



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AR Activity Room LVDR Lakeview Dining Room TV Television Room CTC Coffee Talk Café RG Rose Garden L Lobby LL Lobby Lounge S Salon GR Garden Room GP Games Plus Room PP Pea Patch Outside	PDR Private Dining Room GT Games Tables WC Wellness Center Ch 1981 TV Channel 1981 Gym 3rd Floor Gym * Sign-up in Activity Book ** Sign-up in Life Enrichment Office *** Sign up in Wellness Center				 Fri-Sun, July 31st, Aug 1st & 2nd Blue Angels Air Show Outside Over Lake Washington at 3:25pm (AR Patio) 	1 9:30 Strength & Balance (AR) 10:30 Poetry Hour (TV) 11:00 Bingo (AR) 1:00 Poker (CTC) 2:00 Great Courses: Oceanography (TV) 7:00 Movie Night (CH 1981)
2 9:30 St. Matthew's (CH 1981) 10:00 24 Carrot Bunny Visit (AR) 12:00 St. Anthony's (CH 1981) 1:30 Blaine Memorial United Methodist (CH 1981) 2:30 Beading Bracelets (AR) 3:00 Canasta (Near 140) 7:00 Movie Night (CH 1981)	3 9:30 Strength & Balance (AR) 1:15 Scenic Drive* "Seattle" 2:00 David Kaynor "Denver Botanic Gardens" (Last Day) (AR) 3:15 Melon Monday (AR) 6:30 Bridge (CTC)	4 9:00 Enhance Fitness (AR) 9:30 Catholic Service (TV) 10:30 Coulon Park Walk* 11:00 Select Rehab: (AR) "Why Gentle Exercises Helps Chronic Pain" 12:30 Swimming at AMI* 3:15 Renton Farmers Market* 6:40 Mariners vs Tigers (TV) 	5 9:30 Strength & Balance (AR) 10:10 Exercise by Select(AR) 11:00 Bingo (AR) 1:00 Pinochle (CTC) 12:15 Met Opera Cinema: "Aida" 1:15 Uwajimaya Shopping* 2:00 Healing Hearts (GPR) with Seth 6:30 Bridge (CTC) 7:00 Movie Night (CH 1981)	6 9:00 Enhance Fitness (AR) 10:15 Breathe & Relax (GP) Meditation with Seth 11:00 Mariners vs Tigers "SENIOR DAY" 2:00 Life Reflections with Seth (AR) "The People Who Shaped My Life" 6:30 Cribbage (GPR)	7 9:30 Strength & Balance (AR) 9:30 Fred Meyer/ Safeway* 10:20 Fred Meyer* 1:00 Bird Club (LVDR) 2:00 Music Hour with Rick and Lisa (LVDR) 6:30 Board Games (CTC) 7:00 Movie Night (CH 1981)	8 9:30 Strength & Balance (AR) 11:00 Bingo (AR) 1:00 Poker (CTC) 2:00 Great Courses: Oceanography (TV) 7:00 Movie Night (CH 1981)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9 9:30 St. Matthew's (CH 1981) 12:00 St. Anthony's (CH 1981) 1:30 Blaine Memorial United Methodist (CH 1981) 3:00 Canasta (Near 140) 7:00 Movie Night (CH 1981)	10 9:30 Strength & Balance (AR) 10:15 Shopping at Southcenter Mall* 11:00 Understanding Shakespeare (AR) 3:15 Melon Monday (AR) 6:30 Bridge (CTC)	11 9:00 Enhance Fitness (AR) 9:30 Catholic Service (TV) 10:00 Lincoln Park Troll & Lunch at Dreamland Bar & Diner* 2:00 Current Events with Jacob (AR) 3:15 Renton Farmers Market* 4:05 Mariners vs Yankees (TV)	12 9:30 Strength & Balance (AR) 10:10 Exercise by Select (AR) 11:00 Bingo (AR) 1:00 Pinochle (CTC) 1:15 Trader Joe's and PCC* 2:30 Trivia with Nick (AR) 6:30 Bridge (CTC) 7:00 Movie Night (CH 1981)	13 9:00 Enhance Fitness (AR) 10:00 Catholic Mass (TV) 10:15 Breathe & Relax Meditation with Seth (GP) 11:00 Men's Group (AR) 2:00 Death Cafe (AR) 2:00 Scrabble & Wine (GPR) 6:30 Cribbage (GPR)	14 9:30 Strength & Balance (AR) 9:30 Fred Meyer / Safeway* 10:20 Fred Meyer* 1:00 Bird Club (LVDR) 2:00 Baskin Robbins Trip* 3:30 Memoir Writing Group (GR) 5:00 Shabbat Dinner* (PDR) 6:00 Board Games (CTC) 7:00 Movie Night (CH 1981)	15 9:30 Strength & Balance (AR) 10:30 Poetry Hour (TV) 11:00 Bingo (AR) 1:00 Poker (CTC) 2:00 Great Courses: Oceanography (TV) 7:00 Movie Night (CH 1981)
