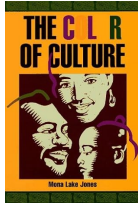










The LAKESHORE

2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>Normal Church Services (Ch 1981)</p> <p>12:15 Symphony Season Ticket Holders</p> <p>3:00 Canasta (Near 140)</p> <p>7:00 Movie Night (CH 1981)</p>	<p>2</p> <p>9:30 Strength & Balance (AR)</p> <p>10:15 Exercise by Select (AR)</p> <p>11:00 Museum Masterpieces: "The Louvre" (AR)</p> <p>2:00 Guest Speaker David Kaynor "Pueblo Structures in the American Southwest" (AR)</p> <p>6:30 Bridge (CTC)</p>	<p>3</p> <p>9:00 Enhance Fitness (AR)</p> <p>9:30 Catholic Service (TV)</p> <p>10:30 Renton King County Library*</p> <p>11:00 Shakespeare (TV)</p> <p>2:00 Guest Speaker Mona Lake Jones "The Color of Culture" (LVDR)</p> 	<p>4</p> <p>9:30 Strength & Balance (AR)</p> <p>11:00 Bingo (AR)</p> <p>1:00 Pinochle (CTC)</p> <p>1:15 Uwajimaya*</p> <p>2:00 Wellness 360 with Seth (AR) "Winter Wellness Forum"</p> <p>6:30 Bridge (CTC)</p> <p>7:00 Movie Night (CH 1981)</p>	<p>5</p> <p>9:00 Enhance Fitness (AR)</p> <p>10:15 Breathe & Relax Meditation with Seth (GP)</p> <p>10:30 Lunch at Red Lobster in Federal Way*</p> <p>2:00 Guest Speaker WM Recycling (AR)</p> <p>3:00 Cribbage Tournament (GPR)</p> <p>5:00 February Birthdays Dinner (LVDR)</p>	<p>Blue Friday 6</p> <p>9:30 Fred Meyer / Safeway*</p> <p>9:30 Strength & Balance (AR)</p> <p>10:20 Fred Meyer* </p> <p>11:00 Winter Olympics Opening Ceremony (TV Room, NBC)</p> <p>1:00 Bird Club (LVDR)</p> <p>2:00 Activity Review with Krista (AR)</p> <p>4:30-6:30 Olympic Dinner (LVDR)</p> <p>7:00 Movie Night (CH 1981)</p>	<p>7</p> <p>9:30 Strength & Balance (AR)</p> <p>10:30 Poetry Hour (TV)</p> <p>11:00 Bingo (AR)</p> <p>1:00 Poker (CTC)</p> <p>2:00 Afternoon Movie "The Cutting Edge" (TV)</p> <p>7:00 Movie Night (CH 1981)</p>
<p>8</p> <p>Normal Church Services (Ch 1981)</p> <p>3:00 Canasta (Near 140)</p> <p>3:30 Seahawks vs. Patriots Super Bowl Party (AR)</p>  <p>7:00 Movie Night (CH 1981)</p>	<p>9</p> <p>9:30 Strength & Balance (AR)</p> <p>10:15 Exercise by Select (AR)</p> <p>11:00 Museum Masterpieces: "The Louvre" (AR)</p> <p>2:00 Lunar New Year Lion Dancers Performance (LVDR) </p> <p>6:30 Bridge (CTC)</p> <p>6:30 Origami Hearts with Teresa* (AR)</p>	<p>10</p> <p>9:00 Enhance Fitness (AR)</p> <p>9:30 Catholic Service (TV)</p> <p>11:00 Nurse Talk "Fall Prevention" (AR)</p> <p>1:15 Shopping at Great Wall Mall*</p> <p>2:00 Current Events with Jacob (AR)</p> <p>6:30 Origami Hearts with Teresa* (AR)</p>	<p>11</p> <p>9:30 Strength & Balance (AR)</p> <p>11:00 Bingo (AR)</p> <p>1:00 Pinochle (CTC)</p> <p>2:30 