

October 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Body Community Entertainment Mind Outing Spirit			8:00 Beginner Tai Chi (FS) 9:00 Heart & Sole Walking Club 9:40 Water Walking & Lap Swim (BA) 11:00 The Write Word Game: Oktoberfest (TB) 1:00 Monthly Invoice Overview with Elizabeth (PDR) 3:00 Skyline Lounge Mixer (SL) 3:00 Wine Down Wednesday (EPB) 1	8:00 Beginner Tai Chi (FS) 9:00 Cardio and Core Strength (FG) 9:00 Heart & Sole Walking Club 9:00 Tech Class: Smartphone Photography (LI) 10:00 Balance & Strength (FG) 11:00 LifeLoop Assistance! (LI) 2:00 Bingo (TB) 4:00 International Council on Active Aging: Watermark Gold Plate Presentation (TATM) 2	9:00 Empower & Align- Fitness Class (FS) 9:00 Heart & Sole Walking Club 10:00 Mexican Train (LI) 11:00 Crucial Conversations: TED Talk- 3 Practices for Wisdom and Wholeness (PDR) 3:00 Skyline Lounge Mixer (SL) 4:00 Spirits in the SKY- Happy Hour (SL) 3	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) 2:15 OktoBEARfest at The Woodland Park Zoo (SU) 3:00 Custom Chip Clip (PDR) 4
9:00 Heart & Sole Walking Club 10:30 Brunch Group (M) 1:05 Seahawks Viewing (TB) 5	8:00 Beginner Tai Chi (FS) 9:00 Heart & Sole Walking Club 10:00 Circuit Strength (FS) 11:00 Barre and Pilates (FS) 11:45 Coffee Talk (M) 1:00 Open Board Game Hour (LI) 2:00 Sparkle & Spooks: Diamond Dot Craft (SL) 3:00 Active Aging Week: Fall Prevention with HealthPRO Heritage (M) 3:00 Skyline Lounge Mixer (SL) 6	8:00 Beginner Tai Chi (FS) 9:00 Empower & Align- Fitness Class (FS) 9:00 Heart & Sole Walking Club 10:00 Balance & Strength (FS) 12:00 Tech Corner: Exploring Apple's New iOS 26 (EPB) 1:30 Techy Tuesday (LI) 1:45 Fred Meyer Shopping Outing (SU) 2:00 You Tube to Your Tube (PDR) 2:30 Chef's Table (TB) 3:00 Skyline Lounge Mixer (SL) 3:45 Happy Hour Outing: Monsoon (SU) 6:30 Public House Trivia (EPB) 7	8:00 Beginner Tai Chi (FS) 9:00 Heart & Sole Walking Club 9:00 Massage Day - Appointments Required (SU) 9:40 Water Walking & Lap Swim (BA) 10:00 The Power of Active Aging: Why Strength and Balance Training Matter (M) 1:00 Maintenance & Transportation Committee Meeting (PDR) 2:00 WU: Music on the Record (LI) 3:00 Skyline Lounge Mixer (SL) 3:00 Wine Down Wednesday (EPB) 3:30 Wickedly Fun Card Creations (TB) 8	8:00 Beginner Tai Chi (FS) 9:00 Cardio and Core Strength (FG) 9:00 Heart & Sole Walking Club 9:00 Massage Day - Appointments Required (SU) 10:00 Balance & Strength (FS) 11:00 LifeLoop Assistance! (LI) 2:00 Mystery at the Library: A Clue Game (LI) 3:00 Skyline Lounge Mixer (SL) 3:00 WU: Hawaiian Folklore (PDR) 3:15 Bingo (TB) 9	9:00 Empower & Align- Fitness Class (FS) 9:00 Heart & Sole Walking Club 10:00 Mexican Train (LI) 11:00 Crucial Conversations: TED Talk- How to Claim Your Leadership