





































# JULY 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b>	<b>2</b>	<b>3</b>	<b>Independence Day 4</b>	<b>5</b>
		 <b>10:45/12:00</b> <b>Fred Meyer Grocery Shuttle * \$</b>  <b>11:15 Outing to Value Village * \$</b> 1:00 Bridge (GR) ♣♦♥♠ 2:00 Water Exercise (P) 	10:00 Enhance Fitness (GA) 11:00 Chair Yoga (GA) <b>11:00 Outing to the Issaquah Troll And Rainier Trail *</b> 12:00 Watermelon Wednesday (LR) 1:00 Bridge (GR) ♣♦♥♠ 1:15 Bible Class: <b>"Colossians"</b> (GA) 3:00 Town Hall (GA) 6:30 Poker Night (GA) 7:00 Film Fans Movie Night:  <b>"The Brutalist" (2024) (TT)</b>	9:00 Water Exercise (P)  10:30 Stretch & Flex (GA) 11:30 Lecture w/ David Kaynor <b>"Washington Lighthouses"</b> (GA) 1:00 Card Game "Sevens" (1FL) 1:30 Balance Class (GA) 3:00 Music performance w/ Jon Persson— <b>"Americana"</b> (GA)	10:00 Enhance Fitness (GA) <b>11:00-2:00</b> <b>July 4th BBQ (DR)</b> <i>(dinner delivery only)</i> 1:00 Bridge (GR) ♣♦♥♠ 1:00 Mah-Jong Game (1FL) 7:00 Movie:  <b>"Lincoln" (2012) (TT)</b>	10:30 Stretch & Flex (GA) 11:00 Mah-Jong Game (1FL) 11:15 Mindfulness Practices (GA) 12:00 Rummikub Game (1FL) 1:00 Travel Video <b>with Art: "Touring Northeast France" (GA) &amp; (TT)</b> 2:00 Short Story Creative Writing Class w/Claudia (PDR) 3:00 Texas Hold 'Em (GA) 7:00 Movie:  <b>"Independence Day" (1996) (TT)</b>
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<b>8:00-12:30 Church Shuttle*</b> 11:00 Women's Coffee Hour (LR) 1:00 Scrabble (1FL) 2:00 Rummikub Game (1FL) 2:00 Movie Matinee  <b>"US Marshals" (1998) (TT)</b> 3:00 Card Game "Sevens" (1FL)	10:00 Enhance Fitness (GA) 11:00 <i>The Thinkie System Presentation—Brain Training</i> (GA) 12:30 Low Vision Support: Guest Speaker, Dr. Marcu Colyer, Ophthalmologist (GR) 1:30 David Smith Lecture: <b>"Social &amp; Criminal Justice"</b> (GA) 3:00 Celebration of Life (GA) 6:30 Jumbo Crossword Puzzle (LR)	 <b>10:45/12:00</b> <b>QFC Grocery Shuttle * \$</b> 1:00 Bridge (GR) ♣♦♥♠ <b>1:00-2:30 New Resident Orientation</b> (GA) 2:00 Water Exercise (P)  3:00 Book Club (GR)	10:00 Enhance Fitness (GA) 11:00 Chair Yoga (GA) 12:00 Catholic Communion (GR) 12:00 Watermelon Wednesday (LR) 1:00 Bridge (GR) ♣♦♥♠ 3:00 Contemporary Issues Women's Group (GA) 6:30 Poker Night (GA)	9:00 Water Exercise (P)  <b>10:00-10:30 Traveling Library (L)</b> 10:30 Stretch & Flex (GA) 11:30 Current Events (GA) 1:00 Card Game "Sevens" (1FL) 1:30 Balance Class (GA) 3:00 Liberty High School Robotics Team Presentation (GA) <i>(Future Volunteer Opportunity)</i> 6:30 Trivia Night w/ Nick & Rebecca (GA)	10:00 Enhance Fitness (GA) 11:30 Thinkie Session * (GA) 1:00 Bridge (GR) ♣♦♥♠ 1:00 Mah-Jong Game (1FL) 3:00 Stories of a Lifetime: <b>"Family Secrets"</b> (GA) 7:00 Movie Night:  <b>"Julie &amp; Julia" (2009) (GA) &amp; (TT)</b>	10:30 Stretch & Flex (GA) 11:00 Mah-Jong Game (1FL) 11:15 Mindfulness Practices (GA) 12:00 Rummikub Game (1FL) 1:00 Travel Video <b>with Art: "Province of Normandy" (GA) &amp; (TT)</b> 3:00 Short Story Creative Writing Class w/Claudia (PDR) 7:00 Movie:  <b>"Rush Hour" (1998) (TT)</b>
