



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			1 9:00 Enhance Fitness (AR) 10:15 Breathe & Relax Meditation with Seth (GP) 11:00: Wellness 360: The Power of Connection with Seth (AR) 2:00 Activity Review with Caitlin (AR) 6:30 Cribbage (GPR)	BLUE FRIDAY 2 9:00am - 2:00pm Vaccine Clinic (AR) (No Strength & Balance) 9:30 Fred Meyer / Safeway* 10:20 Fred Meyer* 1:00 Bird Club (LVDR) 2:00 Music Hour with Bonnie Birch (LVDR) 6:30 Board Games (CTC) 7:00 Movie Night (CH 1981)	3 9:30 Strength & Balance (AR) 10:30 Poetry Hour (TV) 11:00 Bingo (AR) 1:00 Poker (CTC) 2:00 Great Courses: Oceanography (AR) 7:00 Movie Night (CH 1981)
4 9:30 St. Matthew's (CH 1981) 12:00 St. Anthony's (CH 1981) 1:30 Blaine Memorial United Methodist (CH 1981) 1:25 Seahawks vs LAC 3:00 Canasta (Near 140) 7:00 Movie Night (CH 1981)	5 9:30 Strength & Balance (AR) 11:00 Zentangle with Betty (AR) 2:00 Resident Survey Happy Hour (AR) 3:00 Movie Committee Meeting (GPR) 3:15 LKS Singing (AR) 6:30 Bridge (CTC) 6:30 Cribbage (GPR)	6 9:00 Enhance Fitness (AR) 9:30 Catholic Service (TV) 10:30 Coulon Park Walk* 2:00 Nutrition Talk w/Amanda "Nutrition For Immunity" (AR) 6:30 Origami with Teresa and Odette (AR)	7 9:30 Strength & Balance (AR) 10:10 Exercise by Select (AR) 11:00 Bingo (AR) 1:00 Pinochle (CTC) 1:00 Death Cafe (AR) 6:30 Origami with Teresa and Odette (AR) 6:30 Bridge (CTC) 7:00 Movie Night (CH 1981)	8 9:00 Enhance Fitness (AR) 10:15 Breathe & Relax Meditation with Seth (GP) 11:00 Uwajimaya Shopping* 11:15 Men's Group with Seth (AR) 2:00 Kris Hambrick: Universal Monsters Movies (AR)	BLUE FRIDAY 9 9:30 Strength & Balance (AR) 9:30 Fred Meyer/ Safeway* 10:20 Fred Meyer* 1:00 Bird Club (LVDR) 2:00 Cider Social (AR) 5:00 Shabbat Dinner (PDR) 6:30 Board Games (CTC) 7:00 Movie Night (CH 1981)	10 9:30 Strength & Balance (AR) 11:00 Bingo (AR) 1:00 Poker (CTC) 2:00 Arcobaleno Strings (AR)  7:00 Movie Night (CH 1981)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11 9:30 St. Matthew's (CH 1981) 10:00 24 Carrot Bunnies (AR) 12:00 St. Anthony's (CH 1981) 1:25 Seahawks vs. 49ers 1:30 Blaine Memorial United Methodist (CH 1981) 3:00 Canasta (Near 140) 7:00 Movie Night (CH 1981)	12 9:30 Strength & Balance (AR) 10:15 Shopping at Southcenter Mall* 11:00 Understanding Shakespeare (AR) 2:00 New Resident Social (AR) 3:15 LKS Singing (AR) 6:30 Bridge (CTC) 6:30 Cribbage (GPR)	13 9:00 Enhance Fitness (AR) 9:30 Catholic Service (TV) 10:30 Coulon Park Walk* 11:00 Pumpkin Painting Craft (AR)  2:00 Current Events with Jacob (AR)	14 9:30 Strength & Balance (AR) 10:10 Exercise by Select (AR) 11:00 Bingo (AR) 1:00 Pinochle (CTC) 1:00 Healing Hearts with Seth (GP) 1:15 Trader Joe's and PCC* 2:30 Trivia with Nick (AR) 6:30 Bridge (CTC) 7:00 Movie Night (CH 1981)	15 9:00 Enhance Fitness (AR) 10:15 Breathe & Relax Meditation with Seth (GP) 11:00 Almost Like Family Symposium (AR) 12:30 Cake to Celebrate Teresa's 100th Birthday (AR) 2:00 Resident Association Meeting (AR) 4:00 Dinner Outing: Outback Steakhouse*	BLUE FRIDAY 16 9:30 Strength & Balance (AR) 9:30 Fred Meyer/ Safeway* 10:20 Fred Meyer* 1:00 Bird Club (LVDR) 2:00 Emergency Preparedness Presentation (AR) 3:30 Memoir Writing Group (GR) 6:00 Board Games (CTC) 7:00 Movie Night (CH 1981)	17 9:30 Strength & Balance (AR) 10:30 Poetry Hour (TV) 11:00 Bingo (AR) 1:00 Poker (CTC) 2:00 Great Courses: Oceanography (AR) 7:00 Movie Night (CH 1981)
