





era living 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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 PP Pea Patch Outside PDR Private Dining Room 3 9:30 St. Matthew's (AR) 12:00 St. Anthony's (AR) 1:30 Blaine Memorial United Methodist (AR) 2:00 Afternoon Movie "The Sound of Music" (TV Room) 7:00 Movie Night (CH 370)	GT Games Tables L Lobby LL Lobby Lounge WC Wellness Center Ch 370 TV Channel 370 Gym 3rd Floor Gym * Sign-up in Activity Book ** Sign-up in Life Enrichment Office *** Sign up in Wellness Center 4 9:30 Strength & Balance (AR) 10:15 Balance Class (AR) 11:00 David Smith: "Themes in Philosophy" (AR) 2:00 David Kaynor (AR) Hydroelectric Dams of the Columbia River in Washington 3:15 Lakeshore Choir (AR) 6:30 Card Game Night Penny Poker (CTC)	9:30 Catholic Mass (TV) 11:00 Men's Group (GR) 11:00 Wowzitude Travel (TV)	9:30 Strength & Balance (AR) 10:00 Chair Yoga (AR) 11:00 Bingo (AR) 1:00 Knitting for a Cause (CTC) 2:00 Welcome Social for our New Counselor Seth Hutchins (AR) 6:15 Bridge (CTC) 7:00 Movie Night (CH 370)	7 9:00 Enhance Fitness (AR) 10:15 NEW Breathe & Relax Meditation with Seth (GPR) 1:15 MOAHI Museum * 1:30 St. Patrick's Day Pot of Gold Craft* (GR) 3:00 Cribbage Club (GP) 3:15 Bean Bag Baseball (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 Densho - Oral History David Yano & Makoto Otsu (AR) 6:30 Friday Night Board Games (CTC) 7:00 Movie Night (CH 370) 8 9:30 Fred Meyer / Safeway* 9:30 Strength & Balance (AR) 10:20 Fred Meyer* 1:00 Bird Club (LVDR) 2:00 Lance Rhoades (AR) "Oscars" 6:30 Friday Night Board Games (CTC) 7:00 Movie Night (CH 370)	9:30 Strength & Balance (AR) 10:30 Poetry Hour (GP) 11:00 Bingo (AR) 1:00 Poker (CTC) 1:15 Long Scenic Drive* 3:00 Board Games (CTC) 7:00 Movie Night (CH 370) 9 9:30 Strength & Balance (AR) 10:30 Readers Theater (TV) 11:00 Bingo (AR) 1:00 Poker (CTC) 1:15 Long Scenic Drive* "Ballard" 3:00 Board Games (CTC) 7:00 Movie Night (CH 370)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Day Light Saving 10 9:30 St. Matthew's (Ch 370) 12:00 St. Anthony's (Ch.370) 1:30 Blaine Memorial United Methodist (CH 370) 5:00 Oscars on NBC (TV) 7:00 Movie Night (CH 370)	9:30 Strength & Balance (AR) 10:15 Balance Class (AR) 11:00 David Smith: "Themes in Philosophy" (AR) 2:00 Pots, Patios & Plants	9:00 Enhance Fitness (AR) 9:30 Catholic Service (TV) 11:00 Dance Class with Karen (AR) 2:00 Current Events with Jacob (AR) 4:30 Dinner at Outback Steakhouse* 6:30 Pinochle (CTC)	9:30 Strength & Balance (AR) 10:00 Chair Yoga (AR) 11:00 Bingo Cancelled (AR) 1:00 Knitting for a Cause (CTC) 12:00 High Tea (AR) 12:20 Opera at the Cinema* "La Forza Del Destino" 2:00 Culinary & Dining Meeting (AR) 6:15 Bridge (CTC)	9:00 Enhance Fitness (AR) 10:15 NEW Breathe & Relax Meditation with Seth (GPR) 1:00 Flower Club (GR) 2:30 A Journey Through Grief with Seth (AR) 3:00 Cribbage Club (GP) 5:00 March Birthday's Dinner (LVDR)	9:30 Fred Meyer / Safeway* 9:30 Strength & Balance (AR) 10:20 Fred Meyer* 1:00 Bird Club (LVDR) 2:30 Celtic Arts Northwest Irish Dancers (LVDR) 6:30 Friday Night Board Games (CTC) 7:00 Movie Night (CH 370)	9:30 Strength & Balance (AR) 10:30 Poetry Hour (GP) 11:00 Bingo (AR) 1:00 Poker (CTC) 1:15 Long Scenic Drive* 7:00 Movie Night (CH 370)
