



JULY 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4th of July! 4
			9:45 Enhance Fitness (GA) 11:00 Chair Yoga (GA) 12:00 ERA Living's Past & Future w/ CEO, Nisan Harel (GA) 12:30 Bridge (GR) 2:00 <i>Salmon Hats for the Issaquah Hatchery!</i> (PDR) (Volunteer Opportunity) 3:00 Town Hall (GA) 6:30 Poker Night (LR) 7:00 Film Fans Movie Night: <i>"Tootsie" (1982) (TT)</i>	10:30 Stretch & Flex (GA) 11:30 Film Fans Discussion Group w/William (GA) 1:00 Card Game "Sevens" (1FL) 1:30 Balance Class (GA) 3:00 Bingo & Patriotic Mimosas (GA)	9:45 Enhance Fitness (GA) 11:30 Lunch Outing to Burgermaster * \$ 12:30 Bridge (GR) 1:00 Mah-Jong Game (1FL) 3:00 Patriotic Sing-a-long w/ Tango Cowboy (GA) 7:00 Movie: <i>"The Help" (2011) (TT)</i>	10:30 Stretch & Flex (GA) 11:00 Mah-Jong Game (1FL) 11:00-2:00 July 4th BBQ (DR) (dinner delivery only) 12:00 Rummikub Game (1FL) 7:00 Movie: <i>"Far and Away" (1992) (TT)</i>
5	6	7	8	9	10	11
8:00-12:30 Church Shuttle* 11:00 Women's Coffee Hour (GA) 1:00 Scrabble (1FL) 2:00 Rummikub Game (1FL) 2:00 & 7:00 Movie: <i>"The Penguin Lessons" (2024) (TT)</i> 3:00 Card Game "Sevens" (1FL)	9:45 Enhance Fitness (GA) 11:00 Brain Fitness (GA) 11:00 Low Vision Support (GR) 1:00 Wellness 360 "UN Pledge to Address Dementia" (GA) 3:00 Life Enrichment Planning Meeting (GA) 6:30 Jumbo Crossword Puzzle (LR)	9:00 Water Exercise (P) 10:45/1:15 Fred Meyer Grocery Shuttle * \$ 12:30 Bridge (GR) 1:00-2:30 <i>New Resident Orientation (GA)</i> 3:00 Book Club (GA)	9:45 Enhance Fitness (GA) 11:00 Chair Yoga (GA) 12:00 Watermelon Wednesday (LR) 12:00 Catholic Communion (PDR) 12:30 Outdoor Walk—Ebright Park Sammamish * 12:30 Bridge (GR) 1:15 Bible Class w/ Pastor Joe (PDR) 3:00 Contemporary Issues Women's Group (GA) 6:30 Poker Night (LR)	10:00-10:30 Traveling Library (L) 10:30 Stretch & Flex (GA) 11:30 Current Events (GA) 12:30 Safe Steps, Sharp Minds Check-in (GA) 1:00 Card Game "Sevens" (1FL) 1:30 Balance Class (GA) 3:00 The Belles—USO Tour! (GA) 4:15 Dinner Outing to Vince's Italian Restaurant * \$	9:45 Enhance Fitness (GA) 11:30 Food Forum (GA) 11:30 Outing to Cedar River Watershed * 12:30 Bridge (GR) 1:00 Mah-Jong Game (1FL) 3:00 Stories of a Lifetime: <i>"Have you lived through a natural disaster? How did you recover?"</i> (GA) 7:00 Movie Night <i>"Casablanca" (1942) (GA) & (TT)</i>	9:45 Walking Group! (L) 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: <i>"Arlington National Cemetery" (GA) & (TT)</i> 2:00 Short Story Creative Writing Class w/Claudia (PDR) 7:00 Movie: <i>"Rio Bravo" (1959) (TT)</i>
12	13	14	15	16	17	18