18 9:30 St. Matthew's (CH 1981) 12:00 St. Anthony's (CH 1981) 1:30 Blaine Memorial United Methodist (CH 1981) 2:00 Cooking Demonstrations with Samone (LVDR) 3:00 Canasta (Near 140) 7:00 Movie Night (CH 1981)	19 9:30 Strength & Balance (AR) 10:00 Dollar Tree and Viet Wah* 1:15 Scenic Drive* Issaquah 2:00 "Clever, Curious, and Charismatic Crows" Lecture (AR) 3:15 LKS Singing (AR) 6:30 Bridge (CTC) 6:30 Cribbage (GPR)	20 9:00 Enhance Fitness (AR) 9:30 Catholic Service (TV) 10:30 Coulon Park Walk* 12:30 Swimming at AMI* 1:15 Chihuly Garden and Glass Museum* 2:00 Dining and Culinary Meeting (AR)	21 9:30 Strength & Balance (AR) 10:10 Exercise by Select (AR) 11:00 Bingo (AR) 1:00 Pinochle (CTC) 1:00 Life Reflections with Seth: The Big Changes We've Witnessed (AR) 6:30 Bridge (CTC) 7:00 Movie Night (CH 1981)	22 9:00 Enhance Fitness (AR) 10:15 Breathe & Relax Meditation with Seth (GP) 10:15 Shopping at WINCO* 11:00 Ladies at the Lakeshore with Seth (AR) 2:00 Town Hall (AR) 6:15 Wine Night (L) 	BLUE FRIDAY 23 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 Shopping at Goodwill for Halloween Costumes* 6:30 Lit Happens Book Club (AR) 6:30 Board Games (CTC) 7:00 Movie Night (CH 1981)	24 9:30 Strength & Balance (AR) 11:00 Bingo (AR) 1:00 Poker (CTC) 2:00 Great Courses: Oceanography (AR) 7:00 Movie Night (CH 1981)
25 9:30 St. Matthew's (CH 1981) 12:00 St. Anthony's (CH 1981) 1:30 Blaine Memorial United Methodist (CH 1981) 2:00 Lance Rhoades: The "Mature" Alfred Hitchcock (AR) 3:00 Canasta (Near 140) 5:20 Seahawks vs. KC 7:00 Movie Night (CH 1981)	26 9:30 Strength & Balance (AR) 10:30 Exquisite Creatures Exhibit and Lunch at Ivars on the Pier* 11:00 Understanding Shakspeare (AR) 1:15 Sunshine Group (AR) 2:00 Scrabble & Wine (GP) 3:15 LKS Singing (AR) 6:30 Bridge (CTC) 6:30 Cribbage (GPR)	27 9:00 Enhance Fitness (AR) 9:30 Catholic Service (TV) 10:30 Coulon Park Walk* 2:00 Current Events with Jacob (AR) 3:00 Great Decisions with Jacob (AR)	28 9:30 Strength & Balance (AR) 10:10 Exercise by Select (AR) 11:00 Bingo (AR) 1:00 Pinochle (CTC) 1:15 Target Shopping* 2:30 Trivia with Nick (AR) 6:30 Bridge (CTC) 7:00 Movie Night (CH 1981)	29 9:00 Enhance Fitness (AR) 10:15 Breathe & Relax Meditation with Seth (GP) 11:00 Lunch Outing: Torero's Mexican Restaurant* 1:00 Caring for the Caregiver (GP) 1:00 Story Lanterns Activity (AR) 2:00 Nurse Talk with Denise "Fall Prevention" (AR)	BLUE FRIDAY 30 9:30 Strength & Balance (AR) 9:30 Fred Meyer/ Safeway* 10:20 Fred Meyer* 1:00 Bird Club (LVDR) 2:00 Halloween Happy Hour & Costume Contest with The Traveling 4 Band (LVDR) 3:30 Memoir Writing Group (GR) 6:00 Board Games (CTC) 7:00 Movie Night (CH 1981) 	31 9:30 Strength & Balance (AR) 11:00 Bingo and Spooky Mimosa's (AR) 1:00 Poker (CTC) 2:00 Great Courses: Oceanography (AR) 7:00 Movie Night (CH 1981) 