St. Patrick's Day 17 9:30 St. Matthew's (Ch 370) 12:00 St. Anthony's (Ch.370) 1:30 Blaine Memorial United Methodist (CH 370) 1:15 Renton City Concert Band IKEA Theater* 2:00 Cooking Demonstrations with Samone (LVDR) 7:00 Movie Night (CH 370)		9:00 Enhance Fitness (AR) 9:30 Catholic Service (TV) 11:00 Shopping at Renton Goodwill* 2:00 March Madness Basketball Round 1 (AR) 3:30 Novel Memoir Writing Group (GR) 6:30 Pinochle (CTC)	9:30 Strength & Balance (AR) 10:00 Chair Yoga (AR) 11:00 Bingo (AR) 1:00 Knitting for a Cause (CTC) 1:15 Trader Joe's and PCC* 2:00 Wellness 360 with Seth (AR) 6:15 Bridge (CTC) 7:00 Movie Night (CH 370)	9:00 Enhance Fitness (AR) 10:15 NEW Breathe & Relax Meditation with Seth (GPR) 11:15 Lunch at Imperial Garden at the Great Wall* 2:00 March Madness Basketball Round 2 (AR) 3:00 Cribbage Club (GP) 5:00 Lakeshore Dinner Mixer* (LVDR)	9:30 Fred Meyer/ Safeway* 9:30 Strength & Balance (AR) 10:20 Fred Meyer* 1:00 Bird Club (LVDR) 1:30 Basketball Championship Game & Awards (AR) 3:00 Fall Prevention with Nurse Denise (AR) 6:30 Friday Night Board Games (CTC) 7:00 Movie Night (CH 370)	9:30 Strength & Balance (AR) 10:30 Readers Theater (TV) 11:00 Bingo (AR) 12:30 - 4:00pm LKS Swap Meet (AR) 1:00 Poker (CTC) 1:15 Long Scenic Drive* 3:00 Board Games (CTC) 7:00 Movie Night (CH 370)
9:30 St. Matthew's (Ch 370) 11:00 14 Carrot Bunny Party (AR) 12:00 St. Anthony's (Ch.370) 12:20 Seattle Symphony Season Ticket Holders 1:30 Blaine Memorial United Methodist (CH 370) 7:00 Movie Night (CH 370)	9:30 Strength & Balance (AR) 10:15 Balance Class (AR) 11:00 Shakespeare Class (AR) 2:00 Select Rehab-Assisted Device Checkup (AR) 3:15 Lakeshore Choir (AR) 6:15 Bridge (CTC) 6:30 Card Game Night Penny Poker (CTC)	9:00 Enhance Fitness (AR) 9:30 Catholic Service (TV 11:00 Book Club Meeting (GR) 1:15 Easter Bunny Craft (GR) 2:00 Current Events with Jacob (AR) 3:00 Great Decisions with Jacob (AR) 6:30 Pinochle (CTC)	9:30 Strength & Balance (AR) 10:00 Chair Yoga (AR) 11:00 Bingo (AR) 12:20 Opera at the Cinema* "Romeo and Juliette" 1:00 Knitting for a Cause (CTC) 1:15 QFC & Bartells* 2:30 Trivia League (AR) 6:15 Bridge (CTC)	9:00 Enhance Fitness (AR) 10:15 NEW Breathe & Relax Meditation with Seth (GPR) 2:00 Town Hall (AR) 3:00 Cribbage Club (GP) 6:15 Wine Night (L) 7:10 Mariners Home Opening Game vs Boston Red Sox (CH 30 or 627)	9:30 Fred Meyer/ Safeway* 9:30 Strength & Balance (AR) 10:20 Fred Meyer* 11:00 Traveling Library (L) 1:00 Bird Club (LVDR) 2:00 Happy Hour with NM Entertainment! 6:30 Friday Night Board Games (CTC) 7:00 Movie Night (CH 370)	9:30 Strength & Balance (AR) 10:30 Poetry Hour (GP) 11:00 Bingo (AR) 1:00 Poker (CTC) 1:15 Long Scenic Drive* 3:15 Flower Club (GR) 7:00 Movie Night (CH 370)
Normal Church 31 10:00 - 1:00 Easter Bunny Photos (L) 10:30 - 1:00 Easter Brunch Buffet	Happy Easter					

