



AUGUST 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Clothing Drive for Snoqualmie Valley Healing Center! 8/1-8/19 (Donation box in mailroom)					1 10:30 Stretch & Flex (GA) 11:00 Mah-Jong Game (1FL) 12:00 Rummikub Game (1FL) 1:00 Travel w/Art: <i>"Yangtze River"</i> (GA) & (TT) 7:00 Movie: <i>"Ken Burns: Country Music Ep. 1"</i> (2019) (TT)
2 8:00-12:30 Church Shuttle* 11:00 Women's Coffee Hour (GA) 1:00 Scrabble (1FL) 2:00 Rummikub Game (1FL) 2:00-5:00 Seafair Festival 2026 (Blue Angels 3:30-4:30) (GA) 2:00 & 7:00 Movie: <i>"Ken Burns: Country Music Ep. 2"</i> (2019) (TT) 3:00 Card Game "Sevens" (1FL)	3 9:45 Enhance Fitness (GA) 11:00 Brain Fitness (GA) 11:00 Grief Support (GR) 12:30/12:45 Fred Meyer Grocery Shuttle* \$ 2:00 Safe Steps, Sharp Minds Check-in (GA) 3:00 Life Enrichment Planning Meeting (GA) 6:30 Jumbo Crossword Puzzle (LR)	4 9:00 Water Exercise (P) 9:30 Outing to MOHAI Museum <i>"Freedom Plane National Tour: Documents that Forged a Nation"</i> * 12:30 Bridge (GR) 3:00 20th Anniversary Party for Tyler K!! (GA)	5 9:45 Enhance Fitness (GA) 11:00 Chair Yoga (GA) 12:30 Outing to Movie Theater to see Met Opera's <i>"Aida"</i> * \$\$ 12:30 Bridge (GR) 3:00 Town Hall (GA) 6:30 Poker Night (LR) 7:00 Film Fans Movie Night: <i>"One Flew Over the Cuckoo's Nest"</i> (1975) (TT)	6 10:30 Stretch & Flex (GA) 11:30 Outing to Seattle Mariners Game! * \$\$ 11:30 Food Forum (GA) 1:00 Card Game "Sevens" (1FL) 1:30 Balance Class (GA) 3:00 Bingo & Cookies (GA) Dinner Mixer Night! * (Sign up in the LE book!)	7 Food Bank Pick Up 9:45 Outing to Tour the King County Elections Office * 9:45 Enhance Fitness (GA) 12:30 Bridge (GR) 1:00 Mah-Jong Game (1FL) 2:00 Film Fans Discussion Group w/ William (PDR) 3:00 Happy Hour w/ the <i>"Whateverly Brothers"</i> (GA) 7:00 Movie <i>"My Big Fat Greek Wedding"</i> (1967) (TT)	8 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>"Shanghai - Guilin Hong Kong"</i> (GA) & (TT) 2:00 Short Story Creative Writing Class w/Claudia (PDR) 3:00-4:30 Technology Help Desk (LR) * 7:00 Movie: <i>"Oppenheimer"</i> (2023) (TT)
9 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 Birds"</i> (1963) (TT) 3:00 Card Game "Sevens" (1FL)	10 9:45 Enhance Fitness (GA) 11:00 Brain Fitness (GA) 12:30 Caregiver Support (GR) 1:30 Safe Steps, Sharp Minds Check-in (GA) 3:00 Co-ed Contemporary Issues <i>"Communism vs Socialism Truths & misconceptions"</i> (GA) 4:15 Dinner Outing to Pier 88 Boiling Seafood & Bar * \$	11 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>"Social Security Funding"</i> (PDR) 3:00 Book Club (GA)	12 9:45 Enhance Fitness (GA) 11:00 Chair Yoga (GA) 11:00 Outing to Willows Run Mini Golf Course * \$ 12:00 Catholic Communion (PDR) 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)	13 <i>10:00-10:30 Traveling Library (L)</i> 10:30 Stretch & Flex (GA) 11:30 Current Events (GA) 12:30 Lunch Outing to Habit Burger * \$ 1:00 Card Game "Sevens" (1FL) 1:30 Balance Class (GA) 3:00 Bingo & Mimosas (GA)	14 9:45 Enhance Fitness (GA) 11:30 Understanding Shakespeare Class (GA) 12:30 Bridge (GR) 1:00 Mah-Jong Game (1FL) 2:00 Shabbat w/Rabbi Farkash (PDR) 3:00 Stories of a Lifetime: <i>"Secrets to tell... or not .."</i> (GA) 7:00 Movie Night:: <i>"Moonstruck"</i> (1987) (GA) & (TT)	15 10:30 Stretch & Flex (GA) 11:00 Mah-Jong Game (1FL) 12:00 Rummikub Game (1FL) 12:15 Outing to Issaquah Farmer's Market * \$ 1:00 Travel w/Art: <i>"Vienna City of Music"</i> (GA) & (TT) 3:00 Sage Academy: <i>Intergenerational Discussion Mini Series</i> (GA) (Volunteer opportunity) 7:00 Movie: <i>"Amadeus"</i> (1984) (TT)