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 • Wednesdays • 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

LKS Singing • Mondays • 3:15PM • Activity Room

Do you enjoy singing? The come and enjoy in the activity room. Everyone is welcome.

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 October • 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.

Wellness 360 with Seth • Thursday, October 1st • 11:00AM • Activity Room

The Power of Connection - Human beings are wired for connection, yet loneliness can become more common as we age due to changes in health, mobility, relationships, and daily routines. In this Wellness 360 discussion, we'll explore how friendships, family, community, and everyday interactions can support our emotional and physical well-being.

Activity Review with Caitlin • Thursday, October 1st • 2:00PM • Activity Room

Do you have questions about Activities? Join us as we talk through the calendar and we'll answer any questions you have about the calendar . We will also go over what you need to know about the Life Enrichment Department. We are always looking for new ideas to add to the calendar.

Vaccine Clinic • Friday, October 2nd • 9:00AM - 2:00PM • Activity Room

This clinic will be through Safeway pharmacy. Sign up at the Front Desk. Both the Flu vaccine and the COVID booster will be offered this year.

Music Hour with Bonnie Birch • Friday, October 2nd • 2:00PM • LVDR

It's Music Hour time! Please join our returning guests. It'll be a great time!

Poetry Hour • Saturday, October 3rd and 17th • 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.

Zentangle Class • Monday, October 5th • 11:00AM • Activity Room

Come join us in the Activity Room as Betty leads a relaxing Zentangle class. Anyone that can put a pen to paper can do Zentangle. This is mindful mark marking.

Resident Survey Happy Hour • Monday, October 5th • 2:00PM • Activity Room

Come and Join us in the Activity Room to celebrate as we reached a 90% completion rate on our annual resident satisfaction survey.

Movie Committee Meeting • Monday, October 5th • 3:00PM • Games Plus Room

Interested in being involved in the selection of movies that are played here at The Lakeshore? Join us for our first Movie Committee meeting to talk through how residents can have input.

Nutritoin Talk w/ Amanda Riffle: • Tuesday, October 6th • 2:00PM • Activity Room
“**Nutrition for Immunity**” - Everyday lifestyle habits can support the body’s ability to quickly and effectively fight off illnesses. This nutrition presentation will provide a brief review of immune function, and the role diet and lifestyle habits have on immune health.

Origami w/Teresa and Odette • October 6th an 7th • 6:30PM • Activity Room
Please join Teresa and Odette for a fun evening of origami. Each night they will walk you through all the folding steps to create something wonderful. They will be making the same thing both nights. Please only sign up for one.