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: Music and the Brain • Sundays • 2:30PM • TV Room

Music is an integral part of humanity, from large societies to small tribes. Music and the Brain probes this profound mystery, exploring the origins of music's emotional powers; the connections between music and language; the links between hearing, moving, remembering, and imagining; and beyond. Join us as we learn more about why this is.

<u>Strength and Balance</u> • 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 • 10:05AM • Activity Room

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

<u>Lakeshore Choir</u> • Mondays • 3:15PM • Activity Room

We are starting a Lakeshore Choir Group, come and join us in the Activity Room . Everyone is welcome!

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!***

<u>Chair Yoga</u> • 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 • Activity Room

Join us and your friends for a game of bingo! Please make sure to bring quarters!

(\$0.25/card) Cancelled - Wednesday, November 8th

<u>Catholic Service</u> • Tuesdays • 9:30AM • TV Room

Father will be here on the first Tuesday of every month for mass. Zophia will be here for communion all other Tuesdays. Everyone is welcome!

Wowzitude Travel • Tuesdays • 11:00AM • CH370 or TV

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.

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.

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.

Friday Night Board Games • Fridays • 6:30PM • Coffee Talk Café

Looking for something to do in the evening? Come and join other residents here at The Lakeshore for some evening board games. Everyone is welcome and encouraged to join!

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.

Densho - Oral History • Friday, March 1st • 2:00PM • Activity Room

Please join us to hear oral history from Japanese American Lakeshore residents David Yano & Mak Otsu.

Poetry Hour • Saturday, March 2nd, 16th, & 30th • 10:30AM • Games Plus 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.

<u>David Smith: "Themes in Philosophy"</u> • Monday, March 4th, 11th, & 18th • 11:00AM • Activity Room

Explanation and discussion of fascinating themes in philosophy - a philosophy buffet! Topics include rationality, knowledge, mind-brain relationship, free will, political philosophy, religion and politics in America, human rights theory and application, religion and human rights, aesthetics, philosophy of language, philosophy of culture, philosophy of sports and fitness, philosophy of happiness, process of belief formation, civil discourse, and philosophy of humor.

<u>David Kaynor: "Hydroelectric Dams of the Columbia River in WA"</u> • Monday, March 4th • 2:00PM • Activity Room

We are exploring the monumental hydroelectric dams found on the Columbia River within Washington. These immense engineering marvels provide clean, renewable energy to the Pacific Northwest.

Men's Group • Tuesday, March 5th • 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, following lunch.

Nutrition Talk with Amanda Riffle: "Nutritional Needs for Healthy Aging" • Tuesday, March 5th • 2:00PM • Lakeview Dining Room

TOPIC: Nutritional Needs for Healthy Aging

Join Amanda, The Lakeshore Dietitians, for more information on this topic.

Welcome Social for Our New Counselor Seth Hutchins • Wednesday, March 6th • 2:00PM • Activity Room

Please join us in the Activity Room to meet Seth Hutchins and get to know the NEW Lakeshore Counselor. Learn about him and the different programs that he will bring to The Lakeshore.

NEW: Breathe & Relax Meditation with Seth • Thursday, March 7th, 14th, 21st, & 28th • 10:15AM • Games Plus Room

Join us for a 30-minute, guided mindfulness class that incorporates elements of deep breathing, peaceful imagery and progressive muscle relaxation to help release tension and increase one's physical relaxation and mental calm. No experience is required, and all are welcome to sit and relax in a quiet space.

St. Patrick's Day Pot of Gold Craft* • Thursday, March 7th • 1:30PM • Garden Room

Join us in the Garden Room as we make a fun craft to bring the leprechaun's to The Lakeshore. No experience necessary, come get creative!

