

# September 2024 Independent Living Activities and Fitness Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 – LABOR DAY	3	4	5	6	7
<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>Please Don't Eat the Daisies</i> (1h52m) (M)</p>	<p><b>TRANSPORTATION &amp; IL LIFESTYLE OFFICES CLOSED</b></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>11:30 Meditation (S)</p> <p>1:00 Resident Art Group (SC)</p> <p>1:00 Haiku Writing Group (TH)</p> <p>1:30 Low Impact SAIL Fitness (GX)</p> <p>2:30 Beginning Tai Chi (GX)</p> <p>6:30 Madrona Movie: <i>The Blue Angels – Documentary</i> (1h33m) (M)</p> <p>7:30 PH Movie: <i>Happy Go Lucky</i> (1h58m) (PH)</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 QFC &amp; 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: <i>Boys in the Boat</i> (ES)</p> <p>11:00 Dance-Robics (GX)</p> <p>1:00 <b>FIRST SESSION - Girl Talk</b> (OL) ☆</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 Chorale Rehearsal 2024 (SC)</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 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>11:30 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>Bob Marley: One Love</i> (1h47m) (CR)</p> <p>2:00 Low Impact SAIL Fitness (GX)</p> <p>3:30 <b>Lifestyle Presents: Afternoon Jazz Piano with Adam Hicks</b> (GL) ☆</p> <p>6:30 Mariners Baseball: Mariners @ Oak (M)</p> <p>7:30 PH Movie: <i>Bob Marley: One Love</i> (1h47m) (PH)</p> <p>7:30 CR Movie: <i>In and Out</i> (1h30m) (CR)</p>	<p>8:00 Wake &amp; 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 <b>Perspectives &amp; Insights with Torsten Hirche</b> (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>2:00 SPL Mobile Library (TL)</p> <p>3:00 Sing-Along with the Chorale (MB) ☆</p> <p>4:00 Happy Hour (GL)</p> <p>7:00 CR Movie: <i>The Last Emperor</i> (2h43m) (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>11:00 <b>History Talks with David Williams: Stories in Stone</b> (PH) ☆</p> <p>11:00 Spanish Speakers Conversation Group (SC)</p> <p>1:00 Hot Topics Discussion (MB)</p> <p>1:30 Breathing Class (ES)</p> <p>2:00 Jazz with Max (SC)</p> <p>2:00 Low-Impact SAIL Fitness (GX)</p> <p>6:30 Madrona Movie: <i>Greater</i> (2h10m) (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>4:15 Mariners Baseball: Mariners @ St. Louis (M)</p> <p>7:30 PH Movie: <i>The Commandant's Shadow</i> (1h43m) (PH)</p> <p>7:30 CR Movie: <i>Ghostlight</i> (1h55m) (CR)</p>
8	9	10	11 - PATRIOT DAY	12 – NEW MENU	13	14
<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 <b>The Nutcracker – Performance Demonstrations at Skyline</b> (PH) ☆</p> <p>6:30 Madrona Movie: <i>On Golden Pond</i> (1h49m) (M)</p>	<p>8:00 Wake &amp; Stretch (GX)</p> <p>9:00 SAIL Fitness (MB)</p> <p>10:30 Challenge Fitness (GX)</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>3:30 <b>Spotlight Lecture by Eric Lane Barnes: The Andrews Sisters</b> (MB) ☆</p> <p>6:30 Madrona Movie: <i>Sweet Dreams</i> (1h55m) (M)</p> <p>7:30 Book Discussion: "A Fever in the Heartland" by Timothy Egan (MB)</p> <p>7:30 PH Movie: <i>The Princess Bride</i> (1h38m) (PH)</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 QFC &amp; 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: <i>Boys in the Boat</i> (ES)</p> <p>11:00 Dance-Robics (GX)</p> <p>1:00 Girl Talk (OL)</p> <p>1:30 Balance Basics (GX)</p> <p>3:00 <b>Health Care Lecture: Bones and Stones: What are Parathyroid Glands?