

JUNE 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:45 Enhance Fitness (GA) 11:00 Brain Fitness (GA) 12:30 Caregiver Support (Apt #201) 1:30 Death Café (GA) 3:00 Violinist, Ilana Zaks (GA) 6:30 Jumbo Crossword Puzzle (GA)	2 9:00 Water Exercise (P) 10:45/1:15 Fred Meyer Grocery Shuttle * \$ 1:00 Bridge (Apt #201) 1:00 Veteran's Group (PDR) 3:00 Contemporary Issues Co-ed Group " New White House Counter-Terrorism Strategy & Definitions " (GA)	3 9:45 Enhance Fitness (GA) 11:00 Chair Yoga (GA) 12:30 Outing to Movie Theater to see Met Opera's "El Ultimo Sueno de Frida y Diego" * \$\$ 1:00 Bridge (Apt. #201) 3:00 Town Hall (GA) 6:30 Poker Night (GA) 7:00 Film Fans Movie Night: " The Royal Tenenbaums " (2001) (TT)	4 10:30 Stretch & Flex (GA) 11:30 Film Fans Discussion Group w/William (GA) 1:00 Card Game "Sevens" (Apt. #201) 1:30 Balance Class (GA) 3:00 Beer, Chips & Bingo (GA)	5 9:45 Enhance Fitness (GA) 10:00 Outing to Seattle Japanese Garden * \$\$ 1:00 Bridge (Apt #201) 1:00 Mah-Jong Game (Apt #201) 3:00 Life Enrichment Planning Meeting (GA) 7:00 Movie: " The Second Best Exotic Marigold Hotel " (2015) (TT)	6 10:30 Stretch & Flex (GA) 11:00 Mah-Jong Game (#201) 11:15 Mindfulness Practices (GA) 12:00 Rummikub Game (#201) 1:00 Travel w/Art: " China Cultural Tour " (GA) & (TT) 2:00 Short Story Creative Writing Class w/Claudia (PDR) 3:00 Gardening w/Girl Scouts! (Courtyard) <i>Volunteer!</i> 7:00 Movie: " Saving Private Ryan " (1998) (TT)
7 8:00-12:30 Church Shuttle* 11:00 Women's Coffee Hour (GA) 1:00 Scrabble (Apt. #201) 1:15 Outing to Sammamish Symphony Orchestra "A Happy, Blissful Song: The Blu Danube" * \$ 2:00 Rummikub Game (Apt. #201) 2:00 & 7:00 Movie: " The Great Escape " (1963) (TT) 3:00 Card Game "Sevens" (Apt. #201)	8 9:45 Enhance Fitness (GA) 11:00 Brain Fitness (GA) 1:00 Wellness 360 "Death Doulas" (GA) 3:00 Safe Steps, Sharp Minds Project/Stronger Memory Presentation (GA)	9 9:00 Water Exercise (P) 10:00 Outing to Value Village * \$ 10:45/1:15 QFC Grocery Shuttle * \$ 1:00 Bridge (Apt #201) 3:00 Book Club (PDR)	10 9:45 Enhance Fitness (GA) 11:00 Chair Yoga (GA) 12:00 Catholic Communion (PDR) 1:00 Bridge (Apt. #201) 1:15 Bible Class w/ Pastor Joe (PDR) 3:30-4:00 Special Guest Violin Performance w/Mark Huggins (GA) 4:15 Dinner Outing to Masa Mexican Kitchen & Cantina * \$ 6:30 Poker Night (GA)	11 10:00-10:30 Traveling Library (L). 10:30 Stretch & Flex (GA) 11:30 Current Events (GA) 1:00 Card Game "Sevens" (Apt. #201) 1:00 Balance Class (GA) 3:00pm-4:30pm <i>Art Gala</i> <i>"Evergreen Association of Fine Arts" (L, LR, IFLR)</i>	FOOD BANK PICK UP 12 9:45 Enhance Fitness (GA) 11:30 Special Performance: <i>Clarinet Quintet!</i> (GA) 1:00 Bridge (Apt #201) 1:00 Mah-Jong Game (Apt. #201) 2:00 Shabbat w/Rabbi Schneur (PDR) 3:00 Stories of a Lifetime: " How does life at UHI fit the plans you had for this phase of life " (GA) 7:00 Movie Night " The African Queen " (1951) (GA) & (TT)	13 9:45 Walking Group! (L) 10:30 Stretch & Flex (GA) 11:00 Mah-Jong Game (#201) 11:15 Mindfulness Practices (GA) 12:00 Rummikub Game (#201) 1:00 Travel w/Art: " Alpine Holiday " (GA) & (TT) 3:00-4:30 Technology Help Desk (LR) * 7:00 Movie: " The Ghost and Mrs. Muir " (1947) (TT)
