

August 2026 Independent Living Activities Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			EVENT ABBREVIATIONS			1
(✓) Sign-up Required (Sign-up on Caremerge Live! Calendar)	★ Special Events (Don't miss these!)	🔊 NEW! Audio Description If you would like to attend a movie screening with audio description available, please reach out to Lifestyle (skylinelifestyle@skylineseattle.org).	CR – Cascade Room PH – Performance Hall S&T – Science & Technology			9:45am Trader Joe's Shopping (✓) L1 🚌 10:30am Skyline Volunteer Trash Clean-Up Day TL ★ 1:30pm Madrona Saturday Matinee: Secondhand Lions (1h 51m) M 4:00pm Resident Led Rummikub S13 7:30pm CR Movie: A Perfect Pairing (1h 41m) CR 🔊 7:30pm PH Movie: Two Prosecutors (1h 58m) PH
2	3	4	5	6	7	8
10:00am St. James Live Stream M 1:30pm Episcopal Worship Service M 2:30pm After Worship Fellowship, Coffee & Cookies TL 6:30pm Madrona Movie: Dave (1h 50m) M	11:00am The Corner Store CS 11:00am Mindfulness Meditation - Residents and Staff S 11:00am Art Lecture by Kolya Rice MB ★ 🖼️ 11:30am Seated Fitness ES 1:00pm Social Bridge TH 1:00pm Resident Art Group SC 1:00pm Guy Talk M 1:30pm Low Impact SAIL Fitness GX 2:30pm Beginning Tai Chi GX 3:30pm Madrona Movie Club Meeting M 6:30pm Madrona Movie: A Raisin in the Sun (2h 8m) M 7:30pm PH Movie: Project Hail Mary (2h 37m) PH	10:00am Brain Games, S10 10:00am Outing to MOHA! Freedom Plane Exhibit (\$5/✓) L1 🚌 ★ 10:30am Short Story Time S10 1:00pm ON HIAIUS: Girl Talk 1:30pm Library Committee Meeting CR 1:30pm Bingo! M 2:00pm Chinese Mahjongg B 2:15pm Community Caring Committee SC 3:30pm Summer Concert Series: Driftwood Drive (Classic Rock & Roll) 4th Fl. Patio ★ 🖼️ 3:30pm ON HIATUS: Tuesday Afternoon Tea 6:30pm Let's Play Rummikub M	9:30am QFC & Met Market Mercer Island Shopping (✓) (L1) 🚌 9:30am Weekly Tech Help Desk with Ben (✓) LBR 9:30am Housekeeping Task Force Meeting TH 10:00am Environmental Services Committee TH 11:00am The Corner Store CS 12:00pm Outing to Seahawks Training Camp (\$20/✓) L1 🚌 ★ 1:00pm Bridge--Contact Karen Knudson at (206) 914- 0491 for more info TH 1:30pm Wednesday Matinee: Three Faces of Eve (1h 31m) CR 7:30pm CR Movie: Ghost (2h 7m) CR 7:30pm PH Movie: Frida (2h 3m) PH	9:30am Terraces Scenic Drive to:, TL 10:00am Roman Catholic Communion S10 11:00am CANCELLED: Monthly Fitness Talk 11:45am Outing: Mariners vs Detroit Tigers (\$45/✓) (L1) 🚌 ★ 12:30pm American Mahjongg OL 1:00pm Fitness & Wellness Subcommittee SC 1:30pm Bingo! M 2:00pm Japanese Conversation Class for Beginners and Travelers TH 2:00pm Seattle Public Library Mobile Library TL 3:00pm Sing-Along with Eric Lane Barnes MB 4:00pm Happy Hour GL ★ 7:30pm CR Movie: Kes (1h 51m) CR	10:00am Donuts, Coffee & Conversation TL 1:00pm The Corner Store CS 1:00pm Hot Topics Discussion MB 2:00pm Friday Knitters Group AC4 2:00pm ON SUMMER HIATUS: Jazz with Max 6:30pm Madrona Movie: Always Be My Maybe (1h 42m) M 7:00pm Game Night! TH	9:45am Fred Meyer Ballard Shopping (✓) L1 🚌 1:30pm Madrona Saturday Matinee: A Star is Born (1954) (3h 16m) M 4:00pm Resident Led Rummikub S13 7:30pm CR Movie: The Ballad of Wallis Island (1h 40m) CR 🔊 7:30pm PH Movie: There Will Be Blood (2h 38m) PH
