


August 2023-Independent Living Activity & Fitness Calendar SKYLINE

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|--|--|---|--|
| Activity schedule is subject to change. Please refer to the Weekly Update (published every Friday) or visit the Caremerge "CM" Live Calendar for the most up-to-date schedule. | The Corner Store will be CLOSED throughout August and will reopen on September 6. Tech Help Desk with Ben (✓) Wednesdays 9:30am - 11:00am 5 th Fl. Library CANCELLED: August 2 & 9 | 1 NATIONAL NIGHT OUT 8:00 Walking Group: 3-miles (CTL) 8:00 Wake & Stretch (GX) 9:00 Aqua Aerobics (P) 10:00 Balance Basics (GX) 10:15 Aqua Aerobics (P) 1:30 Balance Basics (GX) 2:00 Walking Group: 0.5 - 1 mile (LB) 2:30 Caregivers' Support Group (TH) 3:00 Tuesday Tea on Thirteen (S13) 5:15 National Night Out Block Party (L1) | 2 8:00 Wake & Stretch (GX) 9:00 SAIL Fitness (MB) 10:30 VIRTUAL Challenge Fitness (GX) 11:00 Learning with Lasso Series: "A Reflection on Leadership & Love" (MB) 1:00 Bridge (TH) 2:00 Afternoon Matinee: <i>Raiders of the Lost Ark</i> (CR) 2:00 Low Impact SAIL Fitness (GX) 7:30 CR Movie: <i>Being There</i> (CR) 7:30 OT Movie: <i>The Russians are coming! The Russians are Coming!</i> (PH) | 3 8:00 Walking Group: 3-miles (CTL) 8:00 VIRTUAL Wake & Stretch (GX) 9:00 Aqua Aerobics (P) 9:15 Tai-Chi: Yang 24 Forms (GX) 9:30 Floor Core with Nick (MB) 10:00 Roman Catholic Communion (S10) 10:15 Aqua Aerobics (P) 10:30 Ballroom Dance Class (✓) (GX) 1:00 Shared Stillness (S) 1:30 Balance Basics + Band (GX) 2:00 Walking Group: 0.5 - 1 mile (LB) 2:00 SPL Mobile Library (TL) 4:00 Happy Hour with Live Music by The Mike Faast Band (GL) 7:30 CR Movie: <i>Conversaciones con Mama</i> (CR) 7:30 OT Movie: <i>20 Feet from Stardom</i> (PH) | 4 8:00 Yoga with Jim Weber (GX) 9:00 SAIL Fitness (MB) 10:30 Challenge Fitness (GX) 1:00 Hot Topics Discussion (MB) 2:00 Friday Stitchers (SC) 2:00 Walking Group: 0.5 - 1 mile (LB) 2:00 Low-Impact SAIL Fitness (GX) 3:30 Historical Film Showing: "The Day After Trinity: J. Robert Oppenheimer and the Atomic Bomb" followed by Discussion led by Don Clark (MB) | 5 8:00 Walking Group: 3-5 miles (CTL) 9:45 Fred Meyer Ballard Shopping (✓) (L1) 3:00 Blue Angels Viewing Party- 26 th Fl. Rooftop (RT) 7:30 CR Movie: <i>The Theory of Everything</i> (CR) 7:30 OT Movie: <i>Chevalier</i> (PH) |
| To attend programs that require signup (✓) or to view the most up to date content, visit the Caremerge "CM" Live Calendar. | | | | | | |
| 6 | 7 | 8 | 9 | 10 - NEW MENU | 11 | 12 |
| 10:00 Reflections on Life (SC) 10:00 St. James Live Stream (M) 1:30 Episcopal Worship Service (M) | 8:00 Wake & Stretch (GX) 9:00 SAIL Fitness (MB) 9:15 Tai-Chi for Arthritis (GX) 10:30 QFC & Met Market Mercer Island Shopping (✓) (L1) 10:30 Challenge Fitness (GX) 11:30 Meditation (S) 1:00 Resident Art Group (SC) 1:00 Guy Talk (M) 1:30 Low Impact SAIL Fitness (GX) 2:30 Beginning Tai Chi (GX) | 8:00 Walking Group: 3-miles (CTL) 8:00 Wake & Stretch (GX) 9:00 Aqua Aerobics (P) 9:30 Open Gym with Nick (OT-FC) 