

# January 2024 Independent Living Activities Calendar

| SUNDAY  | MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   | SATURDAY   |
|---|---|--|--|--|--|--|
| <b>THE CORNER STORE REOPENS MONDAY, JANUARY 8 11:00am &amp; RESUMES NORMAL HOURS: Mondays &amp; Wednesdays 11:00am-1:00pm Cascade Tower, 4<sup>th</sup> Fl.</b> | <b>1 – NEW YEAR'S DAY</b><br><i>TRANSPORTATION, FITNESS &amp; IL LIFESTYLE OFFICES CLOSED</i><br>9:15 Tai-Chi for Arthritis (GX)<br>11:30 New Year's Day Brunch (RSVP/18pts) (CD)<br>2:30 Beginning Tai Chi (GX)  | <b>2</b><br>8:00 Walking Group: 3-miles (CTL)<br>8:00 Wake & Stretch (GX)<br>9:00 Aqua Aerobics (P)<br>9:15 Floor Core (GX)<br>10:30 Balance Basics (GX)<br>10:15 Aqua Aerobics (P)<br>1:30 Balance Basics (GX)<br>1:30 Art Workshop with Sam (AC4)<br>2:30 Caregivers' Support Group (TH)<br>3:00 Tuesday Tea on Thirteen (S13)   | <b>3</b><br>8:00 Wake & Stretch (GX)<br>9:00 SAIL Fitness (MB)<br>9:30 Tech Help Desk with Ben (✓) (LB)<br>10:30 Challenge Fitness (GX)<br>1:00 Bridge–Contact Karen Knudson for more info (TH)<br>2:00 Low Impact SAIL Fitness (GX)<br>7:30 CR Movie: <i>The Turning Point</i> (CR)<br>7:30 PH Movie: <i>Manchurian Candidate</i> (PH)  | <b>4</b><br>8:00 Walking Group: 3-miles (CTL)<br>8:00 Wake & Stretch (GX)<br>9:00 Aqua Aerobics (P)<br>9:15 Tai-Chi: Yang 24 Forms (GX)<br>9:30 Floor Core (MB)<br>10:00 Roman Catholic Communion (S10)<br>10:15 Aqua Aerobics (P)<br>10:30 Chair Yoga (ES)<br>10:30 Ballroom Dance Class (✓) (GX)<br>11:00 Skyline Enhancement Info Session: "How to Get Your Ideas Funded" (✓/MAX 10) (CC)<br>12:30 American Mahjongg (OL)<br>1:30 Balance Basics + Band (GX)<br>2:00 Bingo! (SC)<br>2:00 SPL Mobile Library (TL)<br>3:00 Sing-Along w/Eric Lane Barnes (MB)<br>4:00 Happy Hour (SB)<br>7:30 CR Movie: <i>Wadja</i> (CR) | <b>5</b><br>8:00 Yoga with Jim Weber (GX)<br>9:00 SAIL Fitness (MB)<br>10:30 Challenge Fitness (GX)<br>11:00 Spanish Speakers Conversation Group (SC)<br>1:00 Hot Topics Discussion (MB)<br>2:00 Jazz with Max (SC)<br>2:00 Low-Impact SAIL Fitness (GX)<br>3:30 Special Feature Film: <i>Oppenheimer</i> (MB)   | <b>6</b><br>8:30 Walking Group: 3-5 miles (CTL)<br>9:45 Fred Meyer Ballard Shopping (✓) (L1)<br>2:00 SkyOpera's Night at the Opera: <i>Camille Saint-Saëns' Samson et Dalila</i> (MB)<br>7:30 CR Movie: <i>Nyad</i> (CR)<br>7:30 PH Movie: <i>Bread and Chocolate</i> (PH)   |
|   | <b>7</b><br>10:00 Reflections on Life (SC)<br>10:00 St. James Live Stream (M)<br>1:30 Episcopal Worship Service (M)   | <b>8</b><br>8:00 Wake & Stretch (GX)<br>9:00 SAIL Fitness (MB)<br>9:15 Tai-Chi for Arthritis (GX)<br>10:30 QFC/Met Market Shopping (✓) (L1)<br>10:30 Challenge Fitness (GX)<br>1:00 Guy Talk (M)<br>1:30 Low Impact SAIL Fitness (GX)<br>2:30 Beginning Tai Chi (GX)<br>3:30 Film Appreciation Talk by Eric Lane Barnes: <i>Singin' in the Rain</i> (MB)<br>7:30 