

December 2024 Independent Living Activities and Fitness Calendar SKYLINE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	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>Ed Sullivan Rock n Roll Classics</i> (69 min.) (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>11:00 Find it, Fix it Workshop: How to Make a Difference, (MB) ☆</p> <p>11:00 Spanish Speakers Conversation Group (SC)</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>The Lightkeepers</i> (97 min.) (M)</p> <p>7:30 PH Movie: <i>Children of a Lesser God</i> (119 min.) (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>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>7:30 Lifestyle Presents: The Winds5 Wind Quintet (PH) ☆</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>11:00 Tree Lighting Ceremony and Lifestyle Holiday Performance: Lennon Aldort, Pianist (GL) ☆</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 King's Speech</i> (118 min.) (CR)</p> <p>2:00 Low Impact SAIL Fitness (GX)</p> <p>3:00 Golf Class intro (GX)</p> <p>7:30 Firelight Chorale - Holiday Performance (PH) ☆</p> <p>7:30 CR Movie: <i>Sabrina</i> (113 min.) (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 Ornament Making (M)</p> <p>10:00 Roman Catholic Communion (S10)</p> <p>10:15 Aqua Aerobics (P)</p> <p>10:30 Resident Meeting with Gary Jacobs and Ken Noreen (PH) ☆</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>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>Ali: Fear Eats the Soul</i> (93 min.) (CR)</p>	<p>6:30 Employee Appreciation Party (GL) ☆</p> <p>8:00 Yoga with Jim Weber (GX)</p> <p>9:00 SAIL Fitness (MB)</p> <p>10:00 CPR/AED/Choking Training Class (✓) (TH)</p> <p>10:00 Donuts, Coffee & Conversation (TL)</p> <p>10:30 Challenge Fitness (GX)</p> <p>1:00 Hot Topics Discussion (SC)</p> <p>1:30 Breathing Class (ES)</p> <p>2:00 Low-Impact SAIL Fitness (GX)</p> <p>2:30 Employee Appreciation Party (GL) ☆</p> <p>6:30 Madrona Movie: <i>Carefree</i> (83 min.) (M)</p>	<p>8:30 Walking Group: 3-5 miles (CTL)</p> <p>9:45 Trader Joe's Shopping (✓) (L1)</p> <p>2:00 SkyOpera Live!: Humperdinck: Hansel & Gretel (PH) ☆</p> <p>2:00 Chinese Mahjongg (B)</p> <p>7:30 PH Movie: <i>Bathtubs Over Broadway</i> (87 min.) (PH)</p> <p>7:30 CR Movie: <i>Thelma</i> (98 min.) (CR)</p>
8	9	10	11	12-NEW MENU	13	14
<p>10:00 Reflections on Life (SC)</p> <p>10:00 St. James Live Stream (M)</p> <p>1:00 Transportation to Seattle Symphony's Pops: Holiday Pops (\$5/✓) (L1)</p> <p>1:30 Worship Service (M)</p> <p>3:00 Boeing Employees Choir Holiday Performance (PH) ☆</p> <p>6:30 Madrona Movie: <i>It's A Wonderful Life</i> (130 min.) (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>11:00 Mindfulness 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: <i>18 Popular Holiday Songs</i> (MB) ☆</p> <p>6:30 Madrona Movie: <i>The Greatest Showman</i> (105 min.) (M)</p> <p>7:30 Book Discussion: "Sing, Unburied, Sing" by Jesmyn Ward (MB)</p> <p>7:30 PH Movie: <i>High Noon</i> (85 min.) (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 Holiday Card Making and Writing Party (M)</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 Health Care Lecture: The Human Brain: Innate Intelligence of the Endocrine System with 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>11:00 Lifestyle Holiday Performance: Lennon Aldort, Pianist (GL) ☆</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>Memoirs of a Geisha</i> (145 min.) (CR)</p> <p>2:00 Low Impact SAIL Fitness (GX)</p> <p>3:00 Mindfulness Meditation (S)</p> <p>3:00 Stronger Memory Meeting (AC4)</p> <p>3:30 All-comers Art: Painting (9DR)</p> <p>7:30 CR Movie: <i>The Joy Luck Club</i> (139 min.) (CR)</p> <p>7:30 Princess Guy Quartet: Holiday Show (PH) ☆</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>12:00 Transportation: 5th Avenue Theatre: Mary Poppins (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>7:30 CR Movie: <i>Lost in Time</i> (109 min.) (CR)</p> <p>7:30 Seattle Civic Band Holiday Show (PH) ☆</p>	<p>8:00 Yoga with Jim Weber (GX)</p> <p>9:00 SAIL Fitness (MB)</p> <p>10:00 Donuts, Coffee & Conversation (TL)</p> <p>10:30 Challenge Fitness (GX)</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>3:00 Christmas Cookie Decorating Social (M)</p> <p>6:30 Madrona Movie: <i>The Bishop's Wife</i> (109 min.) (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>Maria</i> (124 min.) (PH)</p> <p>7:30 CR Movie: <i>Chosen Family</i> (88 min.) (CR)</p>
15	16	17	18	19	20	21-WINTER SOLSTICE
<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>Guess Who's Coming To Dinner</i> (108 min.) (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>11:00 Mindfulness Meditation (S)</p> <p>11:00 Spanish Speakers Conversation 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 Lifestyle Presents: Cloud9 Singers Holiday Show (MB) ☆</p> <p>6:30 Madrona Movie: <i>White Christmas</i> (120 min.) (M)</p> <p>7:30 PH Movie: <i>A Matter of Life and Death</i> (104 min.) (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>2:30 Caregivers Support Group (S)</p> <p>3:00 Tuesday Afternoon Tea (9DR)</p> <p>4:00 Chorale Rehearsal 2024 (PH)</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>10:00 Current Events Discussion (M)</p> <p>10:30 Fitness Lecture: <i>Vertigo and Dizziness, an in-depth explanation with Julie Grove, PT, Cascade Dizziness Clinic</i> (MB) ☆</p> <p>10:30 Challenge Fitness (GX)</p> <p>11:00 The Corner Store (CS)</p> <p>11:00 Lifestyle Holiday Performance: Lennon Aldort, Pianist (GL) ☆</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: <i>Blithe Spirit</i> (L1)</p> <p>1:30 Wednesday Afternoon Matinee Showing: <i>George C. Scott's A Christmas Carol</i> (100 min.) (CR)</p> <p>2:00 Low Impact SAIL Fitness (GX)</p> <p>3:00 Mindfulness Meditation (S)</p> <p>7:30 CR Movie: <i>To Catch a Thief</i> (105 min.) (CR)</p> <p>7:30 Chorale Holiday Performance (PH) ☆</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>12:15 Podiatry Appointment with Dr. Mak (AC4)</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>3:00 Terraces Friends & Family Holiday Party (MB) ☆</p> <p>7:30 CR Movie: <i>Little Dieter Needs to Fly</i> (74 min.) (CR)</p> <p>7:30 Chanukah Celebration with Rabbi Mirel (PH) ☆</p>	<p>8:00 Yoga with Jim Weber (GX)</p> <p>9:00 SAIL Fitness (MB)</p> <p>10:00 Donuts, Coffee & Conversation (TL)</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 Jazz with Max (SC)</p> <p>2:00 Low-Impact SAIL Fitness (GX)</p> <p>6:30 Madrona Movie: <i>Till</i> (130 min.) (M)</p>	<p>8:30 Walking Group: 3-5 miles (CTL)</p> <p>9:45 Trader Joe's Shopping (✓) (L1)</p> <p>1:30 Madrona Movie with Snacks: <i>Elf</i> (97 min.) (M)</p> <p>2:00 Chinese Mahjongg (B)</p> <p>7:30 PH Movie: <i>Around the World in 80 Days</i> (182 min.) (PH)</p> <p>7:30 CR Movie: <i>Holiday in the Wild</i> (85 min.) (CR)</p>

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

December 2024 Independent Living Activities and Fitness Calendar

22	23	24-CHRISTMAS EVE	25-CHRISTMAS DAY, HANUKKAH BEGINS	26-KWANZAA BEGINS	27	28	