16 9:30 St. Matthew's (CH 1981) 12:00 St. Anthony's (CH 1981) 1:30 Blaine Memorial United Methodist (CH 1981) 1:00 Enhance Fitness (AR) 2:00 Cooking Demonstrations with Samone (LVDR) 2:30 Summer Bracelet Beading (AR) 3:00 Canasta (Near 140) 7:00 Movie Night (CH 1981)	17 Luau Week 9:30 Strength & Balance (AR) Traveling Women's Clothing Boutique 11:00 - 2:00PM (CTC) 11:00 Flower Prep (GR) 2:00 Tropical Vacation Concert with Biff Moss (AR) 4:30 - 6:30 Cheeseburgers in Paradise Dinner (LVDR) 6:30 Bridge (CTC)	18 Luau Week 9:00 Enhance Fitness (AR) 9:30 Catholic Service (TV) 9:30 Aloha Donuts & Croissant Social (CTC) 10:30 Coulon Park Walk* 3:30 Dinner at Pasifika NW Grill and Bar* 4:40 Mariners vs Brewers (TV)	19 Luau Week 9:30 Strength & Balance (AR) 10:10 Exercise by Select (AR) 11:00 Aloha Bingo Extravaganza (AR) 1:00 Pinochle (CTC) 1:30 Caring for the Caregiver (GPR) 2:00 Hawaiian Shaved Ice Social (AR) 6:30 Bridge (CTC) 7:00 Movie Night (CH 1981)	20 Luau Week 9:00 Enhance Fitness (AR) 10:15 Breathe & Relax Meditation with Seth (GP) 11:00 Kris Hambrick: "South Pacific" (AR) 1:30 Flower Leis** (AR) 6:15 Sips of Paradise Wine Tasting (AR) 6:30 Cribbage (GPR)	21 Luau Week 9:30 Strength & Balance (AR) 1:00 Bird Club (LVDR) 2:30 - 4:30 Lakeshore Luau (Roundabout) 7:00 Movie Night "South Pacific" (CH 1981)	22 9:30 Strength & Balance (AR) 11:00 Bingo (AR) 1:00 Poker (CTC) 2:00 Great Courses: Oceanography (TV) 7:00 Movie Night (CH 1981)
23 9:30 St. Matthew's (CH 1981) 12:00 St. Anthony's (CH 1981) 1:30 Blaine Memorial United Methodist (CH 1981) 3:00 Canasta (Near 140) 7:00 Movie Night (CH 1981)	24 9:30 Strength & Balance (AR) 10:30 Shopping at Michaels* 1:15 Sunshine Group (AR) 3:15 Melon Monday (AR) 6:30 Bridge (CTC)	25 9:00 Enhance Fitness (AR) 9:30 Catholic Service (TV) 10:30 Coulon Park Walk* 12:30 Swimming at AMI* 2:00 Current Events with Jacob (LVDR) 3:00 Great Decisions with Jacob (AR) 3:15 Renton Farmers Market* 6:40 Mariners vs Phillies (TV)	26 9:30 Strength & Balance (AR) 10:10 Exercise by Select (AR) 11:00 Bingo (AR) 1:00 Pinochle (CTC) 1:00 Dining and Culinary Meeting (AR) 1:15 Walmart Shopping* 2:30 Trivia with Nick (AR) 6:30 Bridge (CTC) 7:00 Movie Night (CH 1981)	27 9:00 Enhance Fitness (AR) 10:15 Breathe & Relax Meditation with Seth (GP) 11:00 Ladies of The Lakeshore (AR) 11:00 Drop-in Device Cleaning (CTC) 2:00 Town Hall (AR) 6:30 Cribbage (GPR)	28 9:30 Strength & Balance (AR) 9:30 Fred Meyer / Safeway* 10:20 Fred Meyer* 11:00 Traveling Library (L) 1:00 Bird Club (LVDR) 2:00 Sugar Free Social (AR) 6:00 Board Games (CTC) 6:30 Lit Happens Book Club (AR) 7:00 Movie Night (CH 1981)	29 9:30 Strength & Balance (AR) 11:00 Bingo (AR) 1:00 Poker (CTC) 2:00 Great Courses: Oceanography (TV) 7:00 Movie Night (CH 1981)
30 Normal Church Service 3:00 Canasta (Near 140) 7:00 Movie Night (CH 1981)	31 9:30 Strength & Balance (AR) 11:00 Understanding Shakespeare (AR) 11:00 Flower Prep (GR) 1:15 Scenic Drive* 2:00 Nurse Talk (AR) 3:15 Melon Monday (AR)					