8:00-12:30 Church Shuttle* 11:00 Women's Coffee Hour (GA) 1:00 Scrabble (1FL) 2:00 Rummikub Game (1FL) 2:00 & 7:00 Movie: <i>"Singin' in the Rain" (1952) (TT)</i> 3:00 Card Game "Sevens" (1FL)	9:45 Enhance Fitness (GA) 11:00 Brain Fitness (GA) 12:30 Caregiver Support (GR) 1:30 Script Reading w/ William (GA) 3:00 Co-ed Contemporary Issues <i>"Shared Chapters"</i> (GA) (Senior Living & Middle School Similarities)	9:00 Water Exercise (P) 10:00 Outing to Value Village * \$ 10:45/1:15 QFC Grocery Shuttle * \$ 12:30 Bridge (GR) 2:00 Contemporary Issues Men's Group: <i>"America 250"</i> (PDR) 3:00 Guest Lecture: <i>"Language"</i> Part 1 w/ Rachel Bristol, Univ of Washington (GA) 4:30 <i>Liberty High School Robotics Team (GA)</i>	9:45 Enhance Fitness (GA) 11:00 Chair Yoga (GA) 12:00 Watermelon Wednesday (LR) 12:30 Outdoor Walk & Bird Watching at Lake Sammamish State Park * 12:30 Bridge (GR) 3:00 Beer, Chips & Bingo (GA) 6:30 Poker Night (LR)	9:00 Outing to La Conner, WA * \$ (shopping, lunch, sight seeing) 9:45 Safe Steps, Sharp Minds Check-in (GA) 10:30 Stretch & Flex (GA) 11:30 <i>Understanding Shakespeare</i> Class (GA) 1:00 Card Game "Sevens" (1FL) 1:30 Balance Class (GA) 2:30 Music Lecture w/ Theo Deacon <i>"The Sound of Music"</i> (GA)	9:45 Enhance Fitness (GA) 10:00 Birthday Brunch * (DR) 🎈 12:30 Bridge (GR) 1:00 Mah-Jong Game (1FL) 2:00 Shabbat w/Rabbi Farkash (PDR) 3:00 Happy Hour w/ DJ Shelia E! (DRP) 7:00 Movie: <i>"The Duke" (2020) (TT)</i>	9:45 Walking Group! (L) 10:30 Stretch & Flex (GA) 11:00 Mah-Jong Game (1FL) 11:15 Mindfulness Practices (GA) 12:00 Rummikub Game (1FL) 12:15 Outing to Issaquah Farmer's Market * \$ 1:00 Travel w/Art: <i>"Italy's Provinces of Tuscany & Umbria" (GA) & (TT)</i> 7:00 Movie: <i>"Jules" (2023) (TT)</i>



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19	20	21	22	23	24	25
<p>8:00-12:30 Church Shuttle* 11:00 Women's Coffee Hour (GA) 1:00 Scrabble (1FL) 2:00 Rummikub Game (1FL) 2:00 & 7:00 Movie <i>"The Straight Story" (1999) (TT)</i> 3:00 Card Game "Sevens" (1FL)</p>	<p>9:45 Enhance Fitness (GA) 11:00 Brain Fitness (GA) 12:30 Ambassador Meeting (PDR) 1:30 Death Café (GA) 2:15 Tool Time Sponsored by Wellness (L) <i>(display of helpful gadgets)</i> 3:00 Resident Council Meeting (GA) 6:30 Jumbo Crossword Puzzle (LR)</p>	<p>9:00 Water Exercise (P) 10:45/1:15 Fred Meyer Grocery Shuttle * \$ 12:30 Bridge (GR) 3:00 Guest Lecture: <i>"Language"</i> Part 2 w/ Rachel Bristol, Univ of Washington (GA)</p>	<p>9:45 Enhance Fitness (GA) 11:00 Chair Yoga (GA) 12:00 Watermelon Wednesday (LR) 12:00 Catholic Communion (PDR) 12:30 Outing to Movie Theater to see Met Opera's <i>"The Merry Widow" * \$\$</i> 12:30 Bridge (GR) 3:00 Contemporary Issues Women's Group (GA) 6:30 Poker Night (LR)</p>	<p>10:00 Outing to Exquisite Creatures Exhibit * \$\$ 10:30 Stretch & Flex (GA) 12:30 Safe Steps, Sharp Minds Check-in (GA) 