












The
LAKESHORE

2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	9:30 Strength & Balance (AR) 10:15 Balance Class (AR) 11:00 David Smith: "Themes in Philosophy" (AR) 2:00 David Kaynor "Back Yard Birds of Eastern Oregon" (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 Mass (TV) 10:30 Dollar Tree and Joann Fabric Renton Highlands* 11:00 Men's Group (AR) 11:00 Wowzitude Travel (TV) 12:45 Coulon Park Walk* 2:00 Amanda Riffle: "Nutrition for Healthy Eyes" (LVDR) 6:40 Mariners vs Cleveland (TV Room)	9:30 Strength & Balance (AR) 10:00 Chair Yoga (AR) 11:00 Bingo (AR) 1:00 Pinochle 101 (CTC) 1:15 Uwajimaya* 2:00 Let's Talk Activities with Krista (AR) 3:15 Bean Bag Baseball (AR) 6:15 Bridge (CTC) 7:00 Movie Night (CH1981)	9:00 Enhance Fitness (AR) 11:00 NEW Breathe & Relax Meditation with Seth (GPR) 1:15 National Nordic Museum & Northwest Trolls: Way of the Bird King* 2:00 Seth Hutchins (AR) "Caring Hearts" 3:00 Cribbage Club (GP) 5:00 April Birthday's Dinner (LVDR)	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 Music Hour "The Wayne Show" (LVDR) 6:30 Friday Night Board Games (CTC) 7:00 Movie Night (CH1981)	9:30 Strength & Balance (AR) 10:30 Poetry Hour (GP) 11:00 Bingo (AR) 1:00 Poker (CTC) 2:00 Crossword Brain Game (AR) 3:00 Board Games (CTC) 7:00 Movie Night (CH1981)
7	8	9	Podiatrist Visit 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 Afternoon Movie "Fiddler on the Roof" (TV Room) 7:00 Movie Night (CH1981)	9:30 Strength & Balance (AR) 10:15 Balance Class (AR) 10:30 Scenic Drive* 11:00 David Smith: "Themes in Philosophy" (AR) 2:00 Pots, Patios & Plants (GR) 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 Wowzitude Travel (TV) 11:00 Select Rehab "Occupational Therapy" (AR) 12:45 Coulon Park Walk* 2:00 Current Events with Jacob (AR) 6:40 Mariners vs Blue Jays (TV Room)	9:30 Strength & Balance (AR) 11:00 Bingo (AR) 1:00 Pinochle (CTC) 1:15 Bartells & QFC* 2:30 Trivia (AR) 3:00 Pea Patch Help (PP) 6:15 Bridge (CTC) 7:00 Movie Night (CH1981)	9:00 Enhance Fitness (AR) 10:15 NEW Breathe & Relax Meditation with Seth (GPR) 10:30 - 2:00 Traveling (AR) Women's Clothing Boutique 11:30 Women's Fashion Show (AR) 2:30 Wellness 360 with Seth "The Importance of Social Connection" (AR) 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 Meet the Resident Council Candidates (AR) 6:30 Friday Night Board Games (CTC) 7:00 Movie Night (CH1981)	9:30 Strength & Balance (AR) 10:30 Readers Theater (TV) 11:00 Bingo (AR) 1:00 Poker (CTC) 1:15 Long Scenic Drive* "Kent" 3:00 Board Games (CTC) 7:00 Movie Night (CH1981)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p align="center">14</p> <p>9:30 St. Matthew's (CH1981) 12:00 St. Anthony's (CH1981) 1:30 Blaine Memorial United Methodist (CH1981) 2:00 Cooking Demonstrations with Samone (LVDR) 7:00 Movie Night (CH 1981)</p>	<p align="center">15</p> <p>9:30 Strength & Balance (AR) 10:15 Balance Class (AR) 11:00 David Smith: "Themes in Philosophy" (AR) 2:00 Italian Soda Social (AR)  3:15 Lakeshore Choir (AR) 6:15 Bridge (CTC) 6:30 Card Game Night Penny Poker (CTC)</p>	<p align="center">16</p> <p>9:00 Enhance Fitness (AR) 9:30 Catholic Service (TV) 12:45 Coulon Park Walk* 1:30 Bean Bag Baseball (AR) 3:30 Novel Memoir Writing Group (GR) 4:45 Dinner at Claim Jumper* 6:40 Mariners vs Reds (TV Room)</p>	<p align="center">17</p> <p>9:30 Strength & Balance (AR) 10:00 Chair Yoga (AR) 11:00 Bingo Cancelled (AR) 12:00 High Tea (AR) 1:00 Pinochle (CTC) 1:00 Knitting for a Cause (CTC) 2:00 Culinary & Dining Meeting (AR) 6:15 Bridge (CTC) 7:00 Movie Night (CH 1981)</p>	<p align="center">18</p> <p>9:00 Enhance Fitness (AR) 10:00 Lunch at Poirier's on The River & Tulip Town* 10:15 NEW Breathe & Relax Meditation with Seth (GPR) 1:00 Flower Club (GR) 2:00 A Journey Through Grief with Seth (AR) 3:00 Cribbage Club (GP) 3:15 Plant Discover Nature Walk with Melissa (L)</p>	<p align="center">19</p> <p>9:30 Fred Meyer / Safeway* 9:30 Strength & Balance (AR) 10:20 Fred Meyer* 1:00 Bird Club (LVDR) 2:00 Happy Hour Hoedown with Charlie Brown (LVDR)  6:30 Friday Night Board Games (CTC) 7:00 Movie Night (CH1981)</p>	<p align="center">20</p> <p>9:30 Strength & Balance (AR) 10:30 Poetry Hour (GP) 11:00 Bingo (AR) 1:00 Poker (CTC) 1:30 Sing-along with Rebecca (AR)  3:00 Flower Club (PP) 7:00 Movie Night (CH 1981)</p>
<p align="center">21</p> <p>9:30 St. Matthew'(CH1981) Champagne Brunch 11:00 - 2:00 (LVDR)   12:00 St. Anthony'(CH1981) 1:30 Blaine Memorial United Methodist (CH 1981) 7:00 Movie Night (CH1981)</p>	<p align="center">22</p> <p>9:30 Strength & Balance (AR) 10:15 Balance Class (AR) 10:00 LKS Walking Tour Floors G & 1st (L) 11:00 Shakespeare Class (AR) 1:00 Spring Craft Extravaganza (AR) 3:15 Lakeshore Choir (AR) 6:15 Bridge (CTC) 6:30 Card Game Night (CTC) Penny Poker (CTC)</p>	<p align="center">23</p> <p>9:00 Enhance Fitness (AR) 9:30 Catholic Service (TV) 11:15 Book Club (GR) 12:45 Coulon Park Walk* 2:00 Current Events with Jacob (AR) 3:00 Great Decisions with Jacob (AR) 6:40 Mariners vs Rangers (TV Room) 2:30 All Staff Meeting</p>	<p align="center">24</p> <p>9:30 Strength & Balance (AR) 10:00 Chair Yoga (AR) 11:00 Bingo (AR) 1:00 Pinochle (CTC) 1:15 Trader Joe's and PCC* 2:30 Trivia League (AR) 6:15 Bridge (CTC) 7:00 Movie Night (CH1981)</p>	<p align="center">25</p> <p>9:00 Enhance Fitness (AR) 10:15 NEW Breathe & Relax Meditation with Seth (GPR) 11:00 Lunch at Royal Orchid Thai Restaurant * 2:00 Town Hall (AR) 3:00 Cribbage Club (GP) 5:00 Lakeshore Dinner Mixer* (LVDR)</p>	<p align="center">26</p> <p>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 Margaritas and Painting* (AR)   6:30 Friday Night Board Games (CTC) 7:00 Movie Night (CH1981)</p>	<p align="center">27</p> <p>9:30 Strength & Balance (AR) 10:30 Readers Theater (TV) 11:00 Bingo (AR) 1:00 Poker (CTC) 1:15 Long Scenic Drive* "Fall City" 3:00 Board Games (CTC) 3:00 Pea Patch Help (PP) 7:00 Movie Night (CH1981)</p>
<p align="center">28</p> <p>9:30 St. Matthew's(CH1981) 12:00 St. Anthony's (CH1981) 12:20 Seattle Symphony Season Ticket Holders 1:30 Blaine Memorial United Methodist (CH 1981) 7:00 Movie Night (CH1981)</p>	<p align="center">29</p> <p>9:30 Strength & Balance (AR) 10:15 Balance Class (AR) 1:00 LKS Walking Tour Floors 2nd & 3rd (L) 2:30 Nurse Talk "Memory Loss" (AR) 3:15 Lakeshore Choir (AR) 6:15 Bridge (CTC) 6:30 Card Game Night Penny Poker (CTC)</p>	<p align="center">30</p> <p>9:00 Enhance Fitness (AR) 9:30 Catholic Service (TV) 11:00 Dance Class with Karen (AR) 12:45 Coulon Park Walk* 2:00 Lakeshore Choir Spring Fling Singing (LVDR) 6:40 Mariners vs Braves (TV Room)</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 PP Pea Patch Outside PDR Private Dining Room</p>	<p>GT Games Tables L Lobby LL Lobby Lounge WC Wellness Center Ch 1981 TV Channel 1981 Gym 3rd Floor Gym</p> <p>* Sign-up in Activity Book ** Sign-up in Life Enrichment Office *** Sign up in Wellness Center</p>

