

Ida Culver House Broadview September 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
Room
R = Rainier Room
L = Library
G = Game Room
A = Art Studio
P = Patio
Y = Gym
C = B Conference
Room
O = Bistro
T = P-Patch

You can get a
copy of this
calendar in the
main lobby!

Questions or
Suggestions?
Call Life Enrichment
at x3714.

*Schedule is subject to
change.
Please refer to your "Week
at a Glance" for the most
up-to-date information.*



1
9:00 (B) Balance
w/Select Rehab
9:45 (B) Cardio
Drumming
10:00 Pool Fitness
1:00 (G) **RR** Canasta
1:00 (A) ICHB Quilters
2:30 (B) Seated Dance
Fitness
3:30 (B) Poetry Salon
6:30 (G) **RR** Scrabble

2
8:30 (B) Stretch & Flex
9:15 (B) Enhance Fitness
10:00 (R) Communion
10:30 (B) ICHB Choir
Social
1:00 (B) Current Events
2:00 (G) Bible Discussion
Group
2:30 (B) Celebrating
Cultures Happy
Hour: Greenland
6:30 (B) **RR** Bridge

3
9:00 (B) Dynamic Balance
9:45 (B) Stretch & Flex
10:00 (P) Pool Fitness
10:30 * (\$) Grocery Trip:
Trader Joe's
10:30 (B) **!!** Strength
Training
1:30 * Grocery Trip:
Trader Joe's

4
8:30 (B) Stretch & Flex
9:00 (G) Fiber Arts Meetup
9:15 (B) Enhance Fitness
1:00 (G) **RR** Rummikub
1:30 (B) Life Enrichment
Forum
3:00 (B) BINGO

5
9:30 * Park Walk:
Magnuson Park
10:00 (B) Stretch & Flex
1:00 (C) Tech Help Desk
2:30 (B) Linguistics
Discussion Group
3:00 (G) **RR** Backgammon
5:30 (O) Large Print Books
Distribution

6
10:00 (B) Stretch & Flex
11:00 (B) Enhance Fitness
1:00 (B) Tech Help Desk
1:30 (G) **RR** Play Reading
3:00 (G) **RR** Cribbage
3:00 (O) Sunday Mixer
Happy Hour



7 *Labor Day*
8:30 (B) Stretch & Flex
9:15 (B) Enhance Fitness
10:30 (B) Understanding
Shakespeare:
Hamlet
10:30 (G) RR-PAC Poster-
Making
1:00 (B) Gentle Chair
Yoga w/Binka
1:00 (R) Stronger
Memory Check-
in Wk 13/14
1:15 **RR-PAC**
Demonstration
2:30 (B) Art w/Cathy
Shiovitz
3:45 (B) Reading w/Nils

8
9:00 (B) Balance
w/Select Rehab
9:45 (B) Cardio
Drumming
10:00 Pool Fitness
10:30 (B) Resident Council
1:00 (G) **RR** Canasta
1:00 (B) Nutrition Talk &
Food Demo
2:15 (L) Let's Talk Books
3:00 **!!** (B) Seated Dance
Fitness
6:30 (G) **RR** Scrabble
7:00 (B) Film History with
Lance Rhoades:
Slapstick
Comedy Pioneer
Mack Sennett



9
8:30 (B) Stretch & Flex
9:15 (B) Enhance Fitness
10:00 (R) Communion
10:30 (B) ICHB Choir
Rehearsal
11:00 * (\$) Outing:
Waterfront Park/
Pike Place
Market
1:00 (B) Current Events
2:00 (G) Bible Discussion
Group
5:00 (B) Seahawks
Regular Season
Kickoff Party

10
9:00 (B) Dynamic Balance
9:45 (B) Stretch & Flex
10:00 Pool Fitness
10:30 * (\$) Grocery Trip:
Town & Country
10:30 (B) Food Advisory
1:00 (B) Strength Training
1:30 * (\$) Grocery Trip:
Town & Country
3:30 (G) "Fun Fiction" Book
Club
6:30 (B) **RR** Bridge

11 *Rosh Hashanah Begins*
8:30 (B) Stretch & Flex
9:00 (G) Fiber Arts Meetup
9:15 (B) Enhance Fitness
1:00 (G) **RR** Rummikub
1:00 (B) Music History
w/Dr. Deacon
3:00 (B) BINGO
7:00 (B) Trivia Night



12
9:30 * Park Walk:
Edmonds
Waterfront
2:30 (B) Good News
Discussion Group
3:00 (G) **RR** Backgammon
7:00 (B) John Chiecsek:
Guitar
Performance



