

Ida Culver House Broadview July 2026 Activities

Sun	Mon	Tue	Wed	Thu	Fri	Sat
* = Sign up in Bistro Binder (outing or appointments required) ‡ = Contact Life Enrichment (\$)= Bring your wallet! RR = Resident-Run Activity !! = New Activity / Event Change KEY Special Event Exercise Class Outing B = Broadview Rm R = Rainier Room L = Library G = Game Room A = Art Studio P = Patio / Lobby O = Bistro Y = Gym C = B Conference Rm			1 8:30 (B) Stretch & Flex 9:15 (B) Enhance Fitness 10:30 (B) ICHB Choir Rehearsal 1:00 (B) Current Events 3:00 (B) Independence Day Trivia 5:00 (B) !! USA vs. Bosnia and Herzegovina World Cup Match Watch-Along 6:30 (G) !! RR Bridge 	2 9:00 (B) Dynamic Balance 9:45 (B) Stretch & Flex 10:30 * (\$) Grocery Trip: Trader Joe's 1:00 (B) Strength Training 1:30 * (\$) Grocery Trip: Trader Joe's 3:00 (B) Life Enrichment Forum 3:30 (R) Gentle Movement 7:00 (G) RR Poker Night	3 8:30 (B) Stretch & Flex 9-11 (G) Fiber Arts Meetup 11-2:30 (B, P) Independence Day BBQ 	4 Independence Day 9:30 Neighborhood Walk 1:00–2:00 (C) Tech Help Desk 3:00 (B) Fourth of July Craft: Popsicle Stick Flags 3:00 (G) RR Backgammon 5:30 (O) Large-Print Book Distribution 7:00 (O) RR Resident Social
5 10:00 (B) Seated Dance Fitness 11:00 (B) Enhance Fitness 1:00–2:00 (B) Tech Help Desk 1:30 (G) RR Play Reading 3:00 (B) Rebus Puzzles 3:00 (G) RR Cribbage	6 8:30 (B) Stretch & Flex 9:15 (B) Enhance Fitness 9:30 * Pool Drop-off 10:30 (B) Understanding Shakespeare: "Hamlet" 1:00 (B) Gentle Yoga w Binka 1:00 (R) StrongerMemory Weekly Check-In 2:00 (G) Men's Group 2:30 (B) Watercolors with Cathy Shiovitz 3:45 (B) Reading with Nils 7:00 (L) Non-Fiction Book Club	7 9:00 (B) Balance w Select Rehab 9:45 (B) Cardio Drumming 10:30 (B) ICHB Choir Pickup Rehearsal 1:00 (G) RR Canasta 1:00 (A) ICHB Quilters 1:30–2:30 (B) Farewell Jeremy: A Time to Share Thanks & Best Wishes 3:30 (B) Poetry Salon 6:30 (G) RR Scrabble	8 8:30 (B) Stretch & Flex 9:15 (B) Enhance Fitness 10:30 (G) Volunteer: Blanket-Making 10:30 (B) ICHB Choir Rehearsal 1:00 (B) Current Events 2:30 (B) July Birthday Celebration 6:30 (B) RR Bridge 	9 9:00 (B) Dynamic Balance 9:45 (B) Stretch & Flex 10:30 (B) Food Advisory 10:30 * (\$) Grocery Trip: Town & Country 1:30 * (\$) Grocery Trip: Town & Country 2:00 (G) Parkinson's Group 3:30 (R) Gentle Movement 3:30 (G) !! "Great Escape" Book Club 	10 8:30 (B) Stretch & Flex 9-11 (G) Fiber Arts Meetup 9:15 (B) Enhance Fitness 1:00 (G) RR Rummikub 1:00 (B) Music History with Dr. Theo Deacon: Meredith Wilson's "The Music Man" 3:00 (B) BINGO 7:00 (B) Trivia Night 	11 9:30 * Park Walk: Echo Lake 1:00–2:00 (C) Tech Help Desk 2:30 (B) !! Linguistics Discussion Group 3:00 (G) RR Backgammon
12 10:00 (B) !! Stretch & Flex 11:00 (B) Enhance Fitness 1:00–2:00 (B) Tech Help Desk 1:30 (G) RR Play Reading 3:00 (B) Lawn Games & Slushies! 3:00 (G) RR Cribbage	13 8:30 (B) Stretch & Flex 9:15 (B) Enhance Fitness 9:30 * Pool Drop-off 10:30 (B) Mammals of the Arctic with David Kaynor 1:00 (B) Gentle Yoga w Binka 1:00 (R) StrongerMemory Weekly Check-In 2:00 (G) Low Vision Support Group 3:30 (B) Fossil Fiddles Philharmonic Jam 7:00 (B) ICHB Choir Concert	14 9:00 (B) Balance w Select Rehab 9:45 (B) Cardio Drumming 10:30 (B) Resident Council 1:00 (G) RR Canasta 1:00 (B) Nutrition Talk: Simplified Diabetes Meal Planning 2:15 (L) Let's Talk Books 2:30 (B) !! Seated Dance Fitness 3:30 (B) Improv 6:30 (G) RR Scrabble	15 8:30 (B) Stretch & Flex 10:00 (R) Communion 10:30 (B) ICHB Choir Concert 12:30 * (\$) Outing: Sky Nursery 1:00 (B) Current Events 6:30 (B) RR Bridge 	16 9:00 (B) Dynamic Balance 9:45 (B) Stretch & Flex 10:30 * (\$) Grocery Trip: Fred Meyer 1:00 (B) Strength Training 1:30 * (\$) Grocery Trip: Fred Meyer 2:00 (G) Caregivers Group 3:00 (B) Swing Time Travelers Jazz Band 3:30 (R) Gentle Movement 7:00 (G) RR Poker Night 	17 8:30 (B) Stretch & Flex 9-11 (G) Fiber Arts Meetup 9:15 (B) Enhance Fitness 10:30 (B) EF Fit Checks 1:00 (G) RR Rummikub 1:30 (B) Karaoke 3:00 (B) BINGO 3:30 (C) !! RR Genealogy Group	18 9:30 * Park Walk: St. Edward State Park 1:00–2:00 (C) Tech Help Desk 2:30 (B) !! Good News Discussion Group 3:00 (G) RR Backgammon 7:00 (O) RR Resident Social



