

August 2024 Independent Living Activities and Fitness Calendar SKYLINE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MEETING PLACES				1	2	3
<p>(GX) - Group Exercise Studio</p> <p>(P) - Pool</p> <p>(MB) - Mt Baker Room</p> <p>(CTL) - Cascade Tower Lobby</p> <p>(S10) - 10th Fl. Sunroom</p> <p>(ES) - Exercise Studio, 5th Fl. Terraces</p> <p>(OL) - OT Lounge</p> <p>(S) - Sanctuary</p> <p>(TL) - Terraces Lobby</p> <p>(SBr) - SoundBar</p>	<p>(CR) - Cascade Room</p> <p>(MB) - Mt. Baker Room</p> <p>(M) - Madrona Room</p> <p>(PH) - Pacific Performing Arts Hall</p> <p>(L1) - Level 1 (8th Ave)</p> <p>(B) - Bistro</p> <p>(SC) - Sky Club Lounge</p> <p>(L1) - Level 1 (8th Ave.)</p> <p>(CS) - The Corner Store</p>	<p>(TH) - Tahoma Room</p> <p>(9DR) - 9th Floor Dining Room</p> <p>(D7) - 7th Fl. Dining Room</p> <p>(GL) - Glacier Lounge</p> <p>(LB) - 5th Fl. Library</p> <p>(P4) - 4th Fl. Patio, Cascade Tower</p> <p>(P5) - 5th Fl. Patio</p> <p>(AC4) - 4th Fl. A&C Room</p> <p>(26R) - 26th Fl. Rooftop</p>	<p>☆ - Special Events (You won't want to miss these!)</p>	<p>8:00 Wake & Stretch (GX)</p> <p>9:00 Aqua Aerobics (P)</p> <p>9:00 Level One Floor Core (MB)</p> <p>9:15 Tai-Chi: Yang 24 Forms (GX)</p> <p>9:30 Floor Core (MB)</p> <p>10:00 King County Metro Transit Instruction Program Community Outing (✓) (CTL)</p> <p>10:00 Roman Catholic Communion (S10)</p> <p>10:15 Aqua Aerobics (P)</p> <p>10:30 Ballroom Dance Class (GX)</p> <p>10:30 Seated Yoga w/ Annette (ES)</p> <p>12:30 American Mahjongg (OL)</p> <p>1:00 Shared Stillness (S)</p> <p>1:30 Balance Basics + Band (GX)</p> <p>2:00 Seattle Public Library Mobile Library (TL)</p> <p>3:00 Sing-Along with Eric Lane Barnes (MB)</p> <p>4:00 Monthly Happy Hour (GL) ☆</p> <p>7:30 CR Movie: <i>Queen of Katwe</i> (1h42m) (CR)</p>	<p>8:00 Yoga with Jim Weber (GX)</p> <p>9:00 SAIL Fitness (MB)</p> <p>10:00 Coffee & Conversation (M)</p> <p>10:30 Challenge Fitness (GX)</p> <p>11:00 Seattle History Talks with David Williams: Seattle's Botanical Past (PH) ☆</p> <p>1:00 Hot Topics Discussion (MB)</p> <p>1:30 Breathing Class (ES)</p> <p>2:00 Low-Impact SAIL Fitness (GX)</p> <p>6:30 Madrona Movie: <i>The Hollars</i> (1h28m) (M)</p>	<p>8:30 Walking Group: 3-5 miles (CTL)</p> <p>9:45 Trader Joe's Shopping (✓) (L1)</p> <p>2:00 Chinese Mahjongg (B)</p> <p>3:00 Blue Angels Flyover Party (26R) ☆</p> <p>6:30 Mariners vs. Phillies (M)</p> <p>7:30 PH Movie: <i>Midnight Cowboy</i> (1h53m) (PH)</p> <p>7:30 CR Movie: <i>Our Almost Completely True Love Story</i> (1h32m) (CR)</p>
4	5	6	7	8 – NEW MENU	9	10