<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 Founder</i> (115 min.) (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>11:00 Mindfulness Meditation (S)</p> <p>11:00 Spanish Speakers Conversation Group (SC)</p> <p>1:00 Resident Art Group (SC)</p> <p>1:00 Guy Talk (M)</p> <p>1:30 Bingo! (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>Christmas in Connecticut</i> (102 min.) (M)</p> <p>7:30 PH Movie: <i>Christmas Eve in Miller's Point</i> (106 min.) (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 Dining Services Forum (PH)</p> <p>3:00 Tuesday Afternoon Tea (9DR)</p> <p>4:00 Half Bottle Tuesdays (GL)</p>	<p>TRANSPORTATION & IL LIFESTYLE OFFICES CLOSED; FITNESS CLASSES ARE CANCELLED</p> <p>7:30 PH Movie: <i>Between the Temples</i> (111 min.) (PH)</p> <p>7:30 CR Movie: <i>National Lampoon's Christmas Vacation</i> (97 min.) (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 Bingo! (M)</p> <p>1:30 Balance Basics + Band (GX)</p> <p>2:00 Nihongo de hanashimashou! (Let's Speak Japanese!) (TH)</p> <p>5:00 Menorah Lighting (GL)</p> <p>7:30 CR Movie: <i>Perfect Days</i> (124 min.) (CR)</p>	<p>8:00 Yoga with Jim Weber (GX)</p> <p>9:00 SAIL Fitness (MB)</p> <p>10:00 Donuts, Coffee & Conversation (TL)</p> <p>10:30 Challenge Fitness (GX)</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>5:00 Menorah Lighting (GL)</p> <p>6:30 Madrona Movie: <i>Days of Wine and Roses</i> (117 min.) (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>5:00 Menorah Lighting (GL)</p> <p>7:30 PH Movie: <i>A Shot in the Dark</i> (102 min.) (PH)</p> <p>7:30 CR Movie: <i>Georgetown</i> (99 min.) (CR)</p>	
29	30	31-NEW YEAR'S EVE	ROOM KEY				
<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>5:00 Menorah Lighting (GL)</p> <p>6:30 Madrona Movie: <i>Finding Neverland</i> (106 min.) (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>11:00 Mindfulness Meditation – Residents and Staff (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>5:00 Menorah Lighting (GL)</p> <p>6:30 Madrona Movie: <i>The Hunt For Red October</i> (135 min.) (M)</p> <p>7:30 PH Movie: <i>The Doctor</i> (122 min.) (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 Tuesday Afternoon Tea (9DR)</p> <p>4:00 Half Bottle Tuesdays (GL)</p> <p>5:00 Menorah Lighting (GL)</p> <p>5:00 New Year's Eve Happy Hour (SBr)</p> <p>7:00 New Year's Eve Celebration (PH) ☆</p>	<p>(SC) - Sky Club Lounge</p> <p>(M) - Madrona Room</p> <p>(GX) - Group Exercise Studio</p> <p>(MB) - Mt. Baker Room</p> <p>(CS) - The Corner Store</p> <p>(S) - Sanctuary</p> <p>(TH) - Tahoma Room</p> <p>(ES) - Exercise Studio, 5th Fl. Terraces</p> <p>(P) - Pool</p> <p>(GX) - Group Exercise Room 4th Fl</p> <p>(L1) - Level 1 (8th Ave)</p> <p>(9DR) - 9th Floor Dining Room</p> <p>(GL) - Glacier Lounge</p> <p>(LBR) - 5th Floor Library</p> <p>(CR) - Cascade Room</p> <p>(PH) - Performance Hall</p> <p>(S10) - 10th Fl. Sunroom</p> <p>(OL) - OT Lounge</p> <p>(TL) - Terraces Lobby</p> <p>(SBr) - SoundBar</p> <p>(CTL) - Cascade Tower Lobby</p> <p>(B) - Bistro</p> <p>(GL) - Glacier Lounge</p> <p>(AC4) - 4th Fl. A&C Room</p>				<p>*Programs in BOLD TEXT are available via Livestream on Caremerge & Ch.370*</p>
<p>☆ - Special Events (You won't want to miss these!)</p>	<p>THE CORNER STORE</p> <p>Mondays & Wednesdays 11:00am-1:00pm Cascade Tower, 4th Fl.</p>	<p>Corner Store Holiday Jewelry Sale</p> <p>December 8, 12:30-3:00pm December 9, 11:00-1:00pm December 11, 12:00-3:00pm</p>	<p>HALF-BOTTLE TUESDAYS</p> <p>4:00pm Glacier Lounge EVERY TUESDAY <i>unless otherwise noted*</i></p>	<p>Girl Talk</p> <p>Every Tuesday 1:00pm-2:00pm Cascade Tower Sky Lounge</p>	<p>Tech Help Desk with Ben (✓)</p> <p>Wednesdays 9:30am - 11:00am 5th Fl. Library</p>	<p>The SoundBar</p> <p>Open Monday - Friday 4:00pm - 6:00pm Olympic Tower, 2nd Fl.</p>	