JANUARY 2026

UNIVERSITY HOUSE
WALLINGFORD
1997

Premier Retirement Living

Location Key

1 - Auditorium, Lobby Level
2 - Husky Den, 4th Floor
3 - Rosario Arts Room, 3rd Floor
4 - Vashon Computer Room, 4th Floor
5 - Gallery, 1st Floor
6 - San Juan Room, 1st Floor
7 - NW Conference Room, 1st Floor
8 - Rainier Dining Room, 1st Floor
9 - Channel 1971/1977, Apartment TV
10 - Fitness Center, Lobby Level
11 - Courtyard/Patio
13 - Salon, 2nd Floor
O - Offsite Trip

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 **New Year's Day** 9am Tai Chi Video (9) 9:30am Better Balance (1) 10am Faith, Hope & Love (2) 10am Sit & Get Fit Fitness Video (9) 11am Flower Arranging (6) 1pm Library Group Meeting in NW Conference Room (7) 2pm Redefining Humanity in the Age of Innovation (1) 3pm Select Rehab Talk (1)	2 8:15am Swimming at Aljoya Thornton Place* (O) 8:30am EnhanceFitness (1) 9:30am Stretch & Flex (1) 10am Quiddler (6) 10:30am Shakespeare Readers' Theater (2) 1pm Brain Fitness (7) 3pm Charades! Happy Hour (5) 7pm Friday Night Movie: Fried Green Tomatoes (1)	3 9am Low Impact Workout Video (9) 9:30am Guided Meditation with Sam (7) 10:30am Saturday Matters: Roger Heffelfinger (1) 11:30am Rummy Tile (5) 1pm MahJong (5) 1:30pm Wine Tasting at Eight Bells Winery* (O)
4 9am Stretch & Flex Video (9) 9:30am Better Balance (1) 11am Brain Fitness (7) 12:15pm Global Cuisine Lunch Outing: Cedars Restaurant* (O) 2pm Cami Smith's 7th Level Memory Project (1)	5 8:30am EnhanceFitness (1) 9am Tai Chi Video (9) 9:30am Chair Yoga (1) 1:30pm Scrabble (5) 2:30pm A Swimmer's Everest: The English Channel (1) 3:15pm Senior Fit: Chair Exercise Video (9) 4pm Ladies' Night Out: Ivar's Salmon House* * (O) 6:30pm Rummy Tile (5)	6 9am Better Balance (1) 9am Tai Chi Video (9) 9am Foot Care with Keith* (3) 9:45am All Levels Walk: Volunteer Park & Conservatory* (O) 1pm Shop: Fred Meyer* (O) 2pm Women's Group (6) 3pm Creative Writing (7) 3:30pm Exercise with Karen (1) 4pm Tech Talk with Mekyle (7)	7 8:15am Swimming at Aljoya Thornton Place* (O) 8:30am EnhanceFitness (1) 9:30am Stretch & Flex (1) 10:30am Great Courses with Lowell: Impressionism (1) 10:30am Knit & Stitch (5) 12:30pm Food Services Meeting (6) 1:30pm Myron's Readings (6) 3pm Life Enrichment Meeting (1) 7pm Quiddler (5)	8 9am Tai Chi Video (9) 9:30am Better Balance (1) 10am Faith, Hope & Love (2) 10am Sit & Get Fit Fitness Video (9) 10:30am Shop: Uwajimaya* (O) 12:30pm