

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					9:00 Empower & Align- Fitness Class (FS) 9:00 Heart & Sole Walking Club 10:00 RummiKub (LI) 1:00 Board Games (LI) 2:45 Games in the Courtyard (EPB) 4:00 Spirits in the SKY- Happy Hour (SL) 1 9:00 Heart & Sole Walking Club 9:00 ROOTS- Fitness Class (FS) 10:00 Functionally Evolved Fusion- Fitness Class (FS) 1:00 Clue (LI) 2:00 Cribbage Crew (SL) 5:30 Jazz Alley: ConFunkShun (26ASW9) 2	
9:00 Heart & Sole Walking Club 9:30 Sunday Local Church Services (S) 9:40 Water Walking & Lap Swim (SU) 10:30 Brunch Group (M) 11:30 Zumba at Seattle Waterfront (6P9SW9US) 3	8:00 Beginner Tai Chi (FS) 9:00 Heart & Sole Walking Club 11:00 Barre and Pilates (FG) 11:45 Coffee Talk (M) 1:00 Board Games (LI) 2:45 Happy Hour Outing: Black Bottle (SU) 3:00 Scrabble With Friends (SL) 4	8:00 Beginner Tai Chi (FS) 9:00 Empower & Align- Fitness Class (FS) 9:00 Heart & Sole Walking Club 10:00 Balance & Strength (FS) 11:00 Crucial Conversations: TED Talk- Why Friendship Can Be Just As Meaningful As Romantic Love (PDR) 1:30 Techy Tuesday (LI) 3:00 Board Games (LI) 6:30 Public House Trivia (EPB) 5	8:00 Beginner Tai Chi (FS) 9:00 Chair Rhythm (FS) 9:00 Heart & Sole Walking Club 9:40 Water Walking & Lap Swim (BA) 11:00 UNO (NOM) 1:00 Board Games (LI) 3:00 Wine Down Wednesday (EB) 6	8:00 Beginner Tai Chi (FS) 9:00 Cardio and Core Strength (FS) 9:00 Heart & Sole Walking Club 10:00 Balance & Strength (FS) 11:00 UNO (NOM) 1:30 LifeLoop: Messaging Basics (LI) 4:00 Board Games (LI) 7	9:00 Empower & Align- Fitness Class (FS) 9:00 Heart & Sole Walking Club 10:00 RummiKub (LI) 11:15 Board Games (LI) 1:15 QFC (SU) 2:45 Games in the Courtyard (EPB) 4:00 Spirits in the SKY- Happy Hour (SL) 8	9:00 Heart & Sole Walking Club 9:00 ROOTS- Fitness Class (FS) 10:00 Functionally Evolved Fusion- Fitness Class (FS) 11:00 Scrabble With Friends (SL) 2:00 Cribbage Crew (SL) 2:00 WU: Knitting 101 (LI) 3:00 Greeting Card Making (PDR) 9
9:00 Heart & Sole Walking Club 9:30 Sunday Local Church Services (S) 9:40 Water Walking & Lap Swim (SU) 10:30 Brunch Group (M) 11:30 Zumba at Seattle Waterfront (6P9SW9US) 10	8:00 Beginner Tai Chi (FS) 9:00 Heart & Sole Walking Club 11:00 Barre and Pilates (FG) 11:45 Coffee Talk (M) 2:00 Scrabble With Friends (SL) 3:00 WU: Salsa Lesson (FS) 4:00 Outing Committee Meeting (PDR) 11	8:00 Beginner Tai Chi (FS) 9:00 Empower & Align- Fitness Class (FS) 9:00 Heart & Sole Walking Club 10:00 Balance & Strength (FS) 11:00 Crucial Conversations: TED Talk- The Surprising Science of Happiness (PDR) 1:15 Fred Meyer (SU) 1:30 Techy Tuesday (LI) 6:30 Public House Trivia (EPB) 12	8:00 Beginner Tai Chi (FS) 9:00 Chair Rhythm (FS) 9:00 Heart & Sole Walking Club 9:40 Water Walking & Lap Swim (BA) 11:30 Resident Lunch Outing: Beach House (6LWBNKW9) 1:00 Monthly Invoice Overview with Elizabeth (PDR) 3:00 Wine Down Wednesday (EB) 13	8:00 Beginner Tai Chi (FS) 9:00 Cardio and Core Strength (FS) 9:00 Heart & Sole Walking Club 10:00 Balance & Strength (FS) 1:30 LifeLoop Assistance! (LI) 2:00 Dining Committee Meeting (M) 3:00 WU: The Elevated Pour (TB) 4:00 Residents Association Meeting (SL) 14	9:00 Empower & Align- Fitness Class (FS) 9:00 Heart & Sole Walking Club 10:00 RummiKub (LI) 12:00 Board Games (LI) 2:45 Games in the Courtyard (EPB) 4:00 Spirits in the SKY- Happy Hour (SL) 15	9:00 Heart & Sole Walking Club 9:00 ROOTS- Fitness Class (FS) 10:00 Functionally Evolved Fusion- Fitness Class (FS) 1:00 Clue (LI) 2:00 Cribbage Crew (SL) 3:00 Diamond Dots Craft - August Craft Series #1 (PDR) 16
