

October 2024 Independent Living Activities and Fitness Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3 ROSH HASHANAH	4	5
<p>☆ - Special Events (You won't want to miss these!)</p>	<p>*Programs in BOLD TEXT are available via Livestream on Caremerge & Ch.370*</p>	<p>Annual Fitness Evaluations 8:00am – 5:00pm, Mount Baker Room</p>			<p>8:00 Yoga with Jim Weber (GX) 9:00 SAIL Fitness (MB) 10:30 Challenge Fitness (GX) 11:00 History Talks with David Williams: History of the Ship Canal and Locks (PH) ☆ 11:00 Spanish Speakers Conversation Group (SC) 1:00 Hot Topics Discussion (MB) 1:30 Breathing Class (ES) 2:00 Jazz with Max (SC) 2:00 Low-Impact SAIL Fitness (GX) 3:30 Seattle Bach Festival - Classical Trio Performance (PH) ☆ 6:30 Madrona Movie: <i>Mary Poppins</i> (2h19m) (M)</p>	<p>8:30 Walking Group: 3-5 miles (CTL) 9:45 Trader Joe's Shopping (✓) (L1) 2:00 Chinese Mahjongg (B) 7:30 PH Movie: <i>Nebraska</i> (1h55m) (PH) 7:30 CR Movie: <i>Twisters</i> (2h2m) (CR)</p>
		<p>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) 10:15 Aqua Aerobics (P) 10:30 Reading Group: Boys in the Boat (ES) 1:00 Girl Talk (SC) 2:30 Caregivers' Support Group (TH) 3:00 Tuesday Afternoon Tea (9DR) 4:00 Chorale Rehearsal 2024 (SC) 4:00 Half Bottle Tuesdays (GL) 7:00 Lifestyles Presents: Seattle Ladies Musical Club (PH) ☆</p>	<p>9:30 Weekly Tech Help Desk with Ben (✓) (LB) 9:30 Discussion Group: Who Am I? (M) 11:00 The Corner Store (CS) 11:30 Aquatic Center Closed (Reopens at 2:30pm) (P) 1:00 Bridge--Contact Karen Knudson at (206) 914-0491 for more info (TH) 1:30 Wednesday Afternoon Matinee Showing: <i>A Beautiful Mind</i> (2h15m) (CR) 7:30 PH Movie: <i>Broadcast News</i> (2h13m) (PH) 7:30 CR Movie: <i>All the President's Men</i> (2h18m) (CR)</p>	<p>9:00 Aqua Aerobics (P) 9:15 Tai-Chi: Yang 24 Forms (GX) 10:00 Roman Catholic Communion (S10) 10:15 Aqua Aerobics (P) 10:30 Ballroom Dance Class (GX) 12:30 American Mahjongg (OL) 1:00 Transportation: Nordic Museum (L1) 1:00 Shared Stillness (S) 2:00 Nihongo de hanashimashou! (Let's Speak Japanese!) (TH) 2:00 Seattle Public Library Mobile Library (TL) 3:00 Guest Speaker: Vicki Dobbs Beck (PH) ☆ 4:00 Happy Hour (SBr) 7:30 CR Movie: <i>Joyride</i> (1h34m) (CR)</p>		
6	7	8	9	10	11	12 YOM KIPPUR
<p>10:00 Reflections on Life (SC) 10:00 St. James Live Stream (M) 1:30 Worship Service (M) 6:30 Madrona Movie: <i>Barbie</i> (M)</p>	<p>8:00 Wake & Stretch (MB) 9:00 SAIL Fitness (MB) 9:15 Tai-Chi for Arthritis (GX) 10:30 Challenge Fitness (GX) 11:00 The Corner Store (CS) 11:00 Living Dangerously in Asia: Fighting Tuberculosis in North Korea – Lecture by Don Clark (MB) ☆ 11:30 Meditation (S) 1:00 Resident Art Group (SC) 1:00 Guy Talk (M) 1:00 Haiku Writing Group (TH) 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: <i>The Beatles</i> (MB) ☆ 6:30 Madrona Movie: <i>Ghostbusters</i> (1h45m) (M) 7:30 PH Movie: <i>Casablanca</i> (1h42m) (PH)</p>	<p>8:00 Wake & Stretch (MB) 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 (SC) 1:30 Balance Basics (GX) 3:00 Health Care Lecture: Your Life, Your Choices by Dr. Jim Demaine (MB) ☆ 3:00 Tuesday Afternoon Tea (9DR) 4:00 Chorale Rehearsal 2024 (SC) 4:00 Half Bottle Tuesdays (GL)</p>	<p>8:00 Wake & Stretch (MB) 9:00 SAIL Fitness (MB) 9:30 Weekly Tech Help Desk with Ben (✓) (LB) 9:30 Discussion Group: Who Am I? (M) 9:45 Bellevue Square Shopping (\$5/✓) (L1) 10:30 Challenge Fitness (GX) 11:00 The Corner Store (CS) 11:30 Aquatic Center Closed (Reopens at 2:30pm) (P) 1:00 Bridge--Contact Karen Knudson at (206) 914-0491 for more info (TH) 1:30 Wednesday Afternoon Matinee Showing: <i>The Lonest Ride</i> (2h8m), CR 2:00 Low Impact SAIL Fitness (GX) 3:30 All-comers Art: Painting (9DR) 7:30 CR Movie: <i>The High and the Mighty</i> (2h27m) (CR)</p>	<p>8:00 Wake & Stretch (MB) 9:00 Aqua Aerobics (P) 9:00 Level One Floor Core (MB) 9:15 Tai-Chi: Yang 24 Forms (GX) 9:30 Floor Core (MB) 10:00 Roman Catholic Communion (S10) 10:15 Aqua Aerobics (P) 10:30 Ballroom Dance Class (GX) 10:30 Seated Yoga w/ Annette (ES) 12:30 American Mahjongg (OL) 1:00 Shared Stillness (S) 1:30 Balance Basics + Band (GX) 2:00 Nihongo de hanashimashou! (Let's Speak Japanese!) (SC) 3:30 SRA Quarterly Meeting – EAF Drive Kickoff (MBR) ☆ 3:30 SRA Quarterly Meeting--ALT. LOCATION (VIRTUAL) (CR) 7:30 CR Movie: <i>Mifune</i> (1h20m) (CR)</p>	<p>8:00 Yoga with Jim Weber (GX) 9:00 COVID-19 Booster Clinic (MB) 10:30 Challenge Fitness (GX) 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) 4:30 Skyline 15 Year Anniversary Celebration with Michael Cavanaugh (PH) ☆</p>	<p>8:30 Walking Group: 3-5 miles (CTL) 9:45 Fred Meyer Ballard Shopping (✓) (L1) 2:00 Chinese Mahjongg (B) 7:30 CR Movie: <i>The Courtship</i> (1h20m) (CR)</p>
13	14 – INDIGENOUS PEOPLES DAY	15	16	17	18	19
<p>10:00 Reflections on Life (SC) 10:00 St. James Live Stream (M) 1:00 Transportation to Seattle Opera: Jubilee (\$5/✓) (L1) 1:00 Transportation to Seattle Symphony's Pops: Cirque Noir with Troupe Vertigo (\$5/✓) (L1) 1:30 Worship Service (M) 6:30 Madrona Movie: <i>MASH</i> (1h56m) (M)</p>	<p>8:00 Wake & Stretch (MB) 9:00 SAIL Fitness (MB) 9:15 Tai-Chi for Arthritis (GX) 10:30 Challenge Fitness (GX) 11:00 The Corner Store (CS) 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) 4:30 SkyOpera's Night at the Opera: Le Comte Ory – Rerun (MB) 6:30 Madrona Movie: <i>The Hill</i> (2h3m) (M) 7:30 Book Discussion: "Prophet Song" by Paul Lynch (MB) 7:30 PH Movie: <i>Songs of Earth</i> (1h30m) (PH)</p>	<p>8:00 Wake & Stretch (MB) 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 (SC) 1:30 Balance Basics (GX) 2:30 Caregivers Support Group (S) 3:00 Dining Services Forum (PH) 3:00 S&T Group: Finding the Higgs Boson – Answering Very Short Distance Questions With a Very Big Gadget (MB) ☆ 3:00 Tuesday Afternoon Tea (9DR) 4:00 Chorale Rehearsal 2024 (SC) 4:00 Half Bottle Tuesdays (GL)</p>	<p>8:00 Wake & Stretch (MB) 9:00 SAIL Fitness (MB) 9:30 Weekly Tech Help Desk with Ben (✓) (LB) 9:30 Discussion Group: Who Am I? (M) 9:45 Costco Shopping (✓) (L1) 10:30 Challenge Fitness (GX) 11:00 The Corner Store (CS) 11:30 Aquatic Center Closed (Reopens at 2:30pm) (P) 1:00 Bridge--Contact Karen Knudson at (206) 914-0491 for more info (TH) 1:00 Transp. Seattle Repertory Theatre: <i>The Skin of Our Teeth</i> (L1) 1:30 Wednesday Afternoon Matinee Showing: <i>Tootsie</i> (1h56m) (CR) 2:00 Low Impact SAIL Fitness (GX) 7:30 PH Movie: <i>Idiocracy</i> (1h24m) (PH) 7:30 CR Movie: <i>And So It Goes</i> (2h19m) (CR)</p>	<p>8:00 Wake & Stretch (MB) 9:00 Aqua Aerobics (P) 9:00 Level One Floor Core (MB) 9:15 Tai-Chi: Yang 24 Forms (GX) 9:30 Floor Core (MB) 10:00 Roman Catholic Communion (S10) 10:15 Aqua Aerobics (P) 10:30 Ballroom Dance Class (GX) 10:30 Skyline Update (PH) ☆ 10:30 Seated Yoga w/ Annette (ES) 12:15 Podiatry Appointment with Dr. Mak (AC4) 12:30 American Mahjongg (OL) 1:00 Shared Stillness (S) 1:30 Balance Basics + Band (GX) 2:00 Nihongo de hanashimashou! (Let's Speak Japanese!) (TH) 4:30 SkyOpera's Night at the Opera: Bellini: <i>Norma</i> (MB) ☆ 6:30 SkyOpera Dinner (✓/\$30) (CD)</p>	<p>8:00 Yoga with Jim Weber (GX) 9:00 Fitness Trip: Coulon Park (\$8/✓) (L1) 9:00 SAIL Fitness (MB) 10:30 Challenge Fitness (GX) 11:00 Ikebana (\$10) (AC4) 11:00 Spanish Speakers Conversation Group (SC) 1:00 Hot Topics Discussion (MB) 1:30 Breathing Class (ES) 2:00 Jazz with Max (SC) 2:00 Low-Impact SAIL Fitness (GX) 6:30 Madrona Movie: <i>Gilda</i> (1h50m) (M) 7:30 PH Movie: <i>The Zone of Interest</i> (1h45m) (PH)</p>	<p>8:30 Walking Group: 3-5 miles (CTL) 9:45 Trader Joe's Shopping (✓) (L1) 2:00 Spotlight: Performance: Will White (PH) 2:00 Chinese Mahjongg (B) 7:30 PH Movie: <i>Caligula: The Ultimate Cut</i> (2h58m)(PH) 7:30 CR Movie: <i>Arthur the King</i> (1h47m) (CR)</p>

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

October 2024 Independent Living Activities and Fitness Calendar

20		21		22		23		24		25		26	
10:00	Reflections on Life (SC)	8:00	Wake & Stretch (MB)	8:00	Wake & Stretch (MB)	8:00	Wake & Stretch (MB)	8:00	Wake & Stretch (MB)	8:00	Yoga with Jim Weber (GX)	8:30	Walking Group: 3-5 miles (CTL)
10:00	St. James Live Stream (M)	9:00	SAIL Fitness (MB)	9:00	Aqua Aerobics (P)	9:00	SAIL Fitness (MB)	9:00	Aqua Aerobics (P)	9:00	SAIL Fitness (MB)	9:45	Fred Meyer Ballard Shopping (✓) (L1)