9	10	11	12	13	14	15
10:00am St. James Live Stream M 1:30pm Worship Service M 2:30pm After Worship Fellowship, Coffee & Cookies TL 6:30pm Madrona Movie: Good Will Hunting (2h 7m) M	10:00am Acts of Kindness Activity: Sandwich Making M 11:00am The Corner Store CS 11:00am Mindfulness Meditation - Residents and Staff S 11:00am CANCELLED: Art Lecture by Kolya Rice 1:00pm Social Bridge TH 1:00pm Guy Talk M 1:00pm Resident Services Committee SC 3:30pm Spotlight Lecture by Eric Lane Barnes: 250 Years of American Music MB ★ 🖼️ 4:00pm Obituary Writing Class with Chaplain Sao S12 ★ 6:30pm Madrona Movie: The Wedding Planner (1h 43m) M 7:30pm PH Movie: Bridge of Spies (2h 21m) PH 7:30pm Book Discussion: "Maus" by Art Spiegelman MB	9:30am Late Bloomer's Meeting CC 9:45am Bellevue Square Shopping (\$5/✓) L1 🚌 10:00am Public Notary Services (Sign up at Front Desk) LB 10:30am Short Story Time S10 1:30pm Bingo! M 1:30pm Dining Committee Meeting SBr 2:00pm Chinese Mahjongg B 2:30pm Health Care Lecture: 9-1-1 and You with Melissa Walker MB ★ 🖼️ 3:30pm Summer Concert Series: Marina & the Dreamboats (Jazzy Soul) 4th Fl. Patio ★ 🖼️ 5:30pm First Hill Block Party Terry Ave between Cherry & Columbia ★ 6:30pm Let's Play Rummikub M	9:30am QFC & Met Market Mercer Island Shopping (✓) L1 🚌 9:30am Weekly Tech Help Desk with Ben (✓) LBR 10:00am Executive Committee Meeting AD5 11:00am The Corner Store CS 11:00am Secrets of the Ship Canal & Locks with David Williams MB ★ 1:00pm Craft Workshop: Beading (✓) S12 1:00pm Bridge--Contact Karen Knudson at (206) 914-0491 for more info TH 1:30pm Wednesday Matinee: The Other Side of the Wind (2h 2m) CR 2:00pm Dog Romp: Small Pups M ★ 2:00pm EAF Drive Meeting SC 3:00pm Stronger Memory Meeting SC 3:30pm All-comers Art: Painting 9DR 7:30pm CR Movie: The Grapes of Wrath (2h 9m) CR 7:30pm PH Movie: Amrum (1h 33m) PH	NEW MENU 10:00am Show & Tell M ★ 10:00am Outing to Volunteer Park Conservatory (Tour with Mike Cory)(\$5/✓) L1 🚌 ★ 10:00am Roman Catholic Communion S10 11:00am Terraces Tour with Bree Long (✓) CTL 12:30pm American Mahjongg OL 1:30pm Bingo! M 1:30pm Movie Advisory Committee Meeting AC4 2:00pm Japanese Conversation Class for Beginners and Travelers TH 7:30pm CR Movie: Belén (1h 48m) CR 🔊	10:00am Donuts, Coffee & Conversation TL 1:00pm The Corner Store CS 1:00pm Food Allergies Group AC4 3:00pm Root beer Social 5th Fl. Patio 6:30pm Madrona Movie: Rear Window (1h 53m) M 7:00pm Game Night! TH	9:45am Trader Joe's Shopping (✓) L1 🚌 10:30am Rising Waters Showcase: Workshop and Masterclass (Until 5:00pm) PH ★ 1:30pm Madrona Saturday Matinee: Angels in the Outfield (1h 43m) M 4:00pm Resident Led Rummikub S13 7:00pm Rising Waters Showcase Concert PH ★ 🖼️ 7:30pm CR Movie: Driveways (1h 23m) CR 🔊 7:30pm CANCELLED: PH Movie

All scheduling is subject to change. Please refer to Caremerge for the most up-to-date information.