10:00 Balance Basics (GX) 10:15 Aqua Aerobics (P) 1:00 Seahawks Training Camp (\$5/✓) (L1) 1:30 Balance Basics (GX) 2:00 Walking Group: 0.5 - 1 mile (LB) 3:00 Root Beer Float Social (P5) 7:30 "Time-Fly" Performance: <i>Where Elvis Meets Handel--An Evening with Arthus Keast</i> (PH) | 8:00 Wake & Stretch (GX) 9:00 SAIL Fitness (MB) 10:30 Challenge Fitness (GX) 11:00 Learning with Lasso Series: "A Reflection on Leadership & Love" (MB) 1:00 Bridge (TH) 2:00 Afternoon Matinee: <i>Father Stu</i> (CR) 2:00 Low Impact SAIL Fitness (GX) 7:30 CR Movie: <i>Some Like It Hot</i> (CR) 7:30 OT Movie: <i>East of Eden</i> (PH) | 8:00 Walking Group: 3-miles (CTL) 8:00 Wake & Stretch (GX) 9:00 Aqua Aerobics (P) 9:15 Tai-Chi: Yang 24 Forms (GX) 9:30 Floor Core with Nick (MB) 10:00 Roman Catholic Communion (S10) 10:15 Aqua Aerobics (P) 10:30 Ballroom Dance Class (✓) (GX) 1:00 Shared Stillness (S) 1:30 Balance Basics + Band (GX) 2:00 Walking Group: 0.5 - 1 mile (LB) 7:30 CR Movie: <i>Bob Le Flambeur</i> (CR) 7:30 OT Movie: <i>The Horse's Mouth</i> (PH) | 8:00 Yoga with Jim Weber (GX) 9:00 SAIL Fitness (MB) 10:30 Challenge Fitness (GX) 2:00 Walking Group: 0.5 - 1 mile (LB) 2:00 Low-Impact SAIL Fitness (GX) | 8:00 Walking Group: 3-5 miles (CTL) 10:00 Trader Joe's Shopping (✓) (L1) 1:30 Painting Workshop with Sam (AC4) 7:30 CR Movie: <i>Air</i> (CR) 7:30 OT Movie: <i>Sleepless in Seattle</i> (PH) |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 10:00 Reflections on Life (SC) 10:00 St. James Live Stream (M) 1:30 Worship Service (M) | 8:00 Wake & Stretch (GX) 9:00 SAIL Fitness (MB) 9:15 Tai-Chi for Arthritis (GX) 10:30 QFC & Met Market Mercer Island Shopping (✓) (L1) 10:30 Challenge Fitness (GX) 11:00 Dog Romp (M) 11:30 Meditation (S) 1:00 Guy Talk (M) 1:30 Low Impact SAIL Fitness (GX) 2:30 Beginning Tai Chi (GX) 3:30 Spotlight Lecture by Eric Lane Barnes: Songs with a Classical Pedigree (MB) 7:30 Book Discussion: "Elephant Company" by Vicki Croke (MB) | 8:00 Walking Group: 3-miles (CTL) 8:00 Wake & Stretch (GX) 9:00 Aqua Aerobics (P) 9:30 Open Gym with Nick (OT-FC) 9:45 Costco Shopping (✓) (L1) 10:00 Balance Basics (GX) 10:15 Aqua Aerobics (P) 1:30 Balance Basics (GX) 2:00 Walking Group: 0.5 - 1 mile (LB) 3:00 Caregivers Support Group (S) 3:00 Tuesday Tea on Thirteen (S13) | 8:00 Wake & Stretch (GX) 9:00 SAIL Fitness (MB) 9:30 Tech Help Desk with Ben (✓) (LB) 10:30 Challenge Fitness (GX) 11:00 Learning with Lasso Series: "A Reflection on Leadership & Love" (MB) 1:00 Bridge (TH) 2:00 Afternoon Matinee: <i>Trouble with the Curve</i> (CR) 2:00 Low Impact SAIL Fitness (GX) 7:30 CR Movie: <i>The King and I</i> (CR) 7:30 OT Movie: <i>Utama</i> (PH) | 8:00 Walking Group: 3-miles (CTL) 8:00 Wake & Stretch (GX) 9:00 Aqua Aerobics (P) 9:15 Tai-Chi: Yang 24 Forms (GX) 9:30 Floor Core with Nick (MB) 10:00 Roman Catholic Communion (S10) 10:15 Aqua Aerobics (P) 10:30 Ballroom Dance Class (✓) (GX) 10:30 Skyline Update (PH) 1:00 Shared Stillness (S) 1:30 Balance Basics + Band (GX) 2:00 Walking Group: 0.5 - 1 mile (LB) 