







# FEBRUARY 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>For additional activity supplies please contact Life Enrichment on the 3rd floor or by calling the front desk at 425-557-4200</i></p>						
<p><b>1</b></p> <p>8:00-12:30 Church Shuttle* 11:00 Women's Coffee Hour (LR) 1:00 Scrabble (1FL)</p> <p>1:15 Outing to Washington  Wind Symphony: "Passports &amp; Postcards" * \$</p> <p>2:00 Rummikub Game (1FL)</p> <p>2:00 Movie Matinee "Lincoln" (2012) (TT)</p> <p>3:00 Card Game "Sevens" (1FL)</p>	<p><b>2</b></p> <p>9:45 Enhance Fitness (GA) 11:00 Brain Fitness (GA) 12:30 Caregiver Support (GR) 1:30 Death Café (GA) 3:00 Contemporary Issues Co-ed Group: "ICE in America" (GA) 6:30 Jumbo Crossword Puzzle (LR)</p>	<p><b>3</b></p> <p>9:00 Water Exercise (P)</p> <p> 10:45/12:00 Fred Meyer Grocery Shuttle * \$</p> <p>1:00 Bridge (GR) 1:00 Veteran's Group (PDR) 3:00 Understanding Shakespeare Class (GA)</p>	<p><b>4</b></p> <p>9:45 Enhance Fitness (GA) 11:00 Chair Yoga (GA) 11:45 African American Leaders Card Project (PDR) <i>(Volunteer Opportunity!)</i> 1:00 Bridge (GR) 1:15 Bible Class: "Book of 1 Peter" (GA) 3:00 Town Hall (GA) 6:30 Poker Night (GA)</p> <p>7:00 Film Fans Movie Night: "Harriet" (2019) (TT)</p>	<p><b>5</b></p> <p>10:30 Stretch &amp; Flex (GA)</p> <p> 11:00 Lunch Outing to Fat's Chicken &amp; Waffles * \$</p> <p>1:00 Card Game "Sevens" (1FL) 1:30 Balance Class (GA) 3:00 Steel Drum &amp; Jamaican Rum (GA)</p> <p>6:30 Film Fans Discussion Group "Harriet" (LR)</p>	<p><b>6</b></p> <p>9:45 Enhance Fitness (GA)</p> <p>10:00-11:20 1:1 Visits w/ UW Pharmacist * 11:30 Presentation w/ UW Pharmacist, Abby Winter "Matters of the Heart" (GA) 1:00-2:00 Info Table "Ask a Pharmacist" (LR) 2:00-3:20 more 1:1 Visits *</p> <p>1:00 Bridge (Apt #201) 1:00 Mah-Jong Game (1FL) 3:00 Bingo &amp; Cookies (GA)</p> <p>7:00 Movie: "Gifted Hands" (2009) (TT)</p>	<p><b>7</b></p> <p>10:30 Stretch &amp; Flex (GA) 11:00 Mah-Jong Game (1FL) 11:15 Mindfulness Practices (GA) 12:00 Rummikub Game (1FL) 1:00 Art Class w/ Local Artist * <i>(Max of 10)</i> (GA)</p> <p>7:00 Movie: "The Secret Life of Bees" (2008) (TT)</p>
<p><b>8</b></p> <p>8:00-12:30 Church Shuttle* 11:00 Women's Coffee Hour (LR) 1:00 Scrabble (1FL) 2:00 Rummikub Game (1FL)</p> <p>2:00 Movie Matinee "Hidden Figures" (2016) (TT)</p> <p>3:00 Card Game "Sevens" (1FL) 3:30 Super Bowl LX (GA) <i>(Watch it on the Big Screen!)</i></p>	<p><b>9</b></p> <p>9:45 Enhance Fitness (GA) 11:00 Brain Fitness (GA) 11:00 Parkinson's Group (Apt #201) 1:30 Wellness 360: "The Importance of Leisure Time" (GA) 3:00 Life Enrichment Planning Meeting (GA)</p>	<p><b>10</b></p> <p>9:00 Water Exercise (P)</p> <p> 10:45/12:00 QFC Grocery Shuttle * \$</p> <p>1:00 Bridge (Apt #201) 2:00 Contemporary Issues Men's Group: "Struggles young American men are facing today" (PDR) 3:00 Book Club (PDR) 3:30 Valentine's Day Card Making (GA)</p>	<p><b>11</b></p> <p>9:45 Enhance Fitness (GA) 11:00 Chair Yoga (GA) 12:00 Catholic