



JANUARY

The LAKESHORE 2023



Premier Residential Retirement Since 1987

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>New Year's Day 1</p> <p>9:30 St. Matthew's (AR)</p> <p>12:00 St. Anthony's (AR)</p> <p>1:05 Seahawks vs Jets (TV)</p> <p>1:30 Blaine Memorial United Methodist (AR)</p> <p>7:00 Movie Night (CH 370)</p> 	<p>2</p> <p>9:30 Strength & Balance (AR)</p> <p>10:15 Breathe and Relax (TV)</p> <p>2:00 David Kaynor: "Common Birds of Back Yard - Birds of Western WA" (AR)</p> <p>3:15 Brain Board Games (AR)</p> <p>6:15 Bridge (CTC)</p> <p>6:30 Card Game Night Penny Poker (CTC)</p>	<p>3</p> <p>9:00 Enhance Fitness (AR)</p> <p>9:30 Catholic Service (TV)</p> <p>11:00 Men's Group (AR)</p> <p>11:00 Wowzitude Travel "TBD" (CH 370 or TV)</p> <p>1:00 Flower Club (GR)</p> <p>2:00 New Year's Hot Cocoa Social (AR)</p>	<p>4</p> <p>9:30 Strength & Balance (AR)</p> <p>10:00 Chair Yoga (AR)</p> <p>11:00 Bingo (GR)</p> <p>1:00 Knitting for a Cause (CTC)</p> <p>1:15 Bartells & QFC*</p> <p>2:00 Lakeshore Snowball Fight (AR)</p> <p>6:15 Bridge (CTC)</p> <p>6:30 Exercise Your Brain (AR)</p> <p>7:00 Movie Night (CH 370)</p>	<p>5</p> <p>9:00 Enhance Fitness (AR)</p> <p>10:15 Balance Class (AR)</p> <p>11:00 Dollar Tree & JoAnn's Renton Highlands*</p> <p>2:00 Catholic Mass (GR)</p> <p>2:15 Winter Snowflake Craft (AR) ❄️ ❄️ ❄️</p> <p>3:00 Cribbage Club (GP)</p>	<p>Blue Friday 6</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>2:00 Food Service Meeting (AR)</p> <p>7:00 Movie Night (CH 370)</p>	<p>7</p> <p>9:30 Strength & Balance (AR)</p> <p>10:30 Poetry Hour (AR)</p> <p>11:00 Bingo (GR)</p> <p>1:00 Poker (CTC)</p> <p>2:00 Chinese New Year Celebration with Mak Fai Kung Fu Dragon & Lion Dance Association (LVDR)</p>  <p>3:00 Bridge (AR)</p> <p>7:00 Movie Night (CH 370)</p>
<p>8</p> <p>9:30 St. Matthew's (AR)</p> <p>12:00 St. Anthony's (AR)</p> <p>TBA Seahawks vs Rams (TV)</p> <p>1:30 Blaine Memorial United Methodist (AR)</p> <p>7:00 Movie Night (CH 370)</p>	<p>9</p> <p>9:30 Strength & Balance (AR)</p> <p>10:15 Breathe and Relax (TV)</p> <p>11:00 David Smith "Wisdom" (AR)</p> <p>1:15 Shopping at St. Vincent de Paul Shopping*</p> <p>3:15 Brain Board Games (AR)</p> <p>6:15 Bridge (CTC)</p> <p>6:30 Card Game Night Penny Poker (CTC)</p>	<p>10</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>2:00 Current Events with Jacob (AR)</p> <p>2:30 Afternoon Movie The Greatest Showman (TV)</p> <p>6:30 Computer Class With Dolores (AR)</p>	<p>11</p> <p>9:30 Strength & Balance (AR)</p> <p>10:00 Chair Yoga (AR)</p> <p>11:00 Bingo (GR)</p> <p>1:00 Knitting for a Cause (CTC)</p> <p>12:00 Winter High Tea (AR)</p> <p>2:30 Trivia League (AR)</p> <p>6:15 Bridge (CTC)</p> <p>6:30 Exercise Your Brain (AR)</p> <p>7:00 Movie Night (CH 370)</p>	<p>12</p> <p>9:00 Enhance Fitness (AR)</p> <p>10:15 Balance Class (AR)</p> <p>11:15 Joy Palace * Dim Sum Restaurant</p> <p>2:00 Scams AARP Event (LVDR)</p> <p>3:00 Cribbage Club (GP)</p> <p>6:30 Sip & Paint with Dolores (AR)</p>	<p>Blue Friday 13</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>2:00 3rd Floor Exercise Room Demo</p> <p>7:00 Movie Night (CH 370)</p>	<p>14</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 * "Surprise Destination"</p> <p>3:00 Bridge (AR)</p> <p>7:00 Movie Night (CH 370)</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>15</p> <p>9:30 St. Matthew's (AR) 12:00 St. Anthony's (AR) 1:30 Blaine Memorial United Methodist (AR) 2:30 Great Courses: (TV) How the Earth Works 3:00 Computer Class with Dolores (AR) 7:00 Movie Night (CH 370)</p>	<p>16</p> <p><u>Martin Luther King Day</u></p> <p>9:30 Strength & Balance (AR) 10:15 Breathe and Relax (TV) 11:00 David Smith "Wisdom" (AR) 2:00 Pots, Patios, Plants* (GR) 3:15 Brain Board Games (AR) 6:15 Bridge (CTC) 6:30 Card Game Night Penny Poker (CTC) No Mail</p>	<p>17</p> <p>9:00 Enhance Fitness (AR) 9:30 Catholic Service (TV) 11:00 Wowzitude Travel "TBD" (CH 370 or TV) 1:00 Flower Club (GR) 2:00 Short Scenic Drive* (AR) 2:15 Afternoon Movie "3 Miles An Hour" 4:30 Dinner at Jimmy Mac Road House*</p>	<p>18</p> <p>9:30 Strength & Balance (AR) 10:00 Chair Yoga (AR) 11:00 Bingo (GR) 1:00 Knitting for a Cause (CTC) 12:30 Opera at Cinema* "Fedora" 1:15 Uwajimaya Renton* 6:15 Bridge (CTC) 6:30 Exercise Your Brain (AR)</p>	<p>19</p> <p>9:00 Enhance Fitness (AR) 10:15 Balance Class (AR) 1:30 Coffee Talk Café Library Planning Meeting (CTC) 3:00 Town Hall (AR) 3:00 Cribbage Club (GP) 6:15 Taste and Travel Philippines with Dolores (AR)</p>	<p>20</p> <p>Blue Friday</p> <p>9:30 Fred Meyer / Safeway* 9:30 Strength & Balance (AR) 10:20 Fred Meyer* 1:00 Bird Club (LVDR) 1:15 Floor Tour: 1st & G (Lobby) 2:00 Happy Hour with Skandia Kapell (LVDR) 7:00 Movie Night (CH 370)</p>	<p>21</p> <p>9:30 Strength & Balance (AR) 10:30 Poetry Hour (AR) 11:00 Bingo (GR) 1:00 Poker (CTC) 1:15 Long Scenic Drive * "New Castle" 3:00 Bridge (AR) 7:00 Movie Night (CH 370)</p>