2:00 Monthly Dining Forum (MB) 7:30 CR Movie: <i>Golden Door</i> (CR) 7:30 OT Movie: <i>Waiting for Guffman</i> (PH) | 8:00 Yoga with Jim Weber (GX) 9:00 SAIL Fitness (MB) 9:00 Fitness Trip: (\$5/✓) (L1) 10:30 Challenge Fitness (GX) 11:00 Ikebana (\$10) (AC4) 1:00 Hot Topics Discussion (MB) 2:00 Friday Stitchers (SC) 2:00 Walking Group: 0.5 - 1 mile (LB) 2:00 Low-Impact SAIL Fitness (GX) | 8:00 Walking Group: 3-5 miles (CTL) 9:45 Fred Meyer Ballard Shopping (✓) (L1) 7:30 CR Movie: <i>Arbitrage</i> (CR) 7:30 OT Movie: <i>Moonlight</i> (PH) |

August 2023-Independent Living Activity & Fitness Calendar SKYLINE

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | | | | | | | | | | | | | | | | | | | | | | | | |
|---|--|---|---|--|--|--|--|--|--|---|--------------------------------------|---|---|---|---|---|--|---|--|---|---|---|----------------------------|--------------------------------------|--|---------------------------------|--|---|--|--|
| 20 | 21 | 22 | 23 | 24 | 25 | 26 | | | | | | | | | | | | | | | | | | | | | | | | |
| <p>10:00 Reflections on Life (SC) 10:00 St. James Live Stream (M) 1:20 Transportation to Seattle Opera: <i>Das Rheingold</i> (\$5/✓) (L1) 1:30 Worship Service (M)</p> | <p>8:00 Wake & Stretch (GX) 9:00 SAIL Fitness (MB) 9:15 Tai-Chi for Arthritis (GX) 10:30 QFC & Met Market Mercer Island Shopping (✓) (L1) 10:30 Challenge Fitness (GX) 11:30 Meditation (S) 1:00 Guy Talk (M) 1:30 Low Impact SAIL Fitness (GX) 2:30 Beginning Tai Chi (GX) 2:30 Stan Shimizu Shiatsu & Wellness Talk (PH)</p> | <p>8:00 Walking Group: 3-miles (CTL) 8:00 Wake & Stretch (GX) 9:00 Aqua Aerobics (P) 9:30 Open Gym with Nick (OT-FC) 9:45 Uwajimaya International District Shopping (✓) (L1) 10:00 Balance Basics (GX) 10:15 Aqua Aerobics (P) 1:30 Balance Basics (GX) 2:00 Walking Group: 0.5 - 1 mile (LB) 3:00 Tuesday Tea on Thirteen (S13) 3:30 Spotlight on Literary Arts: Korean Literature: "The Penguin Book of Korean Short Stories" by Bruce Fulton (PH)</p> | <p>8:00 Wake & Stretch (GX) 9:00 SAIL Fitness (MB) 9:30 Tech Help Desk with Ben (✓) (LB) 10:30 Challenge Fitness (GX) 11:00 Learning with Lasso Series: "A Reflection on Leadership & Love" (MB) 1:00 Bridge (TH) 2:00 Afternoon Matinee: <i>Some Like It Hot</i> (CR) 2:00 Low Impact SAIL Fitness (GX) 7:30 CR Movie: <i>About Schmidt</i> (CR) 7:30 OT Movie: <i>Another Round</i> (PH)</p> | <p>8:00 Walking Group: 3-miles (CTL) 8:00 Wake & Stretch (GX) 9:00 Aqua Aerobics (P) 9:15 Tai-Chi: Yang 24 Forms (GX) 9:30 Floor Core with Nick (MB) 10:00 Ballroom Dance Class (✓) (GX) 10:00 Roman Catholic Communion (S10) 10:15 Aqua Aerobics (P) 1:00 Shared Stillness (S) 1:30 Special Movie Showing: <i>The Ultimate Gift</i> (Followed by Q&A with Dir. Brian Baugh) (MB) 1:30 Balance Basics + Band (GX) 2:00 Walking Group: 0.5 - 1 mile (LB)</p> | <p>8:00 Yoga with Jim Weber (GX) 9:00 SAIL Fitness (MB) 9:30 Circuit Training with Saroj (✓) (P4) 10:30 Challenge Fitness (GX) 2:00 Low-Impact SAIL Fitness (GX) 3:30 Meet Early Music Seattle with Gus Denhard (MB)</p> | <p>8:00 Walking Group: 3-5 miles (CTL) 10:00 Trader Joe's Shopping (✓) (L1) 1:30 Painting Workshop with Sam (AC4) 7:30 CR Movie: <i>The Greatest Showman</i> (CR) 7:30 OT Movie: <i>American Graffiti</i> (PH)</p> | | | | | | | | | | | | | | | | | | | | | | | | |