Trivia with Nick (AR)</p>  <p>6:30 Bridge (CTC)</p> <p>7:00 Movie Night (CH 1981)</p>	<p>12</p> <p>9:00 Enhance Fitness (AR)</p> <p>10:00 Catholic Mass (TV)</p> <p>10:15 Breathe & Relax Meditation with Seth (GP)</p> <p>11:15 Men's Group (AR)</p> <p>1:15 Northwest African American Museum*</p> <p>2:00 Life Reflections With Seth: The Lessons We Learned at Home (AR)</p> <p>3:00 Cribbage Tournament (GPR)</p>	<p>13</p> <p>9:30 Fred Meyer / Safeway*</p> <p>9:30 Strength & Balance (AR)</p> <p>10:20 Fred Meyer*</p> <p>1:00 Bird Club (LVDR)</p> <p>2:00 Valentines Social & Craft Party (AR)</p> <p>5:00 Shabbat Dinner* (PDR)</p> <p>6:30 Board Games (CTC)</p> <p>7:00 Movie Night (CH 1981)</p>	<p>14</p> <p>9:30 Strength & Balance (AR)</p> <p>11:00 Bingo (AR)</p> <p>1:00 Poker (CTC)</p> <p>1:15 Scenic Drive* "Surprise Destination"</p> <p>2:00 Afternoon Movie "The Runaway Bride" (TV)</p> <p>4:30-6:30 Valentine's Day Dinner (LVDR)</p> <p>7:00 Movie Night (CH 1981)</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>15</p> <p>9:30 St. Matthew's (CH 1981)</p> <p>1:30 Blaine Memorial United Methodist (CH 1981)</p> <p>2:00 Cooking Demonstrations with Samone (LVDR)</p> <p>3:00 Canasta (Near 140)</p> <p>7:00 Movie Night (CH 1981)</p>	<p>Presidents Day 16</p> <p>9:30 Strength & Balance (AR)</p> <p>10:15 Exercise by Select (AR)</p> <p>10:15 Shopping at Southcenter Mall*</p> <p>11:00 Museum Masterpieces: "The Louvre" (AR)</p> <p>2:00 Guest Speaker from Select Rehab "Clear minds, Safe Bodies" (AR)</p> <p>3:15 LKS Community Singing (AR)</p> <p>6:30 Bridge (CTC)</p>	<p>17</p> <p>9:00 Enhance Fitness (AR)</p> <p>9:30 Catholic Service (TV)</p> <p>11:00 Shakespeare (AR)</p> <p>2:00 Mardi Gras Happy Hour with Spectrum (LVDR)</p> <p>3:30 Memoir Writing Group (GR)</p> 	<p>18</p> <p>9:30 Strength & Balance (AR)</p> <p>11:00 Bingo (AR)</p> <p>1:00 Pinochle (CTC)</p> <p>11:00 Northwest Flower and Garden Show at the Seattle Convention Center** </p> <p>2:00 Healing Hearts with Seth (GPR)</p> <p>6:30 Bridge (CTC)</p> <p>7:00 Movie Night (CH 1981)</p>	<p>19</p> <p>9:00 Enhance Fitness (AR)</p> <p>10:15 Breathe & Relax Meditation with Seth (GP)</p> <p>1:30 LVDR Flower Prep (GR)</p> <p>2:00 Living Voices WWII Incarceration of Japanese Americans (LVDR)</p> <p>3:00 Cribbage (GPR)</p> <p>4:30 Dinner at Mori Sushi & Grill at The Landing*</p>	<p>20</p> <p>9:30 Strength & Balance (AR)</p> <p>9:30 Fred Meyer / Safeway*</p> <p>10:20 Fred Meyer*</p> <p>1:00 Bird Club (LVDR)</p> <p>2:00 Guest Speaker Brenetta Ward: Quilter, Fabric Artist, Oral Historian (AR)</p> <p>6:00 Board Games (CTC)</p> <p>7:00 Movie Night (CH 1981)</p>	<p>21</p> <p>9:30 Strength & Balance (AR)</p> <p>10:30 Poetry Hour (TV)</p> <p>11:00 Bingo (AR)</p> <p>1:00 Poker (CTC)</p> <p>1:15 Scenic Drive* "Surprise Destination"</p> <p>7:00 Movie Night (CH 1981)</p>
