

JULY 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
			1 8:15am Swim at ATP (O)* 8:30am EnhanceFitness (1) 9:30am Stretch & Flex (1) 10:30am Great Courses (1) 10:30am Knit & Stitch (5) 12:30pm Food Services Meeting (6) 1:30pm Myron's Readings (6) 3:00pm All Levels Walk: Ballard Locks (O)* 7:00pm Quiddler (5)	2 9:00am Podiatrist* (3) 10:30am Chess (5) 11:00am Choir Rehearsal (1) 11:00am Flower Arranging (6) 1:00pm First Free Thursdays: The Center for Wooden Boats (O)* 3:30pm Exercise with Karen (1) 6:45pm Star Spangled Spectacular with Seattle Wind Symphony (O)*	3 8:15am Swim at ATP (O)* 8:30am EnhanceFitness (1) 9:30am Stretch & Flex (1) 10:00am Quiddler (6) 10:30am Shakespeare Readers' Theater (2) 10:30am All Levels Walk: Burke-Gilman Fremont (O)* 1:00pm Brain Fitness (7) 2:00pm A Hindu View of Happiness with Naryan "Raj" Rajan (1) 3:00pm Charades! Happy Hour (5) 7:00pm Friday Movie: 1776 (1)	4 9:30am Meditation Group: Silent (7) 11:30am Rummy Tile (5) 12:00pm 4th of July BBQ Buffet (8) 1:00pm MahJong (5) 3:00pm High Class Brass (11)
5 9:30am Better Balance (1) 11:00am Brain Fitness (7) 1:00pm Bocce Ball (11) 2:00pm 4th Floor Party (10) 3:30pm Gasworks Park Walk (O)*	6 8:30am EnhanceFitness (1) 9:30am Stretch & Flex (1) 10:30am Life Enrichment Meeting (1) 1:00pm Shop: PCC Green Lake (O)* 1:30pm Scrabble (5) 3:30pm Understanding Shakespeare with Shanna Allman (1) 4:00pm Ladies' Night Out: Chinook's at Salmon Bay (O)* 6:30pm Rummy Tile (O)	7 9:00am Foot Care* (3) 9:00am Better Balance (1) 9:45am All Levels Walk: Magnuson Park (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 (5)	8 8:15am Swim at ATP (O)* 8:30am EnhanceFitness (1) 9:30am Stretch & Flex (1) 10:30am Great Courses (1) 10:30am Knit & Stitch (5) 1:30pm Myron's Readings (6) 3:00pm All Levels Walk: Ballard Locks (O)* 7:00pm Quiddler (5)	9 10:30am Chess (5) 11:00am Choir Rehearsal (1) 12:30pm Dietitian Talk (1) 2:00pm Low Vision Group (2) 3:30pm Exercise with Karen (1) 4:00pm The Swingtime Travelers Jazz Combo (5)	10 8:15am Swim at ATP (O)* 8:30am EnhanceFitness (1) 9:30am Stretch & Flex (1) 10:00am Quiddler (6) 10:30am Shakespeare Readers' Theater (2) 10:30am All Levels Walk: Burke-Gilman Fremont (O)* 1:00pm Brain Fitness (7) 3:00pm Phinney Neighborhood Farmers' Market (O)* 7:00pm Friday Movie: A Walk on the Moon (1)	11 9:30am Meditation Group: Guided (7) 10:00am Wallingford Parade Drop-Off (O)* 10:30am Saturday Matters (1) 11:00am Wallingford Parade (O)* 11:30am Rummy Tile (5) 1:00pm MahJong (1) 1:15pm Taproot Theater: Joseph & Technicolor Dreamcoat (O)* 3:00pm Bob's Piano Bar (5)
12 9:30am Better Balance (1) 11:00am Brain Fitness (7) 1:00pm Croquet in the Courtyard (11) 2:00pm 5th Floor Party (10) 3:30pm Gasworks Park Walk (O)*	13 8:30am EnhanceFitness (1) 9:30am Stretch & Flex (1) 10:30am Let's Misbehave: The Major and Minor Life and Music of Cole Porter (1) 1:00pm Shop: Whole Foods (O)* 1:30pm Scrabble (5) 3:00pm EPOC Meeting (1) 4:00pm Men's Night Out: Barking Dog Alehouse (O)* 6:30pm Rummy Tile (5)	14 9:00am Better Balance (1) 9:45am All Levels Walk: Alki Beach (O)* 1:00pm Shop: Trader Joe's (O)* 2:00pm The Gift of Giving Open Conversation (6) 3:00pm Creative Writing (7) 3:30pm Exercise with Karen (1) 4:00pm Tech Talk with Mekyle (5)	15 8:15am Swim at ATP (O)* 8:30am EnhanceFitness (1) 9:30am Stretch & Flex (1) 10:00am Kitchen Tour (8)* 10:30am Great Courses (1) 10:30am Knit & Stitch (5) 1:30pm Myron's Readings (6) 3:00pm LAN Legacy: Introducing Alexa (1) 4:00pm LAN Legacy: Individual Tech Help (1) 7:00pm Quiddler (5)	16 9:30am Better Balance (1) 10:30am