PH Movie: <i>Pink Panther</i> (PH)<br>7:30 Book Discussion: <i>All the Pretty Horses</i> (MB)   | <b>9</b><br>8:00 Walking Group: 3-miles (CTL)<br>8:00 Wake & Stretch (GX)<br>9:00 Aqua Aerobics (P)<br>9:15 Floor Core (GX)<br>9:45 Bellevue Square Shopping (\$5/✓) (L1)<br>10:30 Balance Basics (GX)<br>10:15 Aqua Aerobics (P)<br>1:30 Balance Basics (GX)<br>3:00 Tuesday Tea on Thirteen (S13)<br>4:00 Half Bottle Tuesdays (GL)  | <b>10</b><br>8:00 Wake & Stretch (GX)<br>9:00 SAIL Fitness (MB)<br>9:30 Tech Help Desk with Ben (✓) (LB)<br>10:30 Challenge Fitness (GX)<br>1:00 Bridge–Contact Karen Knudson for more info (TH)<br>2:00 Low Impact SAIL Fitness (GX)<br>7:30 CR Movie: <i>Singin' in the Rain</i> (CR)<br>7:30 PH Movie: <i>All That Breathes</i> (PH)  | <b>11 – NEW MENU</b><br>8:00 Walking Group: 3-miles (CTL)<br>8:00 Wake & Stretch (GX)<br>9:00 Aqua Aerobics (P)<br>9:15 Tai-Chi: Yang 24 Forms (GX)<br>9:30 Floor Core (MB)<br>10:00 Roman Catholic Communion (S10)<br>10:15 Aqua Aerobics (P)<br>10:30 Chair Yoga (ES)<br>10:30 Ballroom Dance Class (✓) (GX)<br>12:30 American Mahjongg (OL)<br>1:30 Balance Basics + Band (GX)<br>2:00 Bingo! (SC)<br>3:30 SRA Quarterly Meeting (PH & MB)<br>7:30 CR Movie: <i>Eiffel</i> (CR) | <b>12</b><br>8:00 Yoga with Jim Weber (GX)<br>9:00 SAIL Fitness (MB)<br>10:30 Challenge Fitness (GX)<br>11:00 Spanish Speakers Conversation Group (SC)<br>1:30 Breathing Class (ES)<br>2:00 Jazz with Max (SC)<br>2:00 Low-Impact SAIL Fitness (GX)<br>3:30 Spotlight: "Hear the Music, Read the Books" by Gerald Elias & Gus Denhard (MB) |
| <b>14</b><br>10:00 Reflections on Life (SC)<br>10:00 St. James Live Stream (M)<br>1:30 Worship Service (M)  | <b>15</b><br><b>MARTIN LUTHER KING JR. DAY</b><br>8:00 Wake & Stretch (GX)<br>9:00 SAIL Fitness (MB)<br>9:15 Tai-Chi for Arthritis (GX)<br>10:30 QFC & Met Market Mercer Island Shopping (✓) (L1)<br>10:30 Challenge Fitness (GX)<br>11:30 Meditation (S)<br>1:00 Guy Talk (M)<br>1:30 Low Impact SAIL Fitness (GX)<br>2:30 Beginning Tai Chi (GX)<br>3:30 Spotlight Lecture by Eric Lane Barnes: "The Talent of Danny Kaye" (MB) | <b>16 – ITALIAN NIGHT</b><br>8:00 Walking Group: 3-miles (CTL)<br>8:00 Wake & Stretch (GX)<br>9:00 Aqua Aerobics (P)<br>9:15 Floor Core (GX)<br>9:45 Costco Shopping (✓) (L1)<br>10:30 Balance Basics (GX)<br>10:15 Aqua Aerobics (P)<br>1:30 Balance Basics (GX)<br>1:30 Art Workshop with Sam (AC4)<br>3:00 Caregivers Support Group (S)<br>3:00 S&T Group: "A Universe of Fascination, Conundrums, & Insights" by Bruce Balick, UW (MB)<br>3:00 Tuesday Tea on Thirteen (S13)<br>4:00 Half Bottle Tuesdays (GL) | <b>17</b><br>8:00 Wake & Stretch (GX)<br>9:00 SAIL Fitness (MB)<br>9:30 Tech Help Desk with Ben (✓) (LB)<br>10:30 Challenge Fitness (GX)<br>11:00 "Living Buddha, Living Christ" Discussion with Eugene Webb (MB)<br>1:00 Bridge–Contact Karen Knudson for more info (TH)<br>2:00 Low Impact SAIL Fitness (GX)<br>7:30 CR Movie: <i>The Rewrite</i> (CR)<br>7:30 PH Movie: <i>The Man Who Loved Haugesund</i> (PH) | <b>18</b><br>8:00 Walking Group: 3-miles (CTL)<br>8:00 Wake & Stretch (GX)<br>9:00 Aqua Aerobics (P)<br>9:15 Tai-Chi: Yang 24 Forms (GX)<br>9:30 Floor Core (MB)<br>10:00 Roman Catholic Communion (S10)<br>10:15 Aqua Aerobics (P)<br>10:30 Ballroom Dance Class (✓) (GX)<br>10:30 Skyline Update (PH)<br>10:30 Chair Yoga (ES)<br>12:30 American Mahjongg (OL)<br>1:30 Balance Basics + Band (GX)<br>2:00 Bingo! (SC)<br>4:30 SkyOpera's Night at the Opera: Mozart's <i>Don Giovanni</i> (MB)<br>6:30 SkyOpera Dinner (✓/TBDpts) (CD)   | <b>19</b><br>8:00 Yoga with Jim Weber (GX)<br>9:00 SAIL Fitness (MB)<br>10:30 Brain Games Group (S12)<br>10:30 Challenge Fitness (GX)<br>11:00 Ikebana (\$10) (AC4)<br>11:00 Spanish Speakers Conversation Group (SC)<br>1:00 Hot Topics Discussion (MB)<br>2:00 Jazz with Max (SC)<br>2:00 Low-Impact SAIL Fitness (GX)<br>3:30 Spotlight on Skyline Authors & Adventurers: "Bruce Lee: Sifu, Friend and Big Brother" by Doug Palmer (MB)   | <b>20</b><br>8:30 Walking Group: 3-5 mile (CTL)<br>9:45 Fred Meyer Ballard Shopping (✓) (L1)<br>7:30 CR Movie: <i>Maestro</i> (CR)<br>7:30 PH Movie: <i>Body Heat</i> (PH)   |

Activities are subject to change. If you have questions, please contact the Lifestyle Department: [skylinelifestyle@skylineseattle.org](mailto:skylinelifestyle@skylineseattle.org)

# January 2024 Independent Living Activities Calendar

| SUNDAY  | MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY   | SATURDAY   |
|---|--|---|---|---|--|--|
| <b>21</b>   | <b>22</b>  | <b>23</b>   | <b>24</b>   | <b>25</b>   | <b>26</b>  | <b>27</b>  |
| <p>10:00 Reflections on Life (SC)</p> <p>10:00 St. James Live Stream (M)</p> <p>1:20 Transportation to Seattle Symphony Pops: Tribute to John Williams (\$5/✓) (L1)</p> <p>1:30 Worship Service (M)</p> <p>3:30 Spotlight on the Performing Arts: Flûtes en Bois (PH)</p> | <p>8:00 Wake &amp; Stretch (GX)</p> <p>9:00 SAIL Fitness (MB)</p> <p>9:15 Tai-Chi for Arthritis (GX)</p> <p>10:30 QFC &amp; Met Market Mercer Island Shopping (✓) (L1)</p> <p>10:30 Challenge Fitness (GX)</p> <p>11:00 The Corner Store (CS)</p> <p>11:30 Meditation (S)</p> <p>1:00 Resident Art Group (SC)</p> <p>1:00 Guy Talk (M)</p> <p>1:30 Low Impact SAIL Fitness (GX)</p> <p>2:30 Beginning Tai Chi (GX)</p> <p>7:30 PH Movie: <i>Notorious</i> (PH)</p>   | <p>8:00 Walking Group: 3-miles (CTL)</p> <p>8:00 Wake &amp; Stretch (GX)</p> <p>9:00 Aqua Aerobics (P)</p> <p>9:15 Floor Core (GX)</p> <p>9:45 Uwajimaya International District Shopping (✓) (L1)</p> <p>10:30 Balance Basics (GX)</p> <p>10:15 Aqua Aerobics (P)</p> <p>1:30 Balance Basics (GX)</p> <p>3:00 Tuesday Tea on Thirteen (S13)</p> <p>4:00 Half Bottle Tuesdays (GL)</p> | <p>8:00 Wake &amp; Stretch (GX)</p> <p>9:00 SAIL Fitness (MB)</p> <p>9:30 Tech Help Desk with Ben (✓) (LB)</p> <p>10:30 Challenge Fitness (GX)</p> <p>11:00 "Living Buddha, Living Christ" Discussion with Eugene Webb (MB)</p> <p>1:00 Bridge-Contact Karen Knudson for more info (TH)</p> <p>2:00 Low Impact SAIL Fitness (GX)</p> <p>3:00 Stronger Memory Group—Check in (AC4)</p> <p>7:30 CR Movie: <i>In America</i> (CR)</p> <p>7:30 PH Movie: <i>My Neighbor Totoro</i> (PH)</p> | <p>8:00 Walking Group: 3-miles (CTL)</p> <p>8:00 Wake &amp; Stretch (GX)</p> <p>9:00 Aqua Aerobics (P)</p> <p>9:15 Tai-Chi: Yang 24 Forms (GX)</p> <p>9:30 Floor Core (MB)</p> <p>10:00 Roman Catholic Communion (S10)</p> <p>10:15 Aqua Aerobics (P)</p> <p>10:30 Chair Yoga (ES)</p> <p>10:30 Ballroom Dance Class (✓) (GX)</p> <p>11:30 Tree Action Seattle: Taking Action: Tree Equality in the Emerald City (MB)</p> <p>12:30 American Mahjongg (OL)</p> <p>1:30 Balance Basics + Band (GX)</p> <p>2:00 Bingo! (SC)</p> <p>3:00 "Skyline Emergency Preparedness: Fire Safety" by William Mace, Fire Marshal (PH)</p> <p>7:30 CR Movie: <i>Vanishing</i> (CR)</p>   | <p>8:00 Yoga with Jim Weber (GX)</p> <p>9:00 SAIL Fitness (MB)</p> <p>9:30 Circuit Training with Saroj (✓) (GX)</p> <p>10:30 Brain Games Group (S12)</p> <p>10:30 Challenge Fitness (GX)</p> <p>11:00 Spanish Speakers Conversation Group (SC)</p> <p>2:00 Jazz with Max (SC)</p> <p>2:00 Low-Impact SAIL Fitness (GX)</p>   | <p>8:30 Walking Group: 3-5 miles (CTL)</p> <p>10:00 Trader Joe's Shopping (✓) (L1)</p> <p>2:00 SkyOpera Live!: 1<sup>st</sup> Mozart Recital (PH)</p> <p>7:30 CR Movie: <i>Daliland</i> (CR)</p> <p>7:30 PH Movie: <i>Fremont</i> (PH)</p> |
| <b>28</b>   | <b>29</b>  | <b>30</b>   | <b>31</b>   | <b>ROOM KEY</b>   |  |  |
| <p>10:00 Reflections on Life (SC)</p> <p>10:00 St. James Live Stream (M)</p> <p>1:30 Worship Service (M)</p>  | <p>8:00 Wake &amp; Stretch (GX)</p> <p>9:00 SAIL Fitness (MB)</p> <p>9:15 Tai-Chi for Arthritis (GX)</p> <p>10:30 QFC &amp; Met Market Mercer Island Shopping (✓) (L1)</p> <p>10:30 Challenge Fitness (GX)</p> <p>11:00 The Corner Store (CS)</p> <p>11:30 Meditation (S)</p> <p>1:00 Resident Art Group (SC)</p> <p>1:00 Guy Talk (M)</p> <p>1:30 Low Impact SAIL Fitness (GX)</p> <p>2:30 Beginning Tai Chi (GX)</p> <p>3:30 Spotlight Lecture by Eric Lane Barnes: "From Old Time Music to Country" (MB)</p> <p>7:30 PH Movie: <i>The Chant of Jimmie Blacksmith</i> (PH)</p> | <p>8:00 Walking Group: 3-miles (CTL)</p> <p>8:00 Wake &amp; Stretch (GX)</p> <p>9:00 Aqua Aerobics (P)</p> <p>9:15 Floor Core (GX)</p> <p>10:30 Balance Basics (GX)</p> <p>10:15 Aqua Aerobics (P)</p> <p>1:30 Balance Basics (GX)</p> <p>3:00 Tuesday Tea on Thirteen (S13)</p> <p>4:00 Half Bottle Tuesdays (GL)</p> <p>7:30 Deborah McClellan Trio Performance (OT)</p>            | <p>8:00 Wake &amp; Stretch (GX)</p> <p>9:00 SAIL Fitness (MB)</p> <p>9:30 Tech Help Desk with Ben (✓) (LB)</p> <p>10:30 Challenge Fitness (GX)</p> <p>11:00 "Living Buddha, Living Christ" Discussion with Eugene Webb (MB)</p> <p>1:00 Bridge-Contact Karen Knudson for more info (TH)</p> <p>2:00 Low Impact SAIL Fitness (GX)</p> <p>7:30 CR Movie: <i>Spy</i> (CR)</p> <p>7:30 PH Movie: <i>The Suitor</i> (PH)</p>   | <p>(CTL) Cascade Tower Lobby (5<sup>th</sup> Fl.)