August 2026 Independent Living Activities Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
16	17	18	19	20	21	22
10:00am St. James Live Stream <i>M</i> 1:30pm Worship Service <i>M</i> 2:30pm After Worship Fellowship, Coffee & Cookies <i>TL</i> 6:30pm Madrona Movie: <i>Under the Tuscan Sun</i> (1h 53m) <i>M</i>	10:30am Naomi Morgan Cabaret Performance <i>M</i> ★ 11:00am The Corner Store <i>CS</i> 11:00am Art Lecture by Kolya Rice <i>MB</i> ★ 📺 11:00am Mindfulness Meditation - Residents and Staff <i>S</i> 1:00pm Social Bridge <i>TH</i> 1:00pm Guy Talk <i>M</i> 1:30pm Art Committee Meeting <i>CR</i> 4:00pm Obituary Writing Class with Chaplain Sao <i>S12</i> ★ 6:30pm Madrona Movie: <i>The Dark Knight</i> (2h 32m) <i>M</i> 7:30pm PH Movie: <i>Gone Girl</i> (2h 29m) <i>PH</i> 🎧	9:45am Costco Shopping (✓) <i>L1</i> 📺 10:30am Short Story Time <i>S10</i> 11:00am Health Care Committee <i>M</i> 1:00pm Finance Committee Meeting <i>CC</i> 1:00pm Lifestyle Committee Meeting <i>TH</i> 1:30pm Bingo! <i>M</i> 2:00pm Chinese Mahjongg <i>B</i> 2:00pm CANCELLED: S&T Group 3:30pm Summer Concert Series: Duende Libre (Cuba, Bazil & West African Jazz Fusion) <i>4th Fl.</i> <i>Patio</i> ★ 📺 6:30pm Let's Play Rummikub <i>M</i>	9:30am QFC & Met Market Mercer Island Shopping (✓) <i>L1</i> 📺 9:30am Weekly Tech Help Desk with Ben (Signup) <i>LBR</i> 9:30am WACCRA Liaison Committee <i>SC</i> 10:00am Outing to Cascade PBS (Guided Studio Tour) (\$5/✓) <i>L1</i> 📺 ★ 11:00am The Corner Store <i>CS</i> 1:00pm Bridge--Contact Karen Knudson at (206) 914-0491 for more info <i>TH</i> 1:10pm Transportation to Seattle Rep Theatre: <i>Freak The Mighty</i> (\$5/✓) <i>L1</i> 📺 1:30pm Wednesday Matinee: <i>Voicemails for Isabella</i> (1h 59m) <i>CR</i> 1:30pm Residents' Council Meeting <i>SC</i> 7:30pm CR Movie: <i>The Queen</i> (1h 43m) <i>CR</i> 7:30pm PH Movie: <i>The Master</i> (2h 17m) <i>PH</i>	10:00am Roman Catholic Communion <i>S10</i> 10:30am Skyline Update <i>PH</i> ★ 📺 12:30pm American Mahjongg <i>OL</i> 1:30pm Big Bingo! <i>MB</i> 2:00pm Japanese Conversation Class for Beginners and Travelers <i>TH</i> 7:30pm CR Movie: <i>The Boy in the Woods</i> (1h 40m) <i>CR</i> 🎧	10:00am Donuts, Coffee & Conversation <i>TL</i> 11:00am Women's Mobile Fashion Boutique <i>GL</i> ★ 1:00pm The Corner Store <i>CS</i> 1:00pm Hot Topics Discussion <i>MB</i> 2:00pm Friday Knitters Group <i>AC4</i> 1:30pm Dog Romp: Big Pups <i>M</i> ★ 3:30pm Spotlight: Performance: Jennifer Rhyne, Soprano Allison Pohl, and Pianist Xiaohui Yang <i>PH</i> ★ 📺 4:00pm Civic Engagement Group Meeting <i>TH</i> 6:30pm Madrona Movie: <i>Seabiscuit</i> (2h 21m) <i>M</i> 7:00pm Game Night! <i>TH</i>	9:45am Trader Joe's Shopping (✓) <i>L1</i> 📺 1:30pm Madrona Saturday Matinee: <i>Evita</i> (2h 15m) <i>M</i> 4:00pm Resident Led Rummikub <i>S13</i> 7:30pm CR Movie: <i>Rescued by Ruby</i> (1h 33m) <i>CR</i> 🎧 7:30pm PH Movie: <i>35 Shots of Rum</i> (1h 41m) <i>PH</i>
