

November 2024 Independent Living Activities and Fitness Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MEETING PLACES					1 All Saint's Day	2 All Soul's Day
<p>(GX) - Group Exercise Room 4th Fl</p> <p>(TL) - Terraces Lobby</p> <p>(GX) - Group Exercise Studio</p> <p>(PH) - Pacific Performing Arts Hall</p> <p>(SC) - Sky Club Lounge</p> <p>(ES) - Exercise Studio, 5th Fl. Terraces</p> <p>(M) - Madrona Room</p> <p>(CTL) - Cascade Tower Lobby</p> <p>(L1) - Level 1 (8th Ave)</p>	<p>(L1) - Level 1 (8th Ave.)</p> <p>(B) - Bistro</p> <p>(CR) - Cascade Room</p> <p>(CS) - The Corner Store</p> <p>(S) - Sanctuary</p> <p>(TH) - Tahoma Room</p> <p>(P) - Pool</p> <p>(AC4) - 4th Fl. A&C Room</p> <p>(9DR) - 9th Floor Dining Room</p> <p>(GL) - Glacier Lounge</p>	<p>(LBR) - 5th Floor Library</p> <p>(MB) - Mt. Baker Room</p> <p>(S10) - 10th Fl. Sunroom</p> <p>(OL) - OT Lounge</p> <p>(CC) - Chinook Conf. Room</p> <p>(SBr) - SoundBar</p>	<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>8:00 Yoga with Jim Weber (GX)</p> <p>9:00 SAIL Fitness (MB)</p> <p>10:00 Donuts, coffee and conversation (M)</p> <p>10:30 Challenge Fitness (GX)</p> <p>11:00 History Talks with David Williams: Puget Sound: A Maritime Highway (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 Low-Impact SAIL Fitness (GX)</p> <p>6:30 Madrona Movie: <i>My Penguin Friend</i> (1h30m) (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: All Balanchine (\$5/✓) (L1)</p> <p>2:00 Chinese Mahjongg (B)</p> <p>7:30 PH Movie: <i>Touching the Void</i> (1h46m) (PH)</p> <p>7:30 CR Movie: <i>The Two Popes</i> (2h5m) (CR)</p>
3 Daylight Saving Time Ends	4	5	6	7	8	9
<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>The Maltese Falcon</i> (1h40m) (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>3:30 Skyline Magic Monday with Jeff Evans (MB) ☆</p> <p>6:30 Madrona Movie: <i>All The President's Men</i> (2h18m) (M)</p> <p>7:30 PH Movie: <i>Smoke</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 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: Boys in the Boat (ES)</p> <p>11:00 Art Lecture: Ancient Art, Modern Community: An Illuminated Manuscript Presentation and Exhibit (MB) ☆</p> <p>11:00 General Enhancement Grant Information Session (✓) (AC4)</p> <p>11:00 Dance-Robics (GX)</p> <p>1:00 Girl Talk (SC)</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 & Stretch (GX)</p> <p>9:00 SAIL Fitness (MB)</p> <p>9:30 Weekly Tech Help Desk with Ben (✓) (LBR)</p> <p>10:00 Current Events Discussion (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>1:30 Wednesday Afternoon Matinee Showing: <i>The Mountain Within Me</i> (1h50m) (CR)</p> <p>2:00 Low Impact SAIL Fitness (GX)</p> <p>3:30 Lifestyles Presents: Afternoon Jazz Piano with Adam Hicks (GL) ☆</p> <p>7:30 PH Movie: <i>The Caine Mutiny</i> (2h4m) (PH)</p> <p>7:30 CR Movie: <i>Nebraska</i> (1h55m) (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 General Enhancement Grant Information Session (✓) (CC)</p> <p>1:30 Balance Basics + Band (GX)</p> <p>2:00 Nihongo de hanashimashou! (Let's Speak Japanese!) (TH)</p> <p>2:00 "Cognitive Health and Dementia: Risks, Resilience and Precision