



# JUNE 2026



- (1) Auditorium
- (2) Husky Den
- (3) Rosario Arts Room, 3rd Floor
- (4) Vashon Room
- (5) Gallery, 1st Floor
- (6) San Juan Room, 1st Floor
- (7) NW Conference Room, 1st Floor

- (8) Rainier Dining Room, 1st Floor
- (9) Fitness Center, Lobby Level
- (10) Dining Room Foyer, 1st Floor
- (11) Courtyard/Patio
- (L) Lobby
- (O)\* Off-Site Trip (Sign Up in Lobby)
- (O\$)\* Off-Site Trip Prepaid Cost

● Exercise Activity



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> 8:30am EnhanceFitness (1) 9:00am Podiatry Clinic (3)* 9:30am Stretch & Flex (1) 10:30am Life Enrichment Meeting (1) 1:00pm Walk & Shop: University Village (O)* 1:30pm Scrabble (1) 3:30pm Understanding Shakespeare with Shanna Allman (1) 4:30pm Ladies Night Out: Maggie Bluffs (O)* 6:30pm Rummy Tile (5) 7:00pm Ilana Zaks Violin Performance (1)	<b>2</b> 9:00am Better Balance (1) 9:00am Foot Care (3)* 9:45am All Levels Walk: Golden Gardens: Shuttle #1(O)* 10:30am All Levels Walk: Golden Gardens: Shuttle #2(O)* 1:00pm Shop: Fred Meyer (O)* 2:00pm Women's Group (1) 3:00pm Creative Writing (7) 3:30pm Exercise with Karen (1) 4:00pm Tech Talk with Mekyle (7) 7:00pm Carson Lilley Piano Performance (1)	<b>3</b> 8:15am Swim at ATP (O)* 8:30am EnhanceFitness (1) 9:30am Stretch & Flex (1) 10:30am Great Courses with Lowell (1) 10:30am Knit & Stitch (5) 1:30pm Myron's Readings (6) 7:00pm Quiddler (5) 7:00pm UW School of Music: Jazz Ensemble and Modern Band (O\$)*	<b>4</b> 9:30am Better Balance (1) 10:00am Chess (5) 10:00am Faith, Hope & Love (2) 10:30am Specialty Shop: Met Market Sand Point (O)* 11:00am Choir Rehearsal (1) 11:00am Flower Arranging (6) 1:00pm First Free Thursday: Seattle Art Museum (O)* 2:00pm Death Café (1) 3:00pm Happy Hour feat. Karl Moffitt (5) 7:00pm Lincoln HS Choir Concert (O)	<b>5</b> 8:15am Swim at ATP (O)* 8:30am EnhanceFitness (1) 9:30am Stretch & Flex (1) 10:00am Quiddler (6) 10:30am Shakespeare Reader's Theater (2) 1:00pm Brain Fitness (7) 3:00pm Charades! Happy Hour (5) 7:00pm Friday Night Movie: Reel in the Closet (1)	<b>6</b> 9:30am Guided Meditation with Sam (7) 10:30am Saturday Matters (1) 11:30am Rummy Tile (5) 1:00pm Farewell Zoo Outing with Sam (O)* 1:00pm MahJong (5)
<b>7</b> 9:30am Better Balance (1) 11:00am Brain Fitness (7) 1:15pm Seattle Symphony: Let's Misbehave: Cole Porter (O)* 2:00pm 1st Floor Party (10)	<b>8</b> 8:30am EnhanceFitness (1) 9:30am Stretch & Flex (1) 10:30am Monday Coffee: Assistance League of Seattle (1) 1:30pm Scrabble (5) 3:00pm EPOC Meeting (1) 4:30pm Men's Night Out: Murphy's (O)* 6:30pm Rummy Tile (5) 7:00pm Lincoln HS Band Concert (O)	<b>9</b> 9:00am Better Balance (1) 9:45am All Levels Walk: Magnuson Park (O)* 1:00pm Shop: Trader Joe's (O)* 3:00pm Creative Writing (7) 3:00pm Exercise with Karen (1) ^Notice! Earlier time today! 