Power (PDR) 2:00 Decorate & Devour: Pumpkin Decorating (LO) 3:00 Skyline Lounge Mixer (SL) 3:30 WU: Love for the Game: Chess 101 (EPB) 4:00 Spirits in the SKY- Happy Hour (SL) 10	9:00 Heart & Sole Walking Club 9:00 ROOTS- Fitness Class (FS) 10:00 Functionally Evolved Fusion- Fitness Class (FS) 10:30 Seattle Asian Art Museum: Diwali Celebration (1EPSSW9) 2:00 Cribbage Crew (SL) 3:30 Boo-tiful Door Décor (PDR) 11
9:00 Heart & Sole Walking Club 10:00 Seahawks Viewing (TB) 10:30 Brunch Group (M) 1:00 Jazz in the City with Nancy Erickson (SU) 12	8:00 Beginner Tai Chi (FS) 9:00 Heart & Sole Walking Club 10:00 Circuit Strength (FS) 11:00 Barre and Pilates (FS) 11:00 Tech Corner: Passwords, Passkeys, and More (EPB) 11:45 Coffee Talk (M) 1:00 WU: Taylor Swift 101 (PDR) 2:00 Sparkle & Spooks: Diamond Dot Craft (SL) 3:00 Scrabble With Friends (SL) 3:00 Skyline Lounge Mixer (SL) 13	8:00 Beginner Tai Chi (FS) 9:00 Empower & Align- Fitness Class (FS) 9:00 Heart & Sole Walking Club 10:00 Balance & Strength (FS) 1:30 Techy Tuesday (LI) 1:45 Trader Joes Shopping Outing (SU) 3:00 Skyline Lounge Mixer (SL) 6:30 Public House Trivia (EPB) 14	8:00 Beginner Tai Chi (FS) 9:00 Heart & Sole Walking Club 9:40 Water Walking & Lap Swim (BA) 1:15 Argosy Harbor Cruise Outing (1AWSW9) 2:00 Life Long Learning: Ballet (M) 3:00 Skyline Lounge Mixer (SL) 3:00 Wine Down Wednesday (EPB) 4:00 Outings Committee Meeting (PDR) 15	8:00 Beginner Tai Chi (FS) 9:00 Cardio and Core Strength (FG) 9:00 Heart & Sole Walking Club 10:00 Balance & Strength (FS) 11:00 LifeLoop Assistance! (LI) 2:00 Dining Committee Meeting (M) 3:00 Skyline Lounge Mixer (SL) 3:15 Bingo (TB) 16	9:00 Empower & Align- Fitness Class (FS) 9:00 Heart & Sole Walking Club 10:00 Mexican Train (LI) 11:00 Crucial Conversations: TED Talk- Why Change Is So Scary — And How to Unlock its Potential (PDR) 3:00 Monthly Birthday Celebration (TB) 3:00 Skyline Lounge Mixer (SL) 4:00 Spirits in the SKY- Happy Hour (SL) 17	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 Create Ghou! Glass! (PDR) 18
9:00 Heart & Sole Walking Club 10:30 Brunch Group (M) 3:00 Book Club (LI) 19	8:00 Beginner Tai Chi (FS) 9:00 Heart & Sole Walking Club 10:00 Circuit Strength (FS) 11:00 Barre and Pilates (FS) 11:45 Coffee Talk (M) 1:00 Open Board Game Hour (LI) 2:00 Sparkle & Spooks: Diamond Dot Craft (SL) 3:00 Scrabble With Friends (SL) 3:00 Skyline Lounge Mixer (SL) 7:00 Seahawks Viewing (TB) 20	8:00 Beginner Tai Chi (FS) 9:00 Empower & Align- Fitness Class (FS) 9:00 Heart & Sole Walking Club 10:00 Balance & Strength (FS) 1:30 Techy Tuesday (LI) 1:45 Issaquah Costco Shopping Outing (SU) 3:00 Outings Committee Meeting (PDR) 3:00 Skyline Lounge Mixer (SL) 6:30 Public House Trivia (EPB) 21	8:00 Beginner Tai Chi (FS) 9:00 Heart & Sole Walking Club 9:40 Water Walking & Lap Swim (BA) 11:00 Canva Class (PDR) 12:15 Museum of Flight (SU) 1:30 WU: Knitting 101 (LI) 3:00 Oktoberfest: Wine Down Wednesday (TB) 3:00 Skyline Lounge Mixer (SL) 22	8:00 Beginner Tai Chi (FS) 9:00 Cardio and Core Strength (FG) 9:00 Heart & Sole Walking Club 9:00 Massage Day - Appointments Required (SU) 10:00 Balance & Strength (FS) 11:00 LifeLoop Assistance! (LI) 11:30 Lunch Outing: Saints & Scholars (SU) 3:00 Town Hall (M) 4:00 Crucial Conversations Speaker: Global Affairs - U.S. in the World with Dr. Resat Kesaba (SL) 23	9:00 Heart & Sole Walking Club 10:00 Mexican Train (LI) 11:00 Virtual Chair Yoga (FS) 1:30 Resident Dining Survey Results (M) 2:30 Crucial Conversations: TED Talk- How to Find Humor in Life's Absurdity (PDR) 3:00 Skyline Lounge Mixer (SL) 4:00 Spirits in the SKY- Happy Hour (SL) 24	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 Make a Ghost, Watch a Classic (PDR) 4:00 Crucial Conversation Committee Meeting (PDR) 25
9:00 Heart & Sole Walking Club 10:30 Brunch Group (M) 12:00 A Pirate's Life - National Geographic Live 26	8:00 Beginner Tai Chi (FS) 9:00 Heart & Sole Walking Club 10:00 Circuit Strength (FS) 11:00 Barre and Pilates (FS) 11:45 Coffee Talk (M) 1:00 Open Board Game Hour (LI) 2:00 Sparkle & Spooks: Diamond Dot Craft (SL) 3:00 Scrabble With Friends (SL) 3:00 Skyline Lounge Mixer (SL) 27	8:00 Beginner Tai Chi (FS) 9:00 Empower & Align- Fitness Class (FS) 9:00 Heart & Sole Walking Club 10:00 Balance & Strength (FS) 1:30 Techy Tuesday (LI) 1:45 QFC Shopping Outing (SU) 3:00 Skyline Lounge Mixer (SL) 6:30 Public House Trivia (EPB) 28	8:00 Beginner Tai Chi (FS) 9:00 Heart & Sole Walking Club 9:40 Water Walking & Lap Swim (BA) 2:00 Life Long Learning: The New Deal American History (M) 3:00 Skyline Lounge Mixer (SL) 3:00 Wine Down Wednesday (TB) 3:30 Monopoly Mayhem: Who Will Own It All? (LI) 29	8:00 Beginner Tai Chi (FS) 9:00 Cardio and Core Strength (FG) 9:00 Heart & Sole Walking Club 10:00 Balance & Strength (FS) 11:00 LifeLoop Assistance! (LI) 2:00 The Game Is Afoot: Clue Game Afternoon (LI) 3:00 Skyline Lounge Mixer (SL) 3:15 Bingo (TB) 30	9:00 Empower & Align- Fitness Class (FS) 9:00 Heart & Sole Walking Club 10:00 Mexican Train (LI) 11:00 Crucial Conversations: TED Talk- The Unifying Power of Grace (PDR) 2:00 Halloween Happy Hour (TB) 3:00 Skyline Lounge Mixer (SL) 4:00 Spirits in the SKY- Happy Hour (SL) 31	TB = Taboon 2nd Floor M = The Mark 2nd Floor LI = Library 2nd Floor SU = Sign Up SL = Skyline Lounge 20th Floor PDR = Private Dining Room 20th Floor FG = Fitness Gym 3rd Floor FS = Fitness Studio 3rd Floor LO = Lobby EPB = Evergreen Point Bistro 1st Floor

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