Be on the lookout for more World Cup Match watch parties that may be added if the USA advances in the tournament!

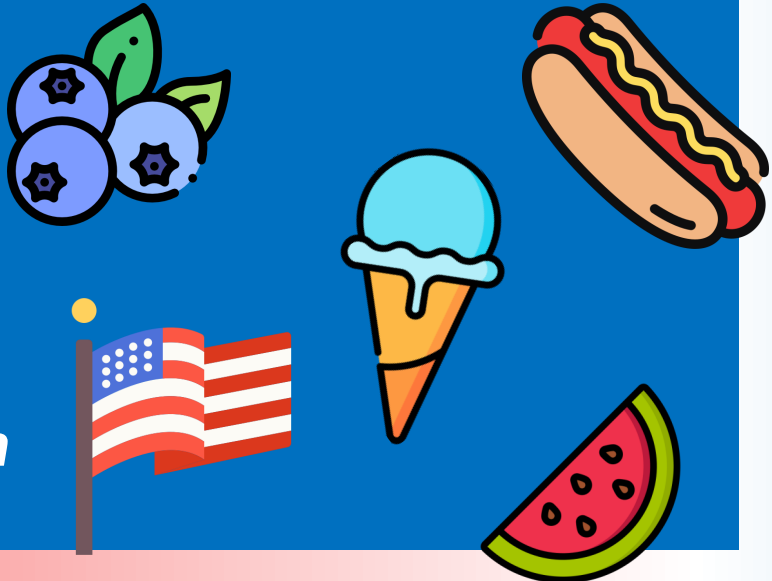


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Sun	Mon	Tue	Wed	Thu	Fri	Sat
19 10:00 (B) !! Stretch & Flex 11:00 (B) Enhance Fitness 1:00-2:00 (B) Tech Help Desk 1:30 (G) RR Play Reading 3:00 (B) Cultural Craft, Armenia: Coil Clay Vases 3:00 (G) RR Cribbage	20 8:30 (B) Stretch & Flex 9:15 (B) Enhance Fitness 10:30 * !! (\$) Grocery Trip: QFC 1:00 (B) Gentle Yoga w Binka 1:00 (R) StrongerMemory Weekly Check-In 2:30 (G) Watercolors with Cathy Shiovitz 3:45 (B) Reading with Nils	21 9:00 (B) Balance w Select Rehab 9:45 (B) Cardio Drumming 10:30 (B) The Lives We've Led 1:00 (G) RR Canasta 1:00 (B) Quilt Show Social with ICHB Quilters 2:30 (B) Seated Dance Fitness 6:30 (G) RR Scrabble	22 8:30 (B) Stretch & Flex 9:15 (B) Enhance Fitness 10:00 (R) Catholic Mass 10:30 * Outing: Scenic Drive—Magnolia 1:00 (B) Current Events 1:30 * !! (\$) Grocery Trip: QFC 3:30 (B) "All Together Now" - Ida's Community Fair 6:30 (B) RR Bridge 	23 8:30 * (\$) Overnight Trip to Port Townsend 9:00 (B) Dynamic Balance 9:45 (B) Stretch & Flex 10:30 (B) Great Decisions Discussion Grp. 1:00 (B) Strength Training 2:00 (G) Widows Group 3:30 (R) Gentle Movement 	24 8:30 (B) Stretch & Flex 9-11 (G) Fiber Arts Meetup 9:15 (B) Enhance Fitness 10:30 (B) !! Art History with Rebecca Albani: The Index of American Design, 1935-1942 1:00 (G) RR Rummikub 1:00 (B) Music History with Dr. Theo Deacon: Early Rock'n'Roll Musicals 3:00 (B) BINGO 7:00 (B) Trivia Night	25 9:30 * Park Walk: Gas Works Park 1:00-2:00 (C) Tech Help Desk 2:30 * !! Outing: "Pines & Needles" PNW African American Quilters Exhibit at Dunn Gardens 3:00 (G) RR Backgammon