Church Streaming/Viewing • Sundays • CH 1981 or Activity Room

Come as we join together to watch Sunday Virtual Services or enjoy it in the comfort of your own apartment. Please check each Sunday for your preferred service time.

Strength and Balance • Monday-Saturday (Except Tuesday & Thursday) • 9:30AM • Activity Room

Strength and Balance is a 30 minute group exercise program designed to increase your Strength and Balance to help avoid falls and maintain independence. It is led by a Life Enrichment staff member. This class is done half standing and half seated. Please call to sign-up today.

Balance Class • Wednesday • 10:10AM • Activity Room

Select Rehabilitation is offering a balance and strengthening class. With the focus on getting stronger doing exercises that will also challenge your balance in order to prevent future falls. This is a class for all levels and we will work on seated and standing exercises and will be hosted by a Licensed Therapist.

Enhance Fitness • Tuesdays & Thursdays • 9:00AM • Activity Room

EnhanceFitness is an evidence-based exercise program that helps people at all levels of fitness become more active, energized, and empowered. It includes a little of everything you need to maintain good health. Our certified instructor, Lisa Maynard, will safely lead an hour of exercises.

Bingo • Wednesdays & Saturdays • 11:00AM • Activity Room

Join us and your friends for a game of bingo! Please make sure to bring quarters! **(\$0.25/card)**

Catholic Service • Tuesdays • 9:30AM • TV Room

Father will be here on the first Tuesday of every month for mass. Sophia will be here for communion all other Tuesdays. Everyone is welcome!

Pinochle • Wednesdays • 1:00PM • Coffee Talk Café

Please join us in the Coffee Talk Café on Wednesdays for a fun game of Pinochle. Everyone is welcome. Join us to learn more about the game and how to play.

Bridge • Mondays • 6:30PM • Coffee Talk Café

Please join us in the Coffee Talk Café on Wednesdays for a fun game of Bridge. Everyone is welcome. Join us to learn more about the game and how to play.

Cribbage Club • Thursdays • 6:30PM • Games Plus Room

Test out your abilities and join other residents here at The Lakeshore play a game of cribbage. All are welcome, whether you are a beginner or expert.

