

LIFESTYLES

Life-Enriching Experiences



Photo courtesy of Argosy Cruises

CULTURAL & EDUCATIONAL

- Arts Performances: Opera, Ballet, Symphony
- Local Museum Exhibits
- Art Shows
- Guest and Resident-Led Lectures
- Library
- Computer Center
- Bookmobile
- Author Talks
- Book Review

SOCIAL & ENTERTAINMENT

- Seattle-Area Choral Concerts
- Wine Socials
- Sports Events
- Games
- Seasonal Parties
- Music Recitals & Concerts
- Weekly Movies

TRAVEL

- Day Trips within the Greater Seattle Area
- Skagit Tulip Festival
- Area Garden Tours
- Area Casinos
- Lake Washington Cruise
- Ashland Shakespeare Festival
- Ocean Beaches WA
- OR, BC Overnight Trips

SHOPPING EXCURSIONS

- Downtown Seattle
- Bellevue Square
- Northgate Mall
- Area Outlet Malls
- International District
- Trader Joe's
- Metropolitan Market
- Bartell Drugs, Fred Meyer, QFC
- University Village

CREATIVE ARTS

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| Painting | Drawing |
| Ikebana Flower Arranging | Music Appreciation |
| Opera Reviews | Quilting |
| Great Singer Lectures | |



Subject to change

RELIGIOUS GATHERINGS

- Worship Service
- Bible Studies
- Catholic Mass
- Holy Communion
- Transportation Provided to Area Churches

WELLNESS & FITNESS CLASSES

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| Strength | Water Aerobics |
| Floor Stretch | Seated Exercise & Stretch |
| Balance | Individual Fitness Sessions |
| Tai Chi | Fully-Equipped Fitness Center |
| Pilates | Dance |
| Yoga | |