Communion (GA)</p> <p>12:30 Shopping Outing  to Boehm's Candies * \$</p> <p>1:00 Bridge (Apt #201) 3:00 Contemporary Issues Women's Group (GA) 6:30 Poker Night (GA)</p>	<p><b>12</b></p> <p>10:00-10:30 Traveling Library (LR)</p> <p>10:30 Stretch &amp; Flex (GA) 11:30 Current Events (GA) 1:00 Card Game "Sevens" (1FL) 1:30 Balance Class (GA) 3:00 Assisted Living Services at University House w/ Executive Director &amp; Community Health Director (GA)</p>	<p><b>13</b></p> <p>Food Bank Pick Up</p> <p>9:45 Enhance Fitness (GA) 11:30 Stage &amp; Screen w/William "Baskerville" (GA) 1:00 Bridge (Apt #201) 1:00 Mah-Jong Game (1FL) 3:00 Stories of a Lifetime: "Susan Strand, LE Director" (GA)</p> <p>7:00 Movie Night "The Help" (2011) (GA) &amp; (TT)</p> <p><b>CANDYGRAM DELIVERY!</b></p>	<p><b>Valentine's Day 14</b></p> <p>10:30 Stretch &amp; Flex (GA) 11:00 Mah-Jong Game (1FL) 11:15 Mindfulness Practices (GA) 12:00 Rummikub Game (1FL)</p> <p>1:15 Outing to Village Theater:  "Baskerville" * \$\$</p> <p>2:00 Short Story Creative Writing Class w/Claudia (PDR)</p> <p>7:00 Movie: "The Preacher's Wife" (1996) (TT)</p>

# FEBRUARY 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>15</b></p> <p><b>8:00-12:30 Church Shuttle*</b> 11:00 Women's Coffee Hour (LR) 1:00 Scrabble (1FL) 2:00 Rummikub Game (1FL)</p> <p>2:00 Movie Matinee <i>"Amistad" (1997) (TT)</i></p> <p>3:00 Card Game "Sevens" (1FL)</p>	<p><b>President's Day! 16</b></p> <p>9:45 Enhance Fitness (GA) 11:00 Brain Fitness (GA) 3:00 Resident Council Meeting (GA)</p> <p>6:30 Jumbo Crossword Puzzle (GA)</p>	<p><b>FAT TUESDAY 17</b></p> <p>9:00 Water Exercise (P)</p> <p> <b>10:45/12:00 Fred Meyer Grocery Shuttle * \$</b></p> <p>11:00 Legal Planning Part 1: <b>Essential Documents Everyone Needs</b> (GA) 1:00 Bridge (Apt #201) 3:00 Mardi Gras Happy Hour w/ <b>The Fidgety Feet Band!</b> (GA)</p>	<p><b>18</b></p> <p>9:45 Enhance Fitness (GA) 11:00 Chair Yoga (GA)</p> <p> <b>11:00 Shopping Outing To Trader Joe's * \$</b></p> <p>11:00 Library Volunteering (LB) 1:00 Bridge (Apt #201) 3:00 Celebrate Chinese New Year! <b>"Lion Dance"</b> (GA) 6:30 Poker Night (GA)</p>	<p><b>19</b></p> <p>10:30 Stretch &amp; Flex (GA)</p> <p><b>11:00 Lunch Outing to Sammamish Café * \$</b></p> <p>1:00 Card Game "Sevens" (Apt #201) 1:30 Balance Class (GA) 3:00 Film Lecture w/Lance Rhoades: <b>"Homer's Odyssey"</b> (GA)</p> <p>6:30 Trivia Night w/ Nick &amp; Rebecca (GA)</p>	<p><b>20</b></p> <p>9:45 Enhance Fitness (GA)</p> <p> <b>10:00 Birthday Brunch * (DR)</b></p> <p>11:30 Ukulele Performance! (GA) 1:00 Bridge (Apt #201) 1:00 Mah-Jong Game (1FL) 2:00 Shabbat w/Rabbi Schneur (PDR) 3:00 Bingo &amp; Mimosas (GA)</p> <p>7:00 Movie: <b>"Ali" (2001) (TT)</b></p>	<p><b>21</b></p> <p>10:30 Stretch &amp; Flex (GA) 11:00 Mah-Jong Game (1FL) 11:15 Mindfulness Practices (GA) 12:00 Rummikub Game (1FL) 3:00 Sammamish Symphony Orchestra—Dress rehearsal! <b>"Beethoven &amp; Schubert"</b> (GA)</p> <p>7:00 Movie: <b>"B.B. King Live at