Bird Club • Fridays • 1:00PM • Lakeview Dining Room

Please join Odette James, Our emphasis will be on birds we can see on the Lakeshore grounds or on the adjacent lake. All are welcome and encouraged to bring binoculars or scope if you have them.

Canasta • Sundays • 3:00PM • Near 140

Melon Monday • Mondays • 3:15PM • Activity Room

Come down to the Activity Room and enjoy delicious watermelon and visit with friends. Please review calendar date for current locations.

Friday Night Board Games • Fridays • 6:30PM • Coffee Talk Café

Looking for something to do in the evening? Come and join other residents here at The Lakeshore for some evening board games. Everyone is welcome and encouraged to join!

Poker • Saturdays • 1:00PM • Coffee Talk Café (Buy in: \$5.00)

Come join us for Poker. Poker is a card game that combines gambling, strategy, and skill. Come test out your abilities and play with other residents here at The Lakeshore.

Breathe & Relax Meditation with Seth • Thursdays • 10:15AM • Games Plus Room

Join us for a 30-minute, guided mindfulness class incorporates elements of deep breathing, peaceful imagery and progressive muscle relaxation to help release tension and increase one's physical relaxation and mental calm. No experience is required, and all are welcome to sit and relax in a quiet space.

Great Courses: "Oceanography: Exploring Earth's Final Wilderness" • Saturdays in August • 2:00PM • TV Room

Great courses are videos done by professors at different colleges. Join us as we Probe the ocean depths in this intriguing course that explores what we know about the world's oceans from the tidal zones to the deepest points on the ocean floor.

Poetry Hour • Saturday, August 1st & 15th • 10:30AM • TV Room

You do not have to be a poet or a regular poetry reader. Just an interest and desire to learn and enjoy. We will discuss our favorite poets and poems, our poetry likes and dislikes and, if you wish, share some of your own work. Bring your ideas for group projects and activities. There is a sign-up sheet in the lobby.

24 Carrot Bunny Visit • Sunday, August 2nd • 10:00AM • Activity Room

This is a great opportunity to hold and pet live bunnies! We hope to see you all there!

David Kaynor "Denver Botanic Gardens" • Monday, August 3rd • 2:00PM • AR

We will talk about Denver Botanic Gardens. This is David's last class. He will be retiring!

Select Rehab: "Why Gentle Exercises Helps Chronic Pain" • Tuesday, August 4th • 11:00AM • Activity Room

Why Gentle exercises helps Chronic Pain: Many people believe that when you have chronic pain, the best thing to do is to rest. For decades, this was common medical advice. Today, we know more. Science now shows that movement is one of the most powerful tools for reducing pain, especially for aging adults.

Swimming at AMI* • Tuesday, August 4th & 25th • 12:30PM • Lobby

Please sign-up to save your seat on the bus for swimming at our sister community. You will have one hour to swim.

Healing Hearts • Wednesday, August 5th • 2:00PM • Games Plus Room

Grief, loss, and life transitions touch us all, yet they can feel isolating. This gentle, supportive group offers a safe space to share—or simply be present. Bring your story, your questions, or your silence, and together we'll explore meaning, understanding, and healing. All are warmly welcome.

Life Reflections: The People Who Shaped My Life • Thursday, August 6th • 2:00PM • Activity Room

The People Who Shaped My Life Each of us has been influenced by people whose kindness, wisdom, encouragement, or example helped shape the person we are today. In this reflective discussion, we'll share stories about the mentors, family members, friends, teachers, and even unexpected individuals who left a lasting mark on our lives. Together, we'll celebrate the relationships that have inspired us, taught us valuable lessons, and helped guide our journey.

Music Hour with Rick and Lisa • Friday, August 7th • 2:00PM • Lakeview Dining Rm
It's Music Hour time!! Please join our returning guests. It'll be a great time!