26 10:00 (B) !! Stretch & Flex 11:00 (B) Enhance Fitness 1:00 (B) Tech Help Desk 1:30 (G) RR Play Reading 3:00 (B) Movie Matinee: "Julie & Julia" 3:00 (G) RR Cribbage	27 8:30 (B) Stretch & Flex 9:15 (B) Enhance Fitness 9:30 * Pool Drop Off 10:30 (R) !! Gardeners Meeting 1:00 (B) Gentle Yoga w Binka 1:00 (R) StrongerMemory Weekly Check-In 2:00 (G) Women's Group 2:00 * !! (\$) Grocery Trip: Costco 3:30 (B) Fossil Fiddles Philharmonic Jam	28 9:00 (B) Balance w Select Rehab 9:45 (B) Cardio Drumming 1:00 (G) RR Canasta 2:15 (L) Library Committee 2:30 (B) !! Seated Dance Fitness 3:30 (B) Improv 6:30 (G) RR Scrabble	29 8:30 (B) Stretch & Flex 9:00 * Outing: Cedar Grove Compost Facility Tour 9:15 (B) Enhance Fitness 10:00 (R) Communion 10:30 (B) !! Strength Training 1:00 (B) Current Events 2:30 (B) Celebrating Cultures Happy Hour: Armenia  6:30 (B) RR Bridge	30 9:00 (B) Dynamic Balance 9:45 (B) Stretch & Flex 10—11 (B) Ida's Free-4-All Item Drop-Off 10:30 * !! (\$) Grocery Trip: Sprouts 2:30-3:30 (B) Staff & Residents "Shop" at Ida's Free-4-All 3:30 (R) Gentle Movement	31 8:30 (B) Stretch & Flex 9-11 (G) Fiber Arts Meetup 9:15 (B) Enhance Fitness 10:30 * !! Understanding Shakespeare: "Hamlet" 1:00 (G) RR Rummikub 1:00 (P) Broadview Market 3:00 (B) BINGO 7:00 (B) Mark Wilson—Classical Guitar Concert 	You can get a copy of this calendar in the main lobby!

JULY IS:

- * National Blueberry Month
- * National Hot Dog Month
- * National Ice Cream Month
- * National Watermelon Month



Schedule is subject to change.

Please refer to your "Week at a Glance" for the most up-to-date information.

**Questions or Suggestions?
Call Life Enrichment at x3714.**