Death Café with Seth • Wednesday, October 7th • 1:00PM • 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.

Men’s Group • Thursday, October 8th • 11:15AM • 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.

Guest Speaker Kris Hambrick • Thursday, October 8th • 2:00PM • Activity Room
we’ll look back at how Universal turned a couple of Victorian novels into a genre juggernaut and revisit the origins of Dracula, Frankenstein, the Wolf Man, the Invisible Man, and all their descendants. Why was this type of story so successful in the early 1930s?

Cider Social • Friday, October 9th • 2:00PM • Activity Room
Come join us for a warm, seasonal gathering where residents enjoy spiced hot or cold apple cider, autumn treats, and relaxed conversation.

Arcobaleno Strings Performance • Saturday, October 10th • 2:00PM • Activity Room
Arcobaleno Strings is a group of top-notch, Seattle area musicians collaborating together since 2008.

24 Carrot Bunnies • Sunday, October 11th • 10:00AM • Activity Room
The Bunnies are back! Live Bunnies will be coming to the activty room for you to see and hold. Please join us!

Understanding Shakespeare • Monday, October 12th & 26th • 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!

New Resident Social • Monday, October 12th • 2:00PM • Activity Room
Join us for a casual get together where we welcome new neighbors with light refreshments and a get to know you ice breaker. Everyone is welcome!

Pumpkin Painting • Tuesday, October 13th • 11:00AM • Activity Room
Join us for a relaxing and festive morning of seasonal creativity! You can design and paint your own autumn masterpiece—whether it is a classic jack-o'-lantern face, a pretty floral pattern, or a vibrant solid color.

Current Events with Jacob • Tuesday, October 13th & 27th • 2:00PM • Activity Room
Come join Jacob Bolotin’s current events lecture. Come and learn something from a new perspective.

Healing Hearts with Seth • Wednesday, October 14th • 1:00AM • 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.

Trivia with Nick • Wednesday, October 14th and 28th • 2:30PM • Activity Room
It’s Trivia Time! Trivia’s Nick will be back to lead us in 4 round sof trivia in different categories. Come down and try it out. You may have the answers to the winning questions.

Almost Like Family Symposium • Thursday, October 15th • 11:00 AM • Activity Room
Join us to learn how Almost Like Family program can provide personalized 1:1 companionship, support, and assistance—both within the community and beyond.

Cake to Celebrate Teresa • Thursday, October 15th • 12:30 PM • Activity Room
Teresa is turning 100! Her family is bringing in cake and would love to have you come and celebrate!

Resident Association Meeting • Thursday, October 15th • 2:00PM • Activity Room
Join your resident council for an all resident meeting to discuss updates, questions and/or concerns. Everyone is welcome.

Emergency Preparedness Presentation • Friday, October 16th • 2:00PM • AR
Join Caitlin for a presentation on Fires, Powers Outages, and Earthquakes and learn about community procedures and best practices to be prepared.

Memoir Writing Group • Friday, October 16th and 30th • 3:30PM • Garden Room
Has your family ever asked you to write down stories about your life? Have you wanted to start writing but don’t know where to begin? Join our resident-led Memoir Writing Group for inspiration and ways to get started.

Cooking Demonstrations with Samone • Sunday, October 18th • 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.

“Clever, Curious, and Charismatic Crows” • Monday, October 19th • 2:00PM • AR
Join speaker Loma Pendergraft to learn about the antics of crows, ravens, and other members of their taxonomic family. He will discuss fun facts about crows, the capabilities (and limits) of their intelligence, and the research that scientists at the University of Washington have conducted on these fascinating birds.

Dining & Culinary Meeting • Tuesday, October 20th • 2:00PM • Activity Room
Join us for the Culinary & Dining Team meeting. We want to hear from you. Everyone is welcome.