<p>22</p> <p>9:30 St. Matthew's (AR) 12:00 St. Anthony's (TV) 1:30 Blaine Memorial United Methodist (TV) 2:30 Great Courses: How the Earth Works (TV) 3:00 Tech Help* (CTC) 7:00 Movie Night (CH 370)</p>	<p>23</p> <p>9:30 Strength & Balance (AR) 10:15 Breathe and Relax (TV) 11:00 David Smith "Wisdom" (AR) 2:00 Winter Wellness with Sam (AR) 3:15 Brain Board Games (AR) 6:15 Bridge (CTC) 6:30 Card Game Night Penny Poker (CTC)</p>	<p>24</p> <p>9:00 Enhance Fitness Cancelled (AR) 9:30 Catholic Service (TV) 11:00 Wowzitude Travel "TBD" (CH 370 or TV) 2:00 Current Events with Jacob (AR) 3:00 Great Decisions with Jacob (AR)</p>	<p>25</p> <p>9:30 Strength & Balance (AR) 10:00 Chair Yoga (AR) 11:00 Bingo (GR) 1:00 Knitting for a Cause (CTC) 1:15 Trader Joe's* 2:30 Trivia League (AR) 6:15 Bridge (CTC) 7:00 Movie Night (CH 370)</p>	<p>26</p> <p>9:00 Enhance Fitness (AR) 10:15 Balance Class (AR) 11:00 Book Club Meeting (GR) 1:15 Museum of Flight* "Walt Disney Studios WWII" 2:00 Afternoon Movie "3 Miles An Hour" (TV) 3:00 Cribbage Club (GP) 6:15 Wine Social (Lobby)</p>	<p>27</p> <p>Blue Friday</p> <p>9:30 Fred Meyer / Safeway* 9:30 Strength & Balance (AR) 10:20 Fred Meyer* 10:00 Traveling Library Book Drop-off (L) 11:00 Traveling Women's Clothing Boutique (AR) 1:00 Bird Club (LVDR) 1:15 Floor Tour: 2nd & 3rd (Lobby)</p>	<p>28</p> <p>9:30 Strength & Balance (AR) 11:00 Bingo (GR) 1:00 Poker (CTC) 1:15 Long Scenic Drive * "Surprise Destination" 3:00 Bridge (AR) 7:00 Movie Night (CH 370)</p>
<p>29</p> <p>9:30 St. Matthew's (Ch 370) 12:00 St. Anthony's (Ch.370) 1:30 Blaine Memorial United Methodist (370) 2:30 Great Courses: (TV) How the Earth Works 3:00 Tech Help* (CTC) 7:00 Movie Night (CH 370)</p>	<p>30</p> <p>9:30 Strength & Balance (AR) 10:15 Breathe and Relax (TV) 2:00 Select Rehab Health and Wellness Talk "Living with Low Vision" (AR) 3:15 Brain Board Games (AR) 6:15 Bridge (CTC) 6:30 Card Game Night Penny Poker (CTC)</p>	<p>31</p> <p>9:00 Enhance Fitness (AR) Cancelled 9:30 Catholic Service (TV) 11:00 Wowzitude Travel "TBD" (CH 370 or TV) 11:00 Ladies of The Lakeshore (AR) 1:00 Flower Club (GR) 2:00 Guest Speaker From WA Talking Books (AR)</p>			<p>AR Activity Room LVDR Lakeview Dining Room TV Television Room CTC Coffee Talk Café RG Rose Garden S Salon GR Garden Room GP Games Plus Room PDR Private Dining Room</p>	<p>GT Games Tables L Lobby LL Lobby Lounge WC Wellness Center Ch 370 TV Channel 370</p> <p>* Sign-up in Activity Book ** Sign-up in Life Enrichment Office *** 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 • 10:00AM • Activity Room (TIME CHANGE)