| 27 | 28 | 29 | 30 | 31 |  | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p>10:00 Reflections on Life (SC) 10:00 St. James Live Stream (M) 1:30 Worship Service (M)</p> | <p>8:00 Wake & Stretch (GX) 9:00 SAIL Fitness (MB) 9:15 Tai-Chi for Arthritis (GX) 10:30 QFC & Met Market Mercer Island Shopping (✓) (L1) 10:30 Challenge Fitness (GX) 11:30 Meditation (S) 1:00 Resident Art Group (SC) 1:00 Guy Talk (M) 1:30 Low Impact SAIL Fitness (GX) 2:30 Beginning Tai Chi (GX) 3:30 Spotlight Lecture: by Eric Lane Barnes (MB) 7:30 Jazz Performance by Charles Lambert (PH)</p> | <p>8:00 Walking Group: 3-miles (CTL) 8:00 Wake & Stretch (GX) 9:00 Aqua Aerobics (P) 9:30 Open Gym with Nick (OT-FC) 10:00 Balance Basics (GX) 10:15 Aqua Aerobics (P) 1:30 Balance Basics (GX) 2:00 Walking Group: 0.5 - 1 mile (LB) 2:00 Skyline Carnival (ends at 4:30pm) (P4)</p> | <p>8:00 Wake & Stretch (GX) 9:00 SAIL Fitness (MB) 9:30 Tech Help Desk with Ben (✓) (LB) 10:30 Challenge Fitness (GX) 11:00 Learning with Lasso Series: "A Reflection on Leadership & Love" (MB) 1:00 Bridge (TH) 2:00 Afternoon Matinee: <i>The Duke</i> (CR) 2:00 Low Impact SAIL Fitness (GX) 7:30 CR Movie: <i>Dear Frankie</i> (CR) 7:30 OT Movie: <i>North by Northwest</i> (PH)</p> | <p>8:00 Walking Group: 3-miles (CTL) 8:00 Wake & Stretch (GX) 9:00 Aqua Aerobics (P) 9:15 Tai-Chi: Yang 24 Forms (GX) 9:30 Floor Core with Nick (MB) 10:00 Ballroom Dance Class (✓) (GX) 10:00 Roman Catholic Communion (S10) 10:15 Aqua Aerobics (P) 1:00 Shared Stillness (S) 1:30 Balance Basics + Band (GX) 2:00 Walking Group: 0.5 - 1 mile (LB) 7:30 CR Movie: <i>About Time</i> (CR) 7:30 OT Movie: <i>HUD</i> (PH)</p> | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <h2 style="text-align: center;">ROOM KEY</h2> <table border="0"> <tr> <td>(CTL) Cascade Tower Lobby (5th Fl.)</td> <td>(GL) Glacier Lounge (CT, 4th Fl.)</td> <td>(M) Madrona Rm. (Terraces, 5th Fl.)</td> </tr> <tr> <td>(L1) 8th Ave. Level 1</td> <td>(CD) Cascade Dining Room (4th Fl.)</td> <td>(SR) Sunroom (Terraces, 10-13th Fl.)</td> </tr> <tr> <td>(LB) Library (CT, 5th Fl.)</td> <td>(SC) Sky Club Lounge (CT, 24th Fl.)</td> <td>(OT-FC) Olympic Tower Fitness Center</td> </tr> <tr> <td>(AC4) Arts & Crafts Rm. (CT, 4th Fl.)</td> <td>(OTL) Olympic Tower Lobby (1st Fl.)</td> <td>(TL) Terraces Lobby (5th Fl.)</td> </tr> <tr> <td>(S) Sanctuary (CT, 4th Fl.)</td> <td>(SB) SoundBar (OT, 2nd Fl.)</td> <td>(P4) 4th Fl. Patio (Cascade Tower)</td> </tr> <tr> <td>(MB) Mt. Baker Room (CT, 4th Fl.)</td> <td>(TH) Tahoma Room (OT, 2nd Fl.)</td> <td>(P5) 5th Fl. Patio (Terraces)</td> </tr> <tr> <td>(CR) Cascade Room (CT, 4th Fl.)</td> <td>(PH) Performance Hall (1st Fl.)</td> <td>(GX) Group Exercise Studio</td> </tr> <tr> <td>(RT) CT 26th Fl. Rooftop</td> <td>(OL) Olympic Lounge (21st Fl.)