Care" with Dr. Nancy Isenberg (PH) ☆</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 Happy Hour (SBr)</p> <p>7:30 CR Movie: <i>Run Lola Run</i> (1h20m) (CR)</p>	<p>8:00 Yoga with Jim Weber (GX)</p> <p>9:00 SAIL Fitness (MB)</p> <p>10:00 Veterans Day Social (M)</p> <p>10:30 Challenge Fitness (GX)</p> <p>11:00 Transportation to Seattle Symphony Masterworks 4A: Debussy La Mer (\$5/✓) (L1)</p> <p>11:00 Guest Lecture by George Liu: Introduction to AI and it's Inner Workings (MB) ☆</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 Spotlight: Performance: Bruce Stark, Composer and Pianist (PH) ☆</p> <p>6:30 Madrona Movie: <i>Arthur the King</i> (1h47m) (M)</p>	<p>8:30 Walking Group: 3-5 miles (CTL)</p> <p>9:45 Fred Meyer Ballard Shopping (✓) (L1)</p> <p>12:50 Transportation to Emerald Heights (\$6/✓) (L1)</p> <p>2:00 Chinese Mahjongg (B)</p> <p>7:30 PH Movie: <i>On Golden Pond</i> (1h49m) (PH)</p> <p>7:30 CR Movie: <i>His Three Daughters</i> (1h44m) (CR)</p>
10	11 Veterans Day	12	13	14 New Menu	15	16
<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>Yentl</i> (2h13m) (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>Perfect Days</i> (2h4m) (M)</p> <p>7:30 Book Discussion: "There There" by Tommy Orange (MB)</p> <p>7:30 PH Movie: <i>The Hunt For Red October</i> (2h15m) (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 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: Boys in the Boat (ES)</p> <p>11:00 General Enhancement Grant Information Session (✓) (CC)</p> <p>11:00 Rebecca Albiani Art Lecture: Joyce J. Scott: Walk a Mile in my Dreams (MB) ☆</p> <p>11:00 Dance-Robics (GX)</p> <p>1:00 Girl Talk (SC)</p> <p>1:30 Balance Basics (GX)</p> <p>3:00 Health Care Lecture: "Controversies in Nutrition: Red wine, health, and antioxidants; getting skin in the game" by R. 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>8:00 Wake & Stretch (GX)</p> <p>9:00 SAIL Fitness (MB)</p> <p>9:30 Weekly Tech Help Desk with Ben (✓) (LBR)</p> <p>9:45 Bellevue Square Shopping (\$5/✓) (L1)</p> <p>10:00 Current Events Discussion (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 Transp. Seattle Repertory Theatre: Primary Trust (L1)</p> <p>1:30 Wednesday Afternoon Matinee Showing: <i>Babe</i> (1h31m) (CR)</p> <p>2:00 Low Impact SAIL Fitness (GX)</p> <p>3:30 All-comers Art: Painting (9DR)</p> <p>3:30 Guest Speaker: Ellen Greene, FHIA (MB) ☆</p> <p>7:30 PH Movie: <i>The Eyes of Orson Welles</i> (1h55m) (PH)</p> <p>7:30 CR Movie: <i>The High and the Mighty</i> (2h27m) (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>2:00 Nihongo de hanashimashou! (Let's Speak Japanese!) (TH)</p> <p>7:30 CR Movie: <i>Fallen Leaves</i> (1h21m) (CR)</p>	<p>8:00 Yoga with Jim Weber (GX)</p> <p>9:00 SAIL Fitness (MB)</p> <p>10:00 First Aid Training Class (✓) (TH)</p> <p>10:00 Donuts, 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>3:30 UW School of Music Showcase: Jingshi Zhao, Pianist (PH) ☆</p> <p>6:30 Madrona Movie: <i>Lillies of the Field</i> (1h34m) (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>Touch of Evil</i> (1h51m) (PH)</p> <p>7:30 CR Movie: <i>Love, Guaranteed</i> (1h34m) (CR)</p>