23	24	25	26	27	28	29
10:00am St. James Live Stream <i>M</i> 1:30pm Worship Service <i>M</i> 2:30pm After Worship Fellowship, Coffee & Cookies <i>TL</i> 6:30pm Madrona Movie: <i>Born Yesterday</i> (1h 53m) <i>M</i>	11:00am The Corner Store <i>CS</i> 11:00am Art Lecture by Kolya Rice <i>MB</i> ★ 📺 11:00am Mindfulness Meditation - Residents and Staff <i>S</i> 1:00pm Social Bridge <i>TH</i> 1:00pm Resident Art Group <i>SC</i> 1:00pm Guy Talk <i>M</i> 3:30pm Spotlight Lecture by Eric Lane Barnes: Charlie Chaplin <i>MB</i> ★ 📺 4:00pm Obituary Writing Class with Chaplain Sao <i>S12</i> ★ 6:30pm Madrona Movie: <i>Tea with Mussolini</i> (1h 57m) <i>M</i> 7:30pm PH Movie: <i>Little Buddha</i> (2h 3m) <i>PH</i>	9:45am Uwajimaya Shopping (✓) <i>L1</i> 📺 10:30am Short Story Time <i>S10</i> 10:00am Outing to Olympic Sculpture Park (Docent Tour) (\$5/✓) <i>L1</i> 📺 ★ 1:00pm Girl Talk <i>SC</i> 1:30pm Bingo! <i>M</i> 2:00pm Chinese Mahjongg <i>B</i> 2:00pm Dining Services Forum <i>PH</i> 3:30pm Climate Impact Sub-Committee <i>CR</i> 3:30pm Summer Concert Series: Steel Pan Project (Caribbean Steel Pan Music) <i>4th Fl.</i> <i>Patio</i> ★ 📺 6:30pm Let's Play Rummikub <i>M</i>	9:30am QFC & Met Market Mercer Island Shopping (✓) <i>L1</i> 📺 9:30am Weekly Tech Help Desk with Ben (Signup) <i>LBR</i> 10:00am Executive Committee Meeting <i>AD5</i> 11:00am Presentation by Seattle Architecture Foundation: Seattle's Skyline <i>MB</i> ★ 📺 11:00am The Corner Store <i>CS</i> 1:00pm Bridge--Contact Karen Knudson at (206) 914-0491 for more info <i>TH</i> 1:30pm Wednesday Matinee: <i>Score: A Film Music Documentary</i> (1h 34m) <i>CR</i> 3:00pm Stronger Memory Meeting <i>SC</i> 7:30pm CR Movie: <i>Friendly Persuasion</i> (2h 17m) <i>CR</i> 7:30pm PH Movie: <i>Salaam Bombay!</i> (1h 53m) <i>PH</i>	10:00am Roman Catholic Communion <i>S10</i> 11:00am Lecture on Rituals of Renewal & Grief <i>MB</i> ★ 📺 12:30pm American Mahjongg <i>OL</i> 1:30pm Bingo! <i>M</i> 2:00pm Japanese Conversation Class for Beginners and Travelers <i>TH</i> 3:00pm Terraces Tour with Bree Long (✓) <i>CTL</i> 3:30pm Stories of Your Life: Al Einstein <i>MB</i> ★ 📺 7:00pm Skyline Under the Stars <i>5th Fl.</i> <i>Patio</i> ★ 7:30pm CR Movie: <i>Let Yourself Go</i> (1h 47m) <i>CR</i>	10:00am Donuts, Coffee & Conversation <i>TL</i> 10:00am Walking Outing to First Hill Farmers Market (✓) <i>CTL</i> ★ 11:00am Ikebana (\$10) <i>AC4</i> 1:00pm The Corner Store <i>CS</i> 6:30pm Madrona Movie: <i>Dirty Dancing</i> (1h 40m) <i>M</i> 7:00pm Game Night! <i>TH</i>	1:30pm Madrona Saturday Matinee: <i>Homeward Bound</i> (1h 24m) <i>M</i> 4:00pm Resident Led Rummikub <i>S13</i> 7:30pm CR Movie: <i>She Came to Me</i> (1h 42m) <i>CR</i> 7:30pm PH Movie: <i>A River Runs Through It</i> (2h 3m) <i>PH</i>