1:30	Worship Service (M)	9:15	Tai-Chi for Arthritis (GX)	9:15	Floor Core (GX)	9:30	Weekly Tech Help Desk with Ben (✓) (LB)	9:00	Level One Floor Core (MB)	10:30	Challenge Fitness (GX)	1:30	Saturday Afternoon Matinee: Les Misérables (M)
6:30	Madrona Movie: Radio (1h49m) (M)	10:30	Challenge Fitness (GX)	9:45	QFC & Met Market Mercer Island Shopping (✓) (L1)	9:30	Discussion Group: Who Am I? (M)	9:15	Tai-Chi: Yang 24 Forms (GX)	11:00	Spanish Speakers Conversation Group (SC)	2:00	SkyOpera Live!: Sampling Bellini's Operas (PH) ☆
		11:00	The Corner Store (CS)	10:00	Skyline Strummers Fall Series (SC)	9:45	Uwajimaya International District Shopping (✓) (L1)	9:30	Floor Core (MB)	1:30	Breathing Class (ES)	2:00	Chinese Mahjongg (B)
		11:30	Meditation (S)	10:00	Balance Basics (GX)	10:30	Challenge Fitness (GX)	10:00	Roman Catholic Communion (S10)	2:00	Jazz with Max (SC)	7:30	PH Movie: Janet Planet (1h53m) (PH)
		1:00	Guy Talk (M)	10:15	Aqua Aerobics (P)	11:00	The Corner Store (CS)	10:15	Aqua Aerobics (P)	3:30	Spotlight: Performance: Paige Smith and Roberta Downy (PH) ☆	7:30	CR Movie: Aftersun (1h42m) (CR)
		1:30	Low Impact SAIL Fitness (GX)	10:30	Reading Group: Boys in the Boat (ES)	11:30	Aquatic Center Closed (Reopens at 2:30pm) (P)	10:30	Ballroom Dance Class (GX)	6:30	Madrona Movie: Edward Scissorhands (1h45m) (M)		
		1:30	Seated Yoga w/ Annette (ES)	11:00	Dance-Robics (GX)	1:00	Bridge--Contact Karen Knudson at (206) 914-0491 for more info (TH)	10:30	Seated Yoga w/ Annette (ES)				
		2:30	Beginning Tai Chi (GX)	1:00	Girl Talk (SC)	1:30	Wednesday Afternoon Matinee Showing: Rocky (2h) (CR)	12:30	American Mahjongg (OL)				
		3:30	Lifestyle Presents: Jazz Piano and Vocalist Duo -Tyler Kimmel and Hillary Lindstrom (PH) ☆	2:00	Skyline Theatre Improv Acting Class (MB) ☆	2:00	Low Impact SAIL Fitness (GX)	1:00	Transportation to ACT Theatre: Mrs. Loman is Leaving (L1)				
		6:30	Madrona Movie: The Devil Wears Prada (1h49m) (M)	3:00	Tuesday Afternoon Tea (9DR)	3:00	Stronger Memory Group--Check in (AC4)	1:30	Shared Stillness (S)				
		7:30	PH Movie: Chuck Chuck Baby (1h41m) (PH)	4:00	Chorale Rehearsal 2024 (SC)	7:30	PH Movie: The Accidental Tourist (2h1m) (PH)	1:30	Stories of Your Life: (MB)				
				4:00	Half Bottle Tuesdays (GL)	7:30	CR Movie: Cross Creek (2h7m) (CR)	1:30	Balance Basics + Band (GX)				
				7:30	City Council Position 8 Candidate Forum (PH) ☆			2:00	Nihongo de hanashimashou! (Let's Speak Japanese!) (TH)				
								3:00	2024 General Election Candidate Forum (PH) ☆				
								7:30	CR Movie: The Commandant's Shadow (1h43m) (CR)				
27		28		29		30		31 – HALLOWEEN					
10:00	Reflections on Life (SC)	8:00	Wake & Stretch (MB)	8:00	Wake & Stretch (MB)	8:00	Wake & Stretch (MB)	8:00	Wake & Stretch (MB)	<h2 style="text-align: center;">THE CORNER STORE</h2> <p style="text-align: center;">Mondays & Wednesdays 11:00am-1:00pm Cascade Tower, 4th Fl.</p>			