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

November 2024 Independent Living Activities and Fitness Calendar

17	18	19	20	21	22	23
<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>Once Upon a Time in the West</i> (2h45m) (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: Songs with a Classical Degree (MB) ☆</p> <p>6:30 Madrona Movie: <i>The King & I</i> (2h13m) (M)</p> <p>7:30 PH Movie: <i>Chimes at Midnight</i> (1h55m) (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 Marketing Lecture: Mike Finkel: The Art Thief (MB) ☆</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: Boys in the Boat (ES)</p> <p>11:00 Dance-Robics (GX)</p> <p>1:00 Girl Talk (SC)</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 S&T Group: Conservation Science Towards the Tree Kangaroos of Papua New Guinea: Presentation by Dr. Lisa Dabeck (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>8:00 Wake & Stretch (GX)</p> <p>9:00 SAIL Fitness (MB)</p> <p>9:30 Weekly Tech Help Desk with Ben (✓) (LBR)</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>Captain Phillips</i> (2h14m) (CR)</p> <p>2:00 Low Impact SAIL Fitness (GX)</p> <p>7:30 PH Movie: <i>The Fairy</i> (1h34m) (PH)</p> <p>7:30 CR Movie: <i>Victoria and Abdul</i> (1h50m) (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>2:00 Nihongo de hanashimashou! (Let's Speak Japanese!) (TH)</p> <p>3:30 Stories of Your Life: Frank Conlon (MB) ☆</p> <p>3:30 Rock n Roll Social (M)</p> <p>7:30 CR Movie: <i>Fanny's Journey</i> (1h34m) (CR)</p>	<p>8:00 Yoga with Jim Weber (GX)</p> <p>9:00 SAIL Fitness (MB)</p> <p>10:00 Donuts, coffee and conversation (M)</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 Spotlight: Performance: Byrd Ensemble Quartet (PH) ☆</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>Body Heat</i> (1h53m) (PH)</p> <p>7:30 CR Movie: <i>The Nest</i> (1h47m) (CR)</p>
24	25	26	27	28 Thanksgiving Day	29	30
<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>Rocky II</i> (2h) (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>3:30 Spotlight Lecture by Eric Lane Barnes: The Rise and Fall and Aftermath of Disco (MB) ☆</p> <p>6:30 Madrona Movie: <i>An Old Fashioned Thanksgiving</i> (1h30m) (M)</p> <p>7:30 PH Movie: <i>Touch</i> (1h44m) (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>1:00 Girl Talk (SC)</p> <p>1:30 Balance Basics (GX)</p> <p>3:00 Lifestyle Presents: Ben Albertson, Harpist (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>8:00 Wake & Stretch (GX)</p> <p>9:00 SAIL Fitness (MB)</p> <p>9:30 Weekly Tech Help Desk with Ben (✓) (LBR)</p> <p>9:45 Uwajimaya International District Shopping (✓) (L1)</p> <p>10:00 Current Events Discussion (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 General Enhancement Grant Information Session (✓) (AC4)</p> <p>1:30 Wednesday Afternoon Matinee Showing: TBD (CR)</p> <p>2:00 Low Impact SAIL Fitness (GX)</p> <p>3:00 Stronger Memory Group--Check in (AC4)</p> <p>7:30 PH Movie: <i>Planes, Trains & Automobiles</i> (1h33m) (PH)</p> <p>7:30 CR Movie: <i>That's Entertainment 3</i> (1h53m) (CR)</p>	<p>TRANSPORTATION, FITNESS & IL LIFESTYLE OFFICES CLOSED</p> <p>8:00 Wake & Stretch (GX)</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>10:30 Seated Yoga w/ Joseph (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 Nihongo de hanashimashou! (Let's Speak Japanese!) (TH)</p>	<p>8:00 Yoga with Jim Weber (GX)</p> <p>9:00 SAIL Fitness (MB)</p> <p>10:00 Donuts, coffee and conversation (M)</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>6:30 Madrona Movie: <i>Sense & Sensibility</i> (2h16m) (M)</p>	<p>8:30 Walking Group: 3-5 miles (CTL)</p> <p>2:00 Chinese Mahjongg (B)</p> <p>7:30 PH Movie: <i>Little Fugitive</i> (1h20m) (PH)</p> <p>7:30 CR Movie: <i>Lonely Planet</i> (1h44m) (CR)</p>
<p>THE CORNER STORE</p> <p>Mondays & Wednesdays</p> <p>11:00am-1:00pm</p> <p>Cascade Tower, 4th Fl.</p>		<p>HALF-BOTTLE TUESDAYS</p> <p>4:00pm</p> <p>Glacier Lounge</p> <p>EVERY TUESDAY</p> <p><i>unless otherwise noted*</i></p>	<p>Girl Talk</p> <p>Every Tuesday</p> <p>1:00pm-2:00pm</p> <p>Cascade Tower</p> <p>Sky Lounge</p>	<p>Tech Help Desk with Ben (✓)</p> <p>Wednesdays</p> <p>9:30am - 11:00am</p> <p>5th Fl. Library</p>	<p>The SoundBar</p> <p>Open</p> <p>Monday - Friday</p> <p>4:00pm - 6:00pm</p> <p>Olympic Tower, 2nd Fl.</p>	

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