

September 2025: Assisted Living

THE WATERMARK
AT BELLEVUE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	10:30 The Morning Roast (LR) 11:00 Aerobic Chair Exercises with FitGroup USA (AR) 11:30 Calm Your Mind (AR) 1:30 Heart and Sole Walkers 3:00 Yard Games (LR) 4:00 New York Times Group Crossword (BT) 5:30 Resident Happy Hour (LR) 6:00 Movie: Wine Country (LR)	10:30 The Morning Roast (LR) 11:00 Fitness Class: Sit, Stretch, and Step (AR) 11:30 Breathe & Be (AR) 1:30 Heart and Sole Walkers 2:00 Virtual Reality: Australian National Parks (LR) 3:00 Stem & Style: Floral Arranging (AR) 4:00 Lions: Kings of the Wild (LR) 5:30 Resident Happy Hour (LR) 6:00 Movie: Some Like It Hot (LR)	10:30 The Great Word Search 11:00 Fitness Class: Sit, Stretch, and Step (AR) 11:30 Calm Your Mind (AR) 1:30 Heart and Sole Walkers 2:00 Art in Motion (AR) 3:00 High Rollers (B) 4:00 New York Times Group Crossword (BT) 5:30 Resident Happy Hour (LR) 6:00 Movie: Ma Rainey's Black Bottom (LR)	10:30 The Morning Roast (LR) 11:00 Fitness Class: Sit, Stretch, and Step (AR) 11:30 Breathe & Be (AR) 1:30 Heart and Sole Walkers Special: Link Light Rail! 2:00 Inside Bill's Brain: Decoding Bill Gates Part 1 (B) 3:00 UNO 4:00 Bingo (AR) 5:30 Resident Happy Hour (LR) 6:00 Movie: Yours, Mine and Ours (LR)	10:00 The Great Word Search (B) 11:00 Fitness Class: Functional Fusion 1:15 Outing: Weekly Shopping Trip - Target (21ANBW9) 1:30 Heart and Sole Walkers 2:30 New York Times Group Crossword (BT) 3:30 Mix-n-mingle Appetizers & Drinks (DR&LR) 4:00 Musical Entertainment: Larry Schacher (LR) 6:00 Movie: Baby Boom (LR)	10:40 Outing: Scenic Drive to Seattle Waterfront to Golden Gardens via Magnolia (LO) 11:00 Fitness Class: Sit, Stretch, and Step (AR) 11:30 Breathe & Be (AR) 11:45 Football: Texas A&M vs Utah State (L) 3:30 21 and Done! (B) 4:30 Afternoon Stretch & Flex (AR) 5:30 Resident Happy Hour (LR) 6:00 Movie: Wicked (LR)
11:00 Fitness Class: Sit, Stretch, and Step (AR) 12:45 Outing: Renton Classic Car Show 1:30 Heart and Sole Walkers 2:00 Movie: The Fundamentals Of Caring (LR) 3:00 National Grandparents Day: Cards of Wisdom (AR) 5:30 Resident Happy Hour (LR) 6:00 Movie: Out To Sea (LR)	11:00 Aerobic Chair Exercises with FitGroup USA (AR) 11:30 Calm Your Mind (AR) 1:30 Heart and Sole Walkers 2:00 WU: Ageless Adventure: Road Trip America (B) 3:00 Yard Games (LR) 4:00 New York Times Group Crossword (BT) 5:30 Resident Happy Hour (LR) 6:00 Movie: His Three Daughters (L)	10:30 The Morning Roast (LR) 11:00 Fitness Class: Sit, Stretch, and Step (AR) 11:30 Breathe & Be (AR) 1:00 Heart and Sole Walkers 1:30 Activities & Outings Council Meeting (AR) 2:00 Stem & Style: Floral Arranging (AR) 3:00 WU: Ageless Adventure: African Safari (B) 4:00 Poker! (AC) 5:30 Resident Happy Hour (LR) 6:00 Movie: Blades of Glory (LR)	10:00 The Great Word Search (B) 11:00 Fitness Class: Sit, Stretch, and Step (AR) 11:30 Calm Your Mind (AR) 1:00 Heart and Sole Walkers 2:00 WU: Ageless Adventure: Tea-rrific England (B) 3:00 Bocce Ball & Good Times (LR) 4:00 New York