Understanding Shakespeare • Monday, August 10th & 31st • 11:00AM • AR
Have ever wished you had a greater understanding of Shakespeare? Or wondered what all the fuss was about? Join the Understanding Shakespeare class as we work to break down the barriers to the Bard. All levels of familiarity with Shakespeare welcome!

Current Events with Jacob • Tuesday, August 11th & 25th • 2:00PM • Activity Room
Come join Jacob Bolotin's Current Events lecture. Come and learn about something from a new perspective.

Trivia with Nick • Wednesday, August 12th & 26th • 2:30pm • Activity Room
It's Trivia Time! Trivia's Nick will be back to lead us in 4 round of trivia in different categories. Come down and try it out. You may have the answers to the winning questions.

Men's Group • Thursday, August 13th • 11:00AM • Activity Room
Calling all Lakeshore Men!! Please join Seth in the Activity Room for a lively discussion. This is a great chance to meet the Men in the building, following lunch.

Death Café with Seth • Thursday, August 13th • 2:00PM • Activity Room
A Death Café is a welcoming space where people—often strangers—come together over tea and cake to have open, thoughtful conversations about death. The intention is simple yet meaningful: to increase awareness of death in a way that helps us reflect more deeply on life and make the most of the time we have. These gatherings are informal, group-led discussions with no set agenda, themes, or expectations. A Death Café is not a grief support group or a counseling session, but rather a relaxed, respectful space for curiosity, reflection, and honest conversation—where all perspectives are welcome.

Scrabble & Wine • Thursday, August 13th • 2:00PM • Games Plus Room
Do you know how to play Scrabble? Or want to learn? Join friends down in the games plus room for wine and a good game! Everyone is welcome.

Memoir Writing Group • Friday, August 14th • 3:30PM • Garden Room
Are you a writer of stories? Do you want to improve your writing skills? Join our new resident led Novel/Memoir Writing Group and share your creations with like-minded people. Authors will read their stories, or parts of their in progress work. The rest of the group will reply with what they liked about the tale and, if appropriate, offer feedback. All skill levels are welcome!

Sunday Enhance Fitness • Sunday, August 16th • 1:00PM • Activity Room
We are trying to add a few more Enhance Fitness classes to the calendar. Join us!

Cooking Demonstrations with Samone • Sunday, August 16th • 2:00PM • LVDR
Samone will be hosting our resident cooking demo in the dining room this month! She will be whipping up a few exciting and creative recipes you can use every day at home. Samone will be sharing one of her passions with you. She's looking forward to seeing you all there!

Traveling Women's Clothing Boutique • Monday, August 17th • 11:00AM • CTC
We are a traveling clothing boutique coming to your community!! We are back and very excited to be here!! Blouses | Pants | Jackets | Jewelry Visa and MasterCard Accepted

Tropical Vacation Concert with Biff Moss • Monday, August 17th • 2:00PM • LVDR
Join us as we kick off Luau Week with local legend Biff Moss. We are very excited to welcome Biff and his Ukulele to The Lakeshore.

Aloha Donuts & Croissant Social • Tuesday, August 18th • 9:30AM • CTC
Join the Directors in the Coffee Talk Cafe for your morning treat and coffee.

Aloha Bingo Extravaganza • Wednesday, August 19th • 11:00AM • Activity Room
Join us for Aloha bingo, prizes and fun. No money necessary for bingo extravaganza. Come down for some fun and good laughter!

Caring for the Caregiver • Wednesday, August 19th • 1:30PM • Games Plus Room
Caring for others is one of life's most meaningful journeys—but it can also feel heavy at times. Join us in a welcoming, supportive space where you can share your experiences, receive encouragement, and discover simple ways to nurture yourself while caring for those you love. Take a moment to connect, recharge, and remember that your well-being matters just as much as the care you give.

Hawaiian Shaved Ice Social • Wednesday, August 19th • 2:00PM • Activity Room
Join us for a taste of the Island. We will have regular and sugar free flavors. Enjoy an afternoon with good friends overlooking the lake.

