

SEPTEMBER 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
* Sign Up in the Lobby



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 9:00am Better Balance (1) 9:00am Foot Care*(3) 9:45am All Levels Walk: Lake Sammamish State Park* (O) 1:00pm Shop: Fred Meyer* (O) 2:00pm Women's Group (1) 3:00pm Creative Writing (7) 4:00pm Tech Talk with Mekyle (5)	2 8:15am Swim at ATP*(O) 8:30am EnhanceFitness (1) 9:30am Stretch & Flex (1) 10:30am Great Courses (1) 12:30pm Food Services Committee Meeting (6) 1:30pm Myron's Readings (6) 3:00pm Dan Possumato: Irish Traditional Music (1) 4:00pm Stronger Memory Meeting (1) 7:00pm Quiddler (5)	3 9:00am Podiatrist*(3) 9:30am Better Balance (1) 10:00am Faith, Hope, & Love (2) 10:30am Chess (5) 11:00am Choir Rehearsal (1) 1:00pm Walk & Shop: Bellevue Square Mall*(O) 1:30pm Knit & Stitch (5) 2:00pm Introduction to Neurodiversity with Lori Woo (1) 3:30pm Exercise with Karen (1)	4 8:15am Swim at ATP*(O) 8:30am EnhanceFitness (1) 9:30am Stretch & Flex (1) 10:00am Quiddler (5) 10:30am Shakespeare Reader's Theater (2) 1:00pm Brain Fitness (7) 2:00pm Home Emergency Preparedness with Peter Curtis (1) 3:00pm All Levels Park Walk: Green Lake* (O) 7:00pm Friday Movie: On the Waterfront (1)	5 9:30am Meditation Group (Guided) (7) 10:30am Saturday Matters (1) 11:30am Rummy Tile (5) 12:30pm Hibulb Cultural Center & Natural History Preserve* (O) 1:00pm Mahjong (5) 2:00pm Raging Grannies Performance (1)
6 9:30am Better Balance (1) 11:00am Brain Fitness (7) 12:30pm Public Tour: Discover the Olympic Sculpture Park* (O) 3:30pm Sunday Matinee: The Princess Bride (1)	Labor Day 7 8:30am EnhanceFitness (1) 9:30am Stretch & Flex (1) 10:30am Life Enrichment Meeting (1) 1:00pm Shop: PCC Greenlake*(O) 1:30pm Scrabble (5) 3:30pm Understanding Shakespeare with Shanna Allman (1) 4:00pm Ladies' Night Out: Agua Verde* (O) 6:30pm Rummy Tile (5)	8 9:00am Better Balance (1) 9:45am All Levels Walk: Myrtle Edwards Park* (O) 1:00pm Shop: Trader Joe's* (O) 1:00pm Movies With Lance: World Travels: Croatia (1) 3:00pm Creative Writing (7) 3:30pm Exercise with Karen (1) 4:00pm Tech Talk with Mekyle (5) 7:00pm Yuchen Qi, DMA, Piano Performance (1)	9 8:15am Swim at ATP*(O) 8:30am EnhanceFitness (1) 9:30am Stretch & Flex (1) 10:30am Great Courses (1) 1:30pm Myron's Readings (6) 3:00pm University House Instrumentalists and Singers (1) 4:00pm Post-Performance Reception (1) 7:00pm Quiddler (5)	10 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) 12:30pm Dietitian Talk: Understanding Protein Needs (1) 1:30pm Knit & Stitch (5) 2:00pm Resident Survey Results (1) 3:00pm All Levels Park Walk: Arboretum (O)* 7:00pm The Writers Workshop: An	Rosh Hashanah 11 8:15am Swim at ATP*(O) 8:30am EnhanceFitness (1) 9:30am Stretch & Flex (1) 10:00am Quiddler (5) 10:30am Shakespeare Reader's Theater (2) 10:30am All Levels Walk: Burke-Gilman Trail Fremont*(O) 1:00pm Brain Fitness (7) 2:00pm Poker: Texas Hold Em with Michael Knight (6) 4:00pm Happy Hour (1) 7:00pm Friday Movie: The Love We Make (1)	Rosh Hashanah 12 9:30am Meditation Group (Silent) (7) 10:30am Saturday Matters (1) 11:30am Rummy Tile (5) 1:00pm Mahjong (5) 1:00pm Jeopardy! (1) 3:00pm Bob's Piano Bar (5)
Rosh Hashanah 13 9:30am Better Balance (1) 11:00am Brain Fitness (7) 1:00pm All Levels Park Walk: Volunteer Park* (O) 3:30pm Tech Help with Mekyle (5)	14 8:30am EnhanceFitness (1) 9:30am Stretch & Flex (1) 10:30am Wellness Talk with Tabby: Vaccines (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)	15 9:00am Better Balance (1) 9:45am All Levels Walk: Discovery 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)	16 8:15am Swim at ATP*(O) 8:30am EnhanceFitness (1) 9:30am Stretch & Flex (1) 10:30am Great Courses (1) 1:30pm Myron's Readings (6) 3:00pm Earthquake Preparedness 2026 (1) 4:00pm Stronger Memory Meeting (1) 7:00pm Marilyn Milano Pianist (1) 7:00pm Quiddler (5)	17 9:30am Better Balance (1) 10:00am Faith, Hope, & Love (2) 10:30am Chess (5) 10:30am Fitness Center Introduction*(9) 11:00am Choir Rehearsal (1) 1:00pm Shop: Uwajimaya* (O) 1:30pm Knit & Stitch (5) 2:00pm U House Instrumentalists (1) 2:30pm Audiologist* (3) 3:30pm Exercise with Karen (1)	18 8:15am Swim at ATP*(O) 8:30am EnhanceFitness (1) 9:30am Stretch & Flex (1) 10:00am Quiddler (5) 10:30am Shakespeare Reader's Theater (2) 10:30am All Levels Walk: Burke-Gilman Trail Fremont*(O) 1:00pm Brain Fitness (7) 3:00pm Art Talk: Ancient Egypt's Middle Kingdom (1) 7:00pm Friday Movie: Good Will Hunting (1)	19 9:30am Meditation Group (Guided) (7) 10:30am Saturday Matters (1) 11:30am Rummy Tile (5) 1:00pm Mahjong (5) 1:00pm Taproot Theater: Conscience*(O) 5:15pm Seattle Symphony: Opening Night with Yuja Wang (O)*

