

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 Daylight savings time ends 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) 
2  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) Seahawk vs Commanders @ 5:20pm	3 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)	4 Election Day 9:00 Walmart Shopping** 9:00 Water Aerobics (CH) 9:00 Morning Exercise (AR) 1:30 Mexican Train Dominos (FR) 2:00 Happy Hour (AR) 3:00 Phase 10 (FR) 6:30 Bingo (AR) 	5 9:00 Water Aerobics (CH) 9:00 Morning Exercise (AR) 10:00 Bible Study w/ Linda(AR) 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) Connie C 	6 9:00 Water Aerobics (CH) 9:00 Morning Exercise (AR) 9:30 Veterans day concert ** "South Puget Sound New Horizons Band" 1:30 Skip-Bo (FR) 2:00 Craft Class ** (AR) 3:00 Memory Lane (FR) 4:00 Walking Group (LB) 6:30 Bingo (AR)	7 9:00 Water Aerobics (CH) 9:00 Morning Exercise (AR) 10:00 Blackjack (FR) 2:00 Entertainment (LB) "Entertainment Explosion" 3:30 Chair Volleyball (AR) 5:45 Hand & Foot (FR)	8 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) Sandy Bo. 
9  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) Seahawks vs Cardinals @1pm	10 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)	11 Veterans Day 9:00 Water Aerobics (CH) 9:00 Morning Exercise (AR) 11:00 Out to Lunch** "Emperors Palace" 1:30 Mexican Train Dominos (FR) 2:00 Entertainment (LB) "Gary Liden" Patriotic Show 6:30 Bingo (AR)	12 9:00 Water Aerobics (CH) 9:00 Morning Exercise (AR) 10:00 Bible Study w/ Linda(AR) 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)	13 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) Joanne E 	14 9:00 Water Aerobics (CH) 9:00 Morning Exercise (AR) 10:00 Blackjack (FR) 2:00 Entertainment (LB) "Robin Todd" 3:30 Chair Volleyball (AR) 5:45 Hand & Foot (FR)	15 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) Judy H 
16  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) Seahawks vs Rams @1pm Harriet H 	17 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) Joyce E 	18 9:00 Water Aerobics (CH) 9:00 Morning Exercise (AR) 10:00 Coffee and Tech Assistance (FR) 1:30 Mexican Train Dominos (FR) 2:00 Home Care Talk with Rachael (AR) 3:00 Phase 10 (FR) 6:30 Bingo (AR)	19 9:00 Water Aerobics (CH) 9:00 Morning Exercise (AR) 10:00 Bible Study w/ Linda(AR) 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)	20 9:00 Water Aerobics (CH) 9:00 Morning Exercise (AR) 10:00 Mosaic Coloring (FR) 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) Leela E 	21 9:00 Water Aerobics (CH) 9:00 Morning Exercise (AR) 10:00 Blackjack (FR) 2:00 Microwave Baking Class ** (AR) 3:30 Chair Volleyball (AR) 5:45 Hand & Foot (FR) Joyce T 	22 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) Olinda C 
23/30  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) Seahawks vs Titans @10am 11/23 Seahawks vs Vikings @1pm 11/30	24 9:00 Water Aerobics (CH) 9:00 Morning Exercise (AR) 10:00 Craft Class** (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)	25 9:00 Water Aerobics (CH) 9:00 Morning Exercise (AR) 10:00 Coffee and Tech Assistance (FR) 1:30 Mexican Train Dominos (FR) 2:00 Resident Birthday Party (AR) 3:00 Phase 10 (FR) 6:30 Bingo (AR)  Patsy O 	26 9:00 Water Aerobics (CH) 9:00 Morning Exercise (AR) 10:00 Bible Study w/ Linda(AR) 1:30 3-13 Card Game (FR) 3:00 Blackjack (FR) 4:30 Sing Along w/ Joyce (LB) 5:45 Hand & Foot (FR)	27 Happy Thanksgiving!!  No Transportation No Housekeeping	28 9:00 Water Aerobics (CH) 9:00 Morning Exercise (AR) 10:00 Blackjack (FR) 5:45 Hand & Foot (FR)	29 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)