<p>22</p> <p>9:30 St. Matthew's (CH 1981)</p> <p>1:30 Blaine Memorial United Methodist (CH 1981)</p> <p>12:45 "A Midsummer Night's Dream" at ACT Theater in Seattle*</p> <p>2:00 Beading Bracelets (AR)</p> <p>3:00 Canasta (Near 140)</p> <p>7:00 Movie Night (CH 1981)</p>	<p>23</p> <p>9:30 Strength & Balance (AR)</p> <p>10:15 Exercise by Select (AR)</p> <p>11:30 Sunshine Group (AR)</p> <p>2:00 Staff Milestone Anniversary Celebration (LVDR) ☀️</p> <p>3:15 LKS Community Singing (AR)</p> <p>6:30 Bridge (CTC)</p>	<p>24</p> <p>9:00 Enhance Fitness (AR)</p> <p>9:30 Catholic Service (TV)</p> <p>11:00 Book Club Needs You (GPR)</p> <p>2:00 Current Events with Jacob (AR)</p> <p>3:00 Great Decisions with Jacob (AR)</p> <p>4:30 - 6:30 Lunar New Year Dinner (LVDR)</p>	<p>25</p> <p>9:30 Strength & Balance (AR)</p> <p>11:00 Bingo (AR)</p> <p>1:00 Pinochle (CTC)</p> <p>1:15 Dining and Culinary Meeting (AR)</p> <p>1:15 Trader Joe's & PCC*</p> <p>2:30 Trivia with Nick (AR)</p> <p>6:30 Bridge (CTC)</p> <p>7:00 Movie Night (CH 1981)</p>	<p>26</p> <p>9:00 Enhance Fitness (AR)</p> <p>10:15 Breathe & Relax Meditation with Seth (GP)</p> <p>10:30 Dollar Tree & Viet-Wah Asian Food Market*</p> <p>11:00 Death Café Talk with Seth (AR)</p> <p>2:00 Town Hall (AR)</p> <p>3:00 Cribbage (GPR)</p> <p>6:15 Wine Night (L) 🍷</p>	<p>27</p> <p>9:30 Strength & Balance (AR)</p> <p>9:30 Fred Meyer / Safeway*</p> <p>10:20 Fred Meyer*</p> <p>11:00 Traveling Library (L)</p> <p>1:00 Bird Club (LVDR)</p> <p>2:00 Guest Speaker (AR) Cami Smith "Art Talk"</p> <p>6:30 Friday Night Board Games (CTC)</p> <p>7:00 Movie Night (CH 1981)</p>	<p>28</p> <p>9:30 Strength & Balance (AR)</p> <p>11:00 Bingo (AR)</p> <p>1:00 Poker (CTC)</p> <p>1:15 Scenic Drive* "Surprise Destination"</p> <p>7:00 Movie Night (CH 1981)</p>
					<p>AR Activity Room</p> <p>LVDR Lakeview Dining Room</p> <p>TV Television Room</p> <p>CTC Coffee Talk Café</p> <p>RG Rose Garden</p> <p>S Salon</p> <p>GR Garden Room</p> <p>GP Games Plus Room</p> <p>PP Pea Patch Outside</p> <p>PDR Private Dining Room</p>	<p>GT Games Tables</p> <p>L Lobby</p> <p>LL Lobby Lounge</p> <p>WC Wellness Center</p> <p>Ch 1981 TV Channel 1981</p> <p>Gym 3rd Floor Gym</p> <p>* Sign-up in Activity Book</p> <p>** Sign-up in Life Enrichment Office</p> <p>*** Sign up in Wellness Center</p>