Lance Rhoades "Oscars" • Friday, March 8th • 2:00PM • Activity Room

Join Lance to hear about the different movies that are up for Oscars. Lance will give us the background and history of the movies that are up to win this prestigious award.

Readers Theatre • Saturday, March 9th & 23rd • 10:30AM • TV Room

"A particular type of dramatic pedagogy, which uses scripts and performance to enhance the comprehension of a text."

Pots, Patios & Plants • Monday, March 11th • 2:00PM • Garden Room

Please join Judy, Jesslyn and Jan in the garden room to talk about different gardening options. We hope to see you there!

Dance Class with Karen • Tuesday, March 12th • 11:00AM • Activity Room

Karen, Cliff's wife, will be coming in to help teach us how to line dance. Everyone is welcome, experience is NOT required to join the fun!

<u>Current Events with Jacob</u> • Tuesday, March 12th & 26th • 2:00PM • AR

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

High Tea • Wednesday, March 13th • 12:00PM • Activity Room

Dress up or come as you are and we will eat and have a good time. Hope to see you there! There will be a meal credit charge for High Tea meal. This is a great event to meet people and make new friends.

<u>Culinary & Dining Meeting</u> • Wednesday, March 13th • 2:00PM • Activity Room

Join us for the Culinary & Dining Team meeting. We want to hear from you. Everyone is welcome!

A Journey through Grief with Seth • Thursday, March 14th • 2:30PM • AR

As we get older, we each encounter a myriad of life changes, including the loss of friends, family members or even aspects of their own health. Our group offers a safe space to feel both supported and seen, and an opportunity to reflect upon how these life transitions have shaped us, and how we can engage them with kindness, grace and intentionality. Come to share, or just to listen. All are welcome.

March Birthday's Dinner • Thursday, March 14th • 5:00PM • LVDR

Come and show your love and support as we celebrate those whose birthdays are in March! We will celebrate all the March Birthdays.

<u>Celtic Arts Northwest Irish Dancers</u> • Friday, March 15th • 2:30PM • LVDR

The Lakeshore is very excited to welcome back Celtic Arts Northwest. These amazing dancers are entertaining to watch. This is a performance you won't want to miss. Join us for an afternoon of fun Irish Dancing & Green Beer!

Cooking Demonstrations with Samone • Sunday, March 17th • 2:00PM • LVDR

Samone will be hosting our resident cooking demo in the dining room this month! She will be whipping up a few exciting and creative recipes you can use everyday at home. Samone will be sharing one of her passions with you. She's looking forward to seeing you all there!

March Madness Basketball Round 1 • Tuesday, March 19th • 2:00PM • AR

Come join the fun! Make your way down with your team or just come have fun watching. No experience necessary.

Novel Memoir Writing Group • Tuesday, March 19th • 3:30PM • Garden Room

Are you a writer of stories? Do you want to improve your writing skills? Join our new resident led Novel/Memoir Writing Group and share your creations with like-minded people. Authors will read their stories, or parts of their in progress work. The rest of the group will reply with what they liked about the tale and, if appropriate, offer feedback. All skill levels are welcome!

Wellness 360 with Seth • Wednesday, March 20th • 2:00PM • Activity Room

Each month your Lakeshore Counselor will highlight a specific health topic and discuss how it connects into the greater framework of our emotional, cognitive, physical and social well-being. **March's Monthly Topic: The Importance of Self-Care.** The term 'self-care' is used a lot these days, but what does it really mean? Join us for a conversation as we discuss the different types of self-care and how consistently engaging in self-care activities helps promotes both physical and mental wellness.

March Madness Basketball Round 2 • Thursday, March 21st • 2:00PM • AR

Come join the fun! Make your way down with your team or just come have fun watching. No experience necessary.

<u>Lakeshore Dinner Mixer*</u> • Thursday, March 21st • 5:00PM • LVDR

Are you looking to meet more people at The Lakeshore? The Dinner Mixer is a great way to meet new people. You will draw a number and sit at that table with the other that picked the same number. Enjoy a glass of wine and conversation. It is a fun way to meet new people.