30	31	MEETING PLACES		★EVENTS HAPPENING AROUND TOWN★		
10:00am St. James Live Stream <i>M</i> 1:30pm Worship Service <i>M</i> 2:30pm After Worship Fellowship, Coffee & Cookies <i>TL</i> 6:30pm Madrona Movie: <i>The Lady Killers</i> (1h 31m) <i>M</i>	11:00am The Corner Store <i>CS</i> 11:00am Art Lecture by Kolya Rice <i>MB</i> ★ 📺 11:00am Mindfulness Meditation - Residents and Staff <i>S</i> 1:00pm Social Bridge <i>TH</i> 1:00pm Guy Talk <i>M</i> 4:00pm Obituary Writing Class with Chaplain Sao <i>S12</i> ★ 6:30pm Madrona Movie: <i>Victoria & Abdul</i> (1h 52m) <i>M</i> 7:30pm PH Movie: <i>Up the Yangtze</i> (1h 33m) <i>PH</i>	<i>(AD5)</i> – Admin 5 th Fl. Conference Room <i>(AC4)</i> – 4 th Fl. A&C Room <i>(B)</i> – Bistro <i>(CDR)</i> – Cascade Dining Room <i>(CR)</i> – Cascade Room <i>(CTL)</i> – Cascade Tower Lobby <i>(CC)</i> – Chinook Conference Room <i>(6DR)</i> – 6 th Fl. Dining Room <i>(7DR)</i> – 7 th Fl. Dining Room <i>(9DR)</i> – 9 th Fl. Dining Room <i>(GL)</i> – Glacier Lounge <i>(IA)</i> – In Apartment <i>(L1)</i> – Level 1 (8th Ave.) <i>(LBR)</i> – 5 th Fl. Library <i>(M)</i> – Madrona Room	<i>(MB)</i> – Mt. Baker Room <i>(OL)</i> – OT Lounge <i>(PH)</i> – Performance Hall <i>(S)</i> – Sanctuary <i>(SC)</i> – Sky Club Lounge <i>(SBr)</i> – SoundBar <i>(SB)</i> – Sound Bite <i>(S10)</i> – 10 th Fl. Sunroom <i>(S12)</i> – 12 th Fl. Sunroom <i>(S13)</i> – 13 th Fl. Sunroom <i>(TH)</i> – Tahoma Room <i>(TL)</i> – Terraces Lobby <i>(CS)</i> – The Corner Store	Every Monday at 5:30pm: Zumba Class (Free) at Seneca Plaza Every Tuesday at 12:00pm: Yoga Class (Free) at Freeway Park Upper Lawns Every Friday at 10:00am: First Hill Farmers Market (Free) at 1050 Terry Avenue Sat, August 1 – Sun, August 2: Jet Blast Bash at Museum of Flight Sat, August 1: Lake City Summer Festival (Free) on NE 125th Street, Lake City Wed, August 5: Music in the Arboretum (Free) at Graham Visitors Center	Thu, August 6: Secret Concert on the Veranda at Stimson-Green Mansion Sat, August 8: Georgetown Art Attack (Free) at Georgetown Sat, August 8: Northwest Native Festival (Free) at WA State History Museum, Tacoma Fri, August 14: South Lake Union Block Party (Free) at SLU Discovery Center Sat, August 15: Hot Sauce Festival (Free) at West Plaza Marketplace, Mountlake Terrace Sun, August 16: Capitol Hill Garage Sale (Free) at Cal Anderson Park Tue, August 18: ZooTunes (\$70+ per ticket) at Woodlandpark Zoo	Sat, August 22: Black Arts Fest (Free) at Seattle Centre Sat, August 29 – Sun, August 30: Arts in the Garden (Free) at Bellevue Botanical Garden

All scheduling is subject to change. Please refer to Caremerge for the most up-to-date information.