<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>2:00 Transportation to Seattle Opera: Pagliacci (L1)</p> <p>6:30 Madrona Movie: <i>Oklahoma</i> (2h25m) (M)</p>	<p>8:00 Wake & Stretch (GX)</p> <p>9:00 SAIL Fitness (MB)</p> <p>9:15 Tai-Chi for Arthritis (GX)</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>1:00 Haiku Writing Group (TH)</p> <p>1:30 Low Impact SAIL Fitness (GX)</p> <p>1:30 Seated Yoga w/ Annette (ES)</p> <p>2:30 Beginning Tai Chi (GX)</p> <p>6:30 Madrona Movie: <i>Race</i> (2h14m) (M)</p> <p>7:30 PH Movie: <i>Jockey</i> (1h34m) (PH)</p>	<p>8:00 Wake & Stretch (GX)</p> <p>9:00 Aqua Aerobics (P)</p> <p>9:15 Floor Core (GX)</p> <p>9:45 QFC & Met Market Mercer Island Shopping (✓) (L1)</p> <p>10:00 Balance Basics (GX)</p> <p>10:15 Aqua Aerobics (P)</p> <p>10:30 Reading Group: Boys in the Boat (ES)</p> <p>11:00 Dance-Robics (GX)</p> <p>1:30 Balance Basics (GX)</p> <p>2:30 Caregivers' Support Group (TH)</p> <p>3:00 Tuesday Afternoon Tea (9DR)</p> <p>4:00 Half Bottle Tuesdays (GL)</p> <p>6:30 Mariners vs. Tigers (M)</p>	<p>8:00 Wake & Stretch (GX)</p> <p>9:00 SAIL Fitness (MB)</p> <p>9:30 Weekly Tech Help Desk with Ben (✓) (LB)</p> <p>9:30 Discussion Group: Who Am I? (M)</p> <p>10:30 Challenge Fitness (GX)</p> <p>11:00 The Corner Store (CS)</p> <p>11:30 Aquatic Center Closed (Reopens at 2:30pm) (P)</p> <p>1:00 Bridge--Contact Karen Knudson at (206) 914-0491 for more info (TH)</p> <p>1:00 Summer Carnival & Zoo (P4) ☆</p> <p>2:00 Low Impact SAIL Fitness (GX)</p> <p>7:30 PH Movie: <i>Before Sunrise</i> (1h45m) (PH)</p> <p>7:30 CR Movie: <i>Ordinary People</i> (2h4m) (CR)</p>	<p>12:00 Terraces Scenic Drive to: (TL)</p> <p>8:00 Wake & Stretch (GX)</p> <p>9:00 Aqua Aerobics (P)</p> <p>9:00 Level One Floor Core (MB)</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 Ballroom Dance Class (GX)</p> <p>10:30 Seated Yoga w/ Annette (ES)</p> <p>12:30 American Mahjongg (OL)</p> <p>1:00 Shared Stillness (S)</p> <p>1:30 Balance Basics + Band (GX)</p> <p>3:30 Lifestyle Presents: Jon Persson Artistic Piano and Tasteful Accordion (GL) ☆</p> <p>7:30 CR Movie: <i>The Boy and the Heron</i> (2h4m) (CR)</p>	<p>8:00 Yoga with Jim Weber (GX)</p> <p>9:00 SAIL Fitness (MB)</p> <p>10:30 Challenge Fitness (GX)</p> <p>1:30 Breathing Class (ES)</p> <p>2:00 Low-Impact SAIL Fitness (GX)</p> <p>6:30 Baseball Night: Mariners vs. Mets (M)</p>	<p>8:30 Walking Group: 3-5 miles (CTL)</p> <p>9:45 Fred Meyer Ballard Shopping (✓) (L1)</p> <p>2:00 Chinese Mahjongg (B)</p> <p>6:30 Mariners vs. Mets (M)</p> <p>7:30 PH Movie: <i>Before Sunset</i> (1h20m) (PH)</p> <p>7:30 CR Movie: <i>The Courier</i> (1h52m) (CR)</p>
11	12	13	14	15	16	17
<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>6:30 Madrona Movie: <i>Big Night</i> (1h49m) (M)</p>	<p>8:00 Wake & Stretch (GX)</p> <p>9:00 SAIL Fitness (MB)</p> <p>9:15 Tai-Chi for Arthritis (GX)</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 Guy Talk (M)</p> <p>1:30 Low Impact SAIL Fitness (GX)</p> <p>1:30 Seated Yoga w/ Annette (ES)</p> <p>2:30 Beginning Tai Chi (GX)</p> <p>3:30 Spotlight Lecture by Eric Lane Barnes: Patsy Cline and Her Life in Music (MB) ☆</p> <p>6:30 Madrona Movie: <i>The Long Game</i> (1h52m) (M)</p> <p>7:30 Book Discussion: "Foster" by Claire Keegan (MB)</p> <p>7:30 PH Movie: <i>District 9</i> (1h52m) (PH)</p>	<p>8:00 