Church Streaming/Viewing • Sundays • CH 1981 or Activity Room

Come as we join together to watch Sunday Virtual Services or enjoy it in the comfort of your own apartment. Please check each Sunday for your preferred service time.

Strength and Balance • Monday-Saturday (Except Tuesday & Thursday) • 9:30AM • Activity Room

Strength and Balance is a 30 minute group exercise program designed to increase your Strength and Balance to help avoid falls and maintain independence. It is led by a Life Enrichment staff member. This class is done half standing and half seated. Please call to sign-up today.

Balance Class • Mondays • 10:15AM • Activity Room

Select Rehabilitation is offering a balance and strengthening class. With the focus on getting stronger doing exercises that will also challenge your balance in order to prevent future falls. This is a class for all levels and we will work on seated and standing exercises and will be hosted by a Licensed Therapist.

Lakeshore Singing • Mondays • 3:15PM • Activity Room

Do you enjoy singing... Then come and join in the Activity Room. Everyone is welcome.

Penny Poker • Mondays • 6:30PM • Coffee Talk Café

Come join with friends old and new for this resident-led evening activity. Test out your abilities and play with other residents here at The Lakeshore! TONIGHT'S SUGGESTED CARD GAME IS: ***PENNY POKER!***

Bingo • Wednesdays & Saturdays • 11:00AM • Activity Room

Join us and your friends for a game of bingo! Please make sure to bring quarters! **(\$0.25/card) Bingo will be cancelled the Wednesday of High Tea.**

Catholic Service • Tuesdays • 9:30AM • TV Room

Father will be here on the first Tuesday of every month for mass. Sophia will be here for communion all other Tuesdays. Everyone is welcome!

Pinochle • Wednesdays • 1:00PM • Coffee Talk Café

Please join us in the Coffee Talk Café on Wednesdays for a fun game of Pinochle. Everyone is welcome. Join us to learn more about the game and how to play.

Cribbage Club • Thursdays • 3:00PM • Games Plus Room

Test out your abilities and join other residents here at The Lakeshore play a game of cribbage. All are welcome, whether you are a beginner or expert.

Friday Night Board Games • Fridays • 6:30PM • Coffee Talk Café

Looking for something to do in the evening? Come and join other residents here at The Lakeshore for some evening board games. Everyone is welcome and encouraged to join!

Bird Club • Fridays • 1:00PM • Lakeview Dining Room

Please join Odette James, our emphasis will be on birds we can see on the Lakeshore grounds or on the adjacent lake. All are welcome and encouraged to bring binoculars or scope if you have them.

Poker • Saturdays • 1:00PM • Coffee Talk Café (Buy in: \$5.00)

Come join us for Poker. Poker is a card game that combines gambling, strategy, and skill. Come test out your abilities and play with other residents here at The Lakeshore.

Breathe & Relax Meditation with Seth • Thursdays • 10:15AM • Games Plus Room

Join us for a 30-minute, guided mindfulness class incorporates elements of deep breathing, peaceful imagery and progressive muscle relaxation to help release tension and increase one's physical relaxation and mental calm. No experience is required, and all are welcome to sit and relax in a quiet space.

Museum Masterpieces: "The Louvre" • Monday, February 2nd, 9th, & 16th • 11:00AM • Activity Room

This month is a two 30 minute lectures from Professor Richard Brettell. This Great Courses has 12 lecturers based on different parts of the Louvre Museum.

Guest Speaker Mona Lake Jones: "The Color of Culture" • Tuesday, February 3rd • 2:00PM • Lakeview Dining Room

Please see the front page of the newsletter.

Wellness 360 with Seth: "Winter Wellness Forum" • Wednesday, February 4th • 2:00PM • Activity Room

Wintertime usher in less sunshine and colder weather can disrupt daily routines and make it harder to get out and connect with others, which may affect mood and overall wellness. This supportive group explores practical ways to stay active, engaged, and uplifted despite seasonal challenges. Together, we'll share strategies for maintaining energy, managing mood, and finding comfort in seasonal rhythms to help you feel supported and connected all winter long.

Guest Speaker WM Recycling • Thursday, February 5th • 2:00PM • Activity Room

Please welcome a guest speaker from WM Recycling. They will be here to give a short presentation about Recycling and answer any questions that you may have.

February Birthdays Dinner • Thursday, February 5th • 5:00PM • Lakeview Dining Rm

Come and show your love and support as we celebrate those whose birthdays are in February! We will celebrate all the February Birthdays.

Winter Olympics Opening Ceremony • Friday, February 6th • 11:00AM • TV Room

Please join us in the TV room to watch the Winter Olympic Opening Ceremony.