August 2026 Independent Living Fitness Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
MEETING PLACES						8:30am Walking Group: 3-5 miles <i>CTL</i>
(CTL) - Cascade Tower Lobby (ES) - Exercise Studio, 5th Fl. Terraces (GX) - Group Exercise Room 4th Fl (MB) - Mt. Baker Room (P) - Pool						
2	3	4	5	6	7	8
	8:00am New and Improved Yoga <i>ES</i> 8:00am Wake & Stretch <i>GX</i> 9:00am SAIL Fitness <i>MB</i> 9:15am Tai-Chi for Arthritis <i>GX</i> 10:30am Challenge Fitness <i>GX</i> 1:30pm Low Impact SAIL Fitness <i>GX</i>	8:00am Wake & Stretch <i>GX</i> 9:00am Aqua Aerobics <i>P</i> 9:15am Level Two Floor Core <i>GX</i> 10:15am Aqua Aerobics <i>P</i> 1:30pm Balance Basics <i>GX</i>	8:00am Wake & Stretch <i>GX</i> 9:00am SAIL Fitness <i>MB</i> 10:30am Challenge Fitness <i>GX</i> 11:30am Aquatic Center Closed (Reopens at 2:30pm) <i>P</i> 1:00pm Parkinson’s Support Group <i>GX</i> 2:00pm Low Impact SAIL Fitness <i>GX</i>	8:00am Wake & Stretch <i>GX</i> 9:00am Aqua Aerobics <i>P</i> 9:15am Tai-Chi: Yang 24 Forms <i>GX</i> 9:30am Level Two Floor Core <i>MB</i> 10:15am Aqua Aerobics <i>P</i> 10:30am Ballroom Dance Class <i>GX</i> 12:30pm Line Dancing Class <i>GX</i> 1:30pm Balance Basics <i>GX</i>	8:00am New and Improved Yoga <i>GX</i> 8:00am Wake & Stretch (Self-Led) <i>GX</i> 9:00am SAIL Fitness <i>MB</i> 10:30am Challenge Fitness <i>GX</i> 1:30pm Breathing Basics <i>ES</i> 2:00pm Virtual: Low-Impact SAIL	8:30am Walking Group: 3-5 miles <i>CTL</i>
9	10	11	12	13	14	15
	8:00am New and Improved Yoga <i>ES</i> 8:00am Wake & Stretch <i>GX</i> 9:00am SAIL Fitness <i>MB</i> 9:15am Tai-Chi for Arthritis <i>GX</i> 10:30am Challenge Fitness <i>GX</i> 1:30pm Low Impact SAIL Fitness <i>GX</i> 2:30pm Beginning Tai Chi <i>GX</i>	8:00am Wake & Stretch <i>GX</i> 9:00am Aqua Aerobics <i>P</i> 9:15am Level Two Floor Core <i>GX</i> 10:15am Aqua Aerobics <i>P</i> 1:30pm Balance Basics <i>GX</i>	8:00am Wake & Stretch <i>GX</i> 9:00am SAIL Fitness <i>MB</i> 10:30am Challenge Fitness <i>GX</i> 11:30am Aquatic Center Closed (Reopens at 2:30pm) <i>P</i> 1:00pm Parkinson’s Support Group <i>GX</i> 2:00pm Low Impact SAIL Fitness <i>GX</i>	8:00am Wake & Stretch <i>GX</i> 9:00am Aqua Aerobics <i>P</i> 9:15am Tai-Chi: Yang 24 Forms <i>GX</i> 9:30am Level Two Floor Core <i>MB</i> 10:15am Aqua Aerobics <i>P</i> 10:30am Ballroom Dance Class <i>GX</i> 12:30pm Line Dancing Class <i>GX</i> 1:30pm Balance Basics <i>GX</i>	8:00am New and Improved Yoga <i>GX</i> 8:00am Wake & Stretch (Self-Led) <i>GX</i> 9:00am SAIL Fitness <i>MB</i> 10:30am Challenge Fitness <i>GX</i> 1:30pm Breathing Basics <i>ES</i> 2:00pm Virtual: Low-Impact SAIL Fitness <i>GX</i>	8:30am Walking Group: 3-5 miles <i>CTL</i>
16	17	18	19	20	21	22