Times Group Crossword (BT) 5:30 Resident Happy Hour (LR) 6:00 Movie: The Great Outdoors (LR)	10:30 The Morning Roast (LR) 11:00 Fitness Class: Sit, Stretch, and Step (AR) 11:30 Breathe & Be (AR) 12:45 Outing: Klondike Gold Rush Museum 1:30 Heart and Sole Walkers 2:00 WU: Ageless Adventure: Roll with it in Japan (B) 3:00 9/11 Memorial Museum Tour NYC (BT) 4:00 Bingo (AR) 5:30 Resident Happy Hour (LR) 6:00 Movie: Matilda The Musical (LR)	10:00 The Great Word Search (B) 11:00 Fitness Class: Functional Fusion 1:15 Outing: Weekly Shopping Trip - QFC (1N8SS1BW9) 1:30 Heart and Sole Walkers 2:00 WU: Ageless Adventure: Journey Through Mexico 3:00 New York Times Group Crossword (BT) 3:30 Mix-n-mingle Appetizers & Drinks (DR&LR) 4:00 Musical Entertainment (LR) 6:00 Movie: Good Advice (LR)	11:00 Fitness Class: Sit, Stretch, and Step (AR) 11:00 Outing: Scenic Drive to Newcastle Viewpoint (LO) 11:30 Breathe & Be (AR) 2:00 Tile & Style (AR) 4:30 Afternoon Stretch & Flex (LR) 5:30 Resident Happy Hour (LR) 6:00 Movie: Ferris Bueller's Day Off (LR) 6:30 Football: Texas A&M vs Notre Dam on Youtube TV (B)
11:00 Fitness Class: Sit, Stretch, and Step (AR) 1:30 Heart and Sole Walkers 2:00 Margs and Manicures 3:00 Sunflower Installation Art 5:30 Resident Happy Hour (LR) 6:00 Movie: Boys On The Side (LR) 6:00 Movie: Rush Hour (LR)	10:30 The Morning Roast (LR) 11:00 Aerobic Chair Exercises with FitGroup USA (AR) 11:30 Calm Your Mind (AR) 1:30 Heart and Sole Walkers 3:00 Yard Games (LR) 4:00 New York Times Group Crossword (BT) 5:30 Resident Happy Hour (LR) 6:00 Movie: Varsity Blues (LR)	10:30 The Morning Roast (LR) 11:00 Fitness Class: Sit, Stretch, and Step (AR) 11:30 Breathe & Be (AR) 1:30 Heart and Sole Walkers 3:00 Stem & Style: Floral Arranging (AR) 5:30 Resident Happy Hour (LR) 6:00 Movie: Radio (LR)	10:00 The Great Word Search (B) 11:00 Fitness Class: Sit, Stretch, and Step (AR) 11:30 Calm Your Mind (AR) 1:00 Resident Council Meeting (AR) 1:30 Heart and Sole Walkers 2:00 Tile & Style (AR) 3:00 Up in the Air (LR) 4:00 New York Times Group Crossword (BT) 5:30 Resident Happy Hour (LR) 6:00 Movie: Coneheads (LR)	10:30 The Morning Roast (LR) 11:00 Fitness Class: Sit, Stretch, and Step (AR) 11:30 Breathe & Be (AR) 12:45 Outing: Northwest Railway Museum 1:30 Heart and Sole Walkers 4:00 Bingo (AR) 5:30 Resident Happy Hour (LR) 6:00 Movie: You Are So Not Invited To My Bat Mitzvah (LR)	10:00 The Great Word Search (B) 11:00 Fitness Class: Functional Fusion 1:15 Outing: Weekly Shopping Trip - Fred Meyer (20) 1:30 Heart and Sole Walkers 2:30 New York Times Group Crossword (BT) 3:30 Mix-n-mingle Appetizers & Drinks (DR&LR) 4:00 Musical Entertainment: Mark Stern (LR) 6:00 Movie: Late Night (L)	11:00 Fitness Class: Sit, Stretch, and Step (AR) 11:00 Outing: Scenic Drive to Somerset Viewpoint (LO) 11:30 Breathe & Be (AR) 1:30 Heart and Sole Walkers Special: Salt & Straw 2:00 Makers Studio: Watercolor Seascape 3:30 The Big Bluff (B) 5:30 Resident Happy Hour (LR) 6:00 Movie: Mermaids (L)