14 8:00-12:30 Church Shuttle* 11:00 Women's Coffee Hour (LR) 1:00 Scrabble (Apt. #201) 2:00 Rummikub Game (Apt. #201) 2:00 & 7:00 Movie: " The Sting " (1973) (TT) 3:00 Card Game "Sevens" (Apt. #201)	15 9:45 Enhance Fitness (GA) 11:00 Brain Fitness (GA) 11:00 Hearing Loss Support (#201) 12:30 Caregiver Support (#201) 2:15 Survey Distribution Party! w/ margaritas & Cheetos! (GA) 3:00 Resident Council Meeting (GA) 6:30 Jumbo Crossword Puzzle (LR)	16 9:00 Water Exercise (P) 10:45/1:15 Fred Meyer Grocery Shuttle * \$ 1:00 Bridge (Apt #201) 2:00 Contemporary Issues Men's Group: " The Universal Question—What is Life About? " (PDR) 3:00 Understanding Shakespeare Class (GA)	17 9:45 Enhance Fitness (GA) 11:00 Chair Yoga (GA) 12:15 Outdoor Walk—Tradition Lake Loop * 1:00 Bridge (Apt. #201) 3:00 Contemporary Issues Women's Group (GA) 4:30 Liberty High School Robotics Team (GA) 6:30 Poker Night (GA)	18 10:30 Stretch & Flex (GA) 11:30 Food Forum (GA) 11:30 Lunch Outing to King Chinese Buffet * \$ 1:00 Card Game "Sevens" (Apt. #201) 1:30 Balance Class (GA) 2:30 Father's Day Outing to Formula Brewing * \$	Juneteenth 19 9:45 Enhance Fitness (GA) 10:00 Birthday Brunch * (DR) 11:30 Special Presentation: Health & Wellness at University House (GA) 1:00 Bridge (Apt. #201) 1:00 Mah-Jong Game (Apt. #201) 3:00 UW Professor, Chirag Shah: " Being Human in the Age of AI " (GA) 7:00 Movie: " Hidden Figures " (2016) (TT)	20 10:30 Stretch & Flex (GA) 11:00 Mah-Jong Game (1FL) 11:15 Mindfulness Practices (GA) 12:00 Rummikub Game (1FL) 1:00 Travel w/Art: " Swiss Holiday " (GA) & (TT) 1:15 Outing to Washington Wind Symphony: "Blockbuster" * \$\$ 2:00 Short Story Creative Writing Class w/Claudia (PDR) 7:00 Movie: " About Schmidt " (2002) (TT)



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p align="center">Father's Day 21</p> <p>8:00-12:30 Church Shuttle*</p> <p>11:00 Women's Coffee Hour (LR)</p> <p align="center">11:00-2:00</p> <p align="center">Father's Day Brunch (DR) <i>(Dinner Delivery Only)</i></p> <p>1:00 Scrabble (1FL)</p> <p align="center">1:10 Dads, Baseball & Beer! Mariners v. Red Sox (GA)</p> <p>2:00 Rummikub Game (Apt. #201)</p> <p>2:00 & 7:00 Movie <i>"Secondhand Lions" (2003) (TT)</i></p> <p>3:00 Card Game "Sevens" (#201)</p>	<p align="center">22</p> <p>9:45 Enhance Fitness (GA)</p> <p>11:00 Brain Fitness (GA)</p> <p>1:30 Script Reading w/ William (GA)</p> <p>3:00 Music Lecture w/David Joyner <i>"A Juneteenth Celebration: From Slavery to Carnegie Hall"</i> (GA)</p>	<p align="center">23</p> <p>9:00 Water Exercise (P)</p> <p>10:00-11:30 Vintage Native American postcards & Artifacts w/ John Cooper (1FL)</p> <p align="center">10:45/1:15</p> <p align="center">Safeway Grocery Shuttle * \$</p> <p>1:00 Bridge (Apt #201)</p> <p>3:00 Nutrition Talk: w/ Amanda + <i>Chef Demo!