</td> <td>(✓) Sign up on CM Live Calendar</td> </tr> </table> | | | (CTL) Cascade Tower Lobby (5 th Fl.) | (GL) Glacier Lounge (CT, 4 th Fl.) | (M) Madrona Rm. (Terraces, 5 th Fl.) | (L1) 8 th Ave. Level 1 | (CD) Cascade Dining Room (4 th Fl.) | (SR) Sunroom (Terraces, 10-13 th Fl.) | (LB) Library (CT, 5 th Fl.) | (SC) Sky Club Lounge (CT, 24 th Fl.) | (OT-FC) Olympic Tower Fitness Center | (AC4) Arts & Crafts Rm. (CT, 4 th Fl.) | (OTL) Olympic Tower Lobby (1 st Fl.) | (TL) Terraces Lobby (5 th Fl.) | (S) Sanctuary (CT, 4 th Fl.) | (SB) SoundBar (OT, 2 nd Fl.) | (P4) 4 th Fl. Patio (Cascade Tower) | (MB) Mt. Baker Room (CT, 4 th Fl.) | (TH) Tahoma Room (OT, 2 nd Fl.) | (P5) 5 th Fl. Patio (Terraces) | (CR) Cascade Room (CT, 4 th Fl.) | (PH) Performance Hall (1 st Fl.) | (GX) Group Exercise Studio | (RT) CT 26 th Fl. Rooftop | (OL) Olympic Lounge (21 st Fl.) | (✓) Sign up on CM Live Calendar | <p style="text-align: center;">The Corner Store will be CLOSED throughout August and will reopen on September 6.</p> | <p>Activity schedule is subject to change. Please refer to the Weekly Update (published every Friday) or visit the Caremerge "CM" Live Calendar for the most up-to-date schedule.</p> | <p style="text-align: center;">The SoundBar Open Monday - Friday from 4:00pm - 6:00pm Olympic Tower, 2nd Fl. See Caremerge for Live Music Mondays!</p> | <p style="text-align: center;">*Programs in BOLD TEXT are available via Livestream on Caremerge & Ch.370*</p> |
| (CTL) Cascade Tower Lobby (5 th Fl.) | (GL) Glacier Lounge (CT, 4 th Fl.) | (M) Madrona Rm. (Terraces, 5 th Fl.) | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| (L1) 8 th Ave. Level 1 | (CD) Cascade Dining Room (4 th Fl.) | (SR) Sunroom (Terraces, 10-13 th Fl.) | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| (LB) Library (CT, 5 th Fl.) | (SC) Sky Club Lounge (CT, 24 th Fl.) | (OT-FC) Olympic Tower Fitness Center | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| (AC4) Arts & Crafts Rm. (CT, 4 th Fl.) | (OTL) Olympic Tower Lobby (1 st Fl.) | (TL) Terraces Lobby (5 th Fl.) | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| (S) Sanctuary (CT, 4 th Fl.) | (SB) SoundBar (OT, 2 nd Fl.) | (P4) 4 th Fl. Patio (Cascade Tower) | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| (MB) Mt. Baker Room (CT, 4 th Fl.) | (TH) Tahoma Room (OT, 2 nd Fl.) | (P5) 5 th Fl. Patio (Terraces) | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| (CR) Cascade Room (CT, 4 th Fl.) | (PH) Performance Hall (1 st Fl.) | (GX) Group Exercise Studio | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| (RT) CT 26 th Fl. Rooftop | (OL) Olympic Lounge (21 st Fl.) | (✓) Sign up on CM Live Calendar | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p>Tech Help Desk with Ben (✓) Wednesdays 9:30am - 11:00am 5th Fl. Library CANCELLED: August 2 & 9</p> | | | <p>To attend programs that require signup (✓) or to view the most up to date content, visit the Caremerge "CM" Live Calendar.</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | |