions and hear about what is going on in your community!

GROCERY SHOPPING

Do not forget your reusable shopping bags.

Fred Meyer & Safeway* • Fridays 9:30am or 10:20am

We go shopping every Friday at Fred Meyer and Safeway. If you wish to go to Safeway, please go on the 9:30am shuttle.

PLEASE NOTE— NO FRED MEYER SHOPPING AUGUST 26TH THE DAY OF THE LUAU.

Bartells & QFC!* • Wednesday, August 10th • 1:15pm

Join us for a trip to Bartells & QFC! Please sign-up in the Activity Book!

Uwajimaya* • Wednesday, August 24th • 1:15pm

Join us for a trip to Uwajimaya. Please sign-up in the Activity Book!

Trader Joe’s & PCC* • Wednesday, August 31st • 1:15pm

Join us for a trip to Trader Joe’s & PCC! Please sign-up in the Activity Book!



Hours for The Lakeview Dining Room

- Breakfast: 7:30am – 9:00am
- Lunch: 11:30am – 1:00pm
- Dinner: 4:30pm – 6:30pm

Reception.....	206-772-1200
Dining Room	206-772-6003
Wellness Center.....	206-772-0870
Transportation	206-772-1200



How much walking is on this excursion?



The number of shoes (1-5) will explain how much walking is on each excursion.

Please sign up early to reserve your seat on the bus!

Scenic Drives* • Saturdays in August • 1:15pm

Please sign-up to save your seat on the bus for a scenic drive. This is a great chance to get out! Please sign up in the Lobby activity book.

La Bohème Summer Encore Movie at Renton Landing* Wednesday, August 3rd

Join us as we travel to The Landing Regal Cinema to see La Boheme from the Met Opera. In this encore performance from 2018, soprano Sonya Yoncheva and tenor Michael Fabiano star as the young lovers Mimì and Rodolfo in Puccini's timeless love story. Rounding out the cast are soprano Susanna Phillips, baritones Lucas Meachem and Alexey Lavrov, and bass Matthew Rose as the rambunctious gang of bohemian friends in Franco Zeffirelli's classic staging, an audience favorite for more than 40 years. **Tickets: \$14.70**

Coulon Park Walk and Lunch* • Tuesdays in August • 11:00am

Join us as we travel over to Coulon Park to walk and enjoy the sunshine by the water. You will have one hour to walk and enjoy the park or eat lunch at Ivar's or Kid Valley.

Renton Farmers Market* • Tuesdays in August • 3:15pm

Join us for a trip to our local Farmers Market to pick up fresh fruits, vegetables, and flowers.

ERA Living Cross Community Picnic at Aubrey Davis Park* Thursday, August 11th • 10:45am

Join us as we travel to Mercer Island to have a picnic with all of our sister communities. We will be taking both the bus and the van so sign up today. It will be great to get outside play some games, have a hot dog or hamburger and meet some people from other communities.

Waterways Brunch Cruise on Lake Union & Lake Washington* Sunday, August 14th • 10:00AM

Join us for a two hour brunch cruise around Lake Union and Lake Washington. This is a fun way to see the area from a different view. **Cost: \$110 Last day to sign up August 5th**

Dinner at Olive Garden Italian Restaurant • Monday, August 15th • 4:15PM

Join us as we go out do dinner with good friends. Please sign up early to hold your seat.

Fitness at The Lakeshore

Enhance Fitness

Date: Tuesday, Thursday

Time: 9:00AM (Activity Room)

Enhance Fitness is a 1 hour evidence based group exercise program. It helps older adults at all levels of fitness become more active and energized. This class August be done standing or seated.



Strength and Balance

Strength and Balance

Date: Monday, Wednesday, Friday, Saturday

Time: 9:30AM (Activity Room)

Strength and Balance is a 30 minute group exercise program designed to increase your Strength and Balance to help avoid falls and maintain independence. It is led by Life Enrichment staff. This class is done half standing and half seated.



Chair Exercise

Date: Daily

Time: 9:00AM (TV Channel 370)

Turn your TV on to channel 370, The Lakeshore's in-house TV Channel, for a 30 minute Chair Exercise workout. This workout can be done from the comfort of your own apartment.

Chair Exercise



3rd Floor Exercise Room

This room is open to you at your convenience. We have a treadmill, elliptical, two NuStep machines, a recumbent bike and free weights. If you have questions about any of the equipment, please contact Life Enrichment.

The Lakeshore Walking Club

Each resident that would like to participate can check out a pedometer from Life Enrichment. Each week we will track your steps on a Weekly Walking Log that will be provided to you by Life Enrichment. Bring your log with you on Fridays and we will combine all LKS walking members' steps and see how far we have walked as a group every week.

