Ida Culver House Broadview November 2026 Activities

SUN	MON	TUE	WED	THU	FRI	SAT
1 10:00 (B) Stretch & Flex 11:00 (B) Enhance Fitness 1:00 (C) Tech Help Desk 1:30 (G) ***RR*** Play Reading 3:00 (G) ***RR*** Cribbage 3:00 (B) "Silver Lining" Piano & Vocals Concert	**2** 8:30 (B) Stretch & Flex 9:15 (B) Enhance Fitness 10:30 (B) Understanding Shakespeare: Hamlet 1:00 (B) Gentle Chair Yoga w/Binka 2:30 (B) Art w/Cathy Shiovitz 5:15 (R) Watch-Along: Seahawks vs. Bears 7:00 (L) Non-Fiction Book Club	**3** *Election Day* 9:00 (B) Balance w/Select Rehab 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	**4** 8:30 (B) Stretch & Flex 9:15 (B) Enhance Fitness 10:00 (R) Communion 10:30 (B) ICHB Choir Rehearsal 12:50 (B) Current Events 3:30 (A) Bible Discussion Group 6:30 (B) ***RR*** Bridge	**5** 9:00 (B) Dynamic Balance 9:45 (B) Stretch & Flex 10:00 Pool Fitness 10:30 (B) *!!* Cardio Drumming 10:30 * ($) Grocery Trip: Trader Joe's 1:00 (B) Strength Training 1:30 * ($) Grocery Trip: Trader Joe's 2:00 (G) Men's Group 3:00 (B) Seattle Public Library Services Presentation 7:00 (B) Blue Notes Jazz Trio 7:00 (G) ***RR*** Poker Night	**6** 8:30 (B) Stretch & Flex 9:00 (G) ***RR*** Fiber Arts Meetup 9:15 (B) Enhance Fitness 10:30 (B) American History I w/ Kristi Busch 1:00 (G) ***RR*** Rummikub 1:30 (B) Life Enrichment Forum 3:00 (B) BINGO	**7** 9:30 * Park Walk: Golden Gardens 10:30 (B) "Islam and the West" w/Bill Taylor 12:30 (L) *ICHB Library Book Giveaway Begins* 2:30 (O) Billiards & Beer with Scott 3:00 (G) ***RR*** Backgammon 7:00 (O) Resident Social
8 10:00 (B) Stretch & Flex 11:00 (B) Enhance Fitness 1:00 (C) Tech Help Desk 1:25 (R) Watch Along: Seahawks vs. Cardinals 1:30 (G) ***RR*** Play Reading 3:00 (G) ***RR*** Cribbage 3:00 (O) Sunday Cocktail Mixer Happy Hour	**9** 8:30 (B) Stretch & Flex 9:15 (B) Enhance Fitness 10:30 (B) Planning for Future Care Needs at ICHB 12:30 * ($) Shopping Outing: Alderwood Mall 1:00 (B) Gentle Chair Yoga w/Binka 2:00 (G) Widows Group 3:30 (B) Fossil Fiddles Philharmonic Jam 7:00 (B) SwingTime Travelers Jazz Concert	**10** 9:00 (B) Balance w/Select Rehab 9:45 (B) Cardio Drumming 10:00 Pool Fitness 10:30 (B) Resident Council 1:00 (G) ***RR*** Canasta 1:00 (B) Nutrition Talk: Community Menu Development 2:15 (L) Let's Talk Books 2:30 (B) Seated Dance Fitness 3:30 (B) Improv 6:30 (G) ***RR*** Scrabble 7:00 (B) Film History: Harold Lloyd, Silent Film Comedy Star	**11** *Veterans Day* 8:30 (B) Stretch & Flex 9:15 (B) Enhance Fitness 10:00 (R) Communion 10:30 (B) ICHB Choir Rehearsal 12:50 (B) Current Events 3:00 (B) Veterans Day Ceremony & Reception 3:30 (A) Bible Discussion Group 6:30 (B) ***RR*** Bridge	**12** 9:00 (B) Dynamic Balance 9:45 (B) Stretch & Flex 10:00 Pool Fitness 10:30 * ($) Grocery Trip: Town & Country 10:30 (B) Food Advisory 1:30 * ($) Grocery Trip: Town & Country 2:00 (G) Parkinson's Group 3:30 (G) "Fun Fiction" Book Club 6:15 ‡ Symphony Outing: Tchaikovsky's First Piano Concerto & Zarathustra	**13** 8:30 (B) Stretch & Flex 9:00 (G) ***RR*** Fiber Arts Meetup 9:15 (B) Enhance Fitness 10:30 (B) American History I w/ Kristi Busch 1:00 (G) ***RR*** Rummikub 1:00 (B) Music History w/Dr. Deacon: *Cabaret* 3:00 (B) BINGO 7:00 (B) Trivia Night	**14** 9:30 * Park Walk: Echo Lake Park 9:30 (B) *!!* Stretch & Flex 10:30 (B) "Islam and the West" w/ Bill Taylor 1:00 (C) Tech Help Desk 2:30 (B) Autumn Craft: "Fallen Leaves" 3:00 (G) ***RR*** Backgammon 7:00 (B) Volat: Medieval Women's Choir Performance

Questions or Suggestions?

Call Life Enrichment at x3714.