11:00 Fitness Class: Sit, Stretch, and Step (AR) 1:30 Heart and Sole Walkers 2:00 Movie: Mr. Mom (L) 4:00 Music & Movement Groups 5:30 Resident Happy Hour (LR) 6:00 Movie: Dazed and Confused	10:30 The Morning Roast (LR) 11:00 Aerobic Chair Exercises with FitGroup USA (AR) 11:30 Calm Your Mind (AR) 1:30 Heart and Sole Walkers 3:00 Yard Games (LR) 4:00 New York Times Group Crossword (BT) 5:30 Resident Happy Hour (LR) 6:00 Movie: Ten Things I Hate About You (LR)	10:30 The Morning Roast (LR) 11:00 Fitness Class: Sit, Stretch, and Step (AR) 11:30 Breathe & Be (AR) 1:30 Heart and Sole Walkers 2:00 WU: Creative Descriptions (LR) 3:00 Stem & Style: Floral Arranging (AR) 5:30 Resident Happy Hour (LR) 6:00 Movie: Pride And Prejudice 1940 (LR)	10:00 The Great Word Search (B) 11:00 Fitness Class: Sit, Stretch, and Step (AR) 11:30 Calm Your Mind (AR) 12:00 Monthly Resident Birthday Luncheon Celebration (DR) 1:30 Heart and Sole Walkers 1:30 New Resident Meet & Greet (B) 3:00 September Stumpers (LR) 4:00 New York Times Group Crossword (BT) 5:30 Resident Happy Hour (LR) 6:00 Movie: A Fish Called Wanda (LR)	10:30 The Morning Roast (LR) 11:00 Fitness Class: Sit, Stretch, and Step (AR) 11:30 Breathe & Be (AR) 1:30 Heart and Sole Walkers 2:30 The Incredible Story of the Comic (BT) 2:45 Outing: Bellevue Farmer's Market 4:00 Bingo (AR) 5:30 Resident Happy Hour (LR) 6:00 Movie: The Birdcage (LR)	10:00 The Great Word Search (B) 11:00 Fitness Class: Functional Fusion 1:15 Outing: Weekly Shopping Trip - Uwajimaya (61ANBW9) 1:30 Heart and Sole Walkers 2:30 New York Times Group Crossword (BT) 3:30 Mix-n-mingle Appetizers & Drinks (DR&LR) 4:00 Musical Entertainment: Steve Olson (LR) 6:00 Movie: Royal Wedding (LR)	11:00 Fitness Class: Sit, Stretch, and Step (AR) 11:00 Outing: Scenic Drive Around Mercer Island 11:30 Breathe & Be (AR) 1:00 Outing: Seattle Italian Festival 2:00 Art Fundamentals: Abstract Art Piece (AR) 2:30 Football: Texas A&M vs Auburn on Youtube TV (L) 3:30 21 and Done! (B) 4:30 Afternoon Stretch & Flex (LR) 5:30 Resident Happy Hour (LR) 6:00 Movie: Death Becomes Her (LR)
10:30 Uncovering Secrets of the International Space Station (BT) 11:00 Fitness Class: Sit, Stretch, and Step (AR) 1:30 Heart and Sole Walkers 2:00 Movie: Guys And Dolls (LR) 3:00 Margs and Manicures 4:00 Trivia! (BT) 5:30 Resident Happy Hour (LR) 6:00 Movie: In A World... (LR)	10:00 Detective Puzzles! (BT) 11:00 Aerobic Chair Exercises with FitGroup USA (AR) 11:30 Calm Your Mind (AR) 1:30 Heart and Sole Walkers 3:00 Yard Games (LR) 4:00 New York Times Group Crossword (BT) 5:30 Resident Happy Hour (LR) 6:00 Movie: Welcome To Me (LR)	10:30 The Morning Roast (LR) 11:00 Fitness Class: Sit, Stretch, and Step (AR) 11:30 Breathe & Be (AR) 1:30 Heart and Sole Walkers 2:00 Virtual Reality: Nova Scotia (LR) 3:00 Stem & Style: Floral Arranging (AR) 4:00 Foxes Up Close: Learn & Discover (LR) 5:30 Resident Happy Hour (LR) 6:00 Movie: South Pacific (LR)			LR= Living Room B= Bistro NOM= North of Main DR= Dining Room AR= Activity Room C= Courtyard L= Lobby	Body Community Entertainment Mind Outing Spirit