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<b>8:00-12:30 Church Shuttle*</b> 11:00 Women's Coffee Hour (LR) 1:00 Scrabble (1FL) 2:00 Rummikub Game (1FL) 2:00 Movie Matinee  <b>"Rush Hour 2" (2001) (TT)</b> 3:00 Card Game "Sevens" (1FL)	10:00 Enhance Fitness (GA) 11:00 Brain Fitness (GA) 11:00 Veteran's Group— <b>NEW</b> (GR) 12:00 Thinkie Session * (GA) 12:30 Caregiver Support (GR) 1:30 David Smith Lecture: <b>"Social &amp; Criminal Justice"</b> (GA) 3:00 Life Enrichment Planning Meeting (GA)	 <b>10:45/12:00</b> <b>Fred Meyer Grocery Shuttle * \$</b> 1:00 Bridge (GR) ♣♦♥♠ 1:00 Contemporary Issues Men's Group (PDR) 2:00 Water Exercise (P)  3:00 <i>Understanding Shakespeare</i> Class (GA)	10:00 Enhance Fitness (GA) 11:00 Chair Yoga (GA)  <b>11:00 Shopping Outing to Trader Joe's * \$</b> 12:00 Watermelon Wednesday (LR) 1:00 Bridge (GR) ♣♦♥♠ 1:15 Bible Class: <b>"Colossians"</b> (GA) 3:00 Presentation: <b>Strategies for Increasing Natural Sleep</b> (GA) 6:30 Poker Night (GA)	9:00 Water Exercise (P)  10:30 Stretch & Flex (GA) <b>11:00 Lunch Outing to Salty's on Alki * \$</b>  11:30 Food Forum (GA) 1:00 Card Game "Sevens" (1FL) 1:30 Balance Class (GA) 3:00 Travelogue w/Lance Rhoades: <b>"Australia"</b> (GA)	10:00 Enhance Fitness (GA)  <b>10:00 Birthday Brunch * (DR)</b> 11:30 Health Talk w/ Select Rehab <b>"Summertime Fitness &amp; Hydration"</b> + Walk a Thon Information (GA)  <b>12:30 Palk Walk—Lake Sammamish State Park *</b> 1:00 Bridge (GR) ♣♦♥♠ 1:00 Mah-Jong Game (1FL) 3:00 Bingo & Mimosas (GA) 7:00 Movie:  <b>"The Firm" (1993) (TT)</b>	10:30 Stretch & Flex (GA) 11:00 Mah-Jong Game (1FL) 12:00 Rummikub Game (1FL) 1:00 Travel Video <b>with Art: "The Loire Valley &amp; the Palace of Versailles" (GA) &amp; (TT)</b> 3:00 Texas Hold 'Em (GA) 7:00 Movie:  <b>"Pirates of the Caribbean: Curse of the Black Pearl" (2003) (TT)</b>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<p><b>8:00-12:30 Church Shuttle*</b> 11:00 Women's Coffee Hour (LR) 1:00 Scrabble (1FL) 2:00 Rummikub Game (1FL)</p> <p><b>2:00 Movie Matinee</b>  <b>"Munich" (2005) (TT)</b></p> <p>3:00 Card Game "Sevens" (1FL)</p>	<p>10:00 Enhance Fitness (GA) 11:00 Brain Fitness (GA) 12:30 Parkinson's Support (GR) 1:00 Library Volunteering (LB) 1:30 Bingo &amp; Cookies (GA) 3:00 Resident Council Meeting (GA) 6:30 Jumbo Crossword Puzzle (LR)</p>	<p> <b>10:45/12:00 Safeway Grocery Shuttle * \$</b></p> <p>1:00 Bridge (GR) ♣♦♥♠ 2:00 <i>Water Exercise (P)</i>  3:00 Reader's Theater (GA)</p> <p> <b>6:15 Outing to Concerts on the Green "Chicago Transit Experience"*</b></p>	<p><b>9:00 Outing to Space Needle + Chihuly Garden and Glass * \$\$</b></p> <p>10:00 Enhance Fitness (GA) 11:00 Chair Yoga (GA) 12:00 Catholic Communion (GR) 12:00 Watermelon Wednesday (LR) 1:00 Bridge (GR) ♣♦♥♠ 3:00 Contemporary Issues Women's Group (GA) 6:30 Poker Night (GA)</p>	<p>9:00 Water Exercise (P)  10:30 Stretch &amp; Flex (GA) 11:30 Thinkie Session * (GA) 1:00 Card Game "Sevens" (1FL) 1:30 Balance Class (GA) 2:30 Music Lecture w/Theo Deacon <b>"George M Cohan"</b> (GA)</p> <p> <b>4:15 Outing to Caadxi Oaxaca Mexican Restaurant * \$</b></p>	<p><b>Food Bank pick up 25</b></p> <p>10:00 Enhance Fitness (GA)</p> <p> <b>10:00 Outing to Snoqualmie Casino * \$</b></p> <p>12:00 Corn Hole, Games, Beer &amp; Popcorn (GA) 1:00 Bridge (GR) ♣♦♥♠ 1:00 Mah-Jong Game (1FL) 3:00 Happy Hour w/ Duet Marianna <b>"Dance the Night Away"</b> (GA)</p> <p>7:00 Movie:  <b>"Star Wars: The Phantom Menace" (2009) (TT)</b></p>	<p>10:30 Stretch &amp; Flex (GA) 11:00 Mah-Jong Game (1FL) 11:15 Mindfulness Practices (GA)</p> <p><b>11:30 Outing to Issaquah's Famer's Market * \$</b></p> <p>12:00 Rummikub Game (1FL) 1:00 Travel Video <b>with Art: "France's Great Massif Region" (GA) &amp; (TT)</b> 3:00 NW Mix Quartets (GA)</p> <p>7:00 Movie:  <b>"The Man from Elysian Fields" (2001) (TT)</b></p>