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

KEY

Special Event

Exercise Class

Outing

* = Sign up in Bistro Binder (outing or appointments required)

‡ = Contact Life Enrichment

($) = Bring your wallet

RR = Resident Run Activity

!! = New Activity / Event Change

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

Ida Culver House Broadview November 2026 Activities

SUN	MON	TUE	WED	THU	FRI	SAT
15 10:00 (B) Stretch & flex 11:00 (B) Enhance Fitness 1:00 (C) Tech Help Desk 1:05 (R) Watch Along: Seahawks vs. Raiders 3:00 (B) Game Time: Pool Noodle Hockey 3:00 (G) ***RR*** Cribbage	**16** 8:30 (B) Stretch & Flex 9:15 (B) Enhance Fitness 10:30 (B) Understanding Shakespeare: Hamlet 1:00 (B) Gentle Chair Yoga w/Binka 2:00 (G) Low Vision Support Group 2:30 (B) Watercolors with Cathy S	**17** 9:45 (R) *!!* Stretch & Flex 10:00 Pool Fitness 1:00 (G) ***RR*** Canasta 1:00 (A) ICHB Quilters 2:30 (B) November Birthday Celebration 6:30 (G) ***RR*** Scrabble	**18** 8:30 (B) Stretch & Flex 9:15 (B) Enhance Fitness 10:00 (R) Communion 10:30 (B) ICHB Choir Rehearsal 10:30 (G) Volunteer: Blanket Making 12:50 (B) Current Events 2:30 (B) Art History with Rebecca Albiani: "An Indigenous Present" @ Frye 3:30 (A) Bible Discussion Group 6:30 (B) ***RR*** Bridge	**19** 9:00 (B) Dynamic Balance 9:45 (B) Stretch & Flex 10:00 Pool Fitness 10:30 (B) *!!* Cardio Drumming 10:30 * ($) Grocery Trip: Fred Meyer 1:00 (G) One Earth Committee 1:30 * ($) Grocery Trip: Fred Meyer 2:00 (G) Caregivers Group 6:15 ‡ Symphony Outing: Mozart's *Requiem* 7:00 (G) ***RR*** Poker Night	**20** 8:30 (B) Stretch & Flex 9:00 (G) ***RR*** Fiber Arts Meetup 9:15 (B) Enhance Fitness 1:00 (G) ***RR*** Rummikub 1:00 (B) ***RR*** Genealogy Group 3:00 (B) BINGO	**21** 9:30 * Park Walk: Lake Union Park 9:30 (B) *!!* Stretch & Flex 10:30 (B) "Islam and the West" w/ Bill Taylor 11:00 (C) *!!* Tech Help Desk 1:00 * Outing: Frye Art Museum 3:00 (G) ***RR*** Backgammon 7:00 (O) Resident Social
22 10:00 (B) Stretch & Flex 11:00 (B) Enhance Fitness 1:00 (C) Tech Help Desk 1:30 (G) ***RR*** Play Reading 3:00 (B) Craft: Make Your Own Potpourri 3:00 (G) ***RR*** Cribbage	**23** 8:30 (B) Stretch & Flex 9:15 (B) Enhance Fitness 10:30 (B) Safe Banking for Seniors: Identifying & Avoiding Scams 1:00 (B) Gentle Chair Yoga w/Binka 1:30 * *!!* ($) Grocery Trip: QFC 2:00 (G) Women's Group 3:30 (B) Fossil Fiddles Philharmonic Jam	**24** 9:00 (B) Balance w/Select Rehab 9:45 (B) Cardio Drumming 10:00 Pool Fitness 10:30 * *!!* ($) Grocery Trip: QFC 1:00 (G) ***RR*** Canasta 1:00 (B) ‡ Fit Checks 2:15 (L) Library Committee 2:30 (B) Seated Dance Fitness 3:30 (B) Improv 6:30 (G) ***RR*** Scrabble	**25** 8:30 (B) Stretch & Flex 9:15 (B) Enhance Fitness 10:00 (R) Catholic Mass 10:30 (B) ICHB Choir Rehearsal 12:50 (B) Current Events 2:30 (B) Gratitude Happy Hour *with Gratitude Grams!* 3:30 (A) Bible Discussion Group 6:30 (B) ***RR*** Bridge	**26** *Thanksgiving* 9:00 (B) Dynamic Balance 9:45 (B) Stretch & Flex 10:00 Pool Fitness 10:30 (B) Strength Training 11:00–2:30 Thanksgiving Brunch in the ODR 3:00 (B) Thanksgiving Movie Matinee: *Prairie Home Companion 30th Anniversary Show*	**27** 8:30 (B) Stretch & Flex 9:00 (G) ***RR*** Fiber Arts Meetup 9:15 (B) Enhance Fitness 1:00 (G) ***RR*** Rummikub 1:00 (B) Music History w/ Dr. Deacon: *Kismet* 3:00 (B) BINGO 7:00 (B) Trivia Night	**28** 9:30 * Park Walk: Magnolia Bluff 9:30 (B) *!!* Stretch & Flex 1:00 (C) Tech Help Desk 2:30 (B) Good News Discussion Group 3:00 (G) ***RR*** Backgammon
29 10:00 (B) Stretch & Flex 11:00 (B) Enhance Fitness 1:00 (C) Tech Help Desk Watch Along: 1:25 (R) Seahawks vs. 49ers 1:30 (G) ***RR*** Play Reading 3:00 (G) ***RR*** Cribbage 7:00 (B) "Whateverly Brothers" Holiday Concert	**30** 8:30 (B) Stretch & Flex 9:15 (B) Enhance Fitness 10:30 (B) *!!* The Lives We've Led 1:00 (B) Gentle Chair Yoga w/Binka 2:00 (G) Death Café 3:00 (B) Family Feud!					

Schedule is subject to change.

Please refer to your "Week at a Glance" for the most up-to-date information.

November is…

- National Alzheimer's Disease Awareness Month
- National Gratitude Month
- National Life Writing Month
- National Native American Heritage Month