Poetry Hour • Saturday, February 7th & 21st • 10:30AM • TV Room

You do not have to be a poet or a regular poetry reader. Just an interest and desire to learn and enjoy. We will discuss our favorite poets and poems, our poetry likes and dislikes and, if you wish, share some of your own work. Bring your ideas for group projects and activities. There is a sign-up sheet in the lobby.

[Lunar New Year Lion Dancers Performance • Monday, February 9th • 2:00PM • LVDR](#)

Please welcome back the 'Mak Fai Kung Fu Dragon & Lion Dance Association'. Join us as we celebrate the Chinese New Year with the Lion Dancers from Mak Fai Kung Fu Lion Dance Team. This is a fun performance that always keeps us on our toes.

[Nurse Talk with Denise • Tuesday, February 10th • 11:00AM • Activity Room](#)

Fall Prevention and Emergency Response. Please join Denise in the Activity Room to hear about Fall Prevention and Emergency Response here at The Lakeshore. This is a great opportunity to get information and ask our nurse questions.

[Current Events with Jacob • Tuesday, February 10th & 24th • 2:00PM • Activity Room](#)

Come join Jacob Bolotin's Current Events lecture. Come and learn about something from a new perspective.

[Origami Hearts with Odette & Teresa* • February 9th & 10th • 6:30PM • Activity Rm](#)

Please join Odette & Teresa for a fun evening of origami. Each night they will walk you through all the folding steps to create something wonderful. They will be making the same thing both nights. Please only sign up for one night.

[Men's Group • Thursday, February 12th • 11:15AM • Activity Room](#)

Calling all Lakeshore Men!! Please join Cliff in the Activity Room for a lively discussion. This is a great chance to meet the Men in the building, following lunch.

[Life Reflections with Seth • Thursday, February 12th • 2:00PM • Activity Room](#)

The Lessons We Learned at Home. Our parents and caregivers often taught us life's most lasting lessons not through speeches, but through everyday moments, habits, and reactions. Some lessons were offered intentionally—about responsibility, kindness, or resilience—while others were absorbed quietly through what we observed. Looking back, we may recognize patterns we chose to carry forward, as well as ones we worked hard to unlearn. This reflection invites us to consider how those early influences continue to shape who we are today.

[Valentine's Social and Craft Party • Friday, February 13th • 2:00PM • Activity Room](#)

Join us in the Activity Room for an afternoon of sugar, spice and everything nice! We will have desserts, games and crafts. Please join us for a good old fashion Valentine's Day party.

[Cooking Demonstrations with Samone • Sunday, February 15th • 2:00PM • LVDR](#)

Samone will be hosting our resident cooking demo in the dining room this month! She will be whipping up a few exciting and creative recipes you can use every day at home. Samone will be sharing one of her passions with you. She's looking forward to seeing you all there!

[Select Rehab Talk: "Clear Minds, Safe Bodies" • Monday, February 16th • 2:00PM • Activity Room](#)

Clear minds, Safe bodies: Substance use awareness for older adults. Substance use among older adults is a growing health concern, but it often goes unnoticed.

[Mardi Gras Happy Hour with Spectrum • Tuesday, February 17th • 2:00PM • LVDR](#)

It's Mardi Gras Time! Join us in the Lakeview Dining Room for a wonderful afternoon of music and by our favorite Jazz Band Spectrum. There will also be appetizers and drinks. Dress up for Mardi Grass or come as you are.

[Memoir Writing Group • Tuesday, February 17th • 3:30PM • Garden Room](#)

Are you a writer of stories? Do you want to improve your writing skills? Join our new resident led Novel/Memoir Writing Group and share your creations with like-minded people. Authors will read their stories, or parts of their in progress work. The rest of the group will reply with what they liked about the tale and, if appropriate, offer feedback. All skill levels are welcome!

[Healing Hearts with Seth • Wednesday, February 18th • 2:00PM • Games Plus Room](#)

Grief, loss, and life transitions touch us all, yet they can feel isolating. This gentle, supportive group offers a safe space to share—or simply be present. Bring your story, your questions, or your silence, and together we'll explore meaning, understanding, and healing. All are warmly welcome.

