

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Legend (AR) Activity Room (FR) Family Room (LB) Lobby (DR) Dining Room (RR) Resource Room (CH) Clubhouse ** Sign up at the front desk = Birthday	*Schedule is subject to change at any time so remember to check our daily activity schedule posted on the community board and elevators.*		1 9:00 Water Aerobics (CH) 9:00 Morning Exercise (AR) 10:00 Bible Study w/ Linda 1:30 3-13 Card Game (FR) 2:00 Resident Council Meeting (AR) 3:00 Blackjack (FR) 4:30 Sing Along w/ Joyce (LB) 5:45 Hand & Foot (FR) Randy W	2 9:00 Water Aerobics (CH) 9:00 Morning Exercise (AR) 10:00 Mosaic Coloring (FR) 1:30 Skip-Bo (FR) 2:00 Horse Racing (AR) 3:00 Memory Lane (FR) 4:00 Walking Group (LB) 6:30 Bingo (AR)	3 9:00 Water Aerobics (CH) 9:00 Morning Exercise (AR) 10:00 Blackjack (FR) 2:00 Craft Class (AR) 3:30 Kickball (AR) 5:45 Hand & Foot (FR) Ann T	4 10:00 Chapel Service (AR) 11:15 Blood Pressure Checks (RR) 2:00 Cookies & Socializing (LB) 2:00 Rummikub (FR) 4:00 Wii Bowling (FR) 6:45 Movie & Popcorn (AR) 6:30 Skip-Bo (FR)
5 9:00 Morning Exercise (AR) 1:15 31 Card Game (FR) 3:00 Blackjack (FR) 4:30 Joyce Plays Piano (LB) 6:30 Hand & Foot (FR) 6:45 Movie & Popcorn (AR) Ute K Denny E <i>Seahawks vs Buccaneers @ 1:05 pm</i>	6 9:00 Water Aerobics (CH) 9:00 Morning Exercise (AR) 10:00 Cribbage (FR) 12:30—4 Bridge Group (AR) 2:15 Ice Cream Social (LB) 2:30 Rummikub (FR) 4:00 Barb Plays Piano (LB) 5:45 Hand & Foot (FR)	7 9:00 Water Aerobics (CH) 9:00 Morning Exercise (AR) 11:00 Out to Lunch** "Black Bear Diner" 1:30 Mexican Train Dominos (FR) 2:00 Carpet Bowling (AR) 3:00 Phase 10 w/ Laryssa (FR) 6:30 Bingo (AR) Phil H	8 9:00 Water Aerobics (CH) 9:00 Morning Exercise (AR) 10:00 Bible Study w/ Linda 1:30 3-13 Card Game (FR) 2:00 Chair Yoga (AR) 3:00 Blackjack (FR) 4:30 Sing Along w/ Joyce (LB) 5:45 Hand & Foot (FR)	9 9:00 Water Aerobics (CH) 9:00 Morning Exercise (AR) 10:00 Mosaic Coloring (FR) 1:30 Skip-Bo (FR) 2:00—4 Flu Clinic (AR) 4:00 Walking Group (LB) 6:30 Bingo (AR)	10 9:00 Water Aerobics (CH) 9:00 Morning Exercise (AR) 10:00 Blackjack (FR) 2:00 Entertainment (LB) "Sway Cool" 3:30 Kickball (AR) 5:45 Hand & Foot (FR)	11 10:00 Chapel Service (AR) 11:15 Blood Pressure Checks (RR) 2:00 Cookies & Socializing (LB) 2:00 Rummikub (FR) 4:00 Wii Bowling (FR) 6:45 Movie & Popcorn (AR) 6:30 Skip-Bo (FR)
12 9:00 Morning Exercise (AR) 1:15 31 Card Game (FR) 2:00 Entertainment (LB) "Sentimental Journey Singers" 3:00 Blackjack (FR) 4:30 Joyce Plays Piano (LB) 6:30 Hand & Foot (FR) 6:45 Movie & Popcorn (AR) <i>Seahawks vs Jaguars @ 10:00 am</i>	13 Columbus Day 9:00 Water Aerobics (CH) 9:00 Morning Exercise (AR) 10:00 Cribbage (FR) 12:30—4 Bridge Group (AR) 2:15 Ice Cream Social (LB) 2:30 Rummikub (FR) 4:00 Barb Plays Piano (LB) 5:45 Hand & Foot (FR)	14 9:00 Walmart Shopping** 9:00 Water Aerobics (CH) 9:00 Morning Exercise (AR) 10:00 Carpet Bowling (AR) 1:30 Mexican Train Dominos (FR) 2:00 Entertainment (LB) "Gary Liden" 6:30 Bingo (AR)	15 9:00 Water Aerobics (CH) 9:00 Morning Exercise (AR) 10:00 Pumpkin Patch** "Rutledge