	8:00am New and Improved Yoga <i>ES</i> 8:00am Wake & Stretch <i>GX</i> 9:00am SAIL Fitness <i>MB</i> 9:15am Tai-Chi for Arthritis <i>GX</i> 10:30am Challenge Fitness <i>GX</i> 1:30pm Low Impact SAIL Fitness <i>GX</i> 2:30pm Beginning Tai Chi <i>GX</i>	8:00am Wake & Stretch <i>GX</i> 9:00am Aqua Aerobics <i>P</i> 9:15am Level Two Floor Core <i>GX</i> 10:15am Aqua Aerobics <i>P</i> 1:30pm Balance Basics <i>GX</i>	8:00am Wake & Stretch <i>GX</i> 9:00am SAIL Fitness <i>MB</i> 10:30am Challenge Fitness <i>GX</i> 11:30am Aquatic Center Closed (Reopens at 2:30pm) <i>P</i> 12:00pm Golf Technique with & <i>GX</i> 1:00pm Parkinson’s Support Group <i>GX</i> 2:00pm Low Impact SAIL Fitness <i>GX</i>	8:00am Wake & Stretch <i>GX</i> 9:00am Aqua Aerobics <i>P</i> 9:15am Tai-Chi: Yang 24 Forms <i>GX</i> 9:30am Level Two Floor Core <i>MB</i> 10:15am Aqua Aerobics <i>P</i> 10:30am Ballroom Dance Class <i>GX</i> 12:30pm Line Dancing Class <i>GX</i> 1:30pm Balance Basics <i>GX</i>	8:00am New and Improved Yoga <i>GX</i> 8:00am Wake & Stretch (Self-Led) <i>GX</i> 9:00am SAIL Fitness <i>MB</i> 10:30am Challenge Fitness <i>GX</i> 1:30pm Breathing Basics <i>ES</i> 2:00pm Virtual: Low-Impact SAIL Fitness <i>GX</i>	8:00am Pool Walking <i>P</i> 8:30am Walking Group: 3-5 miles <i>CTL</i>
23	24	25	26	27	28	29
	8:00am New and Improved Yoga <i>ES</i> 8:00am Wake & Stretch <i>GX</i> 9:00am SAIL Fitness <i>MB</i> 9:15am Tai-Chi for Arthritis <i>GX</i> 10:30am Challenge Fitness <i>GX</i> 1:30pm Low Impact SAIL Fitness <i>GX</i> 2:30pm Beginning Tai Chi <i>GX</i>	8:00am Wake & Stretch <i>GX</i> 9:00am Aqua Aerobics <i>P</i> 9:15am Level Two Floor Core <i>GX</i> 10:15am Aqua Aerobics <i>P</i> 1:30pm Balance Basics <i>GX</i>	8:00am Wake & Stretch <i>GX</i> 9:00am SAIL Fitness <i>MB</i> 10:30am Challenge Fitness <i>GX</i> 11:30am Aquatic Center Closed (Reopens at 2:30pm) <i>P</i> 12:00pm Golf Technique with & <i>GX</i> 1:00pm Parkinson’s Support Group <i>GX</i> 2:00pm Low Impact SAIL Fitness <i>GX</i>	8:00am Wake & Stretch <i>GX</i> 9:00am Aqua Aerobics <i>P</i> 9:15am Tai-Chi: Yang 24 Forms <i>GX</i> 9:30am Level Two Floor Core <i>MB</i> 10:15am Aqua Aerobics <i>P</i> 10:30am Ballroom Dance Class <i>GX</i> 12:30pm Line Dancing Class <i>GX</i> 1:30pm Balance Basics <i>GX</i>	8:00am New and Improved Yoga <i>GX</i> 8:00am Wake & Stretch (Self-Led) <i>GX</i> 9:00am SAIL Fitness <i>MB</i> 10:30am Challenge Fitness <i>GX</i> 1:30pm Breathing Basics <i>ES</i> 2:00pm Virtual: Low-Impact SAIL Fitness <i>GX</i>	8:00am Pool Walking <i>P</i> 8:30am Walking Group: 3-5 miles <i>CTL</i>
30	31					
	8:00am New and Improved Yoga <i>ES</i> 8:00am Wake & Stretch <i>GX</i> 9:00am SAIL Fitness <i>MB</i> 9:15am Tai-Chi for Arthritis <i>GX</i> 10:30am Challenge Fitness <i>GX</i> 1:30pm Low Impact SAIL Fitness <i>GX</i> 2:30pm Beginning Tai Chi <i>GX</i>					