[Living Voices WWII Incarceration of Japanese Americans • Thursday, February 19th • 2:00PM • Lakeview Dining Room](#)

Join us for a powerful and immersive historical performance, bringing to life the stories of Japanese Americans during World War II. Through a blend of live acting, archival footage, and personal narratives, this performance shares the resilience, courage, and experiences of families impacted by incarceration. In recognition of **Japanese Remembrance Day**, we gather to honor the strength of those who endured injustice and to reflect on the importance of memory, identity, and community.

[Guest Speaker Brenetta Ward • Friday, February 20th • 2:00PM • Activity Room](#)

"Quilter, Fabric Artist, Oral History." Please join us to hear from local artist Brenetta Ward. Brenetta will explain her quilts and the Themes of ancestry, Culture storying telling and legacy behind her work.

[Staff Milestone Anniversary Celebration • Monday, February 23rd • 2:00PM • LVDR](#)

Join us in the Lakeview Dining Room as we celebrate three of The Lakeshore staff members with big milestone anniversary. We hope to see you all there.

[Book Club Needs You • Tuesday, February 24th • 11:00AM • Games Plus Room](#)

Do you like to read? We would love for you to join us. Books are dropped off once a month from the King County Library and checked out through Life Enrichment. When you will read the book and get together at the time designated on the monthly calendar to discuss the book. Each month when the traveling Library comes they will bring a new book. Please see Life Enrichment for a book and we will see you at the Book Club Meeting.

[Great Decisions with Jacob • Tuesday, February 24th • 3:00PM • Activity Room](#)

Come join us as we watch a short (20-25 minute) video on one of the most important foreign policy challenges for the United States in 2019. After the movie, there will be a discussion by the

Dining & Culinary Meeting • Wednesday, February 25th • 2:00PM • Activity Room

Join us for the Culinary & Dining Team meeting. We want to hear from you. Everyone is welcome.

Death Café with Seth • Thursday, February 26th • 11:00AM • Activity Room

A Death Café is a welcoming space where people—often strangers—come together over tea and cake to have open, thoughtful conversations about death. The intention is simple yet meaningful: to increase awareness of death in a way that helps us reflect more deeply on life and make the most of the time we have. These gatherings are informal, group-led discussions with no set agenda, themes, or expectations. A Death Café is not a grief support group or a counseling session, but rather a relaxed, respectful space for curiosity, reflection, and honest conversation—where all perspectives are welcome.

Town Hall • Thursday, February 26th • 2:00PM • Activity Room

Join our Executive Director and Lakeshore Directors for updates on the community and within each department. This is a great time to ask questions and hear about what is going on in your community.

Guest Speaker Cami Smith: “Art Talk” • Friday, February 27th • 2:00PM • AR

Join us to hear from Cami Smith, a local Seattle Artist. Seventy-five memories of friendship across seven decades of my life are printed and sewn together using nineteen different painted substrates. I ran each piece through my inkjet printer—layers of acrylic paint, inks, gel mediums, sheer fabrics with pastel drawings, and marks made with Stabilos—creating a woven surface of stories and materials.

Substrates include: Artificial silk, sheer fabrics, old pillowcases, fusible and non-fusible interfacing, Sully stabilizer, rice paper, Lutradur, rag paper, canvas, watercolor paper, wrapping paper, tissue paper, maps, medical exam paper, tea bag paper, coffee filters, brown grocery bag paper with silver foil lining, and freezer paper.

GROCERY SHOPPING

Do not forget your reusable shopping bags.

Fred Meyer & Safeway* • Fridays 9:30am or 10:20am

We go shopping every Friday at Fred Meyer and Safeway.

If you wish to go to Safeway, please go on the 9:30am shuttle.

Uwajimaya* • Wednesday, February 4th • 1:15pm

Join us for a trip to Uwajimaya! Please sign-up in the Activity Book

Trader Joe’s & PCC* • Wednesday, February 25th • 1:15pm

Join us for a trip to Trader Joe’s & PCC! Please sign-up in the Activity Book

Hours for The Lakeview Dining Room

- Breakfast: 7:30am – 9:00am
- Lunch: 11:30am – 1:00pm
- Dinner: 4:30pm – 6:30pm

Reception.....	206-772-1200
Dining Room	206-772-6003
Wellness Center.....	206-772-0870



How much walking is on this excursion?



The number of shoes (1-5) will explain how much walking is on each excursion.

Please sign up early to reserve your seat on the bus!

Scenic Drives* • Saturdays • 1:15pm

Please sign-up to save your seat on the bus for a scenic drive. This is a great chance to get out! Please sign up in the Lobby activity book.

Renton King County Library* • Tuesday, February 3rd • 10:30AM

Are you looking for some good summer reading. Join us as we travel to the Renton Library over the river and to find a good book to read.

Lunch at Red Lobster in Federal Way • Thursday, February 5th • 10:30AM

Join us as we travel to Red Lobster in Federal Way for a wonderful seafood lunch out.

Northwest African American Museum* • Thursday, February 12th • 1:15PM

Join us as we travel to Seattle to visit this wonderful Museum full of so much history. If you have never visited this museum, this is a great opportunity to see a part of history.

Tickets: \$8.00

Shopping at Southcenter Mall* • Monday, February 16th • 10:15AM

It's shopping time! The bus will drop you off in the middle of the mall near the AMC Movie theater. You will have 2 hours to shop and we will pick you up at the same place.

Northwest Flower and Garden Show at the Seattle Convention Center* • Wednesday, February 18th • 11:00AM

Join us as we travel to Seattle to see the wonderful Northwest Flower and Garden Show. Please wear good walking shoes and bring money for snacks and lunch.

Tickets: \$24.00 Please sign up early as we will be purchasing the tickets on Monday, February 16th to get the early bird ticket price.

Dinner at Mori Sushi & Gill at The Landing* • Thursday, February 19th • 4:30PM

Join us as we travel to The Landing for a wonderful dinner out. Please bring your money.

A Midsummer Night's Dream Play at ACT Theater in Seattle* • Sunday, February 22nd

Join us as we travel to the ACT Theater to see one of Shakespeare's most famous plays, "A Midsummer Night's Dream." **Tickets: \$25.00**

Dollar Tree & Viet-Wah Renton Highlands* • Thursday, February 26th • 10:30AM

Everything is \$1.25 at the Dollar Tree. Come and explore, as you never know what you will find. At the beginning of 2022 the Dollar Tree has become the \$1.25 store. Everything in the store went up by \$.25.

Fitness at The Lakeshore



Enhance Fitness

Date: Tuesday, Thursday

Time: 9:00AM (Activity Room)

Enhance Fitness is a 1 hour evidence based group exercise program. It helps older adults at all levels of fitness become more active and energized. This class can be done standing or seated.

Strength and Balance



Strength and Balance

Date: Monday, Wednesday, Friday, Saturday

Time: 9:30AM (Activity Room)

Strength and Balance is a 30 minute group exercise program designed to increase your Strength and Balance to help avoid falls and maintain independence. It is led by Life Enrichment staff. This class is done half standing and half seated.



Exercise by Select

Date: Mondays

Time: 10:15AM Activity Room

Come join us for a 30 minute for a full body exercise class with our Select Rehabilitations Clinical Lead.

3rd Floor Fitness Center

This room is open to you at your convenience. We have a treadmill, four NuStep Recumbent Trainers machines, a recumbent bike and free weights. If you have questions about any of the equipment, please contact Life Enrichment.

Exercise Schedule - Channel 1981

Please enjoy these exercise videos in your room.

9:00 AM	Exercise with Krista (30min)
9:30 AM	Exercise with Krista (30min)
10:00 AM	Advanced/Enhanced Fitness (1hr)
11:00 AM	Cardio with Julia (1hr)
12:00 PM	Yoga Fix (1hr)
1:30 PM	Better Balance (30min)
2:00 PM	Stretch and flex with Levi (30min)
2:30 PM	Flow Exercise with Kathy (30min)
4:00 PM	30 min exercise
7:00 PM	MOVIE NIGHT - (WED, FRI, SAT & SUN)