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>		
<p><b>8:00-12:30 Church Shuttle*</b> 11:00 Women's Coffee Hour (LR) 1:00 Scrabble (1FL)</p> <p><b>1:15 Outing to Kids Stage Village Theater "Chicago" * \$\$</b></p> <p>2:00 Rummikub Game (1FL)</p> <p><b>2:00 Movie Matinee:</b>  <b>"The Tourist" (2010) (TT)</b></p> <p>3:00 Card Game "Sevens" (1FL)</p>	<p>10:00 Enhance Fitness (GA) 11:00 Brain Fitness (GA) 11:00 Grief Support (GR) 12:30 Caregiver Support Group (GR) 1:00 Sunshine Club (PDR) 1:30 Presentation: <b>Issaquah Historical Society; Issaquah History Part 2</b> (GA) 3:00 Hawaiian Themed Ice Cream Party w/ Issaquah Interact High School Group (GA)</p>	<p>9:00 <i>Water Exercise (P)</i> </p> <p> <b>10:45/12:00 Fred Meyer Grocery Shuttle * \$</b></p> <p>1:00 Bridge (GR) ♣♦♥♠ 3:00 Nutrition Talk: w/ Amanda + Chef Demo! <b>"Superfoods for Superior Health"</b> (GA)</p>	<p><b>8:30 Outing to Crystal Mountain Gondola \$\$ &amp; Lunch at The Summit Restaurant * \$</b></p> <p>10:00 Enhance Fitness (GA) 11:00 Chair Yoga (GA) 12:00 Watermelon Wednesday (LR) 1:00 Bridge (GR) ♣♦♥♠ 3:00 Thinkie Session * (GA) 6:30 Poker Night (GA)</p>	<p>9:00 Water Exercise (P)  10:30 Stretch &amp; Flex (GA) 11:30 Current Events (GA) 1:00 Card Game "Sevens" (1FL) 1:30 Balance Class (GA) 3:00 Beer, Chips and Bingo (GA)</p>		
	<p><b>Room Key:</b> 1st Floor Loft (1FL) 1st Floor Living Room (1FLR) Dining Room (DR) Dining Room Patio (DRP) Game Room (GR) Gilman Auditorium (GA) Library (LB) Living Room (LR) Lobby (L) Pea Patch (PP) Pool (P) Private Dining Room (PDR)</p>	<p><b>Anything in BLUE indicates TouchTown (TT) (Ch. 370/371)</b> We have an in-house television station, called <b>TouchTown (Channel 370 or 371)</b>, which we use to make announcements. You will also see slides with the description of what is happening that, and the following, day. <b>TouchTown</b> is also where you find movies, documentaries, etc. we program for you.</p>	<p><b>Symbol Key:</b> "*" <b>Advanced sign-up Front Desk Life Enrichment Binder.</b> *<b>Bold &amp; Purple</b> - <b>Advanced RSVP &amp; Invite at front desk</b> <b>Anything in *Bold*</b> is typically off site <b>Anything in BLUE indicates TouchTown (TT) (Ch. 370/371)</b> \$ = <b>Bring your wallet along!</b> \$ <b>PATD = Pay At The Door</b> \$\$ = <b>Tickets Purchased Ahead &amp; Charged to your apartment</b></p>		<p><b>WELLNESS SERVICES:</b> <b>Audiologist —1 X a month (7/10)</b> <b>Dermatologist—1 X a month (7/2)</b> <b>Dr. Mak, Podiatrist— 1 X a month (7/18)</b></p> <p><b>If you have questions about the wellness services —OR—</b> <b>If you would like to schedule your appointments for the above... please go to the Wellness Center on the first floor.</b></p>	<p><b>For additional activity supplies please contact Life Enrichment on the 3rd floor or by calling the front desk at 425-557-4200</b></p>