Church Streaming/Viewing • Sundays • CH 1981 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.

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 • 10:05AM • Activity Room

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

Lakeshore Choir • 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!***

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 • 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**

Catholic Service • 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 • CH1981 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.

NEW Time: Pinochle • Wednesdays • 1:00PM • Coffee Talk Café

Please join us in the Coffee Talk Café on Wednesdays for a fun game of Pinochle. Everyone is welcome. On Wednesday, April 3rd, we will be hosting a Pinochle 101. Join us to learn more about the game and how to play.

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.

Poetry Hour • Saturday, April 6th & 20th • 10:30AM • Games Plus Room

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.

David Smith: "Themes in Philosophy" • Monday, April 1st, 8th & 15th • 11:00AM • AR

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.

David Kaynor: "Back Yard Birds of Eastern Oregon" • Monday, April 1st • 2:00PM • Activity Room

We are going to take a look at 30 birds that are often found in backyards. Lots of fun facts and suitable for anyone who loves birds.

Men's Group • Tuesday, April 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, following lunch.

Nutrition Talk with Amanda Riffle: "Nutrition for Healthy Eyes" • Tuesday, April 2nd • 2:00PM • Lakeview Dining Room

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

Let's Talk Activities with Krista • Wednesday, April 3rd • 2:00PM • Activity Room

Do you have questions about Activities? Join us as we talk through the calendar and Krista will answer any questions you have about the calendar. Krista will also go over what you need to know about the Life Enrichment Department.

NEW: Breathe & Relax Meditation with Seth • Thursday, April 4th, 11th, 18th & 25th • 10:15AM • Games Plus Room

Join us for a 30-minute, guided mindfulness class 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.

Seth Hutchins "Caring Hearts" • Thursday, April 4th • 2:00PM • Activity Room

The value of a community dementia support group lies in its ability to provide emotional support, information, social connection and caregiver respite for individuals living with dementia and their caregivers. By fostering a sense of community and solidarity, this support group is aimed towards improving the well-being and quality of life for all members involved.

April Birthday's Dinner • Thursday, April 4th • 5:00PM • LVDR

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

Music Hour "The Wayne Show" • Friday, April 5th • 2:00PM • Lakeview Dining Room

Wayne Miller is a local artist who performs a variety of up-tempo tunes from the 1950s-1990s. Please join us as we welcome The Wayne Show to The Lakeshore for the first time.

Pots, Patios & Plants • Monday, April 8th • 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!

Select Rehab "Occupational Therapy" • Tuesday, April 9th • 11:00AM • AR

Join us as we learn Occupational Therapy and their role in helping maintaining your independence.

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

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

Traveling Women's Clothing Boutique • Thursday, April 11th • 10:30AM-2:00PM • AR

Join us for shopping right here at The Lakeshore. This is a traveling women's clothing Boutique that will set up in the Activity Room for you to shop.

Women's Fashion Show • Thursday, April 11th • 11:30AM • Activity Room

We are looking for four volunteers to walk the runway for a fun event. We will try on some spring clothing and show off some fun looks. If you would like to volunteer to be a model, please contact the Life Enrichment Department.