Wake & Stretch (GX)</p> <p>9:00 Aqua Aerobics (P)</p> <p>9:15 Floor Core (GX)</p> <p>9:45 QFC & Met Market Mercer Island Shopping (✓) (L1)</p> <p>10:00 Balance Basics (GX)</p> <p>10:15 Aqua Aerobics (P)</p> <p>10:30 Reading Group: Boys in the Boat (ES)</p> <p>11:00 Dance-Robics (GX)</p> <p>1:30 Balance Basics (GX)</p> <p>3:00 Health Care Lecture: Paul Robertson: GLP-1: What's Old is New Again; A Treatment for Diabetes (MB) ☆</p> <p>3:00 Tuesday Afternoon Tea (9DR)</p> <p>3:30 Mariners @ Tigers (M)</p> <p>4:00 Half Bottle Tuesdays (GL)</p>	<p>8:00 Wake & Stretch (GX)</p> <p>9:00 SAIL Fitness (MB)</p> <p>9:30 Discussion Group: What Am I? (M)</p> <p>9:30 Weekly Tech Help Desk with Ben (✓) (LB)</p> <p>9:45 Bellevue Square Shopping (\$5/✓) (L1)</p> <p>10:30 Challenge Fitness (GX)</p> <p>11:00 Fitness Lecture: Better Balance! Fall Prevention for Older Adults with Dr. Timothy Gray (MB) ☆</p> <p>11:00 The Corner Store (CS)</p> <p>11:30 Aquatic Center Closed (Reopens at 2:30pm) (P)</p> <p>1:00 Bridge--Contact Karen Knudson at (206) 914-0491 for more info (TH)</p> <p>1:30 Wednesday Afternoon Matinee Showing: <i>Unfrosted</i> (1h37m) (CR)</p> <p>2:00 Low Impact SAIL Fitness (GX)</p> <p>3:30 All-comers Art: Painting (9DR)</p> <p>7:30 PH Movie: <i>Summer of Soul</i> (1h57m) (PH)</p> <p>7:30 CR Movie: <i>Moonstruck</i> (1h42m) (CR)</p>	<p>8:00 Wake & Stretch (GX)</p> <p>9:00 Aqua Aerobics (P)</p> <p>9:00 Level One Floor Core (MB)</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 Ballroom Dance Class (GX)</p> <p>10:30 Skyline Update (PH) ☆</p> <p>10:30 Seated Yoga w/ Annette (ES)</p> <p>12:30 American Mahjongg (OL)</p> <p>1:00 Shared Stillness (S)</p> <p>1:30 Balance Basics + Band (GX)</p> <p>3:00 St. James Youth Choir Concert (GL) ☆</p> <p>7:30 CR Movie: <i>Hors de Prix</i> (1h46m) (CR)</p>	<p>8:00 Yoga with Jim Weber (GX)</p> <p>9:00 Fitness Trip: Lincoln Park West Seattle (L1) ☆</p> <p>9:00 SAIL Fitness (MB)</p> <p>10:00 Coffee & Conversation (M)</p> <p>10:30 Challenge Fitness (GX)</p> <p>11:00 Ikebana (\$10) (AC4)</p> <p>1:00 Hot Topics Discussion (MB)</p> <p>1:30 Breathing Class (ES)</p> <p>2:00 Low-Impact SAIL Fitness (GX)</p> <p>6:30 Madrona Movie: <i>Mr. Church</i> (1h44m) (M)</p>	<p>8:30 Walking Group: 3-5 miles (CTL)</p> <p>9:45 Trader Joe's Shopping (✓) (L1)</p> <p>2:00 Chinese Mahjongg (B)</p> <p>7:30 PH Movie: <i>Wicked Little Letters</i> (1h40m) (PH)</p> <p>7:30 CR Movie: <i>The Fall Guy</i> (2h6m) (CR)</p>

Activities are subject to change. If you have questions, please contact the Lifestyle Department: skylinelifestyle@skylineseaattle.org

August 2024 Independent Living Activities and Fitness Calendar

18	19	20	21	22	23	24	