Chess (5) 10:30am Fitness Center Introduction (9) 11:00am Choir Rehearsal (1) 11:00am Flower Arranging (6) 2:00pm U House Instrumentalists (1) 2:30pm Audiology Clinic* (3) 3:30pm Exercise with Karen (1)	17 8:15am Swim at ATP (O)* 8:30am EnhanceFitness (1) 9:30am Stretch & Flex (1) 10:00am Quiddler (6) 10:30am Shakespeare Readers' Theater (2) 10:30am All Levels Walk: Burke-Gilman Fremont (O)* 1:00pm Brain Fitness (7) 2:30pm Cycling for all at Magnuson Park (O)* 7:00pm Friday Movie: Calle 54 (1)	18 9:30am Meditation Group: Silent (7) 10:30am Saturday Matters (1) 11:30am Rummy Tile (5) 12:00pm University District Farmers Market (O)* 1:00pm MahJong (1)

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
19 9:30am Better Balance (1) 11:00am Brain Fitness (7) 12:00pm 2026 FIFA World Cup Final (1) 1:00pm Bocce Ball (11) 3:30pm Gasworks Park Walk (O)* 	20 8:30am EnhanceFitness (1) 9:30am Stretch & Flex (1) 10:30am Wellness Talk with Tabby (1) 1:30pm Dr. Theodore Deacon: Oklahoma! (1) 1:30pm Scrabble (5) 6:30pm Rummy Tile (5)	21 9:00am Better Balance (1) 9:45am All Levels Walk: Seward Park (O)* 1:00pm Shop: Fred Meyer (O)* 2:00pm Parkinson's Support Group (2) 3:00pm Creative Writing (7) 3:30pm Exercise with Karen (1) 4:00pm Tech Talk with Mekyle (5)	22 8:15am Swim at ATP (O)* 8:30am EnhanceFitness (1) 9:30am Stretch & Flex (1) 10:30am Great Courses (1) 10:30am Knit & Stitch (5) 1:30pm Myron's Readings (6) 3:00pm Happy Hour feat. Max Cobb: Classical Guitarist (11) 7:00pm Quiddler (5)	23 9:30am Better Balance (1) 10:00am Faith, Hope & Love (2) 10:30am Chess (5) 11:00am Choir Rehearsal (1) 1:00pm Shop: Uwajimaya (O)* 3:00pm Town Hall with Phyllis (1)	24 8:15am Swim at ATP (O)* 8:30am EnhanceFitness (1) 9:30am Stretch & Flex (1) 10:00am Quiddler (6) 10:30am Shakespeare Readers' Theater (2) 10:30am All Levels Walk: Burke-Gilman Fremont (O)* 1:00pm Brain Fitness (7) 3:00pm Select Rehab Talk (1) 7:00pm Friday Movie: Sherlock Holmes (1)	25 9:30am Meditation Group: Guided (7) 10:30am Saturday Matters (1) 11:00am Rummy Tile (5) 11:30am Pines & Needles: A Garden Celebration of Quilts, Ceramics, and Tunes (O\$)* 1:00pm MahJong (5)
26 9:30am Better Balance (1) 11:00am Brain Fitness (7) 1:00pm Croquet in the Courtyard (11) 2:00pm 1st Floor Party (10) 3:30pm Gasworks Park Walk (O)*	27 8:30am EnhanceFitness (1) 9:30am Stretch & Flex (1) 10:30am Sarah Fox, PhD Lecture (1) 1:00pm Shop: U Village QFC (O)* 1:30pm Scrabble (5) 3:00pm Happy Hour Trivia (1) 6:00pm Silent Movie Mondays: The General (O)* 6:30pm Rummy Tile (5)	28 9:00am Better Balance (1) 9:45am All Levels Walk: Seward Park (O)* 12:45pm SPL Bookmobile (1) 1:00pm Shop: Trader Joe's (O)* 3:00pm Creative Writing (7) 3:30pm Exercise with Karen (1) 4:00pm Tech Talk with Mekyle (5) 7:00pm Resident Association Meeting (1)	29 8:15am Swim at ATP (O)* 8:30am EnhanceFitness (1) 9:30am Stretch & Flex (1) 10:30am Great Courses (1) 10:30am Knit & Stitch (5) 1:30pm Myron's Readings (6) 7:00pm Quiddler (5)	30 9:30am Better Balance (1) 10:00am Faith, Hope & Love (2) 10:30am Chess (5) 11:00am Choir Rehearsal (1) 11:00am Flower Arranging (6) 1:00pm Decluttering with Compassion (1) 2:00pm Birthday Social feat. David Mwangi (5) 3:30pm Exercise with Karen (1) 7:00pm Carson Lilley Piano Performance (1)	31 8:15am Swim at ATP (O)* 8:30am EnhanceFitness (1) 9:30am Stretch & Flex (1) 10:00am Quiddler (6) 10:30am Shakespeare Readers' Theater (2) 10:30am All Levels Walk: Burke-Gilman Fremont (O)* 1:00pm Brain Fitness (7) 3:00pm A History of Soccer in the U.S. with Anders (1) 7:00pm Friday Movie: Three Days of the Condor (1)	