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 • 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.

[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 • 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(Buy in: \$5.00)

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.

[David Smith: "Wisdom"](#) • Monday, January 9th, 16th & 23rd • 11:00AM • AR

Wisdom is the ability to apply knowledge in the real world in a constructive way—to enrich our individual lives and to make the world a better place. It is often found at the intersection of theory and experience. How does modern expertise benefit all of us, and how can we convince the general population to value it? How does life experience create wisdom? In this series we explore the biological, philosophical, social scientific, and experiential aspects of wisdom and analyze what ancient and contemporary sources have to say about it.

[David Kaynor: "Common Birds of Back Yards - Birds of Western WA"](#) • Monday, January 2nd • 2:00PM • Activity Room

Have a look at 30 bird species that are often found in back yards. Lots of fun facts about each species. This class is suitable for anyone who loves birds!

[Men's Group](#) • Tuesday, January 3rd • 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. This month, there will be no lunch served.

[Wowzitude Travel](#) • Tuesday, January 3rd, 10th, 17th, 24th & 31st • 11:00AM • CH 370 or TV Room

Do you like to travel? Get 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 & enjoy the sights of these cities.

Flower Club • Tuesday, January 3rd, 17th, & 31st • 1:00PM • Garden Room

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

New Year's Hot Cocoa Social • Tuesday, January 3rd • 2:00PM • Activity Room

Join us as we ring in the New Year with a hot cup of cocoa and celebrate our friends. We will set 2023 up to be a great year!

Lakeshore Snowball Fight • Wednesday, January 4th • 2:00PM • Activity Room

Join us as we get up for a little exercise with an indoor "Snowball" fight. All are welcome. This is a fun afternoon you will not want to miss.

Winter Snowflake Craft • Thursday, January 5th • 2:15PM • Activity Room

Join us in the Activity Room for a fun afternoon of crafting and making a Winter snowflake craft.

Computer Class with Dolores • Tuesday, January 5th • 6:30PM • Activity Room

Looking for answers to anything in the World!? Come join Dolores as she shows you all how to use and search on the web. Please make sure to bring your laptops if possible. Everyone is welcome!

Food Service Meeting • Friday, January 6th • 2:00PM • Activity Room

Join Rob and the culinary team for a meeting to talk about the food at The Lakeshore. The team will be here to answer any questions or comments about the food served at The Lakeshore.

Catholic Mass • Thursday, January 5th • 2:00PM • Garden Room

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

Chinese New Year Celebration with Mak Fai Kung Fu Dragon & Lion Dance Association • Saturday, January 7th • 2:00PM • Lakeview Dining Room

Come join us in the Lakeview Dining Room on Saturday, January 7th for the annual visit of Mak Fai Kung Fu Dragon & Lion Dances. This is always a fun event that you will not want to miss.

Poetry Hour* • Saturday, January 7th & 21st • 10:30AM • Activity Room

Please join Ann MacMillen and Dick Hathaway at the Poetry Hour. 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.

Current Events with Jacob • Tuesday, January 10th • 2:00PM • Activity Room

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

Winter High Tea • Wednesday, January 11th • 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. Come see the new changes to this great event! Hope to see you there! There will be a meal credit charge for High Tea meal.

Trivia League • Wednesday, January 11th & 25th • 2:30PM • Activity Room

It's Trivia Time! Trivia's Rebecca will be back to lead us in 4 rounds 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.

Scams AARP Event • Thursday, January 12th • 2:00PM • Lakeview Dining Room

Whether it is over the phone, through the mail, online, or at your doorstep, con artists are constantly coming up with new and devious ways to scam people. In this presentation, Lee-ta will share information about the most common scams we have been seeing in our region recently – scams designed to steal your savings or your identity! Learn how to recognize these often sophisticated scams so you and your loved ones can avoid being taken advantage of.

Sip & Paint with Dolores* • Thursday, January 12th • 6:30PM • Activity Room

Join Dolores as she guides the group through a beautiful 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!

3rd Floor Exercise room Demo • Friday, January 13th • 2:00PM • Activity Room

Please join us in the 3rd floor Exercise Room to learn about the new equity. If you are new to the equipment or have used it before we encourage you to join us.

Pots, Patios, Plants* • Monday, January 16th • 2:00PM • Garden Room

We're going to plant spring bulbs for our patios! Bring your pots or planters and bulbs; we have the dirt. We'll work in the well-named Garden Room.

Coffee Talk Café Library Planning Meeting • Thursday, January 19th • 1:30PM • CTC

Join us in the Coffee Talk Café to talk about what needs to be done to get the Library into tip top shape.

Town Hall • Thursday, January 19th • 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!

Taste and Travel Philippines with Dolores • Thursday, January 19th • 6:15PM • AR

Join Dolores as she tells us about the Philippines. What it is like to live there, sight see and the food. This will be a fun afternoon with lots of things to learn.

Happy Hour with Skandia Kapell • Friday, January 20th • 2:00PM • LVDR

NEW - Please welcome Skandia Kapell for the first time. This is a fun band that has a wide variety of music. We will have wine and appetizers for you to enjoy as well.