<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>6:30 Madrona Movie: <i>People Like Us</i> (1h54m) (M)</p>	<p>8:00 Wake & Stretch (GX)</p> <p>9:00 SAIL Fitness (MB)</p> <p>9:15 Tai-Chi for Arthritis (GX)</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 Guy Talk (M)</p> <p>1:30 Low Impact SAIL Fitness (GX)</p> <p>1:30 Seated Yoga w/ Annette (ES)</p> <p>2:30 Beginning Tai Chi (GX)</p> <p>6:30 Madrona Movie: <i>Big Jim McLain</i> (1h30m) (M)</p> <p>7:30 Guest Speaker: Senator Jamie Pedersen (PH) ☆</p>	<p>8:00 Wake & Stretch (GX)</p> <p>9:00 Aqua Aerobics (P)</p> <p>9:15 Floor Core (GX)</p> <p>9:45 QFC & Met Market Mercer Island Shopping (✓) (L1)</p> <p>10:00 Balance Basics (GX)</p> <p>10:15 Aqua Aerobics (P)</p> <p>10:30 Reading Group: Boys in the Boat (ES)</p> <p>11:00 Dance-Robics (GX)</p> <p>1:30 Balance Basics (GX)</p> <p>2:30 Caregivers Support Group (S)</p> <p>3:00 Dining Services Forum (PH)</p> <p>3:00 Tuesday Afternoon Tea (9DR)</p> <p>3:00 Watermelon and Lemonade Social on the Patio (P5)</p> <p>4:00 Half Bottle Tuesdays (GL)</p>	<p>8:00 Wake & Stretch (GX)</p> <p>9:00 SAIL Fitness (MB)</p> <p>9:30 Weekly Tech Help Desk with Ben (✓) (LB)</p> <p>9:30 Discussion Group: Who Am I? (M)</p> <p>9:45 Costco Shopping (✓) (L1)</p> <p>10:30 Challenge Fitness (GX)</p> <p>11:00 The Corner Store (CS)</p> <p>11:30 Aquatic Center Closed (Reopens at 2:30pm) (P)</p> <p>1:00 Bridge--Contact Karen Knudson at (206) 914-0491 for more info (TH)</p> <p>1:30 Wednesday Afternoon Matinee Showing: <i>The Truman Show</i> (1h43m) (CR)</p> <p>2:00 Low Impact SAIL Fitness (GX)</p> <p>7:30 PH Movie: <i>Keep the River on Your Right</i> (1h34m) (PH)</p> <p>7:30 CR Movie: <i>Flight</i> (2h18m) (CR)</p>	<p>8:00 Wake & Stretch (GX)</p> <p>9:00 Aqua Aerobics (P)</p> <p>9:00 Level One Floor Core (MB)</p> <p>9:15 Tai-Chi: Yang 24 Forms (GX)</p> <p>9:30 Terraces Scenic Drive to: (TL)</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 Ballroom Dance Class (GX)</p> <p>10:30 Seated Yoga w/ Annette (ES)</p> <p>12:30 American Mahjongg (OL)</p> <p>1:00 Douse the Directors! (GL) ☆</p> <p>1:00 Shared Stillness (S)</p> <p>1:30 Balance Basics + Band (GX)</p> <p>3:30 Stories of Your Life (MB) ☆</p> <p>7:30 CR Movie: <i>Burning</i> (2h28m) (CR)</p>	<p>8:00 Yoga with Jim Weber (GX)</p> <p>9:00 SAIL Fitness (MB)</p> <p>10:00 Coffee & Conversation (M)</p> <p>10:30 Challenge Fitness (GX)</p> <p>1:30 Breathing Class (ES)</p> <p>2:00 Low-Impact SAIL Fitness (GX)</p> <p>3:30 40's to the 70's Sing-Along with Mark Shaffer (MB) ☆</p> <p>6:30 Baseball Night: Mariners vs. Giants (M)</p>	<p>8:30 Walking Group: 3-5 miles (CTL)</p> <p>9:45 Fred Meyer Ballard Shopping (✓) (L1)</p> <p>2:00 Chinese Mahjongg (B)</p> <p>7:30 PH Movie: <i>Stefan Zweig: Farewell to Europe</i> (1h46m) (PH)</p> <p>7:30 CR Movie: <i>Remembering Gene Wilder</i> (1h32m) (CR)</p>	
25	26	27	28	29	30	31	