4:00pm Pride Month Drag BINGO with Sativa Queen (1)	<b>10</b> 8:15am Swim at ATP (O)* 8:30am EnhanceFitness (1) 9:30am Stretch & Flex (1) 10:30am Great Courses with Lowell (1) 10:30am Knit & Stitch (5) 1:30pm Myron's Readings (6) 3:00pm The 2026 FIFA World Cup with Anders (part 2) (1) 7:00pm Quiddler (5)	<b>11</b> 9:30am Better Balance (1) 10:00am Chess (5) 10:00am Faith, Hope & Love (2) 11:00am Choir Rehearsal (1) 12:30pm Dietitian Talk: Maintaining Hydration (1) 2:00pm Early Music Seattle Presentation (1) 3:00pm Employee Appreciation Event (11) 3:30pm Exercise with Karen (1)	<b>12</b> 8:15am Swim at ATP (O)* 8:30am EnhanceFitness (1) 9:30am Stretch & Flex (1) 10:00am Quiddler (6) 10:30am Shakespeare Reader's Theater (2) 11am Pride Month Crafting (6) 1:00pm Brain Fitness (7) 2:00pm Celebration of Life (1) 7:00pm USA vs. Paraguay: 2026 FIFA World Cup (2) 7:00pm Movie: The Way We Were (1)	<b>13</b> 10:30am Saturday Matters (1) 11:30am Rummy Tile (5) 1:00pm MahJong (5) 3:00pm Bob's Piano Bar (5)
<b>14</b> 9:30am Better Balance (1) 11:00am Brain Fitness (7) 1:00pm Poetry Reading by Janice O'Mahony (1) 2:00pm 2nd Floor Party (10) 3:00pm Dance for Non-Dancers (1)	<b>15</b> Auditorium Sound System Replacement 10:30am University House Scavenger Hunt (L) 1:00pm Resident Survey Completion Party Join the party at your floor's designated timeframe: 1-2pm 1st & 5th Floors (5) 2-3pm 2nd Floor (5) 3-4pm 3rd Floor (5) 4-5pm 4th Floor (5) 1:30pm Scrabble (5) 6:30pm Rummy Tile (5)	<b>16</b> Auditorium Sound System Replacement 10:30am Pacific Northwest Ballet Tour (O\$)* 10:30am Art Tour with June Sekiguchi (L) 1:30pm Shop: Fred Meyer (O)* 2:00pm Parkinson's Support Group (2) 3:00pm Creative Writing (7) 4:00pm Tech Talk with Mekyle (7)	<b>17</b> 8:15am Swim at ATP (O)* 8:30am EnhanceFitness (1) 9:30am Stretch & Flex (1) 10:30am Great Courses with Lowell (1) 10:30am Knit & Stitch (5) 1:30pm Myron's Readings (6) 3:00pm Flower Arranging for Art Gala (6) 7:00pm Quiddler (5)	<b>18</b> 9:30am Better Balance (1) 10:00am Chess (5) 10:00am Faith, Hope & Love (2) 10:30am Sarah Fox PhD Lecture (1) 10:30am Fitness Center Introduction (9) 11:00am Flower Arranging (6) 11:30am Choir Rehearsal (1) 2:00pm Art Gala (5) 2:30pm Audiology Clinic (3)*	<b>19</b> 8:15am Swim at ATP (O) 8:30am EnhanceFitness (1) 9:30am Stretch & Flex (1) 10:00am Quiddler (5) 10:30am African-American Music Lecture (1) 10:30am Shakespeare Reader's Theater (2) 12:00pm USA vs. Australia: 2026 FIFA World Cup (2) 1:00pm Brain Fitness (7) 2:00pm Courtyard Garden Tour with Donna Boyles (11) 3:00pm Art Talk with Rebecca Albiani (1) 7:00pm Friday Night Movie: Do The Right Thing (1)	<b>20</b> 10:30am Saturday Matters (1) 11:30am Rummy Tile (5) 1:00pm MahJong (5) 1:00pm Zentangle (1) 3:00pm Saturday Documentary: Farthest: Voyager in Space (1) 7:00pm Female Jazz Vocalist Presentation by John Nicon (1)