Life Reflections: The Big Changes We’ve Witnessed • Wednesday, October 21st • 1:00PM • Activity Room

Over the course of our lives, we have witnessed remarkable changes in the way we live, work, communicate, travel, and connect with one another. Come prepared to reminisce, compare experiences, and perhaps marvel at just how much the world has changed.

Ladies of The Lakeshore • Thursday, October 22nd • 11:00AM • Activity Room
Calling all Ladies! Please join us in the Activity Room.

Town Hall • Thursday, October 22nd • 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.

Wine Night • Thursday, October 22nd • 6:15PM • Activity Room
(Non-Alcohol Beverages provided as well) Join us and friends in the lobby after dinner for social hour.

Traveling Library • Friday, October 23rd • 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, October 23rd • 6:30PM • Activity Room
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

Lance Rhoades: The “Mature” Alfred Hitchcock • Sunday, October 25th • 2:00PM • AR
Join lecturer, Lance Rhoades, for an immersive, multimedia journey into the cinematic world of Alfred Hitchcock. Renowned as the "Master of Suspense," Hitchcock revolutionized the psychological thriller genre.

Sunshine Group • Monday, October 26th • 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, October 27th • 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.

Caring for the Caregiver • Thursday, October 29th • 1:00PM • 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.

Story Lanterns • Thursday, October 29th • 1:00PM • Activity Room
Join us for a fun craft where we can come together to share memories with one another.

Nurse Talk: “Fall Prevention” • Thursday, October 29th • 2:00PM • Activity Room
Join Community Health Nurse, Denise Pascal, for educational and informative presentation.

Halloween Happy Hour • Friday, October 30th • 2:00PM • Activity Room
We will celebrate Halloween with a Costume Contest and music from the Travelling 4 Band.

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* ● Thursday, October 8th • 11:00am
Join us for a trip to Uwajimaya! Please sign-up in the Activity Book!

Trader Joe’s & PCC* ● Wednesday, October 14th • 1:15pm
Join us for a trip to Trader Joe’s and PCC! Please sign-up in the Activity Book!

Target Shopping* ● Wednesday, October 28th • 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!

Coulon Park Walk* • Tuesday, October 6th, 13th, 20th and 27th • 10:30AM

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



Shopping at Southcenter Mall * • Monday, October 12th • 10:15AM

It's shopping time! You will have 2 hours to shop and we will pick you up at the same place you are dropped off.



Dinner Outing: Outback Steakhouse* • Thursday, October 15th 4:00pm

Please sign-up to enjoy a delicious dinner out with friends.



Shopping at Renton Highlands* • Monday, October 19th • 10:00AM

It's shopping time! You will have 2 hours to shop and we will pick you up at the same place you are dropped off.



Scenic Drive* • Monday, October 19th • 1:15PM

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

Chihuly Garden and Glass Museum * • Tuesday, October 20^h • 1:15PM

This outing to Chihuly Garden and Glass offers an immersive journey through vibrant, kaleidoscopic large-scale glass artwork created by renowned local artist Dale Chihuly.



Shopping at WINCO* • Thursday, October 22nd • 10:15AM

Check out the new Renton WINCO location. Known as the "Supermarket Low Price Leader," this massive store offers an incredible selection of groceries at unbeatable prices.



Shopping at Goodwill* • Friday, October 23rd • 2:00PM

We will take a trip to Goodwill for some shopping. this is an opportunity to find a Halloween Costume or look for other treasures.



Exquisite Creatures Exhibit and Lunch at Ivars* • Monday, October 26th • 10:30AM

The Exquisite Creatures exhibit by artist and naturalist Christopher Marley is an immersive bio-sculptural art exhibition showcasing thousands of real, ethically sourced animal, mineral, and plant specimens. Afterwards we will enjoy a lunch at Ivars at Pier 54.



Lunch Outing: Torero's Mexican Restaurant * • Thursday, October 29th • 11:00AM

Join us for a mexican lunch outing with friends. Torero's Cocina Mexicana & Cantina serves contemporary Mexican food using hand-crafted, fresh, natural ingredients



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)