Family Farm" 10:00 Bible Study w/ Linda 1:30 3-13 Card Game (FR) 2:00 Chair Yoga (AR) 3:00 Blackjack (FR) 4:30 Sing Along w/ Joyce (LB) 5:45 Hand & Foot (FR)	16 9:00 Water Aerobics (CH) 9:00 Morning Exercise (AR) 10:00 Mosaic Coloring (FR) 1:30 Skip-Bo (FR) 2:00 Horse Racing (AR) 3:00 Memory Lane (FR) 4:00 Walking Group (LB) 6:30 Bingo (AR)	17 9:00 Water Aerobics (CH) 9:00 Morning Exercise (AR) 10:00 Blackjack (FR) 2:00 Pumpkin Putt-Putt (AR) 3:30 Kickball (AR) 5:45 Hand & Foot (FR) Joe H	18 10:00 Chapel Service (AR) 11:15 Blood Pressure Checks (RR) 2:00 Cookies & Socializing (LB) 2:00 Rummikub (FR) 4:00 Wii Bowling (FR) 6:45 Movie & Popcorn (AR) 6:30 Skip-Bo (FR)
19 9:00 Morning Exercise (AR) 1:15 31 Card Game (FR) 3:00 Blackjack (FR) 4:30 Joyce Plays Piano (LB) 6:30 Hand & Foot (FR) 6:45 Movie & Popcorn (AR)	20 9:00 Water Aerobics (CH) 9:00 Morning Exercise (AR) 10:00 Cribbage (FR) 12:30—4 Bridge Group (AR) 2:15 Ice Cream Social (LB) 2:30 Rummikub (FR) 4:00 Barb Plays Piano (LB) 5:45 Hand & Foot (FR) <i>Seahawks vs Texans @ 7:00 pm</i>	21 9:00 Water Aerobics (CH) 9:00 Morning Exercise (AR) 9:30 Red Wind Casino ** 10:00 Carpet Bowling (AR) 1:30 Mexican Train Dominos (FR) 2:00 Pumpkin Decorating (AR) 3:00 Phase 10 (FR) 6:30 Bingo (AR)	22 9:00 Water Aerobics (CH) 9:00 Morning Exercise (AR) 10:00 Bible Study w/ Linda 1:30 3-13 Card Game (FR) 2:00 Scenic Drive** 2:00 Chair Yoga (AR) 3:00 Blackjack (FR) 4:30 Sing Along w/ Joyce (LB) 5:45 Hand & Foot (FR)	23 9:00 Water Aerobics (CH) 9:00 Morning Exercise (AR) 10:00 Costco Shopping ** 1:30 Skip-Bo (FR) 2:00 Card Making w/ Linda (AR) 3:00 Memory Lane (FR) 4:00 Walking Group (LB) 6:30 Bingo (AR)	24 9:00 Water Aerobics (CH) 9:00 Morning Exercise (AR) 10:00 Blackjack (FR) 2:00 Entertainment (LB) "Robin Todd" 3:30 Kickball (AR) 5:45 Hand & Foot (FR)	25 10:00 Chapel Service (AR) 11:15 Blood Pressure Checks (RR) 2:00 Cookies & Socializing (LB) 2:00 Rummikub (FR) 4:00 Wii Bowling (FR) 6:45 Movie & Popcorn (AR) 6:30 Skip-Bo (FR)
26 9:00 Morning Exercise (AR) 1:15 31 Card Game (FR) 3:00 Blackjack (FR) 4:30 Joyce Plays Piano (LB) 6:30 Hand & Foot (FR) 6:45 Movie & Popcorn (AR) Liz R	27 9:00 Water Aerobics (CH) 9:00 Morning Exercise (AR) 10:00 Cribbage (FR) 12:30—4 Bridge Group (AR) 2:15 Ice Cream Social (LB) 2:30 Rummikub (FR) 4:00 Barb Plays Piano (LB) 5:45 Hand & Foot (FR)	28 9:00 Water Aerobics (CH) 9:00 Morning Exercise (AR) 10:00 Carpet Bowling (AR) 1:30 Mexican Train Dominos (FR) 2:00 Resident Birthday Party (AR) 3:00 Phase 10 w/ Laryssa (FR) 6:30 Bingo (AR)	29 9:00 Water Aerobics (CH) 9:00 Morning Exercise (AR) 10:00 Bible Study w/ Linda 1:30 3-13 Card Game (FR) 2:00 Chair Yoga (AR) 3:00 Blackjack (FR) 4:30 Sing Along w/ Joyce (LB) 5:45 Hand & Foot (FR)	30 9:00 Water Aerobics (CH) 9:00 Morning Exercise (AR) 10:00 Mosaic Coloring (FR) 1:30 Skip-Bo (FR) 2:00 Horse Racing (AR) 3:00 Memory Lane (FR) 4:00 Walking Group (LB) 6:30 Bingo (AR)	31 Halloween! 9:00 Water Aerobics (CH) 9:00 Morning Exercise (AR) 10:00 Blackjack (FR) 2:00 Halloween Carnival Party (LB) 5:45 Hand & Foot (FR)	