Dietitian Talk: Food Allergies and Intolerances (1) 1:30pm Dr. David Smith: Philosophy of Democracy (1) 3:30pm Exercise with Karen (1)	9 8:15am Swimming at Aljoya Thornton Place* (O) 8:30am EnhanceFitness (1) 9:30am Stretch & Flex (1) 10am Quiddler (6) 10:30am Shakespeare Readers' Theater (2) 1pm Brain Fitness (7) 3pm Author Talk: Wendy Saffel (1) 7pm Friday Night Movie: My Dinner with Andre (1)	10 9am Low Impact Workout Video (9) 9:15am The MET Opera: Live in HD: I Puritani* (O) 11:30am Rummy Tile (5) 1pm MahJong (5) 3pm Bob's Piano Bar (5)
11 9am Stretch & Flex Video (9) 9:30am Better Balance (1) 11am Brain Fitness (7) 12:15pm Global Cuisine Lunch Outing: Dumpling The Noodle* (O) 4pm Assisteens "Ask Me Anything" Panel (1)	12 8:30am EnhanceFitness (1) 9am Tai Chi Video (9) 9:30am Chair Yoga (1) 11am Understanding Shakespeare with Shanna Allman (1) 11:50am Evans Pool Lap Swim or Walk* (O) 1:30pm Scrabble (5) 1:30pm Dr. Deacon Lecture: "Daphne" by Richard Strauss (1) 3pm EPOC Meeting (1) 3:15pm Senior Fit: Chair Exercise Video (9) 4:30pm Men's Night Out: The Barking Dog Alehouse* (O) 6:30pm Rummy Tile (5)	13 9am Better Balance (1) 9am Tai Chi Video (9) 9:45am All Levels Walk: Seward Park* (O) 1pm Shop: Trader Joe's* (O) 1:30pm Grey Matter Men's Group (6) 3pm Creative Writing (7) 3:30pm Exercise with Karen (1) 4pm Tech Talk with Mekyle (7)	14 8:15am Swimming at Aljoya Thornton Place* (O) 8:30am EnhanceFitness (1) 9:30am Stretch & Flex (1) 10:30am Great Courses with Lowell: Impressionism (1) 10:30am Knit & Stitch (5) 1:30pm Myron's Readings (6) 7pm Quiddler (5)	15 9am Tai Chi Video (9) 9:30am Better Balance (1) 10am Faith, Hope & Love (2) 10am Sit & Get Fit Fitness Video (9) 10am UWRA Bowling at the Hub* (O) 10:30am Fitness Center Introduction (10) 11am Flower Arranging (6) 2pm UHouse Instrumentalists (1) 2:30pm Audiology Clinic* (7) 3:30pm Exercise with Karen (1)	16 8:15am Swimming at Aljoya Thornton Place* (O) 8:30am EnhanceFitness (1) 9:30am Stretch & Flex (1) 10am Quiddler (6) 10:30am Shakespeare Readers' Theater (2) 1pm Brain Fitness (7) 3pm Rebecca Albiani Art Talk: Impressionist Women (1) 7pm Friday Night Movie: Selma (1)	17 9am Low Impact Workout Video (9) 10:30am Saturday Matters: Cordie Puttkammer (1) 11:30am Rummy Tile (5) 1pm MahJong (5) 1pm Museum Outing: Frye Museum* (O) 6:30pm Ballard High School Jazz Combo (1) 6:45pm UW Chamber Music: Karim Sulayman & Sean Shibe* (O)