</i> <i>"Maintaining Hydration"</i> (GA)</p>	<p align="center">24</p> <p>9:45 Enhance Fitness (GA)</p> <p>11:00 Chair Yoga (GA)</p> <p align="center">11:00 Shopping Outing To Trader Joe's * \$</p> <p>11:45 Sunshine Club (Apt. #201)</p> <p>12:00 Catholic Communion (PDR)</p> <p>1:00 Library Volunteering (LB)</p> <p>1:00 Bridge (Apt. #201)</p> <p>1:15 Bible Class w/ Pastor Joe (PDR)</p> <p>3:00 Film Lecture w/Kris: <i>"A Century of Sherlock"</i> (GA)</p> <p>6:30 Poker Night (GA)</p>	<p align="center">25</p> <p>10:30 Stretch & Flex (GA)</p> <p align="center">11:30 Lunch Outing to DIYAR Restaurant * \$</p> <p>1:00 Card Game "Sevens" (#201)</p> <p>1:30 Balance Class (GA)</p> <p>3:00 Bingo & Cookies (GA)</p> <p align="center">Dinner Mixer Night * <i>(Sign up in LE Book)</i></p>	<p align="center">26</p> <p>9:45 Enhance Fitness (GA)</p> <p>11:30 Wellness Talk w/ Sara P. <i>"Fall Prevention"</i> (GA)</p> <p align="center">12:30 Outdoor Walk—Costco Lake Walk *</p> <p>1:00 Bridge (Apt #201)</p> <p>1:00 Mah-Jong Game (Apt. #201)</p> <p>3:00 Happy Hour w/ Blue Notes Jazz Combo (GA)</p> <p>7:00 Movie: <i>"The Inside Man" (1999) (TT)</i></p>	<p align="center">27</p> <p>9:45 Walking Group! (L)</p> <p>10:30 Stretch & Flex (GA)</p> <p>11:00 Mah-Jong Game (#201)</p> <p>11:15 Mindfulness Practices (GA)</p> <p>12:00 Rummikub Game (#201)</p> <p align="center">12:15 Outing to Issaquah Farmer's Market * \$</p> <p>1:00 Travel w/Art: <i>"Italian Holiday" (GA) & (TT)</i></p> <p>7:00 Movie: <i>"Julie and Julia" (2009) (TT)</i></p>
<p align="center">28</p> <p>8:00-12:30 Church Shuttle*</p> <p>11:00 Women's Coffee Hour (LR)</p> <p>12:30 Fireside Chat w/Susan V. (LR)</p> <p>1:00 Scrabble (Apt. #201)</p> <p>2:00 Rummikub Game (Apt. #201)</p> <p>2:00 & 7:00 Movie <i>"Mona Lisa Smile" (2003) (TT)</i></p> <p>3:00 Card Game "Sevens" (Apt. #201)</p>	<p align="center">29</p> <p>9:45 Enhance Fitness (GA)</p> <p>11:00 Brain Fitness (GA)</p> <p>1:00 Safe Steps, Sharp Minds Check-in (GA)</p> <p>2:30 Music Lecture w/ Theo Deacon <i>"Rodgers & Hammerstein's "Flower Drum Song"</i> (GA)</p> <p align="center">Resident Survey Deadline!</p>	<p align="center">30</p> <p>9:00 Water Exercise (P)</p> <p align="center">10:45/1:15</p> <p align="center">Fred Meyer Grocery Shuttle * \$</p> <p>1:00 Bridge (Apt #201)</p> <p>3:00 Bingo & Mimosas (GA)</p>				
		<p align="center"><i>For additional activity supplies please contact Life Enrichment on the 3rd floor or by calling the front desk at 425-557-4200</i></p>	<p>Room Key:</p> <p>1st Floor Loft (1FL)</p> <p>1st Floor Living Room (1FLR)</p> <p>Dining Room (DR)</p> <p>Dining Room Patio (DRP)</p> <p>Game Room (GR)</p> <p>Gilman Auditorium (GA)</p> <p>Library (LB)</p> <p>Living Room (LR)</p> <p>Lobby (L)</p> <p>Pea Patch (PP)</p> <p>Pool (P)</p> <p>Private Dining Room (PDR)</p>	<p>Symbol Key:</p> <p>"*" Advanced sign-up Front Desk Life Enrichment Binder.</p> <p>*Bold & Purple - Advanced RSVP & Invite at front desk</p> <p>Anything in *Bold* is typically off site</p> <p>Anything in BLUE indicates TouchTown (TT) (Ch. 370/371)</p> <p>\$ = Bring your wallet along!</p> <p>\$ PATD = Pay At The Door</p> <p>\$\$ = Tickets Purchased Ahead & Charged to your apartment</p>	<p align="center">WELLNESS SERVICES:</p> <p align="center">Podiatrist, Dr. Mak</p> <p align="center">6/2 & 6/16</p> <p><i>If you would like to schedule an appointment with Dr. Mak, please go to the Wellness Center on the first floor.</i></p>	<p align="center">Massage Therapist, Elizabeth</p> <p align="center">Tuesdays</p> <p><i>If you would like to schedule an appointment with Elizabeth, please see the Front Desk.</i></p>