10:00	St. James Live Stream (M)	9:00	SAIL Fitness (MB)	10:00	Book Giveaway with the Library Committee – Ends at 4:30pm (MB)	9:00	SAIL Fitness (MB)	9:00	Aqua Aerobics (P)				
1:30	Worship Service (M)	9:15	Tai-Chi for Arthritis (GX)	9:00	Aqua Aerobics (P)	9:30	Weekly Tech Help Desk with Ben (✓) (LB)	9:15	Tai-Chi: Yang 24 Forms (GX)				
6:30	Madrona Movie: Mona Lisa Smile (1h57m) (M)	10:30	Challenge Fitness (GX)	9:15	Floor Core (GX)	9:30	Discussion Group: Who Am I? (M)	9:30	Floor Core (MB)				
		11:00	The Corner Store (CS)	9:45	QFC & Met Market Mercer Island Shopping (✓) (L1)	10:30	Challenge Fitness (GX)	10:00	Roman Catholic Communion (S10)				
		11:30	Meditation (S)	10:00	Skyline Strummers Fall Series (SC)	11:00	The Corner Store (CS)	10:15	Aqua Aerobics (P)				
		1:00	Resident Art Group (SC)	10:00	Balance Basics (GX)	11:30	Aquatic Center Closed (Reopens at 2:30pm) (P)	10:30	Ballroom Dance Class (GX)				
		1:00	Guy Talk (M)	10:15	Aqua Aerobics (P)	1:00	Bridge--Contact Karen Knudson at (206) 914-0491 for more info (TH)	10:30	Seated Yoga w/ Annette (ES)				
		1:30	Low Impact SAIL Fitness (GX)	10:30	Reading Group: Boys in the Boat (ES)	1:30	Wednesday Afternoon Matinee Showing: E.T. (1h55m) (M)	11:00	Skyline Halloween Celebration with the Memphis Belles (MB) ☆				
		1:30	Seated Yoga w/ Annette (ES)	11:00	Dance-Robics (GX)	2:00	Low Impact SAIL Fitness (GX)	12:30	American Mahjongg (OL)				
		2:30	Beginning Tai Chi (GX)	1:00	Girl Talk (SC)	7:30	PH Movie: Summertime (1h40m) (PH)	1:00	Shared Stillness (S)				
		3:30	Spotlight Lecture by Eric Lane Barnes: Music and Animation (MB) ☆	1:30	Balance Basics (GX)	7:30	CR Movie: The Shawshank Redemption (2h22m) (CR)	1:30	Balance Basics + Band (GX)				
		6:30	Madrona Movie: Dracula (1h15m) (M)	3:00	Tuesday Afternoon Tea (9DR)			2:00	Nihongo de hanashimashou! (Let's Speak Japanese!) (TH)				
		7:30	PH Movie: The Atomic Cafe (1h26m) (PH)	4:00	Chorale Rehearsal 2024 (SC)			2:30	Staff Halloween Costume Contest (MB) ☆				
				4:00	Half Bottle Tuesdays (GL)			7:30	CR Movie: The Other Son (1h45m) (CR)				
MEETING PLACES													
(MB) - Mt. Baker Room	(GL) - Glacier Lounge	(CTL) - Cascade Tower Lobby											
(P) - Pool	(PH) - Performance Hall	(B) - Bistro											
(L1) - Level 1 (8th Ave)	(LB) - 5th Fl. Library	(AC4) - 4th Fl. A&C Room											
(SC) - Sky Club Lounge	(M) - Madrona Room	(CD) - Cascade Dining Room											
(GX) - Group Exercise Studio	(CS) - The Corner Store	(TH) - Tahoma Room											
(S) - Sanctuary	(S10) - 10th Fl. Sunroom	(9DR) - 9th Floor Dining Room											
(ES) - Exercise Studio, 5th Fl.	(OL) - OT Lounge	(TL) - Terraces Lobby											
	(SBr) - SoundBar												