</b> By Paul Robertson, MD (MB) ☆</p> <p>3:00 Tuesday Afternoon Tea (9DR)</p> <p>4:00 Chorale Rehearsal 2024 (SC)</p> <p>4:00 Half Bottle Tuesdays (GL)</p> <p>6:30 Baseball Night with Snacks: Mariners vs. SD (M) ☆</p>	<p>8:00 Wake &amp; 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 Bellevue Square Shopping (\$5/✓) (L1)</p> <p>10:30 Challenge Fitness (GX)</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>Jerry and Marge Go Large</i> (1h36m) (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>Far From Heaven</i> (1h47m) (PH)</p> <p>7:30 CR Movie: <i>Heaven Knows, Mr. Allison</i> (1h47m) (CR)</p>	<p>8:00 Wake &amp; Stretch (GX)</p> <p>9:00 Aqua Aerobics (P)</p> <p>9:00 Level One Floor Core (MB)</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>11:00 <b>Guest Speaker: Sara Nelson, City Council President (Position 9)</b> (PH) ☆</p> <p>12:00 Transp. to: Chihuly garden &amp; Glass (L1) ☆</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 Nihongo de hanashimashou! (Let's Speak Japanese!) (TH)</p> <p>3:30 <b>Guest Speaker - Barbara Wilson: Affordable Housing in Ballard</b> (MB) ☆</p> <p>6:30 Mariners Baseball: Mariners vs. TEX (M)</p> <p>7:30 CR Movie: <i>Godzilla Minus One</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>11:00 Spanish Speakers Conversation Group (SC)</p> <p>1:30 Breathing Class (ES)</p> <p>2:00 Jazz with Max (SC)</p> <p>2:00 Low-Impact SAIL Fitness (GX)</p> <p>3:30 <b>Spotlight: Performance: Baritone Charles Robert Stephens</b> (PH) ☆</p> <p>7:00 Mariners Baseball: Mariners vs. TEX (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 Baseball: Mariners vs. TEX (M)</p> <p>7:30 PH Movie: <i>The Wizard of Oz</i> (1h42m) (PH)</p> <p>7:30 CR Movie: <i>In Search of Mozart</i> (2h9m) (CR)</p>
15	16	17	18	19	20	21
<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>Brigadoon</i> (1h48m) (M)</p>	<p>8:00 Wake &amp; Stretch (GX)</p> <p>9:00 SAIL Fitness (MB)</p> <p>10:30 Challenge Fitness (GX)</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>3:30 <b>Art of the Month Lecture: Mary Turner</b> (MB) ☆</p> <p>6:30 Madrona Movie: <i>In Their Own Words</i> (1h) (M)</p> <p>7:30 PH Movie: <i>Thelma</i> (1h38m) (PH)</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 QFC &amp; Met Market Mercer Island Shopping (✓) (L1)</p> <p>10:00 Skyline Strummers Fall Series (SC) ☆</p> <p>10:00 Balance Basics (GX)</p> <p>10:15 Aqua Aerobics (P)</p> <p>10:30 Reading Group: <i>Boys in the Boat</i> (ES)</p> <p>11:00 Dance-Robics (GX)</p> <p>1:00 Girl Talk (OL)</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>4:00 Chorale Rehearsal 2024 (SC)</p> <p>4:00 Half Bottle Tuesdays (GL)</p> <p>6:30 Mariners Baseball: Mariners vs. NYY (M)</p> <p>7:00 S&amp;T Group: <b>Special Film Showing: Particle Fever</b> (MB) ☆</p>	<p>8:00 Wake &amp; 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>11:30 