November 2026

UNIVERSITY HOUSE
WALLINGFORD
1997

Premier Retirement Living

(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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:30 Better Balance (1) 11:00 Brain Fitness (7) 1:00 1st Floor Party (10) 3:00 Kay Yeh Piano Performance (1)	2 8:30 Enhance Fitness (1) 9:30 Stretch & Flex (1) 10:30 Life Enrichment Meeting (1) 1:00 Ballot Drop Off* (O) 1:30 Scrabble (5) 3:30 Understanding Shakespeare with Shanna Allman (1) 4:30 Women's Night Out* (O) 6:30 Rummy Tile (5)	3 9:00 Better Balance with Mynor (1) 9:00 Foot Care* (3) 9:45 All Levels Walk: Washington Park Arboretum* (O) 1:00 Shop: Fred Meyer* (O) 2:00 Women's Group (1) 3:00 Creative Writing (7) 3:30 Exercise with Karen (1) 7:30 Midterm Election Watch Party (1)	4 8:15 Swim at ATP* (O) 8:30 Enhance Fitness (1) 9:30 Stretch & Flex (1) 10:30 Great Courses with Lowell (1) 12:30 Food Services Meeting (6) 1:30 Myron's Readings (6) 3:00 Silver Lining Concert (1) 7:00 Quiddler (5) 7:00 Lance Rhoades: Pioneers of Slapstick Comedy (1)	5 9:30 Better Balance with Mynor (1) 9:00 Podiatry Clinic (3) 10:00 Faith, Hope, & Love (2) 10:30 Chess (5) 11:00 Choir Rehearsal (1) 11:00 Flower Arranging (6) 12:30 First Free Thursday: Seattle Asian Art Museum* (O) 1:30 Knit & Stitch (5) 1:30 Splatter Matters (3) 3:30 Exercise with Karen (1)	6 8:15 Swim at ATP* (O) 8:30 Enhance Fitness (1) 9:30 Stretch & Flex (1) 10:00 Quiddler (6) 10:30 Shakespeare Readers' Theater (2) 10:30 All Levels Walk: Fremont Canal* (O) 1:00 Brain Fitness (7) 2:00 Medicare Presentation with SHIBA (1) 5:45 Seattle Symphony* (O) 7:00 Friday Movie: Zorba the Greek (1)	7 9:15 MET Opera at AMC Oak Tree: Lincoln in the Bardo* (O) 9:30 Mediation Group (Silent) (7) 11:30 Rummy Tile (6) 1:00 MahJong (5) 2:00 Poker with Michael Knight (6) 3:00 Happy Hour (5) 6:45 Harmonia: Rule, Brittania!* (O)
8 9:30 Better Balance (1) 10:30 Metro Trip to Redmond Town Center & Shopping* (O) 11:00 Brain Fitness (7) 1:00 2nd Floor Party (2nd Floor Alcove)	9 8:30 Enhance Fitness (1) 9:30 Stretch & Flex (1) 10:30 S'Wonderful, S'Gershwin! with David Lee Joyner (1) 1:00 Shop: Whole Foods* (O) 1:30 Scrabble (5) 3:00 EPOC Meeting (1) 4:30 Men's Night Out* (O) 6:30 Rummy Tile (5)	10 9:00 Better Balance with Mynor (1) 9:45 All Levels Walk: Gene Coulon Park* (O) 1:00 Shop: Trader Joe's* (O) 3:00 Creative Writing (7) 3:30 Exercise with Karen (1) 4:00 Tech Talk with Mekyle (5) 6:45 UW Piano Series: Janice Carissa* (O)	Veteran's Day 11 8:15 Swim at ATP* (O) 8:30 Enhance Fitness (1) 9:30 Stretch & Flex (1) 10:30 Great Courses with Lowell (1) 1:30 Myron's Readings (6) 3:00 Hearing Loop Presentation (1) 7:00 Quiddler (5)	12 9:30 Better Balance with Mynor (1) 9:45 Point Defiance Zoo & Aquarium* (O) 10:00 Faith, Hope, & Love (2) 10:30 Chess (5) 11:00 Choir Rehearsal (1) 12:30 Dietitian Talk (1) 1:30 Knit & Stitch (5) 3:30 Exercise with Karen (1)	13 8:15 Swim at ATP* (O) 8:30 Enhance Fitness (1) 9:30 Stretch & Flex (1) 10:00 Quiddler (6) 10:30 Shakespeare Readers' Theater (2) 10:30 All Levels Walk: Magnolia Blvd* (O) 1:00 Brain Fitness (7) 3:00 Laugh Along with Tchaikovsky (1) 6:45 UW Chamber Series* (O) 7:00 Friday Movie: For Whom The Bell Tolls (1)	14 9:15 MET Opera at AMC Oak Tree: Tosca* (O) 9:30 Mediation Group (Guided) (7) 11:30 Rummy Tile (6) 1:00 MahJong (5) 3:00 Bob's Piano Bar (5)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15 9:00 Shop: University Bookstore* (O) 9:30 Better Balance (1) 11:00 Brain Fitness (7) 1:15 Seattle Symphony* (O) 1:00 3rd Floor Party (3rd Floor Alcove) 3:00 Hot Club of Troy Jazz Concert (1)	16 8:30 Enhance Fitness (1) 9:30 Stretch & Flex (1) 10:30 Wellness Talk with Tabby (1) 1:30 Scrabble (5) 1:30 Dr. Theodore Deacon Lecture (1) 3:30 Understanding Shakespeare Group (1) 6:30 Rummy Tile (5) 7:00 Ev Stern Quintet (1)	17 9:00 Better Balance with Mynor (1) 9:45 All Levels Walk: Golden Gardens* (O) 1:00 Shop: Fred Meyer* (O) 3:00 Creative Writing (7) 3:30 Exercise with Karen (1) 4:00 Tech Talk with Mekyle (5)	18 8:15 Swim at ATP* (O) 8:30 Enhance Fitness (1) 9:30 Stretch & Flex (1) 10:30 Great Courses with Lowell (1) 1:30 Myron's Readings (6) 3:00 LAN Legacy Class & Tech Help (1) 4:30 UHS Anniversary Dinner (8) 7:00 Quiddler (5) 7:00 Gerry Kailin Piano Performance (1)	19 9:30 Better Balance with Mynor (1) 10:00 Faith, Hope, & Love (2) 10:30 Chess (5) 10:30 Fitness Center Intro* (9) 11:00 Choir Rehearsal (1) 11:00 Flower Arranging (6) 1:00 Shop: Uwajimaya* (O) 1:30 Knit & Stitch (5) 1:30 Splatter Matters (3) 2:00 UHouse Instrumentalists (1) 2:30 Audiology* (3) 3:30 Town Hall with Phyllis (1) 7:00 UW Dance Series* (O)	20 8:15 Swim at ATP* (O) 8:30 Enhance Fitness (1) 9:30 Stretch & Flex (1) 10:00 Quiddler (6) 10:30 Shakespeare Readers' Theater (2) 10:30 All Levels Walk: Myrtle Edwards Park* (O) 1:00 Brain Fitness (7) 3:00 Art Talk with Rebecca Albiani (1) 6:45 Early Music Seattle* (O) 7:00 Friday Movie: Queen of the Desert (1)	21 9:30 Mediation Group (Silent) (7) 10:00 Holiday Bazaar (1) 11:30 Rummy Tile (6) 1:00 MahJong (5) 2:00 Poker with Michael Knight (6) 6:45 Seattle Opera* (O)
22 9:30 Better Balance (1) 11:00 Brain Fitness (7) 1:00 4th Floor Party (4th Floor Alcove) 1:15 Seattle Symphony* (O) 3:00 Password Managers with Mekyle (7)	23 8:30 Enhance Fitness (1) 9:30 Stretch & Flex (1) 11:00 Choir Rehearsal (1) 12:45 Exquisite Creatures Exhibit* (O) 1:30 Scrabble (5) 3:00 Happy Hour Trivia (1) 6:30 Rummy Tile (5) 7:00 Valentina Rodov Piano Performance (1)	24 9:00 Better Balance with Mynor (1) 9:45 All Levels Walk: Carkeek Park* (O) 12:45 SPL Bookmobile (1) 1:00 Shop: Trader Joe's* (O) 3:00 Creative Writing (7) 3:30 Exercise with Karen (1) 4:00 Tech Talk with Mekyle (5) 7:00 Resident Association Meeting (1)	25 8:15 Swim at ATP* (O) 8:30 Enhance Fitness (1) 9:30 Stretch & Flex (1) 1:30 Myron's Readings (6) 3:00 Wolfgang's 90th Birthday Celebration (1) 7:00 Quiddler (5)	Thanksgiving 26 10:00 Neighborhood Walk with Phyllis (O) 10:00 Faith, Hope, & Love (2) 10:30 Chess (5) 12:00 Thanksgiving Buffet (8) 1:30 Knit & Stitch (5)	27 8:15 Swim at ATP* (O) 8:30 Enhance Fitness (1) 9:30 Stretch & Flex (1) 10:00 Quiddler (6) 10:30 Shakespeare Readers' Theater (2) 10:30 All Levels Walk: Volunteer Park & Conservatory* (O) 1:00 Brain Fitness (7) 3:00 Jeopardy! (1) 7:00 Friday Movie: The Big Chill (1)	28 9:15 MET Opera at AMC Oak Tree: Jenufa* (O) 9:30 Mediation Group (Guided) (7) 11:30 Rummy Tile (6) 1:00 MahJong (5) 3:00 The Economics of College Sports with Anders (1)
29 9:30 Better Balance (1) 11:00 Brain Fitness (7) 1:00 5th Floor Party (5th Floor Alcove) 2:00 Painting with Chris (3)	30 8:30 Enhance Fitness (1) 9:30 Stretch & Flex (1) 10:30 Shop: Bellevue Square Mall* (O) 1:30 Scrabble (5) 3:00 Birthday Social with Marilyn Milano (5) 6:30 Rummy Tile (5)					



Kay Ratcliff
Apt. 306 | Nov. 1st

Susan Rader
Apt. 108 | Nov. 4th

Carol Gnich
Apt. 524 | Nov. 5th

Pat Charlson
Apt. 444 | Nov. 8th

Naomi Rhoads
Apt. 401 | Nov. 11th

Lyn Coffin
Apt. 328 | Nov. 12th

Bob Kalina
Apt. 101 | Nov. 13th

Aki Sato
Apt. 120 | Nov. 16th

Norm Harris
Apt. 317 | Nov. 20th

Stephanie Rodden
Apt. 435 | Nov. 20th

Carolyn Major
Apt. 137 | Nov. 22nd

Kathy Elias
Apt. 236 | Nov. 23rd

Ron Leamon
Apt. 420 | Nov. 24th

Wolfgang Kluge
Apt. 430 | Nov. 25th