Wellness 360 with Seth • Thursday, April 11th • 2:30PM • Activity Room

April's Monthly Topic: "The Importance of Social Connection"

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.

Meet the Resident Council Candidates • Friday, April 12th • 2:00PM • Activity Room

We are looking for four new council members. At "Meet the Candidates" you will get to hear from the residents that are running for office and voting will start right after this event. Ballots will be available at the Front Desk. This event will only take place if five or more residents submit applications for Council.

Readers Theatre • Saturday, April 13th & 27th • 10:30AM • TV Room

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

Cooking Demonstrations with Samone • Sunday, April 14th • 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!

Novel Memoir Writing Group • Tuesday, April 16th • 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!

High Tea • Wednesday, April 17th • 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. Everyone is welcome!

Culinary & Dining Meeting • Wednesday, April 17th • 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, April 18th • 2:00PM • Activity Room

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.

Plant Discover Nature Walk with Melissa • Thursday, April 18th • 3:15PM • Lobby

Join Melissa to identify the plants we have around the community using the PlantIn App. Melissa will show you how to download and use the app as you take a walk around The Lakeshore community.

Happy Hour Hoedown with Charlie Brown • Friday, April 19th • 2:00PM • LVDR

Join us for a Happy Hour Hoedown! Charlie Brown will be here with some fun country music, drinks and appetizers. Dress up or come as you are! This is a fun afternoon you will not want to miss.

Spring Craft Extravaganza • Monday, April 22nd • 1:00PM • Activity Room

Join us as we bring out all the craft supplies and let you go crazy with the crafting. We have lots of different crafts, paints, and stickers.

Book Club Meeting • Tuesday, April 23rd • 11:15AM • 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 your book and return it to Life Enrichment after the meeting.

Great Decisions with Jacob • Tuesday, April 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 the group.

Town Hall • Thursday, April 25th • 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.

Lakeshore Dinner Mixer* • Thursday, April 25th • 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.

Margaritas and Painting • Friday, April 26th • 2:00PM • Activity Room

It's Margarita Time! Join us as we sip margaritas and paint. We will be painting with acrylic paints on canvas. There will be a few options of photos for you to choose from. No experience necessary.

Nurse Talk "Memory Loss" • Monday, April 29th • 2:30PM • Activity Room

Join us as we discuss normal Memory loss and Cognitive impairment.

Dance Class with Karen • Tuesday, April 30th • 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!

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.

Uwajimaya* • Wednesday, April 3rd • 1:15pm

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

Bartells and QFC* • Wednesday, April 10th • 1:15pm

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

Trader Joe's & PCC* • Wednesday, April 24th • 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



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 April • 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.

Park Walk "Coulon Park" • Tuesdays in April • 12:45PM

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. You can walk as little or as much as you want.

Dollar Tree & JoAnn's Renton Highlands* • Tuesday, April 2nd • 10:30AM

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.

National Nordic Museum & Northwest Trolls: Way of the Bird King* • Thursday, April 4th • 1:15PM

Join us as we travel to Ballard to the Nordic Museum. We will also be visiting our first of the new troll sculptures that have been put up in the Seattle area. **Museum Ticket: \$16.00 Per Senior. It is Free to see the Troll.**

Dinner at Claim Jumper* • Tuesday, April 16th • 4:30PM

Join us as we travel to Claim Jumper in Tukwila for dinner.

Lunch at Poirier's on The River & Tulip Town* • Thursday, April 18th • 10:00AM

Join us as we travel north for Lunch at Poirier's on The River and then we will make our way over to Tulip Town. Please bring your money for lunch. Tickets for Tulip Town will be purchased in advance and charge it to your monthly bill. **Tickets: \$13.00 Per Senior. We will be borrowing a large bus from our sister community with 19 seats for residents. Sign-up today to save your seat on the bus.**

Lunch at Royal Orchid Thai Restaurant* • Thursday, April 25th • 11:00AM

Please join us as we travel to a local Thai Restaurant for a fun lunch out.

Seattle Symphony Season Ticket Holders* • Sunday, April 28th • 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

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 October 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 1981)

Turn your TV on to channel 1981, 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 Exercis



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.