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16 8:00-12:30 Church Shuttle* 11:00 Women's Coffee Hour (GA) 1:00 Scrabble (1FL) 2:00 Rummikub Game (1FL) 2:00 Foggy Dog 4-H Group Dog Show Rehearsal (GA) (Volunteer Opportunity) 2:00 & 7:00 Movie <i>"Linda Ronstadt : The Sound of My Voice"</i> (2019) (TT) 3:00 Card Game "Sevens" (1FL)	17 9:45 Enhance Fitness (GA) 11:00 Brain Fitness (GA) 12:30 Parkinson's Support (GR) 1:30 Death Café (PDR) 3:00 Resident Council Meeting (GA) 6:30 Jumbo Crossword Puzzle (LR)	18 9:00 Water Exercise (P) 10:45/1:15 Fred Meyer Grocery Shuttle * \$ 12:30 Bridge (GR) 1:00-3:00 Grand Re-Opening Party! (L, LR, GA) 6:15 Outing to Concerts on the Green: <i>"Abbagraps"</i> * (ABBA Cover band)	19 9:45 Enhance Fitness (GA) 10:30 Outing to Lake Sammamish State Park for <i>"Summer Litter Pick Up"</i> * (Volunteer Opportunity) 11:00 Chair Yoga (GA) 12:30 Bridge (GR) 1:30 Library Volunteering (LB) 3:00 Contemporary Issues Women's Group (GA) 6:30 Poker Night (LR)	20 9:00 Outing to Pacific Bonsai Museum * \$\$ 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 Beer, Chips & Bingo (GA)	21 9:45 Enhance Fitness (GA) 10:00 Outing to Snoqualmie Casino * \$ 12:30 Bridge (GR) 1:00 Mah-Jong Game (1FL) 3:00 Music Lecture w/David Joyner <i>"Sinatra in Vegas"</i> (GA) 7:00 Movie: <i>"Guys and Dolls"</i> (1955) (TT)	22 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>"The Wachau Valley"</i> (GA) & (TT) 2:00 Short Story Creative Writing Class w/Claudia (PDR) 3:00 Sage Academy: <i>Intergenerational Discussion Mini Series</i> (GA) (Volunteer opportunity) 7:00 Movie: <i>"The Holiday"</i> (2006) (TT)
23 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>"Searching for Bobby Fischer"</i> (1993) (TT) 3:00 Card Game "Sevens" (1FL)	24 9:45 Enhance Fitness (GA) 11:00 Brain Fitness (GA) 12:30 Caregiver Support (GR) 1:30 Script Reading w/ William (GA) 3:00 Wellness 360: Special Guest, <i>Death Doula Presentation</i> (GA)	25 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>"Nutrition & Longevity: Lessons from the Blue Zones"</i> (GA) <i>*Smoke Detector Testing Today!</i>	26 9:45 Enhance Fitness (GA) 11:00 Chair Yoga (GA) 11:00 Shopping Outing To Trader Joe's * \$ 11:30 Sunshine Club (GR) 12:00 Catholic Communion (PDR) 12:30 Bridge (GR) 1:15 Bible Class w/Pastor Joe (PDR) 3:00 Storyteller, Debbie Dimitre <i>"Eleanor Roosevelt"</i> (GA) 6:30 Poker Night (LR)	27 10:30 Stretch & Flex (GA) 11:30 Lunch Outing to Topsy Cow Burgers * \$ 1:00 Card Game "Sevens" (1FL) 1:30 Balance Class (GA) 2:00 Safe Steps, Sharp Mind Check-in (PDR) 3:00 Film Lecture w/ Lance Rhoades <i>"American Cities on Film"</i> (GA)	28 9:45 Enhance Fitness (GA) 10:00 Birthday Brunch * (DR) 12:30 Bridge (GR) 1:00 Mah-Jong Game (1FL) 3:00 Drinks on the Patio w/ Bingo Mixer (DRP) 7:00 Movie: <i>"Calendar Girls"</i> (2003) (TT)	29 10:30 Stretch & Flex (GA) 11:00 Mah-Jong Game (1FL) 12:00 Rummikub Game (1FL) 1:00 Travel w/Art: <i>"Towns of the Bavarian Alps"</i> (GA) & (TT) 3:00 Sage Academy: <i>Intergenerational Discussion Mini Series</i> (GA) (Volunteer opportunity) 7:00 Movie: <i>"Ken Burns: Country Music Ep. 3"</i> (2019) (TT)
30 8:00-12:30 Church Shuttle* 11:00 Women's Coffee Hour (GA) 1:00 Scrabble (1FL) 2:00 Rummikub Game (1FL) 2:00 Texas Hold 'em w/Chef Xun (GA) 2:00 & 7:00 Movie <i>"Ken Burns: Country Music Ep. 4"</i> (2019) (TT) 3:00 Card Game "Sevens" (1FL)	31 9:45 Enhance Fitness (GA) 11:00 Brain Fitness (GA) 12:30 Chronic Disease/Pain Support Group (GR) <i>New!</i> 2:30 Music Lecture w/ Theo Deacon <i>"Guys and Dolls"</i> (GA) 6:30 Jumbo Crossword Puzzle (LR)		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)	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	WELLNESS SERVICES: Podiatrist, Dr. Mak 8/4 & 8/25 If you would like to schedule an appointment with Dr. Mak, please go to the Wellness Center on the first floor.	For additional activity supplies please contact Life Enrichment on the 3rd floor or by calling the front desk at 425-557-4200