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>Lean on me</i> (1h48m) (CR)</p> <p>2:00 Low Impact SAIL Fitness (GX)</p> <p>6:30 Mariners Baseball: Mariners vs. NYY (M)</p> <p>7:30 PH Movie: <i>Clerks</i> (1h32m) (PH)</p> <p>7:30 CR Movie: <i>The Third Man</i> (1h33m) (CR)</p>	<p>8:00 Wake &amp; 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 <b>Skyline Update</b> (PH) ☆</p> <p>10:30 Seated Yoga w/ Annette (ES)</p> <p>12:30 American Mahjongg (OL)</p> <p>1:00 Transportation to ACT Theatre: POTUS (L1)</p> <p>1:00 Shared Stillness (S)</p> <p>1:30 Balance Basics + Band (GX)</p> <p>2:00 Nihongo de hanashimashou! (Let's Speak Japanese!) (TH)</p> <p>3:30 Apple Social (M)</p> <p>4:00 <b>SkyOpera Night at the Opera: Rossini: Le Comte Ory</b> (MB) ☆</p> <p>6:30 SkyOpera Dinner (✓) (CD)</p>	<p>8:00 Yoga with Jim Weber (GX)</p> <p>9:00 SAIL Fitness (MB)</p> <p>9:30 Fitness Trip: Twin Falls Hike (L1)</p> <p>10:00 Coffee and Conversation (M)</p> <p>10:30 Challenge Fitness (GX)</p> <p>11:00 Ikebana (\$10) (AC4)</p> <p>11:00 Spanish Speakers Conversation Group (SC)</p> <p>1:00 Hot Topics Discussion (MB)</p> <p>1:30 Breathing Class (ES)</p> <p>2:00 Jazz with Max (SC)</p> <p>2:00 Low-Impact SAIL Fitness (GX)</p> <p>5:30 Skyline Hoedown Party! (PH) ☆</p> <p>6:30 Madrona Movie: <i>Oh God!</i> (1h38m) (M)</p>	<p>8:30 Walking Group: 3-5 miles (CTL)</p> <p>9:45 Trader Joe's Shopping (✓) (L1)</p> <p>1:00 Transportation to PNW Ballet: <i>The Times are Racing</i> (\$5/✓) (L1)</p> <p>2:00 Chinese Mahjongg (B)</p> <p>4:00 Mariners Baseball: Mariners @ TEX (M)</p> <p>7:30 PH Movie: <i>Before Midnight</i> (1h49m) (PH)</p> <p>7:30 CR Movie: <i>Call me Kate</i> (1h26m) (CR)</p>

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

# September 2024 Independent Living Activities and Fitness Calendar

22		23		24		25		26		27		28																																																		
10:00 Reflections on Life (SC)	10:00 St. James Live Stream (M)	1:30 Worship Service (M)	2:30 Special Matinee Movie Showing: The Great Dictator (PH) ☆	6:30 Madrona Movie: People Like Us (1h54m) (M)	8:00 Wake & Stretch (GX)	9:00 SAIL Fitness (MB)	9:15 Tai-Chi for Arthritis (GX)	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)	1:30 Seated Yoga w/ Annette (ES)	2:30 Beginning Tai Chi (GX)	3:30 Spotlight Lecture by Eric Lane Barnes: Music of Brazil (MB) ☆	6:30 Madrona Movie: The Visitor (1h44m) (M)	7:30 PH Movie: Small Change (1h44m) (PH)	8:00 Wake & Stretch (GX)	9:00 Aqua Aerobics (P)	9:15 Floor Core (GX)	9:45 QFC & Met Market Mercer Island Shopping (✓) (L1)	10:00 Skyline Strummers Fall Series (SC)	10:00 Balance Basics (GX)	10:15 Aqua Aerobics (P)	10:30 Reading Group: Boys in the Boat (ES)	11:00 Dance-Robics (GX)	1:00 Girl Talk (OL)	1:30 SkyOpera Stream: Ruders: The Hand Maids Tale with Introduction by Tim Barrick (PH) ☆	1:30 Balance Basics (GX)	3:00 Tuesday Afternoon Tea (9DR)	4:00 Chorale Rehearsal 2024 (SC)	4:00 Half Bottle Tuesdays (GL)	5:00 Mariners Baseball: Mariners @ HOU (M)	8:00 Wake & Stretch (GX)	9:00 SAIL Fitness (MB)	9:30 Weekly Tech Help Desk with Ben (✓) (LB)	9:45 Uwajimaya International District Shopping (✓) (L1)	10:30 Challenge Fitness (GX)	11:30 Aquatic Center Closed (Reopens at 2:30pm) (P)	12:30 Transportation: Mohai Museum (L1) ☆	1:00 Bridge--Contact Karen Knudson at (206) 914-0491 for more info (TH)	1:30 Wednesday Afternoon Matinee Showing: A Hologram for the King (1h38m) (CR)	2:00 Low Impact SAIL Fitness (GX)	3:00 Stronger Memory Group--Check in (AC4)	7:30 PH Movie: The Last Picture Show (1h58m) (PH)	7:30 CR Movie: Night People (1h33m) (CR)	8:00 Yoga with Jim Weber (GX)	9:00 SAIL Fitness (MB)	10:30 Challenge Fitness (GX)	11:00 Mental Health 101 for Older Adults with Jenna Rumberger (MB) ☆	11:00 Spanish Speakers Conversation Group (SC)	1:30 Breathing Class (ES)	2:00 Jazz with Max (SC)	2:00 Low-Impact SAIL Fitness (GX)	3:30 Spotlight: Performance: Luke Raffanti, Pianist (PH) ☆	6:30 Madrona Movie: The American President (1h54m) (M)	8:30 Walking Group: 3-5 miles (CTL)	9:45 Fred Meyer Ballard Shopping (✓) (L1)	2:00 Chinese Mahjongg (B)	6:30 Mariners Baseball: Mariners vs. OAK (M)	7:30 PH Movie: American Fiction (1h57m) (PH)	7:30 CR Movie: The Burial (2h6m) (CR)
29		30						ROOM KEY																																																						
10:00 Reflections on Life (SC)	10:00 St. James Live Stream (M)	1:00 Transportation to Seattle Symphony Masterworks 8G: Tchaikovsky Symphony No. 4 (\$5/✓) (L1)	1:30 Worship Service (M)	6:30 Madrona Movie: The Express (2h10m) (M)	8:00 Wake & Stretch (GX)	9:00 SAIL Fitness (MB)	9:15 Tai-Chi for Arthritis (GX)	10:30 Challenge Fitness (GX)	11:00 Chaplain's Community Forum with Sao Uomoto (MB)	11:30 Meditation (S)	1:00 Guy Talk (M)	1:30 Low Impact SAIL Fitness (GX)	1:30 Seated Yoga w/ Annette (ES)	2:30 Beginning Tai Chi (GX)	3:30 Oktoberfest Music and Sing-along with the Folk Voice Duo (MB) ☆	6:30 Madrona Movie: Designing Woman (1h58m) (M)	7:30 PH Movie: EO Poland (1h28m) (PH)	<p>☆ - Special Events (You won't want to miss these!)</p> <p>*Programs in BOLD TEXT are available via Livestream on Caremerge &amp; Ch.370*</p>		<p>(SC) - Sky Club Lounge (M) - Madrona Room (GX) - Group Exercise Studio (MB) - Mt. Baker Room (CS) - The Corner Store (S) - Sanctuary (TH) - Tahoma Room (ES) - Exercise Studio, 5th Fl. Terraces</p>						<p>(L1) - Level 1 (8th Ave.) (OL) - OT Lounge (9DR) - 9th Floor Dining Room (GL) - Glacier Lounge (LB) - 5th Fl. Library (CR) - Cascade Room (MB) - Mt Baker Room (S10) - 10th Fl. Sunroom</p>		<p>(CTL) - Cascade Tower Lobby (B) - Bistro (L1) - Level 1 (8th Ave) (AC4) - 4th Fl. A&amp;C Room (CD) - Cascade Dining Room (TL) - Terraces Lobby (P) - Pool (PH) - Pacific Performing Arts Hall</p>																																		
<p><b>The SoundBar</b> Open Monday - Friday 4:00pm - 6:00pm Olympic Tower, 2<sup>nd</sup> Fl.</p>				<p><b>CLOSED:</b> <b>THE CORNER STORE</b> The Corner Store will reopen in October 2024</p>				<p><b>HALF-BOTTLE TUESDAYS</b> 4:00pm Glacier Lounge EVERY TUESDAY <i>unless otherwise noted*</i></p>		<p><b>Girl Talk</b> Every Tuesday 1:00pm-2:00pm Olympic Tower Sky Lounge</p>		<p><b>Tech Help Desk with Ben (✓)</b> Wednesdays 9:30am - 11:00am 5<sup>th</sup> Fl. Library</p>																																																		