Hawaiian Lei Making • Thursday, August 20th • 1:30PM • Activity Room**
Come join us for Lei making for our Lakeshore Luau. All are welcome, no experience needed!
Cost: \$20 per Lei

Sips of Paradise Wine Tasting • Thursday, August 20th • 6:15PM • Activity Room
(Non-Alcohol Beverages provided as well) Join us and friends in the lobby after dinner for social hour.

Lakeshore Luau • Friday, August 21st • 2:30PM - 4:30PM • Roundabout
Please come join us for our Lakeshore Hawaiian Luau. There will be a hula dancer show, food, drinks, and much more. You don't want to miss out on this fun event!

Sunshine Group • Monday, August 24th • 1:15PM • Activity Room
Come join friends and write Birthday cards for the month, this is a time when we help share joy by writing cards.

Great Decisions with Jacob • Tuesday, August 25th • 3:00PM • Activity Room
Come join us as we watch a short (20-25 minute) video on one of the most important foreign policy challenges for the United States in 2019. After the movie, there will be a discussion by the group.

Dining & Culinary Meeting • Wednesday, August 26th • 1:00PM • Activity Room
Join us for the Culinary & Dining Team meeting. We want to hear from you. Everyone is welcome.

Ladies of The Lakeshore • Thursday, August 27th • 11:00AM • Activity Room
Calling all Ladies! Please join us in the Activity Room.

Drop-in Device Cleaning • Thursday, August 27th • 11:00AM • Coffee Talk Cafe
Bring down your phones, tablets, laptops and smart watches for a complimentary deep cleaning from our tech support representative, Evan. Items can be dropped off at Coffee Talk Cafe with Evan and picked up after. 1hour drop off time.

Town Hall • Thursday, August 27th • 2:00PM • Activity Room
Join our Executive Director and Lakeshore Directors for updates on the community and within each department. This is a great time to ask questions and hear about what is going on in your community.

Traveling Library • Friday, August 28th • 11:00AM • Lobby
The Traveling Library is coming to the Lakeshore! Check out or Return your books! This is a great opportunity to get new reading material.

Lit Happens Book Club • Friday, August 28th • 6:30PM • Activity Room
Do you like to read? We would love for you to join us. Books are dropped off once a month from the King County Library and checked out through Life Enrichment. When you will read the book and get together at the time designated on the monthly calendar to discuss the book. Each month when the traveling Library comes they will bring a new book. Please see Life Enrichment for a book and we will see you at the Book Club Meeting.

Nurse Talk: “Congestive Heart Failure” • Monday, August 31st • 2:00PM • Activity Room
Kline Galland will be here to meet with us and talk about Congestive Heart Failure.

GROCERY SHOPPING

Do not forget your reusable shopping bags.

Fred Meyer & Safeway* • Fridays 9:30am or 10:20am
We go shopping every Friday at Fred Meyer and Safeway.
If you wish to go to Safeway, please go on the 9:30am shuttle.

Uwajimaya* • Wednesday, August 5th • 1:15pm
Join us for a trip to Uwajimaya! Please sign-up in the Activity Book!

Trader Joe’s & PCC* • Wednesday, August 12th • 1:15pm
Join us for a trip to Trader Joe’s and PCC! Please sign-up in the Activity Book!

Walmart Shopping* • Wednesday, August 26th • 1:15pm
Join us for a trip to Target! Please sign-up in the Activity Book!

Hours for The Lakeview Dining Room

- Breakfast: 7:30am – 9:00am
- Lunch: 11:30am – 1:00pm
- Dinner: 4:30pm – 6:30pm

Reception.....	206-772-1200
Dining Room.....	206-772-6003
Wellness Center.....	206-772-0870

How much walking is on this excursion?

The number of Stars (1-5) will explain how much walking is on each excursion.

Please sign up early to reserve your seat on the bus!