9:00 Heart & Sole Walking Club 9:30 Sunday Local Church Services (S) 9:40 Water Walking & Lap Swim (SU) 10:30 Brunch Group (M) 11:30 Zumba at Seattle Waterfront (6P9SW9US) 3:00 Book Club (LI) 17	8:00 Beginner Tai Chi (FS) 9:00 Heart & Sole Walking Club 10:00 UNO (NOM) 11:00 Barre and Pilates (FG) 11:45 Coffee Talk (M) 2:00 Maintenance & Transportation Committee Meeting (PDR) 3:00 Scrabble With Friends (SL) 18	8:00 Beginner Tai Chi (FS) 9:00 Empower & Align- Fitness Class (FS) 9:00 Heart & Sole Walking Club 10:00 Balance & Strength (FS) 11:00 Crucial Conversations: TED Talk- What's Wrong With What We Eat (PDR) 1:15 Kirkland Costco (SU) 1:30 Techy Tuesday (LI) 6:30 Public House Trivia (EPB) 19	8:00 Beginner Tai Chi (FS) 8:00 Massage Day - Appointments Required (SU) 9:00 Chair Rhythm (FS) 9:00 Heart & Sole Walking Club 9:40 Water Walking & Lap Swim (BA) 1:00 Canva Class (PDR) 2:45 Happy Hour Outing: Wild Ginger (SU) 3:00 Wine Down Wednesday (EB) 20	8:00 Beginner Tai Chi (FS) 8:00 Massage Day - Appointments Required (SU) 9:00 Cardio and Core Strength (FS) 9:00 Heart & Sole Walking Club 10:00 Life Long Learning: The Golden Age of Hollywood (M) 1:30 LifeLoop: Activity Sign-Up Help (LI) 3:00 August Birthday Celebration (TB) 21	9:00 Empower & Align- Fitness Class (FS) 9:00 Heart & Sole Walking Club 10:00 RummiKub (LI) 11:00 Board Games (LI) 2:30 Watermark University: Music on the Record (LI) 2:45 Games in the Courtyard (EPB) 4:00 Spirits in the SKY- Happy Hour (SL) 22	9:00 Heart & Sole Walking Club 9:00 ROOTS- Fitness Class (FS) 10:00 Functionally Evolved Fusion- Fitness Class (FS) 2:00 Cribbage Crew (SL) 3:00 Diamond Dots Craft - August Craft Series #2 (PDR) 3:00 Wine 101 with Browne Family Vineyards (EPB) 4:00 Crucial Conversations Planning Meeting (M) 23
9:00 Heart & Sole Walking Club 9:30 Sunday Local Church Services (S) 9:40 Water Walking & Lap Swim (SU) 10:30 Brunch Group (M) 11:30 Zumba at Seattle Waterfront (6P9SW9US) 24	8:00 Beginner Tai Chi (FS) 9:00 Heart & Sole Walking Club 10:00 Board Games (LI) 11:00 Barre and Pilates (FG) 11:45 Coffee Talk (M) 2:00 WU: Paint & Sip with Georgina (PDR2F) 3:00 Scrabble With Friends (SL) 4:00 Town Hall (SL) 25	8:00 Beginner Tai Chi (FS) 9:00 Empower & Align- Fitness Class (FS) 9:00 Heart & Sole Walking Club 10:00 Balance & Strength (FS) 11:00 Crucial Conversations: TED Talk- Your Body Language May Shape Who You Are (LI) 1:30 Techy Tuesday (LI) 3:00 Chef's Table (TB) 6:30 Public House Trivia (EPB) 26	8:00 Beginner Tai Chi (FS) 9:00 Chair Rhythm (FS) 9:00 Heart & Sole Walking Club 9:40 Water Walking & Lap Swim (BA) 11:00 Crucial Conversations Live Speaker: UW Professor Scott Allard (M) 3:00 Neighborhood Block Party (EPB) 27	8:00 Beginner Tai Chi (FS) 9:00 Cardio and Core Strength (FS) 9:00 Heart & Sole Walking Club 10:00 Balance & Strength (FS) 1:30 LifeLoop Assistance! (LI) 1:30 Seattle Aquarium (1AWP5SW9) 4:00 Board Games (LI) 28	9:00 Empower & Align- Fitness Class (FS) 9:00 Heart & Sole Walking Club 10:00 RummiKub (LI) 1:15 Trader Joes (SU) 2:45 Games in the Courtyard (EPB) 2:45 Understanding the BellHop (M) 4:00 Spirits in the SKY- Happy Hour (SL) 29	9:00 Heart & Sole Walking Club 9:00 ROOTS- Fitness Class (FS) 10:00 Functionally Evolved Fusion- Fitness Class (FS) 11:00 Resident Lunch Outing: Castilla Restaurant and Tapas Bar (5BSBW9) 2:00 Cribbage Crew (SL) 3:00 Diamond Dots Craft - August Craft Series #3 (PDR) 30
9:00 Heart & Sole Walking Club 9:30 Sunday Local Church Services (S) 9:40 Water Walking & Lap Swim (SU) 10:30 Brunch Group (M) 31				TB = Taboon M = The Mark LI = Library SU = Sign Up SL = Skyline Lounge	PDR = Private Dining Room FG = Fitness Gym FS = Fitness Studio LO = Lobby EPB = Evergreen Point Bistro	Body Community Entertainment Mind Outing Spirit

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