1:00 Card Game "Sevens" (1FL) 1:30 Balance Class (GA) 3:00 Bingo & Cookies (GA)</p>	<p>9:45 Enhance Fitness (GA) 10:00 Outing to Snoqualmie Casino * \$ 11:30 Housekeeping/Maintenance Forum (GA) 12:30 Bridge (GR) 1:00 Mah-Jong Game (1FL) 3:00 Musical Performance w/ Kim Maguire (GA) 7:00 Movie: <i>"My Best Friend's Wedding" (1997) (TT)</i></p>	<p>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: <i>"Rome the Eternal City" (GA) & (TT)</i> 2:00 Short Story Creative Writing Class w/Claudia (PDR) 7:00 Movie: <i>"The Searchers" (1956) (TT)</i></p>
26	27	28	29	30	31	
<p>8:00-12:30 Church Shuttle* 11:00 Women's Coffee Hour (GA) 1:00 Scrabble (1FL) 2:00 Rummikub Game (1FL) 2:00 & 7:00 Movie <i>"A Beautiful Day in the Neighborhood" (2019) (TT)</i> 3:00 Card Game "Sevens" (1FL)</p>	<p>9:45 Enhance Fitness (GA) 11:00 Brain Fitness (GA) 12:00 Library Volunteering (LB) 12:30 Caregiver Support (GR) 1:15 Sunshine Club (PDR) 2:00 Sunshine Club Social w/ Root Beer Floats (DRP) 3:00 Celebration of Life (GA)</p>	<p>9:00 Water Exercise (P) 10:45/1:15 Safeway Grocery Shuttle * \$ 12:30 Bridge (GR) 3:00 Nutrition Talk: w/ Amanda + Chef Demo! <i>"Diabetes Meal Planning"</i> (GA) 6:15 Outing to Concerts on the Green <i>"Kalimba" *</i> <i>(Earth, Wind & Fire cover band)</i> <i>*Smoke Detector Testing Today!</i></p>	<p>9:45 Enhance Fitness (GA) 11:00 Chair Yoga (GA) 11:00 Shopping Outing To Trader Joe's * \$ 12:00 Watermelon Wednesday (LR) 12:30 Bridge (GR) 1:15 Bible Class w/ Pastor Joe (PDR) 6:30 Poker Night (LR)</p>	<p>10:30 Stretch & Flex (GA) 10:30 Outing to Lake Wilderness Park w/box lunches * \$\$ <i>(canoe rides available!)</i> 11:30 Current Events (GA) 12:30 Safe Steps, Sharp Mind Check-in (GR) 1:00 Card Game "Sevens" (1FL) 3:00 Bobbin Lace Class w/ Resident, Alice Cooper * (GR) <i>(sign up!)</i></p>	<p>9:45 Enhance Fitness (GA) 11:15 Lunch Outing to Salty's On Alki * \$ 11:30 Wellness Talk w/ Sara P. <i>"Alcohol & Memory Loss"</i> (GA) 12:30 Bridge (GR) 1:00 Mah-Jong Game (1FL) 3:00 Storyteller, Debbie Dimitre <i>"Grandma Moses"</i> (GA) 7:00 Movie: <i>"Chocolat" (2000) (TT)</i></p>	
		<p><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: 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>Symbol Key: ** Advanced sign-up Front Desk Life Enrichment Binder. *Bold & Purple - Advanced RSVP & Invite at front desk Anything in *Bold* is typically off site Anything in BLUE indicates TouchTown (TT) (Ch. 370/371) \$ = Bring your wallet along! \$ PATD = Pay At The Door \$\$ = Tickets Purchased Ahead & Charged to your apartment</p>	<p>WELLNESS SERVICES: Podiatrist, Dr. Mak 7/7 & 7/21 <i>If you would like to schedule an appointment with Dr. Mak, please go to the Wellness Center on the first floor.</i></p>	