the Royal Albert Hall" (2011) (TT)</b></p>
<p><b>22</b></p> <p><b>8:00-12:30 Church Shuttle*</b> 11:00 Women's Coffee Hour (GA) 1:00 Scrabble (1FL)</p> <p><b>1:00 Outing to Shakespeare's Midsummer Night's Dream * \$\$</b></p> <p>2:00 Rummikub Game (1FL)</p> <p>2:00 Movie Matinee <i>"Glory" (1989) (TT)</i></p> <p>3:00 Card Game "Sevens" (1FL)</p>	<p><b>23</b></p> <p>9:45 Enhance Fitness (GA) 11:00 Brain Fitness (GA) 11:00 Hearing Loss Support (Apt #201) 12:30 Caregiver Support (Apt #201) 2:30 Music Lecture w/ Theo Deacon <b>"Rodgers &amp; Hammerstein's—Cinderella"</b> (GA)</p>	<p><b>24</b></p> <p>9:00 Water Exercise (P)</p> <p> <b>10:00 Outing to Value Village * \$</b></p> <p> <b>10:45/12:00 Safeway Grocery Shuttle * \$</b></p> <p>1:00 Bridge (Apt #201) 3:00 Nutrition Talk: w/ Amanda + Chef Demo! <b>"Dietary Fats 101"</b> (GA)</p>	<p><b>25</b></p> <p><b>9:15 Outing to Nordic Museum &amp; Larsen's Bakery * \$</b></p> <p>9:45 Enhance Fitness (GA) 11:00 Chair Yoga (GA) 11:45 Sunshine Club (PDR) 12:00 Catholic Communion (GA) 1:00 Bridge (Apt #201) 3:00 Contemporary Issues Women's Group (GA) 6:30 Poker Night (GA)</p>	<p><b>26</b></p> <p>10:30 Stretch &amp; Flex (GA) 11:30 Food Forum (GA) 1:00 Card Game "Sevens" (Apt #201) 1:30 Balance Class (GA) 3:00 3rd Floor—Floor Party (GA)</p> <p><b>4:15 Dinner Outing to Pine Lake Ale House * \$</b></p>	<p><b>27</b></p> <p>9:45 Enhance Fitness (GA)</p> <p> <b>10:00 Outing to Snoqualmie Casino * \$</b></p> <p>11:30 Health Talk w/ Select Rehab <b>"Caring for your Heart—Movement, Awareness &amp; Prevention"</b> (GA)</p> <p>1:00 Bridge (Apt #201) 1:00 Mah-Jong Game (Apt #201) 3:00 Beer, Chips &amp; Bingo (GA)</p> <p>7:00 Movie: <b>"Remember the Titans" (2000) (TT)</b></p>	<p><b>28</b></p> <p>10:30 Stretch &amp; Flex (GA) 11:00 Mah-Jong Game (APT #201) 11:15 Mindfulness Practices (GA) 12:00 Rummikub Game (Apt #201) 2:00 Short Story Creative Writing Class w/Claudia (PDR)</p> <p>7:00 Movie: <b>"Akeelah and the Bee" (2006) (TT)</b></p>
<p><b>Room Key:</b> 1st Floor Loft (1FL) 1st Floor Living Room (1FLR) Dining Room (DR) Dining Room Patio (DRP) Game Room (GR) Gilman Auditorium (GA) Library (LB) Living Room (LR) Lobby (L) Pea Patch (PP) Pool (P) Private Dining Room (PDR)</p>	<p><b>Symbol Key:</b> "*" Advanced sign-up Front Desk Life Enrichment Binder. *Bold &amp; Purple - Advanced RSVP &amp; Invite at front desk Anything in *Bold* is typically off site Anything in BLUE indicates TouchTown (TT) (Ch. 370/371) \$ = Bring your wallet along! \$ PATD = Pay At The Door \$\$ = Tickets Purchased Ahead &amp; Charged to your apartment</p>				<p><b>WELLNESS SERVICES:</b></p> <p><b>Podiatrist, Dr. Mak</b> <b>2/3 &amp; 2/24</b></p> <p><i>If you would like to schedule an appointment with Dr. Mak, please go to the Wellness Center on the first floor.</i></p>	<p><b>Massage Therapist, Elizabeth</b> <b>Every Tuesday</b></p> <p><i>If you would like to schedule an appointment with Elizabeth, please see the Front Desk.</i></p>