Basketball Championship Game & Awards • Friday, March 22nd • 1:30PM • AR

We would like to invite you to watch the Lakeshore March Madness Finals! We will be awarding the winners and celebrating all that played. Come join the madness! We hope to see you there!

Fall Prevention with Nurse Denise • Friday, March 22nd • 3:00PM • Activity Room

Join Denise and El in the Activity Room to talk about Fall Prevention. They will also talk about steps to take if you fall and show you the device that The Lakeshore owns to help get you off the floor without calling 911. We will see you in the Activity Room.

LKS Swap Meet • Saturday, March 23rd • 12:30 - 4:00PM • Activity Room

Time to clean out your closet! We will have tables set up in the Activity Room for you to put out your things that you do not want anymore. Donate what you don't need anymore and take a new treasure home with you. Everything that is still on the tables at 4:00pm will be donated to Goodwill. Please keep all items with you until the 23rd. See Life Enrichment with any questions.

14 Carrot Bunny Party • Sunday, March 24th • 11:00AM • Activity Room

As a Lakeshore tradition, in celebration of Easter, we invite bunnies to the community! This is a great opportunity to hold and pet carrot bunnies! We hope to see you all there!

Select Rehab Assisted Device Check-up* • Monday, March 25th • 2:00PM • AR

Assisted Device Check-up. Please sign up for a time slot under inhouse events to have Alma take a look at your walker or wheelchair. This is a free service to be sure that your assisted device is in tip top shape.

Book Club Meeting • Tuesday, March 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. Please stop by Life Enrichment to pick up your book. You may hold on to you book and return it to Life Enrichment after the meeting.

Easter Bunny Craft • Tuesday, March 26th • 1:15PM • Garden Room

Come paint and create a cute Bunny vase for your ledge. We'll supply all the materials. Bring a friend or neighbor. We hope you join us!

Great Decisions with Jacob • Tuesday, March 26th • 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 the group.

Town Hall • Thursday, March 28th • 2:00PM • 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.

Happy Hour with NM Entertainment! • Friday, March 29th • 2:00PM • LVDR

Green Beer, Green Hats, and Leprechaun, it's time for a party. Join us for music and fun with a St. Patrick's performance from NM Entertainment!

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.

Trader Joe's & PCC* ● Wednesday, March 20th • 1:15pm

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

Bartells and QFC* ● Wednesday, March 27th • 1:15pm

Join us for a trip to Bartells and QFC! 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



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 March • 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.



Join us as we travel to The Museum of History and Industry. This is a local fun museum with a lot of great Seattle history. **Tickets: \$18 Per Senior**





Join us as we travel to the Outback Steakhouse in Tukwila for dinner.

The Opera at the Cinema* • Wednesday, March 13th & 27th • 12:20PM



Plenty of residents love to make their way to The Landing Theatre to enjoy a wonderful opera. If you plan to join, please sign-up and make sure to bring your money. Tickets: \$25

Renton City Concert Band* • Sunday, March 17th • 1:30PM



Join us as we travel over to the IKEA Performing Arts Center in Renton to hear this wonderful local concert band. Tickets: \$10.00 per Senior

Dollar Tree & JoAnn's Renton Highlands* • Monday, March 18th • 1:15PM



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 Renton Goodwill * • Tuesday, March 19th • 11:00AM



Join us as we go to Renton Goodwill for an afternoon of bargain shopping.

Lunch at Imperial Garden at the Great Wall* • Thursday, March 21st • 11:15AM



Seattle Symphony Season Ticket Holders* • Sunday, March 24th • 12:20PM 🦜



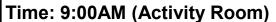
For residents who have purchased Seattle Symphony Season Tickets, we will be providing transportation to get you to these special events. Please sign-up to give us a head count.

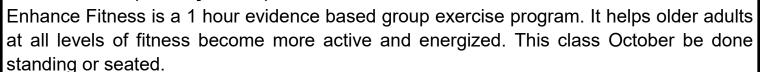
Sign-up in the Activity Book!

Fitness at The Lakeshore

Enhance Fitness

Date: Tuesday, Thursday





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

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.

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.