Ida Culver House Broadview August 2026 Activities

SUN	MON	TUE	WED	THU	FRI	SAT
13 10:00 (B) Stretch & flex 11:00 (B) Enhance Fitness 1:30 (B) !! Tech Help Desk 1:30 (G) RR Play Reading 3:00 (G) RR Cribbage 3:00 (B) Movie Matinee: "O Brother, Where Art Thou"	14 8:30 (B) Stretch & Flex 9:15 (B) Enhance Fitness 10:30 (B) Traveling the American South pt.1 w/Fred Alkire 1:00 (B) Gentle Chair Yoga w/Binka 1:00 (R) Stronger Memory Check-in Week 14/14 3:30 (B) Fossil Fiddles Philharmonic Jam	15 9:00 (B) Balance w/Select Rehab 9:45 (B) Cardio Drumming 10:00 Pool Fitness 10:30 (B) Lives We've Led 1:00 (G) RR Canasta 1:00 * Outing: "the Cheryl Hauser Effect" Documentary Showing 1:00 (A) ICHB Quilters 2:30 (B) Seated Dance Fitness 3:30 (B) Improv 6:30 (G) RR Scrabble	16 8:30 (B) Stretch & Flex 9:15 (B) Enhance Fitness 10:00 (R) Communion 10:30 (B) ICHB Choir Rehearsal 10:30 * Grocery Trip: Fred Meyer !! 1:00 (B) Current Events 2:00 (G) Bible Discussion Group 2:30 (B) Art History w/ Rebecca Albiani 3:30 (T) Gardeners Gathering 6:30 (B) RR Bridge	17 9:00 (B) Dynamic Balance 9:45 (B) Stretch & Flex 10:00 (P) Pool Fitness 10:30 (B) Celebration of Life 1:00 (B) Strength Training 1:00 (G) One Earth Committee 1:30 * (\$) Grocery Trip: Fred Meyer 3:00 (B) Karaoke	18 8:30 (B) Stretch & Flex 9:00 (G) Fiber Arts Meetup 9:15 (B) Enhance Fitness 10:00 * Outing: Kelsey Creek Farm Tour & Out-to-Lunch @ The Crab Pot 10:30 (B) "Calling 9-1-1" w/Medic One 1:00 (G) RR Rummikub 1:00 (B) RR Genealogy Group 3:00 (B) BINGO	19 9:30 * Park Walk: Arboretum 10:00 (B) Stretch & Flex 1:00 (C) Tech Help Desk 2:30 (B) Linguistics Discussion Group 3:00 (G) RR Backgammon
20 Yom Kippur 10:00 (B) Stretch & Flex 11:00 (B) Enhance Fitness 1:00 (B) Tech Help Desk 1:00 (R) Watch-Along: Seahawks vs. Cardinals 1:30 (G) RR Play Reading 3:00 (B) Cultural Craft: Tupilak-Inspired Art 3:00 (G) RR Cribbage	21 8:30 (B) Stretch & Flex 9:15 (B) Enhance Fitness 10:30 (B) Understanding Shakespeare 1:00 (B) Gentle Chair Yoga w/Binka 2:30 (B) !! Greenland Travelogue with Gem Pearce 3:45 (B) Reading w/Nils	22 Autumn Equinox 9:00 (B) Balance w/Select Rehab 9:45 (B) Cardio Drumming 10:00 Pool Fitness 10:30 (B) !! Watercolor w/Cathy Shiovitz 1:00 (G) RR Canasta 1:00 (B) Medicare's GUIDE Program 2:30 (B) Seated Dance Fitness 3:30 (B) Improv 6:30 (G) RR Scrabble	23 8:30 (B) Stretch & Flex 9:15 (B) Enhance Fitness 10:00 (R) Catholic Mass 10:30 (B) ICHB Choir Rehearsal 1:00 (B) Current Events 2:00 (G) Bible Discussion Group 2:30 (B) September Birthday Celebration 6:30 (B) RR Bridge	24 9:00 (B) Dynamic Balance 9:45 (B) Stretch & Flex 10:00 (P) Pool Fitness 10:30 * (\$) Grocery Trip: QFC 10:30 (B) Great Decisions: The Future of Human Rights & Intl. Law 1:00 (B) Strength Training 1:30 * (\$) Grocery Trip: QFC 3:00 (B) Cloud 9 Singers	25 8:30 (B) Stretch & Flex 9:00 (G) Fiber Arts Meetup 9:15 (B) Enhance Fitness 10:30 (B) Kristi Busch: American History Part I 1:00 (G) RR Rummikub 1:00 (B) Music History w/Dr. Deacon 3:00 (B) BINGO 7:00 (B) Trivia Night	26 9:30 * Park Walk: Volunteer Park 10:00 (B) Stretch & Flex 1:00 (C) Tech Help Desk 1:00 (B) Meet the Candidate: Njat Rose-Akins, King Co. Dist. Court Pos. 1 2:30 (B) Good News Discussion Group 3:00 (G) RR Backgammon
27 10:00 (B) Stretch & Flex 10:00 (R) Watch Along: Seahawks vs. Commanders 11:00 (B) Enhance Fitness 1:00 * Outing: "Hamlet" at Union Arts Ctr 1:30 (G) RR Play Reading 3:00 (G) RR Cribbage	28 8:30 (B) Stretch & Flex 9:15 (B) Enhance Fitness 10:30 (B) Traveling the American South pt. 2 w/Fred Alkire 12:30 * (\$) Outing: Lighthouse Low Vision Store 1:00 (B) Gentle Chair Yoga w/Binka 3:30 (B) Fossil Fiddles Philharmonic Jam	29 9:00 (B) Balance w/Select Rehab 10:00 Pool Fitness 10:00 (B) Autumn Vaccine Clinic —4:00 1:00 (G) RR Canasta 6:30 (G) RR Scrabble	30 8:30 (B) Stretch & Flex 9:15 (B) Enhance Fitness 10:00 (R) Communion 10:30 (B) ICHB Choir Rehearsal 10:30 * Grocery Trip: Trader Joe's !! 1:00 Current Events 1:30 * Grocery Trip: Trader Joe's !! 3:00 (B) Swing, Stage & Symphony w/David Joyner 6:30 (B) RR Bridge	September is... National Service Dog Month National Honey Month National Sewing Month World Alzheimer's Month		