Renton Farmers Market* • Tuesdays, August 4th, 11th & 25th • 3:15PM    

Please sign-up to save your seat on the bus for Farmers Market. Tuesday afternoon summer market offering locally grown produce, meat, and flowers, plus live music.

Coulon Park Walk* • Tuesday, August 4th, 18th & 25th • 10:30AM    

Join us as we travel over to Coulon Park to walk and enjoy the sunshine by the water. You will have one hour to walk and enjoy the park or eat lunch at Ivar's or Kid Valley.

Scenic Drives* • August 3rd & 31st • 1:15PM 

Please sign-up to save your seat on the bus for a scenic drive. This is a great chance to get out!

Met Opera Cinema: Aida* • Wednesday, August 5th • 12:15PM • Lobby  

Please sign-up to save your seat on the bus for the Cinema. 2HR 56MINS - Ticket \$25

Mariners vs Tigers “SENIOR DAY” ** • Thursday, August 6th • 11:00 AM    

This is an All Day Excursion - The Lakeshore is going to the Mariners Game! Thursday, August 6th is “Senior Day” at the park. Complimentary lunch on the Terrace Club Patio.

\$50 Ticket -Tickets are limited, you must sign up in the Life Enrichment Office.

Shopping at Southcenter Mall* • Monday, August 10th • 10:15AM    

It's shopping time! The bus will drop you off in the middle of the mall near the AMC Movie theater. You will have 2 hours to shop and we will pick you up at the same place.



Lincoln Park Troll & Lunch at Dreamland Bar & Diner* • Tuesday, August 11th • 10:00AM

Sign up early and join us as we travel to West Seattle for lunch and to visit the giant troll in the park. It is approximately a one mile round trip to walk all the way to the troll and back. The ground is paved and we will walk along the beach. Perfect for four wheeled walkers. You will need to go up a ramp to get to the restrooms. If you are familiar with Lincoln Park the troll is near Colman Pool just off the walking path. If you have questions about what it would be like to go, please come see Anescia in the Life Enrichment Office. Please be prepared for weather and travel.

Baskin Robbins Trip* • Friday, August 14th • 2:00PM  

ICE CREAM time! Sign-up for a outing to 31 flavors Baskin Robbins Ice Cream Parlor.

Shopping at Michaels* • Monday, August 24th • 10:30AM    

Do you need art supplies? Join us as we visit a Craft shop. We will spend an hour at this store.

Fitness at The Lakeshore

Enhance Fitness

Date: Tuesday, Thursday

Time: 9:00AM (Activity Room)

Enhance Fitness is a 1 hour evidence based group exercise program. It helps older adults at all levels of fitness become more active and energized. This class can be done standing or seated.

Strength and Balance

Date: Monday, Wednesday, Friday, Saturday

Time: 9:30AM (Activity Room)

Strength and Balance is a 30 minute group exercise program designed to increase your Strength and Balance to help avoid falls and maintain independence. It is led by Life Enrichment staff. This class is done half standing and half seated.

Exercise by Select

Date: Mondays

Time: 10:15AM Activity Room

Come join us for a 30 minute for a full body exercise class with our Select Rehabilitations Clinical Lead.

3rd Floor Fitness Center

This room is open to you at your convenience. We have a treadmill, elliptical, two NuStep Recumbent Trainers machines, a recumbent bike and free weights. If you have questions about any of the equipment, please contact Life Enrichment.

Exercise Schedule - Channel 1981

Please enjoy these exercise videos in your room.

9:00 AM	Exercise with Krista (30min)
9:30 AM	Exercise with Krista (30min)
10:00 AM	Advanced/Enhanced Fitness (1hr)
11:00 AM	Cardio with Julia (1hr)
12:00 PM	Yoga Fix (1hr)
1:30 PM	Better Balance (30min)
2:00 PM	Stretch and flex with Levi (30min)
2:30 PM	Flow Exercise with Kathy (30min)
4:00 PM	30 min exercise
7:00 PM	MOVIE NIGHT - (WED, FRI, SAT & SUN)