18 9am Stretch & Flex Video (9) 9:30am Better Balance (1) 11am Brain Fitness (7) 12:45pm Seattle Opera: Daphne in Concert* *$ (O) 2:15pm UW Womens Basketball vs. Illinois Fighting Illini* (O)	19 **Martin Luther King Jr Day** 8:30am EnhanceFitness (1) 9am Tai Chi Video (9) 9:30am Chair Yoga (1) 10:30am Book Talk with Tavi (1) 1:30pm Scrabble (5) 1:30pm All Levels Walk: Alki Beach* (O) 3:15pm Senior Fit: Chair Exercise Video (9) 6:30pm Rummy Tile (5)	20 9am Better Balance (1) 9am Tai Chi Video (9) 9:45am All Levels Walk: Golden Gardens* (O) 1pm Shop: Fred Meyer* (O) 2pm Parkinson's Support Group (2) 3pm Creative Writing (7) 3:30pm Exercise with Karen (1) 4pm Tech Talk with Mekyle (7)	21 8:15am Swimming at Aljoya Thornton Place* (O) 8:30am EnhanceFitness (1) 9:30am Stretch & Flex (1) 10:30am Great Courses with Lowell: Impressionism (1) 10:30am Knit & Stitch (5) 1:30pm Myron's Readings (6) 3pm Climate Change Lecture (1) 7pm Quiddler (5)	22 9am Tai Chi Video (9) 9am Podiatry with Dr. Bacerdo* (3) 9:30am Better Balance (1) 10am Faith, Hope & Love (2) 10am Sit & Get Fit Fitness Video (9) 1:30pm Tale of Two Capitals: Moscow and St Petersburg (1) 3pm Town Hall with Phyllis (1)	23 8:15am Swimming at Aljoya Thornton Place* (O) 8:30am EnhanceFitness (1) 9:30am Stretch & Flex (Video) (1) 10am Quiddler (6) 10:30am Shakespeare Readers' Theater (2) 1pm Brain Fitness (7) 3pm Select Rehab Talk (1) 6:45pm UW Piano Series: Leif Ove Andsnes* (O) 7pm Friday Night Movie: Kiss Me Kate (1)	24 9am Low Impact Workout Video (9) 10:30am Saturday Matters: Peter Curtis (1) 11:30am Rummy Tile (5) 12:15pm MET Opera: Amazing Adventures of Kavalier & Clay* (O) 1pm MahJong (5) 1pm Taproot Theater: Till We Have Faces* (O) 7pm Carolyn Cruso Concert & Ethnomusicology Lecture (1)
25 9am Stretch & Flex Video (9) 9:30am Better Balance (1) 11am Brain Fitness (7) 12:15pm Global Cuisine Lunch Outing: Pho Than Brothers* (O)	26 8:30am EnhanceFitness (1) 9am Tai Chi Video (9) 9:30am Chair Yoga (1) 10:30am Wellness Talk w/ Kai & Tabby (1) 11:50am Evans Pool Lap Swim or Walk* (O) 1:30pm Scrabble (5) 1:30pm All Levels Walk: Cowen Park* (O) 3pm Happy Hour Trivia (1) 3:15pm Senior Fit: Chair Exercise Video (9) 6pm Silent Movie Monday: Lady Windermere's Fan (1925)* (O) 6:30pm Rummy Tile (5)	27 9am Better Balance (1) 9am Tai Chi Video (9) 9:45am All Levels Walk: Lincoln Park* (O) 12:45pm SPL Bookmobile (1) 1pm Shop: Trader Joe's* (O) 3pm Creative Writing (7) 3:30pm Exercise with Karen (1) 4pm Tech Talk with Mekyle (7) 7pm Resident Association Meeting (1)	28 8:15am Swimming at Aljoya Thornton Place* (O) 8:30am EnhanceFitness (1) 9:30am Stretch & Flex (1) 10:30am Great Courses with Lowell: Impressionism (1) 10:30am Knit & Stitch (5) 1:30pm Myron's Readings (6) 3pm LAN Legacy Class (1) 4pm LAN Legacy Individual Tech Help (1) 6:30pm UW Chamber Orchestra with David Gordon, Trumpet* (O) 7pm Quiddler (5)	29 9am Tai Chi Video (9) 9:30am Better Balance (1) 10am Faith, Hope & Love (2) 10am Sit & Get Fit Fitness Video (9) 11am International Understanding Through Students (1) 2pm Birthday Social w/ Do Peterson (5) 2pm Low Vision Support Group (2) 3:30pm Exercise with Karen (1) 7:15pm UW Dance: Ephrat Asherie Dance & Arturo O'Farrill* (O)	30 8:15am Swimming at Aljoya Thornton Place* (O) 8:30am EnhanceFitness (1) 9:30am Stretch & Flex (1) 10am Quiddler (6) 10:30am Shakespeare Readers' Theater (2) 1pm Brain Fitness (7) 3pm The 1979 Iranian Revolution with Anders (1) 6pm Seattle Opera Add-on Events: Songs of Pride* (O) 7pm Friday Night Movie: Hunchback of Notre Dame (1)	31 9am Low Impact Workout Video (9) 9:30am Guided Meditation with Sam (7) 10:30am Saturday Matters: Alexander Raikhel (1) 11:30am Rummy Tile (5) 1pm MahJong (5) 3:30pm Movies with Lance: The King and I turns 70! (1)

Most up-to-date event information is on K4 app.

Sign-up is required for all events with an asterisk (*).

Check the Activity Book in the Lobby frequently for new sign-up sheets.

Please call Life Enrichment if you have questions or need additional information:

(206) 545-8400