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
20 9:30am Better Balance (1) 11:00am Brain Fitness (7) 1:00pm Croquet in the Courtyard (11) 3:00pm Timeless Tunes Concert (1)	21 8:30am EnhanceFitness (1) 9:30am Stretch & Flex (1) 10:30am My Jazz Living Room Part 2. with David Lee Joyner (1) 1:30pm Scrabble (5) 1:30pm Dr. Theodore Deacon: Rodgers & Hammerstein's South Pacific (1) 3:30pm Understanding Shakespeare with Shanna Allman (1) 6:30pm Rummy Tile (5)	22 9:00am Better Balance (1) 9:45am All Levels Walk: Alki Beach* (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)	23 8:15am Swim at ATP*(O) 8:30am EnhanceFitness (1) 9:30am Stretch & Flex (1) 10:30am Great Courses (1) 1:30pm Myron's Readings (6) 3:00pm Wallingford Farmers Market (O)* 4:00pm Stronger Memory Meeting (1) 7:00pm Quiddler (5)	24 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 Shop: Town & Country* (O) 1:30pm Knit & Stitch (5) 2:00pm Birthday Social (5) 3:30pm Exercise with Karen (1)	25 8:15am Swim at ATP*(O) 8:30am EnhanceFitness (1) 9:30am Stretch & Flex (1) 10:00am Quiddler (5) 10:30am Shakespeare Reader's Theater (2) 10:30am All Levels Walk: Burke-Gilman Trail Fremont*(O) 1:00pm Brain Fitness (7) 2:00pm Beethoven's Fifth Symphony by Larry Starr (1) 7:00pm Friday Movie: Antigone (1)	26 9:30am Meditation Group (Silent) (7) 11:30am Rummy Tile (5) 1:00pm Mahjong (5) 3:00pm The Vikings: Who Were They? Presentation with Anders (1)
27 9:30am Better Balance (1) 11:00am Brain Fitness (7) 1:15pm Seattle Symphony: Xian and Hames Ehnes* (O)	28 8:30am EnhanceFitness (1) 9:30am Stretch & Flex (1) 10:30am Monday Coffee: TEDx Video & Discussion (1) 1:00pm Shop: University Village QFC*(O) 1:30pm Scrabble (5) 3:00pm Happy Hour Trivia (1) 6:15pm Silent Movie Mondays: Metropolis (1927)* (O) 6:30pm Rummy Tile (5)	29 9:00am Better Balance (1) 9:45am All Levels Walk: Seward Park*(O) 1:00pm Shop: Fred Meyer* (O) 3:00pm Creative Writing (7) 3:00pm Town Hall with Phyllis (1) 4:00pm Tech Talk with Mekyle (5) 7:00pm Resident Association Meeting (1)	30 8:15am Swim at ATP*(O) 8:30am EnhanceFitness (1) 10:00am Vaccine Clinic (1) 1:30pm Myron's Readings (6) 4:00pm Stronger Memory Meeting (1) 7:00pm Quiddler (5)			