<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>6:30 Madrona Movie: <i>Kind Hearts and Coronets</i> (1h46m) (M)</p>	<p>8:00 Wake & Stretch (GX)</p> <p>9:00 SAIL Fitness (MB)</p> <p>9:15 Tai-Chi for Arthritis (GX)</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>1:30 Seated Yoga w/ Annette (ES)</p> <p>2:30 Beginning Tai Chi (GX)</p> <p>6:30 Baseball Night and Snacks: <i>Mariners vs. Rays</i> (M) ☆</p> <p>7:30 PH Movie: <i>Fancy Dance</i> (1h30m) (PH)</p>	<p>8:00 Wake & Stretch (GX)</p> <p>9:00 Aqua Aerobics (P)</p> <p>9:15 Floor Core (GX)</p> <p>9:45 QFC & Met Market Mercer Island Shopping (✓) (L1)</p> <p>10:00 Balance Basics (GX)</p> <p>10:15 Aqua Aerobics (P)</p> <p>10:30 Reading Group: Boys in the Boat (ES)</p> <p>11:00 Dance-Robics (GX)</p> <p>1:30 Balance Basics (GX)</p> <p>3:00 Tuesday Afternoon Tea (9DR)</p> <p>4:00 Half Bottle Tuesdays (GL)</p>	<p>8:00 Wake & Stretch (GX)</p> <p>9:00 SAIL Fitness (MB)</p> <p>9:30 Weekly Tech Help Desk with Ben (✓) (LB)</p> <p>9:30 Discussion Group: Who Am I? (M)</p> <p>9:45 Uwajimaya International District Shopping (✓) (L1)</p> <p>10:30 Challenge Fitness (GX)</p> <p>11:00 The Corner Store (CS)</p> <p>11:30 Aquatic Center Closed (Reopens at 2:30pm) (P)</p> <p>11:45 AARP: Transportation to Mariners Baseball Game: Tampa Bay Rays vs. Seattle Mariners - \$65/✓ (L1) ☆</p> <p>1:00 Bridge--Contact Karen Knudson at (206) 914-0491 for more info (TH)</p> <p>1:30 Wednesday Afternoon Matinee Showing: <i>Thoroughly Modern Millie</i> (2h18m) (CR)</p> <p>2:00 Low Impact SAIL Fitness (GX)</p> <p>3:00 Stronger Memory Group--Check in (ACA)</p> <p>7:30 PH Movie: <i>Crip Camp: A Disability Revolution</i> (1h57m) (PH)</p> <p>7:30 CR Movie: <i>High Noon</i> (1h25m) (CR)</p>	<p>8:00 Wake & Stretch (GX)</p> <p>9:00 Aqua Aerobics (P)</p> <p>9:00 Level One Floor Core (MB)</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 Ballroom Dance Class (GX)</p> <p>10:30 Seated Yoga w/ Annette (ES)</p> <p>12:30 American Mahjongg (OL)</p> <p>1:00 Shared Stillness (S)</p> <p>1:30 Balance Basics + Band (GX)</p> <p>7:30 CR Movie: <i>Costa Brava, Lebanon</i> (1h46m) (CR)</p>	<p>8:00 Yoga with Jim Weber (GX)</p> <p>9:00 SAIL Fitness (MB)</p> <p>10:00 Coffee & Conversation (M)</p> <p>10:30 Challenge Fitness (GX)</p> <p>1:30 Breathing Class (ES)</p> <p>2:00 Low-Impact SAIL Fitness (GX)</p> <p>3:30 Lifestyle Presents: Seattle Steel Pan Project & Luau (P4) ☆</p> <p>6:30 Madrona Movie: <i>The Living Daylights</i> (2h10m) (M)</p>	<p>8:30 Walking Group: 3-5 miles (CTL)</p> <p>9:45 5th Saturday: Trader Joe's Shopping (✓) (L1)</p> <p>2:00 Chinese Mahjongg (B)</p> <p>7:30 PH Movie: <i>Piazzolla - The Years of the Shark</i> (52m) (PH)</p> <p>7:30 CR Movie: <i>Suncoast</i> (1h49m) (CR)</p>	
<p>The SoundBar</p> <p>Open Monday - Friday</p> <p>4:00pm - 6:00pm</p> <p>Olympic Tower, 2nd Fl.</p>		<p>THE CORNER STORE</p> <p>Mondays & Wednesdays</p> <p>11:00am-1:00pm</p> <p>Cascade Tower, 4th Fl.</p>		<p>*Programs in BOLD TEXT are available via Livestream on Caremerge & Ch.370*</p>		<p>HALF-BOTTLE TUESDAYS</p> <p>EVERY TUESDAY</p> <p><i>unless otherwise noted*</i></p> <p>4:00pm</p> <p>Glacier Lounge</p>	<p>Tech Help Desk with Ben (✓)</p> <p>Wednesdays</p> <p>9:30am - 11:00am</p> <p>5th Fl. Library</p>