</p> <p>(L1) 8<sup>th</sup> Ave. Level 1</p> <p>(LB) Library (CT, 5<sup>th</sup> Fl.)</p> <p>(AC4) Arts &amp; Crafts Rm. (CT, 4<sup>th</sup> Fl.)</p> <p>(S) Sanctuary (CT, 4<sup>th</sup> Fl.)</p> <p>(MB) Mt. Baker Room (CT, 4<sup>th</sup> Fl.)</p> <p>(CR) Cascade Room (CT, 4<sup>th</sup> Fl.)</p> <p>(RT) CT 26<sup>th</sup> Fl. Rooftop</p> <p>(CC) Chinook Room (OT, Level 1)</p> <p>(GL) Glacier Lounge (CT, 4<sup>th</sup> Fl.)</p> <p>(CD) Cascade Dining Room (4<sup>th</sup> Fl.)</p> <p>(SC) Sky Club Lounge (CT, 24<sup>th</sup> Fl.)</p> <p>(OTL) Olympic Tower Lobby (1<sup>st</sup> Fl.)</p> <p>(SB) SoundBar (OT, 2<sup>nd</sup> Fl.)</p> <p>(TH) Tahoma Room (OT, 2<sup>nd</sup> Fl.)</p> <p>(PH) Performance Hall (1<sup>st</sup> Fl.)</p> <p>(OL) Olympic Lounge (21<sup>st</sup> Fl.)</p> <p>(M) Madrona Room (Terraces, 5<sup>th</sup> Fl.)</p> <p>(SR) Sunroom (Terraces, 10-13<sup>th</sup> Fl.)</p> <p>(OT-FC) Olympic Tower Fitness Center</p> <p>(TL) Terraces Lobby (5<sup>th</sup> Fl.)</p> <p>(P4) 4<sup>th</sup> Fl. Patio (Cascade Tower)</p> <p>(P5) 5<sup>th</sup> Fl. Patio (Terraces)</p> <p>(GX) Group Exercise Studio</p> <p>(✓) Sign up on CM Live Calendar</p> |  |  |
| <p><b>Tech Help Desk with Ben (✓)</b></p> <p>Wednesdays</p> <p><b>9:30am - 11:00am</b></p> <p>5<sup>th</sup> Fl. Library</p>  | <p><b>The SoundBar</b></p> <p>Open Monday - Friday from</p> <p><b>4:00pm - 6:00pm</b></p> <p>Olympic Tower, 2<sup>nd</sup> Fl.</p> <p>Closed on Jan. 1<sup>st</sup></p>  | <p>*Programs in <b>BOLD TEXT</b> are available via Livestream on Caremerge &amp; Ch.370*</p>  | <p style="text-align: center;"><b>THE CORNER STORE REOPENS</b></p> <p style="text-align: center;"><b>MONDAY, JANUARY 8 at 11:00am</b></p> <p style="text-align: center;"><b>&amp; RESUMES NORMAL HOURS:</b></p> <p style="text-align: center;">Mondays &amp; Wednesdays</p> <p style="text-align: center;"><b>11:00am-1:00pm</b></p> <p style="text-align: center;">Cascade Tower, 4<sup>th</sup> Fl.</p>   |   | <p style="text-align: center;"><b>The Monthly Activities Calendar is SUBJECT TO CHANGE.</b></p> <p style="text-align: center;">Please refer to the Caremerge Live Calendar for the most up to date information.</p> <p style="text-align: center;">For assistance signing up for programs, (✓) please call: <b>206-407-1704</b></p> <p style="text-align: center;">Or</p> <p style="text-align: center;">Email: <a href="mailto:skylinelifestyle@skylineseattle.org">skylinelifestyle@skylineseattle.org</a></p> |  |