

August 2026

**Activities are subject to change. Please see Week at a Glance and Daily Schedules for changes and additional details on events.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	10:00 am Great Courses, T 11:00 am Circuit Training, FC 1:00 pm Brain Games, HR 2:00 pm Popcorn Social, Foyer 4:00 pm Paint & Sip, HR	10:30 am Fitness Class, T 1:00 pm Game Afternoon, HR 4:00 pm Short Story, HR 6:40 pm Tigers vs. Mariners, T	7:15 am Birdwatching, Juanita Bay Park 10:00 am Great Courses, T 10:30 am Mahjong, HR 11:00 am Circuit Training, FC 7:00 pm Movie Night	10:30 am Fitness Class, T 1:10 pm Tigers vs. Mariners, T 3:00 pm Live Music with Kim McGuire & David Joyner, HR 4:00 pm Happy Hour, Bar	8:00 am Walking Group, Foyer 10:00 am Great Courses, T 11:00 am Circuit Training, FC 1:00 pm Bridge 6:40 pm Mariners vs. Rays, T	
2	3	4	5	6	7	8
	10:00 am Great Courses, T 11:00 am Circuit Training, FC 1:00 pm Brain Games, HR 4:00 pm Bingo, HR	10:30 am Fitness Class, T 1:00 pm Game Afternoon, HR 3:00 pm Guest Speaker Rebecca Albiani, T 4:00 pm Short Story Group, HR 4:05 pm Mariners vs. Yankees, T	10:00 am Great Courses, T 11:00 am Circuit Training, FC 10:30 am Mahjong, HR 12:00 pm Excursion: Catalyst Fine Art Gallery at the Lodge at St. Edward State Park, Foyer 4:05 pm Mariners vs. Yankees, Theater	NATIONAL PROSECCO DAY 10:30 am Fitness Class, T 4:00 pm Sip & Social with Prosecco Tasting, HR	8:00 am Walking Group, Foyer 10:00 am Great Courses, T 11:00 am Circuit Training, FC 1:00 pm Bridge, HR 3:00 pm Outing: Farmer's Market, Foyer 5:10 pm Mariners vs. Astros, T	5:00 pm Preseason: Seahawks vs. Cowboys, T & HR
9	10	11	12	13	14	15
	10:00 am Great Courses, T 11:00 am Circuit Training, FC 1:00 pm Brain Games, HR 2:00 pm Popcorn Social, Foyer	10:30 am Fitness Class, T 1:00 pm Game Afternoon, HR 4:00 pm Short Story Group, HR 4:40 pm Mariners vs. Brewers, T	10:00 am Great Courses, T 10:30 am Mahjong, HR 11:00 am Circuit Training, FC 2:00 pm Chew the Fat with Chef Mike, C&S 4:40 pm Mariners vs. Brewers, T 7:00 pm Movie Night, T	10:30 am Fitness Class, T 11:15 am Mariners vs. Brewers, T 3:00 pm Resident Update Meeting, C&S 4:00 pm Happy Hour, Bar	8:00 am Walking Group Outing: Bridle Trails 10:00 am Great Courses, T 11:00 am Circuit Training, F 1:00 pm Bridge, HR 4:00 pm Hawaiian Luau, C&S	
16	17	18	19	20	21	22
5:00 pm Preseason: Seahawks vs. Titans, T	10:00 am Great Courses, T 11:00 am Circuit Training, FC 1:00 pm Brain Games, HR 3:30 pm Activities Meeting, HR 6:40 pm Mariners vs. Phillies, T	10:30 am Fitness Class, T 1:00 pm Game Afternoon, HR 3:00 pm Performer Debbie Dimitri, T 4:00 pm Short Story Group, HR 6:40 pm Mariners vs. Phillies, T	NATIONAL DOG DAY 10:00 am Great Courses, T 10:30 am Mahjong, HR 11:00 am Circuit Training, FC 12:00 pm Excursion: UW Arboretum, Foyer 1:10 pm Mariners vs. Phillies, T	10:30 am Fitness Class, Theater 3:00 pm Live Music with Tim Anderson, HR 4:00 pm Sip & Social, HR	8:00 am Walking Group, Foyer 10:00 am Great Courses, T 11:00 am Circuit Training, FC 1:00 pm Bridge, HR 2:00 pm Tea Party, HR 3:00 pm Outing: Farmer's Market, Foyer 5:00 pm Preseason: Seahawks vs. Chiefs, T & HR	
23	24	25	26	27	28	29
	10:00 am Great Courses, T 11:00 am Circuit Training, FC 1:00 pm Brain Games, HR 2:00 pm Popcorn Social, Foyer 3:00 pm Book Club, HR 3:45 pm Mariners vs. Red Sox, Theater					T: Theater HR: Humboldt Room F: Foyer CS: Cedar & Stream R: Rooftop FC: Fitness Center
30	31					