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<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<p>9:30am Better Balance (1)</p> <p>10:00am Father's Day at Pitch &amp; Putt (O)*</p> <p>11:00am Brain Fitness (7)</p> <p>1:00pm Seattle Symphony: Xian Conducts Beethoven's 9th (O)</p> <p>4:30pm Father's Day Buffet (6)</p>	<p>8:30am EnhanceFitness (1)</p> <p>9:30am Stretch &amp; Flex (1)</p> <p>10:30am The A.I. Con Lecture (1)</p> <p>1:30pm Scrabble (5)</p> <p>3:00pm Happy Hour Trivia with Heads in the Clouds Trivia (1)</p> <p>6:30pm Rummy Tile (5)</p>	<p>9:00am Better Balance (1)</p> <p>9:45am All Levels Walk: Alki Beach (O)*</p> <p>12:45pm SPL Bookmobile (1)</p> <p>1:00pm Shop: Trader Joe's (O)*</p> <p>3:00pm Creative Writing (7)</p> <p>3:30pm Exercise with Karen (1)</p> <p>4:00pm Tech Talk with Mekyle (7)</p>	<p>8:15am Swim at ATP (O)</p> <p>8:30am EnhanceFitness (1)</p> <p>9:30am Stretch &amp; Flex (1)</p> <p>10:30am Great Courses with Lowell (1)</p> <p>10:30am Knit &amp; Stitch (5)</p> <p>1:30pm Myron's Readings (6)</p> <p>3:00pm University House Singers and Instrumentalists Performance (1)</p> <p>7:00pm Quiddler (5)</p>	<p>9:30am Better Balance (1)</p> <p>10:00am Chess (5)</p> <p>10:00am Faith, Hope &amp; Love (2)</p> <p>10:30am Specialty Shop: Town &amp; Country (O)</p> <p>11:00am Choir Rehearsal (1)</p> <p>2:00pm Birthday Social with Do Peterson (5)</p> <p>7:00pm USA vs. Türkiye: 2026 FIFA World Cup (2)</p> <p>7:00pm Art Awards Ceremony (1)</p>	<p>8:15am Swim at ATP (O)</p> <p>8:30am EnhanceFitness (1)</p> <p>9:30am Stretch &amp; Flex (1)</p> <p>10:00am Quiddler (6)</p> <p>10:30am Shakespeare Reader's Theater (2)</p> <p>1:00pm Brain Fitness (7)</p> <p>3:00pm Select Rehab Talk (1)</p> <p>7:00pm Friday Night Movie: Matchstick Men (1)</p>	<p>10:30am Saturday Matters (1)</p> <p>11:30am Rummy Tile (5)</p> <p>1:00pm MahJong (5)</p> <p>2:00pm Jeremy Sever Musical Performance (1)</p>
<b>28</b>	<b>29</b>	<b>30</b>				
<p>9:30am Better Balance (1)</p> <p>11:00am Brain Fitness (7)</p> <p>2:00pm 3rd Floor Party (10)</p> <p>3:30pm Gasworks Park Walk (O)*</p>	<p>8:30am EnhanceFitness (1)</p> <p>9:30am Stretch &amp; Flex (1)</p> <p>10:30am Wellness Talk with Tabby (1)</p> <p>1:30pm Scrabble (5)</p> <p>3:00pm Town Hall with Phyllis (1)</p> <p>6:30pm Rummy Tile (5)</p>	<p>9:00am Better Balance (1)</p> <p>9:45am All Levels Walk: Seward Park (O)</p> <p>1:00pm Shop: Trader Joe's (O)</p> <p>3:00pm Creative Writing (7)</p> <p>3:30pm Exercise with Karen (1)</p> <p>4:00pm Tech Talk with Mekyle (7)</p> <p>7:00pm Resident Association Meeting (1)</p>				