Winter Wellness with Sam • Monday, January 23rd • 2:00PM • Activity Room

Winter months can bring about joyful holidays and beautiful scenes of snow. It's also a time we need to take extra care with health, safety and well-being.

Great Decisions with Jacob • Tuesday, January 24th • 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.

Book Club Meeting • Thursday, January 26th • 11:00AM • Garden Room

Calling all readers... The Lakeshore Book Club is looking for you! We meet once a month and talk about the book that is sent to us by KCLS. We are always looking for new people to join us that love to read and talk books. Please stop by Life Enrichment to pick up your book.

Traveling Women's Clothing Boutique • Friday, January 27th • 11:00AM • AR

Your Clothing Solutions is a traveling Women's clothing Boutique that will be here in the Activity Room all set up and ready for you to come shop!

Wine Social • Thursday, January 26th • 6:15PM • Lobby Lounge

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

Select Rehab Health and Wellness Talk • Monday, January 30th • 2:00PM • AR

"Living with Low Visions", We will talk about causes of low vision, symptoms of low vision, diagnosing low vision, preventing low vision and how can therapy or rehabilitation services can help you.

Ladies of The Lakeshore • Tuesday, January 31st • 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.

Guest Speaker from WA Talking Books • Tuesday, January 31st • 2:00PM • AR

Did you know that there's a free state library service that provides audiobooks to any WA resident who can't read or use regular print materials because of temporary or permanent visual or physical limitation? Join Reilly Curran, Outreach Librarian, from the Washington Talking Book and Braille Library, a branch of the Washington State Library, to learn more about this free library service & find out if you or your loved ones qualify. The presentation will include an overview of the service, the eligibility requirements, and the steps to utilize this service.



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.

Bartells & QFC!* • Wednesday, January 4th • 1:15pm

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

Uwajimaya* • Wednesday, January 18th • 1:15pm

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

Trader Joe's & PCC* • Wednesday, January 25th • 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 • 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.

Dollar Tree & JoAnn's Renton Highlands* • Thursday, January 5th • 11:00AM  

Everything is \$1.25 at the Dollar Tree. Come and explore, as you never know what you will find. **At the beginning of 2022 the Dollar Tree has become the \$1.25 store. Everything in the store went up by \$.25.**

Shopping at St. Vincent de Paul • Monday, January 9th • 1:15PM 

Join us as we go down the street to the St. Vincent de Paul for an afternoon of bargain shopping.

Joy Palace Dim Sum Restaurant • Thursday, January 12th • 11:15AM 

Join us for Lunch at Joy Palace. This is a local Lakeshore favorite. Sign up early and don't forget your money.





Dinner at Jimmy Mac Road House Restaurant* • Tuesday, December 17th • 4:30pm 

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

Met Opera at Cinema "Fedora" • Wednesday, January 18th • 12:30PM 

Umberto Giordano's exhilarating drama returns to the Met repertory for the first time in 25 years. Packed with memorable melodies, showstopping arias, and explosive confrontations, Fedora requires a cast of thrilling voices to take flight, and the Met's new production promises to deliver. Soprano Sonya Yoncheva, one of today's most riveting artists, sings the title role of the 19th-century Russian princess who falls in love with her fiancé's murderer, Count Loris, sung by star tenor Piotr Beczala. Soprano Rosa Feola is the Countess Olga, Fedora's confidante, and baritone Artur Rucin'ski is the diplomat De Siriex, with much-loved Met maestro Marco Armiliato conducting. Director David McVicar delivers a detailed and dramatic staging based around an ingenious fixed set that, like a Russian nesting doll, unfolds to reveal the opera's three distinctive settings—a palace in St. Petersburg, a fashionable Parisian salon, and a picturesque villa in the Swiss Alps.

Museum of Flight "Walt Disney Studios WWII" • Thursday, January 26th • 2:00PM

Join us as we go to the Museum of Flight. We will see the normal exhibits as well as the Walt Disney Studios WWII exhibit. **Tickets: \$21.00**    

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 September 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.

